

LIONS PRIDE

A PUBLICATION OF LIONS HEAD SOUTH ASSOCIATION, BRICK NJ



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NOVEMBER 2022



“Fall Season on the Farm”

by Bonnie Luton, LHS Watercolor Class

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

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PRESIDENT'S MESSAGE

Barbara Skelly

Well, it is November and I still have things that I have not even started on my January To-Do list. Where did the year go?

During the end of October, two important things took place in the community: Election of the Trustees for 2023 and the sign-ups for Standing Committees. This year there were 4 open Board of Trustee positions. Six candidates ran for these open positions. We thank each of these people for considering this additional responsibility. As of November 7th at Noon, the acceptance of ballots will end. If you have not voted yet, there still may be time left to submit your ballot. This community needs the support of all the residents and your ballot is one way to do this. **Please remember to vote.**

Sign-ups for the Standing Committees started the middle of October and will end the 18th of November. These 12 Committees help the Trustees with the decision-making and activities of Lions Head South. Meetings usually take place once a month. The actual time of the meeting will be determined at the first meeting. This will allow meetings to be scheduled at times that will accommodate scheduling for both our retired residents as well as residents who are still working. **WE NEED YOU!** Sign up now. If you have questions concerning responsibilities for a specific Committee, please feel free to contact the Committee Chairperson (names are listed in the PRIDE) or any of the Trustees.

Last month, we were finally able to complete the planting of the trees between Ashford and Yorkwood. With all these newly planted Leland Cypress trees, it certainly gives a totally new look to the backyards of this neighborhood. Thank you to everyone who worked together to make this happen.

The Trustees have had two meetings with the Engineering firm that was hired to help us with decision-making concerning the pool. We are hopeful that we will have more specific information to discuss with the community within the next couple of weeks. Stay tuned.

During the month of November, we will also have an opportunity to vote in our regularly scheduled local, as well as national, elections. This is a privilege that was given to us by our ancestors and our veterans. Plan to visit your local polling place or make certain your mail-in ballot gets in by the designated date. Again, make your voice heard.

And lastly, we celebrate Thanksgiving, a day when all should be thankful for what we have. In the words of William Faulkner, "Gratitude is a quality similar to electricity: It must be produced and discharged and used up in order to exist at all." From the Board of Trustees and the Administrative Staff, we wish you all a Happy Thanksgiving.

And so it goes. Have a great month.

EDITORIAL

Carol Powell

Here's hoping everyone was able to enjoy October's changing temperatures and beautiful foliage. Our community is always so lovely when the trees are turning, before the leaves fall. (Isn't it nice that we do not have to rake them!)

Now, at least for our family, the holiday season begins. Yes, I know the stores have had Christmas decorations and pumpkins on the shelves since September but we're old school. Hope you are too. Life is too short to rush, and the holidays seem to fly by too fast no matter how you do, or do not, celebrate. I only cook turkey once a year, not sure why, but it seems to be a Thanksgiving only thing for us. We eat it all year long, most often for lunch, but only cook a whole turkey once a year! Some Thanksgivings we are only three or four people and other times we might be ten or twelve. It does not matter; we still have fun.

Living in a world that seems to get crazier by the minute is a daily reminder, for all of us lucky enough to live in a place like Lions Head South, that we don't need holidays to remind us to count our blessings. With that in mind, from our family to yours, please enjoy a wonderful Thanksgiving holiday.

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



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Tuesday, November 8th

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Income & Expense Statement to Date as of 09/30/22

Income:

401.0 Maintenance Fees	\$	783,587.00
401.5 Rental Income	\$	-
402.0 Maintenance Late Fees	\$	490.00
403.0 Rental Security Deposits	\$	0.16
406.0 Interest Operations	\$	475.32
408.0 Miscellaneous	\$	2,025.00
410.0 Participation Fees	\$	38,325.00
450.0 LHCC Revenues	\$	63,602.28
Total Income:	\$	888,504.76

LHCC Sales Tax:

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

Expenses:

500.0 Administration	\$	345,104.32
520.0 Residences	\$	333,802.77
540.0 Common Facilities	\$	233,014.56
Total Expenses:		911,921.65

Total Income Over Expenses: \$ (23,416.89)

Balance at Month End: \$ (23,416.89)

