

Grande Gazette

The Village Grande at English Mill

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September/October 2014

THE
VILLAGE  GRANDE®
AT ENGLISH MILL



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Vice President Jim Lichtenwalner
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Treasurer Jim Roche*

VILLAGE GRANDE AT ENGLISH MILL

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- The *Grande Gazette* will edit submissions for clarity and focus, and will make every effort to the original intent of the writer.
- The *Grande Gazette* prefers original material written by residents. If parts are abstracted from other sources, references should be included.
- The opinions expressed are not necessarily those of *Grande Gazette* Staff or the Board of Trustees

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From the Editor...

By Tom Santucci



It is amazing that there are two references to Charles Dickens' *Tale of Two Cities* in a single newsletter. In contemplating this article, I became fixated on Jim Lichtenwalner's article, "*It Was the Best of Times, It was the Worst of Times ...*". In this article, I wanted to address two divergent emotions that I have been feeling about VGEM.

"*The Best of Times*" is celebrated on the cover with the picture of our four Trustees. VGEM elected two new Trustees bringing the voting majority under the control of we the homeowners. Our four Trustees have diverse backgrounds and life experiences but are intelligent, thoughtful individuals who I believe are committed to developing a collective wisdom of governing that will make VGEM an even better place to live.

"*It was the Worst of Times ...*". Over the past few months, I have heard about a very vocal minority outrageously condemning DiLucia Management Corporation and, in particular, our Community Manager, Kate Walton. As resident of two over 55 communities, I have dealt with five management companies and seven managers. Based on my experience, DiLucia is an outstanding management company. I certainly understand differences of opinions but these should not be personalized. As the Gazette's Editor, I have worked with all the Community Managers and Kate is superb.

In discussion with others, I learned that Kate was not being treated well by some members of the Community. I was told that some angered homeowners had yelled at her, left trash in her mailbox and hate mail in her email/voicemail boxes. Who would behave so egregiously? It seems like there is a group of ultra-demanding residents who have unrealistic expectations regarding the role of the community manager to individual homeowners.

One explanation for such behavior is that the offenders do not understand the role of a community manager. At my request, DiLucia's Director of Property Management, Anne Macy, has written an article clarifying this.

It is outrageous and embarrassing to realize that people in this community would treat any individual with such despicable, inexcusable behavior. As you read this issue, others share my feelings.

Let's remember Joe Carluccio's recent Gazette article, "How Did We Become So Entitled?"

Jim Lichtenwalner's article identifies a factor that may provoke this perverse behavior. Simply stated, people don't follow the rules. Quoting Jim, "All of us need to remember that the rules are here to help us all live together in a harmonious way."

Garden Club Sponsors Fifth Annual Tea Party

By Sydney Yacovelli



In June, The Garden Club sponsored its fifth annual tea party. Chairladies for this event were Sydney Yacovelli and Marlene Santucci. This year the theme was "A Victorian Tea". The Clubhouse ballroom and lobby were decorated in elegant Victorian finery to the great delight of the 96 members and guests attending the Club's biggest event of the year.

This year Sybil Lazowick did an outstanding job as the head of the decorating committee. Sybil and her four helpers set the mood with Victorian details and personal treasures all tastefully arranged from the moment the guests entered the front door and throughout the Clubhouse lobby. Inside the ballroom, twelve hostesses greeted guests to their tables that were dressed in fine china and colorful flower arrangements in the Victorian theme of the day.



Sydney Yacovelli, event chairperson for all five annual tea parties, started the afternoon by welcoming the guests. She spotlighted six Club members who have worked on the tea every year from its inception. Hostesses: Sybil Lazowick, Pat Roche and Jeannie Eckard. Sandwich makers: Judy Gay and Annette Black and baker: Joyce Conley.

More than 35 people contribute time and effort every year to make this event so successful. Also special thanks goes out to Angela Mastrangelo who has taken part every year in different roles as a hostess, head of decorating and a baker. This selfless devotion to the Club and this event from all



these individuals has made sponsoring fun parties like this so important to the VGEM community.

This year, for the first time, a winner for the best decorated table in keeping with the theme was selected.

The table was co-hosted by Judy Bradley and Sharon Perna. (See bottom left)

So many of the guests got into the theme of the day and dressed in Victorian fashion with many colorful beautiful hats. Best Hat prize winner was Marlene Santucci.



Always a highlight for the ladies is the good natured participation of the six husbands who take part each year as "The Gentlemen of

The Tea". Mickey England, Tom Santucci, Don Mastrangelo, Mel Goldberg, Jim Cira and Larry Levy again this year did a wonderful job serving tea and all the goodies.



The Gentlemen of the Tea



Sybil Lazowick poses beside her elegant table

The community enjoys tea in Victorian style

The tea was a great time for old friends to come back to visit. Former Club co-captain, Annette Girard visits from her new home in South Carolina.



More Tea pictures on page 20

VGEM Combination Smoke and Carbon Monoxide Alarms

By Jack Williamson

Most of us here in VGEM have Kidde model KN-COSM-IB combination smoke and carbon monoxide hard wired fire alarms in our homes. For those of you who have been regularly replacing their alkaline backup batteries, the following may be useful. If your smoke alarm chirps every 30 seconds without sounding its normal carbon monoxide voice warning, it is more than a battery problem.

According to the Kidde reps, our current smoke alarms have a limited life of seven years due to the expiration of their carbon monoxide detecting elements. The carbon monoxide element's end of life is indicated when the red light blinks and the alarm repeatedly chirps every 30 seconds; but its usual spoken carbon monoxide warning announcement does not sound. Replacement of the alkaline battery at this point will NOT correct the problem. The alarm unit must be replaced with a new unit. To silence the defective alarm, turn off the smoke alarms circuit breaker on the house power panel. After removing the defective alarm, be sure to turn the switch back on to assure that the other alarms resume working. If you would like to contact Kidde directly, you should be prepared with the model number KN-COSM-IB and the date of the label on the expired unit.



It's advisable to replace all your home alarm units, of approximately the same age, at the same time for maximum safety and to avoid possibly being aroused at night by alarm unit failures. Replacement alarm units are available at Lowes, Home

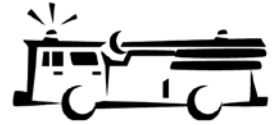
Depot, Amazon or Kidde online. (Use the Kidde Coupon Code 1h4733y and you may receive a 25% discount.) New KN-COSM-IB replacement alarm units have a 10-year warranty and include new alkaline backup batteries. A User's Guide comes with each new alarm unit providing a wealth of fire alarm and fire safety information.

Time to Change Batteries

By Jim Roche

As Jack Williamson has reminded us, our smoke/carbon monoxide detectors require some maintenance. We've all been awakened at 3AM by the beeping sound that tells us it's time to replace the batteries. It's getting harder and harder each year to drag out the ladder and silence our noisy sentinels.

Our local volunteer fire company is ready to help. I recently proposed to them that we set aside a day or two for them to come and change out the alarm batteries for all of our residents who request that service. EHT's Bargaintown Volunteer Fire Company was eager to help.



Here's how it will work. Some weekend around the change over from Daylight Savings Time these dedicated volunteers will replace the batteries for all of us who request the service. This is the recommended change time and the weekend when the firemen have the free time to help us. Our Community Manager, Kate Walton, will provide a sign up list for the selected weekend. We will ask for the work to be done between 10 AM and 4 PM. If a large number sign up, it may take two days to get to everyone. You must provide fresh replacement 9-volt batteries for all the units in your homes. The electrical code requires a smoke detector in each bedroom and a carbon monoxide detector in the hall outside the bedroom.

There will be no charge for this service however an honorarium or donation to the fire company is appropriate. I would suggest that a \$15 to \$20 donation is reasonable for battery replacement. Whatever you give will be tax deductible if you itemize.

I also asked if they would replace the outdated carbon monoxide units that some of us have. The fire company agreed to do that also as long as the homeowner provides a new compatible unit. Please reflect this additional work in deciding your donation. Remember, our fire protection is provided by a volunteer force of our neighbors who count on our financial support.

So stay tuned for additional information. We will announce the date in the near future and shortly after the signup sheet will be available at the Clubhouse. Hopefully this will become an annual event.

ACC Update

By Kathie Perfetti

The ACC has two announcements to pass onto the Community.

The first is that if you are planning on painting your door or shutters, the approved colors are Tuxedo Gray, Black, Midnight Green, Midnight Blue and Bordeaux. D.R. Horton used Duron Paints.

The second is that the HOMEOWNER is responsible for WEEDING their driveways and walkways along with their planting beds.

As a general rule, ALL exterior modifications require ACC approval. Please contact the ACC if you have any question as to whether an exterior modification requires approval. Better to be safe than sorry!

President's Message

From Pam LoBue

July 7, 2014 saw history being made at Village Grande at English Mill with the election of two additional Board members. Congratulations and Welcome Aboard Jim Roche and Sam Salierno. Long awaited help has arrived!!! Jim and Sam bring many talents to the Board including intelligence, experience, and hardy senses of humor! They are excellent examples of what's best in this Community and will represent you well.

The first election of Board officers also took place on July 7th. As you can tell from this article's title, I was elected President. I would like to thank my fellow Board members for their confidence and support, and pledge to do my best for all of you. Jim Lichtenwalner was elected Vice-President, Jim Roche was elected Treasurer and Sam Salierno was elected Secretary. Todd Greene from D.R. Horton is the Trustee at Large.

The first order of business by the Board was to adopt Robert's Rules of Order as the format to be followed at HOA meetings. This format will bring structure and efficiency to our meetings.

The new snow removal policy has also been set. After



discussing the views expressed at the Town Meeting, the Board has set the following policy. Snow will be measured on the driveways. Snow removal will occur at four inches. Removal will begin after the snow stops. De-icing is the responsibility of the individual homeowners. Plowing and de-icing of the parking lot and walkways at the Clubhouse will occur at the direction of the Board.

The Board has sent out Requests for Proposals to eight well drilling companies. We expect the bids to be submitted by September 1st. We hope to have our fifth irrigation well up and running by March 2015. Once again, many thanks to the Landscaping Committee for their dedication to this money saving project.

As the fall approaches, the focus shifts to the 2015 annual budget. We have a new Finance Committee Chair. Don Cheatle, CPA, will chair this Committee and guide us through the budget process. Thanks, Don.

The Board will be re-negotiating the Management and Pool contracts to prepare for the budget to be set. As you can see, we have a busy schedule ahead of us. The Board will be meeting on the second and fourth Tuesdays of the month. If you need to talk to the Board, please call the manager's office to set an appointment to meet with the Board on the second Tuesday of the month. We look forward to a successful productive year ahead. We thank you, in advance, for your support and cooperation.

Kathy Enright Tyler Sells The Village Grande!!!

When you are ready to buy or sell, I'm ready to get the job done. I work here and I live here. No one knows your home and the association better than a resident Realtor. I'm on site and on the job 7 days a week for you. My experience ensures that all the details are taken care of for both buyers and sellers.

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4th of July Breakfast

By Chicki Sinaglia



We started off the 4th of July with an uproar when our table fringe waved to the tune of the air conditioning and set off the alarm system at approximately 1:20 AM of the celebratory day. Luckily, we had no fireworks.

The Committee was chaired by Bonnie Carluccio and Marcy Gelman along with committee members Marlene Santucci, Barbara Anne Villon, Marsha Goldberg, Barbara Carbone, Regina Yuppa and Chicki Sinaglia.



