

LIONS PRIDE

A PUBLICATION OF LIONS HEAD SOUTH ASSOCIATION, BRICK NJ



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FEBRUARY 2023



“Winter Snow on the Pine Cones”
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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PRESIDENT'S MESSAGE

John Cinosky

I hope and pray that this past Christmas and Hanukkah season brought everyone peace and joy.

I am reminded what makes this country the greatest country in the world, because we rally and give generously when crises strikes. A perfect example is the football player Damar Hamlin, who was critically injured in a football game on January 2nd.

He has a foundation that works for kids in his community. Just minutes after his injury an outpouring of concern and millions of dollars poured into his foundation. Only in America. We are the most generous country in the world, bar none.

We have in our own community a Circle of Friends, who looks after those of us who have special needs. God Bless America, and LHS. Close to home, please pray for Dennis Gregory our Treasurer and friend, that he is successful in battling his cancer.

Last month I asked for volunteers to help run this community. Now we are facing a critical short again membership in the country club.

As Peggy Comfort states "We have a significant Capital Improvement Budget and need people to step up to make sure all is done correctly – Come on People!

May the days ahead bring us together in making our home even greater than it already is.



EDITORIAL

Carol Powell

February: What do you think of when you see that word on your calendar? Cold, snow, more time spent indoors? Or does Valentine's Day come to mind or perhaps a special birthday or anniversary? I suspect I can safely say it's different for each of us.

For those of us lucky enough to reside in Lions Head South, it does not mean we have to slow down, there are all kinds of indoor activities available to us, both organized, and there for our personal use whenever we want. Personally, it also means we are one month closer to spring!

However, as we approach the middle of the winter, please keep in mind your neighbors who may not be able to get out. Let's make a group effort to ensure that they are safe and not sitting at home struggling with loneliness. All it takes is a phone call to change someone's day for the better.

So: Happy February. As always, stay safe and most important, stay well.

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For more Information or to obtain applications please contact: Muriel Mills at 732 451-1521

Non- Resident Guests May Also Play For A Daily Fee of \$15.00

SOCIAL COMMITTEE

Lee Bruzaitis

I am excited to take on the position of Social Committee Chair for the coming year and am looking forward to hosting lots of fun events. I love a good party!

I am hoping we can get something planned for February but since the deadline for this article is Jan. 4 and we have not yet met, you will have to check the LHS website and bulletin boards and listen to the robocalls for information

We will be looking at hosting more frequent, smaller events without a dinner (and at a lower cost) so more people can participate. But don't worry if you like the dinner dances, we'll still have a few of those also. If you have any ideas for themes, please contact me. I will also put up a suggestion sheet on our Social bulletin board.

We have a very small committee and are looking for more volunteers to help us out. Please consider joining us! We are looking at meeting on the first Thursday of the month at 10:30AM but we can be flexible if you are working and need an evening meeting.

You can contact me at leebruzaitis@gmail.com or leave a note for me at the office.

THANK YOU

Debbie Holtzer

I would like to recognize our LHS ladies, who call themselves "Hugs and Stitches" for their hard work knitting and crocheting items that were donated this holiday season. This group tirelessly worked to make items that went to the Harrogate Skilled Nursing Unit and Ambassador Adult Day Care.

The residents, patients, participants and staff were in awe of how many items we had for them. Scarves, hats, blankets, lap blankets, tissue covers, water bottle covers were beautifully made and enthusiastically contributed for a wonderful cause. Many of the people who received these items were ones who did not have family or frequent visitors. The idea that there were people out there giving them the happiness of the holidays was so uplifting.

A special Thank you to Lucy Hubert for helping to coordinate this effort, getting yarn and recruiting some "elves" to do the job. Thank you also, to Rose Szpara, Pat Ross, Renata Koerner, Helga Rolick, Lori Bigley and Sandy Laurie. You truly made a difference spreading some love, kindness and happiness using your talents.

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**Income & Expense Statement
to Date as of 12/31/22**

Income:

401.0 Maintenance Fees	\$	1,036,828.00
401.5 Rental Income	\$	-
402.0 Maintenance Late Fees	\$	720.00
403.0 Rental Security Deposits	\$	0.16
406.0 Interest Operations	\$	1,989.08
408.0 Miscellaneous	\$	2,675.00
410.0 Participation Fees	\$	61,405.00
450.0 LHCC Revenues	\$	64,582.45
Total Income:	\$	1,168,199.69

LHCC Sales Tax:

209.0 LHCC Sales Tax	\$	2,546.22
Total Sales Tax:	\$	2,546.22

Expenses:

500.0 Administration	\$	453,623.52
520.0 Residences	\$	394,075.75
540.0 Common Facilities	\$	341,348.58
Total Expenses:		1,189,047.85

Total Income Over Expenses: \$ (20,848.16)

Balance at Month End: \$ (20,848.16)

LIONS HEAD SOUTH

New Residents - 2023

- Smith, Jeanette (flipper).....132 Lions Head Blvd. S.
R/S Verstraete Estate
- Schieni, Richard & Susan.....32 Thames Place
R/S Fischer
- Corbyons, Robert & Wanda.....192 Lions Head Blvd. S.
R/S Huntington
- Duffy, Michael & Barbara.....124 Lions Head Blvd. S.
R/S Saputo

Deletions - 2023

- Verstraete Estate.....132 Lions Head Blvd. S.
R/S Smith (flipper)
- Fischer, Mildred.....32 Thames Pl.
R/S Schieni
- Huntington, Elaine.....192 Lions Head Blvd. S.
R/S Corbyons
- Saputo, Rose.....124 Lions Head Blvd. S.
R/S Duffy

