

APRIL 2022



Out Of The Woods

A Kings Wood Community Newsletter

Issue 40



INSIDE OUT OF THE WOODS

- News & Events
- From Our Residents
- From Our Superintendent
- Community News & Events
- Health & Safety
- Reminders
- From The Property Manager
- Recommended Contractors & Vendors
- Flower Order Form



MARK YOUR CALENDAR

WEED CONTROL/FERTILIZER...**APRIL TBD**
SCREENS DUE.....**APRIL 15**
FLOWER ORDER DUE.....MAY 6
FLOWER ORDER DELIVERY.....**MAY 13**
SPRAYING.....**APRIL TBD**
CARPET/TILE CLEANING.....**MAY 9**
DOOR TOUCH-UPS.....**JUNE 13 & 14**
GUTTER CLEANING.....**JUNE 23**



We hope everyone has a wonderful Easter and Passover with family and friends.



Wednesday, June 1st to
Monday, June 6th

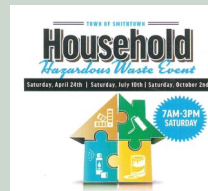
Dear Residents



Thank you for your recent cooperation. Holding your trash until Monday after dumpsters are emptied vs disposing during the week-end has helped with the dumpster overflow by building 138

It is greatly appreciated if residents who are often home during the week dispose their trash during the weekday (Monday thru Thursday) vs week-end.

Your continued assistance is greatly appreciated.



Town of Smithtown is hosting Hazardous Waste Event. **To encourage our community to get rid of their Old Paint, you can pick up Paint Hardener for FREE.** Contact the office for a FREE packet of powder to add to your paint. Once it

hardens, you can easily take it to the Municipal Services Facility at **85 Old Northport Road, Kings Park**

Saturday, April 9th (9 am-3 pm)

More info 631-360-7514



COMMUNITY NEWS & EVENTS



COMMUNITY PROJECTS

- ➡ Gutters/Leaders Repaired throughout as needed
- ➡ Building 144 rear drainage issues corrected and landscaping started
- ➡ Building 142 drainage issues correction this Spring
- ➡ Exterior Door Painting this Spring
- ➡ Rear Parking Lot Sealing & Striping this Spring

SPRING



If you see a door open in the evening/night—Close it. This will help keep bugs out of the hallways and your apartments.



If you see a leaking spigot, try to close it and if it does not close all the way—Call



Help beautify our community with added flowers. See

our list and **RETURN YOUR ORDER BY FRIDAY MAY 6TH**

COMMUNITY LANDSCAPING LUNCHEON

Visit Bloomin Haus Nursery Monday,
May 9th, 10 am

816 Waverly Avenue, Holtsville

Lunch at Rhum

13 East Main St. Patchogue

Green Thumbs Wanted



COMMUNITY NEWS & EVENTS

Town of Smithtown says construction on Kings Park sewer expansion set to kick off in September

Construction on the Kings Park business district sewer expansion is expected to break ground in September.

According to a project timeline provided by a spokesperson for the Town of Smithtown, the construction bid process will start in May. A contract will be awarded over the summer and construction will commence after Labor Day.

The expansion in Kings Park will provide about 120 new sewer hookups, over 100 of which will link to commercial properties, the spokesperson reported. The project will also connect to the 144-unit Kings Wood complex.

Sewers are a desirable utility for downtown districts and dense residential areas. In recent years, commercial strips in Patchogue and Port Jefferson have thrived with sewer capacity. The Suffolk County Legislator approved sewer projects for [Mastic and Babylon](#) last fall.

Smithtown residents support the initiative for their township. In a special election last December, the public voted 87-1 to approve the Kings Park project.

The vote also approved sewer rate increases, a point of contention in a lawsuit the Long Island Pine Barrens Society and Kings Park Community Association filed last month. The suit argues that sewer fund money — \$44 million of which the county transferred to a taxpayer trust fund following public approval in 2020 to alleviate the county's swelling budget deficit — should have been used to stabilize sewer rates.