LIONS HEAD SOUTH

New Residents - 2022

DeFeo, Robert & Diane.....14 Meadowbrook Rd.
R/S Britton Estate
Nevins, Jr., Thomas.....85 Lauren Ln.
Deed Change: Nevins Estate
Shapiro, Kenneth.....79 Lions Head Blvd.
Deed Change: Pavcsik Estate
Michalak, Frank.....13 Lauren Ln.
Deed Change: Marx Estate
Sotelo, Nancy.....32 Meadowbrook Rd.
Deed Change: Sotelo Estate
Lopez, Gerald.....27 Thames Pl.
Deed Change: Lopez Estate
Presby, Mark.....21 Tennis Ct.
Deed Change: Presby Estate
Bergson, Robert
& Felixa.....85 Meadowbrook Rd.
R/S Wall

Deletions - 2022

Britton Estate.....14 Meadowbrook Rd.
R/S DeFeo
Nevins Estate.....85 Lauren Ln.
Deed Change: Nevins, Jr.
Pavcsik Estate.....79 Lions Head Blvd. S.
Deed Change: Shapiro, Kenneth
Marx Estate.....13 Lauren Ln.
Deed Change: Michalak, Frank
Sotelo Estate.....32 Meadowbrook Rd.
Deed Change: Sotelo, Nancy
Lopez Estate.....27 Thames Pl.
Deed Change: Lopez, Gerald
Presby Estate.....21 Tennis Ct.
Deed Change: Presby, Mark
Wall, Kathleen.....85 Meadowbrook Rd.
R/S Bergson

Deceased Residents - 2022

Henzler, Margery.....87 Yorkwood Dr.
Deceased July 2022
Schecker, Patricia.....28 Tennis Ct.
10/01/2022





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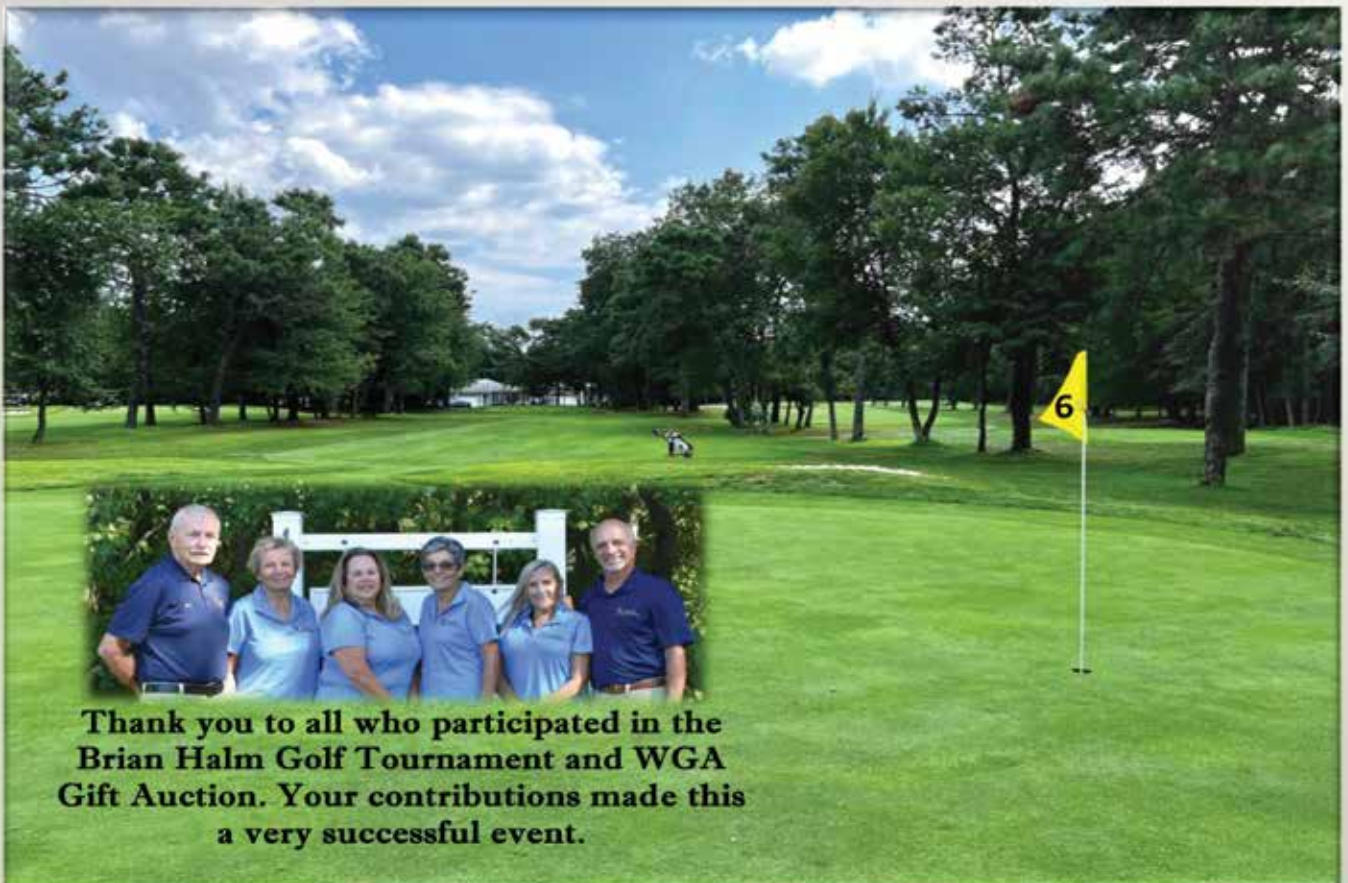
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LHS MEN'S CLUB

