

# *Del Webb*<sup>®</sup>

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## FLORHAM PARK

# Webb Happenings

Volume 7 May 2022



May has finally arrived and has brought us green trees, green lawns, colorful spring flowers, and allergies. We are all looking forward to a full outdoor season now that the clubhouse is fully functioning and the outdoor space is just waiting for us to get there and enjoy it. Our social committee has planned several events for the month after a great April finale with the Beatles tribute. We still should be cautious concerning Covid and respect those who wish to continue to wear a mask. This is now our seventh newsletter. We try every month to put together a newsletter that is informative, enlightening, and entertaining. We would like to see more community involvement. If you have an idea for an article or someplace to visit, please share it with us. Working together we can make DWFP the wonderful active adult community that we hoped to find here.

Lois, Morris, Suhas, and Don

## IMPORTANT CONTACTS

Front Gate – 973-845-2098

(7AM-11PM Daily)

First Service Residential (Management Company) – 973-845-2040

[Pulte Warranty](#) – 877-686-4379

Police, Ambulance & Fire – 911

[Police Non-Emergency](#) – 973-377-2200

[Fire Non-Emergency](#) – 973-377-3241

[Borough of Florham Park](#) – 973-410-5300

[JCP&L](#) (Electric Co.) – 800-662-3115

[PSE&G](#) (Gas Co.) – 800-436-7734

[New Jersey American](#) (Water Co.) –  
800-272-1325

[Florham Park Post Office](#) – 973-377-5652

[Bill Pryor Disposal Services](#) (Trash) –  
973-377-0176

Trash pickup occurs every Monday and  
Thursday except for certain Holidays

[Morris County Municipal Utilities](#)

[Authority](#) (Recycling) – 973-285-8383

Clubhouse Hours Open Daily 5AM-10PM  
(subject to change)

Indoor Pool Hours 9AM-5PM Daily

First Service Residential (Management Company)– [info@delwebbfp.com](mailto:info@delwebbfp.com)

Lifestyle Director –  
[lifestyle@delwebbfp.com](mailto:lifestyle@delwebbfp.com)

Architecture Review Committee –  
[arc@delwebbfp.com](mailto:arc@delwebbfp.com)

### HOA Board Residents Members:

Mark Gersten ([mark@delwebbfp.com](mailto:mark@delwebbfp.com))

Stan Perla ([stan@delwebbfp.com](mailto:stan@delwebbfp.com))

### COA Board Resident Members:

Alan Englander ([alan@delwebbfp.com](mailto:alan@delwebbfp.com))

David Fox ([david@delwebbfp.com](mailto:david@delwebbfp.com))

## Standing Committees:

### Architecture and Grounds Committee

Michael Fauls (Chair)

Greg Cousland

George Lipari

Carl Schlotfeldt

### Facilities and Security Committee

Helen Jacobson

Harry Laster

Mark Reiner

Steven Grundleger

### Social Committee

Lynn Abrevaya (Co-Chair)

Barbara Konel (Co-Chair)

Barbara Gersten

Sharyn Henslovitz

Andrea Beinhaker

Patrick Carmelengo

Cookie Lipin

Joan Cregan

Lynda Sapperstein

Michael Goldberg

Jeff Bergstein

### Communications/Newsletter

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Don Hoffmann ([sailcapeco@aol.com](mailto:sailcapeco@aol.com))

Alan Englander (Board Rep)

### Alternative Dispute Resolution Committee

Joel Rachmiel (Chair)

Susan Rynar (Vice-Chair)

Brianne Donohue (Vice-Chair)

Stephen Sunshine

John Levitt

Arnie Litt

### Maintenance and Infrastructure Committee (COA)

Alan Abramson

Tom Cedrone

Mel Nutkis

Ken Sunberg

## Del Webb Florham Park COA Update

Greetings and a warm welcome to all new Del Webb Florham Park residents.

Now that the warmer weather is here the pace of construction appears to be accelerating. Construction at three (3) Vanderbilt, scheduled for occupancy in late May/June is well underway; four (4) Vanderbilt, scheduled for November occupancy, is completely framed out; and all but a handful of remaining Townhomes are under construction.

Based on the latest available data we anticipate that 75% of all condo units will be closed at some point in June. At that point the election of two additional Condominium Association Directors will be triggered and the composition of the Board will consist of 4 resident owner directors and one remaining Pulte Director, effectively transferring control from the developer to our community. David and I would urge all owners who want to make a difference and feel they can contribute to the betterment of the community to consider running for one of the open Board positions when the elections are announced.

Two Board resolutions have been prepared for Board review and ratification at the next Board meeting on May 17<sup>th</sup> addressing inspection of clothes dryer vents and the back flow valves of sprinkler systems in townhomes. Inspection/cleaning of the clothes dryer vents will be required every two years and inspection/testing of the sprinkler system backflow valves will be required annually. In each instance the Board will designate one or more qualified vendors but owners may select their own inspector provided they are suitably qualified and have provided evidence of insurance coverage to the Association. Evidence of completed inspections and remediation must be presented to the Association when completed. Failure to provide evidence of timely inspections will result in the imposition of fines in accordance with the Condominiums governing documents.

The Maintenance and Infrastructure committee is in the process of soliciting bid requests for elevator maintenance, HVAC common area maintenance, the provision and monitoring of security cameras, and communication connectivity in the garages of the condominium apartment flats. Progress updates will be provided next month.

In the coming month we'll work with our property manager to focus on preparing and laying the groundwork for the transition of ownership from Pulte; interviewing counsel and engineering firms and developing a detailed understanding of the transition process.

