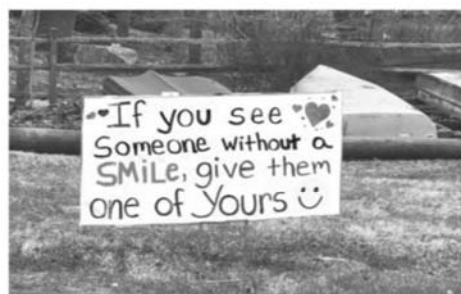


Lake Shawnee News

SIGNS OF ENCOURAGEMENT

By Anonymous



Thank you to our anonymous members who keep us encouraged at this difficult time.

INSIDE STORY:

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Beginning with this edition, the LSNews will now be published on a monthly basis until further notice to help inform the membership during these unprecedented times. We hope to resume our normal schedule in the near future.

The Lake Shawnee Clubhouse is located at 4 West Shawnee Trail Wharton NJ 07885

For Club Business and Rentals please contact our Office Manager,

Lisa Peter at 973-663-1307 or officemanager@lakeshawneeclub.org

The Office is open during the hours of 8:30am-12pm on Tuesday, Thursday and Saturday

Board of Governors

Officers

| | | |
|---------------|-------------------|----------|
| President | Eric Wilsusen | 663-0596 |
| Executive VP | Vince Matrisciano | 663-5964 |
| Membership VP | Milt Felter | 663-1565 |
| Treasurer | Marc Sanderson | 663-2821 |
| Secretary | Kristeen McConnon | 769-0551 |

Members At Large

| | |
|---------------------|----------|
| Jeff Keith | 663-4230 |
| Jim Beyel | 663-5131 |
| Kristin White | 255-9326 |
| Al Gazdalski | 663-4698 |
| Al Pichieri | 663-5428 |
| Lise Meisner | 663-4553 |
| Bill Carroll | 945-9310 |
| Christine Cumberton | 557-3845 |

Property Maintenance Chairs:

| | | |
|---------------|----------------|----------|
| First Beach | Eric Wilsusen | 663-0596 |
| Club House | Lise Meisner | 663-4553 |
| Second Beach | Bill Carroll | 234-5413 |
| Third Beach | Al Gazdalski | 663-4698 |
| White's Cove | Al Pichieri | 663-5428 |
| Beaver Cove | Milt Felter | 663-1565 |
| North End | Milt Felter | 663-1565 |
| South End/Dam | Eric and Vince | |

Committee Chairs:

| | | |
|---------------------|-------------------|--------------|
| Swim Team | Bill Szekula | 201-874-1254 |
| Social Committee | Kristen White | 255-9326 |
| | Ruth Kuhl | 222-2357 |
| Fishing Committee | Peter Lyden | 557-3845 |
| Membership | Milt Felter | 663-1565 |
| Summer Night Patrol | Eric Wilsusen | 663-0596 |
| Lake Ecology | Jeff Keith | 663-4230 |
| Life Guards | Kristen Iaconetti | |
| LSC News Editor | Kristeen McConnon | 769-0551 |

lscnews@lakeshawneeclub.org

Newspaper Deadline 15th of the month prior to printing.

**Interested in placing an ad in the LSC News go to
www.lakeshawneeclub.org/clubhouse.html**



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Board Meetings are held on the first Friday of every month.

All members welcome!!

Visit our website frequently for the most up to date information:

www.lakeshawneeclub.org

www.facebook.com/groups/lakeshawneeclub

MESSAGE FROM THE PRESIDENT

MAY 2020

COVID 19 go away! Something I hope we never have to go through again in our lifetime! I don't even think unprecedented even covers it. I am hopeful that by the time you read this, we are beginning to get back to some sense of normalcy.

Cancellations were the norm in March & April, our Annual Meeting is on hold, and we canceled our organized Spring Workday asking members to pitch in as they could through our Sign Up Genius. Thank you to all who helped. Thank you to our Social Committee for all the Non-Social Committee Quarantine ideas to keep us busy. And of course, thank you to all our lake residents. As usual, Lake Shawnee always comes together and steps up in a crisis, and neighbors help neighbors.