Deceased Residents - 2023

- Bei, Nancy.....83 Lauren Ln.
10/23/2022
- Davidian, Gregory.....104 Lions Head Blvd. S.
12/11/2022
- Bozzetti, Anthony.....19 Carter Way
12/24/2022
- Clementson, Eleanor.....101 Yorkwood Dr.
12/04/2022
- Cartine, Allan.....238 Lions Head Blvd. S.
12/27/2022



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LHS WOMEN'S CLUB

Mardell Halm and Carol Powell

By the time you read this the Women's Club will have enjoyed their holiday luncheon at Villa Vittoria, photos attached, and our January meeting which was our "gift auction". Trade the gift you received for Christmas, that you really did not want, for someone else's least favorite gift. We have held this event in the past and it has proven to be fun for all involved. Combined with a tasty lunch it makes for a great way to spend an afternoon. If you were not able to join us for those events, come see what we have in-store for this month!

Our Executive Committee has been busy planning an active, entertaining 2023. We expect to enjoy two bingo events, two dine out luncheons, informative speakers and fun games, starting with Horserace Bingo at our February meeting. Don't know what this is, come and learn. Don't forget to check our bulletin board whenever you are in the clubhouse. You do not need to be a member to come to your first meeting and your first lunch is complimentary.

Dues for the Women's Club will remain at \$30.00 per year and will include approximately eight lunches. We began to collect the monies at our January meeting

We look forward to the continued growth of this new organization in our very special community. Our goal is not to replace the Lionettes who served the community for many years. Our goal is to move forward.

Hope to see you soon!



GARDEN CLUB

Written by Clare Ferraro

Submitted by Clare Mathiasen

As I am writing this, I am remembering the first few weeks of December with temperatures mostly in the 40s. But now, after 2 days of rain, the temperature has seriously dropped to the teens. Would love to see 40s again. February can be frigid, but as cold as it can get, it is still that much closer to spring. As the hours of daylight slowly increase, we can look forward to digging and planting again.

Some past hints to remember:

- Keep those seed and nursery catalogues nearby and enjoy the planning of your next garden. Look for plants with improved insect, disease, and drought tolerance. Selecting native plants can be helpful also. Order them now to be ready when the ground thaws. Several herbs can be started indoors to get a head start.
- If you received an Amaryllis for the holidays, chances are the bloom is already a memory. Remove spent flowers and set the plant in a sunny window to allow the leaves to fully develop. Keep the soil evenly moist not soggy. Fertilize occasionally.
- For your poinsettia, if you've managed to keep it alive till now, give it at least 6 hours of good light. Be careful not to over or under water. Check often. When nights are at least 55 degrees, it can be planted outdoors where it will continue as a lovely shrub-like plant.

Some additional February Hints:

- Be careful using chemicals for icy pathways. Sand is a better replacement
- Continue to inspect indoor plants for insects
- Start to fertilize houseplants on a regular basis with a water-soluble fertilizer prepared at half strength until growth is healthy
- Remove diseased or damaged limbs from trees and shrubs
- Bring Spring into your home a little early with branches of forsythia and pussy willow.

- Most of all, be careful of icy walkways while walking outdoors

Monarch butterfly update:

Remember the milkweed seeds you received at our presentation? If you didn't plant them outdoors in the fall, now is the time to refrigerate them, so they will be ready to plant in March. Milkweeds require cold treatment before sprouting. Place seeds into a container of moist soil, cover with a plastic bag, and refrigerate for a least three weeks. Transplant seedlings to a sizable container and grow inside for about 6 weeks or until outdoor temps have warmed. Keep moist but not soggy. When plants have two sets of leaves transplant to permanent location. Questions? Call Mel Ferraro or Lucy Coburn.

- Remember to plant colorful flowers to attract pollinators to your garden.

Our first meeting of the new year will be Wednesday, March 8, at 10:30 AM, in the Lion's Den. Stay safe, hope to see you then.



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COUNTRY CLUB

Jim Mort

For the first time in many years the Polar Bear Shootout was cancelled due to the weather. The temperature was in the 50's but a damp rainy day causing slippery conditions made the decision for us to be safe and not chance any accidents. There is always next year.

One final note on the Holiday Luncheon hosted by Shorrock Gardens for the LHCC and WGA in December. This event followed the WGA Ladies baking and delivery to Shorrock 65 dozen cookies for their patients over the holidays. This traditional Holiday luncheon was set up and coordinated by Ken Winne several years ago and has been an annual event except during the Covid period. Ken and his wife Eileen have been instrumental in introducing Shorrock to our golfing community and over the years they have provided lunches for our monthly scramble. Ken's efforts in this area have gone a long way in securing the support of Shorrock for so many of our events, including the scrambles, Romano fund raising BBQ and our Annual Tournament. Shorrock provided the funding and prizes for the Putting Contest and also provided 100 "goodie bags" that are given to tournament participants. Ken, we appreciate your continued efforts in keeping Shorrock and the LHCC on the same page and mutually supporting each other's programs.

The new Ladies Tee on Hole 5 is settling nicely, and we anticipate finishing, with grading and sod, prior to the opening of the 2023 season, March 1st.

From now through the end of February re-registration is on-going. Last year's membership, 132 members, was the best in fourteen years. Our goal of 150 for this year

is attainable, and coupled with the anticipated growth in the Sponsor Program and Guest Fees, we will increase our overall income. Our golf course should be capable of maintaining in excess of 150 members and generate a yearly income between \$85,000.00 - \$100,000.00.