Ninety-nine of our residents attended the breakfast. We were so glad to see so many of our new neighbors. WELCOME!



We had hot bagels, baked fresh and picked up that morning, along with muffins, Danish, fresh fruit, juice, etc., and lots of hot coffee and tea to wake everyone up. Once

awake, the atmosphere was quite animated for a breakfast. The room, of course, was decorated in red, white and blue as were most of our attendees. Thank you for your patriotism.

Thanks to Herb Moskovitz and his band of men who graciously set up the room for us. We also thank all of the attendees who helped us clean up and break down the room.

Coming Attraction


The Social Committee is sponsoring a "Pancake Breakfast" on Saturday, October 18th. Please save the date.



Jim & Arlene Berg, Stephanie & Tim Cavacini and Janice Weiner; with Steve arms showing, are enjoying an Independence Day Breakfast.




The 4th of July Breakfast was served by Barbara Anne Villon, Marsha Goldberg, Chicki Sinagria, Kathleen McGroarty, Marcy Gelman, Marlene Santucci, Bonnie Carlucci and Barbara Carbone



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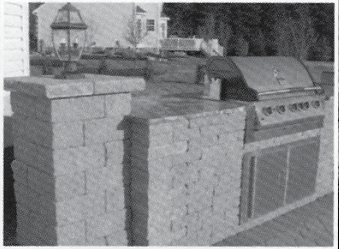
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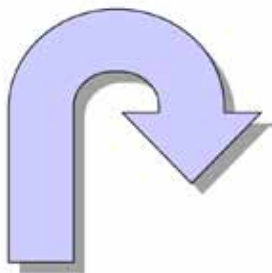
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Turned Around in Our Community

By Eileen Mayer

Under the best of circumstances, it is easy to get turned around in our community. Today, I was fortunate to be in the right place at the right time to help a neighbor. While unloading my car, I turned around and was startled to see a woman standing next to me. I didn't recognize her and she was visibly as startled as I was.

She said she was lost and looking for her husband. She gave me his name. I didn't know either of them. She was certain they lived on this street but could not remember the address. My friend was with me, he stayed with her while I ran in the house to get my cell phone and my copy of our Residents

Directory. I said a prayer they were listed in the 2012 copy – not a newer resident.

They were listed in the book! I now had her address and wanted to drive or walk this sweet, scared lady home. She adamantly refused. I pointed her in the right direction and phoned her husband. After what seemed like an eternity, he answered and I explained the situation. He started walking toward my house while I followed the woman from a safe distance. When they met, I called his name, he acknowledged and I walked home.

A lot of things went right in this situation. The woman found me, I had my directory handy and her husband answered his phone. What if she couldn't tell me his full name?

I thought long and hard about today and decided I needed to say and do something. I offer the suggestion of putting a note with an address or phone number in the pocket of those residents who may need assistance when they are out walking alone.

e-Update

from the **NATIONAL INSTITUTE ON AGING at NIH**

Here are 5 things you can try to prevent weakened bones and osteoporosis:

1. Meet the daily requirements for calcium in your diet or through a supplement.
2. Get enough vitamin D through sun exposure, a healthy diet, and/or a supplement.
3. Do weight-bearing exercises like walking, dancing, or strength-training.
4. Talk with your doctor about avoiding medications that can weaken your bones.
5. Quit smoking and limit alcohol consumption.

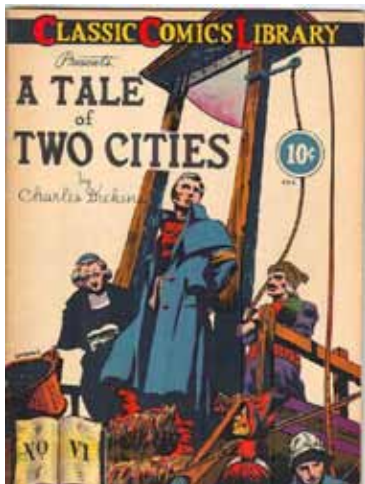
Share information from Osteoporosis: The Bone Thief, an *AgePage* from the National Institute on Aging at National Institute of Health (NIH) with anyone you know who might be at risk for osteoporosis.



It Was the Best of Times, It Was the Worst of Times ...

By Jim Lichtenwalner

The opening line from Charles Dickens epic novel *A Tale of Two Cities* also is a very appropriate way to describe the way many people feel about rules in a home owners association (HOA) community. While the rules are created to enhance property value and promote community harmony, they also are the source of stress, frustration, anger and defiance among some members of the community.



This article is intended to provide some tips that help all members of the community better cope with the rules; as well as to offer some suggestions for how we may draft rules that minimize negative aspects.

First and foremost, everyone in the community needs to understand that there are rules and be familiar with

them. The rules governing our community include Federal, State and Local statutes, the Declaration of Covenants and Restrictions, Articles of Incorporation, By-Laws, Rules & Regulations adopted by the HOA and various resolutions and motions adopted by the HOA. It is the responsibility of each resident to be familiar with the rules but it is also the responsibility of the HOA to clearly communicate the rules, help educate our members regarding them and make them readily available for review.

Residents need to abide by rules, whether they like them or not. The rules apply to all of us without exception. I am not aware that anyone was granted special dispensation from following the rules! If you disagree with a rule, take a proactive approach and initiate constructive dialogue with the appropriate Committee or with the Board offering alternatives to the rule for consideration; don't just sit around the pool complaining about the rule with your neighbors.

If you see a friend or neighbor violating a rule, help them by pointing out the violation in a friendly supportive way. They are more likely to change their habit and have a more positive outlook if their actions are pointed out this way rather than a letter with the threat of a fine.

Rule makers can do a better job of writing rules by following a few rules of their own. First only create a

rule when it is necessary and delete or modify it when it is no longer pertinent; make sure the rule is reasonable and the least restrictive way to approach an issue. Rules should be written in a way that residents can comply with them and that they can be enforced. Also, make sure that a rule that addresses one issue doesn't create another issue.

Rules should also be acceptable to our residents and representative of common customs. For example, 50 years ago it may have been acceptable to ban residents from parking any truck on the streets and driveways of the community, but today, pickup trucks are generally accepted as personal vehicles and such a rule would not be appropriate. If we see a wave of discontent regarding a specific rule, we should regard it as a key indicator to review the appropriateness of the rule.

Finally, the Community Manager, and Board should enforce the rules consistently and in the least combative way possible. Just like a friendly reminder from a neighbor, a friendly non-threatening verbal reminder from the HOA might achieve more long lasting results than a Cease and Desist Order.

All of us need to remember that the rules are here to help us all live together in a harmonious way.

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Sports Club News

Sports Talk

Tony Scaricamazza



In this issue you will find information on the soon to start fourth season of the Billiards Club. The men's bocce semi-final and final games as well as their banquet will take place in September and the women's bocce season will also end with a luncheon in September.

Other activities such as golf, tennis, walking, fishing, pickleball will continue as weather permits; the popular activity of bowling takes place all year

Note: Contact information for all clubs is on page 2 of this Gazette.

and July were: Dennis Goldberg, Jim Berg, Steve Wiener and Alex Polazneck.

The new Golf League Winner's Plaque has been purchased and will be mounted in the billiards room. Each year it will be updated with the names of the players who are the Golf League Champions.

The Golf League Award Luncheon will be held in October. The VGEM Golf Outing Scramble will not be played this year. The Golf League has decided to pick it up starting in 2015.

Men's Bocce

Tony Scaricamazza

Despite the cancellation of four scheduled dates due to rain or high temperatures, the bocce league is in full gear with a lot of competitive fun. The standings, as of August 6th, were as follows:

Division #1

Place	Name	Points
1	Blue B's (5)	24.5
2	Bocce Bandits (7)	23.5
3	Players (3)	14.5
4	Brass B's (1)	14
5	Spoilers (9)	3

Division #2

Place	Name	Points
1	Rollers (4)	24
2	Badda Bings (2)	23
3	Misfits (10)	11
4	Poppy Rd Gang (6)	6
5	Chewbocces (8)	3.5

The season ends on September 3. The teams finishing 2nd and 3rd in each division will play at 5 PM on September 10th. The winner of that match will then play the first place team in their respective divisions at 6 PM. Both courts will be used. The division winners will play each other at 5 PM on September 17th. This game will be followed by a banquet at 6 PM in the Clubhouse.



Billiards Club

Jim Lichtenwalner
& Joe Carluccio

Are you interested in getting out of the house, meeting your neighbors and having some fun? If so, you may be interested in joining the Billiards Club. Members of the Billiards Club are anxious to start league play in late fall and we are always looking for new members. We will hold an organization meeting on Tuesday, September 23, 2014 at 7:00 PM to review details of the new season. Teams will compete each Wednesday evening into early spring. You don't have to be an expert, just someone who wants to have some fun. The league is open to men and women.

Even if you never played pool before, you are welcome and guaranteed to have fun. I suggest you speak to your friends and neighbors who participated last year; I'm sure they will be happy to tell you how much they enjoyed the camaraderie every Wednesday evening.

We invite anyone interested to sign up at the Clubhouse. There is a Sign-up sheet on the Bulletin Board next to the Community Manager's office. If you would like more information, please contact Jim Lichtenwalner or Joe Carluccio.

Golf League

Doug Beaupit



It has been an enjoyable past three months playing the links at Mays Landing Country Club. Most improved players, so far, in the 2014 season are Jim Berg and Alex Polazneck. They have improved their handicaps by 4 strokes. Personal best scores achieved in play during June

Women's Bocce

Paula Girard



Once again, the ladies who played bocce ball this season had a wonderful time making new friends, laughing and enjoying the game. We were thrilled that so many new players signed up to learn to play and have some fun, and

Sports Club News

happy to see some returning players as well. Switching to Monday evenings sure worked in our favor! The weather cooperated for us and by some miracle there's almost always a breeze blowing across the courts in the evening. Our annual celebratory luncheon is tentatively scheduled for Saturday, September 13 at 12:00 PM.

Your Club Captains, Debbie Smith, Betsy Hires and Paula Girard have enjoyed their experience over the last few years, but it's time for new leadership and fresh ideas. We look forward to announcing the names of our new Bocce Club captains in the fall. We can't wait to see everyone back on the courts next year!

The Court Club

Bill Giannetti



We are well into our summer season and many players are enjoying both tennis and pickleball. Some of our residents are participating in both sports. The people who took both clinics have joined our established players on the regular playing dates and they are doing very well. Anyone else interested in joining us is welcome.



Over the winter many of our pickleball players ordered VGEM shirts from a couple in the Villages who embroiders them for a very reasonable price. We had hoped to have a group photo ready for this issue, but unfortunately the

weather did not cooperate on the day of the "photo shoot". Since some of our people are away now, we hope to have the photo available for the next issue.

A non-resident who learned pickleball from me has asked me to join him in trying to establish the sport in the Township. We met with the EHT Commissioners on August 13th and made a presentation to use outdoor tennis courts at Canale Park or new courts on Delaware Avenue for pickleball. If this is successful, it might lead to the use of the Community Center for indoor use next winter. I hope to have more details by the next issue.



Fishing Club

Bill Hofmann

September, October, and the Fall in general, always provides us with a great opportunity to get outside and enjoy both fishing and great weather at the same time. With the many fishing piers, party and charter

boats, jetties, beaches, and let's not forget lakes that are available for the fresh water anglers, there is plenty to choose from.

