

LIONS PRIDE

A PUBLICATION OF LIONS HEAD SOUTH ASSOCIATION, BRICK NJ



VOLUME 7 NO. 10

OCTOBER 2021



“Flowing River”

by Ginny Carbone, LHS Acrylics Class

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

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PRESIDENT'S MESSAGE

Carol Powell

October: Autumn leaves, apple picking, apple cider donuts, Halloween, I bet you can add more to that list. What a fun month!

In recent weeks we have once again experienced residents having questions or complaints and apparently not being sure how to handle them. We are well aware that there are a large number of new residents in the community and sometimes even for us "oldies" a review of procedure is a good thing. On weekdays the office is open from approximately 8 am until 1 pm. Staff in the office are knowledgeable about most of what is happening in our community and if they don't have the answers they certainly know where to refer you. When the office is not open, the Committee Chair for the applicable area of concern will always try to help. All Board members are willing and able to respond to your concerns. It's part of the job. None of us can respond appropriately to social media, please just call.

Written requests are welcome and always a good way to go. Letters from residents become a part of their permanent file after the question/problem has been addressed and thus are always available for future reference. However, an unsigned letter cannot be addressed as we have no point of contact. Unsigned letters are discarded. Mail letters to the office or drop them off when the office is open. Please do not place in the receptacle for maintenance deposits.

Since we are addressing communication, now might be a good time to note that gossip, especially when directed at individual(s), can be damaging, not only to the people involved but to the entire community. Please think before you speak. If what you are about to say is something you would not want someone to say about you, then don't say it.

I know I repeat myself in these messages frequently but I cannot emphasize often enough the value of the many volunteers who make Lions Head South the wonderful community that it is. Along with the Bylaws, they are a valuable source of information for all of us. Familiarizing yourself with the content of the Bylaws and Rules and Regulations as well as the Architectural Rules and Regulations will prevent problems when you want to proceed with outdoor renovations or updates to your property. These regulations allow us to ensure that everyone residing here is comfortable with their surroundings and that the community presents as beautifully as it always has.

Once again, my personal thanks to all of the volunteers who work so hard. As always, stay safe and most importantly, stay well.

EDITORIAL

Linda LaFerrera

October has arrived, and with it comes the refreshing feeling of crisp autumn air coupled with continued bright and warm sunshine. If we are lucky, we'll see a panorama of fall colors all around us... in the leaves of trees, the plump pumpkins and gourds, the happy mums that decorate our gardens. We may even be fortunate enough to enjoy the colorful and creative costumes of children trick-or-treating for Halloween.

There is so much for which to be grateful in every season. Here in Lions Head South, we live in a community where friendships form close bonds, where caring support for one another is apparent in both good times and difficult instances. It is one of the most important benefits of living in a community of people our own age. Choosing to focus on the camaraderie we share, the beauty of every season and the positivity of sharing our lives together brings welcome harmony. Life is so much more pleasant when we speak to and about one another in congenial terms and resist the urge to share words of malintent. And yet, there are times that malintent is sadly evident. Instead of spreading negativity, wouldn't it be healthier to focus on sharing the beauty of the life we have been given? Life is too precious and too short to do otherwise.

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Income & Expense Statement
to Date as of 08/31/21

Income:

401.0 Maintenance Fees	\$ 628,951.00
401.5 Rental Income	\$ -
402.0 Maintenance Late Fees	\$ 40.00
403.0 Rental Security Deposits	\$ 0.15
406.0 Interest Operations	\$ 55.51
408.0 Miscellaneous	\$ 399.95
410.0 Participation Fees	\$ 27,500.00
450.0 LHCC Revenues	\$ 61,359.39
Total Income:	\$ 718,306.00

LHCC Sales Tax:

209.0 LHCC Sales Tax	\$ 2,446.61
Total Sales Tax:	\$ 2,446.61

Expenses:

