

Four Seasons @Smithville



Official Newsletter of the Four Seasons Community at Historic Smithville

Dec. 2024/Jan. 2025



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By Don Chillemi

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the month preceding publication.

Articles

Anyone may submit an article or photograph to our
publication. The newsletter staff will decide if it
will be used based on appropriateness and space
requirements. In accordance with professional
practice, we will not knowingly print submissions
that are duplicated in other publications.

Articles should be received by January 20 for the
February issue. Please email your article, attached
as a Word document, to
fourseasonsnewsletter@gmail.com or leave in the
Newsletter box on the desk in the clubhouse.

Letters to the Editor

What is appropriate to print has been debated
throughout history. It is clear that there are no
absolutes, but always limits. The U.S. Supreme
Court ruled long ago that "Freedom of speech does
not mean you can yell fire in a crowded hall."
Letters to the editor also have limits. We *encourage*
challenging letters. They can be tough, but not
acrimonious; attack positions, but not persons. We
seek a sense of balance and decorum; we reject the
inflammatory, and respect reasonableness. Criticism
is welcome; slanderous statements are not. Our aim
is to create an atmosphere for vigorous discussion.

Like to report, write for the Newsletter?
fourseasonsnewsletter@gmail.com



Cardinal in Snow By Mary Carey



"All Gave Some... Some Gave All"

By Bob Simms

No meeting in December. In keeping with club tradition, and based on the fact, that we all have a crowded holiday season, our club will not gather in December. However, our membership wishes everyone a Joyous Christmas, Happy Hanukah, or Inspirational Kwanza. Whatever you celebrate, Enjoy. We now look forward to a Happy New Year, and gathering in the ballroom on Monday, January 13th 2025!

U.S. Space Force Birthday December 20th marks the fifth birthday of our United States Space Force. As the sixth Armed Service, the Space Force functions are to:

1. Provide freedom of operation for the United States in, from, and to space.
2. Provide prompt and sustained space operations.
3. Protect the interests of the United States in space.
4. Deter aggression in, from, and to space.
5. Conduct space operations.

Two examples of Space Force activities are to:

1. Track the thousands of pieces of "junk" now in low-earth orbit (250 miles up), and the more hazardous 20 pieces from a recently failed U.S. communications satellite in geosynchronous orbit (22,000 miles over the equator). Hazardous because satellites at that altitude cannot maneuver out of harm's way.
2. Conduct operations like the X-37B is currently doing. The X-37B is an experimental space plane/orbital test vehicle that is performing a series of maneuvers in space to test the possibility of "aerobreaking". This capability will allow space planes to change their orbits to protect "low orbit" U.S. space materials from space junk or "bad actors."



Google "Space Force News" to learn the latest happenings in this newest armed service.

Treasure Our Flag. Please remember to protect "Olde Glory" from the winds and stormy weather of this coming winter. Remove flags from your curbside mail post shortly after Pearl Harbor Day, December 7th. If you need help, our Vets are available to lend a hand. Just ask!

Looking back on busy November.

Monday, November 11, 2024 was both Veterans Day and our club meeting day. **Vice President Adam Miklovis** opened the meeting. After formal opening ceremonies and **Chaplain Joan Hutchinson's** invocation, he reminded all present of the meaning of Veterans Day. As children, we all remember pausing for a few moments at 11 AM on the 11th day of the 11th month to remember the Veterans of "The Great War to End All Wars," WW1. That was Armistice Day. After WW2 and the Korean War, President Eisenhower signed an Executive Order in 1954 to officially re-name this date "Veterans Day" to honor all living men and women who has served in the United States military. So, 2024 marks the 70th celebration of Veterans Day!



Member **Ed Walus** arrived for the meeting wearing his original 1966 Navy “spit shined” shoes, Dixie Cup” cap, ranks on his shirt, and his original uniform in a clear plastic bag. Appropriately dressed, Ed was selected by **Adam** to lead the members in the Pledge of Allegiance. Thanks for your service and spirit, Ed!

VP Adam Miklovis with Ed Walus



Ed, and all members went home with a Veterans Day commemorative tee shirt and cap presented by the Ocean Casino Resort.

Members then welcomed U.S. Marine Corps Vet and Purple Heart Recipient, Michael A. Fedorko. Mike is now the Atlantic City Chairman of the Marine Corps Law Enforcement Foundation. The MC-LEF establishes a \$35,000 educational account for every child who loses a parent serving on active duty in the United States Marine Corps, Navy Corpsman or as a Federal Law Enforcement Agent. Since its founding in 1995, MC-LEF has awarded over \$92 million in educational accounts and other humanitarian assistance to over 4800 recipients. Those interested in donating to the MC-LEF: Donate via Check - The MC-LEF, 273 Columbus

Ave., Suite 10, Tuckahoe, NY 10707 or go to website www.mc-lef.org/donate. The following picture shows **Mike (center)** receiving our club's donation to the MC-LEF from **John Coyle (L)** and **Adam Miklovis (R)**



After the meeting, our Presentation Team, **Jim Cali** and **John Coyle**, accepted the invitation extended to all Vets, and visited the Ridgewood Assisted Living Community across from the Smithville Inn. Their purpose was to visit Vets soon to live there. Both were surprised when they were honored by that community's own “Certificates of Service”!



Ridgewood Vet & Future Residents, Jim Cali, John Coyle

Thursday, November 21st marked the club's annual Turkey Shoot at Range 129 in nearby Absecon. Members gathered in hopes of winning a Thanksgiving Turkey or wine by firing their choice of .22, .38, or 9mm pistol from twenty feet at a paper target. We formed two groups divided as "Marksmen" and "Rookies." After all targets were scored, **Jim Giordano** led the Marksmen by placing 18 shots out of 20 in the Bullseye and carried a turkey home. He was followed by **Brian McCann**, who was awarded a bottle of wine for his Thanksgiving table. The "Rookies" were led by turkey winner **Paul Ricciardi** and wine winner **Kati Thompson**. A hard day at the Range was followed by a pizza and soft drink social, and hopes for a Happy Thanksgiving all around. Shooters and prizes are pictured below.



Tuesday, November 26th saw many members arrive at the Smithville Inn. They were guests of the Wimberg Foundation's Annual Thanksgiving Prayer Breakfast. This inspirational gathering is a wonderful start to the Holiday Season!

Operation Shoe Box Nancy Schweiker writes: "As this is my last write-up for 2024, let me first wish everyone a very Merry Christmas, Happy Hanukah and a Happy and Healthy New Year, with the emphasis on the 'healthy'. Where has 2024 gone???? Heck, where has my youth gone? Operation Shoebox had a very successful year thanks to the overwhelming generosity of everyone at Four Seasons. I shipped over 48 boxes to a number of foreign countries (Iraq, Kuwait, Saudi Arabia, Jordan, Djibouti and many more), and tried

to include as many females as I could. Sorry men, but I do show favoritism to the females. Now, imagine being in a foreign land, thousands of miles from home, surrounded by men and having to shop at the company PX, which is probably staffed by men. These poor women do not stand a chance in getting good female products for face, body, and other parts. This is a role I am only too pleased to help fill. Now, don't get me wrong, I also enjoy sending the men their goodies and they also respond much more frequently than the ladies, but I do have a soft spot for the girls of war, and I admit it.

