

Village of Buckingham Springs

Newsletter

August-September 2024

Volume 35 Number 5



LETTER FROM THE EDITOR:

The Coming of the Hurricane

Hurricanes are the most violent storms on Earth. They can also be referred to as typhoons and cyclones, but their scientific name is tropical cyclones. However, hurricanes only refer to tropical cyclones over the Atlantic Ocean with one-minute maximum sustained winds of at least 74 mph. Tropical cyclones are created from warm, moist air above the ocean waters near the equator. The rising warm air creates an area of lower air pressure and air from surrounding areas with higher air pressure pushes into this lower pressure area. As warm, moist air rises and cools down, the water in the air forms clouds. This group of clouds spins and grows into a cyclone, further fed by the ocean's heat and evaporating water. One interesting fact is that storms that form south of the equator spin clockwise, while storms that form north spin counterclockwise.

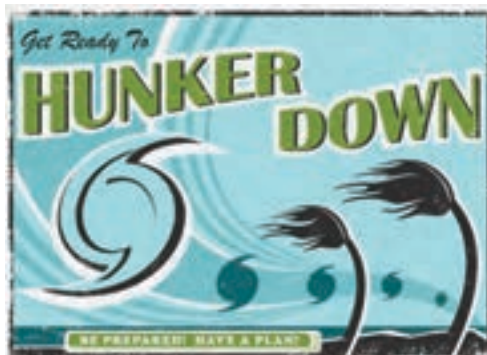
Hurricanes are comprised of three parts - the eye, the eyewall, and the rainbands. The eye of a storm is a circular area, 19-40 miles in diameter—most known as being mostly calm weather. The eyewall, the part with the strongest winds and rains, is a ring of thunderstorms that surrounds the eye. The rainbands are clouds that spin outward, making the storm bigger. The strengths of hurricanes are broken down into five categories known as the Saffir-Simpson Wind Scale as follows:

Category	Wind MPH	Surge feet	Example
1.....	74-95	4-5	Floyd in 1987
2.....	96-110	6-8	David in 1974
3.....	111-130	9-12	Betsy in 1965
4.....	131-155	13-18	Donna in 1960
5.....	156-up	19-up	Labor Day 1935

A 1 to 5 rating is determined by their wind speed. Storms reaching Category 3, at least 111 mph wind speed or higher, are considered major hurricanes for their predicted property damage such as inland flooding and electricity shortage.

The U.S. weather service began in 1870 as a function of the Army Signal Corps that relayed data twice a day to Washington by telegraph. Congress created the Weather Bureau in 1890 under the Department of Agriculture.

The number of hurricanes has increased since the turn of the twentieth century, especially since the 1970s. Scientists have attributed some of this increase to climate change, and that a warmer climate will lead to further increases in the most intense storms over the rest of the twenty-first century. More intense storms have greater wind speeds and potential for storm surge flooding, though many other factors also come into play.



NOAA National Weather Service forecasters at the Climate Prediction Center predict above-normal hurricane activity in the Atlantic basin this year. NOAA's outlook for the 2024 Atlantic hurricane season, which spans from June 1 to November 30, predicts an 85% chance of an above-normal season, a 10% chance of a near-normal season, and a 5% chance of a below-normal season.

NOAA is forecasting a range of 17 to 25 total named storms (winds of 39 mph or higher). Of those, 8 to 13 are forecast to become hurricanes (winds of 74 mph or higher), including 4 to 7 major hurricanes (category 3, 4 or 5; with winds of 111 mph or higher).

The upcoming Atlantic hurricane season is expected to have above-normal activity due to a confluence of factors, including near-record warm ocean temperatures in the Atlantic Ocean, development of La Nina conditions in the Pacific, reduced Atlantic trade winds and less wind shear, all of which tend to favor tropical storm formation.

Stay safe and be prepared for this season.

Joe Gervase – Social Director

THIS 'N THAT: SCHEDULE OF ACTIVITIES

If you have changes, corrections, or additions to the activities in the clubhouse, please provide them to Joe Gervase at jgervase@mckeegroup.net

