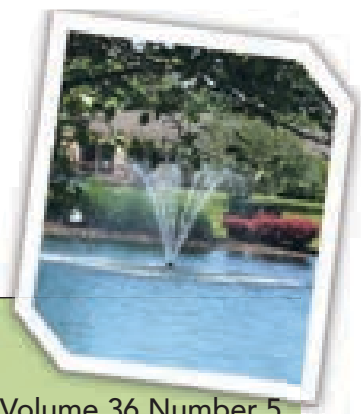


Village of Buckingham Springs

Newsletter

October-November 2025

Volume 36 Number 5



LETTER FROM THE EDITOR:



History of the Oktoberfest



Oktoberfest's origins trace back to a royal wedding celebration in Munich, Germany, on October 12, 1810. To commemorate the marriage of Bavarian Crown Prince Ludwig and Princess Therese of Saxe-Hildburghausen, the citizens of Munich were invited to a grand festival featuring parades, music, and horse races on the fields outside the city gates. The meadow

was later named "Theresienwiese" in honor of the princess and remains the festival's site today. The event was so successful that it was repeated annually, marking the beginning of the tradition. As the festival evolved throughout the 19th century, its focus shifted. An agricultural show was added in 1811, but by the 1830s, amusement rides and beer stands began to appear, shifting the focus toward recreation. The first official parade occurred in 1835, and by the late 1800s, beer had become a central feature, with the first large beer tents erected by local breweries in the 1890s. This established the template for the modern Oktoberfest, which still features beer halls, traditional Bavarian cuisine, and a carnival atmosphere.

The history of Oktoberfest in America is a story of German immigration and cultural adaptation, beginning in the mid-19th century. As German immigrants settled in cities with significant German populations, they brought their customs with them, organizing celebrations to preserve their heritage and connect with their homeland. Early celebrations, such as the one in Cincinnati, Ohio, as early as 1813, were community events often held by German-American social clubs. During Prohibition (1920–1933), German-American communities adapted by focusing on non-alcoholic festivities and food, keeping the tradition alive. Following World War II, a resurgence of interest in German culture led to more widespread and larger celebrations.

In the 20th century, Oktoberfest evolved into a mainstream American tradition, expanding beyond German-American communities to appeal to a wider audience. Cities like Cincinnati, Milwaukee, and Denver began hosting major festivals that drew huge crowds. A key turning point came in 1961 when La Crosse, Wisconsin, launched its Oktoberfest, explicitly designed to boost tourism, an approach later adopted by other American cities. Today's American Oktoberfests often incorporate local traditions alongside the German ones, like dachshund races and different styles of entertainment, giving them a unique flair. While American events still honor German beer, food, and music, they are fundamentally commercial enterprises driven by broader entertainment appeal rather than pure cultural preservation. This evolution transformed the festival from an immigrant cultural event into a widespread and diverse celebration of fun, community, and beer that unites Americans of all backgrounds.

Joe Gervase, Editor, Social Director



Welcome Fall!

It's hard to believe summer has come to an end and we are already moving into the fall and winter months. I hope you were able to enjoy some time outdoors with family and friends during the warm summer days!

RentPayment.com Reminders

Thank you to all residents who are using RentPayment.com to pay fees online. Please remember to check your email for important messages regarding your account and payment status. It is your responsibility to ensure that your rent payment is successfully sent and received by our office by the 5th of the month.

Reminder: Water payments can also be made through RentPayment.com.

If you need to reach RentPayment Customer Service, please call 866-289-5977.

For Residents Paying by Check

If you are submitting a paper check, please be sure that all required information is completed:

- Date
- Payee
- Written amount of the check
- Dollar amount in numbers
- Signature

Checks missing any of this information will be returned for correction, as we are not permitted to alter or complete checks on your behalf. Paper checks may be dropped in the secure boxes located in front of the Clubhouse or in the mail slot on the side of the office building. These are emptied several times each business day.

Township Fall Yard Waste Program

Buckingham Township is once again holding its Fall Yard Waste Pickup Program. This initiative helps reduce material entering local streams and saves landfill space. For details, visit the township website:

<https://buckinghampa.org/resources/news/article/?id=10234> or call 215-794-8834.

Recycling Reminder

Please place all recycling materials *loosely* in your recycling bin(s). Single Stream Recycling facilities cannot accept bagged recyclables, as bags clog sorting equipment. If you are using a bin other than the one provided by Waste Management, please ensure it is clearly labeled for recycling. Stickers are available online or at local stores such as Home Depot and Lowe's.

Thanksgiving Holiday Schedule

The Community Office will be closed **Thursday, November 27th, and Friday, November 28th** in observance of the Thanksgiving holiday.

Wishing You a Happy Thanksgiving

We wish you and your families a safe, joyful, and memorable holiday filled with warmth, gratitude, and time spent with loved ones.

Amy Grzywinski
Community Manager

VOB BUS TRIPS



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

October VOBS bus trips

Monday, October 20 • Crab Trap (Wait list date still pending)

Wednesday, October 22 • Pennsbury Manor, and King George Inn for lunch (\$35)
Bus leaves at 10 am.