This month I am shipping six boxes (3 men; 3 women) and hope to include some Christmas cheer. One of our auxiliary members, who donates quite regularly, even sent Christmas cards so I can

include them in my shipment. Donations needed: cookies, power/energy bar, Slim Jims, and beef jerky. Happy Holidays Everyone!!!

The Four Seasons Veterans Club meets the second Monday of each month at 1 PM in the clubhouse ballroom except in June (annual luncheon/dinner), and July (after the 4th of July Parade by the clubhouse grills). There is no meeting in December. The club is open to all Four Seasons residents who have served as regular or reserve members of the U.S. armed forces including the National Guard and Merchant Marine components. World War 2 Veterans are non-dues paying Honorary Members. Auxiliary members (departed members widows and significant others), spouses, significant others, and interested non-Vets and neighbors are invited to attend.



Community News



Berkshire Village

John and Christine Rosado
413 St. Ives Court

Chatham Village

Ralph and Linda Punzi
509 Salem Way

Manchester Village

Henry Hilker and Victoria Coffineau
11 Sander Place

Wayland Village

Eileen Shinn
640 E. Chancery Lane

Wexford Village

Michael and Maryjean Valigorsky
201 Limerick Street

John and Patricia Linfante
14 Keswick Street



Condolences...

...to Nancy Petrick and family, Wexford Village, on the passing of her husband, Joseph, on October 31st.

...to the friends and family of Hughes Duprez, Devonshire Village, who passed away November 9th.

...to Maryanne Monette, Devonshire Village, on the passing of her husband, John, on November 11th.





Community Education Committee

By Pat Allen

Looking back, it has been a beautiful, extended Fall, certainly too dry but to have sweater-weather into November... wow.

Once again, our thanks to fellow resident David Fruci. This time was for a wonderful evening with "The Music of Lennon & McCartney." Thanks also to Dennis Clark and David's wife, Barbara for their behind-the-scenes help in the program. Here are a few photos from the event.

Dave at the Mic



Dave with a Song

Dennis Clark & Dave



Dennis Loughlin & Dave Sharing a Story



Barbara & Dave Frucci

This Fall, Joanne Kinsey introduced her hands-on cooking classes. How great to spend time in the kitchen with an expert and to have fun doing it. Late in October we had an evening with a talented photographer; Rich Lewis took us to his favorite place in the world, The Pine Barrens of New Jersey. There is so much variety and beauty in our backyard and with his guidebook we can find those lesser-known places and understand their significance, history, and natural features.

As I write this, we look forward to Joanne's early December program "Strategies for reducing stress every day, especially through the Holiday Season." I'm sure this is what we can all appreciate at this time of the year.

I also want to express our appreciation to Dennis Clark and his good friend, Gary Press. Gary is the President of the Atlantic Pops Community Band and, for several years, has offered free transportation from and to the Clubhouse for the Holiday Toy Drive Concert.

Looking forward; we have some great programs planned for 2025. Save the Date: Thursday, February 20th at 6:30 pm for a return visit by David Fruci. His love of history and music will help celebrate Black History Month with "The Birth of Motown."

Everyone at Community Ed wishes you a Happy Holiday season! Best wishes for the New Year!



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BOT Workshop Meetings

By Lorraine Gicas

The following are the highlights of the workshop meetings of the Board of Trustees.

Tuesday, November 5, 2024

Twenty residents attended this 11AM meeting in the library. Dominick Moretti led the meeting since Dave Carey, though present, had bronchitis. Tony Annacone and Camille Lally were also present. This was first of the new schedule for BOT meetings.

Old Business:

1. Wells H2 and H9 are out of service. and need to be replaced. Two bids were received: Absecon Electric and Robbins Water Services. Discussion ensued in favor and against the vendors; \$37,000 vs \$41,000 respectively. The BOT voted three to one in favor of Robbins.

2. The shuffleboard court repairs will cost of \$2,400 by Kurts Kourts.

3. Outdoor painting on building exterior and gazebo benches will be done by our in-house maintenance crew. Some interior clubhouse repair/painting will also be done by John and Jason.

4. Rich Fire needs two more days to complete its work including sprinkler head replacement in the management office.

New Business:

1. Budget Presentation will be held on Tuesday, November 12th at 7 PM.

2. The next Board meeting will be Tuesday, November 19 at 11 in the library.

Tuesday, November 12, 2024

This evening budget presentation was well attended and brief. Finance chair Harry McCormick presided and informed residents of the \$20 monthly dues increase and the reasons for it. The HOA fee will be \$240 per month and is yet to be approved by the Board of Trustees.

President's Corner

By Dave Carey



Happy holidays, past, present, and future. I know that the entire BOT and our management staff will join me in wishing all residents a wonderful holiday season.

We savor our last years and look forward to the coming of 2025. We hope we can all see some improvements in our future and are working hard to make that a reality.

I am sure that you are all aware of the modest increase in our HOA dues and hope this will be enough to cover the multitude of issues that will be confronting us. As we have aged, so have our facilities and now require repairs and or replacements. Over all, our many years of planning by our Finance Committee and previous Boards, has us in a viable financial position with sufficient reserves.

As we transition to 2025, we will have a change in our landscaping and grounds provider and we are working to make the change as problem-free as possible. We know that the different approaches to our many chores will have some bumps as the new vendor (Brightview) learns the ins-and-outs of our 200+ acre community. We are sure that their professionalism will become evident once they get their staff here and understand all of our issues. Brightview will be supplying our winter needs and the full service will begin in 2025.

Our volunteers continue to provide our community with tremendous and varied services that would need to be replaced by 20-30 salaried employees, were they not covering multiple daily chores. Please keep that in mind when interacting with them. "Thanks" are always welcome.

Take care of yourselves and your neighbors.





Older and Wiser?

By Dr. William Puentes
Health & Wellness Committee

It's often said that with age comes wisdom. However, we all know a few people who are older but not any wiser. You may ask, what does wisdom have to do with healthy aging?

Recent research has looked at wisdom as a psychological resource for coping with life challenges. Wisdom may help individuals with navigating difficult situations in life. Studies have shown that wisdom helps individuals dealing with hardship in all phases of adulthood but especially in older adulthood. They also suggest that wisdom may be a protective factor against loneliness in old age. Highly wise individuals are generally high in well-being,

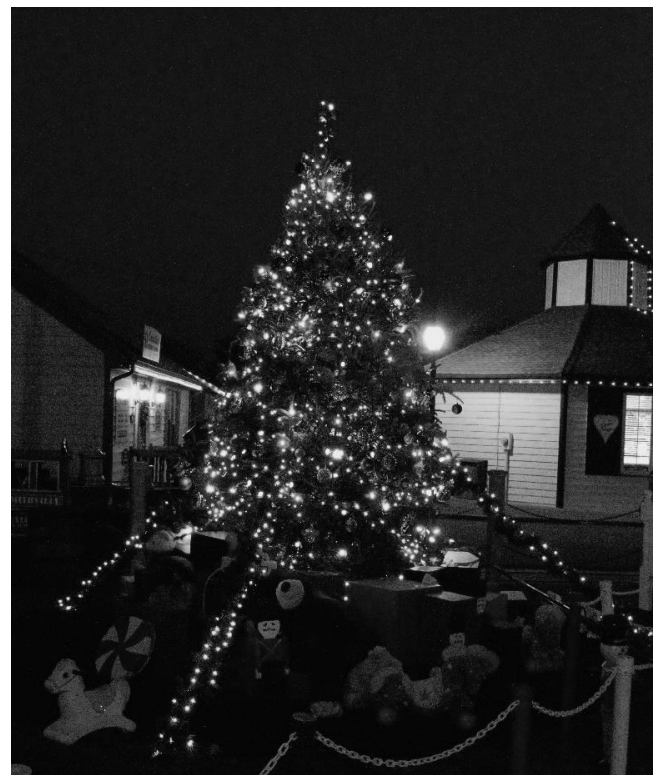
In order to figure out what contributes to the development of wisdom we need to be clear on how we define it. It has been defined in a number of different ways by a number of different people. A close examination, however, of the different definitions shows that most have several characteristics in common. These characteristics include:

