

re-Chant

NEW YEAR, 2023

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Ideas for re-Chant

Ideas, Shoutouts, Concerns,
Articles you want to volunteer
for, please email us at
re.chantnews@gmail.com



YOUR NEW NEIGHBORS

We would like to welcome the following new residents to Enchantment:
Mary and Bayard Gardiner
11 Marbella



SPECIAL CELEBRATIONS

Congratulations and best wishes

John and Juliet Jablecki celebrated their 32nd anniversary on November 24th
Lucille and Johnny Mandile celebrated their 60th anniversary on December 30th
Maryann and Bill Komianos celebrated their 42nd anniversary on January 3rd
Maria Elena Hearn celebrated her Birthday on December 11th



COMMUNITY SHOUTOUTS

A shoutout and thank you to quiet, behind the scenes resident, **Rich Ionato**, who epitomizes what it means to be part of a community. He can be seen (or maybe not, because it is often stealth like) helping prepare or dismantle community events. He is the first one to aid a neighbor in need, give advice on home care, lend a piece of equipment you may need, or help with a task that needs extra hands. Thanks, Rich, for all you do!

Bob Kramer devotes much of his time to the merged Property and Clubhouse Committees. In this capacity, he and his team of 16 work to maintain or improve the common area properties of Enchantment. Bob and his committee focus on the clubhouse and sports amenities. You can often see Bob and/or members of his team out surveying the work being done and spearheading recommendations. Thank you, Bob, for your work to help us live comfortably amidst beautifully maintained facilities.

Shoutout to **Rich Smith**, for the many years he spent setting up chairs for Enchantment Events and the time he spent on our Pool Committee. Your fellow Enchantment residents appreciate the work you have done!

Remember these are your shoutouts, and we appreciate you sending them (at any time) to the Newsletter Email re.chantnews@gmail.com



GRANDPARENTS CORNER

- John and Tess Bartolino's, grandson, Noah Rybak, made his Bar Mitzvah during October 2022. We remember following Noah's journey after he suffered a serious head injury two years ago. The Enchantment residents are so proud of you Noah!
- Lucille and Johnny Mandile welcomed grandchild 15, this past spring
- Jeanine and Pete Fuhrman welcomed Julian Joseph Judge Fuhrman on 12-14-22. Their 2nd grandchild, what a beautiful holiday blessing.

Getting to know Peter Costanza

On any given day, you might notice a green Toyota Camry in the clubhouse parking lot. It is usually in the same parking spot facing the pond. Inside sits Peter Costanza. He might be listening to Philadelphia classic rock station, WMGK, or rock station, WMMR, or a CD of one of his favorite artists...the Doobie Brothers, Creedence Clearwater Revival or Pink Floyd. He also enjoys listening to lectures by British philosopher, Alan Watts, or alternative medicine advocate, Deepak Chopra. He might be listening to a ball game. He might just be enjoying the silence.



Pete says he has made many friends within the Enchantment community. People are always stopping by and chatting with him. He enjoys the idea of spending part of the day with nature, watching the birds, the pond and occasionally seeing a fox.

Pete was born in Bronx, New York and moved to Hasbrouck Heights, New Jersey, when he was a child.

His father, Pete Sr., was the artist for the original Captain Marvel comic strip. He worked there from 1940-1953. After receiving the script from the writers, it was his job to do the illustrating. He also was an illustrator for the Superman comic series. Pete and his brother still have some of the complimentary comic books his dad would bring

home. When asked if any of them were collectors' items, he said that they had all been read (and re read) and not in "original" condition.

After Pete's father survived a stroke which left him unable to use his right hand, he taught himself to use his left hand and began teaching other stroke victims how to paint.

At age 10, Pete came down with polio. Although it slowed him down, after foot and arm surgeries, he did learn to bowl, play golf, walk easily and drive. Driving has allowed him independence which he does not take for granted. Only in recent years has post-polio syndrome limited his walking.

Pete graduated St Peter's College in Jersey City with a degree in physics. He spent the early part of his career in the private sector developing lab tests on the physical properties of fibers and textiles, while achieving a master's degree. Afterwards he worked at the Textile Research Institute in Princeton. He then worked with the DEP for 25 years researching air pollution control, chemical accident prevention, and pollution prevention. He retired in 2008.

