



The Holiday Villager

January 2022



PRESIDENT'S MESSAGE

by Barb Maimone



Our Holiday Party in December was sold out. Everything was wonderful and the Social Committee did a super job getting this party together. Thank you all for all your hard work!



The kitchen remodeling is scheduled to start on January 5th. PLEASE be patient until it's completed.

The BOT is in the process of reviewing pool contractors for this new year. Unfortunately, these contractors are slow to get back to us with their bids. More info will be provided at a later date. We are still reviewing the removal of some of the grass in the pool area and enlarging the pool deck. No decisions have been made at this time. We will need to get costs involved for this project.

The Singles Committee party was a hit with our residents. They needed to move some of the party into the ballroom due to the turn out. They also had a New Year's Eve covered dish party. Betty Gentile is doing a wonderful job getting our singles involved. Thank you, Betty, for all your input with this group.

Wishing everyone a **HAPPY AND HEALTHY NEW YEAR!**



HELP WANTED

THE HOLIDAY VILLAGE FINANCE COMMITTEE

NEEDS SOME NEW MEMBERS

PLEASE CONTACT THE OFFICE TO VOLUNTEER



The Holiday Villager

January 2022

The Villager Staff

Editor & Directory Manager	Gil McDonald
Secretary and Columnist	Susan Powell
Calendar Editor	Ida Miller
Distribution	Margaret Gilfillan & Kathy Hoagland
CONDO Distribution	Joe Sykes

Writers and Columnists:

Joan Fingerman	Debra Kramer
Linda Flannery	“Ima Plant”
Joe Sykes	Rita Sykes
Jill McDonald	“Lee Galese”
Photographers:	Sue Halfman; Debbie Dion

This lineup is getting seriously sparse.

New folks welcome.

Call Gil: 856-234-0253.

The Holiday Villager welcomes news items, notices, and letters. All material may be e-mailed to gmcd59@aol.com. Although e-mail is preferred, brief, concise typed letters or legible handwritten material may be dropped off at the Holiday Village . office. All material must include the writer’s name and phone number. Names will be withheld upon request.

Opinions expressed in submitted material are not necessarily those of the editorial staff or the Board of Trustees. We reserve the right to reject any material deemed to be inappropriate. We also reserve the right to edit all submissions, but we will make every effort to maintain the writer’s concept and meaning.

Neither the Holiday Village Community Services Association nor *The Villager* has any control over or interest in any published advertising. We accept no responsibility for goods and services advertised herein.

**Deadline for the February 2022 issue is
January 10**

**Holiday Village Community Services
Association**

OFFICERS AND TRUSTEES

1 Holiday Boulevard, Mount Laurel, NJ 08054

President	Barbara Maimone
Vice President	Gail Moyer
Secretary	Joe Sykes
Treasurer	Mike Trust
Trustee	Bruce Sleister
Trustee	Ruth Wian
Trustee	Tony Mancini

Community Manager

Kerri Perez

kerri.perez@associa.us

Administrative Assistant

Deb Taraska

deborah.taraska@associa.us

CLUBHOUSE HOURS

Seven Days a week: 6 a.m. to 11 p.m.

HVCSA OFFICE HOURS

Monday, Tuesday, Wednesday & Friday

9 a.m. - 3 p.m.

Thursday 9 a.m. - 4 p.m.

Appointments by request

856-866-1753

Holiday Village Condominium Association

President	Janice Weiner
Vice President	Jack Fisher
Secretary	Priscilla Knapp
Treasurer	Trudy Collins Tomkowicz
Trustee	Dorotea Rafanelli
Trustee	Sue Santacroce
Trustee	Ann Torre

Condo Community Manager

Lynne Hartmann

lynne.hartmann@associa.us

Condo Administrative Assistant

Lisa Bianchini

lisa.bianchini@associa.us

Associa Condo Office. . . 856-996-1646

HVCSA Management Corner

SNOW REMOVAL PROCEDURES FOR SINGLE FAMILY AND COURT HOMES

1. The HOLIDAY VILLAGE COMMUNITY SERVICES ASSOCIATION (HVCSA) contractor is responsible for clearing snow from community driveways, aprons, walkways and sidewalks following a snowfall of three inches or more. They will begin clearing the snow within two hours or as soon as possible **AFTER** the snowstorm has **ENDED** and **AFTER** the **TOWNSHIP** has plowed the streets
2. Please remove all decorative items from outside of your home. The contractor is not responsible for damage to items left outside.
3. Avoid parking on village streets; the Clubhouse lot may be used.
4. DO NOT PARK ON YOUR LAWN.
5. The Association does NOT apply salt, sand or calcium chloride to the streets.
6. Homeowners will be responsible for their own snow removal if accumulation is less than three inches.
7. The Association is NOT responsible for the removal of ice. Each resident is responsible for keeping their driveways, aprons, walkways and sidewalks ice free. We recommend purchasing calcium chloride pellets and having them available for entire winter. Rock salt is not recommended as it destroys the concrete.
8. The Township's Public Works number is 856-234-2070.
9. Residents needing urgent medical attention should contact 911. The Association does not have the ability to respond to individual medical needs.
10. If the contractor damages your property during snow removal, you must let the office know within 7 days.