- *knowledge of life* based on one's lived experience
- *prosocial values* or actions that benefit another person or society without the expectation of a reward.
- *self-understanding* of your personality, actions, values, beliefs, emotions, and thoughts. Self-awareness becomes woven into the fabric of who you are and appears at different points depending on the situation and your personality.
- *acknowledgement of uncertainty*
- *emotional homeostasis* is a balance between *positive* and *negative* emotions. Homeostasis is where our bodies and brains want us to be whenever possible.
- *tolerance* represents the capacity for or the practice of recognizing and respecting the beliefs or practices of others
- *openness* is an accommodating attitude or opinion, such as receptivity to new ideas,

behaviors, cultures, peoples, environments, experiences, etc., different from the familiar, conventional, traditional, or one's own.

- *spirituality*, which isn't just about religious belief; it's also about connecting with something outside of oneself that brings meaning and connection to your life.
- a *sense of humor* or the ability to express or perceive what's funny, is both a source of entertainment and a means of coping with difficult or awkward situations and stressful events. Having a good sense of humor helps reduce stress, builds empathy, and helps us cope with pain more easily.

The good news is that the development of wisdom never ends. Self-reflection on where you stand on the characteristics associated with wisdom provides you with the opportunity to use strengths in the areas you are strong in to enhance the well-being of you and those around you. Recognizing characteristics with room for improvement and developing strategies to tackle them are tasks that lead to greater wisdom, self-improvement and the feeling of a life well lived.



A Jolly Tree in Smithville

A Year in Review

Health and Wellness Committee

By Karyl Carter, Temporary Chairperson

The H & W Committee worked hard this year to fulfill its mission to educate, support, and empower residents to enrich their overall health and well-being through healthy lifestyle choices. Several of the Committee members are retired RNs, some with acute-care experience although a nursing background is not a requirement for committee membership.

At the center of our program is our state of the art Fitness Center which was already well equipped with ellipticals, treadmills, stationary bikes, weight resistance machines, free weights, a stretching area, and now recumbent cycles and kettlebells.

So, what is Clamtown and who is Cindy?

To encourage more residents to use the Fitness Center, the HOA hired Clamtown of Tuckerton, NJ to provide certified trainers to offer Weight-Circuit Training for small groups and individual coaching sessions twice a week to help residents familiarize themselves with the equipment and to develop individual workout plans.

In addition, Clamtown provided the popular instructor, Cindy for her moderate exercise class twice a week that targets specific parts of the body or muscle groups. She always gives alternate ways of doing the exercises to accommodate all skill levels or limitations of residents. She even incorporated the Drums Alive equipment as part of a round robin exercise station in several classes.

More recently based on resident feedback, Cindy offered an Easy Stretch-Breathing class for those preferring a simple, no-sweat approach to movement.

Clamtown's Instructor-in-Training, Lily gave a low impact aerobics dance fitness class twice a week including Saturday morning and ramped up the class with new steps or music as residents requested.

Overseeing all of this is our Fitness Coordinator, resident Anthony Orsini who canvasses resident

opinion, initiates and helps schedule and promote the various classes. Don't miss his class warm-ups and if you encourage him, he might just demo his cha-cha line dance...

So, what is Step by Step Walkers and who is Mary?

In its second year, this *walking challenge* ran from May through October. Open to all residents, residents walked alone, in pairs, or in groups at their convenience and logged in steps daily on special sheets. Tallies were posted monthly on the TV Lobby and our bulletin board. We started with 20 walkers across several villages, and 12 finished.

We are indebted to resident Mary Welcher, our dedicated Committee secretary who tallied the sheets and reported results.

Special shout out to Mary Martin of Nottingham who clocked in an amazing 3,958,482 steps which roughly translates into 1,979 miles. Just think of walking from Smithville, NJ to the Rocky Mountains beyond Denver, Colorado and you can appreciate the distance. All of the walkers tallied 27,085,467 steps or approximately 13,543 miles. That's more than the distance from the Arctic Circle to Antarctica (Pacific Coast straight line).

So, what is the Vial of Life and why should I care?

This voluntary program is designed to speak for you when you can't speak for yourself in a medical emergency. All you need is an Enrollment Form to get started. Our resident Coordinators, Bill Puentes and Lois Dunay answered 12 inquiries and delivered plastic vials (tubes) with medical forms for the residents to fill out, roll up and place in the vial in their own refrigerator. The Vial of Life decal on the mailbox post alerts to emergency responders that essential medical information is available in a vial in your home.

So, what is an AED and why is CPR-AED training important?

AED, automated external defibrillator, a medical device, about the size of a briefcase, is used to help people experiencing sudden cardiac arrest. Sponsored by the Sean McCarthy Live Passionately Foundation, 12 residents completed the four-hour CPR-AED-Basic First Aid certification course on

Saturday September 28th. The Foundation's goal of fostering greater awareness of heart health and improving emergency response efforts is enhanced through its grant program which generously gave this training course for free. We acknowledge residents, Pat and Jim McCarthy for their commitment to community service, and thank Deborah Kelley, who organized the class. Note there are five AED's located throughout the clubhouse all marked with a red sign and arrow on the wall. How many can you spot?

Newsletter Column

Bill Puentes, PhD, RN, FAAN and former University of North Carolina Professor of Nursing and Adjunct Professor at the University of Pennsylvania, wrote several articles of interest to seniors in conjunction

with the NY Times series, 10 steps to Living Longer. Some past titles were: Let's Get Some Sleep, Socialization, Aging is Not a Disease, and When Life Gives You Lemons, Make Lemonade, for tips in maintaining a positive attitude.