500.0 Administration	\$ 243,704.40
520.0 Residences	\$ 230,174.63
540.0 Common Facilities	\$175,361.42
Total Expenses:	\$ 649,240.45

Total Income Over Expenses: \$ 69,065.55

Balance at Month End: \$ 69,065.55

**LIONS HEAD SOUTH
New Residents - 2021**

Hedrick, Eileen.....109 Lions Head Blvd. S.
R/S Beck
Baker, Lorraine.....77 Lauren Ln.
R/S Schmidt
Gentile, Michael & Maura.....75 Lions Head Blvd. S.
R/S Alesi Estate

Deceased Residents - 2021

Marshello, Barbara.....21 Lions Head Blvd. S.
6/30/2021
Athanas, Bessie.....2 Thames Place
5/21/2021
Clark, James.....65 Lauren Ln.
7/8/2021

Deletions - 2021

Beck, Donald & Vivian.....109 Lions Head Blvd. S.
R/S Hedrick
Schmidt, Christine.....77 Lauren Ln.
R/S Baker
Alesi Estate.....75 Lions Head Blvd. S.
R/S Gentile

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GARDEN CLUB

Linda Adamo

At our meeting in August, Clare Mathiasen reported that, with the cooperation of our maintenance personnel, a dead boxwood at the rear of the Club House was removed and replaced with a Leyland Cypress. Solar lights have been installed at the RV and 2-tier gardens, enhancing both those areas.

October temperatures can be fickle and night temperatures can range from warm to freezing. While some gardeners welcome first frost, others wish to prolong the season. Sheets or a light tarp spread loosely over petunias, begonias and impatiens for a couple of nights will keep them growing and blooming for several more weeks until the really cold weather arrives.

TIPS FOR OCTOBER – Worth mentioning again

- Clean out gardens to discourage disease and pests from over-wintering.
- Deadhead spent flowers.
- Make notes for next year of what worked and what didn't work this year.
- Divide lilies.
- Clean out bird baths, feeders and houses.
- Fertilize indoor plants and outdoor-grown chrysanthemums.
- Tulips are best planted in the fall. Grouping colors will give the best show.
- Plant trees and shrubs in the fall so they will have time to establish roots.
- Continue watering trees, shrubs and evergreens until the ground is frozen.
- Tropical plants from your deck and patio have no frost tolerance and must be brought indoors. Do this gradually for them to adjust to the light change and check for insects. Treat accordingly.

DID YOU KNOW?

Studies have found that tending to plants and vegetation helps boost your mood. Spending time to care for a plant helps the brain produce serotonin, the happy chemical that is naturally produced by our minds and can combat depression. There are also certain bacteria strains in the soil that can contribute to our serotonin production.

Flowers are a natural and helpful moderator of moods and have an immediate impact on happiness. Long term can make for intimate connections between individuals. (Husbands take note!)

FUN FACTS

- Bamboo, the fastest growing wood plant in the world, can grow up to 35 inches a day.
- The official beverage of the State of Ohio is tomato juice.
- European explorers thought pineapples looked like pinecones, thus the name.
- The first potatoes were cultivated in Peru about 7,000 years ago.
- Each strawberry has around 200 seeds and is the only fruit with seeds on the outside.
- The world's hottest pepper is still up for grabs. But Bhut Jolokia (I never heard of it either) is 401 times hotter than a regular bottle of hot sauce. It is in the Guinness Book of World Records in 2007.

The world of gardening is full of mystery. I hope you enjoy the listing of these fun facts. Hopefully we have sparked your interest in gardening.

Our next meeting is Wednesday, September 8, at 10:30 AM in the Lion's Den. Won't you consider joining us?

Continued on page 8

GARDEN CLUB continued from page 7

Sometimes when you're forced to slow down, you stop and smell the roses. During the last several weeks some of the fun distractions in our backyard included deer, squirrels, chipmunks, cardinals, goldfinches, hummingbirds, turkeys, an occasional rabbit and even a box turtle. Who would have thought?