Don Antonelli



**Men's Club Quarterly Clean-up of Beaverson Blvd.
L-R Bill Begley, Ken Rott, Rich Szymansky and Jim Mort.**



**Thank you to all who participated in the
Brian Halm Golf Tournament and WGA
Gift Auction. Your contributions made this
a very successful event.**

GARDEN CLUB

Clare Mathiasen

November

November is the month
When days start growing short
We say why we are thankful
And watch our Favorite sport!
We celebrate the harvest
With turkeys who say "gobble!"
We feast on Thanksgiving Day
And eat until we wobble!

Hello November!

A reminder to our residents to attend the Garden Club's SAVE THE MONARCHS event on November 9th at 2 pm. At the time of this publication's distribution, there will be approximately one week left to sign up on the Garden Club bulletin board. We just need to know how many are attending for setup and refreshments.

November puts us deeper into fall and nature is winding down. That doesn't mean our garden chores are over. This is a good time to evaluate your yard's garden layout, especially around your house's foundation. Plants may still be standing in November, but this is a great time to see what needs to be removed, added to, or moved within the garden. The bones of the garden are more visible in late fall, and now is the time to add more structure if needed. Would an evergreen look good at the back of the border, or do you need a taller tree or shrub in the corner? Have fun and play around with the design of foundation plants. Small changes with these plants can make a big impact.

Don't be stuck on planting your evergreens in a straight line along the front of the house, pruned tightly beneath the windows like a mustache under a nose. If your foundation doesn't sport them, your neighbor's likely does. In an age of unconventional gardens and an endless supply of unique

plants, this type of planting may be the last resort. Consider planting spring bulbs among your shrubs for more interest. (Reference: www.finegardening.com)

Now, you ask.....What are my November garden chores?

November is generally a cool, (grey) month in the northeast. It can snow, and truly wintry weather is not that far away. This month is a good time to:

- ! Deer-proof evergreen shrubs by encircling them with stakes and attaching burlap to the stakes.
- ! Protect the bark of saplings from gnawing critters by wrapping tree guards around the lowest parts of the trunks.
- ! To protect a plant from voles, avoid piling up mulch too close to the plant.
- ! Plant spring bulbs.
- ! Finish raking leaves off the lawn.



- ! Set up any outdoor Christmas decorations you use in late November before it gets bitterly cold outside.

Hope you have had a chance to enjoy the Fall decorations in some of our gardens and around the Clubhouse because we enjoy doing this for your enjoyment.

HAPPY THANKSGIVING TO ALL!



COUNTRY CLUB

Jim Mort

The completion of the month of September is the grand finale for a very busy and productive year. During the month we had our Scramble, Fun Day and the Brian Halm Annual Golf Tournament. The time and effort put into presenting these events is overwhelming at times but the rewards of a job well done in the successful completion of each of these events is well worth it all. Many thanks and much appreciation to Irene Raftery and all of her very capable crew for the outstanding Fun Day outing.

