

LIONS PRIDE

A PUBLICATION OF LIONS HEAD SOUTH ASSOCIATION, BRICK NJ



VOLUME 8 NO. 10

OCTOBER 2022



“Jellyfish”

by Lee Bruzaitis, LHS Acrylics Class

The Lions Pride is published monthly, and is distributed gratis to homes in Lions Head South.

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- Architectural
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- Bylaws
- Clubhouse
- Community Awareness
- Finance & Insurance
- LHCC
- Nominating
- Recreation
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Ocean County Contact Hotline 732-240-6100
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NJ Natural Gas 1-800-221-0051
JCP&L 1-800-662-3115

PRESIDENT'S MESSAGE

Barbara Skelly

Welcome Fall! Some people think that this is the best time of the year, and I am one of them! This is the perfect time for us to explore the shore area since the crowds have thinned out and it is time for the locals to enjoy the weather and activities – thus the name “local summer.”

Our Community continues to enjoy the weather and activities as well. This past month we celebrated with an End of the Year Party at the pool and a Fun Day at the Golf Course. Some of the Clubs have started meeting again and I guess some of us have even started our Christmas shopping! Whether it is swimming, golfing, eating, or shopping, there is always something interesting to do.

Your Board of Trustees continues to prepare and plan for the future. By the end of the year, we expect to have our Rules and Regulations and Architectural Guidelines updated and approved for the Community. Instead of meeting 2 times a month, we met an extra day each month to complete this project on time. Each of the committees has been asked for input and they have had an active part in bringing our guidelines current.

The Trustees have also had our first face-to-face meeting with the Engineering Company that will be working with us concerning the pool replacement. Preliminary drawings were reviewed, and recommended changes and ideas were discussed. Once we have a more definitive plan with cost estimates, a meeting will be planned with the Community. Obviously, this expenditure will need to be approved by the Community and we plan to make everyone aware of the planning and issues at hand.

In addition, by the time that you read this column, the special tree planting on some properties on Yorkwood and Ashford may also be completed. Although it will take many years for these trees to mature, we know we are headed in the right direction by getting them in the ground.

An additional project that is planned for this fall is a Fall

Cleaning Week. Our plan is to go through the RV shed, the attic and the storage room behind the stage and eliminate those things that are no longer usable or required. We actually found records that go back to the 1990's. I doubt very much that we need to maintain files that are this old, but we plan to evaluate everything and get ourselves better organized for the next 40 years.

On October 10th, Candidate's Night will be held at the Clubhouse. This is the Community's opportunity to meet the Candidates who have volunteered to run for the 4 open Trustee positions. Once this evening is over, ballots will be mailed to all qualified residents of Lions Head South. Plan to come out and meet the Candidates and make yourself heard by casting your ballot.

As we get into the fall months, it is important to remind our residents NOT to feed the wildlife. This includes squirrels, deer, and maybe even a fox or two. Unfortunately, individual homeowners have had issues with these animals – particularly with squirrels, who get very used to this banquet of unsourced food and have decided to stay close by building nests in attics. This can be a very expensive learning experience for a homeowner. Please consider your neighbors since we certainly cannot anticipate where these animals may go and the amount of damage they can do. Yes, I agree, they are very cute, but we need to remember that they can be very expensive to us as well.

A busy month awaits us – apple picking, pumpkin carving, corn mazes as well as sunflower fields. This is a perfect time to enjoy the weather before we must start hibernating for the winter. Check the calendar for some brand-new activities and adventures. Or visit the library to continue your adventures in your living room.

And so, it goes – life is what you make it. Happy Halloween, enjoy your new Mum plants and remember to vote in the Trustee election!

EDITORIAL

Carol Powell

I am, of course, writing this on the last day of August and attempting to think about what will be relevant in October! This is the monthly challenge for all of us who contribute to the Pride on a regular basis. Looking at September's calendar, I see the usual busy month of meetings for all the committees and clubs and, of course, the Board, whose members work so hard to ensure that our community continues to be the best it can be. The Country Club has a “Fun Day” scheduled as well as a Tournament and the Recreation Committee has planned a pool closing event with DJ Louie. So, it appears I can safely say that September was business as usual at Lions Head South, with the usual “fun stuff” added.

Now October, the first thing that comes to my mind is Halloween. What a great family time this has proven to be, at least for us. Personally, I like the silly stuff, not the scary stuff. All ghosts and goblins should resemble Casper, not

some creepy scary thing. Pumpkins and Jack-O-Lanterns should reign supreme. A good witch, with a tall black hat and a broomstick, just can't be beat. I bet everyone reading this can think of a favorite Halloween memory, either Trick or Treating, a favorite candy or a favorite ghost story. How about when our kids were young, and we got to dress them up! Or maybe it was the neighbor's kids ringing your doorbell! Perhaps it's still that scary movie that you must watch again every year, or it would not seem like Halloween.

