

Volume 5 • Issue 6 November/December 2014













VILLAGE GRANDE AT ENGLISH MILL

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Clab Captailis							
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Updated: 10-15-2014

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- 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

There is little doubt that several articles in the last Gazette, including this one, stirred up some interest and controversy in the Community. These



articles were written out of concern regarding discourteous, disrespectful and, at times, egregious behavior by a few homeowners toward our contracted workers.

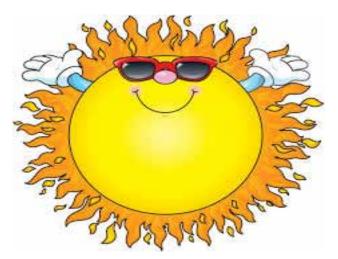
At the September 8 HOA Board meeting, President Pam LoBue addressed the Board's similar concern about the improper behavior toward our contracted workers. She emphasized the need for treating these individuals with courtesy and respect. She stated that if this egregious behavior continues, the Board may restrict Clubhouse privileges from the offenders. She does not want VGEM to get a bad reputation that will affect the Community's ability to attract contractors.

On a personal note, I have been advised by a couple of residents that the issue was "too negative". It is unfortunate that the unacceptable behavior of a few residents prompted a number of articles to be written in the previous issue of the Gazette. These articles were perceived by some as having a "negative tone"; however it was a reality that needed to be addressed. To ignore this problem would be to allow it to perpetuate.

Well I am pleased to report that there has been a marked improvement in how our Community Manager is being treated. I believe that the last Gazette was a positive influence that contributed to this change. Another important factor in this favorable change was the informative article written by Anne Macy, DiLucia's Director of Property Management, which clarified the role of a community manager and dispelled some misconceptions. VGEM is fortunate to have the resources of the knowledgeable DiLucia Management Team.

We must not lose sight of the reality that VGEM is a great place to live. Pat Roche's "Spotlight on Your Neighbors" has a new twist from its usual theme. In "Too Blessed To Be Stressed", Pat emphasizes the pleasant aspects of living here. It is uplifting and accurately expresses the many positive aspects of our Community. Her article is meaningful and relevant. I believe it will have a positive impact that will encourage our neighbors to model the exemplary interactions of which Pat writes.

As you'll read in Jim Lichtenwalner's article, we need to work on having effective communication in order to have a strong, vibrant community. The *Grande Gazette* is one instrument to provide information to the Community and promote effective communication... both positive and negative. Let's work together to make VGEM an even better place to live!



Summer Party By Chicki Sinagria

The Social Committee held its Annual Summer Party on Saturday, August 16 for 140 residents and guests. It was a "Grande" event! Keeping with a summer theme, pastels were used on the tables with centerpieces of prettily wrapped containers of Johnson's Popcorn. Seating was available both in the Grande Room and outside by the pool. When the evening darkened, candles beautifully illuminated the back portion of the pool. There was plenty of food catered by Golden Coral. The guests danced to music provided by Posse Productions. Some people danced on the pool deck, but most enjoyed the crowded dance floor indoors. It was a "spirited" event.

The committee, chaired by Aggie Henry and Bill Giannetti, consisted of Bonnie Carluccio, Marsha Goldberg. Kathleen McGroarty, Barbara Carbone, Chicki Singria and Regina Yuppa. As always, we thank all the people who helped to set up and break down the room. Your help is essential to us.

Summer Party guests gathered in the Clubhouse lobby in anxious anticipation of the evening's event. Because of the growing community, the Social Committee decided to give out name tags to the guests. It was a welcome addition to the party and helped to make it easier to meet our newer neighbors easier.



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Chicki Sinagia & Regina Yuppa are joined by other members of the Social Committee. They are all smiles over the success of the biggest party of the season.

After a great buffet dinner, the dance floor was cleared for dancing. Music was provided by resident DJs Aggie & Jim Henry.









To accommodate the overflow of guests for the Summer Party some moved onto the pool deck to enjoy the delightful evening.













More Summer Party Pictures on page 32



Can We Talk? By Jim Lichtenwalner

As I begin to write this article, I can't help but quote Joan Rivers' iconic line, "Can we talk?" I do this not only as a tribute to Ms. Rivers, but also as an introduction to this article which focuses on Communication. Communication is critical in the day-to-day activities in our

Community and effective communication is the foundation of a strong, vibrant community. In fact, communication is one of the critical five dimensions of an HOA. The five critical dimensions are:

- communications
- governance
- finance
- activities
- operations

A weakness in any of these areas will adversely impact the success of a community.

We at VGEM need to communicate frequently every day—in phone conversations, email blasts, voicemail blasts, flyers distributed to your mail tube, small group discussions, casual encounters, bulletin board postings, filling out forms, writing policies, procedures, specifications and contracts, letters, emails and via formal presentations to a group. Communicating is a two-way activity in which receiving information is as necessary as providing it. Listening, therefore, is an integral part of communicating effectively. We need to be sure that our message is clearly and effectively sent and received. We have all participated in the exercise in which one person whispers a statement in the ear of another, who in turn whispers it to another, and so on. By the time the statement makes its way around the group and is spoken out loud by the last person, it has completely changed.

A common problem in communication is assuming that it is somehow just taking place by itself. Don't assume that everyone knows what you know or that they share your knowledge or opinions.

Dictionary definitions of communication focus on the "interchange" of thoughts or opinions." This requires at least two-way dialogue among the numerous stakeholders in our Community setting. These include the residents, the property manager, the Board of Trustees, committees and clubs as well as the government entities that affect us; we need to make sure that we are communicating with all stakeholders. Let's look at how each of these stakeholders can/should communicate within our Community.

The Board of Trustees needs to listen closely to the thoughts and opinions of the Committees, Clubs,

Manager and the Residents to fully understand the needs and opinions of the community. Also, the Board needs to clearly inform the other stakeholders on the roles and responsibilities of all parties. This is typically done through open HOA meetings, published agendas and minutes, clearly documented rules and regulations, newsletters and educational/informational meetings to assure that the information is understood by the other parties. In my short time on the Board, I have come to realize there is no such thing as too much communication.

Committees need to work closely with their Board Liaison to assure that their goals and objectives are in synch with the expectations of the Board and to provide information to the Board, Manager, and the residents through meeting minutes/summaries and reports at HOA meetings.

Clubs need to understand what rules and regulations affect them and to clearly communicate their needs with other parties.

Residents need to fully understand their role and responsibilities by being familiar with the governing documents, as well as other rules and regulations in effect. They also need to become fully aware of current issues by listening to Community Voice mail, reading emails, newsletters, flyers and the Grande Gazette. Obviously, if you are reading this you are at least partially fulfilling this role. Even more important is the role of residents to provide their thoughts and opinions to the Board and other stakeholders in a constructive way.

In summary, I reference philosopher and educator John Dewey, who said, "There is more than a verbal tie between the words common, community, and communication." Perhaps nowhere is this truer than in a common-interest community such as VGEM.

let's talk

IT IS WITH GREAT SORROW THAT
WE MOURN THE LOSS OF OUR
GOOD FRIENDS AND NEIGHBORS

- Fumi Ditzek 7 Primrose Circle
- Patricia Rich 309 Sunflower Drive

- Charles Serembus 113 Snowdrop Road

Library Notice

Space in the Clubhouse Library is limited. Please donate only current magazines and newer books. Recently the Library bin in the Clubhouse cloak room has become a disposal for bundles of outdated magazines and old books.

Your donations of current magazines and books are appreciated; but please dispose of old, outdated magazines and books in your own recyclables. Thank you.



ACC Report By Kathie Perfetti, Chairperson

The ACC has been very busy this season. To accommodate the Community, we held two meetings a month from May through September. During 2014, the Committee

processed 78 applications with the following results:

- APPROVALS 77
 - 58 approvals on the first try
 - 15 approvals on the second try
 - 4 approvals on the third try
- DENIALS 1

The "Approvals" granted on the second or more tries require resubmission. Resubmissions significantly increase the work of the landscaper, Community Manager and Committee. Many of the resubmissions resulted from the homeowners not supplying the required information to process their application. The Committee encourages homeowners planning to submit applications in the future to make them more detailed and comprehensive to eliminate the need for denial and resubmission on the basis of insufficient information.

The ACC has completed the busiest part of the workload for the year. However, the homeowners responsibility to maintain their properties is a year round task. The Committee urges VGEM homeowners to continue to keep our Community beautiful by maintaining their properties.

I would like to thank Leslie Gross for all her contributions to the ACC for the past 7 years. Leslie has submitted her resignation from the ACC. The Committee wishes her much happiness in her new venture. Leslie will be splitting her residence between here and Charleston.

President's Message

By Pam LoBue

Fall is here; the busiest time of the year for the Board and the Finance Committee -- it's BUDGET time!



The Board and the Finance Committee have already had several meetings aimed at analyzing each and every budget line. Our purpose is to make sure that each line is funded appropriately.

The Board is actively involved in contract negotiations. Our pool contract has been put out for bid and we will meet with each of the three companies that responded. Our snow contract is almost ready to be signed. Our contractor, Shore Point, will be offering individual homeowners a contract to remove snow of under four inches for \$25.00 each plowing. This is a contract between you and Shore Point; the HOA is NOT involved. Our management contract is up for renewal, and we are actively talking to DiLucia.

There has been a change in our legal representation. Our attorney, David Dahan, has left the firm of Parker-McKay and has joined the firm of Hyland Levin. The Board voted to continue with Mr. Dahan as our attorney. The hourly rate remains the same for Mr. Dahan's representation at \$225 per hour. We decided to stay with Mr. Dahan as he specializes in HOA law and transition.

The Landscape Committee has recommended a well drilling company to drill our fifth irrigation well. This contract should be finalized soon.

All of these items impact our final budget numbers. Rest assured that the Board and the Finance Committee will do their very best to bring the Community a fair and accurate monthly fee. Remember that every Board member and every Finance Committee member will pay the same monthly fee as each of you will.

With the holiday season approaching, I would like to take this opportunity to wish you all a healthy happy holiday filled with laughter and love!! May 2015 be your best year yet!!!





By Chicki Sinagria and Regina Yuppa Co-Chairs, Social Committee

First we thank Jim and Kathleen Cira and Dennis and Marsha Goldberg for their generous donation of sponsoring singer Brian McSee's appearance at our Autumn Party which was held on Saturday, September 20th. 100 of our residents attended this affair. It was a Pot Luck event and the array of food diverse, abundant and delicious.