A years-old state grant will fund the Kings Park project. In 2017, Gov. Andrew Cuomo announced a \$20 million grant through New York state's Transformative Investment Program to connect the Kings Park business district to Suffolk County sewer district No. 6 in Kings Park. He also announced a second \$20 million grant to expand sewer connections to the Smithtown business district.

According to the town spokesperson, user costs for the project are expected to be \$454 in 2026 and \$740 by 2030.

[NICHOLAS GRASSO](#) | FEBRUARY 17, 2022

The North Shore News Group

A Healthier You

Simple ways to eat healthier every day

Diets can be difficult to navigate. Since no two people are the same, a healthy diet that satisfies one person won't necessarily satisfy another. Vegetarians might be perfectly happy without chicken or steak, while some people might shudder at the notion of never indulging in the occasional filet mignon.

While the most effective diets tend to be those that emphasize nutrition while still allowing individuals to indulge in some of their favorite dishes in moderation, the following are three ways that everyone, regardless of their personal preference, can eat healthy every day.

1. Eat lots of whole-grain carbohydrates.

Fad diets tend to paint carbs as the enemy, but various studies have shown just how integral carbohydrates, particularly whole-grain varieties, are to a healthy diet. One such study published in 2018 in the medical journal *The Lancet Public Health* found that diets that got between 50 and 55 percent of their calories from plant-based carbohydrates like whole grains were associated with a lower risk of mortality than low-carb diets that favored animal-derived protein sources. When buying carbs at the grocery store, shoppers can opt for whole-grain varieties, including whole-grain pastas, brown rice and cereals. That won't require sacrificing flavor and makes for a simple way to eat healthier every day.

2. Make a concerted effort to eat more fruits and vegetables.

The United Kingdom-based National Health Service, which is the largest single-payer healthcare system in the world, recommends eating at least five portions of fruits and vegetables every day. That may sound like a lot, but it's pretty easy to incorporate all those healthy fruits and veggies into a diet. For example, add a serving of antioxidant-rich blueberries to your cereal bowl each morning. At dinner time, allow vegetables to take up the most real estate on your plate. The Centers for Disease Control and

Prevention note that diets rich in fruits and veggies can help people control their weight and may even reduce their risk for certain diseases, including cancer.

3. Kick added sugars to the curb.

Avoiding added sugars is another way anyone, regardless of their food preferences, can eat healthier every day. Healthy foods such as fruit contain natural sugars, and these don't pose a threat to overall health.



However, added sugars, which the Harvard Medical School notes are found in many foods and can include honey, molasses and corn syrup, can increase a person's risk for various conditions and diseases, including obesity, heart disease and diabetes. Fruit contains fiber that slows the absorption of natural sugars, but the body digests added sugars much more quickly, leading to an uptick in blood sugar levels that can ultimately contribute to diabetes. Added sugars can be found in a host of foods and beverages, including some that aren't generally considered unhealthy, like bread, certain breakfast cereals and pasta sauces. When shopping, consumers should read nutrition labels and avoid products with excessive amounts of sugar.

Eating healthy does not require people to abandon their favorite foods. A few simple adjustments can be all it takes to improve the nutritional value of your diet.



REMINDERS



WHERE'S YOUR STOCK AND LEASE?

LET'S ALL TAKE A MOMENT TO FIND THESE
DOCUMENTS WHICH ARE NEEDED TO SELL
YOUR APARTMENT.

Apt. No.: 3B
Shares: 173

KINGSWOOD OWNER'S CORP.

Lessor,

TO

KINGSWOOD OWNER'S CORP.

Lessee,

PROPRIETARY LEASE

LAUTO & GARABEDIAN
235 BROOKSIDE DRIVE
HAUPPAUGE, NY 11788
(516) 361-5334



REGISTER YOUR VEHICLE(S)
WITH THE KING WOOD OFFICE

WHY IT IS IMPORTANT!