No matter how sad we are to see the summer end and the pool close, there are all of the wonderful fall activities to look forward to. How about apple and pumpkin picking? Or the beautiful mums that will pop up all over the community, and always the trees, they are never prettier than they are in the fall.

As always, stay safe and most important, stay well.

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to Date as of 08/31/22**

Income:

401.0 Maintenance Fees	\$	705,210.00
401.5 Rental Income	\$	-
402.0 Maintenance Late Fees	\$	470.00
403.0 Rental Security Deposits	\$	0.16
406.0 Interest Operations	\$	468.95
408.0 Miscellaneous	\$	1,525.00
410.0 Participation Fees	\$	34,680.00
450.0 LHCC Revenues	\$	61,702.94
Total Income:	\$	804,057.05

LHCC Sales Tax:

209.0 LHCC Sales Tax	\$	2,523.34
Total Sales Tax:	\$	2,523.34

Expenses:

500.0 Administration	\$	338,690.33
520.0 Residences	\$	304,316.27
540.0 Common Facilities	\$	207,363.62
Total Expenses:		850,370.22

Total Income Over Expenses: \$ (46,313.17)

Balance at Month End: \$ (46,313.17)

**LIONS HEAD SOUTH
New Residents - 2022**

Bradley, Carolyn &
Medlicott, Monica.....42 Meadowbrook Rd.
R/S Urbanowicz Estate
Finch, Clarence & Debra.....117 Meadowbrook Rd.
R/S Newarksi; Goeden

Deletions - 2022

Urbanowicz, John & Laura.....42 Meadowbrook Rd.
R/S Bradley & Medlicott
Newarksi, Anthony
Goeden, Rick.....117 Meadowbrook Rd.
R/S Finch

Deceased Residents - 2022

Compton, Lucy.....83 Meadowbrook Rd.
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Lourenco, Fernando.....5 Lions Head Blvd. S.
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PET CORNER



Name: Lil Bean, aka, Lil Girl
Family: Bill and Carol Powell
Age: 7

We found this little girl in January of 2021, in the Brick Animal Shelter. She apparently is a Tuxedo, Russian Blue mix. She loves to play with small toys, such as fake mice and she loves her scratching posts. She looks forward to treat time in the evening and has proven to be an excellent addition to our family.



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COUNTRY CLUB

Jim Mort

To start with old news, the Comedy/Magic Show held in August was enjoyable, intriguing and left the audience amazed by the “magic” performance. All in all, it was a great night out and while we will not have the magic show back next year, we will attempt to put together a show worthy of a night out. Marcene Talty, with the assistance of the ladies from the WGA, did a wonderful job organizing and coordinating all the setup required to support the show. Thank you, Marcene. For those that were not lucky enough to be there, Pat Whyte put together a video and many pictures, all of which were posted to the LHS website and the Pulse. As always Pat, we deeply appreciate the pictures and video you take of the events and post for all to see. While we did not get the anticipated 100+ in attendance we had a substantial crowd who thoroughly enjoyed the Magic Show.

Results from the September Scramble, Fun Day, The Brian Halm Annual Golf Tournament as well as the last Deck Party are posted to the LHS website and the LHCC BB. In addition to these events the minutes for the September Board of Directors meeting are also posted to the LHS website and the LHCC BB. Kudos to Tony Bruzaitis and his committee for providing an outstanding website, it’s maintenance, updates, accessibility and giving all of us a platform to readily share our information.

As we get into October, we feel it is the time to wrap up the golf year and the many events put on throughout the year and prepare for the quieter winter months where we will make every attempt to golf as often as possible, weather permitting. But even October is active in that we have the WGA Cancer Walk on Saturday, October 1st. Registration has been ongoing for the last month, and we hope everyone will be participating. We hope for and expect a good turnout from our village for the community walk in support of this spirited, benevolent, and charitable event. See everyone out there on Saturday.

On Monday, October 10th the final 20/20 drawing will be held at the Resident’s Meeting. Over \$1,000.00 will be awarded with prizes of \$400.00, \$300.00, \$200.00, \$100.00 and \$50.00. You do not have to be present to win but it is a nice feeling when they call your name for one of the many prizes. We appreciate the support of the community in all of our fundraising events and especially this one, the 20/20 and the Free Membership raffle which is still active. You still have time to purchase raffle tickets for the December drawing.