Looking forward along with you and the snow-birds returning to our community to enjoying the warm weather and the outdoor amenities our community offers.

Alan Englander  
David Fox

At the February 17th HomeOwners Open Board Meeting of Del Webb Florham Park, the Directors approved the following policy effective **Tuesday, March 1, 2022.**

- a) Vaccinated individuals - Mask usage optional
- b) Non Vaccinated individuals - Mask usage mandatory
- c) Food and beverages will be allowed. The beverage station will be reopened.
- d) **Clubhouse use Restricted to Residents only. No friends, No children or grandchildren.**
- e) COVID waivers required for admission to Clubhouse.
- f) Continuous monitoring of COVID situation and readjustment of rules if warranted.

### Helpful Links on the Community Website:

Delwebbfp.com

New Homeowners - <https://delwebbfp.com/new-homeowners/>

Documents - <https://delwebbfp.com/documents/>

Events (maintained by Colby) - <https://delwebbfp.com/events/>

Community News - <https://delwebbfp.com/community-news/>

FAQs - <https://delwebbfp.com/faqs/>

## **ARC Committee Update:**

As Spring rolls in, so do new Architecture Modification Requests. As a reminder, all guidelines and submission forms can be found on our website at this URL:

<https://delwebbfp.com/documents/>

One of the most popular modification requests for single family and townhomes is the installation of a storm door. The Anderson 2500, 3000 and 4000 series can be submitted for Fast-Track approval. The door must be white with clear glass and a nickel or brass handle. This door can be installed on the front or rear of a single family or townhome.

These Anderson doors are available at Home Depot where they will even line up installation for you. We have found this route to be least expensive but homeowners are free to purchase and install these using an independent contractor of their choice.

Like many home improvement projects, the addition of a storm door is not subject to NJ sales tax. A storm door falls under the category of an exempt capital improvement. Details on exempt capital improvements can be found in this State of NJ tax document: <https://www.state.nj.us/treasury/taxation/pdf/pubs/sales/su2.pdf>

This is an example of the type of information and advice that is available from the ARC committee. Feel free to reach out to us for advice when planning your next modification.

## **IMPORTANT ANNOUNCEMENT**

**Please be reminded that many exterior home modifications are subject to Borough of Florham Park approval. Modifications such as extending a patio, installing a generator, adding a deck and even installing a townhome privacy fence are subject to Borough approvals. Depending upon the nature of modification, an engineering letter must accompany the application . These approvals occur after the association approves your application but prior to the work starting.**

**Some contractors will handle this activity for the customer, but some do not. If unsure, we suggest contacting the Borough of Florham Park Zoning and Construction Office.**

**A useful link for additional information:**

<https://www.fpboro.net/wp-content/uploads/2020/03/Zoning-Application.pdf>

## **ADR Committee**

The Alternative Dispute Resolution Committee (ADRC) is a joint committee of the Homeowners and Condominium Associations recently formed to provide homeowners with the administrative means to a fair and efficient resolution of housing related disputes or matters involving Association or Committee functions and to informally resolve disputes between homeowners in an amicable fashion.

In the event a matter cannot be informally and amicably resolved, the ADRC will render a written decision to be enforced by the Board of Directors or Management Company. Final decisions of the committee may be appealed to a court of competent jurisdiction.

Joel Rachmiel is the committee chair, Susan Rynar and Brianne Donohue are vice-chairs and Stephen Sunshine, John Levitt and Arnie Litt completing the committee membership.

The detailed practices and procedures of the committee are available on delwebbfp.com for review.

## Facilities Committee Update

What is Del Webb Florham Park?

It is more than your house, townhouse or condominium unit. It is a life style. We are a community of adults 55+ who can be as active or inactive as one chooses to be. Many of us picked the community to be close to family, children and grandchildren. Those of us on the facilities committee are trying to optimize and maximize the use of the common areas. These areas, include the clubhouse, pools and the courts.

It is important that all the residents understand how the community functions. There is a Homeowners Association (HOA) and a Condominium Owners Association (COA). The HOA has final approval authority over the common areas and HOA committees. The COA is responsible for administration of the condominium buildings and townhouses and has final approval of its committees' decisions. The HOA and the COA work together to make the community function properly. As residents we all have a share and a vested interest in the common spaces. We as residents are ultimately going to have to maintain the common areas. The better these areas are it will reflect itself in the value of each individual unit.

The members of the HOA, COA and all of the committees are resident volunteers trying to do their best for the entire community. We understand that we will never satisfy everyone but we are trying to make Del Webb Florham Park the best it can be.

Since the last newsletter there are many improvements to report. The AED (automated external defibrillator) has been installed in the gym. Fitness Equipment Services has contracted to service the gym equipment and the first maintenance has been completed. Window tinting has been applied to the front of the clubhouse including the gym and game room. Furniture has been delivered for the outdoor pool as well as the refrigerator and freezer for the kitchen.

Again, be aware that there is not 24/7 cleaning service so please straighten up after using the clubhouse. If you notice something broken or another type of problem, please report it to Stefany or JT.

At the present time the builder, Pulte, controls both the HOA and COA boards but that should change this summer when the closed units reach the 75% threshold. Our new management company has been working closely with the facilities committee to create and implement appropriate policies.

There have been many requests for different pieces of equipment and activities. These requests are not being ignored but are being discussed, prioritized and costs reviewed. Since the community will be ours, we as residents will have to pay for new items.

We ask that everyone be patient and work with us so our community will be the best that it can.

