



The Quill

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The Official Publication of Four Seasons at Upper Freehold

AUGUST 2025



Photography by Gail Mendelsohn

The Quill

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Statement of Editorial Principles

The goal of *The Quill*, the official publication of Four Seasons at Upper Freehold, is threefold:

To provide information to residents of FSUF from the Board of Trustees, committees and property management company.

To inform the residents of FSUF as to social, cultural and educational events in the Community and surrounding area.

To establish a means of communication within FSUF that fosters community spirit and goodwill among residents.

Any and all articles and opinions expressed in *The Quill* represent the viewpoint of the authors and do not necessarily reflect the opinions of FSUF. We assume no responsibility for the contents or accuracy of the same.

The Quill reserves the right to reject, edit or condense all submissions and will not accept any article it deems libelous, inflammatory or in bad taste.

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We disclaim all responsibility for the goods and services advertised herein.



Good Wishes

The Quill would like to send Good Wishes to the following people in celebration of their birthdays or anniversaries during the months of August and September.

Happy Birthday Wishes To

AUGUST

4 Jim Cash
5 Susan Drucker
6 Melissa Sacco
7 Stuart Schechter
9 Marilyn Geiger
11 Garie Ann Nath
13 Shawn Atkinson
21 Iris Adirim
25 Jane Toto
29 Thelma Davison

SEPTEMBER

3 Sheila Conway
4 Geri Loria
9 Gail Hillman
19 Rosemary Albach
19 Monica Frascella
19 Lynda Kamer
29 Ellen Blecher

Happy Anniversary Wishes To

AUGUST

10 Donna and Ed Tuminaro (1974)
12 Bryna and Allan Tenenbaum
17 Linda and Elliot Wiesner
18 Karapurath "Sudha" and Kanakam
"Kanu" Sudhakaran
21 Gail and Harvey Mendelsohn (1971)
22 Peg and John Iannetta (1964)
23 Sheila and Maurice Rosenthal (1969)
23 Heidi and Kenny Smith (1986)
31 Beverly and Allen Walters (1969)

SEPTEMBER

2 Monica and Al Frascella (1967)
4 Mark and Pam Husik (1971)

If you would like to see your birthdate or anniversary included in this list, please email your information to thequillfsuf1@gmail.com

Additional contributors – Thank you, Harry and Susan Montgomery, for your article on Grandson Ian and the Appalachian Trail; as well as the DeMaria Family for their acknowledgement of FSUF community support during a difficult time.

June 24, 2025 Board of Trustees Open Meeting Review

The board wishes to remind residents that the Board Meeting Review is not the official minutes. The intent of this review is to keep residents informed of decisions and discussions that took place during the open board meeting. This review may not encompass every topic discussed or question asked. Once approved, the official minutes are posted on the community website.

The June 24, 2025 Open Board meeting was called to order by David Landy, President. Also in attendance were Trish Mahar (Vice President), Patty Holmes (Secretary), Karen Mauger (Trustee), George Schlittner (Trustee), and Kimberly Bradley (Community Manager). David Landy began the meeting with the Pledge of Allegiance.

President's Opening Remarks

During this board term, the community will continue the legacy of 23 years of dedicated cooperative volunteer leadership aided by greatly improved community management. We are challenged to maintain the high standards of our community and appropriately navigate the maintenance and repair of our "vintage" infrastructure. We all want to preserve the reputation that Four Seasons carries in the way it appeals to prospective home buyers. Continued and vigilant investment in the quality of our community needs to be our number one priority.

I look forward to serving with this talented and dedicated volunteer board, our newest members, Patty Holmes, Trish Mahar, and Karen Mauger, and our strong and experienced group of committee members, and I encourage all residents to participate even in the simplest ways. We have Taylor as our strong community management partner, helping us tackle the indoor pool repair project and the actions we must take to comply with the NJ Structural Integrity Act.

Community Manager Report

- New A/C unit in the fitness center installed and working. Please keep fitness center doors closed.
- Parking lot seal coating delayed until after pool construction is complete.
- Regal, pool construction company, is waiting for township approvals. Indoor pool close date anticipated to be August 1st.
- Reminder of community wide 20 mph speed limit.
- Please keep mailboxes and house siding clean.
- Reminder there is no overnight street parking.
- Any calendar updates and clubhouse scheduling should be directed to the House & Recreation Committee.

New Business

- The minutes of various committees were accepted.
- Action Items: Grounds
 - Tree maintenance & removal of declining trees. Cost not to exceed \$5,235.00. Two (2) trees on MMC by the clubhouse are diseased and, if not removed, that disease will spread to other trees.
 - Turf Aeration of resident lawns on the South side of the community. Cost not to exceed \$6,052.00.
 - Question was posed whether the overseeding option offered last year will be available to residents. The answer is yes but that will be between the homeowner and the vendor. The association is not involved.