BLANKETEERS by Jill McDonald

Fourteen Holiday Village residents once again gathered to donate the hats, scarves, and mittens they had made since our last meeting for the pre-schoolers at Pemberton Early Childhood Development Center and Mount Laurel elementary students. Literally hundreds of handmade items have been gathered in the craft room at our clubhouse. The first 120 sets were delivered to the Pemberton Center where Debbie Ceplo, Principal and daughter of HV resident and member of the Blanketeers, **Suzanne Melchiorre**, accepted them on December 17. Earlier in the week, **Jill McDonald**, chairman of the Blanketeers met with some of the children via Zoom to show them the crochet hooks, knitting needles and looms used to create their new winter wear.



We welcomed **Pat Rothenhofer** as a new member of our group. The Blanketeers meet on the second Friday of each month September to May at 10:15 at the club house to turn in finished items, work on current projects, pick up yarn supplies, teach each other new stitches or help a member struggling with a current project. **Laura Frati** is especially willing to share her knowledge and talents with others.

Thanks to all the Holiday Villagers who donated mittens and gloves to this project. We only have one mitten maker, **Linda Blum**, at this time, so we were especially grateful for those many donations. Other residents have continued to donate yarn and additional funds over the course of the year to supplement the grant we receive each year from our HV Board. Some of the very productive members of our group are unable to attend meetings, but work independently at home when their busy lives allow.

Consider joining our group as an outlet for your creations and a source of materials for making even more afghans, lap robes, baby items and to start on a new supply of hats and scarves for 2022 donations.

LEAVE IT TO THE BEAVERS

by Ima Plant, working underground for the Common Grounds Committee



...We might not have a choice! You would think we lived in the hills of Vermont for all the wild things that inhabit our Common Grounds! Among the Holiday Village residents more elusive than our herons and white-tailed deer would be the beavers. They sleep in their underwater lodges during



the day and are out and about mostly at night. But they can sometimes be seen during the day. We have witnesses! The best time to spot beavers lumbering along from lake to lake, or swimming with just their noses, eyes, and ears sticking above water, is at dusk and dawn, just like deer. But one particular beaver must think we 55+’ers go to bed really early and arise late, since he has been caught in the act way



too many times these days! That one, known not so fondly as “Bucky” Beaver, is currently wreaking havoc at Lake #1, gnawing and chomping down every young deciduous tree and bush near the shoreline. Apparently, he is not a fan of arborvitae. Bucky, or perhaps a member of his family, has also been seen doing laps in Lake #3. We likely have many “Buckys” among our eight lakes, since young beavers, or kits, stay with their parents for two years, and often set up their own lodges nearby when they start their own families.

Just the Facts:

Beavers are the largest rodent in North America. They are herbivores. Tree bark and leaves are their favorite winter food. Their summer diet expands to include other vegetation, including aquatic plants and berries. Beavers do not hibernate, much to the chagrin of Lake #1 residents! They store sticks and logs in a pile in their lakes, dining on the bark all winter long. Some people mistake a ground hog living under their deck for a beaver. What distinguishes beavers is their wide, flat tail, used for slapping the surface of the water to warn other beavers of approaching danger.



Beavers are monogamous. A female will typically have one litter of kits per year, with the litter size ranging from 1-4. Beavers are slow on land, but are good swimmers, able to stay under water 15 minutes or more and can cruise at speeds up to five mph. They have transparent eyelids, like goggles, enabling them to see underwater. Beaver teeth grow continuously throughout their lives. Their constant gnawing on trees for food and building materials keeps their teeth from getting too long and keeps some HV lakeside homeowners beyond flabbergasted!



Beaver dams are not the same as their lodges, their underwater homes. Beavers build dams in streams and creeks when they need to stop water flow before they build their lodge, to ensure that their lodge is securely surrounded by water. Our lakes make it easy for Bucky & Co., since they are ready for lodge building – no dam required!