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LHCC

Jim Mort

With the weather pattern during this summer our golf course took a real beating. The heat and humidity overwhelmed the natural balance and caused some real damage. Brian Young, our Superintendent, has worked long hours in his attempt to rapidly bring the course back to what we have come to expect. This required doing a core tine aeration and not a solid tine aeration. The difference in the aeration causes much more of a mess, more beat up turf, but in the long term the results are much more beneficial. Unfortunately for Brian, someone in our golf community took it upon themselves to report the deterioration to his boss at Brightview. The problems we were having were being addressed prior to this and the only thing accomplished was to put our superintendent in a bad light with his company. Anyone with any golf related complaint and/or problem can readily and easily contact any of our Board of Directors and get this addressed then and there. We all have been proud of our golf course and very pleased with the efforts put in by Brian over these past two years. This was a terrible summer, relentless in the weather changes, heat and humidity as well as the rain. Brian Young will turn the condition of the course around, he will continue to maintain it in the manner that we have come to expect. He has done this before and he will do it again. Give him the time he needs to do his job. In the meantime, if you have a gripe that you feel needs to be addressed, bring it to the Board of Directors, send me a text, stop by the Clubhouse and talk to us. We are available, we will respond in a professional manner and do everything within our power to keep our course in the pristine condition we all want it to be.

Due to environmental concerns we have had to terminate our soil replenishment program for holes 3, 5 and 9. We have and are continuing to pursue solutions for the flooding problems on these holes. While the solution may take a little longer than we would desire, we will

get a solution that will adhere to all of the environmental considerations. The basic problem for LHCC remains the pollution that is coming from the rain runoff from Shorrock Street, LVE and the school parking lot, all going directly into the LHS Wetlands, destroying our environment, killing the trees and vegetation throughout our Wetlands. The dead vegetation and trees are then clogging the channel that drains this area, causing widespread flooding on holes 3, 5, and 9. For general information, environmental requirements do not prohibit us from trimming the area between the 9th tee and 9th green. It does require that all trimming be done by manual means and that the basic characteristics of the area not be destroyed.

As we enter into the last months of the Hole-In-One program, Ed Gregersen scored the season's first acceptable hole-in-one. Congratulations Ed. At this time, with no other holes-in-one, you have a potential prize of \$800.00.

Results from the September 14th Scramble are posted to the LHS Website and on the LHCC outside BB. The next Scramble is scheduled for October 12th, weather permitting.

The last General Membership Meeting is scheduled for Monday, October 18th at 7PM in the Lion's Den.

The Annual Tournament and Fun Day were held in September and additional information and pictures have been posted to the Website.

The Grand Prize drawing for the 20/20 Raffle will be held at the Residents Meeting on Monday, October 11th. You do not have to be there to win but it is nice to hear your name called out as part of the over \$1,000.00 that will be awarded that night. We appreciate the support of our community in this raffle and the funds it generates in supporting our community golf course.

A long time resident of LHS and member of the LHCC, Jim Keane, passed away on August 17th. Our heartfelt condolences go out to his family and friends.





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ARCHITECTURAL COMMITTEE

Stephen Scaturro

Architectural Regulations Section II Restrictions on Common Property Uses

Common properties are the areas of the community that are not titled to each property owner. They include the wooded areas that form a buffer on the perimeter of the community. All Common Property is to be left in its natural state, as per Brick Township.

Removal of trees and shrubs must be approved by the Architectural Committee. Vegetable gardens are not permitted in the Common Property area but flowers may be planted at the edge.

Common Properties shall not be used for placement of man-made objects of any kind. This includes but is not limited to blocks, tables, firewood, benches, or furniture. Rock walls are also not permitted at the edge of Common Properties.

If there are any questions regarding the use of Common Property please contact the LHS Office and an Architecture Committee member will be assigned to offer assistance.