Typically, in May we look forward to the official opening our beaches with guards on duty starting Memorial Day weekend. We plan to still move forward with the soft opening of our facilities, and we are optimistic that our Social Committee calendar will move forward this summer in some manner.

Hard to miss, but the Clubhouse renovation is moving along. I am hesitant to give a completion date with all going on, but we are hopeful for a July 1st or sooner to start up rentals. We intended to host a painting party once the sheetrock is up and ready to help save some costs. We will also need to have a general clean up of the outside grounds, as well. We will have to see how that all pans out.

I would usually highlight the upcoming Social events this time of year but once again will hold off.

One item I need to mention for our Annual Meeting when we actually get to have it! We are required to update our bylaws to comply with the PREDFDA (Planned Real Estate Development Full Disclosure Act). The changes and a summary completed by Board Member Jim Beyel, are posted on the members-only section of our webpage for your review; there a quite a few edits.

As we all know, Lake Shawnee is a great place to walk or run, and as spring moves forward, we know more and more of our residents will take to our streets for exercise, especially now that many are seeking physical activities during this social/physical isolation period. Now more than ever, please drive carefully. It is recommended that walkers/runners should always walk opposite traffic, single file please for the walking groups, and a cyclist is required to ride with traffic. For those who like to walk during dusk or dawn, some type of reflective clothing is recommended, as well. Thank you to the Slow Down Shawnee Group for making an effort to educate our drivers and pedestrians.

Hope and pray for a quick end to this health crisis, stay safe & healthy.

Eric Wilsusen


Club President

ericwilsusen@lakeshawneeclub.org



May 2020

Let's get together - separately. Your Lake Shawnee Social Committee has some suggestions to keep us all social but distant.

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|-----|--|-----|---|-----|
| | | | | | 1 | 2 |
| 3 | 4 Tell us a joke. | 5 | 6 Color a picture and Share it with us. | 7 | 8 Share something that made you smile/ laugh this week. | 9 |
| 10 <i>Happy Mother's Day!</i>  | 11 Tell us the best advice you have re- ceived from your MOM. | 12 | 13 Shout out to a local business/ restaurant that has helped you. | 14 | 15 Share something that made you smile/ laugh this week. | 16 |
| 17 | 18 What inspirational saying has helped? | 19 | 20 Share your favorite item to grill. | 21 | 22 Share something that made you smile/ laugh this week. | 23 |
| 24 | 25 Show us your patriot- ism on this Memorial Day. | 26 | 27 Share a picture of your favorite item to use when cooking. | 28 | 29 Share something that made you smile/ laugh this week. | 30 |
| 31 | | | | | | |

Either post your picture to our Facebook page or email your picture to social@lakeshawneeclub.org.

Lastly, if you had to cancel a birthday party for your young child or an "at risk" lake resident, email the social committee, so we can organize a drive-by birthday parade.

Quarantine Activities
March 23, 2020 to March 29, 2020

Monday - Snow/Rain - While we did not get much snow this winter, we did get a coating the morning of the 23rd; however, it was quickly washed away by the rain later in the day. Many of you shared your throwback pictures of a pretty snow covered Lake Shawnee.

Tuesday - Flowers - It was a pretty spring day and our members shared with us plenty of pretty daffodils, crocuses, forsythia bushes and budding trees. Someone even shared the first dandelion of the season.

Wednesday - Animals/Birds - Swans, mergansers, buffleheads, dogs, geese, butterflies, cats and squirrels.

Thursday - Flags - We had fun with flags....Spring and Easter flags along with our beautiful American flag.

Friday - Bikes - We ride plenty of different bikes here in Lake Shawnee...dirt bikes, tricycles, motorcycles and exercise bikes.