And here’s some “Beaver” trivia for you: Were you, like me, wondering about “Leave it to Beaver?” In an interview during his adult years, Jerry Mathers, who starred as Theodore Cleaver, or “The Beav,” on the 1957-1963 TV series “Leave it to Beaver,” claimed his TV nickname was the name of a WWII Merchant Marine shipmate of the show’s writer, John Connelly. It seems Connelly kept an ongoing list of names he liked, to be used as he developed his characters. This is counter to the explanation Connelly wrote into the last episode – which suggested that older brother Wally could not pronounce “Theodore” when he was young, and his attempts got twisted into “Beaver.” You decide.



by Joe Sykes



As we enter the New Year 2022, I thought it would be interesting to see what life and costs were like fifty years ago in 1971.

Cost of a new home: \$25,250. Gallon of regular gas: 0.36. Gallon of milk: \$1.18. Dozen eggs: 0.53. First class stamp: 0.08 Average price of a new car: \$3,742. Best-selling new car: Chrysler New Yorker.



At McDonald's you could get a full meal of a Quarter Pounder, large fries, hot apple pie and a large Coke for a total of \$1.62.

Top movies 1971: "A Clockwork Orange," "Patton," "Fiddler on the Roof," "The French Connection" George C. Scott won the Best Actor Oscar for his portrayal of Second World War hero, General George S. Patton Jr. We could use a few generals today like him and MacArthur and Eisenhower.



Billboard top 10 songs of 1971:



"Joy to The World," Three Dog Night; - "Brown Sugar," The Rolling Stones; - "Maggie May," Rod Stewart; - "My Sweet Lord," George Harrison; - "It's Too Late," and "I Feel the Earth Move," Carole King; - "Knock Three Times," Tony Orlando and Dawn; - "Just My Imagination," The Temptations, - "Country Road,:" - John 'Denver; "Indian Reservation," Paul Revere and the Raiders.



1971 - All in all it was a pretty good year.

Remembering a simpler time.....

I was born in the 40s; loved growing up in the 50s. Great movies, cool cars and music. Songs that usually told a story and lyrics you could understand with no x-rated words. Now even in restaurants you see all family members on their cell phones. We played outside till the streetlights came on and on non-school nights even longer. Very few obese children. We made friends in school and neighborhood that at my "advanced" age I still have. Would not have changed a thing. A couple of my grandkids' friends asked me what it was like for me growing up...so I took away their phones shut off their internet, gave them a popsicle and told them to go outside until the streetlights came on.



We were a generation that started the **Rock and Roll** craze of the mid-fifties that is still going strong today. Remember "**Rock and Roll is here to stay; it will never die.**" It was the time of the Teenage Idol. **Frankie Avalon, Ricky Nelson Bobby Rydall and The "King" Elvis.**

One of the greatest girl singers of that time was the great **Connie Francis.** At one time she was the largest selling female recording artist world-wide.

2022 is here; time to make your New Year's resolutions. My New year's Resolution is to break my New Year's Resolutions That way I succeed at something!! My 2022 Resolution is to stop procrastinating. But I'll wait until tomorrow to start. I think I'm going to celebrate New Year's Eve by making many POUR decisions. I'm gonna order a pizza five minutes before the new year and when it arrives, I will say, "I ordered this a year ago!"

**HERES WISHING ALL OUR VILLAGERS AND THEIR FAMILIES
A SAFE, HEALTHY AND PROSPEROUS
HAPPY NEW YEAR**

HEALTH & WELFARE HAPPENINGS

by Joan Fingerman



Please come out & have your blood pressure checked. Jayne, our visiting nurse, comes the first Friday of every month from 10:00 to 11:30. She enjoys visiting Holiday Village and providing this service. She gets quite lonely when no one shows up, so come on over.

Healthy Bones is every Monday & Wednesday from 10:00 to 10:45.

It is a low impact exercise class. Everyone is welcome. There is no sign up.

Looking forward to seeing some new faces. We are planning some events which will be in the February Villager. Keep reading to find out the latest news and upcoming events.

Wishing everyone a Happy, Healthy & Safe New Year!

If you have any questions call Joan Fingerman at 215-880-3582.



WINTER TRIVIA!

Grab a cup of cocoa, cozy up in a comfy chair near your fireplace (or a heat vent), and test your knowledge:

1. Who narrated the 1969 animated *Frosty the Snowman*?
Jimmy Durante Perry Como Burl Ives
2. What happens in Killington, VT, when the total snowfall reaches 100 inches in a season?
free ski lift rides free hot chocolate free bar drinks
3. What TV series is associated with the phrase "*Winter is coming*"?
Schitt's Creek *Squid Game* *Game of Thrones*
4. Which animal hibernates during winter?
bear fox rabbit
5. What is the name of the medical emergency that happens when your body loses heat fast and your temperature gets dangerously low?
Hyperthermia Hypothermia Hypersensitivity
6. What is so special about the winter solstice?
longest day of the year shortest day of the year 12 hrs daylight & 12 hrs darkness
7. How many sides do snowflakes have?
6 sides 8 sides none (they're round)
8. Which location in the United States became the first to host the Winter Olympics?
Lake Champlain Lake Placid Lake George
9. Who said, "In the depth of winter, I finally learned that there was in me an invincible summer"??
Albert Camus Shakespeare Victor Hugo
10. Name the Disney movie that has a reindeer character named Sven.
Narnia *Frozen* *Snow Buddies*
11. *Cool Runnings* is a comedy loosely based on the true story of the Jamaica national bobsled team's debut in competition during which Winter Olympics?
1988 1998 2006
12. Which product was launched in 1961 as the first instant cocoa that could be made with hot water?
Hershey Nestle Swiss Miss