– Continued on page 4

- Question was posed as to the effectiveness of overseeding. The overseeding is to accomplish two things. First, to fill in small spots and second to enhance the original grass seeding with a grass seed that thrives better in this climate. It is hard to determine the true effectiveness but overall, it seems to be working well.
 - Replacement of 20 trees at a cost not to exceed \$14,670.00.
 - Any new plantings will take place at the appropriate planting time during the year.
- **Committee reports**

While most committees provided reports, highlights are listed:

 - **Finance:**
 - Steve Mauger, Treasurer, stated that the 2024 draft audit has been received and is being reviewed by the committee. The finality of the audit will assist the Committee in its recommendations for the reserve replenishment, in concert with the Structural Integrity Act. In addition, the YTD budget is slightly over budget, and the majority is snow removal.
 - **Grounds:**
 - Flags will be placed near clubhouse sprinkler heads to avoid damage during aeration.
 - Circulating pump pipes in the clubhouse reflecting pond are damaged. There may be a need to lower or drain the pond for repair.
 - Bids for minor perimeter fence repairs are being obtained.
 - Annual community tree trimming will begin.
 - Tree seedlings and bushes obtained from NJ Forestry Dept have been planted over the last few years in the Community Garden and are replanted throughout the community where needed.
 - **House & Rec:**
 - New lobby furniture is due to arrive end of August/early September.
 - Certain pieces of current furniture are available via silent auction.
 - Many events are being planned. Please watch email for those flyers.
 - **Quill:**
 - The paper copy of the Resident Directory is anticipated to be out in August.
 - **Trips & Tours:**
 - The committee is planning several trips for the end of summer and into the fall. We ask residents to please watch for flyers to register.
 - A special plea was put out for volunteers to Finance and Grounds. All volunteers were thanked, and any resident is encouraged to reach out if there is interest in becoming a member of any committee. All are welcome.

President's Closing Remarks

Thank you for your attendance, your interest in our community, and for your active participation in our community association. In the interest of expanding our reach into the community for these meetings, I want to solicit input from any residents with knowledge and willingness to help us enable real-time online access to these proceedings. If you have these skills and are interested in serving on this special project, please speak to our Community Manager or to any Trustee.

The meeting was adjourned by acclamation at 7:45 pm.

Grounds Committee

By Mike Martzahl

As I write August's Grounds Committee article, we are in the middle of the "Dog Days of Summer", usually hot and humid; but who is complaining, better than snow! Soon we will start to transition into preparing for fall. Summer is not over yet; there are still good days left.

Before starting to talk about the Grounds Committee activities, a public service note. Over the last seven years I am aware of three residents' water lines breaking. Not all may know that the homeowner is responsible for the repair of the water and sewer lines from the sidewalk into their home. This is important because if your property's utility line breaks, it could result in significant costs for the homeowner. A word of caution, is your utility service covered by your homeowner's policy? If it is not, can it be covered? If it cannot be covered by your policy, the utility companies offer coverage. Suggest you investigate covering your utility pipes before you have an issue with your utility service.

In July, one of the two large pumps that recirculate the water from the clubhouse pond into the clubhouse reflecting pond failed; the situation was quickly repaired. While making the repairs, it was determined that certain pipes supplying water to the reflecting pond also need maintenance. We are currently developing a plan to repair the pipes, which may include lowering or even draining The Reflecting Pond during the repair process.

In the first week of August, all the dead trees throughout our Community will be removed. Trees with stumps that need removal will have grass planted in their place. The planting of grass will occur in late September.

In early September, we are planning to aerate the south half of our Community; every year we do half of the Community, last year we did the north side. This action will provide improved health and appearance of our Community's lawns. Aerating the front and side of the home's lot is an annual task required to enhance the organic material within the subsurface and reduce the current lawn's over-grown root structure; both actions will promote the growth of healthy grass. Two hundred and four (204) homes are to be aerated. This includes Mayflower, Georgetown, Red Coat, Betsy Ross, Gettysburg, and both sides of Minuteman from 65 to 178. Before the aeration project begins, all the sprinkler heads in the aeration area will be flagged to prevent damage to the units.

One of the large oak trees directly in front of the clubhouse gym door is diseased and must be removed. After the tree is removed, a flowering tree will be planted

to replace the tree that was removed.

The Grounds Committee needs YOU! We are looking for folks with fresh ideas based upon your experiences and desire to improve our (your) Community. If interested, please come to our next Committee Meeting. We meet on the first Wednesday of every month at 9:00 AM in the Clubhouse Craft Room. It is just a group of your neighbors sharing ideas. We also review current projects and ideas for future projects with key vendors. Remember no shoveling or raking of leaves as our Charter manages the Community's landscape.

Yes, August in New Jersey can be warm. It still is a wonderful time to get out, either in the early morning or the evening when it is cooler to take in the sites of your Community. It is a wonderful place to live. Enjoy your Community, and your neighbors.

On the cover – Thank you, Gail Mendelsohn, for your incredible photography for our cover.

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Our White Heron

By Charlene Atkinson



We are lucky enough to be able to admire the incredible photograph captured on The Quill cover of a Heron. In addition to this sighting, on May 27th many of us witnessed another unique sight--a White Heron. I happened to be driving by and was able to photograph this bird with its beautiful and breathtaking silk-like white plumage. While standing still with its very long legs, solitary and silent, this patient predator uses a sharp beak to snatch their prey. Their white plumage blends into the sun to help its hunting go undetected. It is said the white color is “morphed” from the Great Blue Heron found in southern Florida. Fossils date them to back approximately 60 million years.