The LHCC has been extremely fortunate with the maintenance of the course by our Superintendent, Dave Moniz. This coupled with the increase funding provided for the Capital Improvements/Replacements have greatly assisted in the continued growth in membership. This year is a watershed year, in that we are on track to replace/refurbish the LHCC Clubhouse Deck, Bridge between Holes 3 and 4, and the sub-flooring in the bathrooms. All of this effort and money will assist in the continued growth in members and income. In addition to this action, we will continue with our reforestation program with the tree planting in the spring and rebuilding the sand traps, as required. Good things are happening around the course through the support and actions by the Board of Trustees. We appreciate the support provided and look forward to continued efforts to maintain and improve the condition of the course to ensure it is one of the best in the area. As always, we ask the residents, golfers and non-golfers alike, to recommend our course to any and all golfers you may come in contact with. Posted in this month's Pride is a LHCC Flyer depicting the Options and Cost for participating in the 2023 Season. We have retained the same pricing from the 2022 Season.

LHCC Events for February – March:

* LHCC Officially Opens March 1st

* Board of Director Meeting March 14th 10AM



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ROBO CALLS: UPDATE

Linda LaFerrera

As always, all robocall requests must be approved by the President of the Board of Trustees. Please email your requests to both John Cinosky, Board President, and myself **NO LATER THAN THE FRIDAY BEFORE SUNDAY'S ROBO CALL**. The email addresses for both John and myself are as follows: jinoski@aol.com and llaferra@aol.com. (Please note that the spelling of John's last name is different in his email address than the actual spelling.)

Thank you for your cooperation. I look forward to continuing to provide Lions Head South with important news and events each Sunday evening at 7PM!

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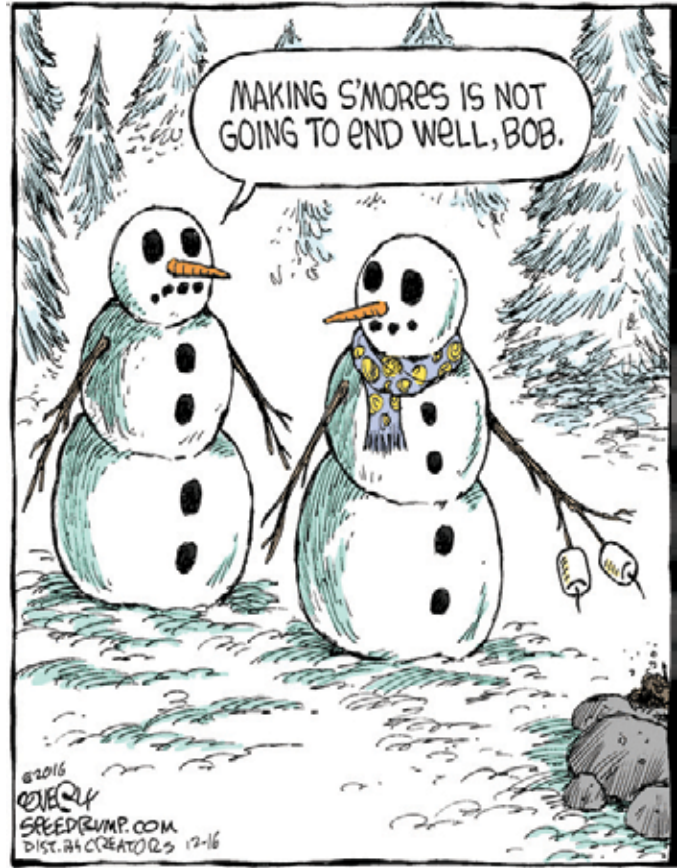
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	9		3		6		7	
5		3				6		2
	8	2		4		9	1	
8			2		7			4
		6		9		2		
2			4		1			9
	2	5		7		4	3	
7		1				5		8
	4		5		2		9	

Answers on page 29

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WEBSITE COMMITTEE

Tony Bruzaitis

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ROBOCALLS!

Did you miss the weekly Robocall? Was it so chock full of information that you did not have time to note it all? Well, each week after the call the information is posted on your website in the This Week section. It's an easy way to go back and review the call on your computer, tablet, or smartphone.

Lions Pride

And in keeping with the idea of finding information on the website, did you know that you could review the current and previous issues of the Lions Pride? We have past issues available beginning with February 2020. It's particularly useful if you want to find a recipe from the Recipe Box that you wanted to make but never got around to and can't find the page you saved.

Committees/Clubs

As plans are made for the coming year, remember that the Website Committee looks forward to promoting your information about your activities. You can share your information by either emailing us at web@lionsheadso.com or by completing our online form in the Contacts tab on the webpage.

As always, if you are looking to get involved in our community, consider joining the Website Committee. You do not need technical expertise. Most of our work is centered around gathering information from the clubs and committees of LHS and verifying that the information we have is current.

And remember, if you have any suggestions for additions to the website, please email us at web@lionsheadso.com. The information provided benefits all residents of Lions Head South.

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SECURITY COMMITTEE

Written by Maryellen Klotz

Submitted by Tia Katakozinos,

As winter is in full swing and we are spending more time in our homes, a few suggestions to stay injury free:

- If you have difficulty with walking or balance, or have fallen in the past year, talk to your doctor about having a special falls risk assessment. Ask them if you would benefit from an exercise program to prevent falls.
- If you have fallen before, or are scared of falling, think about buying a special alarm that you wear as a bracelet or necklace. Then, if you fall and can't get to the phone, you can push a button on the alarm that will call emergency services for you.
- Don't rush to answer the phone. Many people fall trying to answer the phone. Either carry a cordless or cell phone or let an answering machine pick up.
- When walking on smooth floors, wear non-slip footwear, such as slippers with rubber/no-slip bottoms or flat, thin-soled shoes that fit well.
- If you have a cane or a walker, use it at all times instead of holding onto walls and furniture.
- Make sure lighting is good and keep cords away from where you walk.
- Don't get on step stools to reach an item - ask a neighbor or friend to retrieve it for you.