Amazing Pot Luck Buffet

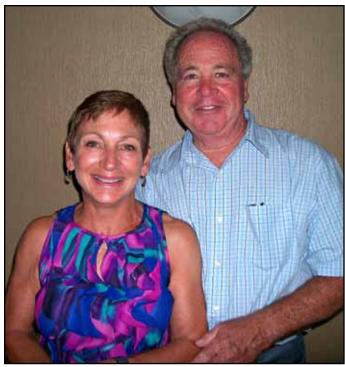
Brian McSee is a consummate singer/entertainer with a beautiful singing voice and an impressive biography.



The crowd deeply enjoyed Brian's presentation of music, especially his adaption of a Jingle Bells genre which had everyone clapping, swaying and singing along. It was a thoroughly enjoyable performance.

Posse Productions' Aggie and Jim Henry followed with music for dancing and did their usual stellar presentation that had the dance floor filled. It was an enjoyable

evening of good music with the superb live performance of Brian McSee (see <u>mcseemusicventure.com</u>) and VGEM's own talented DJs, Posse Productions.



Posse Productions - Aggie & Jim Henry

The Committee was headed by Marsha Goldberg and Barbara Anne Villon. Members of this Committee were Jeannie Eckard, Marcy Gelman, Regina Yuppa and Marlene Santucci. Special thanks to Jim and Kathleen Cira and Dennis Goldberg who did the setting up of the rooms. As usual, the Social Committee is appreciative to all of you who helped with the clean-up after the party. Again, our thanks go out to everyone, especially the Ciras and Goldbergs, for making this evening such a special event.





Dance to the music! Lou Golin







BA Villion at play!



Enjoying the Autumn Party together are Dolores DeFelice, Yolnde Osowski, Dolores Magara, Evelyn Ziarkowski & Kathleen McGroaty

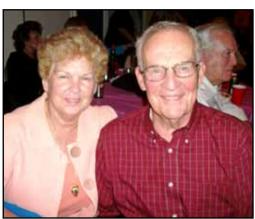


Janice McHale & Susan Wilds





Ken & Joyce Conley



Gini & Bill Giambatista



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From the Community Manager

By Kate Walton



It has been a very busy summer and fall here in the VGEM Management Office. We've had some challenges with the indoor and outdoor pool equipment that have required the skills of Vassir and Bishop Mechanical to correct.

I am currently working on updating the bi-annual 55+ Verification of Occupancy survey required by the State

of New Jersey to maintain VGEM's certification.

There have been numerous home sales and re-sales this summer and fall that have provided me with the opportunity to meet new homeowners and present them with an orientation on living in an HOA community.

There were a few significant contracts that required thorough review, namely landscaping, snow removal and pool management. I am grateful for the knowledge and experience of the Board and the Committee members involved in this process. They have devoted their time to ensure that VGEM is getting the fairest deals possible.

I am receiving complaints about students from EHT High School parking on the streets of VGEM. If this happens to you, please let me know. I can provide you with a "No Parking/Tow Warning" sticker that has shown to be successful in reducing repeat occurrences.

The office will be closed during the first week of December as I tend to a family matter. DiLucia will provide coverage for emergencies. I apologize for any inconvenience.

Finally, if you have any suggestions and/or issues that would help the Community, please stop by my office (my office hours are on page 22 of this Gazette and posted on the door), call 609-788-8405, or email k.walton@dilucia. com. I pass all this information along to the Board at our workshops and executive meetings. Please know that everyone here has a voice that will be heard!

















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Finance Committee

Don Cheatle Appointed Chairperson

By Tom Santucci, Member

With Jim Roche's election to the HOA Board of Directors, the Finance Committee needed a new Chairperson. The Board of Directors sought an individual with business training and experience to chair the Committee as Transition approaches. With the Trustees endorsement, President Pam LoBue announced that Don Cheatle had agreed to Chair the Finance Committee. This was an excellent choice as Don is a CPA with a plethora of experience after four decades in business. Don has recently retired as a partner in a reputable accounting firm. In addition, Don has been a member of the VGEM Finance



Committee for the last three years and has played an active role in helping to produce three budgets; as well as many other activities that includes interviewing contractors for the reserve study and property management.

Don succeeds Jim Roche who has been a member of the Finance Committee since its inception and served as Chair for the last six years. Jim's enormous contribution to the financial stability of the Community is greatly appreciated by all. Although there is a new Chairperson, there will be continuity since Jim Roche will serve as the Board's Liaison to the Finance Committee as well as having been elected Board Treasurer. His experience and historical perspective of VGEM's finances will continue to be an asset to the Community.

Joe Leeds, Dan Farbman and Tom Santucci continue as members of the Finance Committee with several years of experience in this capacity. The first of the two new members of the Committee is Art Richman who has served two terms as a Trustee where he gained extensive knowledge and experience in overseeing the VGEM's finances. The other new member is Howard Bernstein who also has an extensive business background before retiring. Under Don Cheatle's leadership, the Committee will well represent the financial interests of the Community.

The first meeting of the Finance Committee was on September 29 for the purpose of reviewing and selecting a company to perform a Transition and Engineering Evaluation. The question was posed as to why such a study should be performed at this time with the Transition several years away. President Pam LoBue explained that the HOA's attorney recommended that this study be done before the ten year declaration of VGEM's Public Offering Statement on June 8, 2006. The longer the HOA occupies the Clubhouse and other common facilities, the greater the responsibility for maintenance to the HOA that may mitigate the developer's liability for flaws in construction.

The sooner this engineering evaluation is completed the better for the HOA. An engineering evaluation is an arduous process that usually takes up to six months or more to complete. Hence, the sooner the process starts, the better it will be for the Community's position in negotiations at transition.

At the Board's direction, Kate Walton sent out RFPs to qualified engineering companies. Four firms submitted proposals. The Finance Committee identified the aspects of the evaluation unique to VGEM and compared them to the four proposals. After reviewing the proposals, two firms were identified as better qualified for our Community's needs. Following a detailed discussion, the Committee identified a list of problems specific to VGEM. This list will be submitted to the two firms requesting proposals for specifics on their methodology and cost for evaluating these specific problems. Upon receipt of their proposals, the Finance Committee will deliberate and select a firm. In its advisory role, the Finance Committee will then recommend its choice to the Board.

On October 10, the Finance Committee met with Bill Traylor, DiLucia's CFO, to clarify the nomenclature on the VGEM accounts and for preliminary discussions on DiLucia's proposed budget for 2015. Going forward, VGEM financial assets will be categorized into four accounts: *Working Capital, Deferred Maintenance, Replacement Reserve* and *Operating*. Board Treasurer Jim Roche will describe each account in an article in the January/February *Grande Gazette*.

Following the preliminary discussion on the 2015 Budget, Chairperson Don Cheatle scheduled further meetings to establish a 2015 Budget Proposal to be recommended to the Board. The current timetable is to have the budget completed and presented for a Board vote at the December 1, 2014 HOA Board Meeting. Don Cheatle will present the proposed 2015 Budget to the Community at that meeting and publish an overview article on the Board approved 2015 Budget in the January/ February 2015 *Grande Gazette*.

Elizabeth T. Colaneri, Esquire

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Overview VGEM HOA Board Meeting September 8, 2014

Reported by Tom Santucci

This article is an overview report of the September 8, 2014 VGEM Board Meeting. The purpose of the article is to report on the meeting for homeowners who did not attend as well as to remind those present. It will follow the agenda of the meeting.

This was the first HOA meeting with the four resident Trustees and without a D.H. Horton Trustee in attendance. It was also the first meeting presided over by Pam LoBue as President since being elected by her fellow Trustees.

The President's Report began with Pam welcoming the new homeowners in attendance. A procedural motion to adopt *Roberts Rules* was approved. Pam then announced that a Board member will serve as a liaison to each Committee.

Committee	Board Liaison
Alternative Dispute	Pam LoBue
Architectural Control	Sam Salierno
Clubhouse Maintenance	Jim Lichtenwalner
Community Rules	Jim Lichtenwalner
Election	Jim Roche
Finance	Jim Roche
Government Liaison	Sam Salierno
Landscape/Irrigation/Snow	Pam LoBue
Neighborhood Watch	Sam Salierno
Newsletter - Grande Gazette	Pam LoBue
Special Events	Jim Lichtenwalner
Social	Sam Salierno
Transition	Jim Roche

The Board voted on five motions that each passed unanimously.

- Animal Control
 - To permit dog walkers to walk on sidewalks with leashed dogs on curb side
 - To permit dogs to remain inside electronic invisible fences without a leash
- Snow To amend the current Snow Policy as follows: Residents are responsible to provide their own de-icing on walkways and driveways.
- New Irrigation Well
 - To allot up to \$5,000 for trench work necessary for the new well
 - To allot up to \$15,000 to drill our fifth irrigation well

President LoBue, on behalf of the Community, thanked Bonnie Carluccio for her outstanding leadership in managing the Bocce Grill this past summer. Planning for the grill for next summer is under discussion.

Pam then acknowledged three articles that appeared in the September/October *Grande Gazette* that addressed the improper behavior of a few of our residents toward our contracted workers. She emphasized the need for treating these individuals with courtesy and respect. If this egregious behavior continues, the Board may restrict Clubhouse privileges from the offenders. She is concerned that VGEM is getting a reputation that will affect our ability to get contractors. She also asked that other than speaking to Kate Walton, our Community Manager, residents should not directly call others on the DiLucia Management Team.

Vice President James Lichtenwalner reported on the Special Events Committee that is planning for several events. They are also promoting VGEM logo wear that you may see worn by many of your neighbors. Jim has been working to improve communications in the Community. He held a welcoming and informational orientation meeting that was well received by the many new homeowners who attended. He has also compiled a list of frequently asked questions that are available to those interested. These questions and answers will appear as a regular feature in the future Gazettes.

The Treasurer's report by Jim Roche addressed the program with the Bargaintown Volunteer Fire Department to regularly replace batteries in fire alarm and carbon monoxide (CO) monitors. This will be tentatively done in November as a volunteer service of the Bargaintown Fire Department. He strongly suggests giving a tax-deductible donation of \$15 to \$20 to them for providing this service. They will also change CO detectors if it is needed for which Jim suggests an addition donation. Homeowners must provide batteries and, if needed, a CO. If interested, please sign-up with the Community Manager.

Secretary Sam Salierno reported on the activity of the Neighborhood Watch Committee. He recommends that residents should obtain the list of the Block Captains and utilize the volunteer service to help maintain and improve Community security.

Committee reports followed and will not be discussed in this article. Most of the Committees have reports appearing in this issue of the Gazette. The Cape Account Treasurer gave his report that is updated in this issue.

Following adjournment, a lengthy Public Comment session was held which is beyond the scope of available space in this Gazette. Most issues discussed were generic but there were some that were specific to a homeowner.