Fun fact: There is a short story entitled, “*A White Heron*” written by Sarah Orne Jewett in 1886. The story is about a young girl who cares deeply for the forest and nature finds a White Heron’s nest. She is in awe of this special bird and visits often to ensure the nest is intact and safe. A young ornithologist (bird hunter) offers her money to show him the nest, not for admiring nature, but for devious reasons. She must then decide between protecting this magnificent creature’s home or pleasing her new very charismatic and charming friend.

<https://www.allaboutbirds.org/news/how-to-identify-white-herons-excerpt-from-better-birding-book>
A WHITE HERON by Sarah Orne Jewett - Every Writer

Appalachian Trail

By Harry and Susan Montgomery



Congratulations to Ian, grandson of Harry and Susan Montgomery, on completing his Appalachian Trail thru hike! He started on March 16, 2025, at the Approach Trail to Springer Mountain in Amicalola Falls, Georgia. Ian was the 1,015th person this year to attempt a northbound thru hike. He finished at Mount Katahdin, Maine on July 7, 2025, completing all 2,198.4 miles through 14 states in 115 days. Ian was the 68th Northbound thru hiker to finish this year. The whole family is so incredibly proud of his determination, grit and spirit.

Update: 2025 Residents' Directory (Paper Version)

The 2025 Directory is in the final stages of proofing and publication. We expect distribution in or around August. Thank you for all your cooperation and patience with this new and important process. The Quill Committee.

Thank You for Your Expressions of Sympathy

From Rocky DeMaria and Family

I want to say thank you to all my friends and neighbors who reached out to me on the loss of my husband Bob. The cards, donations, prayers and kind words were definitely appreciated during this most sorrowful time. It is comforting to know I have such a wonderful community here at FSUF. Fondly, Rocky DeMaria and family.

HELPING HANDS

Helping Hands is a volunteer-based program for neighbor-to-neighbor assistance in our Community. Neighbors will volunteer free of charge to attend to simple tasks around the home and in the community.

- **TV, remotes, cell phones and computer help**
- **Air filter change, attic step pull down/replace**
- **Light grocery shopping**
- **Lift to clubhouse**
- **Trash pail assistance**
- **Mail assistance**
- **Light bulb change**

Contact Jennifer Pignatelli at sunflower90.com/732-771-5556

WELCOME COMMITTEE AMBASSADORS

If you have questions about the Community or the surrounding area, we are here to help.

Patti Cocorles
59 Minuteman
609-332-2162 (cell)

Geri Lucadamo
22 Betsy Ross
917-715-2723 (cell)



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IF INTERESTED... in participating in the event on October 4th, respond by submitting your responses and/or questions below either via email to Charlene Atkinson at charleneatk@hotmail.com or complete & cut-off the form below and place it in Charlene's mail tube at 13 Plantation Way.

Resident Name	
Contact Information (email/phone)	
Talent/Hobby with brief description (add any questions...)	

Ramblings

By Rosemary Albach

Not everything goes as planned. The worst part is it's not just one thing that has gone a bit haywire: it's several things in the house right now. Where do I begin, with the first thing going wrong or the latest?

Ok, let's start with the latest and go backwards. I am unable to open "WORD" to read the Ramblings column I wrote two weeks ago for the August issue. Why? I don't know. The computer, which is one of my worst enemies, maybe my only enemy, says I do not have the correct password. I only changed it yesterday. So, I changed it again today. Still, something is wrong. Now the message I get is that the email address I have given is not correct and I should get another one. What? The funny thing is that even though I cannot open the already written document, I can open a new page and write another, this one.

I have mentioned, in a previous Ramblings, that I have my daughter Regina on retainer to correct any mishaps on this machine. Fortunately, she will be here tomorrow for a family gathering.

So, for the time being, Word is not a problem. I can manage. What I can't do is "sign in" to my email on the phone. No problem with the computer. Do you think I know the password for my email account? Is it written down someplace? I guess. Something else for Regina to attack.

While Regina is busy in the computer room, son Thomas will be working on the TV. I don't know what happened there either. I turned the TV on and pressed a button, evidently the wrong button, because now I have lost my cable. There's nothing much to watch on the regular channels anyway. Fortunately, I have many streaming channels to entertain me. If I need real TV, I can watch the one in the guest room, for some reason that one is still connected.

Then last week I couldn't start the car. The dashboard lights were telling me to release the emergency brake. Well, where is it? I would gladly release it if I knew where it was. The instruction book wasn't much help since it showed a drawing of it on the dashboard. (Remember I come from a time when emergency brakes were either on the car floor or something you grab a hold of and pulled). OK, there it is, but it won't do anything, I just keep pulling and pushing. Time to call Thomas. Yes, he's my TV and car person, and everything else. Seems we have a dead battery here. Well, the car was going in for an oil change and much more work in two weeks anyway; might as well get it all done now. Fortunately, all of this took place in my garage. It would have been horrible had it happened anywhere else. The car got towed, a new battery was installed, clean oil is wherever oil goes, and everything else that needed to be done was done.

If nothing else goes awry, I'll be very thankful. I'm thankful anyway that the small things are fixable and most thankful that I have a bunch of kids who are willing and able to fix them for the most part. All is well, that ends well. I think Shakespeare said that first, about 400 years ago.