By following these simple tips you can stay healthy and injury free!

Miscellaneous security/safety GENTLE REMINDERS that apply to residents and visitors alike:

- Dogs **MUST BE ON A LEASH** and dog waste **MUST** be picked up and disposed of properly (Town ordinance)
- Cigarette butts are considered litter and need to be disposed of properly (Town ordinance)
- Vehicles **CANNOT** block sidewalks (Town ordinance)
- Vehicles need to be parked faced in the direction of traffic (Town ordinance)
- No parking of vehicles on lawns (Community Rules/Regulations)
- Visitors/guests are **NOT** allowed to use Fitness Room - it is for **RESIDENTS ONLY** (Community Rules/Regulations)
- **PLEASE** be careful backing out of driveways - if your view is obstructed due to a parked car or snow - get someone to check roadway before putting car in reverse or better yet, back car into driveway so your view is clear when pulling into roadway. If you **SEE** something - **SAY** something - the non-emergency # is 732-262-1100.

By working together as a team we can keep Lions Head South a safe and secure community for all to enjoy!

ALAN M. FLORIA, Esq.

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- Wills and Powers of Attorney
- Elder Law
- Real Estate



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FEBRUARY 2023 CALENDAR EACH WEEK DAY OF THE MONTH AS LISTED

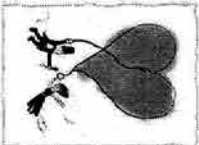

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				9:00 Bowling
9:30-11:00 Ticket Sales		9:30-11:30 Acrylic Paint Class	11:00 Chair/Mat Yoga	
11:00 ZUMBA 2/6 & 2/20	9:30-11:30 Watercolor class	1 & 7 Cards/Mah jongg	1:00 Men's Indoor Shuffleboard	1:00 Women's Indoor Shuffleboard
1:00 Mah jongg	1:00 Crochet, Knitting & Needlework		1 & 7 cards/Mah jongg	1:00 Crochet, Knitting & Needlework
	1:00 Cards/Mah jongg			
		7:00 Rummy Cube		
	GARBAGE	RECYCLE 2/1 & 2/15		

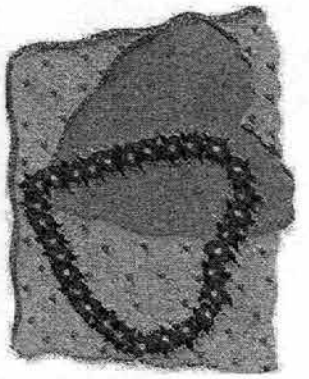
SNOW COMPLAINTS: Call TURFMASTERS
AT: 732-349-0444 Leave a MSG on the machine.

**PHOTOCOPIER: FOR RESIDENT USE IN THE
BILLIARD ROOM.** The machine is available
anytime to use. Copies are five cents each. Please
be sure to have EXACT change.

RESIDENT'S ASSOCIATION MEETING -
Feb. 13th at 7:00 pm. Refreshments served.

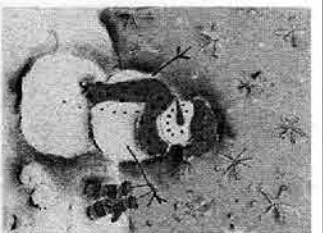
ADMINISTRATION ACTIVITY OFFICE:
Hours: 8:00 – 1:30 p.m.
Administration Office Phone: 732-920-9099

<p>2:00 PM MOVIE MATINEE</p> <p>5:30 PM Super Bowl Party-Bring Your Own Food and Drinks-DOORS OPEN AT 5:30</p>		<p>10:00 AM Women's Club Exec Bd</p>  <p>GARBAGE</p>	<p>12:00 PM Women's Club</p> <p>RECYCLE</p>	<p>10:00 AM Lions Pride Review</p>		
<p>19</p>	<p>20</p> <p>10:00 AM Website</p> <p>7:00 PM Nominating</p> <p>President's Day</p> 	<p>21</p> <p>9:00 AM Finance & Ins</p> <p>11:00 AM Welcoming</p>	<p>22</p> <p>9:30 AM Men's Club Exec Bd</p> <p>10:00 AM Security</p> <p>1:00 PM Book Discussion</p> <p>GARBAGE</p>			
<p>26</p> <p>2:00 PM MOVIE MATINEE</p>	<p>27</p> <p>9:00 AM Bd of Trustees-Std Comm</p> <p>6:30 PM Book-a-holics</p>	<p>28</p> <p>10:00 AM Community Awareness</p> <p>GARBAGE</p>				



February 2023

Monthly Planner



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Jan 2023

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	31				

Mar 2023

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
				31		

5	6	7	8	9	10	11
		9:00 AM Architectural 10:30 AM Buildings & Grnds	1:00 PM Clubhouse 4:00 PM Recreation	10:00 AM Combined Activities		
12	13	14	15	16	17	18
		GARBAGE	RECYCLE			

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.



LIONS HEAD SOUTH ASSOCIATION, INC.