The latter should be brought directly to the Trustees at their monthly "Meet with the Board" session held on the second Tuesday of the month starting at 3:30 PM. These 15-minute sessions are by appointment only. Please contact Kate to schedule an appointment. Problems or issues specific to a homeowner should not be presented at the Public Comment session following a HOA Board meeting.

WHAT IS THE GLC?

By John DaPrato, Chairperson Government Liaison Committee



The GLC is your **Government Liaison Committee** that was chartered by your
Board to follow the comings and goings
of our state, county, municipal and school
board in matters that are of interest to our
Community and us as individuals. As stated
in the Committee's Charter:

- Our Mission is to advise and counsel the HOA Board of Trustees and membership on topics related to political governing bodies affecting the VGEM and its residents.
- Our Vision is to assure that the interests of the VGEM and its residents are fully represented so as to protect and enhance the health, safety, pleasure and welfare of all residents and the HOA.
- Our **Objective** is to serve as the arm of the VGEM HOA that is primarily responsible for identifying, analyzing and informing the HOA as to political issues that may affect the HOA or its members.

The GLC operates under the supervision of the Board of Trustees and serves at its pleasure. Our members include: Betty Alberts, Warren Wiener and Herb Moskovitz. We are very fortunate to have such a talented and dedicated group of individuals with decades of pertinent experience.

We are currently reaching out to our State, County, and Municipal and School Board representatives in an effort to establish personal contact with them. The goal is to establish and maintain a friendly rapport with the individuals who will be making decisions which may impact us as a group and as individuals.

Currently, we are following the proposed development at the intersection of Ocean Heights and English Creek Avenues. A proposed shopping center along with a moderately-sized housing development behind the shopping center is planned. The housing development appears to be on track for construction but the shopping center is currently stalled. The Committee, although not unanimously, believes that the current economic downturn due to the closing of the casinos in Atlantic City may have a negative impact on the proposed construction timetable.

This your Committee will be following very closely, to stay on top of how this development will impact us through increased traffic both in and outside of our Community.

We attempted to arrange a Candidates' Night in the Clubhouse for the five individuals running in the November election for the EHT School Board. Unfortunately, this could not be accomplished due to conflicts in scheduling. Holding Candidates' Night for future local elections is a high priority of the GLC.

The GLC will be working very hard in the future to seek out and report on issues that we feel very passionate about and ones that we can all get behind and to make a positive difference through research and action. If there is something that you feel needs to be researched, please do not hesitate to inform any member of the Committee. We are here to represent the Board and all of our residents.





Sports Club News

Sports Talk

Tony Scaricamazza

How time flies! It seems like the VGEM bocce season just began. The men's bocce league ended on September 3rd with some surprise results. The Brass B's overcame a third place finish to win their division title and moved on to the finals capturing the 2014 VGEM Men's Bocce Title. The women's bocce league also ended its' season with the Village Vamps in first place.

As an added bonus, the champions of the men's and women's league faced off in a Bocce Battle of the Sexes. If you were not there, you missed some great games. (See page 21) This may become an annual event.

NOTE: Contact information for all the club captains is on page 2 of the Gazette.

Men's Bocce

Tony Scaricamazza

The regular season ended on September 3rd with the following standings.

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Team	Captain	Points
Blue B's	Don Mastrangelo	32
Bocce Bandits	Mike Segal	30.5
Brass B's	Floyd Milhan	23
Players	Dan Farbman	20.5
Spoilers	Bill Giannetti	7.5

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Team	Captain	Points
Rollers	Jim Cira	27
Badda Bings	Steve Cappadona	25
Misfits	Jim Berg	14
Chewbocces	Herb Moskovitz	6.5
Poppy Rd Gang	John DeLucca	6

A week after the end of the season, the first three teams in each division played in the semi-finals to determine the division champion.

In Division #1, the Brass B's beat the Bocce Bandits by scores of 10-0, 9-10, 10-1 advancing to the division final where they beat the Blue B's 10-8, 10-9.

In Division #2, the Badda Bings beat the Misfits 10-2 and 10-6 but lost to the Rollers 10-3, 5-10 and 4-10.

The Division champs played each other for the League Championship on September 17th with the Division #1 Brass B's beating the Division #2 Rollers by close scores of 10-7 and 10-9.

Congratulations to the 2014 Men's Bocce League Champions, the Brass B's and to the players, Floyd Milhan

(Captain), Ralph Carbone, Gus Lewis, Rich Johnson and Fred Moderski. (see picture on page 21)

Also, congratulations for a great season to the Rollers: Jim Cira (Captain), Dennis Goldberg, Norm Hirschfeld, Dan Montagna, Sam Salierno and Steve Weiner.



Captains Jim Cira & Floyd Milhan shake hands as the Rollers and Brass B's square off for the Championship.

An excellent banquet followed which was put together by Commissioner Don Mastrangelo ably assisted by Bill Hofmann, Floyd Milhan, John Murtha and many others. Also thanks to all those who set the tables, put out and served the food, provided the desserts as well as those who helped with the cleaning. All these volunteers made for a great evening. Finally, hats off to the five commissioners - Jim Cira, Don Mastrangelo, Dan Montagna, Mike Segal and Dave Van Zant - for their well-run first season.



Women's Bocce Paula Girard & Debbie Smith

The Ladies Bocce Ball Club ended their season with lots of laughs, new friends, and a wonderful luncheon at the Library III at McCullough's Golf Course here in EHT. All team captains were given beautiful potted mums as a thank you for all their hard work. Below are the final standings for the 2014 season.

Team	Captain	Points
Village Vamps	Marge Doms	40
Grande Gals	Joyce Conley	39
Pace Setters	Betty Alberts	26
Still Hot Stuff	Yolande Osowski	25.5
Grande Dames	Marlene Polazneck	18.5
Golden Girls	Nancy Werden	17
Rockettes	Marcia Goldman	16
Grande Ladies	Mary Moskovitz	9.5

Congratulations to the 2014 Women's Bocce League Champions, the Village Vamps and to the players, Marge

Sports Club News

Doms (Captain), Rosalie Gawronski, Lynne Hearn, Ilene Schein and Barbara Villion. (see picture on page 21)

A new Committee will be in place for the 2015 season. The outgoing commissioners, Paula Girard, Betsy Hires and Debbie Smith, thank everyone for contributing to a great season.

GolfingDoug Beaupit



The highlight of the last two months was the golf league championship. This year a new format was used to determine the champion. A pre-tournament competition of all players eliminated three to get to a 16 man bracket. It took four weeks to get a winner. The finals were held



Doug Beaupit and Tournament Champion Dennis Goldberg

October14th at the Mays Landing Country Club. The winner of the Golf League Championship is Dennis Goldberg and the runner up is Doug Beaupit. Doug Beaupit had the lowest gross score in the tournament with a 78.

A barbecue was held on October 14 to celebrate the end of the formal 2014 season. A review

of the years' accomplishments and plans for 2015 were discussed. All members gave a send off to Sam Mannino who is moving from Village Grande to South Carolina. Sam, we will miss you.

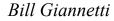


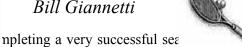
During the past year, the players improving their handicaps by more than 2 strokes were: Doug Beaupit 3, Joe Carluccio 3, Jim Cira 5, Dan Farbman 3, Dennis Goldberg 5, Sam Mannino 4, Alex Polazneck 4, Steve Wiener 3. A personal best score was achieved by Jim Cira in play during August & September.

For all returning and newly interested players who wish to play in the golf league next year, you are reminded to get your discounted membership of \$219 by December 8th, otherwise, the price will increase to \$259. You can renew your membership at the Mays Landing Golf Club Holiday Party to be held on December 8th. This is a complimentary buffet for the members and has a \$25 fee for a guest. Mark your calendars.

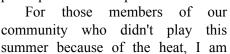
If you have any questions about the golf league, call Doug Beaupit.

The Court Club





tennis and pickleball. The turnout for both sports has been excellent and we hope our numbers keep increasing in the future. A new resident just joined our tennis group and we will continue to encourage new and old residents to participate in either sport.





inviting you to join us for pickleball in Ocean City this fall. We play there on Monday, Wednesday and Friday. Beginners and intermediate players can play from 10 AM to 12PM. We gather at our tennis courts at 9:30 and leave from there.

I have no additional information from EHT on pickleball outside of VGEM but the feedback so far has been positive. The goal is to have the ability to play indoors at the Community Center at least once a week.

We did finally have a group picture taken of our pickleballers in their "bright" shirts which appears on the cover along with three tennis players.

Billiards Club Time to Chalk Your Cue Stick

Jim Lichtenwalner and Joe Carluccio

Forty seven of your friends and neighbors are ready to start another season of camaraderie, fellowship, and... oh yeah... some Eight Ball competition. If you stroll past the Billiards Room, you will usually find a group of men and women practicing for the upcoming season which starts on Wednesday November 12 and continues on Wednesday evenings into early spring.

Sports Club News

The Eight Ball league gives residents of VGEM a way to get out of the house on drab winter nights and join their neighbors in a little competition and a lot of fun and socializing. Members are welcome to bring along snacks and beverages to enjoy during the games. The league welcomes men and women of all abilities. The only requirement is a yearning to come out and have some fun!

If you are interested in joining the Billiards Club, please contact Jim Lichtenwalner or Joe Carluccio. We will get you on a team and set you up for a season of fun.

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.



Fishing Bill Hofmann

This past season we had several trips on the back bays aboard the Fish N' Fun pontoon boat out of Margate. Those who participated enjoyed the fishing, boating and fellowship. The biggest catch awards were won by Jay Narke and Jim Lobue. Awards were also given to those who caught the first keeper, the strangest catch, the smallest and similar bragging catches.

We intend to continue these fishing trips which will be discussed at our next April meeting. For now, and the rest of the year, look for Stripers and Blue fish off the beaches. Also, look for Stripers, Tog, and Sea Bass while fishing offshore using the head boats which are based in some of the shore marinas and on the Delaware Bay.

Thanks again for the help provided by fishing club members, Jim LoBue, Don Mastrangelo, Tony Scaricamazza, and Joe Stroup.



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Landscape/Irrigation/Snow Removal Committee

By Kathy McGeehin



Once again, our Committee has been presented with many challenges this year regarding both lawn and irrigation issues. In addition to insect infiltrations and fungal diseases which have been successfully treated this past season, our lawns have two new weeds that are threatening the turf. Though our

lawns are approaching dormancy this time of year, we are already anticipating and preparing for spring problems. In 2015, we are planning to combat Dallisgrass and Kyllinga which have recently begun to grow. Treatment is difficult and expensive as these are weeds in grass form. They will be spot treated as needed in addition to our regularly scheduled applications for broadleaf weeds in the coming year. In our ever changing environment, difficulties always arise in our attempt to keep our lawns green and lush.