As we head into the end of the year, we thank Bill Begley, as well as all of his supporting cast, for heading up the monthly scramble. The number of members working on our first post-COVID tournament is just too numerous to list but we do want to extend a special thank you to Jean Flaccavento (lunch), Elaine Long (breakfast), as well as the many WGA ladies assisting in the organization, set-up and presentation of the tournament. The WGA merged the raising of money for the Cancer Walk with the needs of the tournament by setting up an auction of items solicited by Lee Scaturro, Sue Wiss, Marcene Talty and Pat Whyte. The auction was a great success and brought in more than \$2,000.00. Without a doubt, their time and effort paid big dividends for these events and the enhancement of the tournament and Cancer Walk. Great job by all concerned, making for a successful Fun Day, Tournament and Cancer Walk. Just wanted to call out a couple of other individuals that contributed so very much to make these events successful: Ed Bischoff for marking/lining the course for all of the scrambles and for the tournament, and Dave Moniz, Bright View Superintendent for LHCC, for the outstanding maintenance of our course. Dave joined the LHCC in February 2022 and has not stopped since. The condition of the course reflects his endless effort, attention to detail, and work ethic that he applies to every task at hand. We are indeed fortunate to have Dave maintaining our course and take great pride in his accomplishments.

Finally, our special thanks and appreciation to Pat Whyte. She is responsible for the beautiful flowers throughout the course as well as the special fall decorations on several of the Sponsor Boards. As if this effort wasn't

sufficient, Pat has provided beautiful, professional level photos and videos of events throughout the year. We are so very fortunate to have all these special volunteers making our lives richer by their effort and we thank each and everyone of them for all they do for all of us. Another special thank you to Kelly McClosky and Shorrock Gardens for sponsoring and paying for the Tournament's Putting Contest. A successful putt would have paid \$2,500.00 and the contest greatly enhanced our tournament.

The results of the General Membership Meeting, the Board of Directors Meeting and the results of the Final Drawing for the 20/20 Raffle are posted to the LHA Website and the LHCC BB.

In continuing with every effort to maintain and improve the operation of the LHCC, we request that each LHCC member give some thought to stepping up, getting involved and join the Board of Directors. We have been fortunate over these past years to have Joe Barrow running the Sponsor Program and Jack Cummings as our VP. Both will be stepping down at the General Membership meeting after four years of service. We thank you both for your dedicated service and support of the LHCC and would appreciate you continuing your ties to our operation by becoming Advisors to the Board of Directors. Joe's replacement will be Ken Rott and we are looking forward to a long term, successful effort to continue the growth of the Sponsor Program. This will leave us one short on the current Board and we need to look for the future replacements that will ensure the successful operation of the LHCC into the near and distance future. Be part of the operation, participate, and volunteer to be part of our future.

The Operational Budget and Capital Improvement Budgets for 2023 have been submitted as well as the projected income for 2023. It should be noted that the Capital Improvement Budget reflects ongoing and long-term requirements that need to be codified for current and future procurement.

Enjoy the Thanksgiving holiday. It is a time of sharing happiness with family and friends.



ARCHITECTURAL COMMITTEE

Stephen Scaturro

Applications to the Architectural Committee have increased considerably. This is a good thing as owners are submitting applications as required. Remember most exterior work to the residence and property requires an application. Failure to do so may result in fines and removal of any unapproved work. This applies to the removal of trees and unauthorized use and removals in the Green and Common Properties.

To be safe please read the Rules, Regulations or Policies or call the office or a member of the Architectural Committee.

Enjoy our community and be kind to your neighbors.

CLUBHOUSE

Rose Saputo

With the month of November upon us, the colorful leaves we saw last month are probably gone and have said their goodbyes to the now undressed trees. The weather had already changed so much in October that I had to turn my heat on early in the month just to remove the chill and dampness. Farewell Yom Kippur, Columbus Day and Halloween. How quickly you have come and gone.

"Come on down" to mingle with others in your beautiful, cozy and warm Clubhouse. Watch for the latest "happenings" coming up in the future months. But for the time being, don't forget November's calendar: Daylight Savings, Election Day, Veterans Day and, of course, Thanksgiving Day. So, please do your duty, remember those who fought to keep America free.

From all of us on the Clubhouse Committee: We should be so thankful every day for blessings bestowed upon us. May you and yours HAVE A MOST BLESSED AND HAPPY THANKSGIVING.

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WEBSITE COMMITTEE

Tony Bruzaitis

Visit our website at www.lionsheadso.com.

Lions Head South is a very active community. It is one of the reasons our residents chose to become a part of it. Photos and videos from a number of our activities since 2020 have been added to our website Photo and Video galleries as well as on the Social, Recreation, and Country Club pages of the website. And speaking of galleries, we are constantly adding the works of our watercolor and acrylic painting classes to our online Art Gallery. Take a look!

As noted last month It's time to sign up as a volunteer on the LHS Standing Committees. Take a look at what each of the committees does 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. Sign-up sheets are posted in the clubhouse.