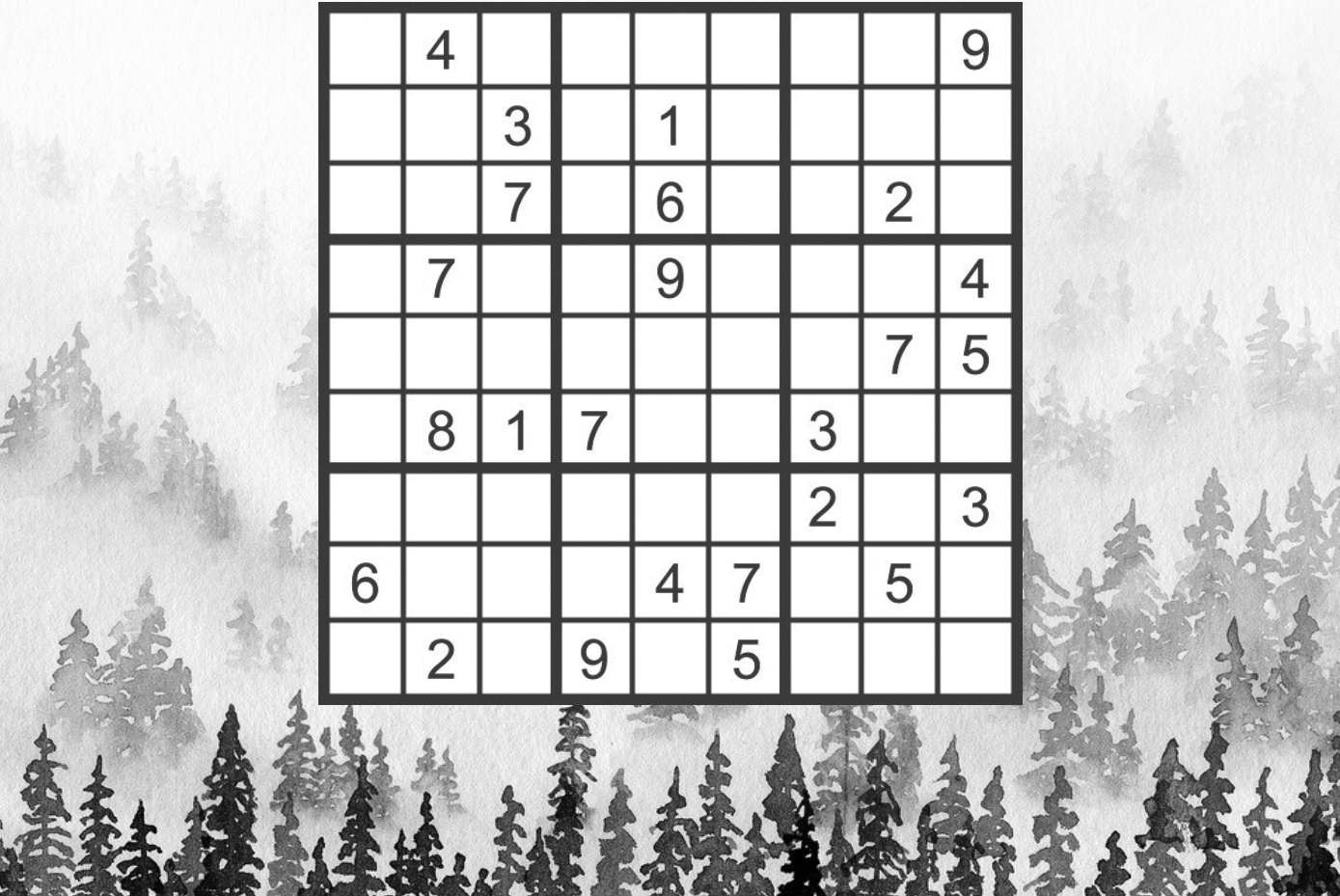
We hope you'll agree the H & W Committee delivered several programs to help residents engage in healthy lifestyle choices. But we are not done.

With your support and suggestions, the Committee hopes to expand its Step by Step Walker program, schedule speakers on cognitive and physical therapies, diabetes education and foot health, and offer another CPR-AED certification class in 2025. Stay tuned.

Sudoku

The goal is to fill in each of the cells with a number from one through nine. The digits must be placed so that each appears only once per row, column and box.

Answers on Page 31



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

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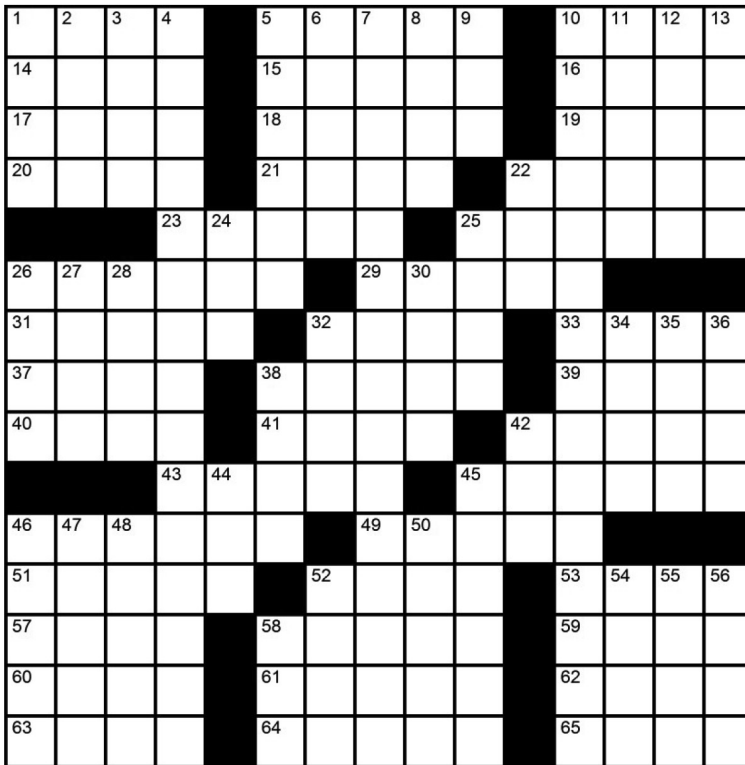


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ACROSS

- 1 Depositors' protective grp.
- 5 Fruitcake
- 10 Jane Austen matchmaker
- 14 Bind
- 15 Uma Thurman's ex --- Hawke
- 16 Give temporarily
- 17 Arabian chieftain
- 18 Lightweight cord
- 19 Breathtaking organ
- 20 Against
- 21 Large bundle
- 22 Lamp scamp?
- 23 Bit of broken pottery
- 25 To do with mail
- 26 Strainer
- 29 Whisky distiller --- Walker
- 31 Appears ominously
- 32 --- Chanel
- 33 Actor and rapper Mike ---
- 37 Wheat flour in India
- 38 For example, brogues
- 39 Harvest
- 40 Hits lightly
- 41 High-efficiency lights, briefly
- 42 Enigmatic quotemaker Yogi ---
- 43 Corpse
- 45 Luxury accommodations
- 46 Dozing
- 49 Wet season

- 51 Place
- 52 Work the land
- 53 Records
- 57 Cookware
- 58 Military blockade
- 59 "... sting like ---" (Ali)
- 60 Therefore
- 61 Kofi ---
- 62 Brief message
- 63 Red light gas
- 64 Office in training
- 65 Writing table

DOWN

- 1 Type of market
- 2 What Rhett didn't give
- 3 Brenda Lee's "--- True?"
- 4 Yuletide
- 5 Home beverage center
- 6 Fighting an enemy
- 7 Old acquaintance
- 8 His last word was "Rosebud"
- 9 Unity
- 10 Large landmass north of the Canadian mainland
- 11 Launch
- 12 Passion
- 13 Theatrical backer
- 22 Smallest Indian state
- 24 "--- So Fine" (old Chiffons number)
- 25 Advantages
- 26 Fuss
- 27 Scintilla
- 28 Former Mississippi senator Trent ---
- 30 Summer refreshments
- 32 Top cook
- 34 Cheeky
- 35 Shave
- 36 Health farms
- 38 Thin potter's clay
- 42 Top and bottom of a hamburger
- 44 Senator --- Cruz
- 45 Noiseless
- 46 Colorado resort
- 47 Stockpile
- 48 Dismiss
- 50 Pond problem
- 52 S N L comic --- Fey
- 54 Double-reed woodwind instrument
- 55 Obtains
- 56 Search
- 58 Cold War U S A F arm