Thanks, Steve, Helen, Harry, Mark

## Clubhouse Gym Reminders

- The clubhouse gym is open daily 5AM-10PM.
- Please wipe down equipment after use with the gym wipes provided.
- Please be mindful of others working out, refrain from cell phone conversations or any loud music while working out.
- If a machine isn't working, please notify the clubhouse staff as soon as possible.
- The AED Machine is now located in the gym for easy access within the clubhouse.
- TVs can't be changed within the gym itself at this time. Each TV has a letter noted on it (A,B,C,D) and these are currently controlled by the TVs with the same letters in the game room and the kitchen side of the social room.





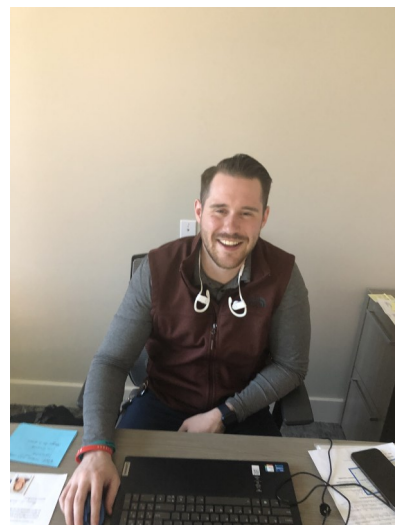
## JT Bretschneider...New Addition to FirstService Staff

JT joined our management team in early April. He was hired as Lifestyle Director and an addition to the property management team. Currently he is acquainting himself with the community and is working to help with the concerns of the residents.

JT is a graduate of Fairleigh Dickinson University. Before joining First Service he worked for Lifetime Fitness where he advanced from working the front desk to a management position. His next position was at Cyclebar in Denville as the general manager of day to day operations. He is excited about his position here and is looking forward to the challenges ahead.

Away from his daily routine, JT enjoys skiing, golf, exploring the running trails, and going to the beach. He lives in Morristown and has many connections in the area which he feels will be asset as he takes on this new role. We wish him well and look forward to working with him.

JT can be contacted at [JT.Bretschneider@fsresidential.com](mailto:JT.Bretschneider@fsresidential.com)



## ON A PERSONAL NOTE

Calling on all Brooklyn Bums!!

Were you born in the greatest borough in New York City?  
Did you grow up there?

If so, we would love to hear from you.

I was born and grew up in the Midwood section of Flatbush and graduated from Midwood High School. My memories as a child were going to Nathan's in Coney Island for hot dogs and fries. Years later at my 50<sup>th</sup> high school reunion a bunch of us chartered a bus to take us there (as well as to Avenue J for a stroll).

Other food related memories were going to Lundy's on special occasions for a shore dinner.

Of course, we had to take in a baseball game at Ebbets Field to see the Dodgers play! We rooted for Pee Wee Reese, Duke Snider, Jackie Robinson, Frank Campanella, Gil Hodges as we gorged ourselves on peanuts and Cracker Jacks.

And who could forget watching the horses go clippety-clop along Ocean Parkway??

An afternoon at Coney Island as we screamed on the Cyclone and enjoyed other rides was pure delight!!

Ice skating in Prospect Park and summers at Brighton (or Manhattan) Beach brings back fond memories too. There was the knish man who would walk along the sand while hawking "hot knishes, cold drinks".

I'm sure there are lots of ex-Brooklynites living here who would love to share their memories.  
Please, tell us all about them!!

## FROM THE DW LENDING LIBRARY...

Thanks so much for your continued support to stock the Lending Library. As the community grows in population, our library does the same...hence, we limit the donations to the copyright date of 2012 or newer. Additional information about the library can be found at the library desk. By the way, the following locations accept used books:

Thrift Barns of Morris County – [www.thriftbarnsofmorriscounty.wordpress.com](http://www.thriftbarnsofmorriscounty.wordpress.com)

The Bargain Barn – 18 Pocono Road, Denville



## On the Street Where You Live

Walking through the neighborhood several weeks back, I came across a street named Tinari Drive. I knew a Florham Park resident named Frank Tinari who was a one-time colleague of my wife in the Economics Department at Seton Hall University. I also knew that Frank, who was the Principal Economist at Sobel Tinari Economics Group that specialized in providing economic consulting services in litigated matters, also served as the mayor of the Borough of Florham Park from 2004 to 2008. So, I concluded that the street was named after Frank. I confirmed this by speaking with Mark Taylor, the current mayor of Florham Park. Mark also provided information on the names of other streets in our community.

**Broom Drive** gets its name from the fact that this area was known for the manufacturing of quality brooms. Indeed, the town was called Broomtown until 1899 when **Florence** and **Hamilton** Twombly combined the first couple of letters from their first names to create "Florham".

Florence was the granddaughter of the self-made shipping and railroad tycoon Cornelius Vanderbilt (1794-1877) after whom the **Vanderbilt Blvd.** is named.

**Cunningham Drive** is named after John T. Cunningham (1915-2012), a well-known New Jersey historian and author. His **This is New Jersey**, originally published in 1953, has reportedly never gone out of print. In 1999, he published a book on Florham Park's 300-year-old history.

**Doyle Drive** gets its name from Barbara Doyle, and not from the Doyle Funeral Home in Morristown. She was a two-term mayor of Florham Park from 1996-2003.

**Hadley Drive** is named for Thomas Michael Hadley, who passed away in 2015 at the age of seventy-eight, was a long-term resident and council member of the Borough of Florham Park. He was Chairman of the Florham Park July 4<sup>th</sup> Celebration Committee for more than 24 years. Most notably, he was recognized and admired for dressing up for the parade year after year as "Uncle Sam".