Saturday - Sunrise/Sunset. This rainy gloomy day did not provide us with a chance to see the sun :(



Quarantine Activities
March 30, 2020 to April 5, 2020

Monday - Your home school or office setup. We shared pictures of children at their homeschool desks and the rest of us at our new home workspaces. We were sitting side by side for school and work. Some of us have desks overlooking the lake. Our pets were sitting by us too. And some of us work best while sitting comfortably on our couches or in bed.

Tuesday - What are you bingeing? We had plenty of time to binge watch t.v. We were watching Good Girls, Grey's Anatomy, Ozark, Parks and Rec, the late night shows and Little Fires Everywhere. But mostly, we were watching Tiger King.

Wednesday - What are you reading? Recipe Box, Becoming Mrs. Lewis, The Huntress, The Orphan House, A Nest for Celeste, American Dirt. We were reading self-help books and religion books. We were reading to our kids. And we were reading Facebook posts.

Thursday - What movies are you watching? Miracle, Jumanji, Yesterday, Onward, Peter Rabbit, You Can't Take it with You, and Planes, Trains and Automobiles

Friday - What is the first thing you are daydreaming of doing once this is all over? We are all dreaming of getting together with our families and friends to give them big hugs and plenty of kisses. We also can't wait to get to Gatwyns for some yummy food.

Saturday - Share a recipe of a food or drink you are enjoying. We were drinking quarantinis, sangria and beer. We were all making breakfast, lunch and dinner all at home and doing lots of dishes. We seem to just wing it and make it up as we cook.

Sunday - The most unique animal sighting you have seen on the lake or in your backyard. We saw osprey, bald eagles, a turkey vulture and woodpeckers.



Quarantine Activities

April 6, 2020 to April 12, 2020

Monday - Crazy Hair Day. We need our hair cut as it is starting to get a bit unruly. Some of us need it dyed. Some people were brave enough to cut their own hair.

Tuesday - Tell us what you are listening to while you walk, clean. Playlists and Podcasts. We were listening to religious music and country music. We listened to Songs from the '70s and '80s hair bands. Bob Seger, the Beatles, and Willie Nelson. We also listened to the sounds of nature.

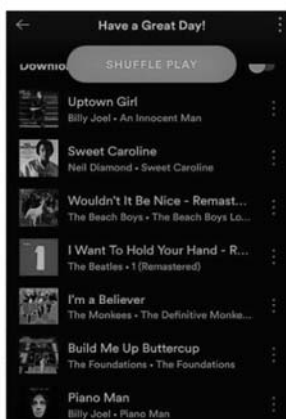
Wednesday - share your favorite birdhouse or feeder. We saw pictures of feeders and houses made with love by our members. The feeders and houses are visited by goldfinches and cardinals, not to mention squirrels and chipmunks.

Thursday - Show us your coolest/craziest/most fun dyed Easter egg. We started to prepare for Easter by sharing our pretty eggs dyed and decorated every way possible.

Friday - Egg Hunt.....put an Easter Egg in your yard or window. Tell us how many you count on your walk. Thank you to everyone who put eggs out for our members to count as we paraded around the lake.

Saturday - Wear your Easter bonnet. Some of us put on our Easter finest to parade around the lake today.

Sunday - Enjoy your day. Some of us celebrated Easter in ways we never had before the pandemic. It was a pretty spring day to enjoy and prepare for a time of renewal.



DAILY GRATITUDE
FROM
DIANE SCHILLING



An enormous heartfelt thank you to all those who have and continue to contribute to our social distancing ideas! All of your ideas are amazing and greatly appreciated!

Keep them coming!

With Great Thanks,
Your Social Committee

*Please keep an eye out through emails and Facebook for upcoming summer events once we are able to do so! Be Safe and Healthy!