CLUBHOUSE COMMITTEE

Rose Saputo

HAPPY AUTUMN! It seems like this season crept up on us so suddenly, it's as if we blinked and September was history. It is so awesome to see so many of you in our community taking part in and enjoying the activities LHS has to offer. Is it not fantastic to finally be able to socialize and participate in the special events that have been planned and carried out by a number of our committees? After all, people do need people. There is no doubt about that.

So, let's all enjoy the special bonds that we share with each other. There will be more fun-filled events in the upcoming weeks and months. Stay abreast of "the happenings" at LHS by strolling down the Clubhouse hall and watching the bulletin boards. Reading your Lions Pride is another good source of information.

With all that's been and is going on in this world, let's please keep those who are less fortunate than ourselves in our thoughts and prayers. We have much to be thankful for. May God watch over you and yours and keep you safe!

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****Cash Prizes May Vary Based on Final Sales**

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Or online <https://jerseyshoreanimalcenter.org/upcoming-events/>

Date of Drawing: Friday, December 17, 3:00 PM at
Jersey Shore Animal Center

Winner Need Not be Present, No Substitution of
the offered prizes may be made.

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*Proceeds are used for the rescue, medical care, and
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You must be 18 years of age or older to purchase a ticket
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SOCIAL COMMITTEE

Debbie Holzherr

Thank you to all who attended our “See You in September Dinner Dance”. We SOLD OUT in the first two weeks! We felt so happy to bring entertainment once again to the community.

Next on our agenda is the Holiday Parade. We hope to make it even bigger and better this year! The proposed dates are December 5th or 12th. Of course, weather permitting so that could change. We will keep you posted. If you are interested in participating this year, decorating your car and riding in the parade please let us know. There will be a sign up sheet posted on our bulletin board in the clubhouse.

We are in the planning stages for a New Year’s Eve celebration. More details to follow on the website, our bulletin board, the Lions Pride and social media.



NOMINATING COMMITTEE

Sarah Polzer

By the time you are reading this, the September 14, 2021 deadline for receiving Trustee packets in the office has passed. Now we look forward to the excitement of the upcoming November election. Make sure to visit the Clubhouse and view the candidates’ resumes posted in the hallway after September 21, 2021.

Circle the date of October 11th to attend the Candidates Night. This will be your best opportunity to be able to make an informed decision for who you think will be best suited to vote in to fill vacancies on the Board of Trustees. Look for your ballot to be in the mail to you in October. This is your chance to have input!!!





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ad-468

OCTOBER 2021 CALENDAR EACH WEEK DAY OF THE MONTH AS LISTED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:00 WGA	9:00 Men's Golf League	
	9:30-11:30 Watercolor class	9:30-11:30 Acrylic Paint Class	11:00 Chair/Mat Yoga	
	1:00 Crochet, Knitting & Needlework		1:00Men's Indoor Shuffleboard	1:00 Women's Indoor Shuffleboard
1:00 Mah jongg	1:00 cards/Mah jongg	1 & 7 cards/Mah jongg	1 & 7 cards/Mah jongg	1:00 Crochet, Knitting & Needlework
6:30 Ceramics		7:00 Rummy Cube		
	GARBAGE	RECYCLE		
		10/14 & 27		

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

SPRINKLER COMPLAINTS: Fill form out located in C/H and place in complaint box.

Problems will be investigated within 24-48 hours.

Federal Irrigation: 732-349-9905. After hour

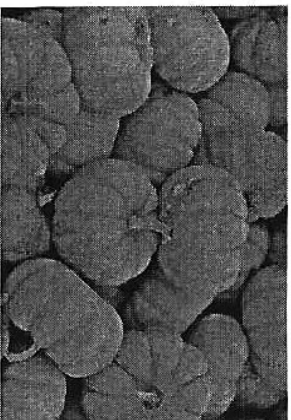
emergencies ONLY: Bob Mathiasen:732-600-4847

RESIDENT'S ASSOCIATION MEETING -
October 11th at 7:00 PM. Trustee Candidates Night. Refreshments will be provided.