Pete and his wife, Gail, have been married since 1978. They have two daughters and three grandchildren. They moved from Ewing, New Jersey to Enchantment in May 2018. Pete has always enjoyed being around nature and would often take trips to Banchoff Park in Ewing, or Washington Crossing State Park. He likes the pond at Enchantment just as much, if not better.

If you're ever walking around the pond and see Pete's green Toyota Camry, stop by and chat!



THE POND, AN ENCHANTMENT ASSET BY LEN PETRUSKA

Committee Note – Len sent this article, and it was purely a coincidence that it tied so nicely to Pete's profile which we had already decided on. It was meant to be. Thank you, Len

Our pond is a catch basin...it is a manmade collection basin as required by Hamilton Township flood control laws. Street drains are piped to it so that rainwater, snow, fertilizer and other lawn chemicals all collect into the pond.



In 2009 and again in 2022, the Properties Committee had our pond contractor, Black Lagoon do a bathymetry survey. The depth of the pond is critical to its health as cool water increases the oxygen level in water. Our pond depth remains at about 8+ feet deep, a good design. There are two 8-foot tubes located at each end of the pond; compressed air is bubbled at the bottom of each tube which bring the cool deep water to the surface by using a pumping action of bubbles in much the same way Leonardo da Vinci did centuries ago. A water pump with nozzles creates sprayed water, thus providing more aerating action.

We have been fortunate to have this manmade body of water (made in 2005) which contains fish, frogs and other creatures; the Properties Committee cannot explain their origin. When the water temperature goes below 55F, all creatures slow down and go into hibernation.

Birds, especially Canadian geese, wander around in the spring looking for a good nesting place. The geese are a serious sanitation problem (you golfers know) as adult birds each defecate two pounds per day; fifteen birds would place 30 pounds of sh_t on our paths, a serious problem indeed. The Properties Committee did some research and found dog decoys would scare the geese away. It worked at first but soon the geese became accustomed to the non-vicious decoys. Another solution used by farmers is to install a series of speakers connected to a sound amplifier with high frequency noises above the human hearing spectrum. To assure they don't become accustomed to those noises, changes in noises are necessary, like artillery cannons. We didn't think that was appropriate for Enchantment.

We discovered that a perfect home for geese was one in which there was easy access into and out of the water; if the babies could not walk into and out of the water, the birds would not nest. So, in the early spring one year, we used 200# fishing line in three heights around the entire pond to prevent easy access. We planted many shrubs to hide the lines, and that worked! We've since switched to stainless wire.

Enjoy the pond with its creatures (as we said above, we don't know how they arrived) and the sound of the fountain spray. Don't be concerned about seeing geese on occasion; they do visit. You may see a Heron; with unusually long legs standing in shallow water. They like to "fish" here. And please don't hesitate to contact us if you have questions or suggestions.

If you would like to contribute an article or have an idea, please just email us at re.chantnews@gmail.com. We really would love to hear from you



SHEET PAN COQ AU VIN (ADAPTED FROM FOOD52, 2018)



Great cold weather company meal: doubles nicely for a crowd (we've done it), and easy cleanup with a foil-lined sheet pan. Bacon adds flavor but can be omitted. I use a generous pound of mushrooms because we love them.

Don't skip the shallots.

Ingredients

- ½ pound bacon, diced (unsmoked if possible)
- 6 medium shallots, peeled and halved (or 3-4 large)
- 3 cloves of garlic, peeled and crushed
- 1 tablespoon freshly chopped thyme leaves (or 1 ½ teaspoons dried)
- 3 sprigs fresh rosemary
- 8 bone-in, skin-on medium chicken thighs
- Kosher salt to taste (I use a good tablespoon or more)
- Black pepper to taste (I use a few grinds over all)
- 2 tablespoons olive oil
- 1 cup dry white wine
- 12 ounces mushrooms, cut into quarters (cremini are great, white will do)
- 1 (14-oz) can cannellini or other white beans, drained and rinsed
- 2 tablespoons freshly chopped flat leaf parsley, to serve

Preheat the oven to 425°F or 400°F convection.

Toss the bacon, shallots, garlic, thyme, and rosemary into a sheet pan with sides. Arrange the chicken thighs on top. Season with salt and pepper and drizzle over the olive oil. Roast in the preheated oven for 20 minutes. Remove tray from oven and add the wine, mushrooms, and white beans. Give everything a stir, then roast for another 25 minutes or until the chicken is cooked through. Serve, sprinkled with parsley.