(Answers on Page 8)



January 29, 6 PM – 9 PM

Sign-Up: Tuesday, January 11, 2022 from 6 – 7 PM in the Clubhouse

Come for a night of Music, Dancing and Play **Name That Tune**

Music and Game Hosted by Michael Lazar

Prizes for **Name That Tune** Contest Winners

Assorted Sandwiches, Salads & Dessert

Soda, Water and Coffee

BYOB

Cost: \$18 per Person

Checks Only - Made out to HVSC

Each table will accommodate up to 8 attendees



St. Patrick's Day Party

March 12, 2022 6 – 9:30 PM

Sign-Up February 15th 6 – 7 PM in the Clubhouse

Corned Beef & Cabbage, Chicken, Potatoes, Vegetable, Salad

Dessert

Soda – Coffee – Water

BYOB

DJ - Michael Lazar

Cost Per Person \$20

Checks Only – Made out to HVSC

HOLIDAY VILLAGE EVENTS ARE CONTINGENT ON THE STATE OF NJ 2022 COVID-19 MANDATES

Contact: Linda Flannery 856-261-6619 / linda.flannery@comcast.net



Condo President's Memo



by Janice Weiner

Note: This article is specific to Holiday Village Condominium owners and residents only!

Happy New Year!

Holiday Village Condo Association: - The annual budget and election meeting was held on December 2, 2021. There were 12 people in the audience. Out of the 136 condo units, there were 47 ballots which had been received. These were opened and tallied. All current board members were reelected. Thank you to the people who came out that evening. Going forward, if there's anything you want to bring to the board, get on the agenda by contacting Lisa Bianchini, Condo Administrative Assistant at lisa.bianchini@associa.us or 856-996-1646. The Board meets monthly on the last Wednesday of the month, at 7 p.m.

SNOW - It's a 4-letter word! If we have any, please try to sweep off the snow from the upper deck to the sides. Please don't overkill with salt use! Salt does a number on our wooden decks and metal steps.

Watch out for the Bobcat! He'll be parked by our recycle bins, and only used after condo roadways have been plowed. The Bobcat will be used to clear empty parking spaces - so, after the road is plowed, please move your car if you're able to. You can temporarily park it against the curb or the berm. The Bobcat will not be used to remove snow between parked cars.



HOA Automatic Payment - Just a reminder that, if you do auto payment for your HOA monthly fee, check with your bank or credit union regarding the change in fee amounts which start with the January 2022 payment.

Stay safe - Janice

The CONDO-area trash and recycle Dumpsters are placed and paid for by the CONDO Association. ONLY CONDO residents may use them.

OXYGEN CONCENTRATOR FOR SALE

Villager **Doug Buchanan** has an "OxyGo Fit" portable oxygen concentrator with spare battery and carrying case for sale. Only slightly used.

He would like to make a deal with a fellow Villager at a mutually agreeable price. You can contact him at 856-761-7242 or buch9703@gmail.com.



Winter Trivia answers: Durante, free bar drinks, Game of Thrones, bear, hypothermia, shortest day, 6 sides, Lake Placid, Albert Camus, Frozen, 1988, Swiss Miss

CALLING ALL ARTISTS !!

by Jeff "Doc" Schaeffer

Welcome, Holiday Village artists. We get together every Monday at 12:30 for an hour or so of working and talking. Sometimes there are visiting artists giving instructions and projects. Experience or talent are not necessary.

Ginny Marchiando Jeff Schaeffer



JILL IS A JENNIE NOMINEE

Who is a what? Hang on; I will explain.

Jill is Villager Jill McDonald. She leads the Blanketeers, the village ladies who knit and crochet afghans, lap robes, hats, scarves and mittens for donation to several community needs. She is on the Communications, Health & Welfare and Common Grounds Committees. Outside Holiday Village, she is Garden District Vice President of the New Jersey State Federation of Woman's Clubs (NJSFWC), with 29 clubs from Edgewater Park to the Delaware Bridge. These activities and an impressive history of service at Fort Monmouth, in Korea when her husband, Gil, was in the Army and in Tinton Falls, where she was club president for 19 years, made for a powerful resume. She gained the New Jersey nomination for the NJSFWC Jennie Award and recently cleared the Mid-Atlantic Region (New York, New Jersey, Pennsylvania and Delaware) hurdle enroute to the national competition.