Flounders might have left the bays but tog, bluefish, stripers and other species will take their place. This is a great time to venture offshore on a local head boat and spend a day on the ocean where you might also see dolphins or even a whale while fishing for sea bass or other deep-water fish.

Always keep your gear ready and look for that great weather day that offers mild temperatures and calm seas all through the fall and winter. There is nothing like getting out on the water even in the winter if the conditions are right.

I want to thank my fishing crew for a great job putting together the pontoon trips this past year; Don Mastrangelo, Tony Scaricamazza, Joe Stroup, and Jim LoBue.



Walking Club

Sandy Farbman

With the summer winding down and fall arriving, the VGEM Walking Club will take advantage of the weather as we walk through the streets of our community. Members meet in front of the Clubhouse most Tuesdays at 8 AM. We enjoy looking at the landscaping in front of the houses and get some exercise at the same time. We walk for about an hour and the walkers set the pace. The Club would love to have you join us. Just show up or, for more information, contact me.



Bowling

Mixed bowling takes place every Monday at 10:00 AM at King Pin Lanes located on the Black Horse Pike, next to Bob's Garden Center, a short distance north of the Shore Mall. To play, just show up and join your neighbors in friendly games of bowling. For \$8 you get ball, shoes, three games, lunch and a lot of fun.



Town Meeting Animal Control

By John DaPrato

On June 26, the Board held a Town Meeting on Animal Control. Pam LoBue presided over the meeting with Jim Lichtenwalner also at the head table. Pam made it clear that the meeting’s agenda would be of a fact-finding event seeking opinions and feelings of those present who signed up prior to the meeting to speak. Pam stated that no decision would be made that night but would have to wait until a complete Board of four members could decide on this matter.

The Trustees quoted from the governing documents and *Rules and Regulations* regarding animal control. The *Declaration of Covenants and Restrictions for VGEM* in Article IX, Sect 9.01.P states that Homeowners may have, “... dogs and cats not to exceed in aggregate two per home ...”. No pets are permitted to be kept in pens outside their home. Pets must be kept on a leash at all times while outside on the property and walked on the street. Pets may not be permitted to run free in the community. An “Invisible Fence” however is permitted on a property.

Pam stated that the local dog warden was asked to attend but was unable because of an illness. She informed the audience of the existing Egg Harbor Township codes governing the curbing of dogs. EHT codes are pertinent since our streets will be transitioned over to EHT. Per EHT, all dogs must be on a leash at all times. The leash cannot be longer than six (6) feet and the dog must be curbed. A fine of \$300 could be assessed if a dog is not leashed. All solid waste deposited by the dog or dogs must be picked up and deposited in an appropriate container and all urine areas must be watered down immediately after the dog has urinated. Animals are not permitted to roam around freely, and if this were to occur, a fine up to \$2,000 could be assessed by the Township. Lastly, the grassy areas between the curb and the sidewalk are within the “Right of Way” of the Township and after transition will be under the Township’s jurisdiction. Pam made it perfectly clear that the grassy areas between the curb and the sidewalk are maintained by the HOA and hence paid by our HOA Fees in order to be maintained in the same high standards as our lawns. Lastly, “**Title 39**” was mentioned and Pam deferred discussing its content for another time so that it could be thoroughly researched.



The following are comments and/or opinions stated by some of the attendees:

- It is dangerous to walk a dog on our streets because of the increase in traffic as well as the speed in which some vehicles drive through our neighborhood.
- There are several blind curves, especially on Sunflower, that obstructs the view of drivers at least momentarily and if driving fast could result in injury to a walker in the street. There has already been one alleged such incident reported at this meeting.
- Grass and trees at the curbs are not private property and dogs should be permitted to go on them.
- Why can’t dog owners and non-dog owners just get along?
- Not allowing pets to go on the areas between the curb and sidewalk is not in the POS but is covered in the EHT codes.
- The grassy areas are maintained by the HOA and as such must be kept the same as the lawns. The curb areas should look as kept and maintained as the lawns for the overall appearance of the community.
- Could the HOA designate an area for the dogs to go?

The predominate theme of most of the comments were that the owners do not want to walk in the streets for safety reasons and feel that walking on the sidewalks should be permitted.

Pam ended the meeting saying that this is an ongoing situation that has been in existence for over 7 years and that the entire Board will consider the homeowners comments in developing a policy.



The Solution – A Rest Room equivalent for dogs!

A Summer Wednesday Evening at the Village Grande



Photographs by Jack Williamson



The Role of a Community Manager

By Anne Macy,
Director of Property Management



The months have flown by since DiLucia Management Corporation (DMC) has taken over the Management of VGEM. It has taken time, but Kate and the rest of the management team have met with most of the homeowners.

Many have stopped by to introduce themselves; others have given us background on the Community issues or perhaps voiced a complaint. Now that the "getting to know you" phase is behind us, it's time for DMC to focus on the business at hand.

The Community Manager takes direction from the VGEM HOA Board of Trustees (Board). Kate reports to DMC. Norma Meyer is the Regional Manager located in Galloway, Bill Traylor is our CFO and I am the Director of Property Management. All of us work as a team to manage your Community. We are contracted by the Board and facilitate the Board's wishes. While in theory we work for the Association, we cannot feasibly take direction from each homeowner; that would be chaos. Please keep that in mind when dealing with management.

We would like to take this opportunity to dispel some of the myths surrounding what the Community Manager is responsible to do.

One of the biggest concerns we share with the Board

is the importance of providing accurate financials. The Manager's primary function is to stay on top of the accounting, both inputting your Association fees and paying the bills for the Community. You are fortunate that our system will give you up to the minute detailed accounting of your specific account. The accounting is so vital to community operations that the Board has chosen to leave the office closed from 8:00AM to 10:00 AM daily to concentrate on these details. Please don't knock or visit during this time.

Many have commented the manager is not always in her office or answering her office phone. You can't effectively manage the property from a desk. Property inspections could last two to three hours, given the amount of violations identified. Kate may not be in her office if she is making bank deposits or to mail items at the post office. If Kate is out of the office for more than a break, she will leave a note on the door letting the homeowners know her status. Kate has often returned to a line of homeowners impatiently waiting for her return, as well as numerous homeowner voicemails complaining the phone was not answered during office hours.

Many have asked where Katie is on Thursday. DMC is contracted for 32 hours per week and Thursday was chosen as the day to close the VGEM office.

An important aspect of the job is to manage the common elements and the vendors associated with them. If there is a problem with the pool, landscaping, irrigation or an issue in the Clubhouse, the Manager has to communicate all of the above back to the Board and responsible committee member. Often times there could be a dozen phone calls or emails before the problem is corrected. We had a gas leak during the first month we were managing, have had major issues with the well pumps and the indoor pool facilities. During this time of the year, the irrigation and landscaping issues are constant.

Another major responsibility is to keep the Board informed. I'm sure you have noticed the many meetings Kate is required to attend. Unfortunately to be effective in the meeting, Kate cannot step out to answer your questions.

The policy for a landscaping or irrigation problem is to fill out the green form and drop it in the Manager's mailbox. Aside from an emergency, please don't call or leave a message regarding landscaping and irrigation concerns.

With the amount of time available to your community manager, please be cognizant that it may take time to get back to your message or request. We respectfully ask each homeowner to think twice, "is this Association business" before going to Kate.

Thanks for your cooperation. And we look forward to a long relationship of managing your Community.



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ads-1072

Are You A Cartoon Character?

By Marlene Santucci

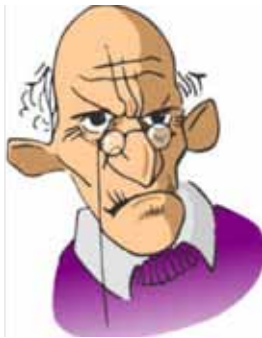
If you use email as a form of communication, you probably have received “senior” jokes and cartoons at one time or another. All these jokes tend to have a common theme that depict “Seniors” as being grouchy, demanding and having a general sense of entitlement (to use Joe Carluccio’s word in the May/June 2014 Gazette). As I reflected on this subject, I was reminded of something my daughter-in-law told me many years ago when she married my son. She had worked at ShopRite for several years through high school and college. She advised me not to shop at ShopRite on Tuesdays because it was “Senior



Tuesday”. I remember her telling me how all the young employees dreaded “Senior Tuesday” when seniors would arrive by the bus loads to do their weekly shopping. She said that they ran over anyone in the way of their cart, cut in front of lines at the deli, were rude to cashiers, demanding

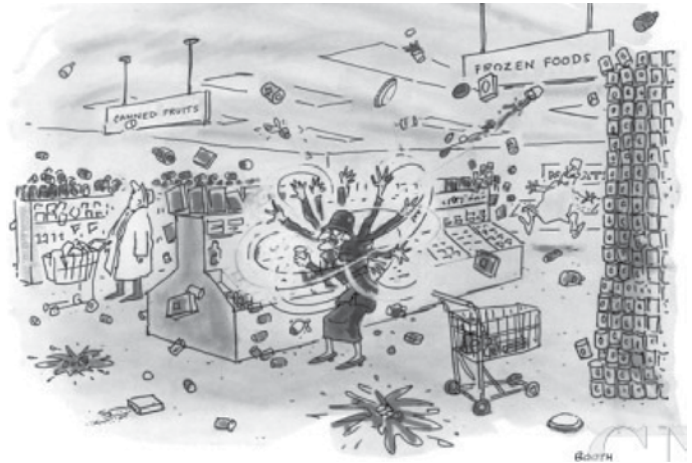
etc., etc. Although in reality there were probably only a few such people, the result was that everyone was lumped into the same category and “Senior Tuesday” became the most dreaded day of the week for the young employees.

In reflecting on that story and my own observations in our community, I can understand why these depictions of “Seniors” arise. Unfortunately for some of us, loss of memory has gone beyond forgetting a name or a word. It has also caused some of us to forget the manners, politeness and basic civility that our parents and grandparents instilled in us at a young age. This lack of common courtesy continues to arise with the manner some people address our volunteers, especially the



Landscape Committee, in spite of the countless hours of free service they contribute to our community. It is also flagrant when it comes to our Community Manager. Although I have not read her job description, I would bet my bank account that it does not state she is to be a personal secretary to each and every home owner! I am sure most of us in our employment directly reported to only one manager/supervisor; so how can we expect any Community Manager to report to 300 home owners. When did it become acceptable to address a manager, volunteer or contractor with a lack common civility?

Getting older can sometimes be difficult; but we are so fortunate to live in a beautiful community with many wonderful people. I don’t know about you, but I don’t want to be lumped in with those “Senior” cartoon characters or those “Senior Tuesday” people and I definitely don’t want our community to be known by that reputation. I forget a lot of names, but I hope I never forget the good manners and respect for others that my mother taught me more years ago than I care to admit!



So ask yourself, are you a cartoon character or a member of the “Senior Tuesday” group?