AUTHOR EVENT – NOVEMBER 17

A great night of dialog and book signings with refreshments presented by the Social Committee





PET PROFILE: SAMMY WEXLER

We recently had the opportunity to meet Sammy at our community Halloween party (he won Best Pet Costume category) and instantly fell in love. Sharon and Floyd Weiner's daughter, Gayle Wexler, is the proud human parent of this adorable, happy, nine-year-old Dachshund/Chihuahua mix.



Gayle and her husband, Gregg, adopted Sammy at the age of seven months. They loved and nurtured him, and he was, and is, a lovable, cuddlable dog.

At the age of four, Sammy was playing outside with his ball as he had many times before. But one afternoon Sammy went to fetch the ball and ruptured a disc in his

back. Sammy underwent surgery at Penn Veterinary Hospital in Philadelphia immediately after the accident and was hospitalized for three days. When he returned home, Sammy was paralyzed for two months while undergoing physical therapy that included a water treadmill and acupuncture. While he made progress, sadly, Sammy would never walk again.

To compensate, Sammy now uses a harness with wheels because he drags his back legs. He wears socks on his paws to protect them from the road and elements. He has two sets of wheels, one set for off roading trails along with a normal set for walking. When he's at home, he doesn't use anything. He has adjusted beautifully to his "new normal." Gayle and Gregg also adopted a Bichon Zoey, at the age of four to keep Sammy company. Sammy and Zoey truly love each other.

Sammy will eat anything, but he loves Chinese cookies and Blueberry Cheerios. He loves his stuffed animals. Gayle and Gregg will take him to the shore where he plays ball and frisbee. Sammy can't be missed because his name is on the back of his wheels, so most locals know him and cheer him on when they see him run. He's very fast!



Sammy and Zoey are incredibly lucky to have found a loving family. Sammy continues to have challenges, but it's clear that nothing will stop this little dog.

On a final note, one day in our community a few years ago, a Federal Express driver saw Sammy and suggested that he should wear his Halloween costume and visit the Boys and Girls club. Sammy has been doing that ever since, and the children always look forward to seeing him.

Sammy is a very brave and determined dog. As an example of this, he recently started wagging his tail! His, parents, Gayle and Gregg have shown compassion, love and nurturing that has given Sammy a good life despite the obstacles he has encountered.

Beating the Winter Blues

There aren't too many people who will tell you that winter is their favorite time of year. Those who feel this way are lucky, in that they don't seem to fall victim to "the winter blues." Did you know that 72% of American adults experience some form of sadness over the winter months? In addition, about 15% of American adults experience full blown depression during the winter. The reasons for this vary. Some adults find the holiday season to be a time of happiness, while others feel exactly opposite. Some adults seem to be negatively affected by shorter days, reduced sunlight, cold temperatures, gray skies, snowstorms, holiday shopping, and cooking, etc. Be on the lookout for signs of "the winter blues" (sleeping more, trouble sleeping, overeating, eating less, consuming more alcohol, low motivation, overall sadness, and lack of interest in things the person normally enjoys).

So, what can you do to help yourself or a loved one combat "the winter blues"? Below are some ideas you might find helpful. Look and be open to trying things you've never done before. Be diligent in your efforts to help a loved one, but don't nag. Here goes: bundle up and take a walk or sit in the sun for a bit, get a journal and record thoughts that are bringing you down, listen to music and (possibly) dance; get lost in watching a Hallmark movie, exercise, take a gentle or chair yoga class*, meditate*, 'treat yourself to a mani-pedi,' have a meal with a friend...and if you live in Enchantment, sign up for a committee; attend a Mixer or join a group playing games in the clubhouse. After all, you've got nothing to lose but "the blues"!

**There are sites online that offer free yoga and meditation. Just type in your search engine "Free Meditation Sessions," "Daily Calm Meditation," or "Chair Yoga for Beginners and Seniors," or use the You Tube app on your phone to find and access sessions. Remember, this is just a very small sampling of what's available. Plus, if you are an AARP member, you can go to their website and sign in to see their many resources. Don't be afraid to explore. You'll be surprised by what's right there...at your fingertips.*




WE VOLUNTEERED TO TRIM THE CLUBHOUSE

A group got together and set up and trimmed the tree. A good time was had by all, and it made our Holiday Traditions event even more festive.