2020 Sneak Peek at Summer

| | | |
|--|----------------------|---|
| Trivia Night | <u>May</u> | Friday, May 15th at 7pm |
| Movie Night & Camp out Community Day | <u>June</u> | Friday, June 12th at 8:30pm Saturday, June 27th til 8pm (Rain date - 6/28) |
| Kid's Pirate Day Ice Cream & Bingo Beach Storytime | <u>July</u> | Friday, July 10th at 1pm Tuesday, July 14th and 28th at 7pm Tuesday, July 21st at 7pm |
| Movie Night Ice Cream & Bingo Beach Storytime Kid's Bi-Athlon & Color War | <u>August</u> | Friday, August 14th at 8:30pm Tuesday, August 11th at 7pm Tuesday, August 18th at 7pm Friday, August 21st at 1pm |



With Deepest Sympathy

We would like to offer our condolences to the family and friends of Warren Fischer who passed away on April 18, 2020. Warren served his country in the U.S. Army during the Korean War. He was also president of his own company; New Jersey Safe for 41 years before retiring.

Warren and his wife, Lori moved to the Lake Shawnee, where he enjoyed the Lake and boating. He enjoyed taking all who visited on a tour of the lake, in his boat, with a glass of wine in hand. His home was his favorite place to be.

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The mission of the Lake Shawnee TLC (tender, loving care) Club is to bring companionship and friendship to our Lake Shawnee neighbors. There is no better place to do this than right here in Lake Shawnee.
If you are interested in being a part of this club email Adrienne Najjar-Keith and Kristine Wilsusen at lakeshawneetlc@gmail.com

~~~~~  
If you, yourself or if you know anyone in our Lake Shawnee family who would benefit from a TLC visitor bringing friendship and companionship, please email [lakeshawneetlc@gmail.com](mailto:lakeshawneetlc@gmail.com)

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Planning for you future vacation is difficult right now, but searching for things you might want to do when this situation is behind us could help get you through the days of isolation.

So think to the future what you would like to do. When the time comes we can help get you booked for a great vacation.



## Calling all new and returning lifeguards!



The summer beach season is right around the corner and we will be swimming in the lake very soon.

We will be having an informational lifeguarding meeting Saturday, May 16th at 10:00am where we will go over procedures and certification class dates. Please note that in order to be a lifeguard you must be 16 years of age. If you are interested in becoming a lifeguard or are a returning lifeguard for this season, please contact Kristen

Iaconetti, **cell:** (973) 229-0917

**email:** [kristen.iaconetti@gmail.com](mailto:kristen.iaconetti@gmail.com), for information.

I am looking forward to a great summer season!

## Slow Down Shawnee!

The group's purpose is to increase safety for pedestrian and vehicle traffic along Shawnee Trails.



**Wear a reflective vest  
and put one on your dog!**

This is one idea to help you as a pedestrian stay safe.

Other ideas are being explored. This takes time, research, education, and persistence. If you would like to get involved, please join the Facebook group, Slow Down Shawnee, and help make our community safer. Next meeting to be announced on our Facebook page.