If all proceeds according to plan, a new irrigation well will be drilled this fall. This will bring our total, including the two wells provided by D.R. Horton at the main entrance, to seven. Our existing wells are currently providing approximately one third of our irrigation needs. We are constantly learning throughout this process. Our Committee members and landscape contractor, Outdoor Décor, have successfully dealt with irrigation and well issues throughout the season. Much time and effort has been spent on maintenance, repair of the system, and discussion about and research on improvements. They have made recommendations through previous experience and implemented innovative solutions to improve the function and dependability of our wells while working within the constraints of our existing irrigation system.

In the past, we have experienced several incidents of vandalism and theft of backflow preventers, an above ground part of our irrigation system. Each theft costs our Community over \$1,000. Our Committee is taking further security measures to prevent such incidents. This deterrent involves supplementary structural support with the addition of an auditory alarm, both installed by our Committee members. Vandalism and theft have frequently occurred during the winter months so please be vigilant and report any suspicious noise or activity around our systems during the day to the office or to the EHT police at night.

Our final mowing and fall lawn cleanups will be taking place in November. It is the responsibility of each homeowner to clean up leaves in all planting beds.

Of course, leaves will continue to fall throughout the winter. Some of our Community trees do not shed the majority of their leaves until spring. Please do not call the Community Manager or Committee about leaves on your lawn or patio. Also, do not call our Committee or the office about routine lawn care or irrigation problems. Complete a green form at the office and your concern will be addressed.



Joe Carluccio & Bill Hofmann installed security on backflow preventer.

It often takes time to resolve an issue. Our landscaper is not contracted to be at our property daily so please be patient. Also, remember that our Committee is comprised solely of volunteers. These are your neighbors who are giving their time and talent for the benefit of our VGEM Community and saving us all significant amounts of money in additional HOA fees. If you experience a true irrigation emergency situation, a call to the Community Manager is warranted during business hours or a Committee member after hours.

Thank you all for your cooperation and patience as we strive to make our Community a beautiful place to live. We look forward to working together with all of you in the New Year.

We accept no responsibility for any advertisements. If there are any complaints concerning an advertiser, please contact them directly. If you receive no satisfaction, you can contact your Better Business Bureau of the Atlantic County Department of Consumer Affairs.



Crossword Puzzle

Across

- 1. Italian resort island
- 6. Particular, for short
- 10. Supergarb
- 14. Hurt
- 15. "Breckinridge"
- 16. Shakespeare, the Bard of ____
- 17. Strict rule observers
- 19. Trattoria order
- 20. Pulverized bituminous coal (2 wds)
- 21. Contract
- 23. Pertaining to simple organisms like kelp
- 25. Bleat
- 26. Green
- 29. Graft where the donor and recipient are different species
- 34. Magnet alloy
- 36. Eighty-six
- 37. Altdorf is its capital
- 38. Carbonium, e.g.
- 39. Scuffles
- 42. Deity
- 43. v. Wade
- 44. Child's stomach, shortened
- 45. Win over
- 47. Relating to Africa and Asia or their peoples (hyphenated)
- 51. Lies in wait
- 52. Matterhorn, e.g.
- 53. Chivalrous
- 55. Some bargains
- 59. Traffic lane for public transportation only (2 wds)
- 63. Doctor Who villainess, with "the"
- 64. A U.S. dollar on deposit with a bank abroad
- 66. "Hamlet" has five
- 67. During
- 68. Brine-cured cheeses
- 69. "Fiddlesticks!"
- 70. Doltish (alt. spelling)
- 71. Attack locale

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17					18						19			
20								21		22				
			23				24		25					
26	27	28				29		30				31	32	33
34					35		36					37		
38				39		40				41		42		
43					44				45		46			
47			48	49				50		51				
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55	56	57				58		59				60	61	62
63					64		65							
66					67					68				
69					70					71				

Down

- 1. Beanies
- 2. "God's Little ___"
- 3. Perlman of "Cheers"
- 4. Confession of guilt
- 5. Person's individual speech habits
- 6. Greenbrier, e.g.
- 7. 1/100 kyat in Myanmar
- 8. Coastal raptors
- 9. Till (pl.)
- 10. Cracker topper
- 11. Tel ____, Israel
- 12. Corn
- 13. Carbon compound
- 18. Decline
- 22. Dust remover
- 24. Professional photographer
- 26. Basic unit of money in Nigeria
- 27. Cool
- 28. ___ tube
- 30. Bubkes

- 31. Foreshadow
- 32. Robe worn by monks
- 33. Ocean level variations
- 35. Fully extended in width
- 40. ___ generis
- 41. Gets rid of at reduced prices
- (2 wds)
- 46. Person who takes 40 paces, turns and fires
- 48. Clumsy
- 49. A pint, maybe
- 50. Insignificant person
- 54. Sir, less formally
- 55. Mouth, in slang
- 56. 1993 Texas standoff site
- 57. "I'm you!"
- 58. Clash of heavyweights
- 60. A chorus line
- 61. Indian bread
- 62. At one time, at one time
- 65. Cheat, slangily



Advice for Snowbirds What to do before going south for the winter

From Mike Segal

Prevent water damage and ensure protection: When water freezes in pipes, they burst easily, leaving you with an expensive and time-consuming cleanup.

- Heat the structure at or above 58 degrees.
- If your thermostat is battery operated, replace old batteries with new ones.
- Turn off the water supply to the home and properly drain all systems and appliances of water.
- Turn off the hot water heater.

Minimize chances of theft:

- If you have a home alarm make sure that the alarm company has your cell phone number, email address and the residence phone in which you are staying. Properly display your home alarm company's signage.
- Remove or hide valuables like stereos, televisions, tools and media.
- Forward all mail to your permanent address and pay bills associated with your seasonal home through the winter months.
- Close all blinds or drapes.
- It's, also, a good idea to purchase timers that turn on lamps strategically placed.
- Notify your newspaper carrier that you would like to suspend delivery. A buildup of mail lets thieves know the home is unoccupied, and mail is an excellent source of information that can be used for identity theft.



- Ask a local resident to stop by once in a while to check for break-ins or other problems.
- Notify your Neighborhood Watch Person of the date of your departure and anticipated return. Also notify them of changes in your itinerary.

Protect home and personal property:

- Store patio furniture in your garage or storage locker
- If you have automatic garage doors, push the lock button on the opener. Also, you can place a lock in the hole in the garage door rails so it cannot possibly open up.
- If you have sliding doors to your patio, place a pipe or wooden dowel in the track so the door cannot be opened.

 Clean your gutters so rain water and melted snow drains far from your foundation. You may want to invest in gutter covers.

Prevent animal infestation: Take any open food in your primary residence and either trash or store it properly

so mice cannot find it. Look for small entry ways into the building and barricade them from rodents. Start by covering the chimney tightly so birds and raccoons cannot enter, and block holes in the foundation and around gutters where small animals can enter.



Reprinted from the Grande Gazette - Sept/Oct 2013



Book Bunch January - May 2015 Schedule

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

January 19: *Book to be announced*Leader - Linda Salierno

February 16: *The Goldfinch* by Donna Tartt Leader - Sheila Solomon

March 16: *China Doll* by Linda See Leader - Shelly Bernstein

April 20: *Meet the Author - Carol Fragale Brill* Information to follow

May 18: *The Mermaids Chair* by Sue Monk Kidd Leader - Pat Roche Grande Room at 6 PM with DVD



Pickleballers in Tournament Play Bill Giannetti Wins Medals in Two States

By Tom Santucci



Bill Giannetti & George
Diener pose beneath USA
Pickleball Association banner
after winning the Men's
Double Gold Medal at the
NJ Senior Olympics

The VGEM Pickleball Club has played in three tournaments this Year. On Sept.6, Bill Giannetti, Captain of the Court Club, won the Gold Medal in his age group at the New Jersey Senior Olympics Men's Double Champion for the second year in a row. The event was again held in Woodbridge Twp, NJ. This year Bill played with a new partner, Diener, George who frequently plays pickle -ball at VGEM as a guest. Bill and George won the Championship Finals and received the Gold Medal. Bill then went on to win

the Silver Medal in Men's Singles. Bill has the unique distinction of winning medals all three times he competed in the New Jersey Olympics in 2013 and 2014.

Other Club Members and frequent guests of the Pickleball Club also participated in the 2014 NJ Senior Olympics. Terry Giannetti teamed up with Helen Biggs to compete in their age group in Women's Doubles. They won their first match, but were eliminated before the Medals Rounds. Helen Biggs is also involved with the VGEM Garden Club where she spoke on October 9. (See article on page 26). Lynn Atkinson teamed with guest Sis Rose in their Women's age group in Doubles. They didn't win but had a fun time.

Well, having a Senior Olympics Medal in one state was not enough for Bill. So on September 20, he teamed up with his classmate, Josh Kalin, from the 200th Class of Central High School in Philadelphia, PA. Bill and Josh won the Bronze Medal in the 2014 Delaware Senior Olympics in Dover, DE against stiff competition that included several nationally ranked players. Both Josh and Bill are United States of America Pickleball Association (USAPA) Ambassadors, Bill here in southern New Jersey and Josh



Bill displays Silver Medal from Delaware Senior Olympics won with former high school classmate Josh Kalin

in Delray Beach, FL. Coincidentally, Marlene and I met Josh while playing pickleball in Boynton Beach, FL. At the time, NBC Evening News had just finished videotaping a piece on pickleball that was aired a week or so later by Brian Williams. Bill and Josh plan to return to the 2015 Delaware Senior Olympics "to go for the

Gold".

On October 12, several VGEM pickleballers participated in the Rossmoor First Annual New Jersey Fall Pickleball Classic. Joan Viventi and a regular guest player at VGEM, Sis Rose, won the Silver Medal against tough competition in the Women's Doubles. Others competing but not winning medals were Terry and Bill Giannetti.



Sis Rose & Joan Viventi won the Silver Medal in the Women's Doubles at the Rossmoor Classic

Bill is pleased that the VGEM pickleball group he started in 2014 and nurtured has improved its skills to the point where they are now capable of competing in tournaments. Bill deserves enormous praise for having introduced pickleball to over two dozen VGEM residents. Others would join Marlene and me in saying that in those two years, pickleball has become an integral part of our life and is pivotal in maintaining our physical fitness and mobility. In addition, we have made many new friends and developed a camaraderie that has significantly enhanced our lives. Thank you Bill!!!