AQUA CLASSES ...Wed. & Fri. 11am (7/5 to 8/30)	GERONIMO Last Sunday 7:00 pm
BEAD SOCIETY1 st Wed. 7 pm	GOLFMon. Gather 8:10 am; Tee off 8:30 am weather permitting.
BEREAVEMENT GROUP 1 st Tues. 11 am	GIRLS NIGHT OUT!Last Friday 7:00 pm
BIBLE STUDYWednesday 1pm	GREETING CARD GROUP 3 rd Tues. 10:00 am
BINGO 1 st Friday 6:30 pm	HORSESHOES (Ladies)Tues. 5:00 pm
BLOOD PRESSURE CHECK .3 rd Wed. 10 am	HOT DOG WEDNESDAY .12 noon (until Labor Day)
BOOK CLUB3 rd Mon. 7 pm	JAM SESSION Thursday 2:00 pm
BOWLING 12 noon (starting Aug. 29th)	KNIT & CROCHET2nd Wednesday 10:00 am
BRIDGEWednesday 1 pm	MAHJONGTuesday 1:00 pm
CANASTAMonday 6:30 pm	PHASE 10 Thursday 7 pm
CAREGIVERS 2 nd Thursday. noon	PICKLEBALL Wed. 11:30 am / Fri. 1:00 pm
CHAIR YOGA Mon. 2pm; Fri. 11am	PINOCHLE Thursday 7:00 pm
CHORUS Tues. 4:00 pm	POKER Wednesday 6:30 pm
CIRCLE OF FRIENDS Last Wed. 10 am	POOL(Men's) Tues & Thurs 6:30 pm
COFFEE KLATCH Tues. & Thurs. 8:00 am	POOL (Ladies) Sun. 5:30 pm
CRAFT GROUP 1 st Sunday 1 pm	SHUFFLEBOARD Wed. 3:00 pm
ELECTRONICS2 nd and 4 th Thurs. 7 pm	TEXAS HOLD-EM Tues. 6:30 pm
FITNESS FIESTA Mon. 1 pm; Fri. 10 am	WALK AWAY M – F 9:00 am; Sat. 8:00 am
FITNESS 40/YOGA 40 Wed. 5:00 pm	
GARDENING CLUB 2 nd Tuesday 7:00 pm	

Welcome
 NEW NEIGHBORS

James Watson & 102 Goldenrod Crossing East
 James Watson Jr.

Jean Anderson..... 101 Goldenrod Crossing East

Robert & Margaret Citrino 264 Upland Court

Randy & Karen Charlins..... 280 Peach Court

Louise Bosak & Francis Bosak... 566 Linden Court

Peter & Lois Rothsching299 Blackberry Circle

SAVE THE DATE

New Residents
 SAVE THE DATE

If you have moved into our community from Oct. '23 until Sept. '24, you will be invited to a **MEET N GREET** breakfast event on **Oct. 5th, 2024**. It will be held in the clubhouse on Saturday morning at 10 AM and is sponsored by Circle of Friends and our Home Owners Association (HOA).

It is an annual event during which time we welcome new residents, enjoy a delicious breakfast, share information and meet each other. An invitation will be coming in the mail in early September. If you have questions, please contact Kathy LeDonni at 917-239-8957

From the Village Management Office:



I hope this newsletter finds you well and enjoying the summer!

You may have noticed the “No Parking” signs that have been installed along the common ground on Spring Meadow Circle. We have had an uptick in resident concerns about neighbors and contractors parking on the grass on their homesite and/or parking on the grass on common grounds. This is not permitted.

Below are some vehicle/parking reminders:

- Overnight parking on the streets is not permitted.
- Parking on the grass anywhere in the Community is not permitted.
- Cars, golf carts, and lawn mowers may not be parked or stored on patios or lawns.
- Repair of motor vehicles is not permitted in the Village.
- Unlicensed, unregistered, un-insured or inoperable vehicles are not permitted to be stored in the Village.
- Mini-bikes, dirt bikes, motorcycles, go-carts, snow mobiles, dune buggies, and other similar recreational vehicles are not permitted in the Village.
- Parking in the Clubhouse lot is reserved for residents and their guests while using the Clubhouse, or during short-term guest visits with management permission.

We are glad to see so many residents enjoying the pool. The pool was converted to salt water prior to the season opening and I understand residents are pleased with the change. Please remember to sign in with the lifeguard each day that you access the pool area. Thank you!

There are lots of home improvement projects taking place in the Community. All exterior home improvements, changes, or additions must be approved by Management. This includes changes of siding color, shutters and roofs. Please see the insert in this newsletter for more details.

The office will be closed on September 2nd for Labor Day.

Trash and recycling will be picked up Wednesday, September 4th due to the Labor Day holiday. Enjoy the rest of your summer!

Amy Grzywinski Community Manager

VOB BUS TRIPS



This bus always leaves the parking lot at 9:30 am, unless you are notified.