250 Lions Head Boulevard South, Brick, NJ 08723

Ph (732) 920.9099 Fax (732) 920.2650

Email: lionsheadsouthassoc@gmail.com

RESIDENT CONTACT INFORMATION WHILE AWAY

Name: _____

Address: _____

Departure Date: _____

Return Date: _____

In case of emergency please at following address:

Telephone: _____

Address: _____

If I cannot be reached at the above, please contact:

Name: _____

Telephone: _____

LIONS HEAD SOUTH ASSOCIATION, INC.

MEETINGS SCHEDULE FOR 2023 – Approved November 7, 2022

January

- 3 9:00 AM Ratify December Straw Poll of Officers for 2023 and Standing Committee Chairpersons and Members
- 9 9:00 AM Board of Trustees Meeting
- 9 7:00 PM Activities Coordinating Council Meeting
- 23 9:00 AM Board of Trustees Meeting - Standing Committee Reports

February

- 13 9:00 AM Board of Trustees Meeting
- 13 7:00 PM Association Meeting
- 27 9:00 AM Board of Trustees Meeting - Standing Committee Reports

March

- 13 9:00 AM Board of Trustees Meeting
- 13 7:00 PM Activities Coordinating Council Meeting
- 27 9:00 AM Board of Trustees Meeting - Standing Committee Reports

April

- 10 9:00 AM Board of Trustees Meeting
- 10 7:00 PM Association Meeting
- 24 9:00 AM Board of Trustees Meeting - Standing Committee Reports
- 24 7:00 PM Meeting with New Members – Since October 2022

May

- 8 9:00 AM Board of Trustees Meeting
- 8 7:00 PM Activities Coordinating Council Meeting
- 22 9:00 AM Board of Trustees Meeting - Standing Committee Reports

June

- 12 9:00 AM Board of Trustees Meeting
- 12 7:00 PM Association Meeting
- 26 9:00 AM Board of Trustees Meeting - Standing Committee Reports

LIONS HEAD SOUTH ASSOCIATION, INC.

MEETINGS SCHEDULE FOR 2023 – Approved November 7, 2022

July

- 10 9:00 AM Board of Trustees Meeting
- 10 7:00 PM Activities Coordinating Council Meeting
- 24 9:00 AM Board of Trustees Meeting - Standing Committee Reports

August

- 14 9:00 AM Board of Trustees Meeting
- 14 7:00 PM Association Meeting
- 28 9:00 AM Board of Trustees Meeting - Standing Committee Reports

September

- 11 9:00 AM Board of Trustees Meeting
- 11 7:00 PM Activities Coordinating Council Meeting
- 25 9:00 AM Board of Trustees Meeting - Standing Committee Reports

October

- 9 9:00 AM Board of Trustees Meeting
- 9 7:00 PM Association Meeting - Trustee Candidates' Night
- 23 9:00 AM Board of Trustees Meeting - Standing Committee Reports
- 23 7:00 PM Meeting with New Members (since April 2023)

November

- 6 9:00 AM Board of Trustees – Finance Approval of 2024 Budget
- 13 9:00 AM Board of Trustees Meeting
- 13 7:00 PM Activities Coordinating Council Meeting – Residents Meeting
- 20 9:00 AM Board of Trustees Meeting - Standing Committee Reports

December

- 4 9:00 AM Board of Trustees Meeting
- 4 7:00 PM Residents Association Meeting – 2024 Budget Presentation
- 5 9:00 AM Straw Poll of 2023 Trustees for 2024 LHSA Trustees, LHCC Directors
& Committee Chairpersons
- 18 9:00 AM Board of Trustees Meeting - Standing Committee Reports

RECREATION

Lynn Adams

New Year New Resolution:

The benefits of recreation for seniors can satisfy a variety of needs. Among the important benefits of recreation is increased health and fitness, as well as opportunities for socializing. Why not start the New Year by taking advantage of our indoor gym where you can stay warm while beginning your fitness training. It is easy to become a member simply stop by the office and sign the required form and you are in. Most machines are self-explanatory.

Should you need assistance with using our gym equipment or joining any recreational activity, please contact a recreation committee member who will be glad to get you started! Your 2023 Recreation Committee consists of: Lynn and Pat Adams, Maureen Benesch, Debbie Carroll-Coco, Bob Defeo, Cindy Eicher, Tai Katakozinos, Gail Levenelm, Joyce Speziale, Greg Sternberg, Rose Szpara, and Dottie Wester.



LADIES, MARK YOUR CALENDAR FOR LOTS OF FUN!!



HORSERACE BINGO ON February 15TH AT THE Membership Meeting at 12 noon, in the Lions Den!
WILL YOU BE A WINNER????

Of course, **LUNCH AND DESSERT** will be served so be sure to let our callers know if you are coming. If coffee or tea is not your beverage of choice, you can bring your own.

By the way, if your telephone number has changed please let us know so our records can be updated.

See Ya on the 15th.

Happy Valentine's Day!

Merri Makers Chef's Market

Chef's prepared Specialty Dinners

February Special:

Buy 2 Entrée Meals, Get a 3rd at HALF PRICE.**

- Macaroni & Cheese \$8.95
- Traditional Baked Meatloaf \$9.95
- Roasted Chicken Quarters \$9.95
- Meatball Pomodoro \$9.95
- Hearty Beef Stew \$14.95
- Beef Stroganoff \$14.95
- Penne Pasta Bolognese \$10.95
- Homemade Seasoned Salmon \$10.95
- Shrimp Scampi \$11.95
- Eggplant Rollatini \$10.95
- Penne Coral with Vodka Sauce \$9.95
- Pulled Chicken w/ Mac & Cheese \$9.95

***Half off reflected to lowest price item
Offer Expires March 5th*

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Wed. - Sat. 11 am - 7 pm Sunday 11 am - 4 pm

ads-6790

LHS MEN'S CLUB

Bob Pederson

The New Year is here, and I hope everyone enjoyed the holidays.