The suggestion for **Applegate Blvd.** came from Del Webb who also named **Del Webb Blvd.** after their own brand. Mayor Taylor told me that there is a tradition of naming streets in Florham Park after former mayors. He further joked that two streets should be named after him because he has been a two-term mayor.

## OOPS!

Most newspapers have a "Correction" section – we have an "Oops" section!!

In last month's newsletter there was a recipe for KUGEL. It has come to our attention that noodles which are leavened should not be used. It must be emphasized that the noodles be *Kosher for Passover*. Or use *potatoes in place of noodles*.

It was also mentioned that several of the FUN FACTS were not so much fun after all! So, we are renaming that column INTERESTING FACTS.

Thank you to all who have helped make this newsletter better!!!

## May Book Club

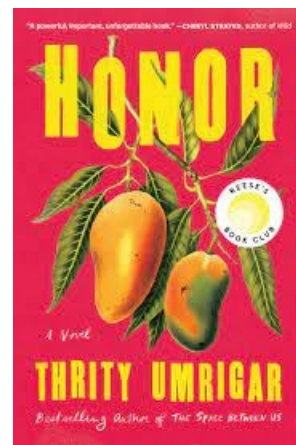
Join us at the clubhouse for our monthly book club discussions. Book club will be held the last Wednesday of each month at 7PM. This month it will be on May 25th at 7PM.

This month's book:

**"Honor" by Thirty Umrigar**

June's Book is "The Paris Apartment" by Lucy Foley

July's Book is "The Personal Librarian" by Marie Benedict



## Memorial Day.....A Time To Remember

Memorial Day is an American holiday observed on the last Monday of May. On this day we honor the memory of women and men who have died while serving in the U.S. Military.

It was originally known as Decoration Day and originated in the years following the Civil War. It became an official federal holiday in 1971.

The Civil War, which ended in the spring of 1865, claimed more lives than any conflict in U.S. History and required the establishment of national cemeteries. By the late 1860's, Americans honored these fallen heroes by decorating their graves and holding memorial services.

The exact location of the first Memorial Day tribute is uncertain. In 1966 the federal government declared Waterloo, New York as the official birthplace of Memorial Day. It was chosen because on May 5, 1866 the community hosted a town wide event. Stores closed and residents decorated the graves of soldiers with flowers and flags. On May 5, 1868, General John Logan called for a nationwide day of remembrance. The 30<sup>th</sup> of May was chosen because it wasn't the anniversary of any particular battle.

On the first Decoration Day, General James Garfield made a speech at Arlington National Cemetery and 5,000 people decorated the graves of 20,000 Civil War soldiers buried there. Decoration Day gradually became Memorial Day and honored all military personnel who have died in service to our country in any war. In December 2000, a resolution was passed that created the National Moment of Remembrance. At 3 p.m. local time Americans are asked to observe in their own way a moment of remembrance. Perhaps it is a moment of silence or a silent prayer to honor all those who have served to safeguard our country.

## Poppies..... A Way To Honor Those Who Served

In 1915, following the Second Battle of Ypres, Lieutenant Colonel John McCrae, a physician with the Canadian Expeditionary Force wrote the poem, "In Flanders Fields". Its opening lines refer to the fields of poppies that grew among the soldiers' graves in Flanders. In 1918, inspired by the poem, YWCA worker Moina Michael attended a YWCA conference wearing a silk poppy pinned to her coat. She distributed over two dozen more to others present. In 1920 the National American Legion adopted it as its official symbol of remembrance. The money raised from these donations is used to help servicemen and women who are still alive, whose lives have been changed by wars they fought in.

## MONTHLY QUOTE

...if the dead can come back to this earth and flit unseen around those they loved, I shall always be near you; in the gladdest days and in the darkest nights.... always, always, always, and if there be a soft breeze upon your cheek, it shall be my breath, as the cool air fans your throbbing temple it shall be my spirit passing by.

*Sullivan Ballou in a letter to his wife Sarah prior to his being killed at the first Battle of Bull Run, 1861*

## Monthly Humor:

Spell Check?

Signs submitted by residents from around the community.

If you see any fun or incorrect signs around please send them along.





**Del Webb Community Plant List**

Now that we are well into spring, it is time to decide on additions/replacements to our gardens. We are providing the list of acceptable plants that you might consider when planning the garden. If you are using a landscape contractor, this list should guide them. Annuals may be added to the gardens. If you plant any annuals it is your responsibility to remove them at the end of the growing season.

|                                                                                                                                                                                                                                         |                                                                                                                                                                                |                                                                                                                                                                                                                                                                                          |                                                                                                                                                              |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Trees-Evergreen</b><br>Arborvitae<br><br>Spartan Juniper<br>Wichita Blue Juniper<br>Weeping Spruce<br>Holly                                                                                                                          | <b>Trees-Deciduous</b><br>Weeping Japanese Maple<br>Redbud<br>Magnolia<br>Blood good Maple<br>Louisa Dogwood<br>Native Dogwood<br>Styrax<br>Weeping Cherry<br>Ornamental Maple | <b>Shrubs-Evergreen</b><br>Globe Blue Spruce<br>Boxwood<br>Mugo Pine<br>Steeds Holly<br>Amelia.<br>Dwarf PJM Rhododendron<br>Summersweet<br>Gold thread Mop Cypress<br>Japanese Holly<br>Helleri Holly<br>Lavender<br>Dwarf Alberta Spruce<br>Azalea<br>Japanese Andromeda<br>Potentilla | <b>Shrubs-Deciduous</b><br>Spirea<br>Weigela<br>Dwarf Lilac<br>Hydrangea<br>Tea/Sweetspire<br>Clathrate/<br><br>St. John's Wort<br>Butterfly Bush<br>Deutzia |
| <b>Perennials</b><br>Aster<br>Gaura<br>Blue Star Amsonia<br>Catmint<br>Coneflower<br>Salvia<br>Hardy Geranium<br>Black Eyed Susan<br>Aghast ache<br>Pulmonaria<br>Lady's Mantle<br>Shasta Daisy<br>Hellebore<br>Coral Bells<br>Veronica | <b>Misc</b><br>Ornamental Grasses<br>Lily Turf<br>Carex                                                                                                                        |                                                                                                                                                                                                       |                                                                                                                                                              |