VOB BUS TRIPS FOR AUGUST

- Friday, August 2** Beer Tour - Bus leaving at **10:30 am**
- Monday, August 5** Shady Maple
- Wednesday, August 7** Chinese Lantern Festival - Bus leaving at **6:00 pm • \$23**
- Thursday, August 15** St. Michael's - Bus leaving at **7:45 am - 3 seats available • \$130**
- Tuesday, August 20** Colebrook Railroad • **\$45** (Snacks & Drinks available for purchase)
- Friday, August 23** Cairnwood Estate and Cathedral • **\$17**
- Monday, August 26** Hollywood Casino
- Wednesday, August 28** Phillies game for those with tickets - Bus leaving at **2 pm**

VOB BUS TRIPS FOR SEPTEMBER

SIGN UP FOR SEPTEMBER TRIPS WILL BE MONDAY, AUGUST 12

- Friday, September 6** Wine Tour
- Monday, September 9** Resorts Casino - Bus leaving at **8:30 am**
- Seats available 56 passenger bus • **\$38**
- Wednesday, September 11** Crab Trap
- Friday, September 13** Stoudtburg Bavarian Village - Wait List
Welcome Home Thrift Store & Antique Mall
- Wednesday, September 18** Parx Casino and Horse Racing

Leaving at 10:30 am

Monday, September 23-Friday, September 27 - 2 seats available
New York Finger Lakes & Corning Glass Works

Leaving at 7:30 am

- Monday, September 30** Jim Thorpe

*All VOBS trips leave at 9:30 am, unless otherwise noted.
If you cannot go, please contact Nancy McGinty at 215-828-2818.
There may be a wait list, so don't keep another resident from going!*

COME TRAVEL

On a 56-passenger bus which is available to family and friends!



St. Michael's

Thursday, August 15, leaving at 7:45 am

\$130 per person Includes lunch, cruise, and shopping

THERE ARE 3 SEATS STILL AVAILABLE.



Resorts Casino Atlantic City

Monday, September 9, leaving at 8:30 am

\$18 resort package **SEATS AVAILABLE** (56 passenger bus)



New York Finger Lakes & Corning Glass Works

leaving Monday, September 23 – 27 at 7:30 am.

Total payment are due by August 6

\$905 pp double / \$1209 for single

THERE ARE 2 SEATS STILL AVAILABLE.

Don't miss out on the following two!



9-11 Memorial in NYC

Wednesday, October 23, 2024

\$83 Leaving at 8:30 am

Sign up sheets will be posted in the clubhouse August 1.

Payment due when you sign up!

Albuquerque Balloon Fiesta

Tuesday, October 1 – 11, 2025

*with Globus Information sheets available
in clubhouse. This trip fills up fast!*

ALBUQUERQUE INTERNATIONAL
BALLOON FIESTA



Call Sue Lewis 215-598-7600 ext. 5 about any of these trips.
Payments can be made for any trip at any time by placing a check in the
rent payment box by the clubhouse. It should be made out to Buckingham Social Club.

Surviving Behind the Mask ~ Struggles with Long Covid

The evidence suggests individuals with chronic conditions, such as diabetes or heart disease, are at an increased risk for developing periods of melancholy and even depression (CDC, 2023).



This same belief system may be considered true for individuals who struggle with symptoms of COVID-19 that seem to linger for months and even years. COVID-19 was made known in January 2020 in the US (CDC, 2023). Even though it is not currently a Public Health Emergency, COVID-19 still exists, and many are still trying to survive the struggles and deal with its debilitating effects.

According to the US Census Bureau (2023) survey data, an estimated 28% of U.S. adults with acute COVID-19 infections say they have experienced long COVID at some point. The cause of long COVID is attributed to the inflammatory remnants that linger in the body even after getting over the acute illness. This is because COVID-19 triggers excessive production of cytokines, which are compounds that trigger inflammation. Because inflammation is a response by the immune system, the “cytokine storm” created by the virus begins to overwork the immune system, which can lead to a dysregulated system (one that’s tired and run down, yet hyperactive and hypersensitive). Long COVID is expressed when a collection of symptoms persists following the initial illness. The symptoms may vary, including fatigue, shortness of breath, brain fog, dizziness, intestinal problems, cardiac issues, and more. These symptoms often worsen during and after physical or mental exertion.

Someone with long Covid, may feel ‘left behind’ or feel that they are safer if they keep themselves away from the challenges of daily life, but long Covid haulers, are paving the way to long-Covid survivorship, and helping to create breakthroughs in therapeutic regimens to give them back their quality of life. It is not always easy to determine if someone with long Covid might be experiencing melancholy or depression. This is because symptoms often associated with these feelings, such as sleep disturbances, fatigue, changes in appetite and concentration,

also are associated with long COVID. Individuals may feel isolated or may be struggling with physical limitations directly related to their illness, such as being easily fatigued and unable to function normally.