That was the 'who.' Now to the "what."



Jennie June Croly was the founder of the worldwide General Federation of Women's Clubs (GFWC). Best known by her pseudonym, Jennie June, Jane Cunningham Croly was a British-born American author and journalist. She was a pioneer author and editor of women's columns in leading newspapers and magazines in New York. She formed the GFWC in 1890 to support clubs throughout the nation and further their efforts at providing education, improved working conditions, health care, scholarships, and other reforms. Through her dedication to women's clubs, she committed to helping other women obtain the education that the society of men had failed to support. Jennie June was looking ahead, not behind. The Jennie award highlights those extraordinary clubwomen who epitomize her spirit of independence, courage, and persistence in purpose through their roles as volunteers within their clubs, elsewhere in the community, and as members of a family or extended family. The GFWC Jennie Award is the only national honor that recognizes individual members for personal excellence. In fact, it is the highest honor bestowed by GFWC.

In 2014, Jill won New Jersey's highest honor, the Cecilia Gaines Holland Award, for service outside the Federation. Now she's up for the top national award. We'll keep you posted.

CHESS, ANYONE?



Villager Ed Kent is looking for some Holiday Village chess players. Can you "castle," or kill "en passant?" No matter. If you enjoy chess, give Ed a call or text at 856-905-8421. Email is edkent8@gmail.com.



HEAVEN

An Internet Capture

Hi. This is your late loved one speaking. I don't have long, so listen up because I have a lot I want to tell you. First off, I get it. Ever since I left this world you have missed me, and I know you're bracing for the holidays without me. No matter what anyone says, this year's festivities are going to be really tough. In fact, let's be honest, this festive season will probably suck pondwater. But then, Thanksgiving and Christmas are tough holidays for a lot of people. You're not alone.

See, the misconception about the holidays is that they are one big party. That's what every song on the radio claims. Each television commercial you see shows happy families clad in gaudy Old Navy sweaters, carving up poultry, smiling their perfect Hollywood teeth at the camera. But that's not exactly reality.

In reality, fifty-eight percent of Americans admit to feeling severely depressed and anxious during November and December. In reality, many folks will cry throughout the "most wonderful time of the year."

Well, guess what? Nobody is crying up here in heaven. This place is unreal. There is, literally, too much beauty to take in. Way too much.

For starters—get this—time doesn't even exist anymore. Which I'm still getting used to. Right now, for all I know, the calendar year down on Earth could be 1728, 4045, 1991, or 12 BC. It really wouldn't matter up here. This is a realm where there is no ticking clock, no schedule. Up here there is only this present moment. This. Here. Now. That's all there has ever been. And there is real comfort in this.

I know this all seems hard to grasp, but if you were here, you'd get it.

Also, for the first time I'm pain free. I feel like a teenager again in my body. You probably don't realize how long I've lived with pain because I never talked about it; I kept my problems to myself because I was your loved one and you needed me to be brave.

But pain is a devious thing. It creeps up on even the strongest person, little by little, bit by bit. Until pretty soon, pain becomes a central feature of life.

Sometimes my pain would get so bad it was all I thought about. No, I'm not saying that my life was miserable—far from it. I loved being on earth. It's just that simply waking up each morning was getting exhausting.

But, you know what? Not anymore. In this new place, I am wholly and thoroughly happy.

But enough about me. I don't have room to describe all the terrific things I'm experiencing, and you don't need to hear them. Right now, you're grieving, and what you need is a hug.

Which is why I'm writing to you. This is my hug to you. Because you've lost sight of me. And in fact, you've lost sight of several important things lately.

Death has a way of blinding us. It reorganizes the way you think, it changes you. You will never be the same after you lose someone. It messes with your inner physiology. It reorganizes your neurons.

But then, there's one teensy little thing you're forgetting: I'm still around.

Yes, you read that correctly, I'm right here with you. No, you can't see me. No, you can't reach out and hold me. But did you know that one of the things I'm allowed to do as a heavenly being is hang out with you?

It's true. I'm never far away. I'm in the room with you now, along with a big cloud of ancestors, saints, and witnesses. I'm shooting the breeze alongside you, watching you live your life, watching you raise your kids, watching your private moments of sorrow.