We recently had a large loose tree limb overhanging vehicles and we did not know who to contact to have them move the car from the rear lot.

You can find the Vehicle Registration form on our website Kingswoodowners.com under Forms.

REMINDER DURING TIMES OF WAR WE NEED TO FIND TIME TO JUST LAUGH

Rita—My young grandson called the other day to wish me Happy Birthday. He asked me how old I was, and I told him, 72. My grandson was quiet for a moment, and then he asked, "Did you start at 1?"



Walking can add minutes to your life. This enables you at 85 years old to spend an additional 5 months in a nursing home at \$7,000 per month.

I find it ironic that the colors red, white and blue stand for

A VACATION OF A LIFE TIME: My vacation in the Caribbean Islands. We decided to go zip lining. The adventure started with a jeep like car. No sides, no seatbelts, no shock absorbers or brakes. It came with a Kamikaze driver who took every curve on two wheels & drove on the wrong side of the road. That should have been a warning. Then we were outfitted with a harness & a helmet with strict instructions not to take off the helmet until the return to the terminal. Apparently the Iguanas are sitting in the trees just waiting to poop on tourists. Turns out the zip line consisted of 5 lines. The first 2 lines were awesome. Then the fun started. To get to next 2 lines we had to make like Tarzan hanging on to some vines & navigate some swinging jungle steps. The 5th line was a killer. I started praying & swallowed a Zanax. You had to take a running leap into nothingness. There was no platform to get to. The line was attached to a tree stump. We had to swing back & forth until we stopped. Then they brought a 10 foot ladder to climb down on. Finally on solid ground. They warned us about the Iguanas but they never told us to bring an extra set of underwear. I finally stopped screaming after an hour or so and spend the rest of the day with my Irish friend Jameson. All in all it was an experience. Would I do it again? Hell yes. Just a little less primitive & with an insurance policy. – Rita



Reminder...Please DO NOT Double Park your vehicle as it blocks other cars driving though the parking lot, especially during rush hour.

From Our Residents

Recipe by Rita



Noodle Pudding

1 lbs. Flat Egg Noodles, cooked
1 cup of sugar
1/2 cup of oil
1 tsp. Vanilla
6 Eggs
1/2 box of white raisins

Beat eggs, sugar, oil & vanilla

Add to cooked noodles

Add raisins

Bake for 1 hour in casserole dish at 325 degrees until brown on top. Sprinkle with cinnamon

Baked Clams Spread

1 can of minced clams & juice
1 1/4 cups Ritz crackers crushed
3/4 stick of butter melted
1 small onion, chopped
Garlic, salt, Parmesan cheese & Oregano to taste
Mix all together
Bake at 350 degrees in crock for 1/2 hour

Exterminating Service is expensive. Exterminating Service is conducted during the months of April, June, August, and October. We ask each resident to help keep insects away.

However, if you experience an infestation or more

GOT ANTS?

Every Spring the **ants** start to show up. You may first see a few on your kitchen counter or on the floor. An all-natural solution is Borax! You can find it in most super-markets. Here's the recipe:

1 cup of warm water

1/2 cup of sugar

2 tablespoons of Borax

Soak up the Borax mixture with cotton balls. Then place the cotton balls near any trail the ants have established in your home. You will wake up to find dead ants.



Aggressive insects such as Roaches, Carpenter Ants, Termites, Bed Bugs, please call the office immediately.



Kings Wood Community Garden

Slots Available. Please call the office if interested.



Did you know?



The Smithtown bull is over 80 years old. His name is Whisper.

FROM OUR SUPERINTENDENT

Shut Off Your Water Valves

**Before
You
Go Away**

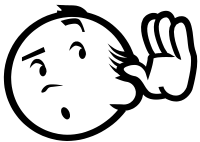


Dear Residents & Shareholders:

I Want to thank everyone for making me feel welcomed into this community. I cannot believe I am soon approaching 1 year!