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Tell us about a vacation you took; a hobby you enjoy; your latest adventure; books you have read; or interesting information you have learned. Please inquire if you or someone you know wish to be part of our "Spotlight" series. Articles are due into The Quill's mailbox, thequillfsuf1@gmail.com, by the 15th of the prior month. Thank you!

Neighborhood News

By Barbara Schuman

Beverly and Allen Walters are thrilled to share the news that their granddaughter, Daphne Aguirre, was called to the Torah as a Bat Mitzvah, on June 21. The happy event took place at Temple B'Nai Abraham in Bordentown, NJ. Her parents, Amanda and Erik Aguirre and sister, Violet, who live in Allentown, were so proud of her! A lively party for friends and family followed at the Windsor Ballroom of the Holiday Inn East. Mazel Tov to the Walters family and congrats to Daphne!

Chloe Day, granddaughter of Elaine Citron, was accepted into the Young Scholars Pre-College Program at Columbia University for three weeks this summer. She will be a Junior at Yorktown High School in Arlington, Virginia this fall. Chloe studied Psychology and Neuroscience and lived on campus. She is the daughter of Joanna Citron Day and Chris Day who are, of course, so very proud!

Richard and Linda Shuren celebrated two high school graduations this June. Their granddaughter, Emma Savidge, daughter of Christina and Michael Savidge, graduated with honors, from Hillsborough High School, New Jersey. She will be attending Skidmore College in Saratoga, New York to study Environmental Science. Grandson, Tyler Schimpf, son of Melissa and Jason Schimpf, graduated from Florence High School, New Jersey, with honors. He will be studying Business at Coastal Carolina University in Conway, South Carolina. What an accomplished family! Congratulations to all!

Send me all the happy news of your family to share with neighbors and friends,
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Quotes For Thought

By Linda Mullaney

"I don't know the secret to happiness, but I do know this: I've never been sad drinking coffee by the beach, seeing a beautiful sunset, or eating ice cream with a friend."

"There is no "right" time, just time, and what you do with it."

"Old age is something else--last night, I was in bed for 20 minutes when I heard the pizza guy cough - then I remembered I came to my room for my wallet."



"Substitutes for a Healthy Diet:

Noodles - Zucchini

Chips - Carrots

Milk - Coconut milk

Rice - Cauliflower

Butter - Sadness

Sugar - A broken heart

Cheese - Nope!

Coffee - This is stupid and I'm not doing it."

"I asked my cousin why he calls his wife 12. He said because she dozen cook, she dozen clean, she dozen do anything."

Word of the day: **Clairboyance**, n.: The ability to perceive the future as bright and fluffy.



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TRIVIA

By Joyce La Piana

1. What was inadvertently developed in the 1950s by Brazilian scientists?
 - Nylon
 - Killer Bees
 - Slinky
 - Artificial sweetener
2. What is the deepest river in the United States?
 - Colorado River
 - Missouri River
 - Mississippi River
 - Hudson River
3. Who is the most recent U.S. President without a college degree?
 - Ronald Regan
 - Harry S. Truman
 - Jimmy Carter
 - Abraham Lincoln
4. The deepest known point in the Pacific Ocean shares which name with a NASA space shuttle?
 - Atlantis
 - Challenger
 - Endeavour
 - Discovery
5. Which rock singer played with a band called “The Heartbreakers”?
 - Pat Benatar
 - Stevie Nicks
 - Joan Jett
 - Tom Petty

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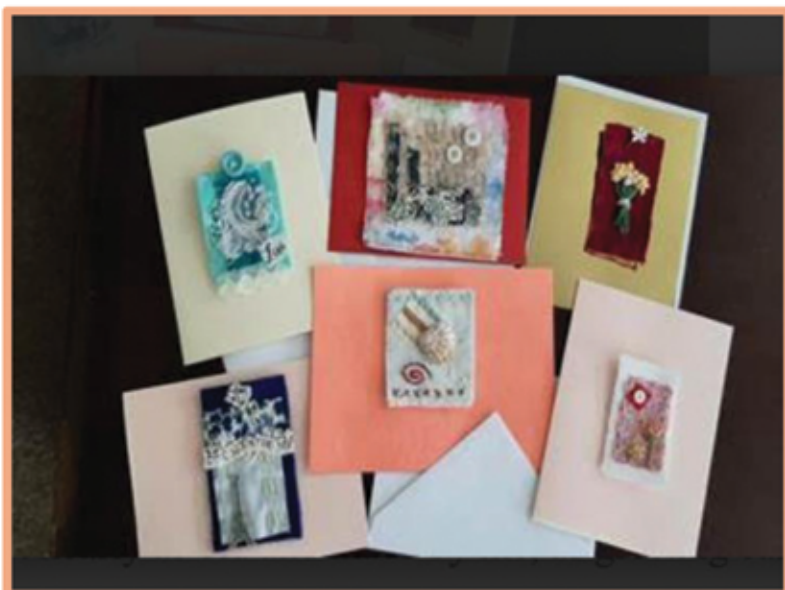


The Quill Travels!