Here, in this new realm, I am in the perfect position to help you learn things. Which is what I vow to spend

(Continued on Page 12)

ON KEEPING CALM

by Susan Powell



I grew up in a family that was primarily Irish and Scotch. Like many others with UK ancestry, we didn't acknowledge or express unpleasant thoughts or feelings. Instead, we learned from an early age to maintain a cool outer facade as if everything was all right. As the current younger generation might say, we "fronted" all the time, even among ourselves. The realm of mental health didn't exist for us. People who had *those* problems were 'crazy.' *We didn't have any of that in our family.*



The reality was that on both sides of the family, there were individuals who suffered silently from depression, anxiety, obsessive behaviors, and substance abuse. So, besides freckles and blue eyes, my generation inherited some of these too. And, by the way, even if a child is adopted, or conceived via sperm donor, etc., they can still "inherit" family tendencies just from exposure to the everyday behaviors of the adults they're around - i.e. monkey see, monkey do. Patterns of behavior are learned and become the "norm" as if by osmosis. The pattern to stifle anything "unpleasant" was well established in our family. My siblings and I maintained stiff upper lips, kept calm and carried on . . . until we couldn't. Well, there's a price you eventually pay when you don't acknowledge or validate thoughts and feelings.

Unless you've been living under a rock, the topic of mental health concerns has exploded over the past few years. It is no longer a taboo subject. A few recent public examples that come to mind: Naomi Osaka's withdrawal from the 2021 French Open and subsequently skipping Wimbledon; Simone Biles pulling out of some 2021 Olympic events; suicides of Anthony Bourdain and Kate Spade; Prince Harry opening up in 2017 about his 20 year mental health struggle; Meghan Markle sharing personal challenges in an Oprah interview; Lane Johnson, an offensive tackle for the Philadelphia Eagles, revealing his battle with anxiety and depression.

You needn't be famous to suffer from mental health problems. Side effects of the ongoing Covid pandemic with the need to social distance, lockdown, and isolate include increased social anxiety among many adults of all ages and children, yes, children. Some professionals have voiced worry about the long-term effects on this generation of school children. There is also particular concern for the ongoing generalized anxiety, depression, and potential burn-out among our health care professionals and "essential workers".

Mental health disorders don't care what political party you belong to, nor your ethnicity, economic status or gender identification. They also don't care if you are vaccinated or not. It is estimated that half of all Americans will experience a mental health condition in their lifetime. This means that even if you yourself are not directly affected by a mental health issue, likely some of your friends and family are or will be.



In our family, my siblings and I broke the cycle of "keeping calm and carrying on" - each of us has faced unique challenges, sought and benefited from professional support, and shared aspects of our experiences with one another. We are role models to the younger generation, several of whom have tackled their own issues. There's no "one size fits all" magic bullet, and it's work, hard work, but so worth it. And it is so liberating and empowering to drop the pretense of silence and secrecy. Whew.

Get help, and support others you care about who may need to do so. Resources to consider: your primary doctor; your health insurance plan/company; for children and young adults in NJ <https://covid19.nj.gov/pages/youthhelp>; National Suicide Prevention LifeLine 1-800-273-

8255; NJ211 (via phone dial 211).

The 15 Minute Job

by Wally, the retired plumber

Beware of the 15-minute job. 15 minutes can turn into four hours in the blink of an eye! Why is this? Because you need tools to be brought into the job, drop cloths or coverings have to be put down and this all takes time - time not seen by most folks.

Adding onto the timeline are the *unforeseen* problems and issues that surface while you're trying to accomplish your task. For example:

- You're putting in kitchen or bathroom faucets, and not paying attention to the under-sink area. Why did the P-trap start leaking? You weren't working on the trap, but it's no longer a 15-minute job.
- Electrical example: install a new light fixture, and the old switch breaks. You didn't go into the job to fix the switch. You just expected to install a new light fixture.
- New floor: You start putting down a new floor, not paying attention to the *thickness* of the floor. Now you have to take a door off and cut the door because it's scraping the new floor.
- Replacing a closet doorknob: Be careful because if the new doorknob doesn't link up to the strike plate, you'll have to chisel to reset the plate.
- A European hinge that's wonky - can't be tightened anymore. Why? To finish this 15-minute job you have to disconnect the door and get longer screws (trip to Lowe's, Home Depot or some local hardware store). Maybe the hole is stripped, and now you have to use wood putty to fill into the original hole and let it harden before you can reinstall the hinge (yeah, that's going to take more than 15 minutes).

Do you see now why there is no such animal as a 15 minute job?

Construction, floors, plumbing, handyman, honey-do lists - never count on a 15-minute job.

Hints:

Bring the old screw or nail with you so you get the right head type, width and length.

If you're getting new nails or screws to use in a bathroom, you want stainless steel or it will rust and degrade. For varying weather or moisture conditions, use stainless as they will never rust.

A 15-minute job . . . maybe if you're Elizabeth Montgomery from *Bewitched* & twitch your nose!