What are some options to help to continue to push forward on this journey?

The anti-inflammatory diet (plant-based low carbohydrate) has been known to provide a boost in combatting long Covid symptoms. In addition, cognitive exercises such as memory games can help one think critically and alleviate brain fog. Physical exercises, such as walking in moderation can help boost endorphins, such as dopamine, and help improve mood. Mindfulness, meditation, and music therapy help focus and maintain a positive well-being.

Remember, the mind is a powerful force. Reflect on your journey and how you fit into society. Create small tasks and steps as challenges and see how the small step can pave the way to even greater accomplishments. Find the joy in small things, from planting, and photography, to baking, and allow these small accomplishments to blossom into something greater.

There is a place for everyone in this world.

The following link from the CDC can provide you information on ‘Living with Covid’ and measures to promote an improved quality of life. [Living with Long COVID | CDC](#)

Always here to support you on this journey ~ Dr. G

Madeline Gervase, PhD-Ed, DNP, FNP, CNL, CCRN, APN, RN

ARTISTIC EXPRESSIONS

Virtual Gallery Launched for VOBS Artists



What's Your Muse? Do you like capturing the beauty in the world around you in your own photography? In your own paintings or drawings? Do you like sharing these with others?

Introducing **VILLAGE OF BUCKINGHAM SPRINGS: ARTISTIC EXPRESSIONS**—a new online creative space and canvas for talented artists in Buckingham Springs to share their work with each other and the entire community.

Madeline Gervase launched the **ARTISTIC EXPRESSIONS** virtual gallery on May 25 on *Flickr*, one of the best and best-known online photo management and sharing applications in the world. *Flickr* is designed to: 1) help people make their photos available to the people who matter to them, and 2) provide new ways of organizing photos, scanned artwork, and videos.

ARTISTIC EXPRESSIONS virtual gallery is dedicated exclusively to art photography and digital images of artwork. In this it differs significantly from the two existing Facebook groups that many VOBS residents already participate in (*Village of Buckingham Springs*, and *Residents of the Village of Buckingham Springs*). Posts on these monitored Facebook groups cover a wide range of subjects besides visual artwork and art photography.

Joining **ARTISTIC EXPRESSIONS** on *Flickr* is free and open to any VOBS resident who wants to contribute their own creative work, and/or view and enjoy the work of their friends and neighbors living in the community. Madeline Gervase (Hummingbird Court) administers the gallery; photography and artwork submissions are moderated by Karl Niederer (Grouse Circle).

Once you set up your *Flickr* account, you can request to join the VOBS Artistic Expressions here:

[Village of Buckingham Springs: Artistic Expressions | Flickr](#)

If you need assistance with setting up a *Flickr* account, follow the link:

[Get Started with Flickr – Flickr Help Center](#)

You will also find access to additional information on the VOBS Website:

[The Village of Buckingham Springs \(vobscpa.com\)](#)

Where do I find information?

Here are 11 places where you can find information about the community and its activities.

1. Community Guidelines **Remember the papers that you received when you purchased your home? They will answer your questions about your home and responsibilities.**

For activities and current information:

2. Newsletter
3. Calendar insert in newsletter for the next two months
4. Bulletin Board in the Clubhouse
5. At every mailbox
6. On the Village website – [vobscpa.com](#)
7. E-blast updates Email updates - **Notify the office if you are not getting these.**
8. Helping Hands **list of services or the back pages of newsletter**
9. Your HOA trustee
10. Check with your neighbor
11. Facebook



IT'S A DOG'S LIFE

The Corgi Brothers: "Biggles" & "Baxter" Stapenell

Maria Stapenell was quickly introduced to our Village through her two fun-loving and "talkative" Corgis, Biggles and Baxter. Biggles (big dog, little body) was adopted three years ago as a puppy. Always "smiling" Biggles comes loaded with the Corgi personality: lively, playful, and extroverted. Having "escaped" from his leash more than once, Biggles goes out on social jaunts as Maria frantically races through the Village calling his name. Biggles once appeared on Cardinal Court, unperturbed with a big smile on his face, "chatting" with the neighbors!



Tricolored one-year-old Baxter shares the same mother as Biggles. Though younger, Baxter feels he is always in charge. He steals toys from his older brother and will demand your attention if your eyes should stray, often pushing Biggles aside.

The Pembroke Corgi breed is a small herding dog originating in Wales and their densely textured fur provides an ideal weather-coating. Queen Elizabeth II owned more than 30 of this fearless breed who "walk the walk" self-assured with head held high. However, show these Village pups a frozen peanut butter yogurt treat, and all hearts melt.