Friday, October 24 • Limerick Outlet Shopping

Friday, October 31 • Shady Maple

November VOBS bus trips

Sign up for these trips is October 13.

10:15 – Sheets filled out with names 10:30 – Names drawn for trips

Monday, November 3 • Wind Creek Casino

Wednesday, November 5 • Thrift Store Tour

Friday, November 7 • Philadelphia Convention Center Craft Show (\$20)
Bus leaves at 10 am.

Monday, November 10 Signup for December

Friday, November 14 • Booth's Market

Monday, November 17 • Fonthill Castle Christmas Decorations

Friday, November 21 • Reading Market, Stocks Bakery, and Czerw's

*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!*

Mark Your Calendars

THE GREAT JACK O' LANTERN BLAZE

Tuesday, October 14 • \$155

Motorcoach, Dinner and Pumpkin Spectacular!

Available to Residents and Non-Residents

BUS LEAVES AT 1:30 P.M.



Wednesday, November 19

Bus leaves at 9:45 am

"Christmas Show" American Music Theater

54 passenger motorcoach • Lunch at Hershey Farms, Show, Tax & Tips

WAIT LIST ONLY



ADVANCE NOTICE:

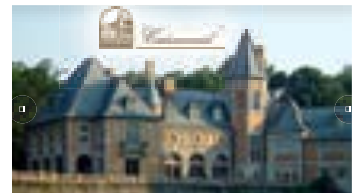
Christmas Tea and Tours of all three buildings

(GLENCAIRN MUSEUM, CAIRNWOOD ESTATE, AND BRYN ATHYN CATHEDRAL)

Wednesday, December 3

\$89.50 pp

SIGNUP SHEET WILL BE POSTED ON THE
CLUBHOUSE BULLETIN BOARD BY 10/1.



If you missed the trip information session on September 15,
you could pick flyers in the office from Sue on Tuesdays or Thursdays.
For other questions, call 215-598-7600 ext. 6.

Viking River Cruise Tulips and Windmills • March 19 – 26

Key West and Eastern Caribbean • April 20 - 25

Niagara Falls • June 14 – 17

Southern Spain • September 10 – 20

Chocolate Chip Cake

1 Preheat oven to 350 degrees

INGREDIENTS

1 Yellow Cake Mix

1 Vanilla Instant Pudding Box

1 Cup of Milk

4 Eggs

1/2 Tsp Salt (Optional)

2 Tsp Vanilla Extract

1/2 Cup Oil

1 Small Pkg Chocolate Chips

Mix 4-5 Minutes all the ingredients except the Chocolate Chips

Mix 1/3 Cup Sugar & 1 Tsp Cinnamon together (keep in a separate bowl)

Grease and Flour 9 X 13 Pan

Add 1/2 of the Batter, Sprinkle 1/2 of the Sugar with Cinnamon on top with 1/2 of the Chocolate Chips

Pour remaining Batter on top & then add the rest of the Sugar with Cinnamon and the rest of Chocolate Chips on top.

Bake at 350 degrees until toothpick comes out clean

Shirley Pfaff



Hoagie Dip

1/2 lb imported ham

1/2 lb capicola

1/4 lb Genoa salami

1/4 lb provolone cheese

1 small onion to taste

1 cup mayonnaise

1 tbs olive oil

1 pint cherry tomatoes

Oregano to taste

Chopped lettuce

Directions:

Dice onions and tomatoes

Dice all meats and cheese

Mix meats and cheese with mayo and onion Add tomatoes and lettuce last

Serve with sliced Italian bread

Kathy Conti

Continental Stroganoff

Brown 1lb of ground beef and drain

Add

1 package Lipton Onion soup mix

2 tbsps. Flour

1 Cup of Milk

1 Cup of Water

Cover and stir every now and then.

Simmer for 45 minutes then blend

with 1/2 cup of Sour Cream After-

wards heat for 5 minutes

Serve over noodles

Shirley Pfaff

Smoked Brisket & Beer Cheese Pretzel Bombs

Ingredients

1 pound smoked brisket, shredded

1 cup beer cheese dip

1 can refrigerated biscuit dough

1/4 cup baking soda

2 cups warm water

Coarse salt

Melted butter

Directions

Preheat your oven to 375°F.

In a mixing bowl, combine the shredded smoked brisket and beer cheese dip.

Roll out each biscuit dough on a floured surface and place a spoonful of the brisket and cheese mixture in the center.

Wrap the dough around the filling, pinching the seams to seal and forming into a ball.

In a separate bowl, mix the baking soda with warm water until dissolved.

Dip each filled dough ball into the baking soda mixture, then place on a baking sheet lined with parchment paper.

Sprinkle the tops with coarse salt.

Bake in the preheated oven for 12-15 minutes or until golden brown.

Remove from the oven and brush with melted butter before serving.