HEAVEN, Continued

the rest of your earthly life doing, teaching you little lessons, lending you a hand when you least expect it, and desperately trying to make you smile. Actually, I've already been doing this stuff, you just don't realize it.

What, you don't believe me?

Well, wake up, pal. You know that tingle you get in your spine whenever you think of me? That's me. You know how, just yesterday, you had a beautiful memory when you were driving, and it made you cry so hard that it actually felt good and you began to laugh through tears? Also me.

You know how sometimes when you're all alone, preoccupied with something else, suddenly you get this faint feeling that someone is standing in the room with you? Hello? Me.

You're not alone on this earth. You never were. You never will be. So during this holiday season, when cheerful families are getting together and making merry, and taking shots of eggnog, I'm going to be clinging to your shoulder, helping you muddle through somehow.

I'll be making your spinal column tingle a lot, and I'll be sending plenty of signs. Each of these signs—every single one—is code for “I love you.” So start paying attention to these hints.

Because this was one.

KUDOS TO H&W AND LENAPE STUDENT WORKERS



Kudos to Joan Fingerman and members of the Holiday Village Health and Welfare Committee as well as the fine Lenape High School students--Samuel, Leah, and Madi—who worked their magic in my yard on Saturday morning, November 20.

These three high school juniors, all National Honor Society members, arrived at my home promptly at 9 a.m. They were just one of the teams that fanned out across our Village ready to rake and bag leaves. In my case, I have four mature trees on my lawn that are beautiful, but producers of enormous quantities of leaves.

Not only was the team of Samuel, Leah, and Madi thorough, efficient and neat, but they were delightful to speak with. In my opinion, they are a credit to their school and their generation.

This is a wonderful service, one that I hope we can employ for years to come. Yes, they are well worth the donations that Villagers contributed.

Betsy Carpenter



RYTA'S RECIPE—PORK AND SAUERKRAUT OUR FAMILY'S TRADITIONAL NEW YEARS DAY GOOD LUCK DINNER



By Rita Sykes

- 4 large potatoes cubed. 32 oz. bag Sauerkraut, drained
1 Large onion chopped 1 Large tart apple, chopped
2 Tbsp. packed Brown Sugar. 1 tsp. Caraway seeds
1 tsp. Minced garlic ½ tsp. pepper
2 ½ -lb. Boneless Pork Roast



1. Put potatoes in slow cooker.
2. Combine remaining ingredients except pork in slow cooker.
Place half the sauerkraut mixture on top of potatoes, add roast.
Top with remaining sauerkraut mixture.
3. Cook on high 3-4 hours



AND Bon Appetit






















2022

HVCSA

ACTIVITIES

2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 <i>Hello January!</i> 	3 9:00 Pickleball 12:30 Art Group 	4 9:00 Pickleball 9:30 Aerobics BINGO 7:00	5 9:00 Pickleball 10:00 Healthy Bones 	6 9:00 Pickleball 9:30 Aerobics 1:00-4:00 Mah Jongg 4:00 Theater Group 6:30 Line Dancing	7 9:00 Pickleball 10-11:30 BP Screening 	1 9:00 Pickleball <i>Happy New Year!</i> 9:00 Pickleball
9 	10 9:00 Pickleball 12:30 Art Group <i>Houseplant Appreciation Day!</i> 	11 Trash & Recycle 9:00 Pickleball 9:30 Aerobics 4:00 BOT Meeting 701-802-5028; Code 6156135 6:00-7:00 SIGNUP III for JAN 29th "Name That Tune"	12 9:00 Pickleball 10:00 Healthy Bones 10:30 Book Club 	13 9:00 Pickleball 9:30 Aerobics 11:00 Finance Committee 1:00-4:00 Mah Jongg 4:00 Theater Group 6:30 Line Dancing	14 9:00 Pickleball 10:00 Blanketeers 	8 <i>Elvis' Birthday!</i> 9:00 Pickleball
16 	17 9:00 Pickleball 12:30 Art Group 	18 Trash Day 9:00 Pickleball 9:30 Aerobics National Winnie The Pooh Day 	19 ARB Applications Due 9:00 Pickleball 10:00 Healthy Bones National Popcorn Day 	20 9:00 Pickleball 9:30 Aerobics <i>National Penguin Day!</i> 1:00-4:00 Mah Jongg 4:00 Theater Group 6:30 Line Dancing	21 9:00 Pickleball 	15 9:00 Pickleball 
23 NATIONAL PIE DAY! 	24 9:00 Pickleball 12:30 Art Group <i>National Compliment Day!</i> 6:00 Shuffleboard League	25 Trash & Recycle 9:00 Pickleball 9:30 Aerobics 11:00 Communications 602-580-9771; Code 3251355 4:00 BOT Meeting 701-802-5028; Code 6156135	26 9:00 Pickleball 10:00 Healthy Bones 6:00 Shuffleboard League 6:30 ARB Meeting 7:00 Condo Board 702-770-5505; Code 241273	27 9:00 Pickleball 9:30 Aerobics 1:00 Mah Jongg 4:00 Theater Group 6:30 Line Dancing	28 9:00 Pickleball 	22 9:00 Pickleball 
30 I LOVE WINTER 	31 9:00 Pickleball 12:30 Art Group <i>National Backward Day!</i> 6:00 Shuffleboard League	<p>January is: Bath Safety Month, Blood Donor Month, Hobby Month, Hot Tea Month, Oatmeal Month, and Soup Month! Stay safe & warm, eat well, and have some fun!</p>		29 9:00 Pickleball 6-9 Event Night! <i>"Name That Tune!"</i> 	<p>Pickleball Update Scheduled every morning at 9:00, to take advantage of the best weather days and morning sun! Reply to "ALL" to Katie's email, indicating the days you'll be playing: klicatdole@comcast.net All new players are welcome! Contact Don Joseph to learn the basics: 856-938-5012; don7532@comcast.net</p>	