The Bocce Battle of the Sexes

By Tony Scaricamazza



Village Vamps - Women's Bocce Champions Lynne Hearn, Eileen Schein, Ro Gawronski & Barbara Anne Villon stand behind Team Captain Marge Doms

If you were at the bocce courts on October 1st, then you witnessed the first time the Men and Women Bocce Championship teams faced off to determine who had the bragging rights as the best bocce team at VGEM. Would it be the women or the men?

It all started when the Brass B's captained by Floyd Milhan were challenged by the *Village Vamps* captained by Marge Doms. Well before the game time at 5:00 PM, a record crowd started gathering to get the seats with the best views. The teams assembled, discussed their tactics and prepared to do battle. The referee, Jim Cira, signaled the start and the games began.



Brass B's Captain Floyd Milhan and Village Vamps' Captain Marge Doms await the coin toss by referee Jim Cira. The Brass B's won and rolled first.



Men's Bocce Champions - **Brass B's**Team Captain Floyd Milhan is seated in front of standing teammates Rich Johnson, Ralph Carbone,
Gus Lewis & Fred Moderski



The first game went back and forth for a tense 49 minutes with the women beating the men 10-8. The second game was captured by the men after 36 minutes of play, 10-4. As darkness was descending, the referee asked each of the captains whether they wished to continue.

They both felt that they could not finish before darkness and agreed to end the contest as a tie. After watching the men and women equally compete, everyone agreed a tie was an appropriate ending. Both teams deserved trophies! We all hope the Bocce Battle of the Sexes becomes an annual event!



WEEKLY RECURRING EVENTS NOVEMBER & DECEMBER

MONDAY

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 – Nov 17 and
Dec 8 but at 6 PM

TUESDAY

9:45 AM Beginners Line Dancing - ends 12/9
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

9:30 AM Grande Sew & Sews
10 AM Tai Chi – Grande Room
1 PM Mahjong III – Card Room 2
1 PM Mixed Bridge - Card Room 1
5:30 PM Billiards - starting 11/12 - 4/1

6:30 PM Intermediate Line Dancing - Ends 12/17

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 SATURDAY SUNDAY

Noon LoBue Mahjong I – Card Rm. 1

ALL EVENTS ARE SUBJECT TO CHANGE Contact Community Manager for details

Kate Walton

VGEM Community Manager Office Hours:

Monday, Wednesday & Friday 10 AM -4 PM 1^{st} & 3^{rd} Tuesday 10 AM -4 PM 2^{nd} & 4^{th} Tuesday 10 AM -1 PM

No Office Hours on Thursday

609-788-8405

vgem@dilucia.com

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

Flyers & Calendars are Available at the Clubhouse

Final 2014 HOA Board Meeting

December 1 - 2015 Budget

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.

November 11 December 9

Please contact Kate for an appointment.

SPECIAL MONTHLY EVENTS NOVEMBER 2014

Thursday, November 20 at 7 PM Vacation Club Grande Room

DECEMBER 2014

Wednesday, December 31 at 8 PM

New Year's Eve Party

Appetizers, Desserts, Soft Drinks, BYO & Dancing – Cost TBD Music by Posse Productions

Grande Room

Sponsored by the Social Committee



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

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

Home Owners Association	Balance
HOA	\$ 13,588.75
Insurance Deductible Acct.	1,000.00
Clubhouse Expenses	0.00
Waiting for Details	0.00
HOA Totals	\$ 14,588.75

Clubs	Balance
Special Events	\$ 0.00
Women's Club	349.05
Men's Bocce	1,281.91
Women's Bocce	0.00
Anglers Club	173.31
Men's Club	0.02
Quilting Club	100.75
Photography Club	297.98
Billiards Club	552.11
Mah Jongg Club	0.00
Garden Club	2.097.14
Bocce Court Fund	794.87
Golf Club	305.87

Cape Account Total \$20,541.76

Club Totals

\$ 5,953.01

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

EHT STUDENT PARKING

By Art Richman

Why should our Community become a student parking lot? Isn't it enough we pay over \$1 Million Dollars in taxes for the schools?

We have had parents tell their students that they are "entitled" to park here since these are Egg Harbor Township streets. When I tell the parents they are not, they tell me I am wrong. After they finally call the Township, they find out the truth.

Why should we not allow students to park here? Several years ago, some boys looked into a lady's kitchen and frightened her so much, she decided to sell. We have had at least 4 mailboxes destroyed. They are walking on private property when they walk between the homes. They also walk on Community property. If they get injured, the parents will sue our Community.

If you have a relative, or close friend, who wants to park in your driveway, that is your business. Our streets are too small to allow extra cars to park here.

I have asked the VGEM Government Liaison Committee to look into having the Township pass an ordinance that prevents students from parking in VGEM. Once the streets are turned over, there is no doubt that over 100 extra cars will be parked here, rather than the students wanting to pay the fee the school charges.

If you are asked by a student to allow them to park here, please say no. If you disagree with me, please let me know why!

New Home Owner Warranty

By Art Richman

If you purchased your home from D R Horton within the past year, it is imperative that you send a copy of all warranty work requests to the Residential Warranty Company located in Harrisburg, PA. This is your protection in case D R Horton does not fix your listed problems; however, you have to notify the warranty company before the 13th month after settlement.

At settlement, you should have received a gray booklet entitled "LIMITED WARRANTY PROGRAM". On page 3 of the manual, Section 7(d), "PLEASE NOTE", it will explain what you have to do to protect yourself. If the warranty company does not have knowledge of the problem in a timely manner, they will not support your claim. After the 13th month, your protection is just for major construction problems.





Men's Club Update

By Herb Moskovitz

The Men's Club of VGEM has had another successful year in supporting our Community. In the past few months, the Club has purchased a life guard stand for

the pool area, a guard rail for the door near the card rooms and fans for the billiard and the two card rooms. Take a moment out of your day and see what the Men's Club has done for you and the Community.

The Men's Club has again selected the Miller Elementary School in Egg Harbor Township as the recipient for the 2014 Holiday Giving Drive. The Men's Club Holiday Giving Drive for 2014 is underway with flyers delivered to each home and available in the Clubhouse. It ends on Saturday, December 13, 2014. Our goal for gifts to the Miller School is \$4,500.00. The money will be used to purchase \$100.00 gift cards from Target to be given to the needy children of the Miller School. We are hopeful, that all residents of the VGEM Community will come together and support this needy cause. Without your contributions and help, this cannot be accomplished. Last year, VGEM's gift to the Miller School was \$4,100.00.

Please make your contribution checks payable to **VGEM Men's Club**. The checks may be sent or delivered to Herb Moskovitz, 245 Lily Road, EHT, NJ 08234 or placed in the lockbox outside the Community Manager's Office. The Men's Club and children of the Miller School will appreciate your continued support.

The Men's Club will not meet in November and December due to the Holidays. The next Men's Club Breakfast Meeting will be on January 29, 2015 at 9AM in the Golden Corral in Shore Mall. Please come and bring a friend or new neighbor.



A Selfless Leader

By Doreen DeLucca

I am well aware that I am living in "Philly Country" but I think everyone will admit that it was a thrill to watch Derek Jeter hit a walk-off, run-scoring, game-winning base hit at his last game at Yankee Stadium. The atmosphere was electric and you couldn't help but get caught up in the excitement, Yankee fan or not. How does such a high profile player who has remained on the same team for 20 years escape scandal, innuendo or disgrace? Because the man has class, respect and an awareness that he is a role model in the truest sense of the word.



I don't know about you, but I feel indebted to Derek Jeter. It has been too long since I have been able to use a sports figure or a celebrity as an example to my grandchildren of what a true hero they can be if they model the behaviors of this man. He illustrates how respecting your parents, grandparents,

teachers, classmates and friends can make a difference in the outcome of their lives. I hope that they can lead by example, not needing the spotlight to highlight their own achievements, but can be a "team player" in every sense of the word. Our world has become so dirty, so I thank Derek Jeter for keeping it clean for 20 years. I thank him for showing countless young people that if they strive for greatness, they can achieve it. I also thank him for showing you don't always have to be the "best", but you can always have class and respect for others. And finally I thank him for being a leader who isn't interested in just his own spotlight. Derek Jeter has set an example for others to follow on how to conduct themselves in both sports and daily life. This is his legacy and the real spotlight that will shine much stronger, much brighter and for so much longer.



Bada Bing

By Annette Scaricamazza



- 1. At Ellis Island, the name of Vito Andolini was changed to Vito Corleone.
 - (A) True
 - (B) False
- 2. The occupation of Amerigo Bonasera.
 - (A) Undertaker
- (B) Baker
- 3. Frank Sinatra was offered the role of Johnny Fontaine.
 - (A) True
- (B) False
- 4. He said "Leave the gun, take the cannoli".
 - (A) Tessio
- (B) Neri
- (C) Paulie
- (D) Clemenzo
- 5. Tom Hagen was Michaels' cousin.
 - (A) True
- (B) False
- 6. Don Fanucci was murdered on this feast day.
 - (A) St. Rocco
- (B) St. Eligius
- (C) St. Gennaro (D) St. Marco
- 7. The name of Jack Woltz' horse.
 - (A) Khartoum
- (B) Khareem
- 8. This *Soprano* mobster also played the part of Johnny
 - (A) Paulie Walnuts
- (B) Bobby Bacala
- (C) Uncle Junior
- (D) Silvio Dante
- 9. Captain McCluskey's last meal at Louis'.
 - (A) Spaghetti
- (B) Pork Chops
- (C) Ham & Cabbage (D) Veal
- 10. Michael married her in Sicily.
- (A) Amalia (B) Appollonia
- 11. The Sands was the name of Moe Greene's casino.
 - (A) True (B) False
- 12. This Don sheltered Michael in Sicily. (A) Don Tomassino (B) Don Cecci
 - (C) Don Mastrangelo (D) Don Genco
- 13. Sonny was killed at a toll booth in this car.
 - (A) 1941 Lincoln
 - (B) 1939 Packard

- 14. The Godfather theme was not used in all three films.
 - (A) True
- (B) False
- 15. On the hospital steps, Enzo held...
 - (A) Flowers
- (B) Gun
- (C) Cigar
- (D) Box of candy
- 16. He said "we're bigger than U.S. steel".
 - (A) Barzini
- (B) Roth
- 17. Name of the Senator from Nevada.
 - (A) Pat Cooper
 - (B) Paul Pierce
 - (C) Pat Geary
 - (D) Paul Hornung
- 18. He said "the rent stavs like before".
 - (A) Don Fanucci
 - (B) Senor Roberto

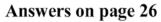


- 19. Frankie "Five Angels" and the FBI agents were preparing to play this card game.
 - (A) Hearts
 - (B) Gin Rummy
- 20. Michael's son, Anthony, made his operatic debut at (A) LaScala
- (B) Teatro Massimo
- 21. The wife of Hyman Roth offered Michael this sandwich for lunch.
 - (A) Corned beef
- (B) Pastrami
- (C) Tuna
- (D) Grilled cheese
- 22. Tom Hagen's son, Andrew, is a priest.
 - (A) True
 - (B) False
- 23. Fredo's secret to catching fish.
 - (A) Minnows
 - (B) Singing
 - (C) Worms
 - (D) Praying



- 24. He had to "answer for Santino".
 - (A) Carlo Rizzi
- (B) Fabrizio
- (C) Fredo
- (D) Carlo Rossi
- 25. In the last scene of Godfather III. Michael drops this from his hand. (B) Rose (A) Bible (D) Gun





Garden Club's Fall Craft & **Gardening Meetings**

By Sydney Yacovelli

VGEM Garden Club has a full schedule of events planned for the coming year. The Fall season started with a very informative teaching meeting held on September 18 to create beautiful door wreaths and mantle runners. Angela Mastrangelo and Ann Cheatle hosted this meeting and demonstrated the crafts while members tried their hand at making their own wreaths.



