

*A consistent and
compassionate
source of
wisdom and
peace
in a fast-paced,
changing
financial world.*



**Melissa's Education
Update**

P2



**Personal
Updates
from our team**

P3, 4, 5



Motz Favorites

P6

The Motz Gazette

JULY 2022 - VOLUME 17, ISSUE 2

Pickle what?

“Pickle what?” “Disc” golf? “What, no golf ball?” I am talking about pickleball and disc golf. The names may sound a bit strange or misleading, but these games are a lot of fun and are taking the parks by storm. You can view YouTube videos to learn how to play, or sign up for beginner classes that are offered in many communities.—So, what is pickleball? It is the fastest growing sport in the US. Pickleball was invented in 1965 on Bainbridge Island, a short ferry ride from Seattle, Washington. Three dads – Joel

Pritchard, Bill Bell, and Barney McCallum — whose kids were bored with their usual summertime activities — are credited for creating the game.

USA Pickleball describes the game as a fun sport that combines many elements of tennis, badminton, and ping-pong. It is played both indoors and outdoors on a badminton-sized court with a slightly modified tennis net. It is played with a paddle and a plastic ball with holes. It can be played as doubles or singles. Most importantly it is enjoyed by all ages and skill levels.

“What is with the name?” Since the game was created using sports equipment they had in the garage from several sports, Joel’s wife, Joan Pritchard, a fan of crew racing came up with the name “pickleball” a reference to the leftover rowers who would race for fun in local pickle boat crew race competitions.

You can visit the USA Pickleball website www.usapickleball.org, for the complete story of pickleball and statistics that you might find interesting.

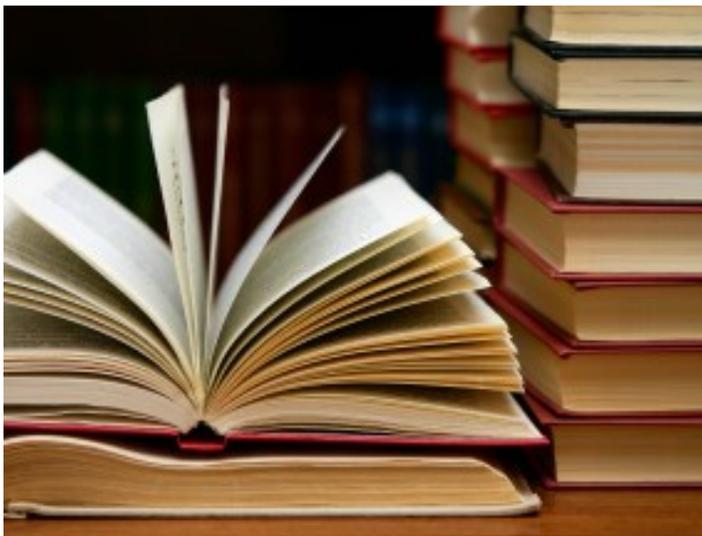
Disc golf is an activity that really gained popularity during the pandemic. You may have seen the metal baskets here and there and thought – what are these things popping up all over the park or golf course?

Disc golfers do not use frisbees to navigate around the course. They use special discs designed specifically for the sport and certain shots. There is a “driver” disc and a “putter” disc, for example. Players complete a hole by throwing a disc from a tee pad or area towards a target, known as a basket, throwing again from where the previous throw landed until the basket is reached.

Continues on page 2...

**ANNUAL SURVEY
Q2 2022
WINNERS
BOB DOLAN**

Melissa's Education Update



At Motz Wealth Management, we pride ourselves on having staff with the highest level of experience and education. Motz Wealth Management is committed to providing the educational resources necessary for our staff to remain competitive now, and in the future, so that we can provide clients with the highest level of service. The following list represents seminars attended and courses recently completed by Melissa:

- Retirement Income Distribution Planning
- Pimco Investments Due Diligence Meeting

Continued from page 1...

One of the great things about disc golf is walking the course during a round. You get your steps in and get to see nature up close. Many of the parks have holes that go through the woods and over small creeks. You can enjoy the shade of the trees and the fragrance of the wildflowers on the walk.

If you are looking to take up the sport, you can purchase a starter set of discs with a carrying bag from a local sporting goods store or online. Discs are like golf balls, you could lose one during your round. I would also recommend going to the Professional Disc Golf Association website (<https://www.pdga.com/>) to read more about the rules and how to play. YouTube also has quite a few videos on throwing tips, how to play, and maybe even a video of the course layout nearest you. Enjoy and good luck!

MOTZ FAVORITE AFFIRMATIONS

We share an affirmation at the beginning of our weekly staff meeting and want to share a few of our favorites with you.

- When I argue with reality, i.e. what has already occurred, I lose, only 100% of the time. - *Byron Katie*
- Be decisive. Right or wrong, make a decision. The road of life is paved with flat squirrels who couldn't make a decision. - *Unknown*

Life Hacks

What is a life hack?

Life hack: noun: informal: a usually simple and clever tip or technique for accomplishing some familiar task more easily and efficiently (Life hack, n.d.).