On Tuesday, October 11th we will hold our monthly Scramble, weather permitting. We and our course have taken a beating this year what with the hot and humid weather that impacted the number of players and limited the scrambles and League play. During this period the refrain, “too hot to golf,” was heard much too much and soon will come, “it’s too cold to golf.” For the benefit of the hardy, the golf course is kept open year around, as always, weather permitting. It’s never too late to take up golf. It is a go to place year around, fresh air, company chasing the white ball and a chance to take that walk that you are always talking about.

The next Board of Directors Meeting is scheduled after the Scramble on Tuesday, October 11th.

Also in October, we have our last General Membership meeting for 2022, which is scheduled for Monday, 7PM, October 17th in the Lions Den. Jack Cummings, our VP, is retiring after four years on the Board of Directors, and we are looking for his replacement. Jack, appreciate your years of service to the Board, the golf course and the community. Anyone interested in serving on the Board of Directors, in any capacity, please contact any Director and we will find a place for you. As I probably say too often, this is your course, be a part of the operation, help maintain the level of excellence that we want, deserve and need.

We have obtained our 2022 membership goal of 130 members and look forward to the challenge of the next membership goal, 150. Over the years the membership has been on a steady decline starting at 358 members in 1989 to 82 members in 2018. We hope to continue to grow in numbers and know that COVID turned out to be one of the bigger driving forces of getting the golfers out. Seems that golf offers an opportunity to go somewhere, do something and not be restricted by crowds or concerns of catching COVID. Word of mouth is probably our best advertisement and as always, we appreciate any and all assistance getting the word out to any and all golfers that we are open for business, looking for members and/or guest players. Pass the word to family and friends. This may generate the numbers we need to ensure our continued growth.

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CLUBHOUSE

Rose Saputo

Welcome October! Autumn is here bringing such refreshing air. Soon we will be enjoying the beautiful colors of this wonderful season.

Keep abreast of the upcoming social events and activities by walking down the clubhouse corridor and browsing the bulletin boards.

Please read your Lions Pride, visit our website and listen to the weekly robocall for even more information.

Enjoy spending time and socializing in your clubhouse!

From all of our committee members to each of our neighbors in LHS: Happy Halloween and may God bless you and keep you healthy and safe and may His grace be with you always.

RECREATION

Marie Thomas

Happy Fall! We had a great summer. All the wonderful events with DJ Louie and Mr. Softee were a big hit! Hopefully we can continue this new tradition every year.

Looking forward to next year and our new pool as well, down the road. Our new pool furniture looked extra special with all of our residents using it this season. We had so much positive feedback.

Aquacise and Aqua Zumba were so much fun. With continued support they will hopefully be back next year again.

Pickleball is getting so popular. Consider joining us. We are hoping that it will continue to grow bigger next year. Easy to learn and so much fun to play.

A special thank you to the Recreation Committee for all its hard work in pool testing and event planning. We have a great bunch of people hard at work to make our community one of the best around!

We invite you to take advantage of all our community has to offer. So many great facilities. See you out there.

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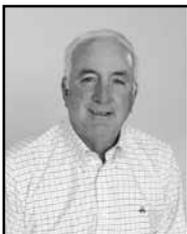
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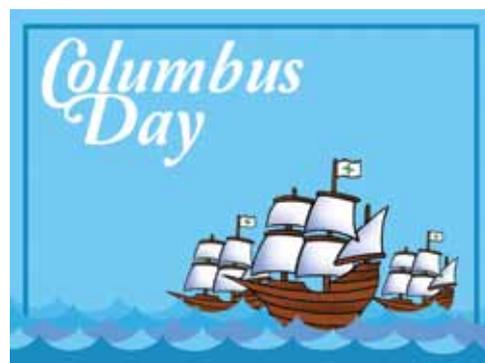
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LIONS HEAD SOUTH ASSOCIATION, INC.

Policies, Rules & Regulations Revision

Revised April 26, 2018

Replacement Page- Tear out and place in Lions Head South Policies, Rules & Regulations - Page 1

Recommendation to change verbiage for Policies of the Lions Head South Association as written in Policies, Rules, & Regulations, A: Forward, Page 1, Paragraph Three.

Motion approved by the Board of Trustees September 7, 2022.

PLEASE NOTE REVISION POLICIES OF THE LIONS HEAD SOUTH ASSOCIATION, PARAGRAPH THREE TO READ AS FOLLOWS:

As requirements change, these policies may be revised and/or added to by a two-thirds (2/3) vote of the Board of Trustees. All revisions and/or changes to the Policies shall be deliberated upon by the Board of Trustees at a minimum of two meetings before adoption. (Revisions and/or changes shall be published in the Lions Pride after the Board makes a final decision. The Board adoption of Policy changes and/or additions shall be announced to the community within thirty (30) days.)