**Poker Night at the Clubhouse**



## DID YOU KNOW??????

On the 2<sup>nd</sup> Sunday in May we celebrate Mother's Day.  
How did we come to arrive at this holiday?

Well, here's the scoop.....

Anna Jarvis (1864-1948) was inspired by her mother Ann, a social activist, to honor her by creating a memorial ceremony. Thus, 3 years after Ann's death, the first observance of Mother's Day was held in the Andrews Methodist Episcopal Church in West Virginia in 1908.

In her speech, Anna conveyed the importance of honoring all mothers and used the white carnation as the emblem symbolizing truth, purity and love. She wanted to set aside a special day to commemorate all mothers who have "done more for you than anyone in the world".

After suffragette and activist Julia Ward Howe became involved in Anna's efforts for a national holiday to be declared, President Woodrow Wilson signed into law proclaiming the 2<sup>nd</sup> Sunday in May a national holiday honoring all mothers – Mother's Day was born in 1914!!!

Jarvis was against the commercialization of Mother's Day feeling that the day should be expressed in hand-written notes of appreciation and love instead of spending money on gifts and cards. But the greeting card and floral industries prevailed making it one of the most economically successful holidays of the year. In fact, she fought against its exploitation, even striving to rescind the day completely. Unable to succeed in this effort, she fell into a state of economic hardship. Ironically, those connected to the floral and card industries were instrumental in maintaining her existence in a sanitarium.

Sadly, Anna Jarvis died without ever becoming a mother herself.

Although the dates may vary throughout the world, we continue to honor and celebrate mothers.

Mother's Day has since become one of the most economically successful holidays and one of the busiest for the greeting card and floral industries.



## It's Good to Be A Senior

Are you a senior? Do you like free stuff? Do you like concerts? Do you think you would like free concerts for seniors? If so, you should know about the "Garden State Arts Foundation". *The Garden State Arts Foundation is a nonprofit foundation that provides free musical programming for seniors at the PNC Arts Center in Holmdel, New Jersey.*

Past programs have featured Crystal Gayle, Michael Feinstein, Bobby Rydell, Bobby Vinton, Frankie Avalon, Tony Orlando and Marvin Hamlisch. Currently they have scheduled the following programs for this year:

- Wednesday, May 18<sup>th</sup> - 1:30PM - PNC Arts Center - *Sinatra Forever A Tribute to Sinatra-, Rick Michel and a 24 piece orchestra.*
- Tuesday, May 24<sup>th</sup> - 1:30PM - PNC Arts Center - *The Geator Rocks the House with Gary U.S. Bonds, The Chiclettes and Bobby Wilson's tribute to his father Jackie Wilson.*
- Thursday, June 9<sup>th</sup>, 7:30PM - PNC Arts Center – *Cousin Brucie's Palisades Park Reunion featuring Tommy James and the Shondells, Little Anthony and the 1910 Fruitgum Company.*
- Thursday, June 23<sup>rd</sup>, 1:30PM - PNC Arts Center – *The Lettermen and comedian John Pizzi.*

To get information about securing tickets you can call (732) 442-9200 or visit their website:

<https://www.gsafoundation.org>

## **Cinco de Mayo Margarita**

Come to Margaritaville and enjoy this classic Margarita!!

Recipe: (always remember the 2-1-1 ratio)

2 oz tequila (Reposado is considered to be the perfect choice, other types can be Joven which is lighter and cheaper or Añejo which is darker and more expensive)

1 oz freshly squeezed lime juice

1 oz orange liqueur (Cointreau, Grand Marnier or Triple Sec)

1 lime for garnish  
Kosher salt

Run a lime wedge along the rim of the glass before dipping the glass in coarse kosher salt

Shake tequila, lime juice and liqueur together and pour into a glass filled with ice

For a Frozen Margarita, triple or quadruple the recipe in a blender with crushed ice

## **GUACAMOLE RECIPE**

3 ripe avocados  
½ small onion, finely diced  
1 jalapeño pepper, seeds removed and finely diced  
2 garlic cloves, minced  
1/2 cup medium salsa  
3 Tbs cilantro, finely chopped  
1 lime cut in half

Remove pit from avocados and scoop into bowl  
Mash with a fork or potato masher as smooth or chunky as you like  
Add onion, pepper, garlic, salsa and cilantro and stir together  
Squeeze in lime to mixture and mix it all together

Serve with tortilla chips

## **Cinco De Mayo.....May 5<sup>th</sup>**

Cinco de Mayo (Spanish for the fifth of May) is the celebration of a military victory in 1862 over the French forces of Napoleon III. Many believe it is Mexican Independence Day but that is actually in September.