Answers on Page 31

Trip Committee

By Tina Vitello

January 2 – Jan 17. NCL Cruise onboard The Prima,-15 Days. Leaving from NYC. Check-in time at clubhouse: 10 am. Departure: 10:30 am. For further information contact *Tina at 917-292-9380 or Diane at 908-334-7089.*

March 27 - Tropicana Casino, Uptown, Motown. Price \$94 pp. Includes: transportation, \$25 slot dollars, show tickets, \$20 food coupon. Selling dates: Monday, Dec. 16, and Tuesday, Dec. 17 at 10 am. For further information, contact. *Tina Vitello at 917-292-9380, or Diane Kelley at 908-334-7089.*

June 16 – 20- Niagara Falls, Canada. Price: \$1,285 pp dbl. occpy.; \$1,765.00 pp single occpy.; \$1,135.00 pp triple occpy. Insurance optional. \$126.00 pp dbl. occpy.; \$174.00 single occpy.; \$111.00 pp triple occpy. Day one: Travel to Niagara Falls, Ontario. We will do duty prior to crossing the border into Canada. You must have a valid passport. After checking into the Hilton Fallsview, dinner will be on your own. Day two: Breakfast is included each morning of trip. Today we will take a tour of Niagara Falls with a local tour guide. We will make stops at the Falls, floral clock, aero tram car, and the Wellington Canal. After our tour you will have free time before we have an included dinner overlooking the falls (B/D). Day three: Today we travel to the African Lion Safari for a ride through the park. You will see many different animals up close. After we return to Niagara Falls you will have free time before we have another included dinner at Betty's Restaurant (B/D). Day Four: Today we will start our day with a boat ride to the base of the Falls, one of the most incredible things to see. After our boat ride we will visit Niagara on the Lake for free time and lunch on your own. After lunch and free time, we will visit a local winery for a tour and tasting. This evening, we will have a fabulous dinner at the Skylon Tower revolving restaurant. (B/D). Day Five: Today we will make our way back to the U.S. and home for an early evening arrival (B). The package includes: Deluxe Motor Coach Transportation, 4 nights accommodations in Niagara Falls Ontario, 4 breakfasts, 3 dinners, baggage handling, tax and gratuity for all included meals, gratuity for bus driver and Friendly Tours guide, cost of all

attractions listed, snack, drinks, games and Friendly Tours representative on trip. Selling dates: January 20 & January 21, 9:00 am, For further information contact: *Diane Kelley at 908-334-7089 or Vivian Joseph at 201-410-2063.*

December 4 - Tropicana Casino, Dance To The Holidays. Price \$94 pp. Includes: Transportation, \$25 slot dollars, show tickets, \$20 food coupon. Selling dates: TBA. For further information, contact. *Diane Kelley at 908-334-7089, or Tina Vitello at 917-292-9380.*

In the Planning Stages:

River Lady – Tom's River Day Cruise - May Baseball Game: Phillies vs. Mets-Sunday, June 22

Surflight Theatre: Calendar Girl - September, 9 To 5 - June, & 42nd Street - July



Recreation Committee News & Updates

By Lou Hodac, Recreation
Committee Chairman

9-Ball Billiards 2024-25

Season Start-Up: Our 2024-25 winter 9-Ball Billiards season begins on Thursday, December 5, and Friday, December 6, 2024 at 9:30 - 11:30 AM. Our season runs from the beginning of December through late February.

Sign-up Sheets were removed on Saturday, November 30th in preparation for the start-up. For additional information or questions, please feel free to contact our Billiards Coordinator, Dan Favara at 609-652-2901.

Indoor Cornhole 2025: Indoor Cornhole will be returning this coming winter in January 2025!! Sign-up sheets will be in the Indoor Activity Book, located in the clubhouse lobby, on the Monday after Thanksgiving, December 2nd. More information coming soon.

On behalf of myself and the entire recreation committee, we wish you all a very happy, healthy, and safe holiday season!

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Book Club Notes

By Tina Seibel

At our October meeting, the Book Club members selected the ten books we will be reading/discussing in

2025. There are several newer books that hit the best seller lists - for example, *The Women*, by Kristen Hannah and *Tom Lake*, by Ann Patchett. There are also a few lesser known, but award-winning books like *The Round House*, by Louise Erdrich and *The Island of Missing Trees*, by Elif Shafek. I am personally looking forward to reading another novel by Louise Erdrich, who chronicles Native-American life. (Per Amazon – The Round House is “likely to be dubbed the Native American *To Kill a Mockingbird*.”)

Since we spent a good part of our hour-long session choosing books for next year, the discussion of Ann Napolitano’s *Hello Beautiful* was shorter than usual. It was interesting to learn that Ann is only thirty-seven and originally from Bergen County, NJ. It was also interesting to compare/contrast her book to the classic Louisa May Alcott “Little Women.” Themes in the book of loyalty, love, loss, forgiveness and being true to oneself were the main discussion topics. In general, most members enjoyed the book and would recommend it.

As with every newsletter, the deadline for submitting articles arrived before the 4th Monday of the month – when the Book Club meets. Based on early feedback, members are finding the November selection, *Remarkably Bright Creatures*, a surprisingly delightful read. I am certainly enjoying revisiting the Sowell Bay Aquarium and reacquainting myself with Marcellus and Tova. More feedback will appear in the January newsletter.

With all the commitments that come with the holiday season, Book Club does not meet in December. However, taking time to curl up with a good book is a wonderful way to counter the stress of shopping, cooking, and all the other holiday preparations we take on. Here are a couple of ideas:

- *The Frozen River*, by Ariel Lawhon. This is the Book Club’s selection for January 2025. “Compelling . . . a most uncozy mystery that addresses the unbalanced power dynamics of men and women, rich and poor.” *NPR, Weekend Edition*

- *The Heaven and Earth Grocery Store*, by James McBride. “We all need—we all *deserve*—this vibrant, love-affirming novel that bounds over any difference that claims to separate us.” —Ron Charles, *The Washington Post*

- *From Scratch*, by Tembi Locke. “This beautiful memoir takes us on Tembi’s personal journey of love, parenthood, and ultimately the loss of her husband, Saro. She learns to heal in the most beautiful way—through the support of three generations of women—and yes, there’s Italian food. Lots and lots of Italian food!” *Reese Witherspoon*

- *The Lost Bookshop*, by Evie Woods. “Beautifully written and captures the wonder and awe that a story can bring to its reader...a delightful story for any book lover...an ode to storytelling and the connections that books can make!” – Amazon reader

Looking forward to 2025 and another year of continuing to build a community of readers! The complete list of 2025 selections is available on the Four Seasons Book Club website.

“Reading is an exercise in empathy; an exercise in walking in someone else’s shoes for a while.” - Malorie Blackman



The Joy of Collecting

By Susan Joy

Welcome to “The Joy of Collecting” Four Season’s own version of The Antiques Road Show!

We all have a collectable item or two that was handed down or purchased years ago on a trip or at an estate sale and often wonder if it’s a rare 18th century heirloom or simply a tourist souvenir... hopefully this column can help you identify your collectables history & possible value in today’s market. Hopefully all readers will find an interest in your “treasures” history!

Each month I will pick 2-3 items to research and showcase in the column. If you have an item of interest that you’d like to find more info on and its possible value, please email me clear pictures taken from several angles along with as much information you can provide, including dimensions, colors and provenance. Please no jewelry or sports memorabilia.