GARDEN CLUB

Clare Mathiasen

(written buy Christine Kovaly)

At our August meeting, we discussed the need for all to recognize the Lantern Fly because of the danger it presents to our forests and woodlands. When found, they should be captured and destroyed. Please take note of information on the Lantern Fly on our bulletin board.

With our volunteer watering schedule, our plantings continue to thrive, despite the hot weather we have had. We also discussed our upcoming budget request for the year 2023.

Continuing our concern for the plight of the Monarch Butterfly and all pollinators, Lucy Coburn and Carmela Ferraro introduced a suggestion to members that we take measures to aid them. The suggestion was unanimously accepted. Since the last article in the Pride regarding the Monarch Butterfly and pollinators, the Monarch has been officially placed on the "endangered" list, just one step from "danger of extinction". We are excited to announce that as a service to the community, to be a part of this important effort to aid our pollinators, plans are underway to sponsor an informational meeting on November 9th, open to all residents. (By the time you receive this edition of

the Pride, more information will be available.) A member of the Master Gardeners of Ocean County will speak on the subject. Printed materials will be available for guests to take with information familiarizing them with the life cycle of the Monarch and why it is so important that we do something now. Photos of the life of the Monarch will be displayed along with samples of butterfly cages and milkweed plant. Seeds of the milkweed plant will be available to all. The milkweed is the only plant the Monarch uses on which to lay her eggs and feed to continue its life cycle. Information on how to grow the milkweed will also be available. In the Spring, we hope to distribute milkweed seedlings to all interested. We have presented plans to the Board of Trustees for a butterfly garden, which we will maintain, to attract not only butterflies but all pollinators and provide yet another colorful flower garden for our community. Refreshments will be served. Sign-up sheets to register are on our bulletin board, or you can call or text Carmela Ferraro or Lucy Coburn. More information will be made available to you as our plans progress via the Pride, the robocall and our bulletin board.

It is our hope that these activities will spur all to be aware of the plight of our pollinators and perhaps to set an example for other adult communities in our area to follow. We need the involvement of all to accomplish this.

IMPORTANT SEASONAL REMINDERS:

Clean out bird baths, feeders and houses.

Fertilize indoor plants and outdoor-grown chrysanthemums.

Tulips are best planted in the fall. Grouping colors will give the best show.

Plant trees and shrubs in the fall so they will have time to establish roots.

Continue watering trees, shrubs and evergreens until the ground is frozen.

Tropical plants from your deck and patio have no frost tolerance and must be brought indoors. Do this gradually for them to adjust to the light change and check for insects. Treat accordingly.

Our next meeting is Wednesday, October 12th, at 10:30 AM in the Lion's Den. Won't you consider joining us?

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LHS WOMEN'S CLUB

Clara Ciuffo-Clarke

I hope you all had an enjoyable summer. We can now look forward to cooler weather and perhaps some beautiful changing of the leaves and our lovely Mums, which truly signify fall and the beginning of many holidays.

Our meetings over the summer were well attended and enjoyable. New programs are being sought and we need your suggestions to continue an active interest in our clubs.

We are still collecting food and necessities for the homeless as well as pet food for the animal shelters. The bins are available in the clubhouse library or in the closet. Regular pickups are made. Just be sure that your donations are not past the expiration date on the packaging.

Thank you, also, for your participation and, as always, your smiling faces. The October membership meeting will be held on Oct. 19th at noon in the Lions Den. My email account is still claraciuffo@gmail.com and my home phone number is in the LHS Directory. I am waiting to hear from you.

LHS MEN'S CLUB

Don Antonelli

By the time you read this, summer will be over. It was a long hot summer but we, as an association, did remarkably well. We had our 40th anniversary celebration which was a huge success. All clubs and committees contributed. We had several events over the summer for which the Men's Club helped by supplying ice cream and equipment.

The Men's Club had to overcome a major obstacle when we lost a key member to the club, but we moved on and continued with resolve to finish the year. As you all know, we are encountering rising costs, so holding down ticket prices is a challenge.

We did a Blue Claws game, selling the tickets at our cost. We are looking forward to *Night At The Races*, everyone's favorite, and working to hold down the ticket price. Also, the holiday party in December will be at the American Legion in Toms River again, with music by Steve and Debbie. This event is open to everyone. Please don't forget to buy Mega 50/50 tickets on sale every Monday morning.

As we look to 2023, we will have a new slate of officers in the Men's Club for next year. As always, stay well and God bless.



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WELCOMING COMMITTEE

Rosemarie Ferrainolo

Greetings from the Welcome Committee. As summer exits and colorful fall enters our lives, I hope everyone enjoyed their summer and Labor Day.