Wreath makers at work. Molly Krehely, Pat Roche, Regina Yuppa, Barbara Ann Villon & Andrea Stroup



Angela Mastrangelo displays two beautiful creations of the wreath making session

The October 9 meeting featured Master Gardener Helen Biggs as a guest speaker. She spoke on how to divide your perennials and how to put your garden to bed for the winter. Helen's presentation was both informative and entertaining. Laughter filled the Grande Room in response to her clever, witty and humorous delivery style.

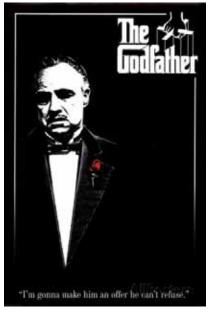
Another "must go to" event will be held at the December 11 meeting..."A Winter Wonderland Tea". This event will be hosted by Pat Roche and Ann Cheatle.

Membership in the Garden Club is always open to the entire community. The annual



Master Gardener Helen Biggs

membership dues are \$5. For more information about joining or any of the scheduled events, you can contact Club Treasurer Regina Yuppa at rcy64@comcast.net or 609-926-0414.



Answers to Bada Bing on pg 25

1. (A) 14. (B)

2. (A) 15. (A)

3. (B) 16. (B)

4. (D) 17. (C)

5. (B) 18. (B)

6. (A) 19. (A)

7. (A) 20. (B)

8. (C) 21. (C)

9. (D) 22. (A)

10. (B) 23. (D)

11. (B) 24. (A)

12. (A) 25. (C)

13. (A)

Thanks from Diane Segal

Dear Friends at Village Grande,

From the bottom of my heart, I thank my good friends for the get well cards and the delicious food that you have given me in time of convalescence. I am grateful for living in this wonderful community.



Diane Segal 14 Primrose Circle

VGEM Garden Club presents Historic Savannah, GA and Charming Charleston, SC April 12-18, 2015

By Kathy McGeehin

We had such a wonderful time in Ireland that we thought we would travel together again; this time right here in the USA. How delightful, throughout the long winter, to ponder a visit in early spring to the garden centers of the south, Savannah and Charleston! Travel arrangements are coordinated by Group Destinations Unlimited via Motor Coach from our Clubhouse.



We will focus on the historic districts of both of these fascinating cities. Savannah has been voted the top tourist destination in the US by the readers of Conde Nast Traveler magazine for the past

two years. Highlights in Savannah include a visit to River Street, a narrated tour of the historic district on the Old Town Trolley, dinner at well-known restaurants and more.



Savannah's River Street



Old Town Trolley

Charleston has often been referred to as a veritable living museum. Places of interest encompass a visit to The Market and a guided tour of the historic district. We will also tour the houses and gardens of Middleton Place and Magnolia Plantation. According to the Garden Club

of America, Middleton Place is designated as National Historic "The Landmark and 65 acres are the most important and most interesting garden America". Built in 1680, the Magnolia Plantation is the oldest garden on



Charleston Battery



our tour and the home to one of the country's largest collections of azaleas and camellias. On our last night, we will enjoy a dinner cruise the Charleston Harbor aboard Spirit Line Cruises.

The cost for the trip includes all

transportation, hotels, meals except lunch, tours, guides, admissions, and gratuities other than tipping the bus driver. The trip is limited to 52 travelers who must be 21 or older. Much more is incorporated in the price, including a stop on the return portion of the trip to the new National Harbor on the Potomac River in Oxon Hill, MD.



Magnolia Plantation & Gardens

Booking will be open to the VGEM community on December 12 after the Garden Club Holiday Tea, so reserve early. After December 12, a packet will be available in the Clubhouse that contains the full itinerary, reservation details, payment schedule and cancellation. A deposit of \$200 is required on signing up to hold a reservation. An additional \$200 is due before January 12 and the balance is due before March 1, 2015. Prices are: Single \$1,489, Double \$1,029 and Triple \$939.

We are very excited about sharing this horticultural and historical experience with our friends and neighbors. Come enjoy the attractions of these two southern charmers and experience the glories of spring in a new way.



Carriage Tours are a must do in Charleston

Neighborhood Watch

By Don Mastrangelo



In this issue, the Neighborhood Watch Committee is reprinting a past article from the Sept/Oct 2012 *Grande Gazette* that contained useful information. With our Community expanding from new homes and turnover from re-sales, this article bears repeating for our

new neighbors and a reminder to all.

The function of the Neighborhood Watch is to provide a cadre of your neighbors to assist and provide information relative to issues of safety and security. How can you help? Your Block Captain will be glad to provide advice on how to keep your property secure from intruders. Some examples are:

- 1. Keep your cars locked. An unlocked car can invite a theft of the car and or contents. For further safety, park cars in the garage and driveway. Our streets are narrow and hard to navigate particularly around cars parked at curves. They are accidents waiting to happen.
- 2. Garage doors should be kept shut. Some have a habit of leaving the garage doors open unattended for many hours or all day and even overnight. This is an open invitation to potential intruders (as well as animals and insects). Section 9.01 of the POS provides that "Garage doors shall be kept closed at all times when a vehicle(s) or person (s) is not entering or leaving the garage."
- 3. Mail and newspapers should be collected as leaving them accumulate indicates no one is home. You can stop deliveries or have a friendly neighbor collect them for you.
- 4. Trash and recycles should be put out timely and properly. After collection, all receptacles should be put back in the garage and not left outside your home.

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 Let your block captain know when you will be away for a few days or an extended period of time. Call your block captain when you return.

These are some of the ways you can help make VGEM a safe and secure community.

Remember that the Block Captains are neighbors who have *volunteered* their time to help in maintaining a safe and secure community for all of us to live. *Your cooperation* with all our Block Captains is integral to a successful Neighborhood Watch.

Even if you are part of a Neighborhood Watch Program, never try to apprehend a criminal yourself: **always call the police.** The Neighborhood Watch Program is not a vigilante program. All that is asked of citizens who participate is to be alert and protective of the neighborhood. Residents should report all suspicious activity to local law-enforcement agencies and to never take the law in their own hands.

We are always looking for volunteers. If you wish to be a block captain, please call me at 788-4876. Be a neighbor helping neighbors!

Block Captain

Street	House#	Block Captain	Phone
Bluebell, Ivy	& Ivy	Sam Salierno	365-8112
Lily	200-215	Robert Kardon	856-952-1819
	216-230	Joe Stroup	365-2741
	231-242	Bill Polko	365-2340
	243-257	Herb Moskovitz	365-2329
Marigold	1-16	Jim Cira	402-2861
	17-35	Steve Cappadona	653-4215
Poppy	1-41	Fred Moderski	653-0116
Primrose	2-30	John Daprato	926-4977
Snowdrop	100-117	Joe Carluccio	365-2574
	118-144	Jim Lobue	653-1025
Sunflower	300-318	Tim Cavacini	927-6628
	319-328	Don Hinspeter	788-4948
	329-347	Dennis Goldberg	926-0627
	348-360	John Daprato	926-4977
	361-366	Bill Hofmann	788-4552
	367-375	John Murtha	653-1830
	376-383	Ed Zink	927-6387
Tulip	1-16	Frank Williams	653-8902
Chairperson		Don Mastrangelo	788-4876
Admin Asst		T. Scaricamazza	927-6818

Spotlight on Your Neighbor

Too Blessed To Be Stressed

By Pat Roche



This column is a bit of a departure from my usual Spotlight articles. The last Gazette focused on entitlement and the lack of common courtesy and respect exhibited by a very small group of residents here at English Mill. I would like to share some of my random thoughts and experiences that lead me to the phrase, "too blessed to be stressed."

In June, the Garden Club sponsored their annual Tea

Party. Those who attended the tea could not help but be impressed by the coming together of all the volunteers who made this event a wonderful experience for our community. Of course, there were moments of stress as various people had differing ideas; but we must remember that none of this was personal and is quickly forgotten. We are "too blessed to be stressed."

The Wednesday night Bocce Grill has always been a bone of contention. There have been people who objected to the use of the name. Why waste your time on such trivia? The grill was on Wednesday evening during the bocce games. Save the stress for something serious such as illness in your family or tornado damage. Try not to focus on your dissatisfaction. If you pass children at the pool, take a moment to receive the gifts of their smiles, hear their cheerful voices and, maybe, even get a small hug and kiss. These are things that can never be replaced.

I recently met a new neighbor living on Bluebell. When asked how they liked Village Grande she and her husband replied that they love it and love their house. What a positive attitude! "Happiness is found along the way, not at the end of the road!"

Recently, I witnessed a great outpouring of love and support for one of our seriously ill neighbors. Dog sitting, transportation, fun dinners and phone calls all contributed to support a friend and exhibit a wonderful sense of community! In this case, we were all too busy to be stressed! On the recent trip to Ireland I, personally, was blessed by my three guardian angels and their eleven cohorts. No stress there; but the Irish coffee might have also helped.

Volunteers are the life blood of our community. You all know many of them from our Board and Committee

members to our many Club Captains; but there are others whose roles are not as visible. I must mention the volunteer who leads exercises with a group of women in the pool two or three times a week and the Tai Chi instructors. They are giving of their own time for our well being.

The women's bocce teams enjoyed making new friends, laughing and playing the game. Where is the stress there? I can go on and on regarding the benefits we are offered in this community! The Walking Club, for example, not only derives benefits from the exercise; they also have the added advantage of noticing the beautiful plantings along the way! The quote, "a happy life is built up of little clumps of violets along the roadside" just fits so well here.

Again, when we focus on the positive we realize that actually, these are the best of times.