When in 1861 Mexico declared a moratorium on the repayment of foreign debts, English, Spanish, and French troops invaded the country. By April 1862 the Spanish and English had withdrawn, but the French, with the support of wealthy landowners, remained. They hoped to establish a monarchy under Maximilian of Austria and to curb U.S. Power in North America. On May 5, 1862, a poorly equipped mestizo and Zapotec force under the command of General Ignacio Zaragoza defeated French troops at the Battle of Puebla. It was a small town located a short distance from Mexico City. About 1000 French troops were killed. Although the fighting continued and the French were not driven out for another five years, the victory became a symbol of Mexican resistance to foreign domination.

Today the victory is remembered annually in parts of Mexico and across the U.S. Parties and parades make the day very festive. Mexican food is served and Mexican music adds to the festive mood.

## Home Care Contractors

Home maintenance is always a concern of homeowners. Whether we have an emergency situation, a regular maintenance need, or a desire to renovate, selection of the right contractor is important. We have put together a list of local businesses that our neighbors have used successfully in the past. We would like to update this list as we move forward. Please send along any names that we can add next month.

### Electricians

1. DeLuca Electric 732 381 6262
2. Jason Klein Electrical Contractors 908 391 4305
3. Sergio 973 296 7859
4. Mar Jen Electric 973 377 9131
5. Zinc karat Electrical Ben 973 288 1901

### Plumbers

1. Russo Brothers and Company 973 887 1334
2. K. Hoeler 973 882 2803
3. The Real McCoy 973 900 3139
4. Pat Cunningham 973 985 1650

### HVAC

1. Ron Jon 973 560 919
2. Air Group 973 929 2080

### Handyman

1. Michael Turner 973 885 6714

### Landscape

1. Cardinal Landscape 862 204 9428

### General Contractors

1. McMahon Construction 973 948 2356
2. Michael Finelli 973 914 2437
3. Ramos Home Maintenance 301 642 0015

### Painters

1. Hue Strong Painting 908 688 2586

### Vent Cleaning

1. Crystal Clean 866 837 2662

### Storage and Home Organization

1. Tailored Living 917 848 1125

### Interior Design

1. Mason Barrister Inc. 973 509 3000

### Awning

1. Majestic Awning 800 363 1181

### Generator

1. Kobe Electric 908 722 5673

### Window Coverings

1. Melanie's Custom Cover. 973 627 3021



## Instructions on Using the Front Gate-After Guard Hours (11pm-7am)

A visitor should pull up to the box located right before the gate house. They should use the buttons to scroll for the first letter of your last name. Once they have found your name, they should press the call button. This will call your phone number. The phone number that will appear on your phone is 908-923-0564. Once you answer and confirm the caller, press "9" on your phone. That will open the gate. You do not have to be in your house or onsite for this to work. Please know, you are responsible for your guests while they are on the property.



## Savor and Stroll Tour of Morristown



## Frelinghuysen Arboretum Walk



## Beatles Tribute Show



## Happy Hour Yoga



## Museum of Early Trade and Craft Lecture



## Park Avenue Club— Cocktail Hour





## SUPPLEMENTS

A physician friend, Dr. Rajender Arora, recently sent me an informative write-up on **Dietary Supplements**. We reproduce it below in the belief that the community residents will find it useful. According to the Council for Responsible Nutrition's 2020 consumer survey, 73% of Americans take dietary supplements.



According to a review published in *Nutrients*, there were roughly 85,000 supplements made by 600 manufacturers in 2018.

According to a 2019 review published in *Microorganisms*, the global market for probiotics is predicted to exceed \$3 billion by 2024.

Dietary supplements are IMMENSELY popular, but do you know fact from fiction when it comes to these products?

Here are some known facts regarding dietary supplements:

1. Dietary supplements are only loosely regulated, undergoing little or no government testing for safety or effectiveness before hitting store shelves. The 1994 Dietary Supplement Health and Education Act (DSHEA) shifted much of the responsibility for a supplement's safety onto its manufacturer. This means that dietary supplements do not need approval from FDA before manufacturers market them. However, it requires manufacturers to report adverse health issues to the FDA to determine the safety of their products.
2. FDA has recalled many dietary supplements because of the harmful effects of certain non-dietary elements (bacteria, pesticide, metals), false claims about the amount of the dietary ingredient, or a complete absence of the advertised dietary ingredient. Overall study results have indicated that 75% of declared quantities on the label were inaccurate.
3. Researchers have concluded that most people need not take any supplements, and they often do not have any measurable impact on health. They, however, found firm evidence to support the use of probiotics in two conditions
  - A. Respiratory tract infections.
  - B. Antibiotic induced *Clostridium difficile*-associated diarrhea.

Probiotic supplements do not appear to have a universal or persistent impact on the gut. A personalized approach to probiotic consumption is probably the best way forward.

4. Remember, the best way to meet your nutritional requirements is through the food you eat, rather than dietary supplements. But if supplements are a necessity, it is important to check nutrition labels carefully.

However, a rising number of people will use supplements in the future. This is because we have no teaching of supplements or preventive medicine. Apparently healthy people suffer from hundreds of minor symptoms of unknown cause. To see a doctor, every time a symptom emerges, is not practical. It is easier to check with Dr. Google and buy supplements as they are not expensive. Also, the fact remains that many people with chronic conditions do get benefit from taking supplements. The only way to avoid their overuse is to educate people. Supplements/preventive medicine should be taught routinely in each school and college of this world. Health is more important than wealth and prevention is better than cure. Books, magazines, and specialists on preventive medicine should be readily available.

I have been buying my supplements for many years from "GNC store" and "Life Extension" without any problem. "Life Extension" has had major legal issues with FDA. As a result, FDA randomly but routinely checks their products.