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ads-944

Crossword Puzzle

Across

1. Strip of leather
6. Fibbed
10. Golf stroke
14. Not restrained
15. Having the means to do something
16. Succulent plant
17. Broadcasting live
18. Female opera star
19. Stringed instrument
20. Court game
22. Withered
24. Operated
25. Scintilla
27. London cathedral
29. Lead an orchestra
32. Belonging to him
33. Remuneration
34. Average
36. Coarse cotton fabric
40. Make a mistake
41. Ostler
43. Misfire
44. Type of tree
47. Music symbol
48. Sheep pen
49. Paddle
51. Unforseen difficulty
53. Tool
57. Vascular plant
58. Rotating disc
59. Possessed knowledge
61. Rationality
65. Gem
67. Profound
69. Rock
70. Small island
71. Always
72. Approximately in or at
73. Encounter
74. Make anew
75. Composition for eight instruments

1	2	3	4	5		6	7	8	9		10	11	12	13
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53	54	55				56		57						
58				59			60		61			62	63	64
65			66		67			68		69				
70					71					72				
73					74					75				

Down

1. Coin aperture
2. Tincture
3. Type of horse
4. Vacuous
5. Full stop
6. Man or boy
7. Wading bird
8. Fairies
9. Severe shortage
10. Friend
11. Ayer's Rock
12. Sum
13. Between 12 and 20
21. Bitten by an insect
23. Long poem
26. Fruit of the oak
28. Type of tree
29. Aid
30. Fiend
31. Group of soldiers
33. Entanglement
35. Theme
37. Object of worship
38. Void
39. Peculiar
42. Measuring instrument
45. Swindle
46. Whorl
48. Rabid
50. Present formally
52. Wall painting
53. Curtain fabric
54. Temporary inactivity
55. Stroll
56. Pass a rope through
60. Remove unwanted plants
62. Variety
63. One time
64. Orderly
66. Up to the present time
68. Athlete who plays for pay

From the Community Manager

By Kate Walton

Congratulations and thanks go out to Jim Roche and Sam Salierno. The DiLucia team is grateful that you have chosen to bring your talents to the Board of Trustees and we look forward to a very productive working relationship!

The Board has made scheduling changes in the monthly "Board Forum" that was held on the first Tuesday of the month. The date of the Forum has now been changed to the *second* Tuesday of the month and the meetings will be by prescheduled appointments. To schedule an appointment, contact me at k.walton@dilucia.com.

I have been spending a significant amount of time meeting with the Architectural Control Committee to discuss violations in our community. Unfortunately, in spite of receiving warnings, there continues to be a number of homeowners who have not weeded and/or mulched their beds. Other ACC concerns are the use of artificial flowers and plants which are not permitted, unused patio and porch furniture being kept in driveways and satellite dishes installed without prior approval. For your convenience, the ACC Rules and Regulations, as well as the ACC forms, can be located on dilucia.com/vgem.

I would like to take a moment to commend the volunteers in this community, who are truly second to none. I am continually overwhelmed by the selfless actions of many homeowners who devote so much of their time for the betterment of our community. I personally find their help invaluable in assisting me with my daily responsibilities. I have chosen not to list names, but you know who you are. I hope this spirit of volunteerism continues through the years. It is truly unique and not seen at other DiLucia managed properties. You are to be commended!

In closing, if you have any questions or concerns that would help the Community, please call me at 609-788-8405, email k.walton@dilucia.com or stop by my office (hours are posted on my door and in the Gazette on page 22). I pass everything along to the Board at our workshop and executive meetings. Please know that everyone has a voice here!



Open and Embrace

By Doreen DeLucca

I was really saddened at the last Board Meeting, when our friends and neighbors from the Enclave made a reference to feeling like "second class citizens". I honestly don't know why anyone within our "village" would feel that way and am sad to know that some do. Is this the consensus of all or just a few? Has anything specific been done to make our new neighbors feel this way?

When we first moved in over 7 years ago, we were a very small group similar to the amount of houses in the Enclave. At that time, it was a small portion of Sunflower and all of Poppy with no clubhouse, no bocce courts, no tennis courts or clubs. It was like in grade school, when you moved into a new house and had to make all new friends. It was an adventure. Our house was the "kool-aid" house. We had a party for every occasion. We formed friendships. We shared in each other's happiness and cried together in sadness.

We told and re-told (because we didn't remember we had already told) stories of our past, so that these "new friendships" felt very much like "old friendships". After all, we were all at the point where we didn't have to impress anyone and were content in who we are (such a great place to be). This was a very social community right from the start. I would hate to think that our new friends and neighbors are missing out on the opportunity of establishing relationships because they feel a separation. At this point in our lives, we need to open our hearts and embrace everyone that passes through. We have so many activities, clubs and meeting places that should bring all of us together. There is really no excuse for feeling separate just because there is a street separating us. How could that possibly matter? I, for one, am looking forward to meeting and getting to know every new homeowner. You never know when you'll make a lifelong friend.

LABOR DAY





"Tea is Served...."





WEEKLY RECURRING EVENTS
SEPTEMBER & OCTOBER

MONDAY

9 AM Pickleball
 10 AM Mixed Bowling at King Pins
 Noon Canasta Club – Card Room 1
 Noon Canasta B – alternate wks – Rm 2
 5 PM Women’s Bocce – ends 9/8
 7 PM Book Bunch – Sep 15 & Oct 20

TUESDAY

8 AM Golf Club at MLCC
 9 AM Pickleball
 9:45 AM Beginners Line Dancing - ends 10/14
 10 AM Fine Arts Club – Drawing Group
 Noon Mahjong VI – Card Room 1
 1 PM Mahjong II – Card Room 2
 7 PM Mahjong IV – Card Room 1 & 2



WEDNESDAY

9 AM Tennis
 9:30 AM Grande Sew & Sews
 10 AM Tai Chi – Grande Room
 1 PM Mahjong III – Card Room 2
 1 PM Mixed Bridge - Card Room 1
 4:30 PM Men’s Bocce –through Sep 17
 6:30 PM Intermediate Line Dancing
 7 PM Bridge Club

THURSDAY

10 AM Water Aerobics - TBA
 12:30 PM Men’s Poker
 1 PM Mahjong – Room 1
 4 PM Social Committee - on 2nd Thursday
 7 PM Mahjong V – Card Room 1 & 2

FRIDAY

9 AM Pickleball

SATURDAY

9 AM Tennis

SUNDAY

9 AM Pickleball
 Noon LoBue Mahjong I – Card Rm. 1

ALL EVENTS ARE SUBJECT TO CHANGE
Contact Community Manager for details

2014 HOA Board Meeting Schedule

September 8 December 1

*All Meetings are on Monday evening
 at 6:30 PM in the Clubhouse*

Meet with the Board

“Meet with the Board” will be on the second Tuesday of the month starting at 3:30 PM. All meetings shall be by appointment only. Each session will be allotted 15 minutes.

September 9

October 14

Please contact Kate for an appointment.

SPECIAL MONTHLY EVENTS
SEPTEMBER 2014

Monday, September 8 at 6:30 PM
HOA Board Meeting
 Grande Room

Thursday, September 18 at 7 PM
Vacation Club
 Grande Room



Saturday, September 20 – In Planning
Singer Brian McGee
Pot Luck Supper
 Grande Room
 Sponsored by the Social Committee

OCTOBER 2014

Saturday, October 18: In Planning
Pancake Breakfast
 Grande Room
 Sponsored by the Social Committee



COMING ATTRACTIONS

Saturday, November 1 – In the planning stage!
Halloween Party
 Sponsored by the Social Club



Kate Walton

VGEM Community Manager
Office Hours:

Monday, Wednesday & Friday 10 AM – 4 PM

1st & 3rd Tuesday 10 AM – 4 PM

2nd & 4th Tuesday 10 AM – 1 PM

No Office Hours on Thursday

609-788-8405

vgem@dilucia.com

**Treasurer's Report
Clubs & Activities
Accounts
as of August 2, 2014**



<u>Home Owners Association</u>	<u>Balance</u>
HOA	\$ 12,953.53
Insurance Deductible Acct.	1,000.00
Clubhouse Expenses	0.00
Waiting for Details	0.00
HOA Totals	\$ 13,953.53

<u>Clubs</u>	<u>Balance</u>
Special Events	\$ 0.00
Women's Club	349.05
Men's Bocce	1,255.05
Women's Bocce	565.02
Anglers Club	138.31
Men's Club	1,488.11
Quilting Club	201.75
Photography Club	297.98
Billiards Club	552.11
Mah Jongg Club	0.00
Garden Club	2,179.11
Bocce Court Fund	986.27
Golf Club	305.87
Club Totals	\$ 8,318.63

Cape Account Total \$2,272.16

Submitted by Dan Farbman, VGEM
Co-Treasurer for Committees & Clubs

Courtesy and Respect

By Tony Scaricamazza

Many of us have attended religious services where the minister, priest or rabbi talks of courtesy and respect, as well as compassion, forgiveness and the love of your neighbor. As we sit there listening to the sermon, we all nod in agreement with the spoken words. But what has been preached on Friday, Saturday or Sunday is not always put into practice on Monday. There are some in our community who merely give lip service to the words and do not practice what is preached.

Most residents here need not be reminded of those virtues nor reminded of the fact that the employees, contractors and the many volunteers must be treated in the same way – with courtesy and respect for the jobs they are doing.

If we were to lose these employees, contractors and volunteers because of a few rude, inconsiderate, mean-spirited and insensitive people then we are all losers. Our community is only as good as those people that live, work and volunteer here make it.

A few residents need to take a long, hard look in the mirror and refresh their memory on the definition of the words courtesy (good manners), respect (consideration or thoughtfulness), and, finally, the word volunteer (someone who freely offers their services).



**Outdoor Pool Close on Sep 14th
Indoor Pool - Opens Sep 15th**

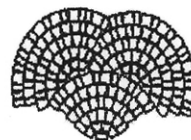
Monday, Thursday and Friday:
8:30 AM to 11:30 AM
4:00 PM to 6:00 PM

Tuesday and Wednesday:
8:30 AM to 11:30 AM
3:00 PM to 6 PM

Saturday and Sunday:
1:00 PM to 6:00 PM

**Events Announced by Phone Alerts,
Email & Flyer delivery in the tubes**

Flyers Available at the Clubhouse



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More Helpful Hints

From Mary Moskovitz

Testimonial for FOLEX: In July/August 2014 Gazette, I wrote about FOLEX. Well, according to Shelly Bernstein, FOLEX cleaned spots on her carpets and was unbelievably easy to use and truly amazing!

Here are some more hints that you may find helpful:

- Use a Post-It note when drilling into drywall to catch the dust.
- Use bread tags to label power cords.
- Use non-stick cooking spray in votive holders to prevent wax from sticking to the sides and bottom.
- Use ice-cubes to lift out indentations made by furniture on your carpets.
- Prevent soil from escaping through the holes in the base of flowerpots by lining with large coffee filters.
- To sharpen scissors, simple cut through sandpaper.
- Rub a shelled walnut on damaged wooden furniture to cover up dings.
- WD-40 will remove crayon marks from any surface.
- Put a dry towel in with a wet load to reduce drying time — *I have been doing this for years.*

- Organize jewelry on a cork board for easy viewing.
- Store bed sheets inside their pillow cases for easy storage & access.
- Puncture holes in the top of a used milk bottle to create a thrifty watering can.
- Remove pet hair from furniture and carpets with a squeegee.
- Cover paint trays with heavy duty aluminum foil to make cleaning up afterwards a breeze.
- Use a can opener to open those endlessly-annoying blister packs & avoid cutting yourself.
- Drop a couple of denture cleaning tablets into the toilet bowl at night to clean off stubborn stains.
- Use chalk to remove grease stains from clothes. Rub & wash as usual.
- Place a rubber band around an open paint can to wipe your brush on & keep paint off the side of the can.
- Use rubber bands to help open a jar easily — place one around the jar lid & another around the middle of the glass jar. This provides friction to prevent your hands from slipping.
- Use a rubber band to rescue a stripped screw.
- Wrap rubber bands around the ends of a coat hanger to prevent dresses/blouses from slipping off.
- Use ring-pulls from soda cans to create a hanging loop for picture frames by screwing into the back.