TODAY - mend a quarrel; seek out a forgotten friend; share some treasure; give a soft answer; forgive an enemy; be kind and gentle; laugh a little and then laugh a little more. Remember, we are "Too Blessed To Be.Stressed!





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, and I will deliver one to you.

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

- Booskos, George & Donna 121 Violet Drive 609-408-0806 - George Cell 609-350-2137 - Donna Cell ocgeorge5O7@hotmail.com
- Brown, Lorraine
 8 Primrose Circle
 609-464-0410 Cell
 lorraine 77@comcast.net
- Casey, George & Rose Ann 122 Bluebell Drive 609-653-3193 - Home 609-471-5250 - Cell rcacy348@aol,com



- Darcy, Tom & Marjorie
 114 Bluebell Drive
 609-335-4577 Marjorie Cell tomhdarcy@comcast.net
 marjoriedarch@comcast.net
- Fisher, Barbara
 19 Marigold Circle
 609-788-0873
- Hanson, Gary & Kathleen
 11 Marigold Circle
- Johns, Robert 332 Sunflower Drive 609-390-8153
- Menaker, Leonard & Joan 123 Violet Drive 856-371-7080 – Len Cell 856-371-0778 – Joan Cell lenmenaker@comcast.net



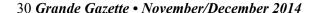
Morris, Anthony & Anne
 110 Snowdrop Road
 609-365-2346 - Home
 610-952-4528 - Tony Cell
 610-952-3281 - Anne Cell
 tonymorris2@gmail.com - Tony e-mail

scotland1@comcast.net - Anne e-mail

- Rambo, Rob
 123 Violet Drive
 - Rosenberger, John & Jane
 341 Sunflower Drive
 609-788-8508 Home
 rosey8404@yahoo.com John e-mail
 jane.rosenberger@yahoo.com Jane e-mail
- Smith, James & Sheryl 104 Bluebell Drive 609-788-0714 - Home 856-905-6080 – Cell Smitty548@juno.com
- Vickers, Thomas & Jean 101 Violet Drive tvickers139@aol.com - Tom e-mail
- Whaley, Mary & Eichhorn, Bob 123 Bluebell Drive 609-904-5038

RESIDENTS UPDATES

- Bruin, John & Deb
 123 Snowdrop Road
 609-204-9441 John Cell
 609-377-1019 Deb Cell
 dkbruin@comcast.net
- Cavacini, Tim 316 Sunflower Drive timstef3l6@gmail.com - E-mail
- Ciambrone, Lorraine 322 Sunflower Drive 609-653-1907 - Home 609-703-8617 - Cell lainyfourl0@gmail.com
- Eberhard Phil & Liz 303 Sunflower Drive 404-431-4227 - Phil Cell 609-470-0424 - Liz Cell peberhardl@verizon.net
- Guetzlaff. Marie marie5@comcast.net - new email
- Jackson, Richard rich.jackson13@yahoo.com - Corrected e-mail
- McGeehin, Julie jemscarves@gmail.com - New email
- McCrae, John & Donna Corrected last name 25 Marigold Circle
- Minogue, Joyce joyceminogue@hotmail.com - Corrected e-mail



- Mitruski, Todd & Jerilee Moved 332 Sunflower Drive
- Roswell, Bern & Barbara 609-365-2336 New home phone
- Wilds, Sue
 130 Snowdrop Drive
 610-405-0024 Corrected Cell

GLC Meets with EHT School Officials

By Herb Moskovitz & John DaPrato

DECEASED RESIDENTS

- Ditzel, Fumi
 7 Primrose Circle
- Rich, Patricia
 309 Sunflower Drive
- Serembus, Charles
 113 Snowdrop Road

Helpful Hints

Submitted By Mary Moskovitz

- Water straight from the tap becomes cloudy when frozen. To make ice cubes crystal clear, allow a kettle of boiled water to cool slightly and use this to fill your ice cube trays.
- Freeze grapes to chill white wine without watering it down.
- Use a large muffin pan to cook stuffed peppers in the oven -it will help keep them upright.
- To prevent potatoes from budding, add an apple to the bag.
- To prevent your eyes from watering while chopping onions, wipe the chopping board with white vinegar.
- Add half a teaspoon of baking soda or lots of salt to the water when hard-boiling eggs to make the shells incredibly easy to peel.
- To determine if eggs are fresh, immerse them in a bowl of water. Fresh eggs will lie on the bottom, while stale eggs will float to the surface.
- Hang onions in a leg cut from a pair of tights or old stockings to make them last for months.
- Flip toaster on its side to make a grilled cheese sandwich.
- Keep brown sugar soft by storing it with a couple of marshmallows.
- To clean a wooden chopping board, sprinkle the board with a handful of kosher salt and rub it with half of a lemon. Rinse with water and dry to ensure it is clean & germ free.
- Another way to clean a wooden chopping board is to cover it liberally with kosher salt and let it sit overnight. Scrape off the salt with a cloth in the AM and you will find that the salt has absorbed all moisture leaving your board clean & dry.
- Place a wooden spoon over a pan to stop water from boiling over.

On October 7, 2014, the Government Liaison Committee (GLC) met with the Superintendent of the EHT School District, Dr. Scott McCartney, and the Principal of the EHT High School, Dr. Terry Charlton. GLC members attending were John DaPrato and Herb Moskovitz. Sam Salierno attended as a representative of the VGEM Board of Directors.

The purpose of the meeting was to establish a line of communication between VGEM and the EHT School District, especially the High School. The GLC hopes this meeting will be the first of many between our Community and the EHT School District.

The GLC spoke about the many talented residents of our Community and what we could offer the School District. We also discussed the corollary of what the High School could offer to VGEM residents. Many topics were discussed with the emphasis on mutually beneficial programs. One example is having VGEM residents serve as volunteers to help staff "College Night" at the High School. Our residents who graduated participating colleges might assist the recruiters from their college in promoting their alma mater. Another consideration was to explore establishing an "Adopt a Grand Parent Program" for high school students with VGEM residents.

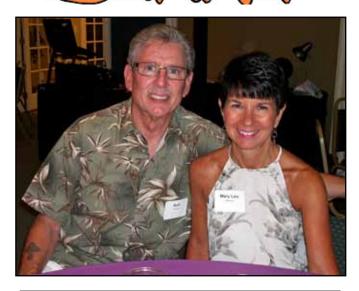
EHT High School could provide our Community with schedules of upcoming events of interest to our residents such as sports, concerts and plays; either discounted or at no charge. Many other possibilities included offering our Clubhouse as a site for the students to perform dress rehearsals for upcoming concerts, plays, etc. The EHT administrators were receptive to discuss setting up computer classes by EHT students for VGEM residents.

The GLC suggested to Drs. McCartney and Charlton that communication from the VGEM community would be funneled through the Committee to help expedite any concerns and/or suggestions that our residents may have. Also, Superintendent Scott McCartney has expressed his interest in coming to VGEM to speak with our residents in an open forum.

After the meeting, Dr. Charlton offered us a tour of the High School and also indicated that we might be able to have access to some of their facilities. Overall, it was a very positive meeting that has the potential to be mutually beneficial to both the EHT School District and VGEM.









Photographs for article supplied by Lou Golin and Jeannie Eckard who is seen smiling as she worked. **

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While Summer came to an end at VGEM with a big bang, more fun events are being planned to bring the Community together and to build friendships.

See you next time!



Layout by Sydney Yacovelli

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Holistic Medicine By Jim Berg

It seems the new thing in Health Care today is Holistic Medicine where the Physician leads a healthcare team that tries to treat the "whole" person but this is not new at all. Let's look at a little history. The first culture

that tried to put some science and logic into healing were the ancient Greeks. Their treatments were holistic by integrating exercise, massage, diet, use of herbs, prayer and meditation. They also were the first to keep records. If you know how to read ancient Greek, you can actually read the original prescriptions these physician-priests used. After the fall of the ancient Greece and Roman civilizations, western medicine took a giant step backward.

The Medieval theory of bodily humors promoted bleeding as a treatment and for hundreds of years people blamed illness and disease on the devil. The Renaissance saw some beginnings of the scientific method but it was only around 1885 when the first of the three major waves in the development of modern healthcare started.

The first was physical and biological. It was the discovery of infectious agents and anesthesia. With proper

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sanitation, including an understanding of germs and the development of disinfectants, people started getting better after seeing their physicians and having surgery in a hospital was then a whole lot more pleasant. However, improvement was slow. One researcher wrote that "it was not until 1910 that the average patient, seeing the average doctor, with the average illness had a better then 50-50 chance of benefiting from that encounter." So for about 60 years, the focus of health care was on biological and physical problems such as infection, pain free surgery and deliveries, medications for diabetes and high blood pressure, vaccines, etc. The key healthcare providers during this period were physicians and nurses.

Of course, this is still going on today with even better diagnostic and treatment methods for physical illnesses but after WW II, a second wave of progress in health care was the new focus on mental illnesses and stress induced problems. Researchers and practitioners now tried to get a better understanding of mental illness and its impact on human lives. New concepts of treatment and better medications were developed that stopped the warehousing of patients in giant state institutions and have improved the lives of millions. The pool of health care practitioners grew to include mental health workers of all types.

A third wave in the development of healthcare started in the 1960s and overlays the first two resulting in a better understanding and treatment for societal problems. Many of these problems are self-inflicted and cause severe disability and disease such as drug use, smoking, overweight and accidents, especially driving accidents. Patients now get counseling and teaching along with their physical treatments and emotional counseling.

With the exception of health care insurance coverage, modern healthcare has a lot in common with the holistic thinking of the ancient Greeks. As in ancient Greece, patients of today receive a combination of physical/surgical care, medications, some of which are developed from herbs, physical therapy, and



advice about meditation, exercise and diet. The whole person is again being treated.

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WOMEN and HEART DISEASE

By Walt Zaulyczny



I realize that October was Cancer Breast Awareness month, but in this issue I would like to discuss Women and Heart Disease even though Heart Awareness month is February. I shall explain further toward the end of this article.

FACT: Heart disease is the number 1 killer of women causing 1 in 3 deaths each year. That amounts to approximately 1

women dying every minute. Heart disease does not affect all women alike and the warning signs for women aren't the same as in men.

There are several misconceptions about heart disease in women that put them at risk. Knowledge and understanding the differences between fact and myths will reduce a women's risk to heart disease. So, let's discuss some interesting statistics and try to present the facts and dispel the myths about women and heart disease. Here are some of the latest findings put together by the American Heart Association (AHA) and medical researchers.