While on the Castles on the Rhein River tour, Bruno and Cindy Martillotti stopped in Eguisheim, France and brought The Quill along! They highly recommend a river cruise; they learned a lot and saw plenty of incredible sights (*left*).



Charlene Atkinson on Butterfly Beach, Montecito, California. Charlene and husband Shawn traveled to the Los Angeles area to visit family. They spent a few beach days in Santa Barbara, Manhattan Beach, toured The Queen Mary, and took in a Dodgers game (*right*).



Needles Work

By Rosemary Albach

For the past few months, I've used "recycled" materials in Needles Work, old doilies in fact, made by other ladies long, long ago. What you see here are cards. Yes, I'm using this month's recycled materials, which are not nearly as old and made by me, as greeting cards. You may have seen the needlework before. The top center is fabric and buttons stitched on a tea bag

which is stitched on fabric and attached to a card. This one appeared in the March 2024 issue. The other five "cards" appeared as badges or brooches in the August 2023 issue.

Craft Corner

By Gail Hillman

Coastal Lights



Although the summer months are quickly slipping away, we still have some time left to embrace the gifts these months offer us. Trips to the shore are just one of them. If visits to the shore make you smile, you can keep smiling throughout the year by making these beautiful coastal wine glass candle holders to remind you of your happy “beachy” moments. Next time you put your feet in the sand, pick up as many small seashells as you can and you’re on your way to creating a craft that will “light up” your life.

Materials:

- wine glass or glasses
- cardboard and chipboard
- seashells
- pearl beads
- mosaic glass gems (optional)
- fine grain sand natural or colored
- rough grain sand (optional)
- candle (battery operated)
- rope (5mm)
- jute twine
- scissors
- hot glue



Directions:

First, trace the lip of the wine glass onto the cardboard and cut it out. Set it aside for later. Next, flip your wine

glass back up. Next, place your seashells in the wine glass together with some pearl beads and glass gems. After this, cover everything in fine grain sand. Once you’re done placing everything inside, seal it with the cardboard circle. Put lots of hot glue on the edges and glue it inside the glass. (Making sure to apply generous amounts of hot glue will insure a seal) Flip the glass over once the glue has completely dried.



Next, trace and cut your chipboard into a long strip. Then, place this around your candle to get its measurement. Cut out the strip and glue it around the candle base. Set it aside. After this, glue the rope at the bottom of the wineglass and wrap it around three times. Cut off the remaining rope and hot glue the end of the rope to the glass. Next, wrap and hot glue the rope around the stem. After this, hot glue the candle holder on top, then tie a bow below it with three long strips of twine. Lastly, place the candle at the top inside the candle holder.



There are many variations to this fun project. Choose one and enjoy your very own trip to the beach!

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Scampi Primavera

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Ingredients

1 package spaghetti
3/4 cup olive oil
3-4 large cloves garlic, minced
1/2 tsp. grated or finely chopped lemon peel
2 large carrots julienned & 2" lengths
1[8oz] zucchini julienned & 2" lengths
1 red pepper julienned & 2" lengths
1 1/2 lbs. CLEANED medium shrimp
2 Tablespoons lemon juice
3/4 tsp salt
1/8 teaspoon pepper
About 2 Tablespoons torn fresh Basil leaves
About 2 Tablespoons chopped fresh parsley

Preparation

While spaghetti is cooking, heat olive oil in large sauté pan or skillet till hot but not smoking. To pan add garlic & lemon peel for 30 seconds stirring constantly, add shrimp & vegetables & cook & stir over medium heat till shrimp turns pink on both sides. Sprinkle with lemon juice, salt & pepper, basil & parsley. Spoon over pasta & toss. Serve with parmesan cheese

The Best Chicken Salad Ever

Prep Time: 10 mins. Total Time: 10 mins. Servings: 8.
Yield: 2 cups

Ingredients

- 2 boneless chicken breast halves, cooked
- 1/4 cup creamy salad dressing (such as ranch)
- 4 tablespoons cole slaw dressing
- 1 stalk celery, chopped
- 1/4 onion, chopped
- salt and pepper to taste

Directions

1. In a food processor, combine the chicken, creamy salad dressing, cole slaw dressing, celery, onion, salt and pepper. Mix until well chopped.

Nutrition Facts (per serving)

103	Calories
6g	Fat
3g	Carbs
8g	Protein

Thank you



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TEETH IN A DAY

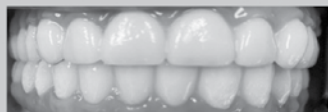


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implants in areas that maximize your bone, we can immediately attach a natural-looking restoration to the implants. This means your restorative phase of treatment occurs the same day as your surgery.



before



after



Dr. Michael Baldino performs the restorative aspect of teeth in a day. He attended the University of Scranton, where he majored in biochemistry. Dr. Baldino was awarded Doctorate of Medical Dentistry at Temple University. Dr. Baldino completed a Post-Doctoral Residency at Mountainside Hospital in Montclair, New Jersey.



Dr. Anthony Prousi performs the surgical aspect of teeth in a day in his state-of-art surgery center with all the newest advances in technology and safety. He is an ivy-league trained, board certified Oral and Maxillofacial Surgeon who focuses his attention on the highest quality surgical and anesthesia care with emphasis on impeccable communication and personal accessibility to create the ideal patient experience. Please visit his website for more information at www.prousiofs.com.