LET'S COOK
SOMETHING
YUMMY

Pizza by the yard

1. Preheat broiler.
 2. Cut the French bread in half horizontally and place halves, cut side up, on a broiler pan. Broil 4 inches from heat for about 1-2 minutes or until the bread is lightly toasted. Transfer bread to cookie sheets and set aside.
 3. Turn off broiler and set oven temperature to 350°.
 4. In a large skillet, brown ground beef until thoroughly cooked. Drain off fat.
 5. Stir in tomato paste, green onion, olives, water, salt, oregano, and black pepper.
 6. Cook over medium heat until heated through. Remove from heat and stir in Parmesan cheese.
 7. Top bread halves evenly with the meat mixture.
 8. Top with the tomato slices, green pepper slices and pizza cheese.
 9. Bake for 8-10 minutes or until cheese is melted.
- 1/6 ounces unsliced French bread
 - 1 lb lean ground beef
 - 1 (6 ounce) can tomato paste
 - 1/4 cup sliced green onion
 - 1/4 cup chopped pitted ripe olives
 - 1/4 cup water
 - 1/2 teaspoon salt
 - 1/2 teaspoon oregano
 - 1/4 teaspoon ground black pepper
 - 1/3 cup grated parmesan cheese
 - 2 medium tomatoes, sliced
 - 1 medium green sweet pepper, sliced into rings
 - 1 cup shredded pizza cheese, blend

Cooking
WITH love
Provides
FOOD
FOR THE
Soul

Denise Elliott

Pumpkin Shortbread Dessert

Prep Time 15 min

Cook Time 1 hour 5 min

Yield 15 servings

Ingredients

- 1-3/4 cups sugar, divided
- 1-1/2 cups of all-purpose flour
- 1/2 cup of cold butter
- 4 large eggs, lightly beaten
- 1 can (29 ounces) solid-pack pumpkin
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon ground cloves
- 2 cans (12 ounces each) evaporated milk
- Optional: Whipped cream and additional ground cinnamon

Directions

1. In a bowl, combine 1/4 cup sugar and flour; cut in butter until the mixture resembles coarse crumbs. Press into an ungreased 13x9-in. baking pan.

2. In a bowl, combine the eggs, pumpkin, salt, spices and remaining sugar. Stir in milk. Pour over crust.

3. Bake at 425° for 15 minutes. Reduce heat to 350°; bake 50-55 minutes longer or until filling is set. Cool on a wire rack. Cover and refrigerate overnight.

4. Cut into 15 squares. If desired, top with whipped cream and sprinkle with additional cinnamon.

Jane McCaughey

Staying Young in Mind and Body: Guarding Against Aging and Dementia

Aging is a universal process, yet individuals experience it in remarkably different ways. Some adults maintain high levels of vitality and cognitive clarity well into advanced age, while others face early physical decline or cognitive impairment. While genetics plays a role, a substantial body of research indicates that lifestyle choices—particularly those involving physical activity, nutrition, cognitive stimulation, social engagement, and sleep—are critical determinants of how well we age and whether we reduce our risk of dementia.

This article reviews key evidence-based practices that promote healthy aging, highlighting practical strategies for adults who wish to sustain both mental acuity and physical vitality.

Physical Activity and Cognitive Protection

Regular physical activity is consistently associated with slower biological aging and improved cognitive performance. Aerobic exercise enhances cardiovascular function and increases cerebral blood flow, thereby supporting memory and executive functioning. Neuroimaging studies demonstrate that exercise stimulates neurogenesis in the hippocampus, the brain region responsible for learning and memory.

The current guideline for adults is at least 150 minutes of moderate-intensity exercise per week (World Health Organization, 2020). Activities such as walking, swimming, cycling, and dancing are effective in maintaining balance, mobility, and muscular strength, while also contributing to psychological well-being. Importantly, exercise need not be strenuous; what matters most is consistency over time.

Nutrition for Brain and Body Health

Dietary patterns exert a profound influence on both physical health and cognitive longevity. Diets high in processed foods and saturated fats are associated with inflammation and cognitive decline, whereas diets rich in fruits, vegetables, whole grains, and healthy fats are protective.

The **Mediterranean diet**—characterized by olive oil, fish, nuts, legumes, and leafy vegetables—has been linked in multiple longitudinal studies to lower incidence of Alzheimer’s disease and other forms of dementia (Scarmeas et al., 2018). Key nutritional elements include:

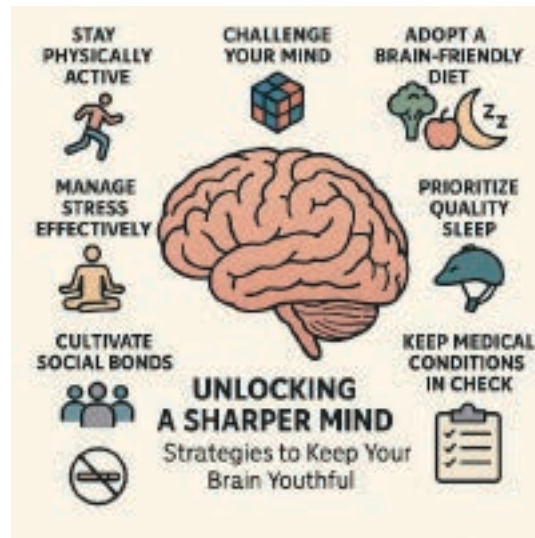
- **Antioxidants** from fruits and vegetables, which reduce oxidative stress in brain tissue.
- **Omega-3 fatty acids** from fatty fish, which support synaptic plasticity and neuronal communication.
- **Polyphenols** from berries and green tea, which may enhance memory and attention.