The Welcome Committee will have returned to our regular meeting schedule on the third Tuesday of the month at 11:00 A.M. as of September 20th. All new residents can expect a phone call and or a visit from one of our members within a month from that date.

At the end of October, a "Meet and Greet" is scheduled to welcome all new residents who have moved into our community since April of this year. A letter inviting you to attend will be sent to your homes. I hope you will take advantage of this meeting to meet our Trustees, Committee and Club Chairpersons, the Welcome Committee and all the new residents who attend. We look forward to meeting and greeting you then.

Enjoy the cooler weather and colors of this beautiful time of the year.

If you have any questions, I can be reached at 732-903-7309.

SOCIAL COMMITTEE

Roberta Marvel

Greetings to all LHS residents. I can hardly believe that it is fall. Soon all the tree leaves will be changing color, the temperature will grow cooler, and we will be celebrating the holidays with our friends and family.

The Social Committee is very excited about our next up-and-coming event. We hope all of you will be joining us for the first LHS Night Club Night on Saturday, October 22, 2022. This event will be held at the LHS Clubhouse from 6 p.m. to 10 p.m. Keith Gibson, a well-known Elvis Presley impersonator, will be singing many of our favorite songs with a full one-hour dedication of Elvis Presley in full costume. Ticket price is \$38.00 per person and includes a buffet dinner by Jacques Catering. We are offering a delicious variety of food including: Stuffed Shells, Chicken Parmigiana, Beef Short Ribs, Stuffed Pork Roast Lion, Eggplant Parmigiana, Rolls, Roasted Potatoes, String Beans Almondine, Salad, Rolls, Dessert, Coffee, Tea and Water.

We hope to see all of you Elvis fans at this event, singing and dancing and making new memories with friends and neighbors.

Tickets are on sale at the clubhouse every Monday through October 17th.

Stay safe and well!

ARCHITECTURAL COMMITTEE

Stephen Scaturro

As summer comes to an end and we start planning for fall projects, there are some things that need to be stressed, such as obtaining an Architectural Committee Application for the majority of outside of the home projects. Many of our owners are not familiar with the requirements and start projects before approvals are granted. The procedure for correcting violations can be very costly. Some of the more frequent violations are patio and driveway size, fencing, tree removal and planting, property boundary violations (what are known as Green Areas & Common Ground), roofing & siding color, and gazebos.

Please help us to maintain this beautiful and most desired community. If you need clarification or have questions, ask them before starting the project. Take pride.



WEBSITE COMMITTEE

Tony Bruzaitis

Visit our website at www.lionsheadso.com.

Are you planning to have work done on the outside of your house? Do you know what approvals you need? The LHS website Rules and Regulations section provides a link to the Architectural Regulations to aid your planning. You can also find out if you need to obtain additional approvals from Brick Township, and our Forms section has the documents you need to submit to the Architectural Committee for approval.

It's almost time to sign up as a volunteer on the LHS Standing Committees. Take a look at what each of the committees do to see where you would like to help out. Just click on the Standing Committee tab to see a list of committees, then click on the committee name to see what they do.

Just a reminder that the Website Committee is now meeting on the third Monday of the month at 10am at the clubhouse and every other month we are meeting at 7pm in the evening so those that are not available during the day can join us. Click on the Calendar tab to see when we and all of the committees meet.

If you have not visited our website lately, take a few minutes to explore the other resources we have added. And if you have any suggestions for additions to the website, please email us at web@lionsheadso.com.

OCTOBER 2022 CALENDAR EACH WEEK DAY OF THE MONTH AS LISTED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30-11:00 Ticket Sales	9:30 Pickleball	9:30-11:30 Acrylic Paint Class	9:30 Pickleball	9:00 Bowling
	9:30-11:30 Watercolor class	1 & 7 cards/Mah jongg	11:00 Chair/Mat Yoga	1:00 Women's Indoor Shuffleboard
1:00 Mah jongg	1:00 Crochet, Knitting & Needlework		1:00 Men's Indoor Shuffleboard	1:00 Crochet, Knitting & Needlework
	1:00 cards/Mah jongg		1 & 7 cards/Mah jongg	
		7:00 Rummy Cube		
	GARBAGE	RECYCLE 10/13 & 10/26		

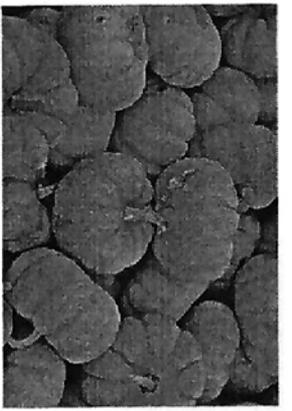
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AT: 732-349-0444 Leave a MSG on the machine.