ADMINISTRATION ACTIVITY OFFICE:
Hours: 8:00 – 1:30 p.m.

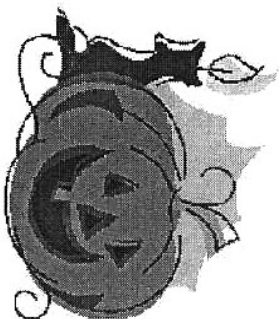
Administration Office Phone: 732-920-9099

		10:00 AM W... 7:00 PM Resident's Assoc Mtg COLUMBUS DAY	4:00 PM Recreation		Combined Activities 11:00 AM ByLaws RECYCLE		
17	2:00 PM MOVIE MATINEE	10:00 AM Security 11:00 AM Nominating 6:30 PM Book-a-holics 7:00 PM LHCC Mtg	19 9:30 AM Clubhouse 11:00 AM Welcoming	20 10:00 AM Finance & Ins 12:00 PM LHS Women's Club	21 10:00 AM Lions Pride Review	22	23
24		25 9:00 AM Bd of Trustees-Sld Comm 6:30 PM Book-a-holics 7:00 PM Mtg W/New Members Since 4/21	26 10:00 AM Community Awareness GARBAGE	27 9:00 AM Men's Club Exec Bd 1:00 PM Book Discussion RECYCLE	28	29 11:00 AM 40th Anniv Comm Mtg	30
31	Happy Halloween						



October 2021

Monthly Planner



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sep 2021

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Nov 2021

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

3	4	5	6	7	8	9
2:00 PM MOVIE MATINEE		9:00 AM Architectural Buildings & Grnds	11:00 AM WGA Mtg-CC			
		GARBAGE	6:45 PM Social			
10	11	12	13	14	15	16
	9:00 AM Bd of Trustees	1:00 PM Women's Club Exec Bd	10:30 AM Garden Club	9:30 AM Regular Travel		
	10:00 AM W/behia			10:15 AM		

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

The office maintains a list of contractors that have been recommended by residents for various types of work. Your comments and recommendations are helpful for future use by other residents. The Association accepts no responsibility for contractors hired.

SUNSHINE COMMITTEE: To report a DEATH call Rose Szpara – 732-920-7898 or to report an ILLNESS/HOSPITALIZATION call: Joyce Speziale – 732-701-3260. Please do not call the office.

BRICK SENIOR SHUTTLE: Provides no cost transportation Mon-Fri, 8 am-3 pm. Rides are first come, first served basis. Advance 2 week reservation required. A brief registration is required prior to using service. To schedule transportation call: 732-920-8686

VAN SCHEDULE: Due to COVID-19 the van service has been temporarily suspended.

RECREATION COMMITTEE

Debbie Carroll-Coco

Although we started off with drizzle on August 29th, when DJ Louie played "Here Comes the Sun," everything started to brighten. I am, of course, referring to our Olympic Pool Party. Most people wore their red, white, or blue shirts and hats to designate their Olympic team for the day.

Our pool party was a coordinated effort from co-chair Marie Thomas, and our other recreation committee members: Lynn Adams, Gene Beeman, Maureen Benesch, Cindy Eicher, Joyce Speciale, Gregg Sternberg, Rose Szpara, and Dottie Wester. In addition, Tom Behrens provided much help and support. We also had help from Pat Adams and Vinnie Thomas. Thank you!

Many people danced and participated in the various activities. DJ Louie provided Olympic music as well as some great dancing music.

Our events included a pass the torch relay, tennis toss in bucket relay, hot torch (hot potato), javelin noodle throw, pass the noodle (between legs), and finally, horseshoes. Awards were given to individual winners (medals) and U.S. key chains were given to the team winners. People were even playing shuffleboard. Fun was had by all.