First, I want to thank Don Antonelli, Joe Bill, Tom Tormey and Brian Halm, (rest in peace Brian) for the time and commitment given for many years to the Men's Club. Thank you, Tim Martin, for stepping up as Treasurer when we had to say farewell to Brian, our long-term Treasurer and friend. You have done, and I know will continue to do, an excellent job watching over our monies. The past few years have been very challenging for the club. Covid hit us all very hard and most of our planned fund-raising events needed to be cancelled or altered to meet those challenges. The events that we were able to pull off kept us going for another year and we will be back in fifth gear moving forward.

I want to thank all the members who attended and/or supported our annual holiday party in December. The event was a hit for all who came and surprisingly, there were ZERO complaints. Joe Bivona and I did our best to keep the cost of the party low while providing a quality event. Again, I could not have done it without all the help from Joe. Thanks, Mike Voto, for donating all of the beautiful poinsettia center pieces. They were a big hit. Congratulations to Jim Mort on being selected the 2022 Man of the Year. Jim is constantly on the move between the golf course and all that he does around the community. Well done, Jim.

The new Executive Board consists of myself, Bob Pederson, as President. Rich Szymanski as Vice, Joe Bivona as Secretary, Tim Martin as Treasurer, and Bob Schrader as Sergeant at Arms. I know we will work together to keep this club going in the future. We have many events planned for the upcoming year and will be trying to revive some of the old favorites. So come out to a meeting the first Wednesday of every month. Enjoy some fellowship and meet some new neighbors.

Finally, and most importantly, I have to thank Paul Minetti for stepping up and taking over in the kitchen. Paul has done an outstanding job feeding us at our meetings. The crew has put in a lot of hard work to provide a hot meal for lunch at our meetings. Well done Paul.

So, mark your calendars and come out for lunch once a month. You don't need to be a member to come to your first meeting and lunch is complimentary. Join the planned activities. The club belongs to all the men in LHS, we need YOU to keep the Lions Head South Men's Club going into the future.

Thanks in advance for your support.

LIBRARY

Janet Pedersen

Warm greetings to all here at Lions Head South.

The cold months are definitely upon us so please take advantage of our well-stocked Lions Head South Complimentary Library, to put those idle hours to good use reading an interesting book or magazine, assembling a colorful jigsaw puzzle, cooking a new recipe from our selection of cookbooks, or watching a movie DVD.

All residents are enthusiastically invited to take advantage of the large and varied selection of books, audio books, movie DVD's, magazines & jigsaw puzzles which are offered in our clubhouse with no need to sign anything out and no time limit imposed on their use. Of course, returning things in a timely manner is always appreciated to allow for other's enjoyment of these items.

The LHS Library Staff would like to call your attention to the relocation of the "Amish Story" books to a more convenient area of access. These interesting stories have been moved to the right-hand side of the fireplace just below the paperback non-fiction area (books with orange dots), and just above the Readers' Digest books.

LHS Library is very willing and grateful to accept all donations. However due to our limited space, we can only accept books whose copyright dates fall within a current 10-year period. In other words, please check the first few pages of your donations prior to drop off and only give us those books whose copyright date falls between 2013 through 2023. We suggest you please donate other older books to local charities, such as Goodwill and Destiny Thrift Shop. If your donation includes a large quantity, please notify the office prior to your drop off so arrangements can be made.

Thanks to all for your help in keeping our LHS Library the envy of the surrounding communities.

MUSICIANS WANTED

Barbara Skelly

Several residents have expressed an interest in starting a group of musicians who would be interested in getting together to practice or just play in order to stay active with their musical interests. If you think this might be of interest to you, please contact Ken Rott, 526-849-7256 and let him know that you might want to get involved.

THE RECIPE BOX

Sue Auer

As we approach the 2nd month of the year, we look forward to all good things ahead. Holidays with family & friends, vacations, and talk of the beginning of Spring (+48 days) and we ask "WHERE DOES TIME GO?"!

Holidays always bring out the best in food! The 2nd largest consumption of food after Thanksgiving is SUPER BOWL SUNDAY! Believe it or NOT...It's actually considered a NATIONAL HOLIDAY!

Some of the most popular SUPER BOWL PARTY foods (both healthy & NOT so healthy) that will enhance your menu.

Recipes given by friends & families of LHS!

THE Starter....Pomegranate/ Cranberry - Lemon Spritz

Ingredients:

12 oz. of lemon lime soda
1 cup pomegranate juice
1/2 cup pineapple juice
1/4 cup lemon juice
1 cup frozen whole cranberries

Directions:

1. Combine soda & all juices in a glass pitcher
2. Add frozen cranberries & chill in refrigerator

Enhancements: A splash of PROSECCO or VODKA can top off each individual serving!

THE most popular "Chicken WINGS"

Ingredients:

2 lbs chicken wings (frozen or fresh), trim excess fat. Wash with Kosher salt. Dry thoroughly in paper towels.

Cooking options:

1. AIR FRY 18-20 mins
2. DEEP FRY in vegetable oil to crispy consistency ..as desired
3. BAKE 400° for 40 mins. For extra crispy leave in oven for 20 mins.

Directions:

PLACE IN LARGE BOWL & TOSS WITH YOUR FAVORITE SAUCE!

