

REGENCY REPORTER

VOL. 20, No. 4, APRIL 2023 - PUBLISHED MONTHLY FOR THE RESIDENTS OF REGENCY



Happy with their winnings at the Regency Women's Group's BINGO night are, in no particular order: Shari Reiner, Shari Weissman, Cathey Cadmus, and Janet Epstein. The remainder of the 50/50 went to the Turkey Syria Earthquake Recovery effort.

Photo by Debbie Etter



Meet our new Regency Italian American Club Board. From left: Sue DiMarco, Fran Plisko, Annette Valerio, Nina Gulinello, Maria Battiloro, Biagio Madaio, Marco Cristino, Anne Marabello, and our president Lucille Centonze-Springer.

Photo submitted by Annette Valerio



Dim Sum! Yum! Read about the delicious Dim Experience that the Regency EREA offered on page 5.

Photo by Marty Feldman



A large group of Israeli American Club members had a wonderful time at the first-ever Purim Party!

Photo by Dov Koller



Ron Joffe's big white and Little Yellow Corvette. Read more about this adorable little car in the Little Yellow Corvette article on page 4.

Photo by Ron Joffe

REGENCY SENIOR SOFTBALL

YOU NEED TO HAVE PLAYED SOFTBALL AT SOME TIME IN YOUR ADULT LIFE!



The Monroe Township Recreation Center is offering Senior Softball as a Monroe Recreation program. It is geared to people who have played softball at some time in their adult life. If you fit this criterion and would like more information to participate, please contact:

George Rothweiler 908-692-5300
Email: gfroth19@gmail.com



Find out how to join the new Regency Senior Softball Team on page 16

Photo submitted by Bob Zyontz



The 3D Art Group enjoys going to lunch after class. We enjoy working together and lunching together!

Photo by Claire Castellanos

Hunger Is Not a Game. We Desperately Need Your Help!

The Regency Culture Club is hosting its Monroe Food Pantry Collection Day Saturday May 13, 2023

It is the goal of the Culture Club to collect a minimum of four cans or dry packaged goods from each household in Regency. If every household contributes, the pantry will be stocked for six months. Many township residents are struggling in this difficult

economic climate. There are fewer donations being made to the Pantry when it is not holiday time, making it a little harder to provide necessities. These families are fighting to keep their heads above water. Please throw them a lifeline. Canned goods and dry packaged goods will help keep them afloat.

Donations may be dropped at the Clubhouse Parking lot (pool side) on Saturday, May 13 between 9:30 a.m. and 11:30 a.m. Your support and generosity is appreciated by the organizers and welcomed and truly needed by the recipients. Please check expiration dates on all items! The

Food Pantry cannot accept any outdated products. If you are an owner of a company and you would like to contribute in volume please contact me. For further information contact Milton Paris.



Letter to the Editor

I recently moved into Regency and quickly discovered that there are no STOP signs, at least none that are obeyed. My dog took me for a walk one evening and we were almost hit by a homeowner, who drove through the stop sign and obviously did not see us in the dark.



Way back when we took our drivers tests, we were asked about what to do at a stop sign. Not a difficult question. Part of the issue is familiarity with the community. Familiarity breeds complacency and complacency is a cause of many accidents. Statistics show that the majority of motor vehicle accidents happen within five miles of home. We have no SLOW signs at intersections, we have STOP signs.



On several occasions while driving on Country Club at the posted 25 miles per hour speed limit, I was closely followed by drivers in a big hurry to drive over the speed bumps. Speeding in a small community makes no sense. You save very little time by speeding, you increase your stopping distance and you increase the chances of being involved in an accident. Here is an example of time difference on Country Club. If you entered the community from English-town Spotswood Road onto Country Club and drove at 25 miles per hour to the Clubhouse, it would take 127 seconds. If you drove that distance at 35 miles per hour it would take you 82 seconds. By speeding, you reduce your driving time by 45 seconds.

Is 45 seconds worth increasing your risk of an accident? Slow down, stop at the stop signs, and reduce your chances of injuring yourself or someone else.

Ron Joffe

Thank You Notes

I want to thank everyone for gift cards, flowers, cookies, candy and all your phone calls and visits during my recuperation from lumbar surgery. I am recovering nicely and seeing everyone in person again.

Sandy Cains

I also want to thank friends who helped me recover from lumbar surgery, but this time in Florida. Thank you to everyone who joined me for "Lunch on my Lanai." It was so pleasant to sit and schmooze over lunch while looking out at the beautiful lake behind my condo.