- To chill a glass of wine ~ add frozen grapes.
- To chill a bottle of wine or soda ~ wrap it in a wet paper towel and place it in the freezer for 15 minutes.
- Make hardboiled eggs peel easier ~ add one teaspoon of baking soda to water.
- Stripped screw ~ place a rubber band on top of the stripped screw head then unscrew with the screwdriver.
- Avoid sticky hands from popsicle ~ poke the popsicle stick into a cupcake wrapper as a drip catcher.

References Life hack. (n.d.). In *Merriam Webster Online*, Retrieved June 14, 2018, from [https://www.merriam-webster.com/dictionary/life hack](https://www.merriam-webster.com/dictionary/life%20hack)

WORKING REMOTELY

Now that we have a remote employee, there may be times, due to work schedules that we are working, but no one will be at the Harleysville office. If you are planning on stopping by the office, please call to ensure a team member is available to assist you. Thank you.

Personal Notes

Melissa — I hope you and your family are doing well this summer of 2022. I am spending as much time as possible in our home in Cape May, and I am so grateful to be here. I enjoy walking on the beach and then back through the many lovely streets every morning for a few miles. I look forward to my morning walk every day. We have had family and friends visit us here, making lots of fun memories.

Doug retired at the beginning of June. He is enjoying the freedom and space in his day. A



new routine and new projects keep him busy. He is still trying to get used to it. He likes to ride his road bike for around 23 miles almost every other day. And he likes to walk in the morning along the promenade and the beach entrance picking up trash. It always gives him a sense of accomplishment. He is also learning to cook using Blue Apron. The meal ingredients are delivered weekly, and he preps 2 meals a week. This is freeing up my schedule two evenings a week and I really enjoy it.

We traveled a bit earlier this spring in May to Kiawah, SC to visit Doug's sister and her husband for a week. It was great fun. I highly recommend Charleston and the coast of South Carolina. We ate lots of good food, rode bikes on the beach, kayaked, and played some golf. We also did a food tour in Charleston. We sampled she-crab soup, roasted oysters, fried green tomatoes, crab fritters, cornbread, and sweet tea. The first week of June we went to Montreal for a few days. We stayed in the old port area. Just about everyone was able to speak English to us. I practiced a bit of my

French and even fooled some people who began speaking back to me in French. And then of course I had to say je ne parle pas Frances. Translation, I do not speak French. We had so many wonderful meals there. We walked and walked all over the city, took a walking tour, visited the botanical gardens when the peonies were in full bloom, and saw Cirque de Soleil. We also rented electric bikes. It is a very bike-friendly city. We rode our bikes on paths across the St. Lawrence onto the island which houses the Formula One racetrack. We rode our bikes on the racetrack and watched the preparations for the upcoming Formula One race. It was a lovely time, and we hope to go back again.

My son Dan graduated from Montgomery County Community College with an Associates in Applied Science as a Biotech Lab Technician. I am very proud of him. He is in the process of looking for a job.

I am about finished with renovations at our home in Cape May. We had two guest bedrooms painted and refurnished, got new window treatments, and are having our crawlspace waterproofed. Next will be our home in Harleysville. After 22 years there are lots of renovations to be done, especially bathrooms, kitchen, and painting. I am part way through the research phase. It is amazing how much prices have gone up. I hope you and your family have a wonderful summer and fall. Stay safe and keep healthy.



Have you followed us on
Facebook yet?
[facebook.com/motzwealthmanagement](https://www.facebook.com/motzwealthmanagement)

Personal Notes



Lisa—Hello! I'm very happy to report that things are going well in Wisconsin! The kids and I have been taking full advantage of the summer weather. I've been starting my days with a morning walk, and if our girls are awake before I leave, they hop on their scooters and come with me, which has been nice. We like to watch the goslings and ducklings from our neighborhood walking trail. Our girls have been jumping a lot on our trampoline, trying to master their flips and toe touches. We even had a slumber party on it earlier in the summer; we could have done without the morning dew, but it was neat sleeping with them under the stars! I've been tending to my flower beds and garden trying to keep the weeds out! This year, I planted a couple of strawberry plants and then the usual items for us like carrots, cucumbers, tomatoes, green and yellow peppers, jalapenos, and some herbs. So far, the strawberry plants produced three tiny strawberries, and the girls thought they were the cutest

and tastiest strawberries they ever had. I'm looking forward to the tomatoes and peppers so I can make fresh salsa, which is my favorite thing to eat!

We also can't get enough of our family cottage this summer. We've been swimming, tubing, paddle boarding, boating, fishing, making campfires, watching fireworks, listening to music, and playing volleyball and basketball. It's one of our favorite places to hang out with each other.



We had a fantastic and busy spring as well! My sister had her 4th

baby boy, and everyone is so smitten with him. We are loving his funny faces and baby noises. Although our families live 8 hours apart, we still have managed to get together twice since April, and we have one more visit in August to look forward to before school starts again. Other exciting events that happened this spring were Alice's first orchestra concert (with her playing the bass) and Cleo's first ballet recital. They performed their little hearts out – they sure know how to make us proud! That's all for now. I hope everyone is having a happy and healthy summer!