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Handy Andy Program

What is the Handy Andy Program? It is a free service offered by the volunteers of **Caregiver Volunteers of Central Jersey** to residents of Ocean and Monmouth County who are 60 years of age and older.

Recognizing that many seniors face safety challenges, volunteer caregivers offer free assessments and will inform the homeowner of anything that needs tending to in their homes. If and when you need assistance call 732-505-2273 ext. 212; a volunteer from **Caregiver Volunteers of Central Jersey** will set up a time to meet with you and assess your needs.

Spring and Fall Safety Assessments include AC and furnace filter changes, water filter changes, light bulb changes, tightening leaky faucets. They will also move seasonal items in or out of storage, turn on or off outdoor water supply, open or close AC vents, check smoke alarms and carbon monoxide units, check weather stripping and caulking, replace or repair doorbells and locks do minor outdoor clean-up and much more.

The things they cannot do are any aesthetic improvements, any work behind walls, any painting, sheet rock or insulation, any assembly of furniture, lawn mowing or weeding, carpentry, plumbing or electrical work, roof repairs, structural work, housecleaning, laundry, window or appliance repairs, power washing or climbing ladders above the first floor.

The few stipulations are: The homeowner must be 60 years of age and residents of Monmouth or Ocean County. The resident must own the home; no rentals or apartments qualify. The cost of any materials purchased by a volunteer must be reimbursed by the homeowner and the home may not be listed For Sale.

To register for the program, call the number listed above and be prepared to be on the phone for five to ten minutes. You may visit their website Caregiver Volunteers of Central Jersey for more information.

The Quill Committee

The Quill Committee strives for accuracy and quality with each FSUF monthly issue. FSUF uses Senior Publishing for printing. As a result of their publishing process and The Quill Committee's review, minor edits and/or formatting changes may arise. The Quill Committee together with Senior Publishing makes every effort to produce a high quality, informative, and interesting community newsletter.



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Wedding Bells!!

By The Quill

Who do you think this lovely couple is?

Send in your guess! Hint: This was an August wedding.
We will reveal the couple in the next newsletter!

The Quill would like to celebrate FSUF Wedding Bells. We will feature a couple's wedding photo, noting their wedding date. If you would like to participate, please send the photos to thequillfsuf1@gmail.com. Thank you!



House and Recreation says...

ALOHA!

All residents are invited to our **LABOR DAY WEEKEND LUAU**
SUNDAY, AUGUST 31, 2025

**\$35 PER
PERSON**

**DOORS OPEN
3:45 PM**

MUSIC 4PM - 7PM BY MIKE DETTRA MUSIC

5:00 PM BUFFET TO INCLUDE:

Chicken, Bar-B-Que Ribs, Hawaiian Ham, Beef with Broccoli
Macaroni & Cheese, Vegetable, Salad, Rolls
Water, Coffee, Tea, Dessert

Tables will be set up in the Ballroom and the Lobby: please indicate below your preference (no promises: will try to accommodate those that like the Lobby!)

Please make checks payable to FSUF Activity Fund and deliver to either:
the white House & Rec mailbox in the Lobby or to

Cheryl Fintz 21 Red Coat Place by **THURSDAY, AUGUST 21**

Those wishing to sit together, please submit checks together in 1 envelope.

Name.....Email.....

Address..... Amount Enclosed.....

I/We prefer to sit in the (circle one) **BALLROOM** vs **LOBBY**

Questions: Cheryl rfintz@hotmail.com



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*Wear supportive shoes &
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for the weather. Please bring
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timing.*



Did you know.... August 1969 New Jersey Rocks!

By Charlene Atkinson

Two weeks prior to an infamous rock festival held at a farm in Bethel Hills, New York, also known as Woodstock, New Jersey had its own rock festival. Held at the Atlantic City Raceway Track on August 1, 2, and 3, 1969, organizers and rock producers scheduled a soul, jazz and rock concert. They were able to book significant acts attracting over 100,000 fans over the three-day event. It is estimated that 40,000 people attended per day. The revolving stage kept performances moving smoothly with few delays. Fans were not only from New Jersey but came as far away as California, Canada and Florida. Admission was \$6 a day or \$15 for the entire festival. With heat and humidity, water trucks sprayed the crowds with some fans swimming in the racetrack pond to keep cool. Fans climbed light towers and helped themselves with over \$20,000 of artist merchandise. A little known 17-year-old amateur rock photographer named Peter Strupar captured and published black and white images over three rainy days. There were no professional films or audio recordings, but rare still photos have survived.



Acts included The Byrds, Creedence Clearwater Revival, Jefferson, BB King and Little Richard. Others were Joe Cocker, Santana, Mamas and the Papas, Three Dog Night, and Iron Butterfly. Opening day included guitarist Robin Trower and organist Matthew Fisher. Joni Mitchell began her act early on Day 1; however, through her fourth song, she thought no one was paying attention to “Cactus Tree” and she walked off the stage in tears. Janis Joplin performed on the last day ahead of Little Richard. Some fans said they saw her in person for the first time and the last time as she passed away in October 1970. Joe Cocker entertained with “With a Little Help From My Friends”, and Little Richard invited fans to dance onstage.