SPRINKLER COMPLAINTS: Fill form out
located in C/H and place in complaint box.
Problems will be investigated within 24-48 hours.
Federal Irrigation: 732-349-9905. After hour
emergencies ONLY: Bob Mathiasen 732-600-4847

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RESIDENT'S ASSOCIATION MEETING-
October 10th at 7:00 PM. Trustee Candidates
Night. Refreshments served.

ADMINISTRATION ACTIVITY OFFICE:
Hours: 8:00 – 1:30 p.m.
Administration Office Phone: 732-920-9099



October 2022

Monthly Planner



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sep 2022

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Nov 2022

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

							1 10:00 AM WGA Cancer Awareness Walk
2	3	4 9:00 AM Architectural Buildings & Grnds	5 11:00 AM WGA Meeting 11:30 AM Men's Club 6:45 PM Social	6	7	8	
9 2:00 PM MOVIE MATTINEE	10 9:00 AM Bd of Trustees Mtg 7:00 PM Resident's Assoc	11 1:00 PM Women's Club Exec Bd 4:00 PM	12 10:30 AM Garden Club	13 9:30 AM Regular Travel	14	15	
		GARBAGE					

The office maintains a list of contractors that have been recommended by residents for various types of work. Your comments and recommendations are helpful for future use by other residents. The Association accepts no responsibility for contractors hired.

SUNSHINE COMMITTEE: To report a DEATH call Rose Szpara – 732-920-7898 or to report an ILLNESS/HOSPITALIZATION call: Joyce Speziale – 732-701-3260. Please do not call the office.

BRICK SENIOR SHUTTLE: Provides no cost transportation Mon-Fri, 8 am-3 pm. Rides are first come, first served basis. A brief registration is required prior to using service. To schedule transportation call: 732-920-8686 between 9am & 11 am.

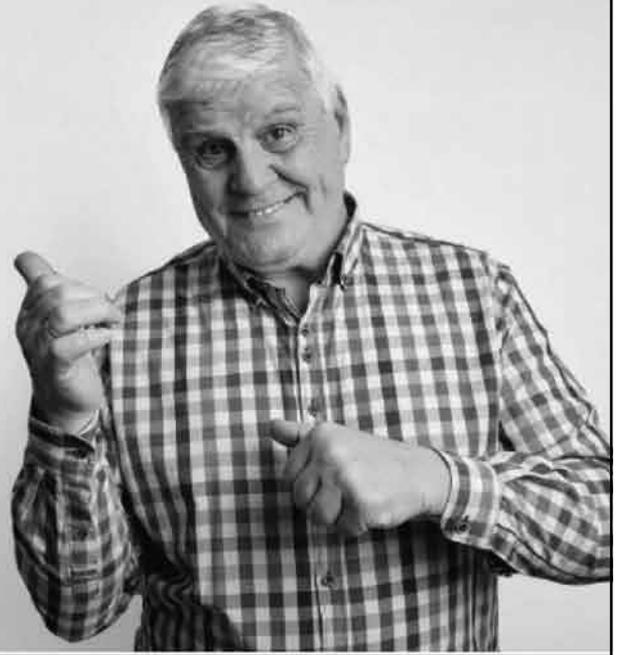
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TRAVEL COMITTEE

Dee Kropiewnicki

I hope everyone had a great summer. I know some of you are looking forward to the fall weather. The Resorts trip went well and we are looking forward to going to the Surfflight Theatre on December 6th to see White Christmas, with a lunch and transportation on your own.

The committee is working on different excursions for next year.

The cruise to Greece and Italy next year has had a tremendous response and we are looking forward to going.

Thank you for your support.

STANDING COMMITTEE SIGN UPS

Signup sheets for the 2023 committees will be posted on Monday, October 31st in the clubhouse hallway and will be taken down on Friday, November 18th by 12 noon. We urge you to consider signing up for one or two committees. You **MUST** sign up every year to be on a committee; **you are not automatically on a committee year after year.** Standing committees form the back bone of Lions Head South. These volunteers make recommendations to the Trustees and keep them informed on a multitude of issues.

SNOWBIRDS

If you expect to be away from the community for the winter months, please be sure to stop in the office to fill out a "going away form." If you do not come to the office, the Lions Pride will be left in your door. Likewise, when you return in the spring, please inform the office so that delivery will be resumed to your door. You can access the Lions Pride while you are away by logging into our website: www.lionsheadso.com

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SECURITY COMMITTEE

Submitted by Tia Katakozinos,
Written by Maryellen Klotz

Hard to believe it is October already - the temperature is dropping (as are the leaves) as we gear up for the colder months. Just a few important safety tip reminders for the cold weather:

*October is a good time to have your heating system/wood burning fireplace checked. Change the filters and get the chimney cleaned to remove creosote, a FLAMMABLE substance that builds up inside to prevent a fire.