Starting the second week of September, Maureen Benesch will be teaching a Tai Chi class at 5:00 PM on Thursdays. This class will be free to all residents.

Congratulations to our Lions Head South bocce champions! They defeated LHN in a best out of three match. Our champions include: Team Captain Phil De Carlo, Sandy De Carlo, Cap Ventra, and Gloria Ventra. Much thanks to Bill Hamaydi for organizing this event, which will become an LHS tradition. The championship team will receive the winning plaque to be housed in their clubhouse for one year.

Pickle ball is continuing to grow in popularity here. We hope to have lines drawn for pickle ball on the third tennis court in the future. If interested in trying this fun sport, please contact either Ann Wilson or Dottie Wester.

Please check out our recreation committee bulletin board in the clubhouse for new and upcoming events.



SECURITY COMMITTEE

Tia Katakozinos

The Security Committee would like to remind all residents of the importance of clearly displaying your house number. In the event emergency responders are called to your residence, it will aid in quickly finding the property when minutes or seconds may count.

Displaying your house number is also an ordinance mandated by the Township of Brick:

Chapter 128. Numbering Of Buildings

128-1. Display of street address numbers required.

A. The owner of every parcel of real property in the Township of Brick, upon which is located a home, shall attach upon its mailbox, the front of the residence or at some other place that is visible from the road, numerals signifying the street address of the parcel of land. Each numeral shall have a minimum height of three inches and a minimum width of two inches.

128-2. Violations and Penalties

Any person or persons that violates any of the provisions of this chapter, shall be subject to the penalties as provided in Chapter 1, 1-15, General penalty.

J.I.L.

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(includes cleaning the windows and sills as well as dusting the screens)

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Jill Carpenter

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MEN'S CLUB

Don Antonelli

Hello everyone. As you get this, we have just completed our Bagels and Bingo event on September 20th. Great turnout and great event.

We have two more events we are bringing back since Covid. First is "A Night at the Races" on November 20th. Tickets are \$35 and go on sale soon. Get your tickets asap. This is a very popular event and will sell out fast. Listen to your robocalls for information. This includes a beef steak dinner. Second is The Men's Club annual holiday gala, a little different this year. It will be at the American Legion in Toms River on Church Road, December 7th, 6-10 P.M. It will feature a buffet dinner with four different items and various sides, as well as salad, rolls and dessert. Also included is soda, beer and wine. Alcohol cocktails are at a cash bar at a reasonable price. As always Men's Club members go free. The cost for all other guests is \$50. Entertainment will be provided by Steve and Debbie. Stay tuned to robocalls for information on when and where to purchase tickets.

As always stay well and God bless.



WOMEN'S CLUB

Clara Ciuffo-Clarke

THANK YOU, THANK YOU, THANK YOU! You have made our MUMS SALE FUNDRAISER a wonderful success with a total of 101 orders for 363 beautiful plants delivered in September. I sincerely hope that you are all pleased with your orders. I will have an accounting for this at our general meeting.

September started our Membership Drive, so if you haven't signed up – Do it now! Our Programs Committee is coming up with some events for this year.

I can't believe that we only have three more months in this year and, in spite of Covid, we have succeeded in getting our Club rolling.

If you have any suggestions for the future, PLEASE contact me. If you are shy and don't want to comment at our meeting, just call me personally. My email account is still claraciuffo@gmail.com and my phone numbers are in the LHS Directory. I am waiting to hear from you.

Hugs to you all!

LHS WOMEN'S CLUB MEMBERSHIP APPLICATION

(Please Print)

NAME: _____

ADDRESS: _____

MAILING ADDRESS (IF DIFFERENT): _____

HOME PHONE: _____ **CELL PHONE** _____

E-MAIL: _____

BIRTHDAY (Month/day) _____

DUES: _____

DATE PAID: _____ **CASH** _____ **CHECK #** _____

Period covered: _____ **Received by:** _____



THE RECIPE BOX

Sue Auer

OCTOBER 2021.....some CULINARY FUN! There are 7 days in OCTOBER which honor foods. Pick a day & celebrate some of your favorites!