Along with 100 private security guards, police from the surrounding towns worked 12-hour shifts to ensure the thoroughbred racing season, scheduled to begin on August 8, was not impacted by the event. There is a Facebook page devoted to the weekend with fans speaking to their experiences over the next three days. One fan mentioned; “How is it that today we are still listening to 70’s rock?” CCR’s Proud Mary, Green River, and of course, Bad Moon Rising were heard on a soggy weekend in New Jersey, music which even today is on my playlist. Although history has not captured the Atlantic City Pop Festival as they did Woodstock, historians noted the line-up met, and perhaps even exceeded, Woodstock in music.

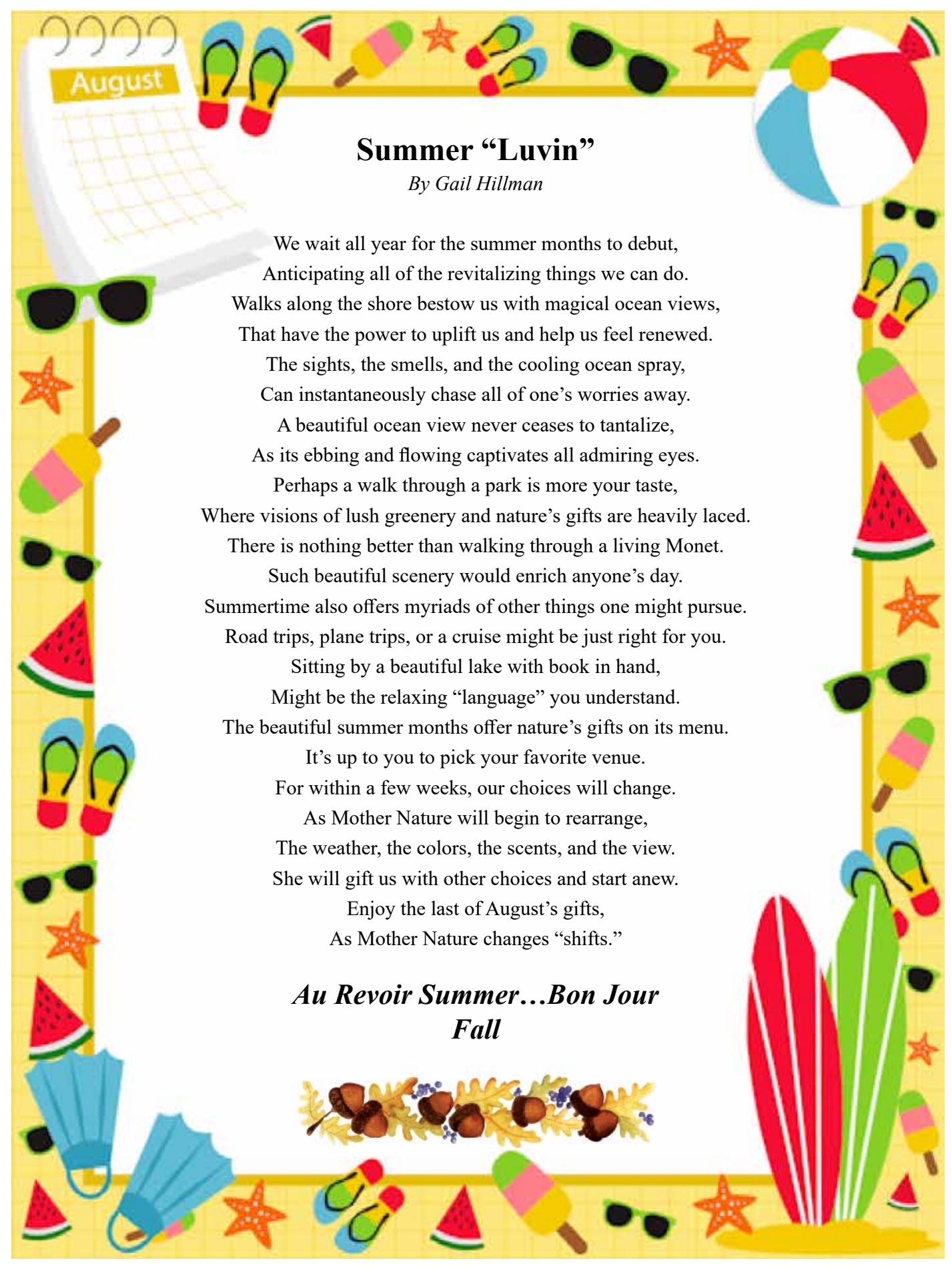
If you attended this one, or Woodstock, and have memories, thoughts or comments you would like to share, please send them (anonymously or not) to “thequillfsuf1@gmail.com”. We will post them in a follow-up piece to this article.

<https://bestclassicbands.com/atlantic-city-pop-festival-1969-8-4-15>



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Summer “Luvn”

By Gail Hillman

We wait all year for the summer months to debut,
Anticipating all of the revitalizing things we can do.
Walks along the shore bestow us with magical ocean views,
That have the power to uplift us and help us feel renewed.