If you have not visited our website lately, take a few minutes to explore the other resources we have added. The website committee can use your eyes and ears to help us keep the information we have up to date and accurate. If you have any suggestions for additions to the website, please email us at web@lionsheadso.com.

SECURITY COMMITTEE

*Submitted by Tia Katakozinos,
Written by Maryellen Klotz*

It's Novem"burr" already! In just a few short weeks we will be, hopefully, sharing a wonderful meal with family and friends - COVID and weather permitting. With the chillier weather it is critical to make sure our heating systems are operating efficiently and safely. Many heating companies (including utility company New Jersey Natural Gas) offer a "check up" for a nominal fee to ensure systems are energy efficient and working properly - money well spent to prevent a cranky furnace from deciding to quit on a Sunday morning when it is freezing outside! NJNG also has a website with energy saving tips whether you have gas, electric or solar - always good to save energy and money!

<https://www.njng.com/save-energy-money/energytips-home.aspx>

Our security committee has been working with Brick Public Works to get the 25 MPH repainted in our community as well as the curbs by the front entrance. We are on the "list" so hopefully this will be done before the frigid temperatures are upon us.

With Daylight Savings Time here, many people walk in the early morning and evening (especially those with 4-legged furry friends). It is recommended that wearing reflective clothing and staying on the sidewalks will prevent accidents. Slowing down (all the time) will help as well since our "deer" friends are out at dawn and dusk, too.

A reminder during this busy time to make sure to lock up if you go away. Better yet, ask a neighbor to keep an eye on things as an added layer of safety. Working together we can make our community safe and secure. As always, err on the side of caution if you see something out of the ordinary and call the non-emergency number (732) 262-1100. Have a happy and healthy Thanksgiving!

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LIBRARY

Janet Pedersen

Hello to all our neighbors and friends here at Lions Head South!

Our LHS Library Staff is again happy to announce yet another wonderful addition to our complimentary offerings. Once more, thanks to another generous resident donation, we now offer a selection of stories involving the Amish, otherwise known as the Pennsylvania Dutch. These books contain fictional accounts of their lives and customs which we hope many of you will find interesting. These **Amish Stories** can be found on one of the top shelves to the left of the fireplace and can be recognized by the **purple dot** on their spines.

The LHS Library Staff would also like to call your attention to the fact that over the past summer we have received many recent edition books, most of which have copyright dates of 2020 through 2022. These donations are both hard cover and paperback editions and can be found in the following genres: mysteries, fiction, non-fiction, biographies and large print books. Many are also stories by famous authors such as James Patterson, David Balducci, Michael Connolly, Nora Roberts, and Danielle Steele, to name a few.

All these new items, as well as our large selection of hardcover books, paperbacks, condensed books, large print books, audio books, jigsaw puzzles, magazines and movie DVD's, can be borrowed at any time without the need to sign anything out. We only ask that all items are returned in a timely manner and in the same condition they were taken (in the case of movie DVD's and audio books, please be sure to return all discs involved with each item). Returned items can be left on the shelves by the windows designated for "returns". Our staff will happily reshelve them in their proper places.

We hope all residents take the time to enjoy our wonderful library offerings as well as the beautiful array of Fall colors our LHS Community has to offer.



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LHS WOMEN'S CLUB

Clara Ciuffo-Clarke

Our "Mums" fundraiser was a big success. Thank you everyone who participated either by taking the orders and balancing the books, volunteering to help unload the plants, or helping with the distribution. I have a long list of names that I will not publish here but, believe me, you are imprinted in my heart. Also, thank all of you who purchased them. Our community is a very special place to live and occasions like this show the unity and support for the purpose of keeping Lions Head South one of the best in New Jersey.

Now it is the time of year to think about the future of our club. Fortunately, some wonderful members have indicated their interest in serving as officers. We should have an election this month, so they can begin planning for 2023. Your interest and support will surely help them. They will need chairpersons for the various committees, so if you are interested in either continuing in that capacity or switching to another committee, or just plain starting fresh on a committee, please let me know as soon as possible.

In the meantime, stay healthy and safe.



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ads-2093

Happy November!

*~ November is the
month to remind us to
be thankful for the
many positive things
happening in our life. ~*

NOVEMBER 2022 CALENDAR EACH WEEK DAY OF THE MONTH AS LISTED

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
			9:30 Pickleball	9:00 Bowling
9:30-11:00 Ticket Sales	9:30 Pickleball	9:30-11:30 Acrylic Paint Class	11:00 Chair/Mat Yoga	
	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 11/10 & 11/23		

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

ACC RESIDENT'S MEETING – Nov. 14th at
2:30 pm. Refreshments served.