Q. Recently I accompanied my daughter on a trip to the Lancaster Pa. area to do some antique furniture shopping for her new (old, circa 1880’s!) house. I came across a basket full of these wooden butter molds and fell in love! I have never collected anything, but the simple, primitive look of these just struck me. I love that they can be tucked in a curio or displayed in a basket for a rustic décor touch. What is the history behind these molds? E.F. Manchester Village

A. Butter molds or stamps were used as early as Tudor times to decorate butter with images and words, but it was in the 19th century that they became incredibly popular, both in private kitchens to create attractive butter to decorate the table, and



on farms to label and identify produce. They were one of the earliest forms for dairy farmers to trademark their product.

During the 18th and 19th centuries, butter

was practically a form of currency for farmers, who could use it to barter for store-bought groceries, clothing, and other household goods. Farmers who prided themselves on making high-quality products wanted to mark their wares as their own and make sure they were properly compensated for their dairy-making skills. Butter molds, usually carved wooden pieces, allowed them to give their butter a unique trademark that would let consumers know they were getting the good stuff.



Throughout the years, dairy-loving farmers and craftspeople would carve the prints from boards or blocks of wood using either hand tools or lathes. Most butter molds are made of wood, but glass ones can be found, too. Patterns varied by farm and by region.

Most were made of close-grained hardwoods such as holly, lime or (most commonly) sycamore, the name of the farmer and any decoration was carved into the stamp or mold in reverse so it would come out the correct way round when the butter pat was turned out.

There are five different types of butter molds, **single-piece flat prints** (stamps); **two-piece ‘ejector’ stamps** (a wood handle acts like a plunger to push the pressed pat out), **two-piece molds** that push together (often held with small wooden pegs in holes) to create a three-dimensional butter decoration; **rollers** with patterns carved into them (like pastry rollers, but for rolling around the sides of a block of butter); and **cup or brick molds**, which are dome-shaped like little jelly molds or shaped like hollow bricks for producing blocks of patterned butter.

Today, most use silicone molds used for candy making or baking to mold their butter but if you clean your antique mold correctly (wash them with mild soap and water. Use a brush or sponge to loosen and get rid of any residue, then wipe dry. To revitalize an old mold, use a paper towel to apply a thin layer of mineral oil to the surface, and let it

HE GOT ME BACK ON THE GOLF COURSE!



"I hurt my back playing golf. I went to the chiropractor. I went to the pain institute. I went to the Spine Institute. Nothing helped. The pain was debilitating, and I went six or seven months without playing. I tried everything."

Chronic pain makes everyday life incredibly difficult. It prevents you from participating in activities you once loved, and simple daily tasks like grocery shopping become nearly impossible.

This was the case for Paul C. of Linwood, NJ.

Paul went on to explain that on a scale of one to ten, his pain was well over a nine every single day. Like Paul, regardless of your age, back pain, whether caused by a sports injury, longstanding arthritis, or even specific conditions like spinal stenosis or bulging/herniated discs, can severely impact the quality of your life. In short, it stops you from doing the things you love with the people you love, and that's not a great way to live. On top of that, general practitioners, specialists, and surgeons are all too eager to prescribe medications with side effects detrimental to your recovery or invasive surgeries that often have less-than-desirable outcomes.

Fortunately for the people of Linwood, Dr. Dominic Sembello and his team at Health Source Acupuncture & Integrative Medicine have pioneered non-pharmaceutical, non-surgical, innovative medical solutions that actually treat your pain!

"My patients are often people who would normally require surgery but would either have a difficult time going under the knife or have simply decided that they would rather explore other options. There is more to healthcare than prescription pills, injections, and scalpels," shares Dr. Sembello. "By offering several integrative medical solutions, we are able to combat your pain from several angles, ensuring the best possible outcome."

This approach makes Health Source Acupuncture & Integrative Medicine an authority in treating seemingly hopeless cases of chronic pain when standard medical treatments simply aren't working.

Paul easily attested to this claim, "I highly recommend him to anybody. I am thankful every day that I met Dr. Sembello, and he was able to help me because I can play golf again!"

Each new patient who comes to HSAIM receives a comprehensive consultation to find out more about their unique health situation. If Dr. Sembello feels he can actually help them, he will then prescribe a personalized treatment program tailored to their specific needs and goals. "While every treatment I perform is based on a framework cultivated from decades of education and experience, no two people are exactly the same, and every person under my care is treated that way," says Dr. Sembello.

Dr. Dominic Sembello, DAc. has pioneered a modern medical solution called **Bio Electric Cellular Regeneration (BECR™)**. The BECR™ Method is a painless, drug-free, non-invasive, and, most importantly, personalized medical treatment solution. This method addresses not only the symptoms but also the root cause of why you have the problem in the first place. It was with the BECR™ Method that Paul found himself back on the green!

"Unlike other solutions to chronic pain, the BECR™ Method corrects the pathology of the problem, allowing the body to heal itself naturally, which is how the body was designed to work," explains Dr. Sembello. "This is a wonderful alternative to standard medical options for chronic pain like medications and injections, and it's incredibly safe and highly successful."

Dr. Sembello and the team at HSAIM are using the BECR™ Method to treat some of the toughest and most challenging chronic pain issues, including arthritis, knee pain, shingles pain, low back pain, fibromyalgia, neuropathy, and so much more!

If you are suffering from any type of chronic pain and are looking for a different approach to find relief, call our office to schedule your consultation to find out if we can help you get back to doing the activities you love with the people you love. Our patients often tell us they wish that they had done this sooner! Call our office at **609-745-1216** to get scheduled today, as new patient appointments are limited.

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soak in.) and you refrain from using cracked molds, you can “churn” out a fancy addition to your dinner table!

To make festive butter pats, soak a wooden mold in cold water for 30 minutes. Set butter on the counter to soften at room temperature for about an hour. Spoon the softened butter into a mold, pressing it in as you go. Smooth the surface of the butter with a knife or spatula so it is even with the edges of the mold. Chill the filled mold in the freezer for 30 minutes, remove butter from the mold, and store in the refrigerator until needed. Let the shaped butter come to room temperature before serving. These are easy to find in antique shops especially in rural areas that are surrounded by dairy farms and can be picked up for around \$18-\$30 apiece. Some intricate or rare designs may sell for up to \$100. You “butter” believe you are now a collector!

Susan Joy is a Four Season's resident. She has honed her extensive researching skills and collectables knowledge via years of retail, estate liquidation and online sales experience. She loves collecting old postcards and vintage toys. She is not a certified appraiser and the information provided is for entertainment purposes only.

Please send your submissions to Susan at willowtreestatesales@gmail.com Unfortunately, due to time & space limits, I cannot respond to all submissions.



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Tasty Tidbit

By Susie Jensen



Carrot Cake Cookies

Ingredients:

- ½ cup butter, softened
- 1 cup brown sugar
- 2 eggs
- 1 – 8 oz can crushed pineapple, drained
- ¾ cup shredded carrots
- 1 cup raisins
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 2 tablespoons ground cinnamon
- 1 cup chopped walnuts

Preheat oven to 350, line baking sheets with parchment paper or grease

In a large bowl, cream together the butter & brown sugar until smooth

Beat in eggs one at a time

Stir in pineapple, carrots & raisins

Combine the flour, baking powder, baking soda salt & cinnamon

Slowly stir combine ingredients into the carrot mixture.