## The Social Committee is Seeking Volunteers

In order to ensure the success and continuation of next year's events, we need more volunteers to come out and lend a hand. Without increased involvement, we will be forced to cancel events that we have all come to love. A large commitment isn't necessary. We are asking members to sign up to chair an event(s). New ideas are always welcome. We will also share experiences and help you every step of the way. Unfortunately, if we do not get people to chair more events, they may be cancelled. So grab some friends, pick an event and let's work together to make 2020 an exceptional year!! If you are interested, please email [social@lakeshawneeclub.org](mailto:social@lakeshawneeclub.org)



The Board of Governors would like to thank everyone who volunteered to help get our properties ready for the summer. Since we were unable to hold our ORGANIZED Spring Work Day on April 25th and work still needed to be done, volunteers were organized on Sign Up Genius. We are so grateful for those who helped to complete many of the tasks.

Thank you, again!

Thomas Degen

973-472-1771

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**Lake Lowering**  
is scheduled this year  
to begin October 1<sup>st</sup> for a  
period of 45 days.

This only occurs every four years  
on Presidential Election years, so  
plan any projects accordingly.

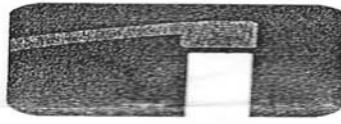


### **CALLING ALL SWIMMERS!!!**

Registration will be held soon.

For up to date information check out the  
Lake Shawnee website and click on the  
swim team tab.

# BERTOLI



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## Summary of the Lake Shawnee Club Board Meeting

March 6, 2020

The Swim Team Board made a proposal to increase registration fees for sponsored families, which was approved by the Board of Governors. They also asked for the Board's assistance in obtaining the proper gaming licensing permits for the upcoming Tricky Tray fundraiser (in lieu of the annual Golf Outing) at the Club's Community Day event.

The lake lowering permit was filed with the State and our annual geese depredation permit was received.

The Annual meeting notice was sent to all members and all documents were placed online under the Members Only section.

Social Committee reported that Texas Hold 'em will be held at the firehouse and updated the Board on other upcoming events including the Superhero Race and the Bunny Brunch. There was a brief discussion about a potential Open House for the new Clubhouse once completed and having a signup sheet there for new volunteers. There is a tentative date for Wine Tasting in May, although an alternate location may be needed. Finally, there was a brief discussion on a possible pop up library at First Beach for the summer season.

Lake Ecology reported that Solitude will start surveying the lake at the beginning of April. He noted that Procellacor was used last year, which is very strong when applied directly to the plant. It should have a residual effect this year, although the warm winter may be an issue. He also informed our engineer of our lake lowering in October.

Plans were made for Spring Workday is scheduled for Saturday, April 25<sup>th</sup>.

It was reported that the Third Beach dock needs repairs specifically the 2 x 8 boards needs to be replaced totaling 51 feet in length. There was a brief discussion on using specialized paint purchased but not used for the swim team dock, for the dock at the Clubhouse and at Third Beach.