Hydration is another important, yet sometimes overlooked, factor. Even mild dehydration can lead to temporary confusion or

reduced concentration, mimicking early signs of cognitive impairment.

Cognitive Engagement and Lifelong Learning

The concept of “cognitive reserve” suggests that engaging in mentally challenging activities builds resilience in the brain, enabling individuals to better compensate for age-related changes. Lifelong learning, problem-solving, and creative endeavors strengthen neural pathways and may delay the onset of dementia symptoms.



Effective strategies for cognitive engagement include:

- Reading and discussing complex material.
- Engaging in puzzles, strategy games, or crosswords.
- Learning new skills, such as languages, crafts, or musical instruments.
- Participating in educational courses, whether in person or online.

These activities not only support cognitive function but also contribute to a sense of accomplishment and purpose.

The Role of Social Connection

Social relationships are an essential component of healthy aging. Loneliness and social isolation are strongly correlated with cognitive decline, depression, and reduced life expectancy (Holt-Lunstad et al., 2015). Conversely, meaningful engagement with family, friends, and community fosters emotional well-being and stimulates cognitive processes through conversation and interaction.

Practical approaches include joining community organizations, volunteering, or engaging in group activities that align with personal interests. For individuals with limited mobility or geographic separation, technology-mediated connections—such as video calls or online discussion groups—can help maintain social ties.

Sleep and Restoration

Sleep plays a vital role in memory consolidation and in clearing metabolic waste from the brain. Chronic sleep deprivation and sleep disorders, such as sleep apnea, have been linked to accel-

erated cognitive decline and increased dementia risk. Adults are generally advised to obtain seven to nine hours of restorative sleep per night.

Evidence-based sleep hygiene strategies include establishing consistent bedtimes, limiting stimulant intake (such as caffeine) in the afternoon, and minimizing exposure to electronic screens before bedtime. Quality sleep not only supports cognitive health but also strengthens immune function and emotional regulation.

Meaning, Purpose, and Psychological Well-Being

Finally, research underscores the importance of psychological well-being in the aging process. Having a sense of purpose, engaging in meaningful activities, and cultivating positive emotions all contribute to resilience in later life. Studies have shown that older adults with strong purpose and satisfaction in daily life report better health outcomes and slower cognitive decline (Boyle et al., 2012).

Conclusion

Although aging cannot be halted, its trajectory can be influenced. A lifestyle that incorporates regular physical activity, balanced nutrition, cognitive stimulation, social connectedness, adequate sleep, and meaningful engagement offers a strong foundation for maintaining vitality and reducing the risk of dementia. These practices reflect not only preventive strategies against disease but also pathways toward living a fuller, more engaged life.

In essence, staying “young” is not about resisting time but about actively nurturing the body and mind. The evidence suggests that by adopting intentional daily habits, adults can preserve cognitive health, sustain independence, and enhance overall well-being across the lifespan.

Dr. G

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

CLUB NEWS



VETERANS

“One flag, one land, one heart, one hand, one Nation, evermore.”

— Oliver Wendell Holmes

Hello Villagers.

How the Summer/Pool season went.

The pool season, unfortunately is over. This season we had to cancel several Hot Dog Wednesdays (HDW) because of excessive heat conditions. We have come to realize that we are too old to be setting up and cooking food for an event whether it be a HDW or other event. Reluctantly, we, the Vets group, will no longer be cooking for any event including picnics, concerts, HDWs or any other event.

How is the Fall shaping up?

For October, November, January and February we will hold two Bingos a month. The dates will be the first and third Friday of each month. We will only have one Bingo during the month of December our usual Holiday Bingo. We will continue to have cake and coffee at halftime on our Bingo nights, but we will not provide food, water, soda or chips. We encourage our Bingo attendees to bring their own snacks, drinks or food with them.