Mix in walnuts

Drop by rounded measuring tablespoonfuls onto prepared baking sheets

Bake for 15 to 20 minutes, or until the bottoms begin to brown & the cookies are set

Allow to cool for a few minutes before moving to a cooling rack to cool completely

Optional Glaze (on cool cookies)

Beat together ½ cup cream cheese

½ cup soft butter

4 cups sifted powdered sugar, 2 tablespoons orange juice

1 – 2 teaspoons lemon or orange zest

Beat until fluffy

Spread on cool cookies

You can also top the frosting (above) with a little coconut.



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MOVIE *Passion* By Alan Levin

ACADEMY AWARDS

A movie buff in the community gave me an article relevant to the Academy Awards and their blunders. I believe the article focused on the fact that the awards will nominate ten best pictures next year not to leave anyone out. The article mentioned *Ordinary People* ('80), winning over *Raging Bull*. **Robert Redford**, his directorial debut, won for best director. I am a big fan of *Ordinary People*. Viewed it four times. But *Raging Bull* and **Martin Scorsese's** direction is unparalleled. Scorsese finally won for best director for *The Departed* ('07).

Here are some of my favorite Academy Award goofs. **Peter O'Toole** has never won a best actor award. That, in itself, is a disgrace. He ran into bad luck in 1962. He was nominated for *Lawrence of Arabia* against **Gregory Peck** in *To Kill a Mockingbird*. Peck won, and rightly so... but maybe there could have been co-winners that year. **Benito Benigni** won for best actor in 1995 for *Life Is Beautiful*. The award should have gone to **Edward Norton** for *American History X*. In 1960 **Shirley Jones** won the best supporting actress award for *Elmer Gantry*. *Gantry* was a great movie and remains one of my favorites. Jones' performance was poignant but why? **Paul Newman** won best actor for *Color of Money* ('86). An award given to him to compensate him for all those great performances that did not win.

Here is a good one. **Alan Arkin** won best supporting actor for *Little Miss Sunshine* ('06). He was dead through half the movie. **Dijmon Honsou** for *Blood Diamonds*, crushed Arkin, but you know the politics of the Academy. **Anthony Hopkins** won for best actor for *Silence of The Lambs* ('91). He was in the movie for 22 minutes. Yes, he carried the movie. I might have voted for **Nick Nolte** for *Prince of Tides*. **Henry Fonda** won for best actor for *On Golden Pond* ('80). He was passing away, thus the award. My vote would have gone to **Warren Beatty** for *Reds*. Beatty did win for best director.

Here are more goofs. Best actor: **Lee Marvin** for *Cat Ballou* ('65) over **Rod Steiger** for *Pawnbroker*. **Cliff Robertson** for *Charley* ('68) over **Peter O'Toole** in *Lion in Winter*. **Art Carney**, *Harry and Tonto* ('74) over **Jack Nicholson** in *Chinatown*. **Dustin Hoffman** for *Rainman* ('88) over **Gene Hackman** and *Mississippi Burning*. **Adrian Brody**, *The Pianist* ('02) over **Daniel Day Lewis** *Gangs Of New York*. This last one was a shocker.

Here are some close best actress awards that I AM TOSSING OUT THERE FOR YOUR CONSIDERATION. **Katharine Hepburn**, *Guess Who's Coming to Dinner* ('67) over **Faye Dunaway** in *Bonnie and Clyde*. That was very close. **Katharine Hepburn** again for *On Golden Pond* ('81) over **Diane Keaton** and *Reds*. A very close one indeed. **Cher** for *Moonstruck* ('87) over the other four but more specifically **Glenn Close** in *Fatal Attraction*.

I wanted Steve McQueen to win best actor for **Sand Pebbles** and Burt Reynolds for **Boogie Nights**. Tom Cruise deserved best actor for **Born on The Fourth of July**. Disappointed that Bruce Dern did not win for **Nebraska**.

Some of the recent blunders by the Academy could be: Scarlett Johansson should have beat out Renee Zellweger for best actress in **Love Story**; Carey Mulligan was better in **Promising Young Woman** over Frances McDormand and how in the world did Jamie Lee Curtis win best supporting actress in 2023?

How about Richard Burton not even winning an Oscar. You asked for what picture. Well, *Who's Afraid of Virginia Woolf* for one.

How about some folks who were very good but never considered. **Bill Irwin** as Rachel's father in *Rachel Getting Married* ('08). The scene where he is timed putting away the dishes was a pivotal one. **Al Pacino** for *Heat*. **Ben Kingsley** in *Schindler's List*. **Janet Leigh** and **Anthony Perkins** for *Psycho*. The leaving out of **Anthony Perkins** for best actor was just dreadful. **Arthur Kennedy** for *Elmer Gantry* ('60). For what it is worth, here are my best of the best pictures of the decade 60, 70, 80, 90 and 00 thru 08. In the 60's my vote is for *Lawrence of Arabia* ('62). In the 70's, a really tough decade, it would have to be *Godfather I* or *II*

('72, '74). The 80's my vote is *Platoon*, ('86) slightly ahead of *Out of Africa* ('85). In the 90's it is a no brainer...*Schindler's List* ('93). In the 2000's up to 2008, I am going with a controversial choice...*Crash* ('05).

Let's keep it going. Best actor of each of the decades. For the 60's. A tie...**Burt Lancaster** for *Elmer Gantry* ('60) and **Gregory Peck** *To Kill A Mockingbird* ('62). For the 70's. A tie between **George C. Scott** *Patton* ('70) and **Jack Nicholson** *One Flew Over the Cuckoo's Nest* ('75). The 80's its hands down **Robert DeNiro** for *Raging Bull* ('80). The 90's, it is close but I will go with **Tom Hanks** in *Forrest Gump* ('94). For the 2000 to 08 period, it is close but I will go with **Daniel Day Lewis** and *There Will Be Blood*.

Here are the best of the best actresses. In the 60's how about **Anne Bancroft** for *The Miracle Worker* ('62). In the 70's it is **Diane Keaton** and *Annie Hall* ('77). For the 80's, a no brainer. **Meryl Streep** for *Sophie's Choice* ('82). The 90's will have a tie. **Susan Sarandon** for *Dead Man Walking* ('95) and **Jodie Foster** for *Silence of the Lambs* ('91).

I'll capture something I said in previous academy columns. I don't watch them anymore. I stopped in 2005 the year of Katrina. That year, as in previous years, the academy distributed \$20,000 to \$120,000 gift packages to nominees...while folks in Louisiana were standing on their roofs pleading for help.

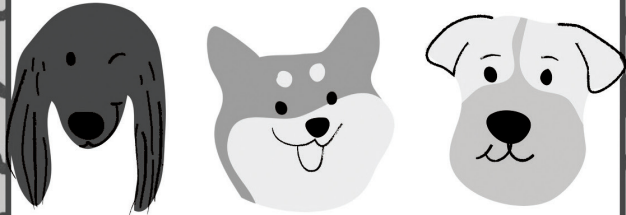
Are the awards fair? When you nominate actors and pictures in different categories...you tell me. I studied the best picture winners from '60 thru '08. Out of those 50 movies, only 6 could be considered comedies/musicals. Five of the six were in the sixties. *Tom Jones*, *West Side Story*, *My Fair Lady*, *Oliver and Sound of Music*. *Chicago* was the winner in the nineties.