10/4 - National Taco Day

EASY STEAK TACOS

1 to 2 pkgs frozen shaved steak (defrosted), depending on number of tacos to be made.

1 pkg. taco dry seasoning (2 if you are using 2 pkgs. of meat).

Directions:

1. Place meat in a medium bowl or plastic Ziplock bag & marinate with taco dry seasoning for 2 hrs.

2. Remove meat from marinade & saute meat in skillet for 2- 3 minutes (do not over saute).

3. Fill taco shell with saute meat to your choice.

PREPARE the following & have ready to top each taco.

Taco shells (soft or hard)

Sour Cream, chopped avocado, sliced olives, jalapenos (sliced in can), diced tomatoes, chopped lettuce, thin sliced cabbage.

Cheese choices: Monterey, Cheddar or Cotija

10/8 - National Egg Day

DEVILED EGGS AT THEIR BEST - submitted by LHS neighbor.

6 hard boiled eggs (makes 12 deviled eggs), outer shell removed. Slice each egg in half.

1 heaping tbsp of mayonnaise

2 tsp sweet relish

1 tsp spicy mustard (or Dijon mustard)

Directions:

1. In a medium bowl separate yolks and mash, leaving the white egg half to be filled.

2. Add to bowl mayonnaise, relish & mustard. Mix well.

3. Fill each white half with yolk mixture and refrigerate.

4. Before serving, garnish with paprika.



10/14 - National Dessert Day

POACHED AUTUMN FRUITS with VANILLA-CITRUS BROTH

2 Granny Smith apples, peeled, cored & halved (reserve cores)

2 Bartlett pears, peeled, cored & halved (reserve cores)

1 orange peeled & halved

1/3 cup sugar

1/4 cup + 1 tbsp honey

1 vanilla bean (split & seeded) or 2 tbsp pure liquid vanilla

1 cinnamon stick

IN SLOW COOKER

1. Squeeze juice from orange halves into cooker, then drop halves into cooker. Add all above into slow cooker. Add water to cover fruit. Cook on HIGH for 2 hrs. or until fruit is tender.

2. Remove apples & pears & dice. Strain cooking liquids, discard solids. Return fruit & liquid to cooker.

3. Optional... Stir in small bag of dried cranberries & cook on HIGH for 10 to 15 mins. or until thickened.

4. Serve> Spoon fruit with sauce into small dessert bowl. Top with Vanilla Ice Cream.

10/16 - World Food Day!

ASIAN LETTUCE WRAPS

1/4 cup Hoisin sauce

1 tbsp soy sauce

1 tbsp rice vinegar

1 tbsp honey

2 cloves garlic minced

1 can sliced water chestnuts (drained, chopped)

4 green onions, chopped

1 lb boneless chicken chopped into small chunks

1 tbsp olive oil

1 head butter lettuce or iceberg. Prepare to fill...separate, rinse & dry each layer with paper towel

1 cup pine nuts

Directions:

1. In small bowl combine hoisin, soy, vinegar, honey, garlic, green onion.

2. In skillet saute shrimp or chicken in olive oil for 3 mins.

3. Remove from range. Add liquid ingredients from bowl to skillet & continue the saute for 2-3 mins on HIGH.

4. Fill each lettuce leaf with mixture & top with 1 tbsp PINE NUTS.

Optional> add 1 tsp. hoisin sauce to filled leaf.

Continued on page 23

RECIPE BOX continued from page 22

10/22 - National Nut Day

SPICED DELUXE MIX

15 ozs. mixed deluxe nuts

1 egg white

1 cup sugar

1 tsp salt

1 tsp cinnamon

Directions:

1. Preheat oven to 300 degrees
2. Bowl #1, beat egg white until frothy.
3. Add nuts & coat evenly.
4. Bowl #2, mix sugar, salt & cinnamon.
5. Add sugar mixture to the nuts & mix until all are covered evenly.
6. Line cookie sheet with parchment paper, spread the nut mixture evenly & bake for 1 hr., turning with spatula every 15 mins. Remove from oven, cool & serve.