The sights, the smells, and the cooling ocean spray,
Can instantaneously chase all of one’s worries away.

A beautiful ocean view never ceases to tantalize,
As its ebbing and flowing captivates all admiring eyes.

Perhaps a walk through a park is more your taste,
Where visions of lush greenery and nature’s gifts are heavily laced.

There is nothing better than walking through a living Monet.

Such beautiful scenery would enrich anyone’s day.

Summertime also offers myriads of other things one might pursue.

Road trips, plane trips, or a cruise might be just right for you.

Sitting by a beautiful lake with book in hand,

Might be the relaxing “language” you understand.

The beautiful summer months offer nature’s gifts on its menu.

It’s up to you to pick your favorite venue.

For within a few weeks, our choices will change.

As Mother Nature will begin to rearrange,

The weather, the colors, the scents, and the view.

She will gift us with other choices and start anew.

Enjoy the last of August’s gifts,

As Mother Nature changes “shifts.”

***Au Revoir Summer...Bon Jour
Fall***

The Garden State

New Jersey, often called the “Garden State,” is known for its rich agricultural heritage and diverse produce. Thanks to its fertile soil and moderate climate, the state yields a wide variety of fruits and vegetables throughout the growing season. Tomatoes, corn, and blueberries are among the most iconic New Jersey crops, especially blueberries, which are the official state fruit and thrive in the sandy soils of the Pine Barrens.

Local farms also produce peaches, cranberries, peppers, and leafy greens, supplying fresh, seasonal goods to farmers markets, roadside stands, and restaurants across the region. Despite its small size and urban reputation, New Jersey remains a vital player in the Northeast’s farm-to-table movement, offering high-quality, locally grown produce from spring through fall.

In 2022 nearly 10,000 farms in New Jersey produced agricultural products with a market value of approximately \$1.4 billion including fruits, vegetables, nursery and greenhouse products. Agriculture ranks as the third largest industry, behind pharmaceuticals and tourism. Additionally, in the **2023 harvest season** (reported in late 2024), official vegetable sales in New Jersey totaled over **\$209 million** from more than **29,000 harvested acres**, with tomatoes, bell peppers, and sweet corn leading in value as well as sweet corn in acres harvested, followed by cucumbers and squash.

- **Jersey “Fresh” Tomatoes:**

- ✓ New Jersey farmers harvested approximately **60 million pounds** of tomatoes in 2023, equivalent to around **30,000 tons**.
- ✓ This harvest came from about 2,400 acres of tomato production.
- ✓ The total **value of production** for New Jersey tomatoes in that year was estimated at **\$36.2 million**.
- **Blueberries:** In 2023, blueberries harvested totaled **25,075 tons (approximately 50.3 million lbs.)**, producing nearly **\$92 million** in value. New Jersey ranks among the nation's top producers.
- **Corn/grain:** harvested from approximately **65,000 acres**, yielding **168 bushels/acre**, for a total of **approximately 10.9 million bushels** in 2023, up approximately 65% from 2022.
- **Soybeans:** Approximately 98,000 acres harvested, producing around **4.21 million bushels** (approximately 43 bushels/acre yield) in 2023 which is an approximate 39% increase from the prior year.
- **Peaches:** Approximately 3,300 acres harvested, producing **14,200 tons**, valued at roughly **\$29 million**.
- **Cranberries:** about **2,900 acres**, yielding **approximately 580,000 barrels**, valued around **\$20 million**.
- **Hay (excluding alfalfa):** Approximately 85,000 acres produced 153,000 tons of hay (1.8 tons/acre yield), valued at ~\$23.7 million.

References:

NJ/gov

MarketWatch+15National Agricultural Statistics Service+15Reddit+15.



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KILLER BEES

The Africanized bee is a hybrid species of the Western honeybee. These so-called “killer” bees were accidentally introduced into the wild by Brazilian scientists in 1956. The scientists were attempting to create a new hybrid bee in the hopes of improving honey production, when 26 swarms escaped quarantine and began to dominate the native honeybee. They have killed some 1,000 humans, with victims receiving ten times more stings than from the average honeybee.

HUDSON RIVER

The Hudson River located primarily in the state of New York reaches depths of up to 216 feet and is the deepest river in the United States. A significant depth occurs around the area known as the Hudson Canyon. The Hudson River stretches for approximately 315 miles from the Adirondack Mountains to New York Harbor, where it empties into the Atlantic Ocean.

HARRY S. TRUMAN

Harry S. Truman, who served as the 33rd president had attended Spalding’s Commercial College but left after a year. Truman was an avid reader and self-taught in many areas.

CHALLENGER

The deepest part of the ocean is called the Challenger Deep and is located beneath the western Pacific Ocean at the southern end of the Mariana Trench. It is approximately 35,876 feet deep and shares its name with NASA’s space shuttle “Challenger”, which was named after the British naval vessel HMD Challenger, whose crew first measured the depths of the trench in 1875.

TOM PETTY

Formed in 1976, Tom Petty and The Heartbreakers were renowned for their distinctive blend of rock and roll and heartland rock. Petty’s gritty voice and storytelling lyrics combined with the band’s tight unusual arrangements, produced iconic hits like “American Girl”, “I Won’t Back Down,” and “Free Fallin”.

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