Pat Salmon



Remember This:

www.vobsc CPA.com

THE NAME STANDS FOR VILLAGE OF BUCKINGHAM SPRINGS COMPUTER CLUB PA.

And, it is the community website!

It doesn't have a real ring to it, but www.vobsc CPA.com is our community website filled with news about The Village of Buckingham Springs. Save this address TODAY and information about village activities will be at your fingertips.

"I look at it as a virtual mailbox," said Scott Sugarman, who now maintains the website. "If it's posted at the mailbox or on the bulletin board in the clubhouse, you'll find it on the website."

Scott took over the website last winter. It had been conceived of and maintained by Tom Eagle until he passed away in April 2023.

"Tom refined the website and it was his baby," Scott said recently, adding that Tom was a professional coder and was able to infuse the website with complex and nifty mechanisms such as a scroll on the front page to alert residents to immediate news. (Something like a change in trash services!)

Scott was not able to incorporate that on the revised site. "I knew I couldn't match his (Tom's) skill. I had to keep it simple. I knew I couldn't keep up with him."

After Tom's death, his wife, Pat contacted Scott about the website. He said he would take it over if she had the passwords necessary. Which she did. Tom had recorded all of the information needed to maintain the site.

After a few early bumps (for two weeks all Scott's changes on the website would disappear by the next day) Scott was able to overcome the trouble. Although he's not a professional computer expert, he has been able to help residents with their online issues and is listed on the Handy Hands list under computer assistance and repair.

Scott hopes residents will check out the website frequently for activities and updates. No more walking to the mailboxes or clubhouse in the rain when you need information about upcoming events!

Gail Purpura

Once again members were asked to read a book of interest to them and report to the group. The books presented are as follows:

- Autobiography of Barbra Streisand. Long and detailed.
- The Women by Kristin Hannah. Several women read this popular book regarding the role of women nurses during the Vietnam War and the aftermath upon the end of their tours of duty.
- Me Before You by Jo Jo Moyse. A story of a young woman who cares for a paraplegic The Covenant of Water – Indians in the 20th century
- Widow of Malabar Hill – This takes place in India and a man dies leaving 3 wives and what they have to do to survive without him.
- Remarkable Bright Creatures by Susan Van Pelt is a fantasy of an octopus that befriends a cleaning lady.
- Magic Hour by Kristin Hannah. A young girl is found who was kidnapped and held in the woods Distant Shores by Kristin Hannah. A sports star gets involved with drugs and loses his family.
- The Gentleman in Moscow – Amar Towles. A story of the Russian Revolution and a man is picked to be executed. Kept in a hotel in the attic and not allowed to leave. Befriends a 9-year-old girl.
- The Last Apothecary – Sarah Henna. Placed in the 1800's in London she helps women poison men.

BOOK CLUB REVIEW

Clark and Division, Naomi Hirahara

Book Club Rating: 7.4

Welcome to a new member: Linda Kwiatek

SUMMARY: Set in 1944 Chicago, the story of a young woman searching for the truth about her older sister's death, describes the struggles of one Japanese American family released from mass incarceration after having been detained by the US government following Pearl Harbor. The family must adapt to a meager existence in Chicago after losing their possessions and professional status in their home state of California before the war.

Book club members enjoyed learning more about the history of Japanese incarceration during World War II along with ensuing issues involving racial prejudice, police corruption, rape, and abortion intertwined with a murder mystery. The novel did receive a Mary Clark Higgins Award.

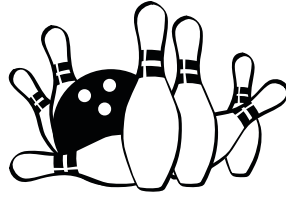
Several readers felt the book was better geared to a young adult audience, and further discussion revealed that this was the author's first historical mystery novel.

For readers who enjoyed the Vietnam-era novel, *The Women* by Kristin Hannah, Kathy LeDonni recommended *The Things They Carried*, by Tim O'Brien.

Kathy Conti

BOWLING NEWS SEPTEMBER 2024

We had our Annual Bowling Meeting on July 8th, and it was very well attended. Thank you all for coming.



We voted on a few items.

#1. If you injure your bowling arm or shoulder with an established average and then must change your bowling hand you will start a new average with that hand. Should you return, at some point to the original hand, you will start with the last average for that hand.

#2. A Vote was taken and passed that no pre-blowing will be allowed during any playoff games. An absent bowler will have 10 pins taken off his/her average.

#3. We voted to accept, on a floating percentage (from 10%-15%), of bowlers living outside of Buckingham Springs, depending on the number of Buckingham Springs bowlers we have. The reason is to keep the league in charge of our changes. All outsiders must be 55+.