## **Supplements Continued.....**

This keeps the company on the “edge” and thus I think their products are kept up to par. “Life Extension” also publishes a monthly magazine with articles on various products and they give hundreds of references with each product. At least, I get to know more about the products; people’s thoughts on the products, and what actual ingredients are supposed to be in each of the products.

In my view, while using any supplement, if you get a new symptom, immediately stop taking the supplement to see if the symptom goes away. Recently one of my family-member called me long distance because she had lost her eyebrows. On taking history, I found out that she was taking Ashwagandha, an ancient medicinal herb that allegedly helps manage stress and anxiety. When she stopped taking it, the eyebrows gradually grew back. Not that it proves anything, but it indicates the problems that can occur while using any supplement. In summary, do take supplements but carefully because the FDA is not controlling them.

Rajender K. Arora, MD, FACG, ABIHM (Retired)

## **JEWISH AMERICAN HISTORY MONTH (JAHM) – MAY 2022**

Stories of triumph and bravery always get us in the mood for celebrations, and this Jewish American Heritage Month in May is no different. From contributing important scientific discoveries to raising the flag for the abused and neglected, Jewish people have had a huge role to play in where America stands today on the world stage. The more than 350-year history has given us names like Albert Einstein and Ruth Bader Ginsburg — both of whom fought through hard times to emerge victoriously. In order to honor the Jewish communities’ continued achievements, May was declared as Jewish American Heritage Month by former president George W. Bush back in 2006.

Jews first arrived on American soil back in 1654 in New Amsterdam. In search of better opportunities and lifestyles, they made the U.S. their new home base, finding in it a space where they could openly practice their faith and lead their lives freely without the fear of persecution. The efforts to create a Jewish American Heritage Month had been in the pipeline since 1980. The U.S. Congress passed and authorized a bill that would allow President Carter to designate a special week in either April or May for Jewish heritage celebrations. Finally, in April of 2006, the whole month of May was dedicated to recognizing and honoring Jewish contributions and achievements.

Einstein faced ridicule and bullying growing up with many of his teachers giving up on him. If he had succumbed to society’s ugliness, we, as human beings, might have missed out on a lot of great things today. Likewise, Ginsburg faced sexism at her workplace. People did not want to work with her just because she was a woman and many still believed that a woman’s place was in the kitchen. However, she pushed on and became the harbinger of many helpful laws, including abortion rights.

Jewish people have also been great advocates for other minorities and their rights in America. They participated in the Civil Rights Movement, making up a large portion of white Americans who showed up at voter registrations, rallies, sit-ins, etc. While, today, things may not be as difficult as they were even less than a hundred years ago, all the achievements by Jewish people, big and small, deserve to be recognized and celebrated — and there’s no better time than in Jewish American Heritage Month (JAHM).

### **HOW TO OBSERVE JAHM**

Read up on current issues (such as the war in Ukraine and how it affects Jews)

Celebrate with others

Donate money or time to organizations

### **WHAT DO WE CELEBRATE DURING JAHM?**

Jewish American Achievements

Enormous Resilience

A Celebration of Humanity

### **CELEBRATE ISRAEL DAY PARADE IN NYC – SUNDAY MAY 22ND**

## INTERESTING FACTS FOR THE MERRY MONTH OF MAY

- 1494 – Christopher Columbus discovered Jamaica
- 1607 – Jamestown, Virginia became the 1<sup>st</sup> permanent English settlement in America
- 1792 – Two dozen merchants and brokers established the New York Stock Exchange
- 1796 – Smallpox vaccine was developed by Dr. Edward Jenner – Within 18 months the number of deaths declined by two-thirds
- 1804 – Meriwether Lewis and William Clark departed St. Louis for their expedition to explore the Northwest
- 1844 – Samuel Morse sent the 1<sup>st</sup> telegraphic message from Washington DC to Baltimore – It said “What hath God wrought?”
- 1862 – President Abraham Lincoln signed the Homestead Act opening millions of acres of government-owned land in the west to “homesteaders” who could acquire up to 160 acres at a cost of \$1.65/acre if they lived on and cultivated the land for 5 years
- 1869 – A golden spike was driven to celebrate the linkage of the Union Pacific and Central Pacific railways in Promontory Point, Utah
- 1875 – The 1<sup>st</sup> Kentucky Derby horse race took place at Churchill Downs in Louisville
- 1881 – American Red Cross was founded by Clara Barton
- 1888 – Israel Isidore Baline was born – The world knows him as Irving Berlin, one of America’s greatest songwriters
- 1889 – Heavy rains during the month caused the Connemaugh River Dam in Johnstown, Pennsylvania to burst killing over 2300 people
- 1893 – Wall Street crashed - Ultimately closing 600 banks, bankruptcy for 15,000 business, leading to 20% unemployment
- 1897 – Jell-o gelatin was introduced
- 1915 – British passenger ship *Lusitania* torpedoed by a German submarine off the coast of Ireland eventually leading the United States into World War I
- 1922 – Lincoln Memorial was dedicated in Washington, DC
- 1927 – Charles Lindbergh completed 1<sup>st</sup> non-stop solo flight from New York to Paris
- 1931 – Empire State Building opened its doors as the tallest building in the world
- 1932 – Amelia Earhart was the 1<sup>st</sup> woman to fly solo across the Atlantic Ocean
- 1937 – German airship Hindenburg burst into flames as it approached Lakehurst NJ after a Trans-Atlantic voyage  
Golden Gate Bridge in San Francisco was opened
- 1942 – Act of Congress allowed the formation of the Women’s Auxiliary Army Corps (WAAC), Women Appointed for Voluntary Emergency Service (WAVES), Women’s Auxiliary Ferrying Squadron (WAFS), and Semper Paratus Always Ready Service (SPARS) so that women could enlist for noncombat duties during World War II



1945 – German General Alfred Jodl signed the unconditional surrender of all German forces thereby ending World War II in Europe

1949 – Soviet Union lifted the blockade of Berlin – For 462 days, known as the Berlin Airlift, American and British planes flew over Berlin delivering tons of food, medical supplies and fuel to the isolated West Berliners

1960 – American U-2 spy plane piloted by Gary Powers was shot down over central Russia. He survived the crash and was tried, convicted and sentenced to 10 years in prison. Released 2 years later in exchange for an imprisoned Soviet spy.