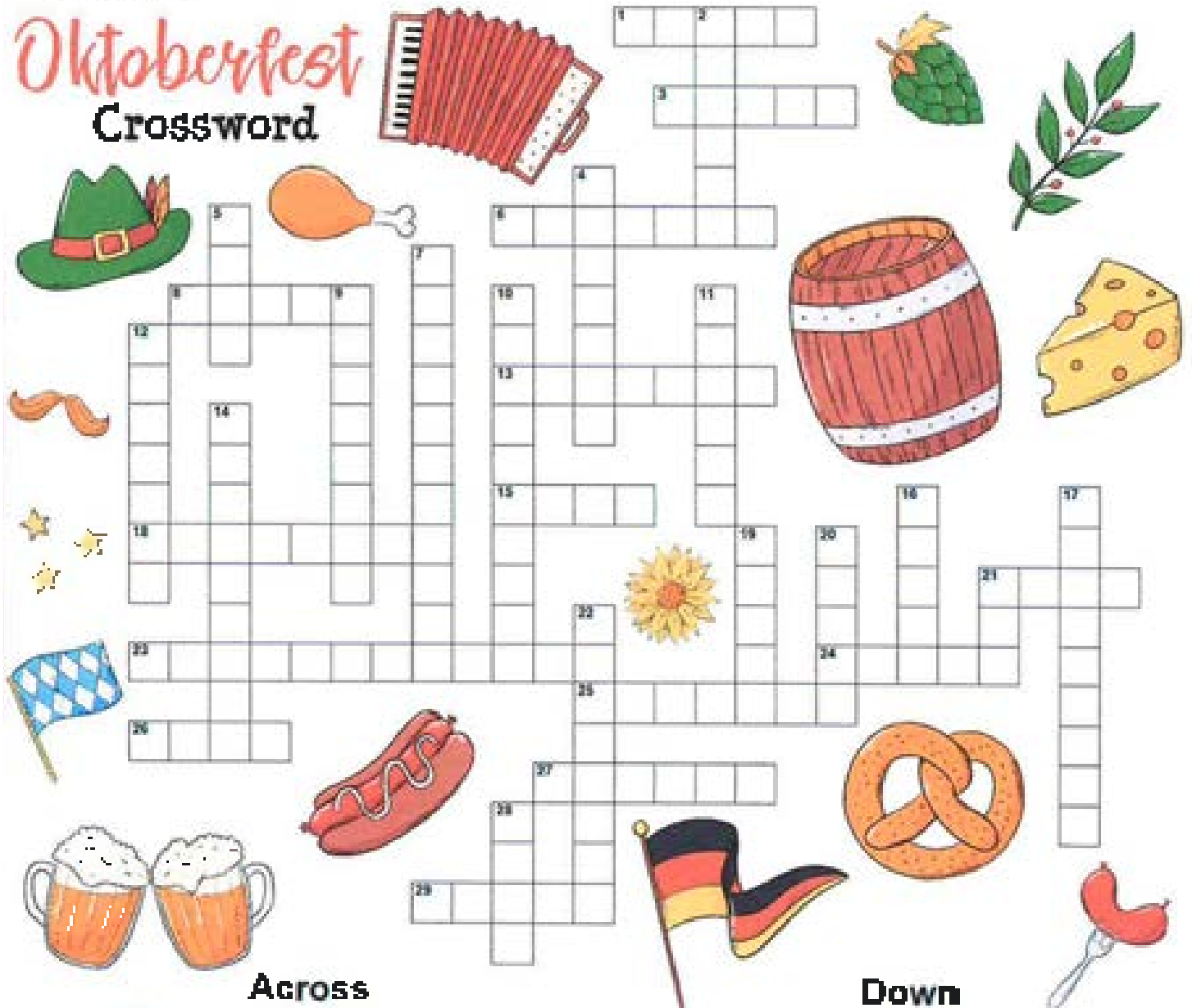
We are still planning on having something for our veterans, as usual, but the date has not been set yet. Hopefully we will have a general meeting for our vets and we will most likely take clothing orders (hats, shirts, sweatshirts and jackets) again maybe when we have our annual Vet luncheon. As was mentioned previously, we will not be having Video Horse Racing.

That covers it for the rest of the year however we will keep you informed on any plans that we finalize. By the time you read this article, Fall will have officially commenced so “Get out and enjoy some of the most beautiful scenery in the State, right here in Bucks County.”

Submitted by Wayne Hartman Vet Group board member.

Oktoberfest

Crossword



Across

Down

- | | | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1 Fruit often used to make sweet desserts</p> <p>3 Worn by the festival queen during parades</p> <p>6 Gummy snack often enjoyed at Oktoberfest</p> <p>8 Something people listen to and enjoy at the festival</p> <p>13 Fun activity often done to lively music</p> <p>15 Traditional headgear often worn by men at the festival</p> <p>18 Non-alcoholic drink for kids at Oktoberfest</p> <p>21 Flown to represent the Bavarian region</p> | <p>23 Type of dance popular at Oktoberfest</p> <p>24 Large mug used for drinking</p> <p>25 Popular grilled food at the festival</p> <p>26 Large structures where people gather to eat & drink</p> <p>27 Traditional dress worn by women at Oktoberfest</p> <p>29 Traditional style of singing heard at the festival</p> | <p>2 Large public procession at Oktoberfest</p> <p>4 Country where Oktoberfest originated</p> <p>5 One of the colors of the Bavarian flag</p> <p>7 Sweet treat sold in heart-shaped form</p> <p>9 Type of rife found at Oktoberfest fairs</p> <p>10 Traditional leather shorts worn by men</p> <p>11 City where the original Oktoberfest is held</p> <p>12 Common topping for sausages</p> | <p>14 Musical instrument commonly played at Oktoberfest</p> <p>16 Other color of the Bavarian flag</p> <p>17 Type of German sausage</p> <p>19 Lively dance often seen at Oktoberfest</p> <p>20 Animals seen in traditional Oktoberfest parades</p> <p>24 What kids have all the Oktoberfest fair</p> <p>27 Another word for a big celebration</p> <p>28 Something you go on at the Oktoberfest carnival</p> |
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ANSWER ON PAGE 13