Helpful Hints:

- ⇒ Test your valves under your kitchen sink, vanity and toilet. This will ensure they can be turned on/off.
- ⇒ If you experience low water pressure in one faucet or shower head but not the others, you likely have a clogged aerator at the end of you faucet or shower head.
- ⇒ No Power? First check your kitchen and bathroom GFI outlet that it is ON (working), then check your circuit breaker panel for tripped braker(s).
- ⇒ If you have a shower vent, clean out your grill from dust or it will burn out the motor.
- ⇒ If you have a stove exhaust vent, clean out the filter from grease.
- ⇒ **Don't block your baseboard bleeder valves which are at the ends of each rooms run.**



**SEE OR HEAR SOMETHING /
SAY SOMETHING!!!!**



HELP OUR PORTER

Keep your hallways clean.

Roll up the hoses when finished being used.

Clean up after the use of laundry machines. ESPECIALLY THE SOAP DISPENSERS. Paper towels are available in each laundry room for your convenience.

Don't clutter the hallways with shoes, plants, tables, or toys. It makes vacuuming difficult.



**Time to remove those snow
shovels from the hallways.**



**DO NOT DISPOSE OF
FURNITURE IN THE
DUMPSTER OR IN THE
DUMPSTER ENCLOSURE**

You must break it into pieces or contact Baldwin Rubbish Removal for a special pick up. There will be a charge by Baldwin, but if you get caught dumping furniture into the KW dumpster you will be fined \$250 in addition to a charge for the Super's time. properly disposing of the furniture



Please DO NOT OVER FILL the Soap Dispenser.

The machine sensors monitor the laundry in the machines and it dispenses soap according to the load.

If you have a small load, please use the amount of soap in ratio to your load size. This will also save on your laundry soap expense.

**SPEED
LIMIT
10**

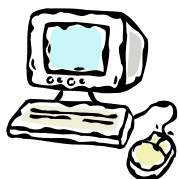
**SLOW DOWN
WATCH
FOR DEER**



**We have
children on
the property!** Please bear right when driving in and out of the community through the entrance driveway.

Look for our new STOP sign on the hill in front of building 146.





FROM THE PROPERTY MANAGER



PROTECTING OUR SHRUBS & LAWN... Weed Control & Fertilizer:

TBD—notices will be announced

Please remember to close ALL your windows and keep your children indoors during application and after 24 hours. A description of the chemicals used is available upon request from the Property Manager.



NEW LOCAL GARDEN SHOP

A unique gift shop and nursery providing you with personalized gifts & gardening needs near Varelo's gas

station on West Main Street here in Kings Park. Owner Susan Dietrich, daughter of long-time Kings Wood resident, Corinne Dietrich. Go browse and shop!



DEER have been eating our shrubs and flowers.

DETERRENTS

Strong odors in gardens, ie:

- Irish Spring Soap
- Lavendar
- Marigolds



SPRING PURGING?

Long Island Family and Elderly Care Trading Post accepts donations.

516-826-4483 LIFE.C.org



CARPET CLEANING

On **TUESDAY, May 9th**, The Carpet Cleaning Guy will be on the property to steam clean the hallway carpet.

If you are interested in having the interior of your apartment done, please call the Kings Wood office by **FRIDAY, May 6TH**.

Here are the Rates which include: Soil Retardant Cleaning Solutions, Preconditioning, Spot Removal, Deodorizing

Studio.....	\$70
1 Bedroom (Living room & Bedroom).....	\$85
1 Bedroom w/Terrace (Living & Bedroom).....	\$85
2 Bedroom (Living room & 2 Bedrooms).....	\$100
Includes tax.	

APT DOOR TOUCH-UPS

WEDNESDAY, JUNE 13TH & 14TH



Please remember to be careful when you move furniture in or out of your apartment.