*Check to make sure your CO2 and smoke alarms are functioning properly. CO2 detectors should be replaced every 7 - 10 years and the same for smoke alarms - if there is no date on the back of either one - IT IS OLD AND REPLACE THEM!

*It is getting dark earlier so you will be using your outdoor lights more often - check now that all are working (properly) - better yet, purchase motion detectors ones - will save on your electric bill and of course, are a (deterrent) to anyone coming near your property.

IMPORTANT: Inside the Club House, the first room to the right in the hallway as you head towards the Lion's Den (formally known as the "Nurse's Room") contains many important and informative pamphlets and documents about Emergency Management, Disaster Preparedness, Winter Weather Preparation etc., that Judy Conway, our CERT representative (Community Emergency Response Team) has acquired for our residents. BE PREPARED!

Road Safety: It has been reported that many drivers, when exiting LHB to make the left turn to head west on Beaverson, are waiting for the light past the white line. Not only is this a dangerous practice to cars heading east on Beaverson that then need to move into another lane to avoid these cars, but also people making a right onto Beaverson can't see around them and it backs up traffic as they have to wait for the light to turn green.

Also, stop signs are being ignored in our community. We have many walkers, bicyclists, runners and it is hazardous at times with our neighbors (obviously it can also be delivery drivers, postal trucks, DoorDash, etc.) failing to stop. Please take the time to be cognizant of the stop signs so we can avoid any tragedies.

ANY AND ALL security or safety issues, suspicious activity should be reported to the Brick Police Department (911 or non-emergency #732-262-1150) AND also reported to Lin in the office so that it can be documented. With a paper trail, we can make changes to ensure the safety and security of our community. That is the purpose of this committee. Thank you!



11TH ANNUAL WALK-A-THON 5K RUN
SAT. OCTOBER 15, 2022



JOIN US

Please join us for our 11th Annual Walk-A-Thon and 4th Annual Run on Saturday, October 15, 2022 on Ocean Pathway in Ocean Grove for Mary's Place by the Sea!

Since our founding in 2009, we have served over 12,000 women with cancer through day and overnight retreats and our virtual services program. These guests have experienced all services, accommodations and meals AT NO COST, thanks to the support of our Mary's Place community.



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THE RECIPE BOX

Sue Auer

Recipe BOX is ALL about NUTS!

There so much to say about NUTS! What is a NUT?

WIKIPEDIA tells us "A NUT IS A FRUIT" with a hard shell to cover and protect the KERNEL which is edible.

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FRUIT, NUT & SEED BARS - EASY NO BAKE - recipe offered by Linda Stafford, LHS NORTH - A good friend!

Ingredients:

- 1 c. pitted dates
- 1/4 c. peanut or almond butter
- 1/4 c. honey
- 1 tsp. pure vanilla extract
- 1 c. roasted almonds, roughly chopped
- 1/2 c. rolled oats
- 3/4 c. dried fruit (cranberries, golden raisins & sliced apricots)
- 1/4 c. pumpkin seeds

Directions:

1. Line an 8" with non-stick foil, leaving an overhang on each side.
2. In a food processor, place dates and process to form a ball and transfer to a medium bowl.
3. In a saucepan melt over med heat → peanut butter, honey, and vanilla. Stir & combine & add to bowl with dates. Fold in almonds, oats, dried fruit and pumpkin seeds. Cover with foil & place in freezer for 30 mins.
4. Cut into bars... A GREAT AND HEALTHY SNACK!

SPICED DELUXE MIX - A repeat recipe

Directions:

1. Preheat oven 300 degrees.
2. Bowl #1 - beat egg white until frothy.
3. Add to the froth one 12oz bag nuts & coat evenly.

4. Bowl #2 - mix sugar, salt & cinnamon.

5. Add sugar mixture to the nuts & mix until all are covered evenly.

6. Line cookie sheet with parchment paper, spread the nut mixture evenly & bake for 1 hr. turning with spatula every 15 mins. Remove from oven, cool & serve.

CASHEW PAN FRIED SALMON - offered by Irene

Lewer

Ingredients:

- 4 pre cut Salmon filets
- 1 tbsp. sesame oil
- 1 tbsp. rice vinegar
- 1 tsp. minced ginger
- 1 tsp. EVOO
- 2 tbsp. soy sauce
- 1/2 c. honey
- 1/2 c. crushed cashew nuts

Directions:

1. Preheat cast iron skillet with EVOO to slightly smoking.
2. In a large bowl, whisk soy sauce, sesame oil, ginger, rice vinegar & honey. Place precut salmon filets in bowl & coat evenly.
3. Sear filets in iron skillet, 4 mins. each side.
4. Remove filets & place on serving dish over 1 cup brown rice; sprinkle with crushed cashew nuts.