The Board was updated on the progress of the Clubhouse renovation project. To date all the framing and electric is done, although there is a small amount of electric that needs to be completed downstairs. All the tile has been removed both upstairs and downstairs and the deck is gone. The two new bathrooms are plumbed, and a rotting metal piping going to the septic was replaced. Upcoming projects were discussed including flooring, painting, HVAC, propane conversion, fire alarm, and wiring for sound system.

The nominating letter was posted on the website.

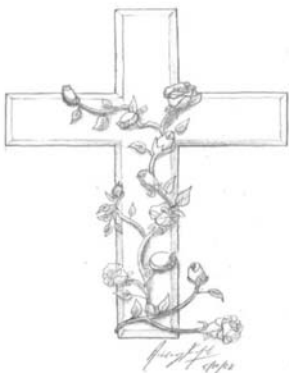
The required dam inspection of the dam still needs to be completed.

There was a brief summary of changes that were made to the bylaws and it was noted that they have been placed on the website.

The Annual Meeting is scheduled for March 28<sup>th</sup> at 1 pm at the Lake Forest Yacht Club.

April 4, 2020

The April Board of Governors meeting was cancelled to comply with the NJ Governor's social distancing recommendations due the COVID-19 pandemic.



The Board of Governors of the Lake Shawnee Club would like to offer our condolences to the family of Claire M. Walloga who passed away on March 14, 2020 at the age of 101 years old. Claire moved to Lake Shawnee in 1950, where she raised two sons. She also served as the Lake Shawnee Club secretary for 39 years, retiring in 2001. Our heartfelt thoughts go out to her family. Claire was truly a Lake Shawnee treasure!!

# Motivation Techniques

By Madelyn McConnon

2020 Ithaca College Graduate, B.S. Health and Exercise Science

Are you struggling during this difficult time trying to get into a consistent routine, to exercise regularly or to eat a healthy diet? Everyone has changes that they can make to help make themselves healthier and happier. However, change is extremely hard, and it can be really overwhelming knowing where to start. And you want to make sure to set yourself up for long-term adherence and success. Before you begin, start by asking yourself the following questions.

*Are you ready to change? Are you unsure where to start? Do you have a clear plan, but just have not started yet?*

No matter where you stand right now is OKAY. Knowing where you are and what your next steps are is key to long-term health and change. Jumping into change too quickly without a solid plan will often lead to discouragement. Here are some steps that you should take when trying to make new changes in your life.

## **EDUCATE YOURSELF ON THE RISKS VS. BENEFITS AND THE POSITIVE OUTCOMES TO YOUR CHANGE**

If you are not motivated to make necessary changes in your life, it will be extremely difficult to keep yourself adherent. Before jumping into a new exercise routine, new diet plan, etc., make sure to educate yourself on the reasons why this is necessary for your overall health. No matter your reason, write down exactly why you want to make these changes, to remind yourself when things get hard.

## **IDENTIFY BARRIERS TO CHANGE AND ADDRESS THOSE CONCERNS**

There are a lot of other factors that can impact your ability to change. Identify those barriers before you start change, and plan for how you are going to overcome those. This will help decrease the number of barriers that you have when you start your new change.

## **DEVELOPE SMART GOALS AND START YOUR NEW CHANGE!**

SMART goals stand for Specific, Measurable, Attainable, Realistic, and Time-measurable. Any goal that you set should follow this basic outline. For example, my goal might be to exercise more. A smart goal would be to exercise 3x a week consistently for a whole month. This allows you to measure whether you are hitting your goals in a specific time frame. It is very realistic and keeps you motivated to keep going. Just saying you want to “exercise more” does not give you a solid plan, and often ends with you feeling discouraged after a while.