Pam -What a beautiful spring and summer we've had so far. I've been enjoying all of my outdoor favorites – getting my hands dirty in the garden, hoping for birdies and pars, but settling for bogeys on the golf course, and watching the waves roll in while sitting on the beach.



My vegetable garden is doing quite well, tomatoes, cucumbers, peppers, and herbs are coming in nicely. We've recently started harvesting the veggies!

Our golf season has been great so far. The club where we belong underwent some renovations over the past year or so and it's in great shape! Bill and I have been enjoying playing a few times a week, and I just shot my best round ever – 87!



As for the beach, our family recently returned from a fabulous week in South Carolina.

Personal Notes

We had a gorgeous Airbnb in Murrells Inlet and enjoyed a blissful week at the beach with our son Tyler, his wife Alex, my father-in-law, Bill's two brothers, and their families. It's been eight years since we were able to get everyone together for a family vacation. The only one missing was our youngest, Matt, who was unable to get away for the week.

I'm looking forward to a few more short trips as we close out the summer of 22 – I hope you're enjoying all of your favorite activities as well!



Karen—The summer is here, and we are taking full advantage of it! This year our garden had a mini makeover. Todd and I created two raised garden beds to make harvesting easier. Besides the tomatoes and herbs that we planted, it seems, the squirrels planted sunflowers and corn. The sunflowers add a beautiful touch to the garden. I will let you know if we get corn on the cob!

We have also taken up disc golf and pickleball. The disc golf course, in Perkasié's Lake Lenape Park, is a beautiful walk through the woods, which I highly recommend. We watched YouTube videos to learn how to play pickleball. Second Street Park in Perkasié has multiple brand-new pickleball courts. We will not be trying out for the Olympic team any time soon, but we are enjoying the outdoor activities.



This spring, the Zartman house was a little like a circus or the zoo, and sometimes both! Our dog Zoe got in a disagreement with a Pitbull. However, our stubborn and strong-willed Dachshund has had a full recovery and now has a cool scar to show for it! Meanwhile, we have had house guests staying at the Zartman house, six to be exact. Cannoli, a mommy kitty, and her five kittens.



Rory ("pet name" Tigger because he bounces!)

We started fostering Cannoli, a few days before her kittens were born on April 27th. Cannoli did all the work! I have enjoyed playing with her and her kittens. We have adoptive families for Cannoli, Bear, Tiger, Harlequin, and Missy. By the time you read this mostly likely they will have moved to their new homes. Did you notice I only mentioned four kittens, well, one of the guests has become a permanent member of the Zartman zoo. We welcomed Rory (*pet name Tigger*) to our family. Our fur babies, Evie, Zoe, and Chloe are glad that they have most of our attention, once again!

Our son, Ben, is doing well and enjoying life in the big city of Philadelphia! He celebrated his 24th birthday in June. "*Where did the last 2 decades go? Tempus Fugit – Time Flies*"! In August, we are all looking forward to heading down to the shore! O.C.N.J. here we come! Time for sun, fun, and family. *All the best! Karen*

Motz Favorites



Clean Margarita Cocktail

Here is a recipe that is fun to make for a summer cookout or cocktail party with your friends and family. It cuts out the artificial ingredients that are found in traditional margarita mixes. I found this recipe online and I like to make it at my family's cottage. *Cheers to a happy and healthy summer! -Lisa* (credit: Danielle Walker – AgainstAllGrain.com)

Ingredients (Serves 1):

2 ounces Blanco Tequila (100% agave)

1-ounce fresh-squeezed lime juice

1-ounce honey simple syrup*

Optional: Lisa's additions to kick it up a notch:

A splash of orange liqueur

A big splash of seltzer water

Instructions:

Combine all ingredients into a cocktail shaker and add ice. Shake vigorously for 10 seconds. Pour into a glass with fresh ice. Garnish with a lime wheel and enjoy! *If you prefer a salted rim, put a thin layer of sea salt flakes on a plate or cutting board. Use a lime wedge to lightly moisten the rim of a glass before flipping it over into the salt.

*Honey Simple Syrup (Serves 6)

Ingredients

6 ounces raw, light-colored honey

6 ounces water

Instructions:

Place the honey and water in a saucepan set over low heat. Stir frequently and warm for 2 to 3 minutes, until the honey is fully incorporated. Let the mixture cool to room temperature then pour it into an airtight container. The honey simple syrup will last in the refrigerator for 10-12 days.

Do you have a recipe you would like to share with the Motz Wealth Management community? Email the ingredients, directions, and a picture (if possible) to Admin@MotzWealthManagement.com and your recipe may be featured in the next edition of The Motz Gazette!



A consistent and compassionate source of wisdom and peace in a fast-paced, changing financial world.

140 Clemens Road, Suite 102

Harleysville, PA 19438

215-513-6240

www.MotzWealthManagement.com

Admin@MotzWealthManagement.com

Registered Representative, Securities offered through Cambridge Investment Research, Inc. a Broker/Dealer, Member FINRA/SIPC.
Investment Advisor Representative, Cambridge Investment Research Advisors, Inc., a Registered Investment Advisor

Motz Wealth Management and Cambridge are not affiliated.