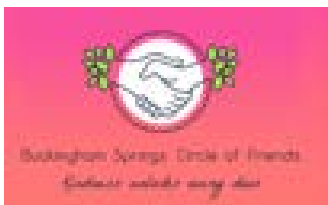
Late Summer Golf Report

We tee off at Neshaminy Valley Golf Club every Monday, weather permitting. Our summer tee times start at 8:00 AM thru 8:40 AM. You can come out any Monday for some golf and camaraderie with your neighbors. Please contact Bob Ryan at email ryan-roberts1@comcast.net or phone/text me at 215-499-9142 to be included in a foursome with your neighbors.

Mother Nature treated us with a **hot** summer this year, with only one rain out. The temperature was a wee bit warm but getting out early helped miss the worst of it.

We had some great scoring this summer. On June 9th Bill Lingerfield had a bird on the tuff 17th hole. Jim Ramp had a birdie on the 13th hole on June 30th. July 21st was a great day for golfing with 3 birds that day, by Dave Metz on the 2nd hole followed by Elmer Evinger and Denise Elliott on the 15th. On August 25th both Bruce Ross and Dave Metz had birds on the 14th. Larry Bloch had a 35-yard chip in to save par on the 2nd hole. The lowest score for the summer was by Dave Metz with an 81 and the highest of 114 by other than Dave. So yes, we welcome all golfers!!!

October 20th we will switch to our winter hours of 9:10 thru 9:40 am.



Circle of Friends

Helen Zukowski Wins End of Summer Raffle Basket

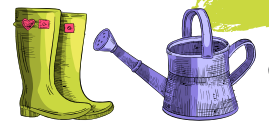
Helen Zukowski was enjoying Labor Day afternoon by the pool with friends. A three-year resident in Buckingham Springs, she listened to the announcement that a winner's ticket would soon be drawn for the End of the Summer Raffle Basket.

A friend commented that she had just bought her ticket because the early tickets get lost in the bottom of pile. Helen thought that would mean she was out of luck because she bought her ticket early.

But then she heard her name called. "I guess it's not true about early tickets," she said. She said she was "so excited I won," and is enjoying all the goodies in the basket.

She's opened one of the bottles of wine (with the electronic wine opener) and has ordered food from Buckingham Pizza.

Garden Club

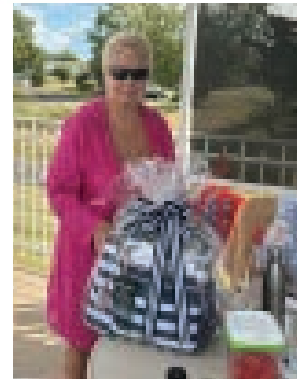


For our August meeting, the Garden Club went on our 3rd annual VBS Garden Tour. We toured four gardens, each one unique and lovely. Thank you to our kind neighbors at #2 Juniper Circle, 536 Honeysuckle, 553 Greentree and 601 Mulberry for sharing a bit of their evening and their beautiful gardens with us. We are already looking forward to next year and another Garden tour.

For our September meeting, we met in the Clubhouse and discussed our successes and not so successful endeavors from this past summer. Several of us have a fungus on Lilac Bushes, which we never had before. We talked about overwintering Mandavilla plants. I have a handout if anyone would like one. Our next meeting will be Tuesday, October 14, at 7pm, in the Clubhouse. All are welcome.

Maryellen

Cell = 609-254-5616



She's saving the alcohol-free wine for her grandson and his wife who are trying to get pregnant. And, as the Buckingham Springs newsletter was being sent off to be printed, Helen was planning her dinner at the Capital Grille, a special outing with her daughter and her husband, who live in Warminster.

"The basket was beautiful," she commented.

The basket was raffled off by the Buckingham Springs Circle of Friends, a volunteer community organization whose members provide a small gift to new residents, provide a helping hand for some in need, developed and maintain the Handy Hands List and provide periodic workshops of interest to the community.



BOOK CLUB



JULY 2025

Go as a River, Shelley Read

Goodreads Review: *Go as a River* is a heart-wrenching coming-of-age story. Combining unforgettable characters and a breathtaking natural setting, it is a story of survival set in 1948 Colorado. The central character, Victoria Nash, lives on her family's farm and meets a stranger asking for directions while on a peach delivery in town. How she chooses to answer will unknowingly alter the course of both their young lives. So begins the mesmerizing story of split-second choices and courageous acts that propel Victoria away from the only home she has ever known and towards a reckoning with loss, hope and her own untapped strength.

Welcome to New Members:

Sandy Silva and Donna DePasquale

Book Club Rating: 7.5

Members appreciated the short chapters, short words and few characters which made for an easy read! They also enjoyed the author's very descriptive writing about the wilderness where the main character lived and gave birth. Those who did not love the story felt the descriptions were too long and wordy and thought it a "typical depression era story." The actual flooding of a town was very interesting and new to me. As with many of the novels we read in Book Club, prejudice was the central theme. The town's flooding (water) was symbolic of giving and taking life and a lesson for all of us to "Go with the Flow."