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

2:00 PM MOVIE MATINEE	9:00 AM Bd of Trustees 2:30 PM ACC Resident's Mtg	9:00 AM Finance & Ins 9:30 AM Clubhouse 11:00 AM Welcoming	10:00 AM Security 12:00 PM Women's Club	10:00 AM Lions Pride Review		
20 2:00 PM "Thru the Years of Lions Head South" Film	21 9:00 AM Bd of Trustees-Std Comm 10:00 AM Website 7:00 PM Nominating	22 10:00 AM Community Awareness GARBAGE	23 RECYCLE	24 OFFICE CLOSED HAPPY THANKSGIVING	25 OFFICE CLOSED	26
27 2:00 PM MOVIE MATINEE	28 6:30 PM Book-a-holics	29 GARBAGE	30 9:00 AM Men's Club Exec Bd 12:00 PM WGA Awards Luncheon-Grenville Inn 1:00 PM Book Discussion	<div> <div> Oct 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 31 </div> <div> Dec 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 31 </div> </div>		



November 2022

Monthly Planner



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 AM Architectural 10:30 AM Buildings & Grnds	2 11:30 AM Men's Club 6:45 PM Social	3 11:30 AM Library	4 6:15 PM WGA-BINGO	5
		GARBAGE				
6	7 9:00 AM Bd of Trustees- Approval of 2023 Budget	8 6:00 AM ELECTION DAY 1:00 PM Women's Club Exec Bd 4:00 PM Recreation	9 2:00 PM Garden Club-"Save the Monarch" program	10 9:30 AM Regular Travel 10:15 AM Combined Activities	11	12 6:00 PM Men's Club-Beefsteak & Night at the Races
13	14	15	16	17	18	19

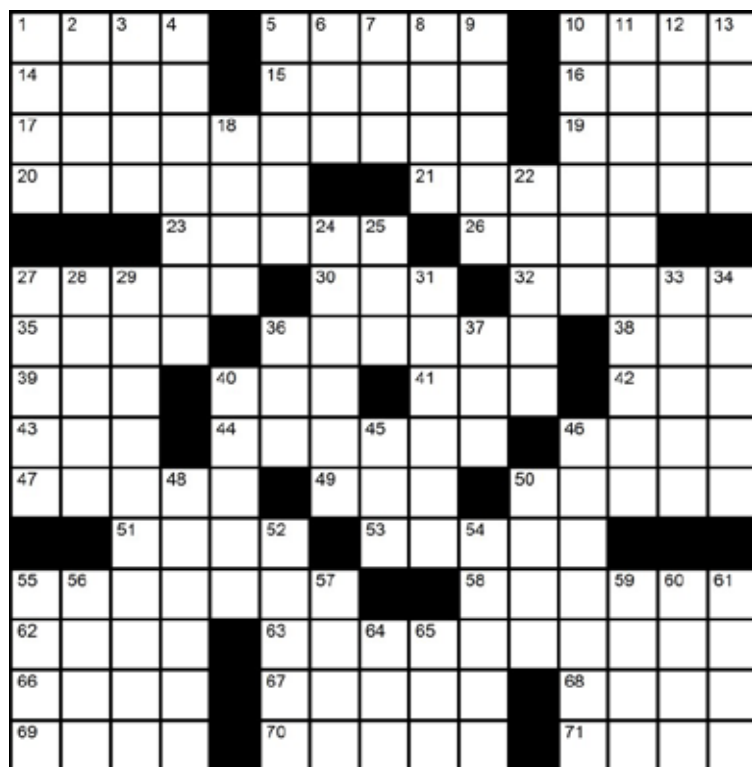
PHOTOCOPIER: FOR RESIDENT USE IN THE BILLIARD ROOM. The machine is available anytime to use. Copies are five cents each. Please be sure to have EXACT change.

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.