As we initially stated, heart disease is the No. 1 killer of women and is more deadly than all forms of cancer combined. Heart disease causes 1 in 3 women's death each year, killing approximately one woman every minute. An estimated 43 million women in the U.S. are affected by heart disease. Ninety percent of women have one or more risk factors for developing heart disease. Since 1984, more women than men have died each year from heart disease. The symptoms of heart disease can be different in women and men and are often misunderstood. While 1 in 31 American women dies from breast cancer each year, 1 in 3 dies of heart disease. Only 1 in 5 American women believes that heart disease is her greatest health threat. Women comprise only 24 percent of participants in all heart related studies. These statistics are even greater and carry more risk for Hispanic and African-American women than for Caucasian women. These statistics represent only a fraction of the 2012 report by the AHA.

So now let's discuss some myths people have about women and heart disease and what the facts actually say based upon current research.

MYTH: Heart disease is the threat for men, and cancer
is the real threat for women. FACT: As we stated heart
disease is a killer that strikes more women than men
and accounts for more women deaths each year than
all other cancers combined.

- MYTH: Heart disease is for "old" people. FACT: Heart disease affects women of all ages. For younger women, the combination of birth control pills and smoking increases their risk of heart disease by 20 percent. While heart disease does increase with age, things like overeating and a sedentary lifestyle can lead to an accumulation of plaque and clogged arteries later in life. Even if your lifestyle is a healthy one, being born with an underlying heart condition can be a risk factor.
- MYTH: Heart disease doesn't affect women who are fit. FACT: Even if you are an exercise enthusiast, your risk of heart disease isn't completely eliminated. Factors like cholesterol, eating habits, and smoking can counter balance other healthy habits. You can be thin and have high cholesterol. The AHA recommends that women start getting their cholesterol and blood pressure checked at age 20 or earlier if there is a family history of heart disease.
- MYTH: I don't have any symptoms. FACT: 64 percent of women who die suddenly of coronary heart disease had no previous symptoms. Symptoms vary greatly between men and women and they are often misunderstood. We have been conditioned to believe that the telltale sign of a heart attack is extreme chest pain or left arm pain. In reality, women are more likely to experience shortness of breath (with or without exertion), nausea/vomiting, back/jaw pain, dizziness, lightheadedness, and either feeling faint or actually fainting.
- MYTH: Heart disease runs in my family, so there's nothing I can do about it. FACT: Although women with a family history of heart disease are at a higher risk, there's plenty YOU can do about it to dramatically reduce these risks. Choosing healthy choices and knowing the signs/symptoms has saved 627,000 women from heart disease and as a result, 330 fewer women are dying every day.

Now, a brief explanation of why I chose this subject for this issue of the VGEM Gazette. The decision is a personal one. Judy, my wife and life partner, underwent open heart surgery in late August. Complications followed, but as of this writing, she is recovering slowly and progressing back to her health on a daily basis. Her warning signs were ones of chronic fatigue, lightheaded and the feeling as if she was going to faint. If it wasn't for a personal friend of ours, who is also Judy's cardiologist, pressing for diagnostic tests, the story may not have had a happy ending. Please be your own health advocate. Pay attention to your body's warning signals and seek medical attention whether it's concerning the heart or any other health issue. Good health to all. Judy and I wish to thank all our neighbors who provided us nourishment during this time, but mostly for all their positive thoughts and prayers.

VILLAGE GRANDE VACATION CLUB

By David VanZant



As I am writing this, there is only fifteen days left before our long awaited *Spanish Serenade* journey begins. I'm sure that everyone, including Ruth and I are excited and anxious for this trip to begin. It seems as though we have been planning forever. Now as you read

this, we will be merrily beginning the cruise into the Atlantic Ocean onboard the Celebrity Equinox. Don't you wish you were with us on this cruising adventure?

Six of our contingent has spent several days in "Gay Pariee". Some of our travelers have spent several days in Barcelona, while others flew in the day of departure. On October 27, our group, 28 people strong, finally met up onboard the Equinox and are now enjoying cruising fun, adventure, fine dining and friendship as we head for Fort Lauderdale.







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Celebrity Equinox nearing Fort Lauderdale!

Upon our return, I'm sure that there will be many stories floating throughout the community about our trip. Jeannie Eckard will be writing and photographing the official account of the trip for the January/February 2015 *Grande Gazette*.

The VGEM Vacation Club's next regularly scheduled meeting will be held on November the 20th at 7:00 where we will begin to look for our next "Grande" adventure. Marie from Preferred Travel will be on hand to present some options for cruises that include New England, Canada and Bermuda.

Be sure to attend this meeting and make your ideas for a group trip known, perhaps your thoughts and desires will strike a chord with others in the community and our next adventure will begin. Remember - meet new people, make new friends, and see new places! It is always fun to plan and participate in travel with your Village Grande neighbors. Trips are currently being arranged through our partners at Preferred Travel – call Marie at 609-645-8000 for any and all of your travel needs.

Crossword Puzzle Solution

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Happy Birthday!

November 2014

December 2014

Kathy Burg	11/1	Marvin Plotka	11/16	Judy Diana	12/2	Leonora Morelli	12/24
Lena Goldberg	11/1	Eileen Hughes	11/18	Joan Appleget	12/3	Marguerite Smith	12/24
Joe Leeds	11/1	JoAnn Baldino	11/21	Marlene Santucci	12/3	Ron Sutton	12/24
Shirley Oliver	11/3	Jay Narke	11/21	Stephen Cappadona	12/4	Carol Scarlata	12/25
John McCloy	11/6	Bill Hofmann	11/23	Bud McHale	12/4	Bob Stevens	12/25
Doreen DeLucca	11/7	Rosemarie Murtha	11/23	Art Richman	12/5	Shirley Bernstein	12/26
Ed Tucker	11/7	Carol Sands	11/23	Marcia Duggan	12/6	Hap Appleget	12/27
Henry Wade	11/7	Richard Monti	11/24	Sue Mule	12/6	Mike DiFlippio	12/27
Dolores DeFelice	11/8	Lynn Smith	11/26	Marge Doms	12/12	Tony Scaricamazza	12/27
Ernie Scarlata	11/8	Barbara Walsh	11/26	Jim Henry	12/13	Larry Hughes	12/28
Bruce Matus	11/9	Mel Goldberg	11/27	Yolanda Osowski	12/13	Jim Danzuso	12/29
Dolores Magara	11/9	Jean Huang	11/27	Rosemarie Nordquis	t 12/15	Joan Hofmann	12/29
Yvette Reyes	11/9	Lorraine Brown	11/26	John Connor	12/16	Herb Moskovitz	12/29
Karla Terry	11/11	Len Diana	11/26	Don Hinspeter	12/17	Rose Ann Casey	12/30
Alan Hearn	11/12	Rosalie Gawronski	11/29	Bern Roswell	12/20	Ginny Sayegh	12/30
Ann Cheatle	11/13	Gus Lewis	11/29	Barbara Roswell	12/22	Rosemarie Sheehan	12/31
Walter Lojewski	11/16	Barbara Baressi	11/30	Annette Scaricamazz	za12/23		
Carolyn O'Callagha	n 11/16	Guy Riviello 11/30					



Happy Amiversary!

November 2014

December 2014

Joe & Andrea Stroup	11/9	Alex & Marlene Polazneck	12/1
Dennis & Sharon Perna	11/15	Ken & Lucille Manri	12/3
Bruce & Maria Barry	11/18	Joe & Lynne Varallo	12/3
John & Carol Horter	11/18	John & Dorothea Hanlon	12/10
Al & Peggy DiMatteo	11/22	Martin & Jini Maidenbaum	12/16





What is Gluten anyway?

And do we need to be concerned?



Like many of you I have been wondering why it is now fashionable to buy into a "gluten free diet". What is all the fuss and what is gluten anyway?

Hopefully this will answer the question once and for all and we all can go back to enjoying our favorite foods without fear of breaking some new food rule.

According to the American Heart Association (AHA), gluten is a "family of storage proteins found in wheat, barley and rye". These proteins are found in mature seeds that are referred to as "grains". Rice protein is sometimes mistaken to be part of this group, but it does not contain gluten. Glutens are not inherently a "toxin" except in people who have "wheat allergies/sensitivities". Such people have Celiac disease and need to eat a gluten free diet. On the other hand, "a gluten free claim" is by no means an indication that a food is more natural, healthful or lower in calories" as confirmed by the AHA.

So, other than to make breads, what are glutens doing in the American diet? Well, they are used as fillers added to some most unexpected places in the foods we eat. It can turn up in some chocolates, imitation crab, deli meats, soy sauce, vitamins or even toothpaste. Gluten adds volume, and very often, unwanted calories to many snacks and basic foods that we eat daily.

Grains are categorized into two groups: whole and refined. Whole grain contains the entire kernel. Refined grains are processed and remove the bran and germ leaving only the endosperm. After processing, refined grains are often "enriched" by adding certain B vitamins and iron back in.

The USDA recommends that everyone eat three one ounce servings of whole grains each day. If you have uncomfortable problems with the gluten, that isn't an easy thing to do. What's the alternative?

There are grains that naturally are gluten free that can be added to your daily menu to meet the daily requirement. Some of these are *Amaranth* cooked as a breakfast dish similar to oatmeal; *Buckwheat* as flour to make pancakes; *Cornmeal, corn grits and polenta* as a flour to make bread or to make side dishes; *Millet*, cooked in stock to add favor and Quinoa can be made into salads or soups. Another old favorite on the list is *Popcorn*. Corn is a grain and the dried corn can be popped and fun to eat.

Mediterranean Quinoa Salad

1 C. uncooked quinoa grain, washed & drained

2 C. water

1/4 C. red onion, diced

10 kalamata olives, sliced

2 T. olive oil

Juice from ½ a lemon

2 C. cucumber, peeled & diced

1 C. cherry tomatoes, quartered

1/3 C. crumbled Feta cheese

Salt & pepper to taste

Put water in a 2 qt. pan and add quinoa grain, bring to a boil. Then turn down the heat and let simmer 15 minutes until grain is fully. Let cool and transfer quinoa to a large bowl. Add all other ingredients and toss. Chill about 1 hour and serve. Serves 4.

Baked Cheese Grits

2/3 C. uncooked quick cook corn grits

2 2/3 C. water

2 T. butter

2 lg. eggs, beaten

8 oz. cheddar cheese, diced

Salt & pepper

Pre-heat oven to 350°F. Put water in 2 qt. pan, add grits and bring to a boil, stir for about 5 minutes until grits are thick. Remove from heat and add all other ingredients, stir until well blended. Spoon into a 2 qt. baking dish that was coated with Pam. Bake at 3500 for 40 minutes. Serves 4.

So if you have a problem with wheat, you may want to consider a gluten free diet using these alternatives or just do without whole wheat altogether. But be happy to know, that a world without gluten can be healthy and tasty.



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