Nina Wolff

A Note from Your Board of Trustees

By Renee Comack

Our days are starting to get longer, flowers are beginning to bloom, and warm weather is giving us more time to enjoy the outdoors and to socialize. We welcome spring at Regency and the many outdoor amenities and activities there are to enjoy.

Management has begun to schedule projects, especially those that couldn't start until spring. As you are aware, many of these projects are funded from our Replacement Reserve Fund. We will be reviewing our preliminary Reserve Expenditure Summary in conjunction with our reserve study.

For those that may be unfamiliar, Replacement Reserves are funded as part of our budget expenses. The amounts of money to fund for our Reserve Fund are guided by our Replacement Reserve Study. The study is a budget planning tool used to aide our association in setting aside funds for anticipated future major common element expenditures. The study includes the identification, quantification, and funding for replacement, major repair, or refurbishment of our common elements. The study is done by an engineering firm with expertise in community Reserves. It is done in conjunction with Management providing information, critical to the study.

1. Every item in the Reserve Analysis has a "typical useful life" cycle associated with it. The useful life is adjusted by the engineering firm doing on-site inspections whereby they adjust useful life based upon "observed conditions."

2. Cost factors are based upon existing site conditions: location, topography, size (scale), and scope of the future replacement project.

3. Industry standards and actual site conditions dictate current replacement costs at the time the study is prepared. It doesn't include future inflation or cost increases.

The study is a 30 year study, and includes inflation and an interest percentage for the next 30 years. Interest and inflation rates are calculated into the reserve funding balances.

Last November, Management engaged a new engineering company to do an in-depth reserve study, independent of our existing reserve study. We thought it incumbent upon us to not only update our reserve study, but to also engage a different engineering company that either affirms or provides different information, so we can better plan future reserve expenditures. We have just received the new study and are comparing both line by line.

We have, and continue to review, projects for this year as well as the next two years. To properly review projects, we have received bids and detailed worksheets of project timeframes as well as cost estimates. All projects are prioritized. Each Board member does an independent review and prepares questions to bring to discussion at our workshops. Our workshop discussions are lengthy and challenged by each



Board member as well as Management. Of course we will discuss the projects after our in-depth review.

On another note, communication is the key to building strong relationships, and for our Board to effectively meet our obligations to you, our community association. To that effect, our Board and Management emails, our Connect Website, the concierge desk, and the flier holders in the Clubhouse are our best ways to keep you informed and up-to-date. Our Open Board Meetings are recorded and the link sent out for those that miss the meetings. Town hall slides are posted on Connect.

However, communication is a two-way exchange of information. The above doesn't give you the opportunity to communicate your ideas, suggestions, and opinions that are valued and most critical to our community. The communication avenues available to all homeowners are: hearing you at Open Board Meetings, Town Halls, and One on Ones, requests to meet with the entire Board at our Thursday weekly workshops, and emails you send to the Board and Management. Should you email an individual Board member, your email is forwarded to the entire Board, as well as Management. We want to hear from you, please communicate with us!

At the end of March, there was a call for Candidates for the Board. On April 3 we scheduled our second annual "Do You Want to be a Board Member" meeting for those interested in learning about what it is like to be a trustee. We will discuss what is an HOA, the roles, the time commitment, the responsibility, and on boarding, to name a few. Please consider your own candidacy, where you can "make a difference" to our community.

In closing, we wish those that observe a Happy Passover and a Happy Easter. We wish all a most enjoyable and healthy spring!

In Memoriam

Michael Midler, Founder of News and Views By Cecile Spector

It is with great sadness that we mourn the loss of Michael Midler in our lives. He and his wife Marcia moved into Regency eighteen years ago, and both came to love the community and the many neighbors who became good friends. At that time, Mike was completing a 41-year career as a research and development PhD chemical engineer at Merck. As Marcia learned from his colleague, and not from her modest husband, Mike developed what became a



(Continued on page 3)

REGENCY REPORTER

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Please E-mail your materials to:

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Up Close and Personal

By Barbara Bickel (**)



April Birthdays

1 – Safwad Eid/Bonnie Levy/
Melvin Solomon
2 – Mary Barry/Brian
Brandenberg/Royston
Cruikshank
3 – Nancy Begley/Sharon Russo
Conti/Michael Fusella/Susan
Keating/Nancy Sperling/ Donna
-Sue Zeglarski
4 – Harry Borenstein/Margaret
Eng/Mary Parsons/Jill
Rothschild/Claus Warnebold
5 - Hedda Lans/Vincent
Sequenzia
6 – Vanda Siminerio/Thomas