Kathy Conti

AUGUST 2025

The Secret Life of Sunflowers, Marta Molnar

Goodreads Summary: When Hollywood auctioneer Emsley Wilson finds her famous grandmother's diary while cleaning out her New York brownstone, the pages are full of surprises. The first surprise is the diary isn't her grandmother's. It belongs to Johanna Bonger, Vincent van Gogh's sister-in-law.

Johanna inherited Vincent van Gogh's paintings. They were all she had, and they weren't worth anything. She was a 28-year-old widow with a baby in the 1800s, without any means of supporting herself, yet she managed to introduce Vincent's legacy to the world.

The inspiration couldn't come at a better time for Emsley. With her business failing, an unexpected love turning up in her life, and family secrets unraveling, can she find answers in the past?

Rating: 8.2

Members shared their personal interactions with Van Gogh's art: visits to the Van Gogh immersive exhibits in Philadelphia; museums in the Netherlands; an animated Netflix movie called "Vincent;" a one-person play written by Leonard Nimoy based on Van Gogh's letters to his brother, Theo; and the Barnes Museum who currently has some original pics.

Club members (even those who did not love the book!) agreed that we all enjoyed learning more about Vincent Van Gogh, his brother Theo, and in particular, his sister-in-law, Johanna Bodger. Most enjoyed the concurrent story lines and were curious to discover the connection between the two. Readers preferred the historical Johanna Bodger storyline versus the current day Emsley. A couple of readers felt the Emsley character weak and trite with no character development.

All readers admired the entrepreneurial spirit of both female characters, although we have the prize to Johanna given the time period and the fact that she had a child to support. Several members plan to learn and read more about Johanna and were disappointed that more has not been written about her.

Kathy Conti



CRAFT CLUB



As we enter the Bermuda Triangle of Crafting – Halloween, Thanksgiving and Christmas --the Craft Club has some great projects lined up! To complete our home fall décor in October, we will create a gnome with a beard of fall leaves.

November crafters will make a wine cork tealight to dress up their Thanksgiving table, and we will celebrate Christmas with a Paint and Sip to rival the professional shops, but at a fraction of the cost. The 2026 project list is currently in the works – please share any ideas, suggestions, or pictures you have for a future project. The Craft Club meets on the first Sunday of the month at 1 p.m. Sign-up sheets are always on the bulletin board in the clubhouse.

I can be reached at 215-738-1248 or kathrynconti@yahoo.com.

Kathy Conti

CLUB NEWS



The Knit/ Crochet Club

The Crochet meets in the Card Room on the 2nd Wednesday of every month. Anyone who has an interest in knitting or crocheting or would like to learn is invited to join us. We have needles, yarn and projects available, or you can bring your own.

The Crochet Group is a low-key group of women who just enjoy chatting and doing handwork. You can work on your own project or seek assistance on something you are working on if you get stuck. We also have plenty of ideas for projects at all levels that we donate. Generally, our projects have no specific size limitations. We make lap robes, hats, shawls, fingerless gloves, and fidget mats. There will always be someone to fit what you make. We also make "Hugs" for Gift of Life which is a throw sized 30x60 or 40x40.

A community project is to make 9x7 or 7x9 rectangles. They can be red, white or blue (or any combination) for veterans or any solid color for hospice. They will be stitched into a blanket. If you can't come to a meeting feel free to work at home. Items or yarn can be dropped off in the basket under the bulletin board in the Club House.

If you have any questions please contact me. Anyone and any skill level is welcome to come.

Cathi Pirvincy
617-455-2780



DART LEAGUE

The Buckingham Springs Men's Dart League started its 18th year on Wednesday, October 1, 2025 and will run until Wednesday March 25, 2026. The League consists of six teams with four players on each team, (24 total members). Sign up sheets were on the bulletin board September 1st to the 15th. If you signed the new sheet and if there are any openings throughout the year, you will be called in order of your name on the list.

Mike Hennelly

CORNHOLE LEAGUE



The Buckingham Springs Cornhole League started its 6th year on Saturday October 11th at 10AM and will end the last Saturday in March the 28th depending on scheduled Saturday events through the year in the Clubhouse. There are 10 teams of four players with few openings. Sign up sheets were on the Bulletin Board from September 1st to the 15th. New signups will be put on a list and can be called to substitute by any team.