VILLAGE GRANDE VACATION CLUB

HAS AVAILABILITY

**14 NT SPANISH SERENADE CRUISE
OCTOBER 27TH TO NOV 10TH, 2014**

**PUNTA CANA DOMINICAN REPUBLIC
OCTOBER 10TH TO OCTOBER 17TH, 2014
BARCELO BAVARO PALACE DELUXE
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GRANDEUR OF THE SEAS
THURSDAY OCTOBER 16TH, 2014
STARTING AT 993.00**

INCLUDES TRANSPORTATION TO BWI

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ads-177h

According to EHT Code, Chapter 97, Article IX, Pet Waste, Pet owners who fail to "immediately and properly dispose of their pet's solid waste" are subject to a \$300 fine.

Article VI states that all dogs upon public streets and places are to be "securely confined and controlled by an adequate leash not more than 6 feet long."



Article VI states that "No person owning...an animal shall permit it to do any injury or to do any damage to any lawn, shrubbery, flowers, grounds or property."

***Keep your pets from depositing their excrement, both urine & feces, on your neighbors lawn.
Be considerate of your neighbors!***

Keep our lawns clean & green!

RESIDENTS' DIRECTORY

Copies available at the Clubhouse

Updated by Mary Moskovitz

If you are a New Resident to VGEM, and have not filled out a Resident Directory Form, please request one from the Community Manager's Office or call me, Mary Moskovitz @ 365-2329,

A new, updated "RESIDENTS DIRECTORY 2014" will be going to press very soon. Any residents wanting to change their current RESIDENT DIRECTORY 2012 information should contact Mary Moskovitz.

NEW RESIDENTS

- **Imprevuduto, Sue**
109 Violet Drive
609-788-8015 — Home #
201-725-2163 — Cell #
szaluski@aol.com
- **Linn, Inez**
127 Violet Drive
609-788-8194 — Home #
609-827-3000 — Cell #
inezlinn@aol.com
- **McC Crane, John & Donna**
25 Marigold Circle
609-927-0435 — Home #
973-723-3328 — Cell #
peachrose651@aol.com
- **Montagno, Gerard & Veronica**
9 Primrose Circle
609-653-6933 — Home #
609-513-2276 — Gerard Cell #
609-513-1255 — Veronica Cell #
gmontagno@aol.com — Gerard e-mail
vmontagno@aol.com — Veronica e-mail
- **Wilds, Bill & Sue**
130 Snowdrop Road
609-365-8203 — Home #
610-405-0058 — Bill Cell #
610-405-0025 — Sue Cell #
dflowerman@aol.com — Bill e-mail
wildssusan@yahoo.com — Sue e-mail



RESIDENTS UPDATES

- **Barresi, Barbara**
214 Lily Road
515-3810 — Cell #
- **Boyle, Chris**
104 Snowdrop Road
cmb4860@aol.com — e-mail
- **Carey, Sue**
103 Snowdrop Road
suzcarey@icloud.com -- New email



- **Roswell, Bern & Barbara**
365-8055 — New Home Phone #
- **Salierno, Sam**
108 Bluebell Drive
bcsam16@aol.com — New e-mail
- **Sobkiw, Walt**
100 Bluebell Drive
walt@cassbeth.com — e-mail

RESIDENTS DELETIONS

- **Avery, Blake & Leah** — Moved
341 Sunflower Drive
- **Ciambrone, Frank & Lorraine** — Moved
322 Sunflower Drive
- **England, Kenneth & Betty** — Moved
222 Lily Road
- **Cappadona, Steve**
cappy1942@gmail.com — New e-mail
- **Moyer, Ron & Gloria** — Moved
130 Snowdrop Drive
- **Saathoff, Ron & Madonna, Denise** — Moved
8 Primrose Circle
- **Szyarto, Ken & Gwen** — Moved
9 Primrose Circle

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By The Numbers

By Annette Scaricamazza

1. The number of wives of King Henry VIII.
(A) 4 (B) 5 (C) 6 (D) 7

2. How many ounces in a gallon?
(A) 32 (B) 64 (C) 72 (D) 128

3. Hit Beatles song "When I'm..."
(A) 54 (B) 64 (C) 74 (D) 94

4. The number of steps in the Washington Monument.
(A) 426 (B) 503
(C) 897 (D) 1,002



5. Distance from the pitcher's mound to home plate.
(A) 56'6" (B) 60'
(C) 60'6" (D) 90'

6. How many U.S. Presidents have won the Nobel Peace Prize.
(A) 4 (B) 7 (C) 9 (D) 15

7. Joe DiMaggio's number.
(A) 3 (B) 5 (C) 6 (D) 7



8. Total number of miles of the Garden State Parkway.
(A) 101 (B) 172.4
(C) 203.1 (D) 350

9. Perfect bowling score.
(A) 200 (B) 270 (C) 300 (D) 320

10. Number of Justices on the U.S. Supreme Court.
(A) 6 (B) 7 (C) 8 (D) 9

11. Number of counties in New Jersey.
(A) 21 (B) 23 (C) 26 (D) 27

12. The number of the last Super Bowl.
(A) XL (B) XLVI
(C) XLVII (D) XLVIII

13. Total number of members in the U.S. House of Representatives.
(A) 250 (B) 435 (C) 550 (D) too many

14. Total number of items in a gross.
(A) 62 (B) 86 (C) 144 (D) 200



15. All-time Eagles wins versus Dallas.
(A) 20 (B) 39 (C) 49 (D) 75



16. How many pounds in a ton?
(A) 500 (B) 2,000 (C) 2,500 (D) 3,000

17. Number of miles in the Boston Marathon.
(A) 26 (B) 28 (C) 30 (D) 32

18. Total Oscars won by all *Godfather* films.
(A) 9 (B) 11 (C) 12 (D) 15

19. On the past July 4th, our nation was this old.
(A) 210 (B) 226 (C) 232 (D) 238

20. World War I ended in this year.
(A) 1915 (B) 1916 (C) 1917 (D) 1918

21. Major League Baseball retired this number for all teams.
(A) 3 (B) 5 (C) 7 (D) 42

22. An album or single recording is designated "Diamond" when this many have sold.
(A) 1,000,000 (B) 2,000,000
(C) 10,000,000 (D) 20,000,000

23. Joe Montana has this many Super Bowl wins.
(A) 4 (B) 5 (C) 6 (D) 7

24. Jack Nicklaus has won the most Major PGA titles. How many?
(A) 18 (B) 19 (C) 20 (D) 21



Answers on page 37

Clubhouse Library

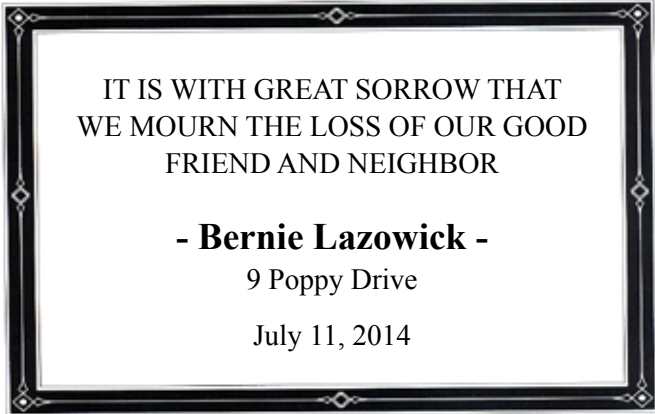
By Annette Scaricamazza



Newer books are always needed for our Clubhouse Library. If you have books you are finished with and could donate them for your neighbors here to enjoy reading, it would be most appreciated. There is a box in the Clubhouse coat room where you can drop off a few books that others may wish to read. Please remember to check your book shelves and return any books you may have borrowed. The non-fiction shelves are in need of newer biography, autobiography, sports or other books of non-fiction (no oversize books please).

The library is for all our residents to use, it is convenient and there is no time limit on how long you may keep the books out; all that is requested is their return. Also, there is a magazine holder in the library; take what you care to read. The magazines need not be returned.

Hope you enjoy our beautiful Clubhouse and all that it offers. Thank you for your continued contributions and support.



Book Bunch Remaining 2014 Schedule

**All meetings begin at 7 PM
in the Arts and Crafts Room
unless otherwise noted!**

Sep 15: **The Light Between Oceans** by M.L. Stedman
Leader - Linda Salierno

Oct 20: **Wuthering Heights** by Emily Bronte
Leader - Donna Lichtenwalner
Grande Room at 6 PM with DVD

Nov 17: **The Invention of Wings** by Sue Monk Kidd
Leaders - Marsha Kaneff and Bernice Rappoport

Dec 8: **The Christmas Box** by Richard Paul Evans
Leader - Eileen Hughes
Grande Room at 6 PM with DVD
DVD and Annual Holiday Party



Thank You

Dear Friends & Neighbors,

I would like to thank all my friends and neighbors who were so supportive, thoughtful, caring and loving during the illness of my husband, Bernie. You will never know how your presence in my life helped me get through his loss. Although I can't thank each of you personally, I hope that you will accept my appreciation for all your care during this difficult time.

**Sincerely,
Sybil Lazowick
9 Poppy Drive**

The Golden Age of Atlantic City

By Sydney Yacovelli

I have long been interested in the history of my home town, Atlantic City. Over the last five years I have been researching and writing about Absecon Island and Atlantic City. I am fascinated with the truly sordid past and colorful cast of characters that pushed this area forward. The island had its share of notables, shady opportunists, wheeler-dealers and true visionaries, some honest and some not so much, but all played an essential part in taking a cow grazing beach and making it into what became a world class resort over its fast moving first 100 years. Now I'd like to take a look at the one infamous power broker that had more impact on the city than any other resident, Enoch Lewis Johnson.



Enoch, better known as Nucky Johnson, was made well-known recently by the TV show *Boardwalk Empire* as Nucky Thompson. The show put the spotlight on Johnson and Atlantic City, but was more fiction than fact. Nucky actually had some redeeming traits and did do a lot to raise the city to the level of being “the world’s playground”

in his more than 30 years of control of New Jersey politics. It's true that Nucky did not always stay within the law, but it is amazing what his control did accomplish to make Atlantic City a safe, prosperous and a fun premier vacation spot for blue collar and silver spoon types alike.

Enoch Johnson was born in Smithville in 1883 to Smith and Virginia Johnson. Smith was Atlantic City's Sheriff. Because the office of sheriff could not be held for consecutive terms, Smith rotated between Atlantic City and Mays Landing from Sheriff to Undersheriff for years. It was a career that kept the family in the community's high social circle. Smith Johnson was an ally of Louis Kuehnle, “The Commodore”. The Commodore started as a hotel manager at the young age of 19. He later became the first big kingpin at the shore from 1875 onward for the next 25 years.