CROSSWORD PUZZLE



ACROSS

- 1 Migraine feature
- 5 Found in New York and L A
- 10 Advanced degrees?
- 14 Battleship game call
- 15 Japanese dog
- 16 --- -Z Chevy
- 17 Hair stripper
- 19 1971 Pan American Games site
- 20 Having no poles
- 21 They live just north of the Gulf of Aden
- 23 Undercover (Abbr.)
- 26 Short kin
- 27 "Goodnight" girl of song
- 30 Japanese IT firm
- 32 Double-dealing
- 35 Christine --- ("The Phantom of the Opera" heroine)
- 36 Freshen
- 38 1960's chess champ
- 39 Admission requirements, perhaps
- 40 Experian, formerly
- 41 "Riddle me, riddle me --- "
- 42 "As I see it," in an e-mail
- 43 Granola grain
- 44 Spinach substitutes
- 46 Functions
- 47 1983 Michael Keaton househusband film
- 49 Houston Rocket man --- Ming
- 50 --- of time
- 51 You are, south of the border
- 53 Ankle covers

- 55 One day ---
- 58 Brown v. Board of Education city
- 62 The "C" in U P C
- 63 He was The Toast of the Town
- 66 All excited
- 67 Minneapolis suburb
- 68 Bombard
- 69 "Field of Dreams" setting
- 70 Anti-depressants
- 71 Exile isle

DOWN

- 1 "... to your beauteous blessings --- curse": Shakespeare
- 2 University by the Rio Grande
- 3 Bank take-back
- 4 Coal-tar dye feedstock
- 5 South Asian collaborative body
- 6 It gets you in (Abbr.)
- 7 "--- Bravo" (John Wayne film)
- 8 Possible response to "Nice job"
- 9 One who forks over
- 10 With grace
- 11 Changeover
- 12 Hindu spring festival
- 13 Biol. and chem., e.g.
- 18 Rural route
- 22 Ruckus
- 24 Can't go back on one of these streets
- 25 Male convert to Judaism
- 27 Manner of speaking
- 28 "M*A*S*H" role
- 29 Long Island hamlet
- 31 Drive-in employee
- 33 Set, as a price
- 34 Shine
- 36 Departure's opposite (Abbr.)
- 37 French possessive
- 40 "My Cousin Vinnie" Oscar winner
- 45 En tout --- (whatever happens)
- 46 Energy transporter
- 48 Daniel of Nicaragua
- 50 Acronym for a small-runway aircraft
- 52 Pintails
- 54 World supporter
- 55 Smoothie ingredient
- 56 Like some orders
- 57 Teaching quals.
- 59 Daredevil Robert's nickname
- 60 Continental Army Major-General Baron de ---
- 61 Architectural pilaster
- 64 Said to senior officer
- 65 Seat of higher learning (Abbr.)

Answers on page 25

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THE RECIPE BOX

Sue Auer

It's the time of the year to cook "SQUASH", and a great time for SENIORS to COOK & BAKE as an indoor activity!

The name "SQUASH" comes to us from the NARAGANSOTT NATIVE AMERICAN WORD "askutasquash". SQUASH grows in many colors, shapes & sizes. Most are rich in vitamins A & C, AND A GOOD SOURCE of IRON. They are thick skinned and filled inside with seeds and a stringy membrane.

GOURDS are not considered SQUASH, except for the PUMPKIN. Although pumpkins are part of the gourd family, they are developed from a flower and the skin/flesh is edible, both being factors. If you visit a Pumpkin/Squash patch, be sure to come home with one or two of the fruits. YES, SQUASH is a fruit, vine grown and developed from an edible flower. By the way, November is always a smart way to begin the comfort food SEASON!

Slow Cooker Butternut Squash Lentil Stew

Ingredients:

- 1 1/2 cups red lentils (rinsed)
- 2 cups butternut squash cubed
- 5 cups low sodium veggie stock
- 1 cup carrots 3-4 peeled & sliced
- 2 cups sweet potatoes (1/2-inch cubes)
- 1 1/2 cups chopped celery
- 1 cup chopped onion
- 5 cloves minced garlic

-
- 1 tsp cumin
 - 1/2 tsp coriander
 - 1/4 black pepper
 - 1 tsp salt

-
- 3 cups spinach
 - 1 tbs white vinegar

Directions:

1. Prepare first 8 ingredients as directed & place in slow cooker
2. Cook for 3 hrs on low
3. Season with the next 4 ingredients
4. Cook for an additional 2 hrs in slow cooker on medium
5. Add last 2 ingredients, cook for 1 hr. additional
Makes 4 servings

Continued on page 21

RECIPE BOX continued from page 20

Serve with French baguette slices or in a bread bowl
270 calories per medium size bread bowl

*Recipe sent by Irene Lewer (former executive chef)

Cheesy Yellow Squash (side or snack dish)

Ingredients:

3 yellow squash
olive oil spray
3 tbsp Parmesan Cheese
3 tbsp Panko crumbs
1 1/2 tsp garlic powder
1/2 red pepper flakes
1/2 tsp paprika
1 tsp FRESH cracked black pepper
1/2 tsp Kosher salt
Parsley, chopped
Asiago cheese, shredded

Directions:

1. Preheat oven to 400* and spray sheet pan with cooking spray
 2. Slice yellow squash, 1/2" round or angled slices
 3. Arrange in a flat single layer on sheet pan. Spritz or brush with Olive Oil
 4. In a small bowl, combine all the spices, Panko & Parmesan cheese. Sprinkle mixture over squash
 5. Roast 12 - 15 mins, until golden brown
- GARNISH WITH PARSLEY & ASIAGO CHEESE**
Makes 4 servings
The recipe can be used for Eggplant or Zucchini
*Recipe is from Sandy Wood's collection of awesome recipes

Pumpkin Swirl Cream Cheese Muffins

Ingredients:

2 lg eggs
1/2 cup vegetable oil
15 ozs. pumpkin puree
1 cup granulated sugar
1 3/4 cup all-purpose flour
2 tsp pumpkin spice
1/2 tsp vanilla extract
1 tsp baking soda
1/2 tsp Kosher salt
8 oz. cream cheese
1/2 cup confectioners' sugar (10x)
OPTIONAL add ins....1/2 cup cranberries, 1/2 cup chopped walnuts

Directions:

1. Preheat oven to 375*, spray muffin tin

2. In a large bowl beat eggs, veggie oil, vanilla extract, pumpkin puree, granulated sugar

3. Add to bowl > flour, pumpkin spice, baking soda & salt; stir with spatula until combined. If any OPTIONS are chosen, add in at this point.

4. Fill each muffin cup 3/4 with mixture.

5. In a large bowl, beat cream cheese until smooth, adding 10X sugar.

6. Top each muffin with 1 tbsp of cream cheese mixture, use toothpick to swirl.

7. Bake 18 - 20 mins. Insert toothpick to check for completed baking. It's okay if a bit of cake shows on the toothpick. Baking completed.

*Recipe is from the Amanda Rettke website, with alterations & options.



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Created by
Sue Lindquist
Grant Forks Herald
2018

HAPPY THANKSGIVING WORD SEARCH

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

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- | | | | |
|-----------------|-------------|-------------|----------------|
| 1. THANKSGIVING | 5. THANKFUL | 9. STUFFING | 13. PUMPKIN |
| 2. HOLIDAY | 6. FOOD | 10. SALAD | 14. PIE |
| 3. FAMILY | 7. TURKEY | 11. BREAD | 15. VEGETABLES |
| 4. FRIENDS | 8. POTATOES | 12. YAM | 16. HAM |

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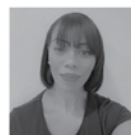
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ad-7244

CROSSWORD ANSWERS

1	A	2	U	3	R	4	A		5	S	6	T	7	R	8	I	9	P		10	N	11	T	12	H	13	S
14	D	T	E	N				15	A	K	I	T	A						16	I	R	O	C				
17	D	E	P	I	L	18	A	T	O	R	Y							19	C	A	L	I					
20	A	P	O	L	A	R					21	Y	E	22	M	E	N	I	S								
					23	I	N	C	O	G			24	25	26	R	E	L	S								
27	I	R	E	N	E			30	N	E	C		32	L	Y	I	N	G									
35	D	A	A	E				36	A	E	R	A	37	T	E			38	T	A	L						
39	I	D	S			40	T	R	W			41	R	E	E			42	I	M	O						
43	O	A	T			44	O	R	A	C	H	S			46	G	O	E	S								
47	M	R	M	48	O	M			49	Y	A	O			50	S	A	N	D	S							
				51	E	R	E	S		52			53	S	P	A	T	S									
55	A	T	A	T	I	M	E								58	T	O	P	E	59	K	60	A				
62	C	O	D	E				63	E	D	S	64	U	L	L	I	V	A	N								
66	A	G	O	G				67	E	D	I	N	A				68	P	E	L	T						
69	I	O	W	A				70	S	S	R	I	S				71	E	L	B	A						

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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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More Directories on pages 30-31

The Women's Golf Association of LHCC
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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

Speaker: Master Gardener of Ocean County

Increase Monarch Population - Plant Flowers to Attract Pollinators - Become Butterfly Volunteer

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