1961 – Alan Shepard became the 1<sup>st</sup> American in space piloting the *Freedom 7* for a 15 minute suborbital flight 116 miles above the earth.

1970 – Four students at Kent State University in Ohio were killed by National Guardsmen who opened fire as they protested President Nixon's decision to invade Cambodia - Demonstrations at college campuses across the US followed.

1972 – George Wallace was shot while campaigning for the presidency – He became permanently paralyzed from the waist down.

1977 – Original *Star Wars* movie was released in theaters throughout the US.

1980 – Eruption of Mount St. Helens volcano in Washington State spewed steam and ash 11 miles into the sky.

1981 – Pope John Paul II was shot twice while riding in an open vehicle in St. Peter's Square.

1992 – The 27<sup>th</sup> Amendment was ratified prohibiting Congress from giving itself pay raises.

1994 – Former prisoner Nelson Mandela was inaugurated as president of South Africa.

2011 – Osama Bin Laden was killed during a raid of his secret compound in Pakistan.

May 1 – Observed as May Day as a holiday and spring festival. Also observed as a worker's Holiday (Labor Day) in socialist countries.

May 4– Star Wars Day - "*May the 4<sup>th</sup> be with you*" from the saying "*May the Force be with you*"

May 5 – Celebration of Cinco de Mayo, a Mexican holiday to commemorate the Battle of Puebla. In 1862 when Mexican troops defeated French forces of Napoleon III.

It is said that those born in the month of May have a greater chance to be successful as they have a greater understanding of love and success.

A United States president has died in every month of the year except during the month of May.

# Calendar of Programs and Events May 2022



| Sunday                                | Monday                                                                         | Tuesday                                                                                             | Wednesday                                                                    | Thursday                                                                                       | Friday                                                                                                                         | Saturday                     |
|---------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| 1                                     | 2<br>Open Mahjong –2PM<br>Bocce-5PM<br>8 Ball Pool-7:30PM                      | 3<br>Chair Yoga-10AM<br>Needlework Club-1PM<br>Open Canasta- 7PM<br><b>METC Lecture Series-7PM</b>  | 4<br>Bridge 101 Zoom-3PM<br>Master Gardener Zoom Presentation-7PM            | 5<br>Open Canasta- 10AM<br><b>Men's Social 5:30-7PM</b><br>Poker Night-7PM                     | 6<br>Yoga- 8:30AM<br>Walking Club –11AM<br><b>Movie Night "Dune" - 7PM</b>                                                     | 7                            |
| 8 <b>Mother's Day</b>                 | 9<br>Open Mahjong –2PM<br>Bocce-5PM<br>8 Ball Pool-7:30PM                      | 10<br>Chair Yoga-10AM<br>Needlework Club-1PM<br>Open Canasta- 7PM                                   | 11<br>Open Bridge-2PM<br>Meet and Greet-5PM                                  | 12<br>Open Canasta- 10AM<br>Poker Night-7PM<br><b>Outer Space Talk with Jerry Krassner-7PM</b> | 13<br>Yoga- 8:30AM<br><b>Traction Line Walk- 11AM</b><br>"South Pacific" Mayo Performing Arts-8PM                              | 14                           |
| 15                                    | 16<br>Open Mahjong –2PM<br>Bocce-5PM<br>8 Ball Pool-7:30PM                     | 17<br>Chair Yoga-10AM<br>Needlework Club-1PM<br><b>COA Meeting-5PM</b><br>Open Canasta- 7PM         | 18<br>Open Bridge-2PM<br>Board Game Night- 7PM                               | 19<br>Open Canasta- 10AM<br>Poker Night-7PM                                                    | 20<br>Yoga- 8:30AM<br><b>Zuck Arboretum Walk –10:30AM</b><br><b>Chefs for Seniors Demo-7PM</b>                                 | 21<br><b>Comedy Show-7PM</b> |
| 22                                    | 23<br>Open Mahjong –2PM<br>Bocce-5PM<br>8 Ball Pool-7:30PM                     | 24<br>Chair Yoga-10AM<br>Needlework Club-1PM<br>Open Canasta- 7PM<br><b>METC Lecture Series-7PM</b> | 25<br>Open Bridge-2PM<br>Meet and Greet-5PM<br><b>Book Club "Honor"- 7PM</b> | 26<br>Open Canasta- 10AM<br>Poker Night-7PM<br><b>Singles Group-7PM</b>                        | 27<br>Yoga- 8:30AM                                                                                                             | 28                           |
| 29<br><b>Memorial Day BBQ 3PM-7PM</b> | 30 <b>Memorial Day</b><br>Open Mahjong –2PM<br>Bocce-5PM<br>8 Ball Pool-7:30PM | 31<br>Chair Yoga-10AM<br>Needlework Club-1PM<br>Open Canasta- 7PM                                   |                                                                              |                                                                                                | <div>Please note that some dates and times are subject to change due to current COVID restrictions within the community.</div> |                              |