Tomasulo
7 – Myra Cramer/Mark
Greenstein/Geri Homelsky/
Tracy Maccia/Rosalind
Samiljan
8 – Rosalie Comora/Tess
Florin/Deborah Solomon/Tina
Vider
9 – Peggy Alkon/Mary Fuentes/
Janet Klein/Tom Maltese/
Candace Schweitzer/Bob
Shumsky/ Marilyn Wandy
10 – Jesus Johnson
12 – Ilene Austein/Adam
Damico/Keri Koslow/Steven
Silverman/Tina Silverstein/
Arlyne Weber
13 – Lynn Fishman/Susan
Gillman/Steve Glassman/Marcy
Harris/Robert Harris/Joan
Schnell
14 – Anita Cohen/Annette
Freilich/Suzanne Goldman/Rose
Lavon/ John Sherman/Allen
Tinkler/Randi Topol

15 – Joe Conti/Janice Francis/
Marsha Krane/Julie Lane/
Bernard Lewites/Bill Palmieri
16 – Robert Bernstein/Howard
Cooper/Anita Kaminsky
17 – Amy Cerisano/Don
Haback/Carol Herman/Bud
Ratner/Rosemarie Rosen/
Margie Schwartz/ Barry
Shandler
18 – Cheryl Goldstein/Herb
Greenberg/Johanne Sikorski/
Richie Singer
19 – Lois Damico/Willi
Fuellenmann/Robert Schwartz/
Jerry Weinberg/Richard
Weinstein
20 – Sheila Arnel/Steven
Brody/Josephine Ingrassia/
JoAnn McGuire
21 – Bob Beckman/Patricia
Carney/Harriet Fabrykant/Eric
Rosenstock/Brian Taxman
22 – Stuart Cohen/Sylvia
Fleischer/Felice Grossman/
Roberta Rothenstein/Leslie
Schoen
23 – Marshall Cohen/Jules Katz
24 – Al Cardinali/Rae Jean
Ghee/Philip Rothenstein/Alan
Wolff
25 – Irwin Gleitman/Steve
Lipner
26 – Rae DiNatale/Doreen
Genkin/Steve Herman
Stephanie Hollinger/Sandy
Siegel/Herb Vogel
27 – Ira Schwartz/Harold Shain
28 – Bert Busch/Ed Leski/Ira
Lindenbaum/Ellen Siet
29 – Ellen Kaplan/Elaine
Kapusta/Ivan Mosesman
30 – Connie Delgrosso/Barry
Portnoy/Howard Stein

April Anniversaries

3 – Gary & Janet Ramella/
Charles & Susan Fleisch/Eddie
& Etta Levine/Michael & Rita
Spitzer
4 – Steven & Susan Gootnick
5 – Joseph & Sarah Calvacca/
Bob & Leslie Margolies
6 – Lloyd & Linda Grossman/
Michael & Hillary Tomack
7 – Jeff & Fran Brody
8 – John & Maria Palmer
11 – Murray & Rena Cautin/
Nicholas & Lucille Marinelli
12 – Michael & Maria Battiloro/
Mike & Mary Gordon
13 – Charles & Merrill Jaslow
15 – Frederick & Shelly
Kleiner/Dennis & Vivian
Leonardi
16 – Charles & Beverly Kurtz
17 – Randy & Joanne Horowitz/
Dominick & Frances Ripillino/
Randy & Lisa Stouber
18 – Andrew & Rosalie
Berberian/Harry & Deborah
Harkavy
19 – Pat & Gail Serpico
20 - Stuart & Susan Ritter
21 – Al & June Cardinali/Bill
Chrietzberg & Irene Tallody/
Steve & Joan Schnell/Jake &
Rose Shein
22 – Harry & Cindy Drum/
Lazzara & Isabella Pappagallo
23 – Jay & Rita Horowitz/
Sheldon & Karen Singer/
Charlie & Gloria Zammit
24 – Randy & Selina Subryan
25 - Lenny & Janette Rumennik
27 – Martin & Linda Brattner/
Frank & Marilyn Giuffrida
29 – Anthony & Paula
Tesoriero
30 - Joseph & Antoinette
Buthorn

(**) Are your special dates
not here or are they incorrect?
Please let me know, so they can
be fixed. Thank you. BB

Fruits of Our Lives

(Not the Pits)

By Christiana Barone

I am happy to report some very
good news. We have two families
enjoying the blessings of their
family. One is enjoying a new
baby in the family, which is al-
ways wonderful, and the other a
granddaughter's winning a con-
test on her writing ability.