Tip: If you place a sheet or blanket around your piece of furniture, this will help prevent scuffing or scratching the casing or door. **If your door has been damaged, please report it to the Property Manager as soon as possible.**



PLEASE DROP OFF YOUR DAMAGED WINDOW AND SLIDING DOOR SCREENS BY APRIL 15TH

GUTTER CLEANING...

Gutter cleaning will take place on ALL buildings **WEDNESDAY, JUNE 23th**, 8:00 a.m. rain or shine. Please do not leave any objects you do not want soiled on your deck and/or in the front or rear of the buildings.





CONTRIBUTE TO OUR NEWSLETTER

Our next newsletter will be released early fall.

Share your ideas, your recipes, family news, review a restaurant you've been to or a vacation you took by submitting them to the Property

Manager's office or you can E-mail your contribution to: king-swoodowners@aol.com

If you are interested in placing an ad (i.e.: items for sale, apartment for sale or rent) please contact the Property Manager with a check for \$75 payable to KW. Attached is a list of the vendors that help support our website. You can also find the list under the Vendors/Contractors tab. We ask that you patronize these companies.

The Out of the Woods newsletter editor reserves the right to accept or reject content at its sole discretion.

Reminder to check out our new website kingswoodowners.com. Please **register your e-mail address with the KW office for information alerts and register your car.**

Thanks to all residents who have volunteered their time to help improve our community and Helena who manages these committees. We encourage residents to get involved. You have several options:

Admissions Committee:

Alex Attwood
Josephine Bachman
Rita Hammond
Carole LeMieux
Krista Lombardo
Bernadette Malfetta

Michael Milano

Kathy OBrien

Lucille Short

Grounds Committee:

Terrance Kahn
Shari Mott, Committee Chair
Rhonda Reid
Eleanor Vetter

Newsletter Committee:

Krista Lombardo, Editor
Helena Chaves, Contributing Editor
Rita Hammond, Contributing Editor
Eleanor Vetter, Contributing Editor

Board Members:

Dan Lunde, President
Bob Kohlmeyer, Secretary
Josephine Bachman, Treasurer
Krista Lombardo, Secretary
Terrance Khan, Member

Management Team:

Helena Chaves, Property Manager
Cesar Adriano, Superintendent
Carlos Reanos, Porter
Jim Leonick, Legal Counsel: Leonick Law, PLLC
Dennis Ench, Accountant: Capraro, Centofranchi, Kramer, Tidona, Ench, & Co., CPA

Published by:

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www.kingswoodowners.com
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E-mail: kingswoodowners@aol.com
Phone 631-269-6424; Fax: 631-269-3945

Emergencies:

Superintendent: Cesar Adriano
Emergency Cell Phone 631-741-5023



Please refer to your House rules, Section 3.00 Alterations, Repairs and/or Changes to Interior of Apartment and follow instructions by submitting the form to the Property Manager prior to starting work. Thank you.

Able Locksmith & Door Service

769 Deer Park Avenue
N. Babylon, NY 11703
631-587-7278

Allstate Insurance

Chris Reimels III
49 Indian Head Road
Kings Park, NY 11754
631-269-5200

American Real Estate Associates

St. James, NY 11780
Karen Cohen Cell 516-443-4221
Douglas Cohen Cell 631-312-7258
Office 631-862-6605

Gaby's House Cleaning

Gabriela Martinez—Owner
631-346-5207
gabyshousecleaningny@gmail.com

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FREE Consultations
Estate Planning/Elder Care/Accidents
www.LeonickLaw.com

Owen Baldwin Rubbish Removal

John Baldwin 631-235-9353 Free Estimates

SHAREHOLDER RESPONSIBILITY REPAIR RATE \$60/hour during office hours (8 am to 4 pm, Monday thru Friday) with 1 hour minimum for all Shareholder repairs.

NOTE: Shareholder responsibility emergency repairs minimum \$360 per call before 8 am and after 4 pm Monday thru Friday, holidays, weekends, and vacation days.

These new rates are well below the prevailing rate for any professional service.