Nearby Cape May had gambling since 1830 and a beach. So something more had to be offered by Atlantic City to get the public willing to ride uncomfortable trains and fight the insects. For the many visitors who worked a 6 day work week, Sunday became a one day vacation. Since Sunday was the biggest business day of the week, the “blue laws” in Atlantic County were overlooked and bars, restaurants and amusements stayed open to accommodate vacationers. And when that wasn't enough, the city just

went wide open with every vice the public was willing to pay for. The Commodore offered it all. Later, even when there were threats from reform groups and pressure from the Philadelphia Bulletin to clean up the city, Kuehnle was known to say he would “send the local whores to greet them at the train station”.

Kuehnle's control in Atlantic County was political. He would squeeze money out of the racketeers by demanding protection money for the vice industry, then use that money to back political appointments and the Republican Party.

From the end of the Civil War until The New Deal, the Republican Party was the only party in South Jersey. After the Emancipation Proclamation freed African Americans, many migrated north easily on the rail system built by Sam Richard to find work in the growing hospitality industry developing within Atlantic City's many new hotels. They became a large base for the Republican Party. By 1905, the African American population percentage in Atlantic City was greater than in any other Northern city. The year round population grew to 25% and rose to 40% in the summer. This played a meaningful role in the growth of the resort, for without the housekeepers, cooks and other labor in all fields there would not have been growth at the shore.

As a kid, Nucky learned a lot from hanging out at Kuehnle's hotel, known to locals as “The Corner”. The Corner was recognized as the place where all the power brokers met and where patronage and favors was dispensed. By the time Nucky was 19, he stood 6 foot 4 inches, was trim and broad shouldered with a booming voice and friendly gray eyes. He made his first political speech before he was old enough to vote. He attended teachers college for one year. He was in love with his childhood sweetheart, pretty Mabel Jeffries from Mays Landing. In 1904, at age 21, his father named him Undersheriff of Mays Landing. Now with his new wife, Mabel, he lived a life as a law enforcer, devoted husband and teetotaler. Sadly, Mabel contracted consumption and died in 1912. Life changed for Nucky after that.

At the turn of the century and into the early 1900's, Atlantic City was still under developed. It had dirt streets which were still used by cows to get to the beach and their salt grass grazing fields. Early visitors were often greeted by



swarms of greenhead flies, gnats and mosquitoes breeding in the wetlands. It became a nightmare for man and beast when a land breeze came up. Another problem was the lack of fresh water. Residents and visitors had to rely on

the collection of rain water in cisterns for fresh water. It took more than the Camden-Atlantic Railroad, built by Samuel Richard, to get a fledgling resort off the ground and running. It took lots of money and force to build an infrastructure to allow the island to compete with places like Cape May. Another big problem for the resort was that visitors came only 3 or 4 months in the summer and that was not enough to support growth. The resort had to have something going for it that would keep vacationers coming year round.

Power changes hand

Originally, Quakers owned many of the hotels along the beach. One was the Marlborough-Blenheim, owned by the White family. There was a small but vocal reform movement that opposed Kuehnle's way of doing business and wanted a more genteel and lawful environment in the city. Their opportunity came with the gubernatorial election in 1910. Kuehnle's machine backed Vivian Lewis for Governor. The reformers backed the son of a Virginia Presbyterian minister, a crusader and idealist, Woodrow Wilson. Wilson campaigned in Atlantic City supported by newspapermen Harvey Thomas. At a city rally, Wilson promised that his first act as Governor would be to root out corruption in New Jersey.

Wilson won. Riding the crest of the win, he formed the "Macksey Committee" headed by Assemblyman William P. Macksey to investigate election fraud in Atlantic City. After 19 sessions and 1,400 pages of testimony, they were able to indict 120 defendants, Kuehnle and Johnson among them. It was naive of Governor Wilson to think that a County justice system hand picked by Kuehnle would return guilty verdicts. All defendants were acquitted. But newspaperman Harvey Thomas was not finished.

Long before laws against entrapment were on the books, Thomas found a way to get five Atlantic City councilmen recorded on a newly invented dictograph making a deal to build a concrete Boardwalk with a \$500 kickbacks for each vote for the project. In addition, a paving company in which the Commodore had an interest would get kickbacks on a water main project. That's all the Attorney General needed. This time Kuehnle was convicted and sentenced to one year of hard labor in 1913. Upon his return, he learned that things had changed. Nucky Johnson was now in control. Nucky had long been seen as the Commodore's protégé and heir apparent as "Boss of the Boardwalk", but now it was Nucky's town.

Atlantic City's Golden Age

In 1919 the city was given an enormous boost from the federal government that greatly advanced Nucky's career - Prohibition. However, New Jersey was the very last state to ratify the amendment, doing so only after it had already been in effect in other states for more than 2 years. The law was a classic example of "unintended

consequences". The effects of the law increased political corruption and organized crime, and as a result made Atlantic City a boomtown. The city became a major port-of-entry for foreign produced liquors. City employees could count on an occasional night shift to unload a boat or two of its cargo of rum and whiskey.

The physical violence in the TV show is fictional.

The real violence that took place under Nucky's reign was the threat of economic ruin. Johnson controlled who got government jobs in Atlantic City and Atlantic County. Since most of the businesses in the city paid some form of kick back in order to keep their doors open, anyone that crossed Nucky was either ostracized, or their businesses not patronized, their operating licenses pulled or they were simply raided by the police and shut down. Loyalty to Nucky ran high at the resort.

Johnson enjoyed interacting directly with the people. He seemed to know everyone and deliberately made himself a mark for charity solicitors. He was known to give jobs when needed and to pay off mortgages or pay hospital bills of those in need. He was generous, giving out Christmas gifts to hundreds of children every year and he passed out cash to anyone who asked while he was out on his daily tours of his town. Yes, he often acted outside the law, but his goal was to make Atlantic City successful. He said, "When I live well, everyone lives well." His benevolence and generosity was legendary and he was widely beloved by the locals.

As Nucky said, " We have whiskey, wine, women, song and slot machines. I won't apologize for it. If the majority of the people didn't want them, they wouldn't be profitable and wouldn't exist." Because of the city's willingness to ignore the law, conventioners, business travelers and family vacationers flocked to the city and the city prospered.

When a need was seen to advance the city, Nucky was quick to push improvements forward. A good road between the shore and Philadelphia was needed. He had the Black Horse Pike built. He could see that something had to be done to attract year round visitors so a focus on attracting conventions led him to commission the building of the Convention Hall which opened in 1926. The hall was an architectural marvel in its time. Improvements to public utilities and drinking water were built under his watch. New entertainment venues opened along the Boardwalk. In the roaring 20s, Atlantic City was a happening place that reveled in its ability to show its visitors a good time.



During that time Atlantic City was known as the “Second Broadway” and no play opened in New York that didn’t first run in one of the city’s 21 theaters. In 1925 the resort had 1,220 hotels and boardinghouses that could accommodate 400,000 visitors at a time. There were 99 trains coming and going daily. The city boasted having 5 ocean piers, 3 country clubs, 2 airports and 4 newspapers to serve the public.

It wasn’t just the booze that attracted the vacationers. The city had a casino in the back of every nightclub, 8 large brothels and 800 locations to bet on numbers and horses races. In fact it was hard to find a store that did not take bets.

The best city host was Nucky. He wasn’t just the city boss; he was the town’s most flamboyant party person. It was estimated that Nucky’s income from vice was over half a million dollars a year or 5 million in 2014 dollars. His day started at 3:00 in the afternoon when he would wake then dress in one of his 300 suits with the help of his valet, Louis Kessel. Nucky would always pin on his trade mark fresh red carnation before the “Czar of the Ritz” would be ready to face his public with a walk on the boards followed by a driving tour around town in his powder blue Rolls Royce. There would be meetings, dinner with friends and he would top off the day partying in one of the many nightclubs until deep into the night

The sun sets on the “World’s Playground”

By the 1930’s the year round population of Atlantic City had hit the 68,000 mark. The property values and taxes in Atlantic City were the highest in the state, but then things began to change. The Great Depression brought hard times to the resort as it did the rest of the nation. Add to that, in 1933 Prohibition was repealed and that stripped the area of its competitive edge as a “wet town” to attract travelers. Through it all, however, Nucky and the local vice industry continued to prosper. This again became a focal point of criticism by law makers and out-of-town newspapers.

All through Prohibition, William Randolph Hearst was a regular visitor to the resort. Not a stranger in the world of vice, he was a friend of Nucky’s and every bit as much the ladies’ man as Johnson. Hearst’s steady date on his visits was a showgirl from the popular Silver Slipper Saloon. It seems that Nucky became a little too friendly with this young lady. When Hearst found out, he was outraged and made an ugly scene threatening to destroy Johnson.

As revenge, Hearst ordered his newspapers to run repeated articles on corruption in Atlantic City. He even used his influence to lobby the Roosevelt administration to bring the Feds in to investigate.

By November 1936, the IRS and FBI, led by agent William Frank, were all over Atlantic City. It didn’t take

long for Frank to find that the resort’s underworld was a big part of the community and the city made no effort to conceal it.

First the government tried to get Nucky for tax evasion, but he had been careful to make timely tax returns. It became an obsession with Frank to obtain evidence against Johnson. Finally a break came in an investigation of kickbacks from a contract to build a new Atlantic City rail station with A. P. Miller, Inc. On May 10, 1939, a federal grand jury returned an indictment against Johnson for evading taxes on \$125,000 income received on the station deal. While Nucky was a cunning politician, it took more than that to remain the boss for 30 years. He was boss because he delivered. “He made it possible for everyone to make a buck”, it was said. However, now without Nucky’s protection, the high priced casinos in nightclubs like 500 Club, Paradise Café, Club Harlem and Babette’s began to fade away.

On July 14 1941, after 4 ½ years of exhaustive work by William Frank, Nucky’s case finally went to trial. Nucky had become a national figure and lived up to his reputation, coming to court with his signature red carnation and sporting a dapper straw hat. At the age of 58, Nucky Johnson was found guilty of tax evasion on August 1 and sentenced to 10 years and \$20,000 in fines.



Nucky handled his conviction with poise. But, he had one more surprise up his sleeve. In his usual flamboyant style at the last minute, he decided to marry his long time girl friend showgirl/actress, the lovely 33-year-old Florence “Flossie” Osbeck. The ceremony was followed by a grand party for 1,000 guests at the Ritz Carlton that lasted

all night. The next day he left for jail.

After serving 4 years Nucky was free. He came back to his town and led a quiet life. To avoid paying back taxes he took a pauper’s oath when pressed by the government. Johnson took a job in sales for the Richfield Oil Co. and his wife was employed at Renault Winery. He and Flossie were devoted to each other until his death on December 9, 1968 at the age of 85. He lived his last days in the Atlantic County Convalescent Home in Northfield where he often held court and entertained his many visiting friends.

If you drive by the cemetery on Zion Road, you can see the Johnson family gray stone mausoleum with the name over its door. Nucky Johnson “was born to rule”; he personifies the high times and the corrupt personality of Atlantic City from its glory days and through all its history.



Travel/Vacation Club

By David VanZant

I hope that everyone is well and enjoying this very nice, if somewhat unusual summer. It hasn't been too hot and it's been reasonably wet so our grass and outdoor plants have stayed green and healthy. Sitting on the patio, my mind wanders to far-away places and exotic locations; then I realize that our cruise date is drawing near. I am getting excited.

At our last regularly scheduled meeting of the "Travel / Vacation Club" on July 17th, attendance was somewhat light due to our busy active adult summer schedules and the passing of one of our neighbors that happens all too often in the life of an adult community. We did, however, have some guests from "Little Mill" who were interested in our scheduled cruise and to find out more about our club – what we do and how it works.