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About Val: Worked in hospice for 5 years
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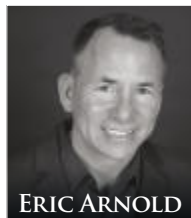
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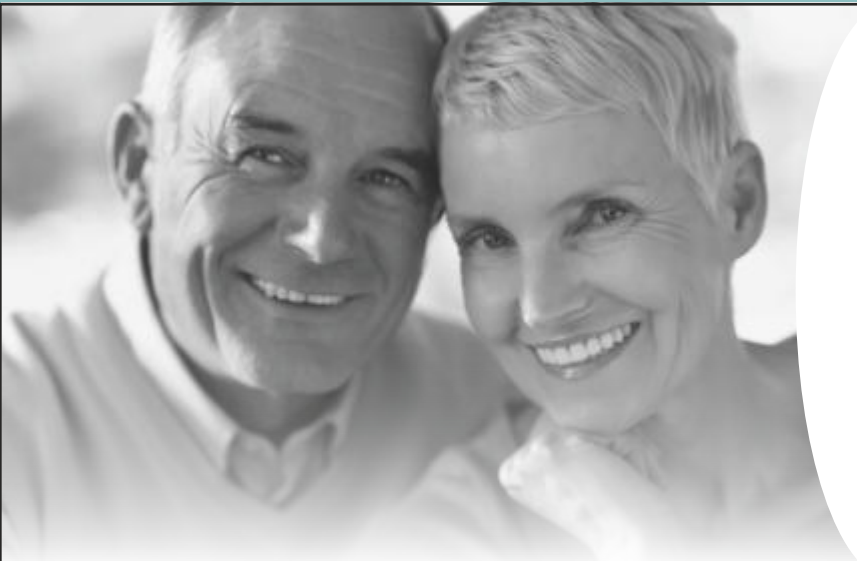
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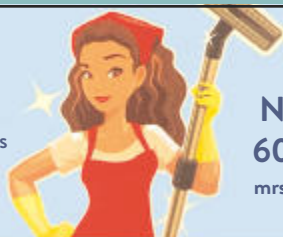
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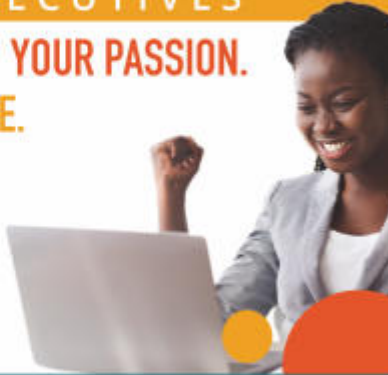
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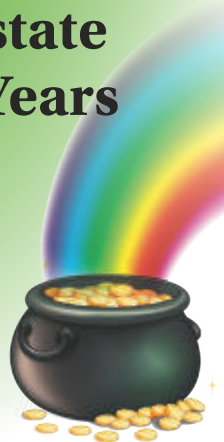


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OUTSIDE

- Trim weeds and tidy up lawn and garden
- Repair screens windows and doors
- Add fresh mulch and potted plants

KITCHEN

- Clear away small appliances
- Remove stains; sanitize stove hood
- Remove clutter

BATHROOM

- Store all toiletries out of sight
- Patch, caulk or grout as needed
- Display attractive guest towels

FAMILY ROOM

- Rearrange/remove furniture to maximize space
- Keep paint neutral
- Open window treatments for more light

BEDROOM

- Clean out closets
- Remove valuables and personal photos
- Vacuum and tidy-up

BASEMENT/GARAGE

- Clean and deodorize
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- Straighten tools laundry area



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