Mike Hennelly

CROSSWORD ANSWER



WORD SCRAMBLE ANSWER

- | | | | |
|--------|--------|---------|---------|
| apple | Apple | beer | Beer |
| barrel | Barrel | music | Music |
| beer | Beer | game | Game |
| barrel | Barrel | ground | Ground |
| music | Music | spiral | Spiral |
| beer | Beer | upside | Upside |
| beer | Beer | agenda | Agenda |
| beer | Beer | synonym | Synonym |
| beer | Beer | top | Top |
| beer | Beer | rain | Rain |
| beer | Beer | pretzel | Pretzel |
| beer | Beer | sausage | Sausage |
| beer | Beer | party | Party |
| beer | Beer | band | Band |

CLUB NEWS

Bowling News

October-November 2025



We had a windfall of new bowlers this year, thanks to Steve Lustig. He corralled 11 new bowlers to give us 20 teams. I'd like to welcome Jean and Sam Rissi, Susan Terry, Diana Ramsden, Karen Daniele, Jackie Nappa, Steve Meyers, Marge & Bob Citrino, and Mike & Lisa Biddle. THEN, the bottom fell out just before the first day. We lost Nick Ciarliante, who broke his wrist in a fall the day before. We lost Bill Madara, who sadly was diagnosed with leukemia and has passed as of this writing. MaryAnn Vagas has had medical issues and will not be coming back. George Kimball has decided bowling is not his passion. Additionally, Mark Gonzalaz and Wayne Hartman are nursing new knees and John DiRusso finally caved and got a shoulder replacement (He is now bowling left-handed). They will all be back at some point this year. So, we are starting off with a few teams of three. Unfortunately, because of our age, we will deal with this every year. And THAT, my friends is why we are a FUN league. You never know when the shoe will drop, so enjoy every week we get together!

Here are some highlights of the first few weeks. Tony DeAntonii came in like a tornado blowing away his 116 average and bowling a 175. He said he's ready to give instructions to anyone interested. Other high games that were 40 over average> Walter Lange 259, Bob Gianfortune 205-202, Scott Sugarman 202, Bill Fagan 194, Mike Short 177, Sean Gorman 155 and a new bowler, Mike Biddle 160. Congrats to you all!

I only have 2 splits to report because you must tell me, or I won't know. They are Denise Elliott 4-9 and Bill Brennan with a fantastic 6-7-9-10! Wow! You guys' Rock.

Since we now have openings on a few teams, please consider joining us. Our averages go from 69 to 190, so if you haven't bowled in 20 years, it's ok. We are a fun league, not a money league. \$11 gets you your games, the Banquet, & 50-50. Not a lot for a day of fun with new and old friends. Call Steve Lustig for more information on 314-954-3992. We'd love to see you join us.

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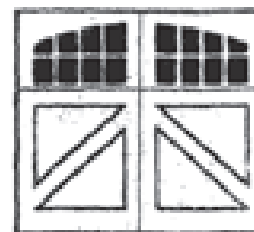
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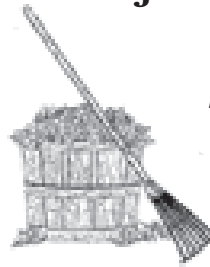
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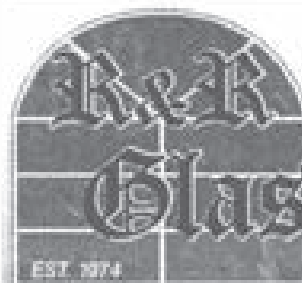
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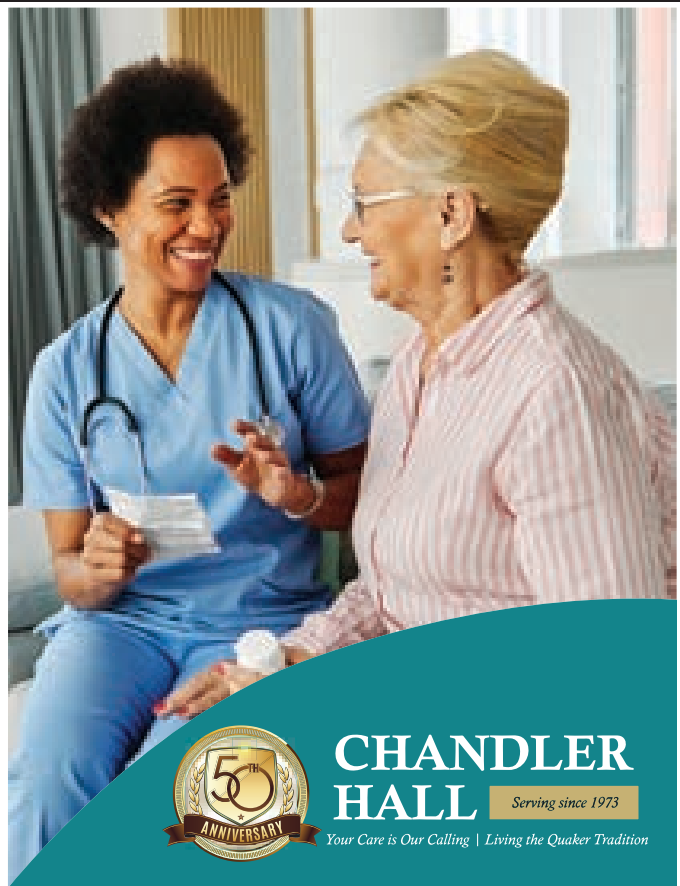
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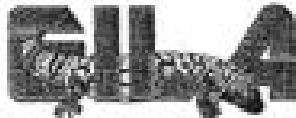
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