Marie Murray from Preferred Travel gave us an update on the trip; last payment dates, transportation to Philadelphia International Airport (there are three groups departing on different days) and from Atlantic City Airport (not everyone is returning at the same time) so these details were very important. Marie reminded us of the required date of final cruise payment and accepted funds

from anyone wishing to pay on site. When the cruise fare is fully paid, we are then able to book excursions at the various ports-of-call. This can be done on-line at celebritycruises.com, by calling Celebrity at 1-800-647-2251 or by working with Marie at her office for help with any of your questions.

Because of the varied plans of the 30 people traveling, each person should check their individual itineraries to insure that they have all of the necessary hotel reservations and transfers to and from airports, hotels and the ship. As you read this article, it is less than 60 days and counting down until we sail!

It's also time to begin planning for our next trip. Take

some time, give it some thought and bring your ideas to our next meeting on September 19, 2014 at 7 PM in the Clubhouse.



In the meantime enjoy the rest of your summer, stay healthy and help your Community fund raising efforts by booking all of your travel needs through Marie at "Preferred Travel" 609-645-8000.

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Happy Birthday!

September 2014

Marie Arleth	9/1	Elaine Stapler	9/15
Lynne Atkinson	9/1	Janet Bauer	9/17
Arthur Costagliaola	9/2	Joyce Conley	9/19
Brenda Fishman	9/3	Sandy Kurman	9/19
Larry Levy	9/5	Joanne Fleischman	9/20
Diane Lojewski	9/5	Elizabeth Strouse	9/20
Sybil Lazowick	9/5	Doug Beaupit	9/21
Julie McGeehin	9/5	Catherine Hughes	9/22
Olga Rivera	9/6	Kenneth England	9/24
Janyce Leeds	9/7	Todd Mitrushi	9/24
Ray Viventi	9/7	Irene Schaeffer	9/25
Gerry Baressi	9/8	Peggy Piil	9/25
Lynne Varallo	9/8	Lorraine Ciambrone	9/28
Al Macini	9/8	Mickey England	9/28
Barbara Green	9/9	Gloria Moyer	9/28
Linda Oberman	9/9	Bruce Weaknect	9/28
Ceil Silva	9/9	Ron Cefalone	9/29
Judy Grier	9/11	Charles Christy	9/29
Joan Serembus	9/14	Mildred Hodson	9/29
Albert DiMatteo	9/15	Gerard Montagno	9/29
Terry Stevens	9/15	Dominic Mastrangelo	9/30

October 2014

Elissa Rifkin	10/1	Howard Bernstein	10/19
Len Sands	10/1	Gabriella Christy	10/19
Russell Eisele	10/4	Honey Luisi	10/19
Michael Smith	10/4	Betty Alberts	10/20
Sharon Faupel	10/5	Virginia Campo	10/20
Jane Schumacher	10/5	Ruth Goldstein	10/20
Nick Cantatore	10/6	Priscella Keyes	10/23
Betty Ciron	10/6	Tom Walsh	10/23
Tim Cavacini	10/7	Charles Serembus	10/24
Maryann Cefalone	10/7	Pat Fauci	10/25
Judy Tiano	10/7	Walter Zaulyczny	10/26
Jim LoBue	10/8	Paulette Harnett	10/27
Carolyn Walmsley	10/8	Janet Trabal	10/27
Kathleen McGeehin	10/9	Bruce Barry	10/28
Teresa Schwartz	10/11	Martin Maidenbaum	10/28
Louis Golin	10/14	Bob Rifkin	10/28
Audrey Kaufman	10/14	Chris Fallon	10/29
Andy Atkinson	10/15	Richard Jackson	10/29
Elizabeth Urbina	10/16	Donna Lichtenwalner	10/29
Bob Kier	10/17	Valerie Smith	10/29
CP Perfetti	10/17	Barbara Anne Kuhl	10/30
Ron Hires	10/18		

Happy Anniversary!

September 2014

Jim & Judy Gay	9/2
Peter & Judy Tiano	9/3
Sam & Janet Mannino	9/7
Marcia Goldman & Sheila Solomon	9/8
Joe & Bonnie Carluccio	9/8
Ron & Chris Boyle	9/9
Jim & Carolyn O'Callaghan	9/10
Joe & Lynne Smith	9/11
Bill & Linda Oberman	9/12
Bob & Elissa Rifkin	9/13
Bill & Kathy Reed	9/17
Rich & Rosemarie Sheehan	9/18
Randy & Colleen Krehel	9/21
Mike & Diane Segal	9/25
Doug & Marguerite Beaupit	9/26
Anthony & Anne Morris	9/26
Bill & Valerie Smith	9/27
Welmin & Meili Peng	9/28
Bruce & Olga Matus	9/30

October 2014

Phil & Pat Gentile	10/4
Rich & MaryLou Johnson	10/4
Bob & Ginny Kier	10/5
Bill & Gina D'Annunzio	10/6
Guy & Marion Ravello	10/8
John & Donna McCrane	10/9
Jim & Chris Fallon	10/10
Larry & Sue Levy	10/10
Jim & Cathy Danzuso	10/9
Bill & Ginny Giambatisa	10/11
James & Kathleen Cira	10/15
Ed & Joanne Zink	10/16
Ron & Maryann Cefalone	10/24
Bob & Pat Fauci	10/26
Bill & Joan Hofmann	10/26
Mike & Debbie Smith	10/28

Spotlight on your Irish Neighbor with a wee bit o' Folklore

By Pat Roche



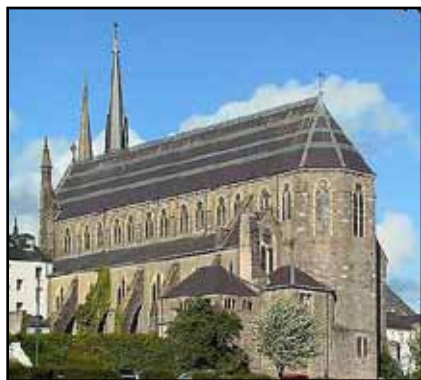
Since returning from Ireland, I seem to be more attuned to all things "Irish." Talking to one of our neighbors, I was thrilled to realize that we have a true Irish woman right here at Village Grande.

Mary Megahey Krehely, a.k.a., Molly, spent her first seven years in the picturesque village of Enniskillen, Northern Ireland.

Molly has memories of Irish dancing, attending the Catholic school and making her First Communion in the historic St. Michaels Church.

As I was not familiar with Northern Ireland, I immediately googled Enniskillen and St Michaels and unearthed some fascinating information. The Parish of Enniskillen dates back to 500 AD. About 1750 a small thatched church with earth floors was built off Mill Street and was used until 1830 when a new St. Michaels was opened. Enniskillen is one of the few towns in Northern Ireland where the Catholic Church was built on a main street. The original stone steps and gallery can still be seen today!

Queen Elizabeth visited the town in 2012. There is a painting that depicts the moment the Queen crosses over to St. Michaels church after attending a service in the Protestant church of St. Macartins, truly a historical moment! Enniskillen Castle was built 600 years ago. It was once a strong hold of the Gaelic McGuire chieftains. In the 17th century it became an English garrison fort. In modern days the castle has become a stunning venue for weddings with Lough Erne in the background.



St. Michael's Church



Molly's First Communion in Enniskillen



Enniskillen Castle

traditions. It seems that, although many traditions have disappeared, there are a few that have continued on. We are all familiar with the Claddagh ring which is worn on the right hand but moved to the left when the wearer becomes engaged (point is outward). Once married the point is turned inward. There is an old superstition, as the story goes, that the sound of bells would ward off malicious spirits. Guests might be given small bells at the wedding ceremony. Today those who wish to keep the tradition alive may wear a small bell charm. After all, giving each guest a noisy bell during the ceremony could be quite a gamble. Here is another interesting one: traditional bridal gowns were never white but blue. The popularity of the white bridal dress, representing virginity and purity, likely had its roots in the wedding of British Monarchs such as Queen Victoria. The phrase "tying the knot" comes from an old Irish tradition that symbolizes a bond of marriage in the same way that the exchange of rings does today. The couple clasps their hands together and a ribbon, cord, or rope, often colored to match the wedding theme, was wound around their joined hands as a symbol of their agreement to spend their lives together.

Shortly after her Communion, Molly, her mother and three siblings sailed from Cork to join Molly's father in Patterson, NJ. The crossing was rough and there was the usual seasickness to contend with. Immediately after docking, her Mother went to work in the local rectory as a cook and house keeper. Most of their recreation was on Sunday after church. Her Dad was an usher at Mass and afterwards they would meet for dinner, cards and a lot of laughter! Molly remembers eating a lot of mutton pies at their dinners. In my research it seems that mutton pies, along with Steak and Guinness pies are the "pub grub of choice" in Northern Ireland. In the Republic of Ireland



Molly Krehely

Grandparents Day - September 8

there is only one layer of crust, in Northern Ireland, two! (Just a bit of trivia!) Summers were spent in Wildwood with many other Irish families. Molly enjoyed CYO dances as did most of her friends. Bob and Molly met when he was twenty. A year later they were engaged and Bob was sent to Viet Nam. Fortunately he returned safely, they married and raised two wonderful children. Molly and Bob were married forty-one years when he passed away suddenly.



Irish Step Dancing in Patterson. Molly on left with her sister in the middle.

I am so glad that they chose to live in Village Grande and that she mentioned that she was born in Ireland. It was timely for me as I did want to write more on “that dear land across the Irish Sea!” Molly, enjoy those four grand children and to quote the ending of an Irish blessing, “may God hold you in the palm of his hand”.



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Going to the Hospital? Bring a friend!

By Jim Berg



Hospitals and hospital care are complex and patients are frequently so overwhelmed by the experience that I recommend bringing someone with you to be your advocate and / or interpreter when navigating those white walls. The following are a couple of reasons why.

In one of the professional journals that I still receive, I read an article by Dr. Tellis-Nayak (Dr. T) describing how his wife saved him from a surgical disaster because she was around to prevent the nurse from giving him improper medications. Dr. T is a well known researcher in care for the elderly and has been very open about his own struggle with Parkinson's disease. He had entered a hospital for a "Deep Brain Stimulation" (DBS) procedure and his surgeon told him that he could NOT take any of his regular Parkinson's medication because they would interfere with the positioning of the deep brain neurostimulator. Dr. T requested that his wife stay with him the night before and the hospital reluctantly provider a recliner. After he was admitted, a parade of clinicians entered his room all evening and night, waking him up and checking his vital signs until 5 AM when a nurse came in to administer the first dose of his regular Parkinson medications. At this point Mrs. T yelled "STOP!" then explained to the nurse that NO meds are to be given. Obviously, this important information was not passed on to her. He went on to describe that the surgery was a success until he was rolled back to his room by an orderly who asked him to scoot over to the bed from the gurney. Mrs. T came to the rescue again and informed the orderly that while the patient seemed coherent, he just had brain surgery and should not be allowed to stand or move on his own. The orderly was then very helpful, but obviously some important information about the patient was not passed onto him either.