THE SAUCES:

HONEY GARLIC: In a med/large sauce pan; add 1 tsp Olive Oil, 1 tsp Sea Salt, 1 pinch Blk pepper, 1/2 cup Honey, 2 tbsp Soy Sauce, 1 tbsp ground Ginger, 2 tbsp fresh chopped Garlic, 1/2 tsp Chilli powder. Bring to a quick boil, reduce heat & SIMMER... Pour over WINGS & toss!

OPTION * 1 oz of bourdon can be added to this sauce for an added flavor.

PARMESAN CHEESE: In a med/large sauce pan; add 1 stick butter, 4 cloves of minced garlic, 2 tbsp chopped parsley, 1/4 cup Parmesan cheese (freshly grated), 1 tsp flaked red pepper. Melt until butter & all ingredients are blended together. Stir mixture & pour over wings & toss .
SPRINKLE with ADDITIONAL PARMESAN CHEESE!
Ceasar dressing on side.

BUFFALO STYLE: COAT WINGS (before cooking) with flour, paprika, & cayenne pepper.

In a med/large sauce pan; add 1 stick of butter, 1/4 cup hot sauce (any brand), 1 pinch of blk pepper, 1 pinch of garlic powder. Melt SLOWLY until all ingredients are blended. Stir & pour over wings & toss. Blue Cheese or Ranch dressings on the side.

Serve CARROTS, CELERY & CUCUMBER STICKS with WINGS!

THE Sweets - dusted Chex (cereal)

Ingredients:

6 cups Chex cereal
1 cup peanut butter
1 cup chocolate chips
1 cup powdered sugar (10X)

Directions:

1. Place cereal in large bowl
2. In a microwave safe bowl, combine peanut butter & chocolate chips & melt in 20 second intervals, until peanut butter & chocolate chips are melted. Then whisk both together.
3. Pour the mixture over the cereal. Set for 15 mins. to cool down.
4. Add powdered sugar over the cereal (now mixed with peanut butter & chocolate chips). Toss well until all cereal pieces are dusted.

5. Transfer to serving plate, with a large spoon!

Enjoy all the SPECIAL days in FEBRUARY... Ground Hog Day, Valentines Day, Presidents Day & Always sending the best for a happy & healthy DAY!

PLEASE SEND ALL RECIPES TO: sauer1948@hotmail.com. I LOOK FORWARD TO EVERYONE'S BEST RECIPES & FOOD IDEAS... THANK YOU! Sue Auer

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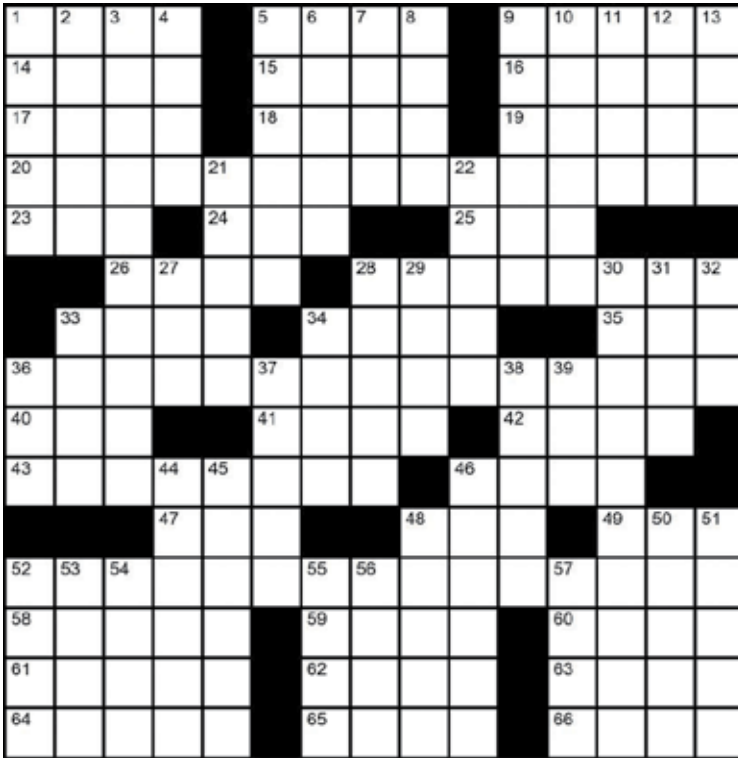


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ads-7155

CROSSWORD PUZZLE



ACROSS

- 1 Wander
- 5 White or Blue African river
- 9 Ahura ---, Zoroastrian Supreme Being
- 14 "... Marching --- war ..." (Sabine Baring-Gould)
- 15 Downright dastardly
- 16 Sherlock seeks them
- 17 Supercelebrity
- 18 Immeasurably long periods
- 19 Heavenly supporter
- 20 Causes house moves in California?
- 23 "... Venus sets --- Mercury can rise" (Pope)
- 24 Some
- 25 For each
- 26 Piece on earth?
- 28 Timber management
- 33 Lay
- 34 Wedding attendant
- 35 Weeding implement
- 36 Ironclad Mrs. Rice encrypted some FBI database entries
- 40 GWB, to GHWB
- 41 Quaintly ancient
- 42 Flag
- 43 Really?
- 46 "In your dreams!"
- 47 It never gets off the ground in Australia
- 48 Home to Jaguars but not Panthers

- 49 A decade
- 52 Sub rosa
- 58 Found in rings and bulbs
- 59 "Battle Hymn of the Republic" author
- 60 Pennsylvania resident famous in February
- 61 Fatty acid, for example
- 62 And the rest
- 63 Kansas movie barker
- 64 Corporate bigwigs
- 65 Century note
- 66 Double-click, perhaps