10/24 - National Food Day

PIZZA WITH A TWIST - although on the culinary calendar, there is a day dedicated as NATIONAL PIZZA DAY, it's a good time for a Simply Eggplant Pizza entree.

1 large eggplant

8 ozs. tomato sauce

1/4 cup minced red onion

1/4 cup sliced black olives

3 - 4 cloves of minced garlic

2 cups shredded mozzarella cheese

1/4 cup of grated Parmesan cheese

Italian seasoning

Directions:

1. Preheat oven to 375 degrees.
2. Wash, dry & slice eggplant into uniform circles (skin remains on eggplant). Place on baking sheet prepared with thin coat of olive oil spray.
3. Spoon 1 - 2 tbsps. tomato sauce over each slice.
4. Sprinkle on top garlic, onion, Italian seasoning & Parmesan cheese.
5. Top with shredded mozzarella cheese & sliced olives. (Options for olives: anchovies, diced green pepper or crumbled cooked sausage.)
6. Bake FOR 15-20 mins until cheese bubbles.



10/26 - National Pumpkin Day

FLOURLESS PUMPKIN BARS - gluten free recipe

1 cup pumpkin puree

1/2 cup almond butter

1/3 cup honey

2 eggs

Directions:

1. Preheat oven to 350 degrees.
2. Grease 8x8 baking pan with butter.
3. In a med. bowl combine all ingredients, mix well until smooth & forms a batter.
4. Place batter into 8x8 pan & bake for 30 mins. until center is firm.
5. Cool & cut into bars.

NOTE: Information for this recipe box is based on Wikipedia. There are other sources of National Day food listings!

Sending GENUINE wishes to everyone. Be safe & enjoy a beautiful Fall season!



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**DETAILS TO BE
ANNOUNCED**



**Lions Head
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Presents Their
ANNUAL HOLIDAY/AWARDS LUNCHEON**

To be held at
The Grenville of Bay Head
Wednesday, December 1, 2021 12:00 Noon

\$35.00 per person

*You will be warmly greeted with a Mimosa or Poinsettia as you enter
and mingle with WGA members*

Luncheon includes:

Salad choice: Caesar or Field Greens Salad

Appetizer: Penne ala Vodka

Entrée Choice:

Mediterranean Pasta

Chicken Francaise

Sea Bass

BYOB - Dessert – Coffee - Tea



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KIRMS PHOTOGRAPHY Autumn Colors

Autumn is here and I'm looking forward to photographing this year's fall foliage. The leaves are starting to change. Hopefully the colors this year will be spectacular.

Before the colors are at their peak I look for individual trees that have great color. I also scout out areas that I think will look great at peak time so I'll be ready when the leaves finally turn. I prefer areas that have the trees reflected in water.

Check out the farm markets for some colorful shots and don't forget the cranberry harvest. Fallen leaves make interesting patterns, so don't forget to look down. Rolls of hay in the fields also make nice images.

A great way to enhance your images is using a polarizing filter. This filter works the same as polarizing sunglasses – it is designed to cut glare and reflections. Removing the glare from the leaves makes the colors brighter and more saturated. Simply rotate the polarizing filter until the sky or leaves are at their darkest.

Fall Foliage images are best shot on days when there is no wind. By scouting a great location ahead of time, using a polarizing filter, and applying good rules of composition you'll get some fantastic shots of this autumn's spectacular show.



That's it for this month. Send me an email at bill@KirmsPhotography.com with any photographic questions or problems. You can visit www.KirmsPhotography.com if you'd like to see some of my work. Keep shooting and trying to improve your images, but most importantly, have fun with your camera.