#4. A question was asked if we could have a Second-Place monetary prize of \$5 and perhaps raise the First Prize money. After a discussion, it was voted that the league is a "Fun" league and we do not want to distract from that by making it more competitive by giving larger prize money.

#5. If you cannot attend the banquet and you have paid your full fee, you may give your seat to another league bowler (not a guest).

#6. We will have a new voting ballot next year for each team. People wishing to run for office should write their names on a sheet that will be handed out the week before voting.

Questions on where the money goes were answered. All money ultimately goes back to the league, whether by adding to the cost of the Banquet, paying for the holiday lunch, the door prize money at the banquet, 50-50, cards, etc. Last year we paid an additional 50 cents per person each week to be able to take a snow day if the lanes were open. Otherwise, we would have to pay full price for each bowler. The new season starts on August 29.

Irene Kennedy

CIRCLE OF FRIENDS



Here's The Skinny Workshop to Address Balance and Exercise. Tickets on Sale for "End of Summer" Raffle Basket

The Circle of Friends is sponsoring a workshop on September 30 on balance and exercise. It's Here's the Skinny series will have experts providing information and demonstrating exercises that can keep us up straight!!! The workshop begins at 7 p.m. in the clubhouse. There will be light refreshments.

The organization is also sponsoring its "End of Summer" raffle basket again this year. The basket includes a \$175 gift card to the restaurant Bacci at Durham Road and Route 202, and a \$75 gift card for takeout at Villaggio's Italian Restaurant in Lahaska, PA. In addition, two bottles of fine wine and a bottle of champagne are included, as well as assorted wine accessories. This year's basket also includes a hand-embroidered tea towel by Maryann Vagas.

Raffle tickets are \$5 for one and \$10 for 3. Their sale began at the end of July and is being sold by Circle of Friends members at the pool and during village activities. Proceeds cover the purchase of a small gift for new residents, the organization's three annual workshops, and any expenses associated with providing support for residents in need.



CORNHOLE LEAGUE

The Buckingham Springs Cornhole league will be starting its 5th year on the First Saturday in October the 5th at 10 AM and will end the last Saturday in March the 29th depending on scheduled Saturday events throughout the year in the Clubhouse. Signup sheets will be posted on the bulletin board from September 1st until the 15th. One sheet will be for returning TEAMS and its players (check off your name on the team block) and one sheet will be for new players if there are openings. There are 10 teams of four players with few openings but the new signups will be put on a list and can be called to substitute.

Mike Hennelly

CRAFT CLUB

DART LEAGUE



The craft club will fall into Fall with some great seasonal projects, including a pressed leaf candle jar, a witch's broom, and a wine cork napkin holder. Please continue to save your metal beer and soda caps for a future project. You can toss them in the plastic bin under the event bulletin board in the clubhouse. Thank you.

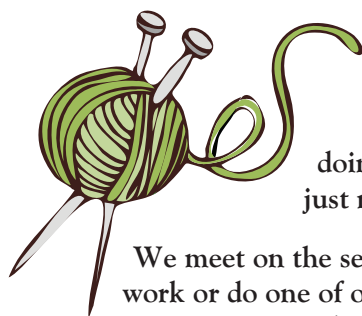
The Craft Club meets on the 1st Sunday of the month, but due to the Labor Day holiday, the September Craft Day will be held on Sunday, September 8. Sign-up sheets for residents, including your family and friends, can be found on the Clubhouse bulletin board; advance payment is required. New ideas are always welcome. I can be reached at kathrynconti@yahoo.com or 215-738-1248.

Kathy Conti

DANCE CLASS STARTS AGAIN

Get on your dancing shoes. Line dance classes start again, Tuesdays from October 1st until May 20th from Noon until 1:00 p.m. All are welcome. We'll go over the old dances and learn some new ones. Come out and have some fun and be ready for those Social Events.

Cheryl Gonzalez and Irene Kennedy



KNIT AND CROCHET GROUP

The Knit and Crochet Group is also a Handwork group. We welcome anyone interested in any kind of needlework. We have several people who quilt as well as one doing embroidery. If you are a needle worker or would like to learn or refresh your skills or just meet a nice group of people, come and join us.

We meet on the second Wednesday of every month at 10:00 in the Card Room. You can bring your own work or do one of our projects. Yarn, knitting needles, crochet hooks, and instructions are also available. Our projects can be easy projects such as fidget mats, lap robes, hats, scarves, shawls and fingerless gloves. We also do more involved projects such as blankets, quilts, and even embroidered pillowcases. If you need ideas we have plenty to share.