Once you have some SMART goals set, you are ready to start your new change! But remember, start small. Too much change all at once will not be attainable and you will quickly get overwhelmed.

## **PROVIDE YOURSELF POSITIVE REINFORCEMENT**

This may sound silly but setting rewards will truly help you stay adherent to your goals. Once you reach one goal, reevaluate, set a new SMART goal, and set another reward. Sometimes internal motivation is hard to find, especially when your change becomes extremely challenging. These external rewards are extremely helpful in aiding in your behavior change.

## **DEVELOP TECHNIQUES TO STAY MOTIVATED AND LEAN ON YOUR SOCIAL SUPPORT NETWORK**

Remember that change is not easy. You will have days that are a lot harder than others, but that does not mean you should give up. Stay confident in yourself, and do not get discouraged if you regress. Make sure to lean on your social support network and look back to why you wanted to change in the first place. As time goes on, it will become easier and easier to get yourself back on track after a fall!

Long-term adherence to change is where you will find the most results, especially when making health related changes. This can be a long and difficult journey but remember that change cannot be made overnight. Everyone has different strategies that work for them, but these 5 steps are a really great place to start!

*“Success if not final, failure is not fatal: it is the courage to continue that counts.”*



# Lake Shawnee Super Hero 3-6-9

Sadly, we needed to postpone the Lake Shawnee Super Hero 3-6-9 Race scheduled for Saturday, March 28<sup>th</sup> due to the COVID- 19 pandemic. We are STILL planning to hold the event once things have returned to normal, but a new date has not yet been determined. We will post more details once they are available.

We truly hope that you will come out and join us for this event to celebrate the SUPERHEROS in our community. Thanks to your support in the past, we were able to offer scholarships again this year!!!!

We thank you in advance for your patience and understanding. Thank you once again,  
Kristeen McConnon and Dina Troha  
Race Directors

If you have any questions, please contact us at [lakeshawneesuperhero369@gmail.com](mailto:lakeshawneesuperhero369@gmail.com)

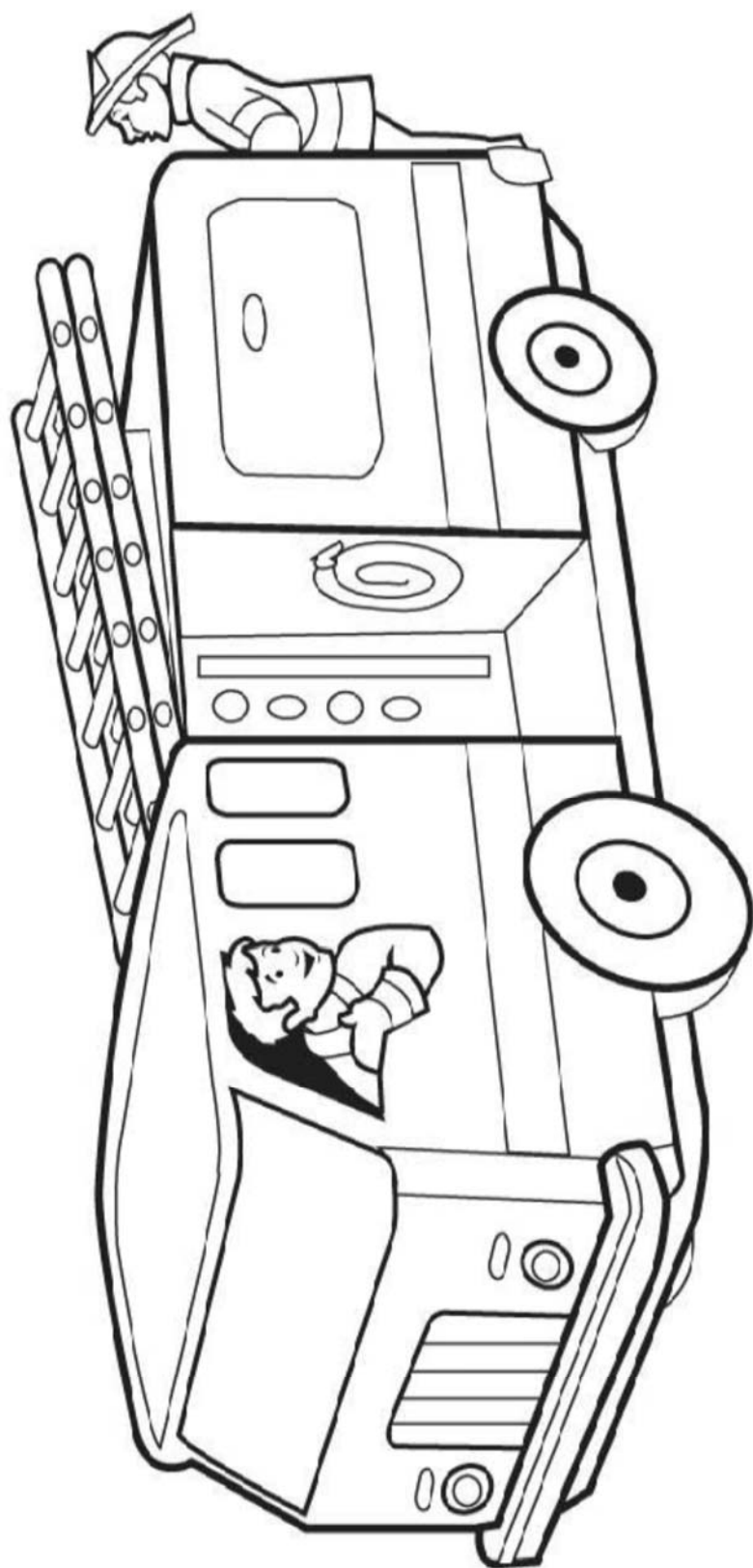


## With Sincere Sympathy

We wish to send our condolences to the family and friends of Robert “Van” Van Valer, who passed away on April 27, 2020 after a long illness with complications from COVID19. He and his family had lived in Lake Shawnee since 1967. He worked until his retirement at The Rockefeller University in New York as Vice President of Donor Relations and Development. “Van” also developed the original club website. He lived in one of the lake original houses built by his parents in 1957.



We would love the kids in Lake Shawnee to color the picture on the next page for the amazing JTFD. Drop off pictures in the mailbox at 2 Mountain View Trail by the end of the month. They will be collected and brought to the Fire Dept. to show them how much we appreciate them.



THANK YOU TO THE JEFFERSON TOWNSHIP FIRE DEPARTMENT FOR  
KEEPING US SAFE AND FOR ALL OF THE AWESOME BIRTHDAY PARADES!

**Lake Shawnee Club -  
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