WHATEVER, GO OUT AND ENJOY A GOOD MOVIE.

Alan can be reached in Archer City Texas where they are filming *The Last Picture Show*.

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Bingo

By Susan Herman and Debbie O'Brien

As I am writing the Newsletter article for December, I hope everyone has a very Happy Thanksgiving. We are still having great weather but still desperately need rain.

We had 204 Four Seasons residents play Bingo from October 27 thru November 17 with 61 winners. Those winnings totaled \$2,451. It's hard to believe that the 2024 Bingo calendar has only three more dates - November 24, December 8, and December 15. After a break for the holidays, Bingo will resume on January 5, 2025. We will have a few new games to challenge our players. Why not make a New Year's resolution to come to Bingo on Sunday evening. We play 13 games each evening with the minimum cost of \$9.00 (you can, of course, play additional cards, with the exception of the Admissions game, where only one card can be purchased).

Feel free to bring your own snacks and enjoy the coffee/tea that is provided. The doors open each Sunday at 6:00 p.m. with the last card sold at 6:55. The first game starts promptly at 7:00 p.m., and we are usually on our way home shortly after 9:00. Please remember – only Four Seasons residents are permitted to play Bingo.

BEST WISHES FOR A HAPPY AND HEALTHY NEW YEAR!!!



Thanksgiving Gathering

by Bill Wright

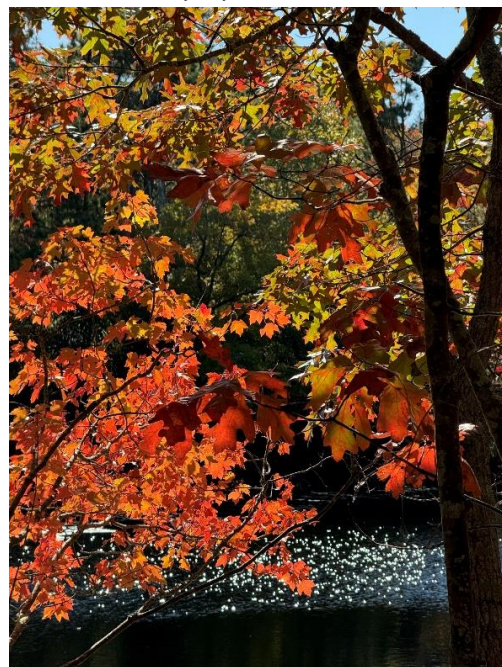
That Fall Feeling



By Kathy DiMaggio



By Lynne Stowe



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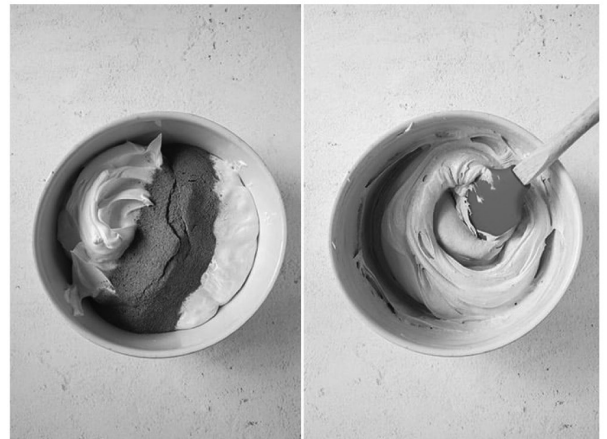
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3 Ingredient Hot Chocolate Dip Recipe

Ingredients:

- 7.5 ounces marshmallow fluff
- 8 ounces Cool Whip thawed
- 1/3 cup hot chocolate mix 3 .85-ounce packets
- For garnish: mini marshmallows

1. Using a hand mixer in a large bowl, blend together the marshmallow fluff, cool whip, and hot chocolate dip until creamy. Serve with animal or graham crackers!



Hot Chocolate Dip Recipe Tips

- Use a hand or stand mixer to combine the ingredients. The marshmallow fluff is pretty sticky at first and will stick to a wooden spoon.
- Find a festive bowl to pour the dip into. An extra large coffee mug adds a fun touch.
- Get creative with the dippers. You can keep it simple with graham crackers or vanilla wafers, or have some fun with animal crackers, pretzels or even fruit.
- Sprinkle extra hot chocolate mix on top for a little extra garnish.
- To make it even more festive for the holidays, you could sprinkle in mini M&Ms or crushed candy canes to give it a different flavor.
- Store hot chocolate dip in a sealed container in the fridge for up to 4 days.

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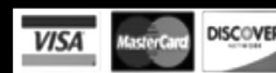
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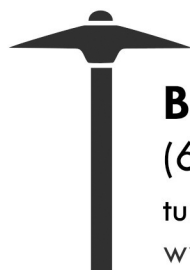
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Sudoku

Answer to Page 13

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

Crossword Puzzle

Answer to Page 15

1	F	2	I	3	C	4		5	W	6	A	7	C	8	K	9	O		10	E	11	M	12	M	13	A
14	L	A	S	H				15	E	T	H	A	N						16	L	O	A	N			
17	E	M	I	R				18	T	W	I	N	E						19	L	U	N	G			
20	A	N	T	I				21	B	A	L	E						22	G	E	N	I	E			
				23	S	24	H	A	R	D				25	P	O	S	T	A	L						
26	F	27	I	L	T	E	R			29	H	I	R	A	M											
31	L	O	O	M	S			32	C	O	C	O						33	E	34	P	35	P	36	S	
37	A	T	T	A				38	S	H	O	E	S					39	R	E	A	P				
40	P	A	T	S				41	L	E	D	S					42	B	E	R	R	A				
				43	S	44	T	I	F	F				45	S	U	I	T	E	S						
46	A	47	S	L	E	E	P			49	R	A	I	N	S											
51	S	T	E	A	D			52	T	I	L	L						53	L	54	O	55	G	56	S	
57	P	O	T	S				58	S	I	E	G	E					59	A	B	E	E				
60	E	R	G	O				61	A	N	N	A	N					62	N	O	T	E				
63	N	E	O	N				64	C	A	D	E	T					65	D	E	S	K				

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 Y I Q M T Y E R C M C G S E T
 U S T O C K I N G S J A E I H
 U T L I G H T S T G S D N W P
 L M F L I O V S M S N J S E O
 K A V F X B I Z G I I G D T L
 B S R E B Z S L E I G H X C E
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Dark-eyed Junco

Put a **FREEZE** on Winter Holiday Fires

It's fun to decorate for the winter holidays, but holiday decorations can increase your risk for a home fire. As you deck the halls this season, be fire smart.



Half of the home decoration fires in December are started by candles.



More than 1/3 of home decoration fires are started by candles.



Christmas is the peak day for candle fires.



Keep candles at least **12 inches** away from anything that burns.



A dry Christmas tree can burn very hot and very fast.



More than 1 in every 5 Christmas tree fires were caused by a heat source too close to the tree.



Read manufacturer's instructions for the number of light strands to connect.



Make sure your tree is **at least 3 feet away** from heat sources like fireplaces, radiators, space heaters, candles or heat vents. Also, make sure your tree does not block exits.



Get rid of your tree after Christmas or when it is dry.



For more information on how to prevent winter fires, visit usfa.fema.gov/prevention/outreach/holiday.html and nfpa.org/winter.



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