NOTE: Information for this recipe box is based on Wikipedia!

Sending GENUINE wishes to everyone. Be safe & enjoy a colorful & beautiful fall season!

Send recipes & ideas to sauer1948@hotmail.com



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KIRMS PHOTOGRAPHY Autumn Colors

Autumn is here and I'm looking forward to photographing this year's fall foliage. The leaves are starting to change. Hopefully the colors this year will be spectacular.

Before the colors are at their peak I look for individual trees that have great color. I also scout out areas that I think will look great at peak time so I'll be ready when the leaves finally turn. I prefer areas that have the trees reflected in water.

Check out the farm markets for some colorful shots and don't forget the cranberry harvest. Fallen leaves make interesting patterns, so don't forget to look down. Rolls of hay in the fields also make nice images.

A great way to enhance your images is using a polarizing filter. This filter works the same as polarizing sunglasses – it is designed to cut glare and reflections. Removing the glare from the leaves makes the colors brighter and more saturated. Simply rotate the polarizing filter until the sky or leaves are at their darkest.

Fall Foliage images are best shot on days when there is no wind. By scouting a great location ahead

of time, using a polarizing filter, and applying good rules of composition you'll get some fantastic shots of this autumn's spectacular show. As always you can email me with any photographic questions or problems at bill@KirmsPhotography.com. Feel free to visit my site www.KirmsPhotography.com if you'd like to see some of my work. Keep shooting and trying to improve your images, but most importantly, have fun with your camera.





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PRIORITY FOR DRIVEWAY SNOW REMOVAL

As we approach another winter season, we again find it necessary to clarify who qualifies for the Priority Snow Removal list for 2022-2023 winter season. A new request is required every season.

For those who qualify, please submit your request to assure that you will be placed on the priority list. To qualify, a resident must require regular life-sustaining medical treatment, such as chemotherapy, radiation, or dialysis in or outside the home.

A "heart condition" does not qualify. Your request must be accompanied by a **physician script/note** which specifies that life-sustaining treatment for any of the conditions outlined above is necessary. Hand written notes are unacceptable. All information will be kept by the administrator and will be confidential.

For convenience purposes, your doctor may fax this information to our office. Our fax number is 732-920-2650. Please be assured this information will be kept strictly confidential. Placement on the Priority Snow List cannot be accomplished until we receive the necessary documentation from your physician.

Your need to go to work does not qualify for priority snow removal. For this purpose, we suggest you make advance arrangements with a private contractor for snow removal.

The township will cooperate by plowing our roads so that our contractor can begin work. Of course, the town will continue to respond to any serious problems during storms.

ALWAYS CALL

911 FOR ANY MEDICAL EMERGENCY

Please be sure to keep on hand extra supplies of medications and food so that you do not need to leave the house during or immediately after a snowstorm. The weather predications generally provide ample warning time for making preparations.

Please respond as soon as possible as the winter season will be here soon.



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The migratory monarch butterfly (*Danaus plexippus*) has entered the International Union for Conservation of Nature (IUCN) Red List as Endangered as of July 2022.

Join Us

Wednesday, November 9, 2022

2 PM

in the Lions Den

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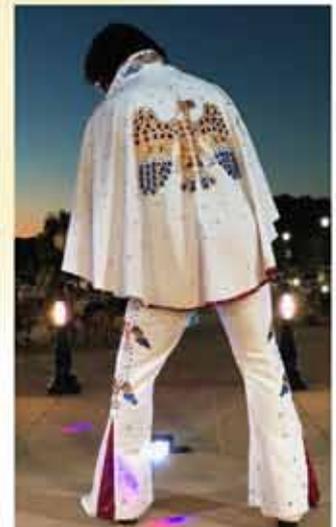
at Lions Head South

Saturday, October 22, 2022

6:00 to 10:00 p.m. Doors open 5:30 p.m.

Featuring **Keith 'King' Gibson**

who will entertain us with a 3 hour nightclub act, singing many songs of our favorite singers like Sinatra, Dean Martin, Dion and dedicating one full hour impersonating Elvis Presley in full costume.



Tickets \$38 per person

Tables of 8. Limit of 100 people.

**Includes full Buffet dinner catered by Jacques Catering:
Stuffed Shells, Chicken Parmigiana, Beef Short Ribs, Stuffed Roast Pork Loin, Eggplant Parmigiana Rolls, Roasted Potatoes, String Beans Almondine, Salad and Rolls, Dessert, Coffee, Tea and Water**

Come out and enjoy the show! Ticket sales start Sept. 19.