We donate items to nursing homes, memory care units, hospitals, and shelters. If you have a family member, neighbor or friend you feel could benefit from our work we would be glad to share. The fidget mats are good for people with memory problems or people with autism, their purpose is to keep your hands busy. Just let me know and we will be glad to provide what you need.

Feel free to call or email me with questions or requests or to stop by a meeting to say hello.

Cathi Pivnicny Cathipiv@hotmail.com 617-455-2780

The Buckingham Springs Men's Dart League will be starting its 17th year on Wednesday, October 2, 2024 and will run until Wednesday March 26, 2025. The League will consist of six teams with four players on each team, (24 total members). Sign-up sheets will be posted on the bulletin board from September 1st until September 15th. One sheet is for returning players to mark "yes" or "no" and the other sheet will be a list for new players if there are any openings.

Mike Hennelly

WOMEN'S DARTS

Women's darts is held every Monday starting October 7th on the second floor of the Clubhouse at 4:00 P.M. We're here for some fun and laughs. No heavy competition. You're only competing against yourself. It only lasts an hour or so.

So join us for some friendly banter and a new activity. This activity ends May 19th, so it is not a huge commitment. And it will be good to get out of the house since some of the summer activities have stopped. Hope to see you there.

Cheryl Gonzalez and Irene Kennedy



GARDEN CLUB



The Garden Club met on June 11 and July 9. We meet on the second Tuesday of the month, at 7 pm in the Card Room of the Clubhouse. The next meeting is scheduled for Tuesday, August 13.

For June's meeting, we had a mini Garden Tour, visiting three of our member's homes. Cathi P has made an interesting garden and showed us in particular her Dad's rose bush, which she has cultivated for quite a number of years from Pittsburgh to Boston to Buckingham Springs.

Jeff B had to overcome a front garden full of small stones to have the beautiful garden he has today. His prickly pear cactus (there were two) was amazing to me - one had orange flowers and the other had purple... But don't touch them, you'll be sorry! We were amazed by the Calla Lilies growing in the ground with beautiful flowers that come back as a perennial.

A great time was had at the Garden Club on July 9. Bob, from Market Way Flowers in Buckingham Green, came to demonstrate and guide us in flower arranging.

The members brought a plethora of flowers and vases, and he also brought flowers and vases. First, he created an arrangement of flowers he brought and talked to us about things we could do to make it an attractive arrangement. Then he had members use their vases and flowers to create their arrangements while he walked back and forth giving suggestions and directing the activity. He gave us information - like starting from the base and working up, using bottled water and changing it every 2-3 days, breaking off stems and using the greens on the upper stems, and placing flowers in haphazardly as they flow. The height of the flowers should be 2.5 times the size of the container, and cut flowers hate the sun so always place away from the sun! All good suggestions which most of us don't think of!! Thank you to Kathi S for inviting Bob, who would like to guest with us again, and to Bob. Please visit Market Way Flowers for your floral needs!

Best wishes, *Maryellen*
Cell = 609-254-5616

VETERANS

"Humanity has won its battle. Liberty now has a country."
— Marquis de Lafayette

Hi, Hello, Howdy and Hey Y'all, I'm back.

Well since my last writing, we had a meaningful Memorial Day Service, followed by a Memorial Day food event (picnic) and a successful Night at the Races. We have started our Hot Dog Wednesdays up again and we sold food for the flea market event and for The Fourth Of July celebration. We continue to have our Friday Night Bingos (1st Friday of the month). Upcoming we will provide food at Andy Baum's concert on July 26 and at RJS and Friends concert on Aug. 31st. We may have a food event to close the pool season and/or to celebrate Labor Day. In the fall, Sept. 20 to be exact, we will hold our third Night at the Races. That's about all I can report on for now, certainly we continue to look for an opportunity to help our community.

I have no recommendations for places to visit for this article instead enjoy the summer and try to stay cool.

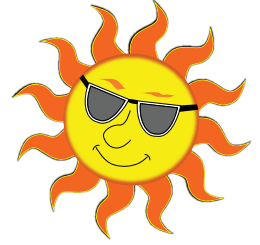
Submitted by *Wayne Hartman, Vet board member.*



PUZZLES

1960s Songs WORD SEARCH

Find and circle all of the 1960s song titles that are hidden in the grid.
The remaining letters spell the title of an additional 1960s song!