Puzzle Play to Beat Winter Blues



New beginning this month, one table in the clubhouse's card room will be devoted to puzzle play! Working on colorful and challenging puzzles during the winter months helps with the doldrums, gets you out and a chance to visit with your neighbors. The idea is to have a continuing work in progress puzzle. The puzzle play will be totally independent to whomever or whenever the urge strikes you to enjoy a fun activity. The prize for whomever places the last piece gets to pick the next one!! See you at the table!



HOLIDAY TRADITIONS SPONSORED BY THE SOCIAL COMMITTEE

Good food, traditions of the holiday season and how they came to be along with good company!





GIVING IS VERY MUCH A PART OF THE HOLIDAY TRADITION AT ENCHANTMENT, 2022

Allentown Presbyterian Church Food Pantry – the community donated over 355 pounds of food and \$125. Shout-out to Mela, who continues to work hard in the organization and success of this event. We were so glad to be donating again this year, as we have in the past as a community.

Capital Health Infusion Center and Knit the Rainbow



Charity. Knitters and Crocheters living in the community dropped off over 20 handmade scarves, hats and mittens for Knit the Rainbow (targets homeless LGBTQ youth needing warmth) and over

15 beautifully made lap blankets to the Infusion Center (keeping patients warm while receiving treatment).

The Social Committee donated a Beautiful Holiday Basket to a Foster Care Family on the waitlist of **New Jersey Angels**.



New Jersey Angels is a nonprofit organization that focuses on holistically supporting and sustaining fostering families. The goal is to increase placement stability for children and wrap support and love around the whole family. Volunteers are matched with a foster family and spend time building relationships with the family

by playing games, sharing meals and connecting while also delivering monthly personal care packages to the family.

The holiday basket was made with love for a family with three children in foster care.

The social committee members donated treats, toys, pajamas, gingerbread houses, crafts and gift cards to local stores.



UPCOMING EVENTS

January 19 – AllCure Fall Prevention/Body Mechanics for Seniors

February 12th – Superbowl Get Together



THE TUESDAY MORNING COFFEE AND CHAT

On the first Tuesday of each month, is an opportunity for women of our community to meet at Panera's Hamilton Marketplace, for friendship and coffee. This is an informal, monthly gathering open to all women of Enchantment. It is a show up as you please group with no set membership, rules, or monthly commitment. Please consider stopping in to socialize with your neighbors. We gather at 9:30am and congregate in a cozy area to sit, chill, and sip. If you would like more information, Nancy Christides is available to assist. Please email Nancy at oc23girl@yahoo.com



WANT TO READ A GOOD BOOK?

We wanted to know what you are reading and watching. Here is a short list we compiled. We would love to hear from you.

We are Not Like Them by Christine Pride & Jo Piazza; **Lessons in Chemistry** by Bonnie Garmus; **The Perfect Marriage** by Jeneva Rose; **The Vanishing Half** by Brit Bennet; **This Is How It Always Is** by Laurie Frankel; **The Brothers of Auschwitz** by Malka Adler; **Educated** by Tara Westover; **The Giver of Stars** by JoJo Moyes; **Say Nothing** by Brad Parks

Enchantment's **Gail Mitchell** wrote in about her choice, **Paul Laurence Dunbar, the Life and Times of a Caged Bird**, written by Gene Andrew Jarrett, Dean of the Faculty and William S. Tod Professor of English at Princeton University. He and Professor Simon Gikandi, Chair of the English department there, discussed this book on November 3rd at Labyrinth Book store and I had the pleasure of being there and hearing the discussion. Both Poet Dunbar and Poet Maya Angelou share something in common: "They both knew why the caged bird sang."

After the talk, Gail spoke with the author and shared with him how much she appreciated the depth he went into explaining Black women's lives after slavery, the depth of reasons why Black Veterans suffered from what is now called PTSD, the depth of clarification of why Poet Dunbar wrote poems in *Black Dialect*, why the book *Robinson Crusoe* appealed to "underdeveloped literacy and didn't stop former slaves from learning to read"

More Holiday Party





Winter Cornhole in the Clubhouse