DOWN

- 1 Elevate
- 2 Half of "The Odd Couple"
- 3 Pet Antonio fusses about sometime
- 4 Nat King Cole's "--- Lisa"
- 5 "Well You ---" (Thelonious Monk)
- 6 Trade in the elephant variety is illegal
- 7 Short note
- 8 "Lohengrin" heroine
- 9 Big name in antivirus software
- 10 Tables with frontals
- 11 Bantu language
- 12 Distribute cards
- 13 Helper, for short
- 21 Model --- Campbell
- 22 Bender
- 27 "Solaris" author Stanislaw ---
- 28 Golfer who won three British Opens and three Masters
- 29 Giant people-eater
- 30 Place to find a bargain
- 31 Staffs
- 32 Triumphant cry
- 33 28 Down is one of them
- 34 Friends
- 36 "--- : Miami" (CBS hit)
- 37 Still in dreamland
- 38 Superior herring?
- 39 "Halt! --- fire!"
- 44 Valiant
- 45 They're made in reparation
- 46 Far away from home
- 48 Up in arms
- 50 Cream of the crop
- 51 It can run while you walk
- 52 Flat-fish
- 53 Multi-user computer operating system
- 54 About to go off?
- 55 "--- Call Me MISTER Tibbs!"
- 56 Jot
- 57 "He's --- no good"

Answers on page 29

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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Linda DiNapoli
Broker Associate
Greenbriar 1 Resident
732-567-6849



Joe Franchi
Broker Associate
Senior RE Specialist
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**COLD WEATHER
SAFETY TIPS
FOR PETS**



If it's too cold out for you, then it's too cold out for your pet! Keep potty breaks quick & make sure to always monitor them while outside.



Invest in a couple pairs of pet booties or paw protectants, or slather petroleum jelly on paws to protect feet from harsh salt and de-icing chemicals when going outside.



Animals are drawn to the smell & sweet taste of chemicals in car antifreeze, which can be fatal to pets. Keep an eye out for and keep pets away from patches of discolored snow.



Bang on your hood, check under the car, and honk your horn before starting the car. Feral and outdoor cats often seek shelter within wheel wells and under the hood near engines.



Know the signs and contact your vet immediately if you suspect pet hypothermia. Symptoms include shivering & trembling, lethargy, cold fur/skin, decreased heart rate, trouble walking or breathing, and dilated pupils.

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Our memory care program under the direction of our Memory Care Director - Dr. Joshua Shua-Haim, Geriatrician, is designed to enhance the lives of our residents with a caring and compassionate approach.

- 2 secure, designated units to accommodate all stages of the disease process
- Certified dementia trained staff
- Recreation designed to meet the socialization and stimulation needs of residents
- Recreation activities and dining service offered in each unit
- Units have access to outside courtyards



MEET OUR MEMORY CARE
DIRECTOR
Dr. Joshua Shua-Haim,
Geriatrician

Dr. ShuaHaim has been practicing geriatric medicine for over 30 years. During his residency program he had an opportunity to have geriatric training at an Alzheimer Center. He discovered then that he wanted to practice geriatric medicine.

Dr. ShuaHaim believes there are 3 equally important focuses when caring and treatment those with dementia and memory impairments. They are to stabilize the patient, control their behaviors, and ease the burden of the caregiver.



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Crossword Answers

Sudoku Answers

1	R	O	A	M	5	N	I	L	E	9	M	A	Z	D	A		
14	A	S	T	O	15	E	V	I	L	16	C	L	U	E	S		
17	I	C	O	N	18	E	O	N	S	19	A	T	L	A	S		
20	S	A	N	A	21	N	D	R	E	A	22	S	F	A	U	L	T
23	E	R	E	24	A	N	Y	25	P	E	R						
	26	P	L	O	T		28	F	O	R	E	S	30	T	R	Y	
	33	P	O	E	M		34	P	A	G	E		35	H	O	E	
36	C	R	I	M	I	N	A	L	R	E	38	C	O	R	D	S	
40	S	O	N		41	O	L	D	E		42	I	R	I	S		
43	I	S	T	H	A	T	S	O		46	A	S	I	F			
	47	E	M	U		48	A	F	C		49	T	E	N			
52	S	U	R	R	E	P	55	T	I	T	I	O	57	U	S	L	Y
58	O	N	I	O	N		59	H	O	W	E		60	P	H	I	L
61	L	I	P	I	D		62	E	T	A	L		63	T	O	T	O
64	E	X	E	C	S		65	Y	A	R	D		66	O	P	E	N

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

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KIRMS PHOTOGRAPHY Shore Birds

If you've been reading my articles each month you know my favorite subject is nature. Many animals are not as active in the cold months, and many birds leave the area and go south. There are other birds that migrate here from the northern reaches to escape the ultra harsh winters there. This gives us the opportunity to photograph different species. Unfortunately they are not as colorful in the winter plumage, but it's still a nice challenge to find them.

I especially like to find the different ducks and shore birds that arrive in winter. They are generally found in the inlets and around the jetties. Some are quite difficult to reach, but others can be found along roadways and parking lots near rivers.

A long lens is very helpful. Make certain to focus carefully and have the proper exposure. Fast shutter speeds will help keep them sharp if they are moving in the waves. It is not an easy shoot, but can yield great results.

That's it for this month. As always you can email me with any photographic questions at bill@KirmsPhotography.com. If you'd like to see more of my images you can visit my site at www.KirmsPhotography.com. Remember to keep shooting and trying to improve your images, but most importantly, have fun with your camera.



Harlequin Duck



Long-tailed Duck



Black Scoter