M S E D U J Y E H R R E X O B E H T Y
S S W I L D T H I N G W I P E O U T K
T I M Z B C E C Y L E G N A N E E T O
H K Y Z R C R N E E Y A W A N U R O O
E T G Y D V A Y O P S B U S S T O P P
S S I W O A L R I T S T E L P A S O S
E A R N W L O Y A N S E E O M Y G U Y
E L L S N L V U V M G E R R K E R G H
Y W H I T E R A B B I T V R D F O P S
E B B H O R T F P N A A A L C A U N I
S L A P W I E E I T G P Y I A P Y I R
L U B M N O O V S N O Y T A P G S V E
E E Y E V P O I A O G Y R Y D O E O H
L V L M L O W G C W Z E L R U I S L C
E E O E R T N Y E A T O R L E D L D L
N L V G E I H Y R R V A M T R H D O A
O V E H A C U C G E I A E O I I S O H
R E T H T W I N D Y N F W H H P A G T
E T C I E B L U E M O O N Y A T S H R

BABY LOVE
BLUE MOON
BLUE VELVET
BUS STOP
CARA MIA
CHAIN GANG
CHERISH
CRAZY
CRYING
DIZZY
DOWNTOWN
EL PASO
ELENORE
FINGERTIPS
FIRE
GALVESTON
GOOD LOVIN'
GROOVIN'
HAIR
HEATWAVE
HEY JUDE
HOLIDAY
ITCHYCOO PARK
LAST KISS

MEMPHIS
MY GIRL
MY GUY
PEOPLE
PUPPY LOVE
RESPECT
RUNAWAY
SHERRY
SOUL MAN
SPOOKY
STAY
SURF CITY
TEEN ANGEL
THE BOXER
THE TWIST
THESE EYES
VALLERI
VOLARE
WHITE RABBIT
WILD THING
WINDY
WIPEOUT
WORDS
YESTERDAY

SUDOKU PUZZLE



3	4			6		2		9
2		8	4	9				6
	2		3	1				
		4				1		
				2	5		4	
9				5	1	4		3
4		3		7			6	8

Answers to Puzzles
on Page 19



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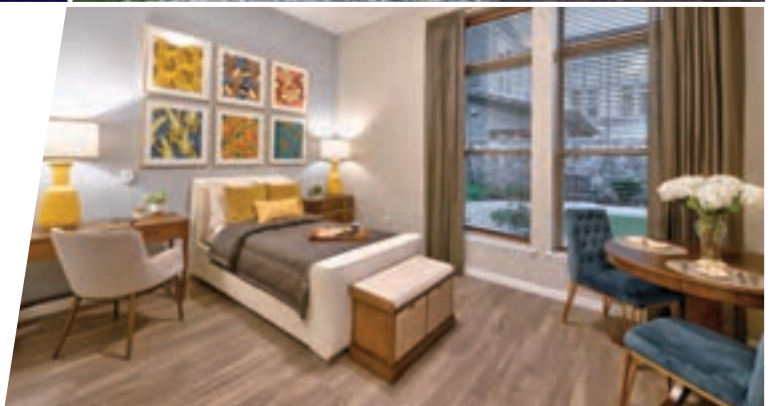


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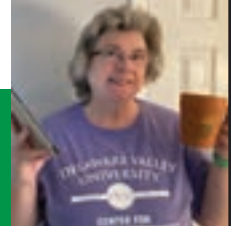
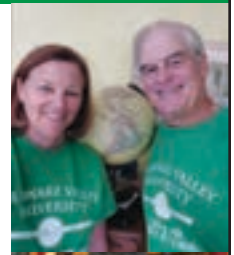
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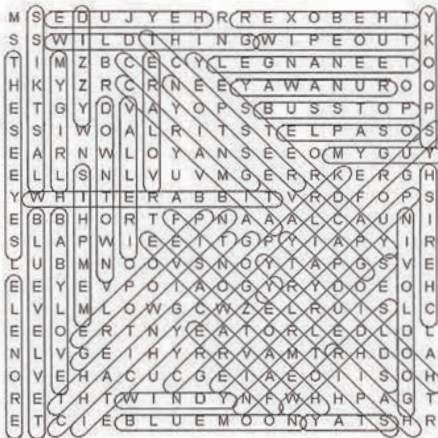
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Answers to Puzzles on Page 13

The hidden song is: MRS. BROWN YOU'VE GOT A LOVELY DAUGHTER



3	4	7	1	6	8	2	5	9
2	5	8	4	9	7	3	1	6
1	6	9	5	3	2	7	8	4
7	2	6	3	1	4	8	9	5
5	9	4	7	8	6	1	3	2
8	3	1	9	2	5	6	4	7
6	7	5	8	4	3	9	2	1
9	8	2	6	5	1	4	7	3
4	1	3	2	7	9	5	6	8



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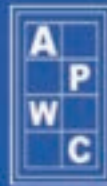
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