Another case study involved a patient we can call Mary X. Mary is 87 years old, living alone and is in reasonably good health. She does take aspirin and a prescription blood thinner, clopidogrel. Unfortunately, she got twisted in her dog's lease, fell and broke a hip. At the hospital her aspirin and clopidogrel were stopped for the operation to fix her hip. After the operation, she was put on two other

blood thinners, enoxaparin and warfarin. When she went to the Rehabilitation Center, the admitting nurse added back the clopidogrel, and when Mary asked why she was not getting her usual aspirin, it was also added back. None of her physicians or nurses reviewed her ENTIRE panel of meds. With the four blood thinning medications, she started to bleed internally and was rushed to the emergency room and the entire mess got straightened out. An interested third party would have been able to say to the care givers that something did not seem right.

Finally, the rate of serious hospital-based infections is rising. Part of this is because the bugs are getting resistant while patients are less resistant. However, part of this is because of lapses in infection control policies and procedures. Clinicians must wash or sanitize their hands between patients and support staff like housekeeping and dietary must do the same, but they do not always do so. Patients are reluctant to point out derelictions in these simple procedures when they see them, but an advocate can point them out in a friendly but firm way. People will respond to appropriate correction.

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Arthritis and Joint Pain

By Walt Zaulyczny



When we experience some type of joint pain that doesn't resolve in a reasonably amount of time, we see our physician for an evaluation and probably x-rays. In most cases, the common explanation will be arthritis. Well, what does that mean? Is it because of "old age"? In this edition of the VGEM Gazette, I'd like to offer some insight into the general term arthritis that is often

used too casually.

Let's dissect the definition of arthritis. "Arthro-" means joint and "itis" means inflammation. So we're talking about an inflamed joint. Arthritis may occur in all joints including shoulders, spine, hips, knees, ankles, temporomandibular (TMJ), hands, feet, etc.

According to *WebMD*, there are over 100 different types of arthritis. Of these many types of arthritis, there are basically two major categories. The first is boney arthritis, called **osteoarthritis**, which is the "wear and tear" arthritis. The other category is **systemic** that circulates in our blood stream, such as, rheumatoid arthritis, gout, lupus, and psoriatic arthritis to name a few.

This article will discuss the boney category -osteoarthritis. Currently there are over 50 million adults in the United States with this diagnosis. Not only does osteoarthritis cause pain, it also affects peoples' daily ability to function in a normal manner. The ability to get out of a chair, stand, walk, go up/down steps/curbs, reach or carry items, all require a significant effort.

Normal Joint



All the joints of the body are connected and surrounded by tissue such as, muscles, tendons and ligaments that help you move such as bending your elbows; bending your neck and back, or simply waving good-bye. In addition, there is smooth tissue that covers the bone called periosteum, a type of

thin cartilage. The joint space is lined with synovia and filled with synovial fluid that lubricates the joint.

As we age, the spaces between the joints get closer together from simple wear and tear from doing our jobs, playing sports, and just simply normal activities. As the joint spaces become smaller with the wear and tear, the covering on the bone begins to break down exposing sensitive

nerve endings. As the bones rub against one another, this produces the inflammation and pain. As the synovium dries up, there is less lubrication and the periosteum is worn off so there is no protection.

Osteoarthritis



Current research indicates that whatever type of arthritis a person may have, they should exercise to whatever degree they can. Many people believe that exercise will aggravate the joint pain, but that's not the case. The lack of exercise or even simple activity will actually cause one's joints to become stiffer, weaker, and more painful.

Here are some tips that may help you if you have mild, moderate, or even severe arthritis:

- Maintain a healthy body weight: extra weight causes additional stress that accelerates wear and tear to the weight bearing joints - hips, knees, ankles, and feet
- Try to be active and exercise at your level of fitness: Check with your doctor before starting any program. Moderate exercise 3-5 days per week will keep your joints healthy and your muscles strong to support the joints
- Aerobic exercise, such as, walking, riding a bike and pool exercises, helps increase the blood and oxygen flow to your joints and body.
- Exercise at your level. Do not exceed what your body can handle. If you haven't been active, start slowly and progress gradually. Be careful not to increase your program too quickly.
- Heating pads may be helpful in relieving pain in stiff joints. Heating pads should NOT be used if the joint is swollen, red and/or hot to touch.
- When planning an exercise program, always check with your physician first to determine the appropriate starting level. If any exercise increases your joint pain either while you're doing it or later on, you may have been at too high a level, whether on a machine or with free weights.

I hope this article has provided some insight into arthritis and its effects. Stay active, enjoy life, and be healthy!

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Vitamin D

What is all the hype?

By Terry Giannetti



Vitamin D has been getting a lot of press lately; somewhat like Vitamin C did in the 1960's when it was viewed as a cure-all. There was little research to support the Vitamin C craze, but there is a great deal of evidence that Vitamin D is extremely important to our health.

First, what is Vitamin D? Vitamin D is actually a group of fat-soluble secosteroids that aid the body's ability to absorb calcium, iron, magnesium,

phosphate and zinc. The most important compounds in this group are Vitamin D2 (ergocalciferol) and Vitamin D3 (cholecalciferol).

Vitamin D is acquired by diet and by supplements. Very few foods naturally contain Vitamin D; so many foods are fortified with Vitamin D. Some foods that naturally contain Vitamin D are fatty fish (tuna, salmon, and mackerel), fish liver oil and beef liver. Cheese and egg yolks contain very small amounts.

The body produces Vitamin D when exposed to sunlight. It is a well-known fact that we need sun exposure to produce this important compound, but research is not conclusive as to how much sun exposure is safe and what serum (blood) level of the vitamin is required for optimal health. Sunscreen is recommended to protect against negative effects of ultraviolet (UV) light from the sun, but any sunscreen with an SPF of 8 or greater blocks 95% or more of our skin's capacity to produce Vitamin D. People who do not get out in the sun at least 15 minutes per day, African Americans and others with darker skin pigmentation, and individuals that are overweight or obese all tend to have low levels of Vitamin D.

What does Vitamin D do for us? It is a well-established fact that it plays a role in maintaining skeletal calcium balance. Deficiency can cause bone mineral density loss and bone fractures. Many studies suggest that higher levels of Vitamin D are associated with a decreased risk of colorectal cancer. There are studies in progress attempting to determine if higher Vitamin D levels play a role in preventing prostate and lung cancers. Results from these studies are expected in 2016 and 2017.

An analysis of a number of studies found that higher levels of Vitamin D may increase muscle strength, thereby reducing falls. Additionally, since the heart is a large

muscle and has receptors for Vitamin D, studies have been done that indicate low Vitamin D levels are associated with a higher risk of heart failure, sudden cardiac death, stroke, and overall cardiovascular disease.


Although most scientific journals agree that more research is needed, there is information that indicates some correlation between low Vitamin D levels and multiple sclerosis, Type I Diabetes, influenza, and Tuberculosis. A report in the Archives of Internal Medicine suggests that taking modest levels of Vitamin D was associated with a 7 percent reduction in mortality from any cause, but again, cautions that more research should be done.

There is much controversy over what an ideal Vitamin D level is and what appropriate amount of Vitamin D supplementation is needed for optimal health. In light of the potential positive effects, you might consider discussing testing and supplementation with your physician.

Answers to Numbers Quiz

on page 26

1. (C)	13. (B)
2. (D)	14. (C)
3. (B)	15. (C)
4. (C)	16. (B)
5. (C)	17. (A)
6. (A)	18. (A)
7. (B)	19. (D)
8. (B)	20. (D)
9. (C)	21. (D)
10. (D)	22. (C)
11. (A)	23. (A)
12. (D)	24. (A)







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Influenza Vaccine Update

We all need it annually!

By Tom Santucci, D.O.



In the November/December 2012 *Grande Gazette*, I published an article on “flu vaccine” based on the 2010 recommendations of the Advisory Committee on Immunization Practices (ACIP) of the Center for Disease Control and Prevention, commonly known as the CDC. On August 14, 2014, the ACIP published its new recommendations for influenza immunization practices in the United States for 2014-15. A routine annual influenza vaccine for all persons age 6 months or older continues to be the cornerstone for the prevention and control of the flu.

Influenza viruses can infect anyone, but rates are highest among children, especially aged 6 months through 8 years. Based on updated information, the major change in the new recommendations is that children ages 2 through 8 years receive the live attenuated influenza vaccine (LAIV) as it results in higher antibody levels and protection against the flu. LAIV should not be used in persons <2 years or >49 years. Inactivated influenza vaccine (IIV) is used in age 6 months and older. IIV, the “killed vaccine” is generally given to adults age 50 years and older.

It has been recognized for many years that people 65 years and older are at greater risk of serious complications from the flu compared with young, healthy adults. It's estimated that 90 percent of seasonal flu-related deaths and more than 60 percent of seasonal flu-related hospitalizations in the United States each year occur in people 65 years and older. This is because human immune defenses become weaker with age. So influenza can be a very serious disease for people 65 and older. This is especially dangerous in those who have chronic health problems. Flu epidemics occur during the winter months nearly every year and can occur as late as April or May. Influenza is spread through coughing and sneezing, and is highly contagious in the senior age group, especially in adult care centers, assisted living facilities and nursing homes.

On average, influenza virus infections cause approximately 36,000 deaths and 148,000 hospitalizations each year in the United States. **Again, more than 90% of influenza deaths occur in people age 65 years or older.**

Other than in the aged 2 through 8 years, the new recommendations are fundamentally the same except for updating and standardizing the vaccine nomenclature and abbreviations. There are a variety of flu vaccines: live attenuated or killed, trivalent or quadrivalent, grown on egg-based cultures or the new cell-cultured, administered by injection or nasal spray, etc. This is confusing but simplified by the ACIP stating, “*Within approved*

indications and recommendations, no preferential recommendation is made for any type or brand of licensed influenza vaccine over another.” Your healthcare provider will advise you on which vaccine is appropriate for you based on age, immune status, etc. LAIV and nasal-spray flu vaccine are not indicated for individuals older than 49 years. In adults, most comparative studies have demonstrated either that LAIV and IIV were of similar efficacy or that IIV was more efficacious.

All influenza viruses quickly change as people become immune to the strains; so that immunity acquired one year will only partially protect for subsequent outbreaks. The vaccine is usually reformulated annually, but for U.S.-licensed vaccines, this year's vaccine will be the same as in 2013-14. Immunity sets in about two weeks after vaccination.

People 65 years and older have the option of receiving either a regular or a high dose form of the flu vaccine. The high dose vaccine is associated with a stronger immune response to vaccination. However, whether the stronger immune response results in greater protection against influenza illness in older adults is not yet known. The CDC and its Advisory Committee on Immunization Practices have not expressed a preference for either vaccine. As I did last year, I shall again receive the high dose flu vaccine.

The contraindications to flu vaccine include immunosuppressed persons, pregnant women and a history of a severe egg allergy. Less severe allergy to eggs may not be a contraindication and should be discussed with your physician. A new non egg-based vaccine is available for use in ages 18 through 49 years. An acute febrile illness is another contraindication. Allergic reactions to the flu vaccine are rare.

Unless you have an egg allergy or a medical contraindication, you should receive the flu vaccine by October. It is a poor medical decision to not receive the flu vaccine annually.



ACIP/CDC RECOMMENDED

Vaccines for Seniors

- Seasonal influenza (flu) – Annually
- Shingles – one time dose for adults 60 years and older
- Pneumococcal (Pneumovax 23) - One time for age 65 years and older
- Tdap – Tetanus, diphtheria, pertussis - Substitute 1 dose of Tdap for Td; then boost with Td every 10 years



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