BABIES

Gail and Bob Maloof wel-
come the birth of their sixth
grandchild, **Matthew John
Maloof** on February 16, 2023.
He joins his three-year-old sis-
ter, Olivia, and parents Todd
and Elizabeth Maloof of Darien,
Connecticut.

ACHIEVEMENTS

Ashok and Pushpa Agrawal
are very proud of their grand-
daughter **Ariana Agrawal**, who
won first place in the 2023
NJAGC (New Jersey Associa-
tion for Gifted Children) Stu-
dent Writing contest for grades
6-8. Ariana is a seventh grader
at Manalapan Englishtown Mid-
dle School.

A SPECIAL NOTE TO ALL NEWCOMERS

If there are any new addi-

tions to your family, an en-
gagement/marriage of your
son/daughter, yourself, or if
someone close to you has
joined the military defending
our country and last but not
least has received a special
award, please let us know. All
you have to do is drop a note
of the forthcoming event in the
mailbox of Christiana Barone,
8 Country Club Drive or e-
mail me at ccbarone@aol.com
with a reference in the subject
box "Regency News" by the
first of the month and magi-
cally it will appear in our com-
munity publication. If you
choose to e-mail me, please
indicate Regency News in the
subject area. That's all folks.
See you next month with the
FRUITS OF OUR LIVES, (not
the pits).



In Memoriam

(Continued from page 2)

growth engine that moved
Merck to a leading position in
Pharma. When his beloved firm
was having a major cutback in
2004, he offered to retire if he
could thereby save the career of a
younger scientist. He could, he
did, and took to retirement with
surprising ease. (He had earlier
offered to retire if management
wanted to replace him with a
younger scientist, an offer that
was then rejected. As Marcia
said, who else but Mike would
have done that? He was one of a
kind.)

Mike and Marcia founded, and
Mike facilitated for years, *News
and Views*, Regency's bimonthly
current events discussion group. It
has been going strong for many
years, though occasionally partici-
pants must be reminded to keep
their cool. When Mike wasn't por-
ing over a stash of newspapers in
preparation for the next *News and
Views* Agenda, he enjoyed auditing

classes at Princeton and Rutgers
Universities. He sang in the Anshe
Emeth choir for 46 years, and, with
Marcia, took up bridge enthusias-
tically, but never in the Club-
house. (Talking during play was
part of the fun for them.) They
enjoyed traveling and hosted their
family on two cruises to mark
significant birthdays. Mike al-
ways had a warm, friendly smile,
a great sense of humor, and an
enthusiastic attitude toward life.
He will be missed.

Condolences

The Editorial Board of
the *Regency Reporter* and the
entire Regency community send
sincere condolences to Ruth
Herschman and Family on the
passing of her beloved husband
and our former friend and
neighbor Alan, to the Fenishel
Family on the loss of our former
friend and neighbor Carol, and
to the Frantz Family on the re-
cent passing of our dear friend
and neighbor Don.



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Put It on Your Calendar - MS Walk 2023



Check out the Regency ladies at the MS Walk in 2018 from left: Shelly Wichansky, Diane Spear, Sandy Cains, and Shelly Schwartz.

Photo by Howard Wichansky

By Howard Wichansky

Spring is here and so is the MS Walk 2023. It will soon be time to join our Regency team *Bright Future* on Saturday, April 29, 2023, in Manalapan at the Monmouth Battlefield State Park. We will be gathering with the many walkers in

support of this worthy cause. Please all gather at the team sign at 9:30 a.m. for our team picture. Arrive earlier so you can hand in your donation. The walk will push off at 10 a.m. on a circular path that can be traversed as many times as you want.

You can register on-line at www.nationalMSsociety.org/njm. Indicate on your form that you are walking for team "Bright Future." It is very quick and easy to register at the walk. For any questions contact Howard and Shelly Wichansky (97 Kings Mill) or Dan and Bibi Levine (34 Troon) and you can drop off a contribution in their mail box if you can't make the walk. Make checks payable to the *National MS Society* with our team indicated on the check. Accept our thanks to all who have donated in the past and have made the walk such a success.

Although many therapies have been developed to slow the progression of MS, the work is not done until we can reverse the disability caused by the disease and find a cure. So try to be there and help make a brighter future for those who live with MS.

The Little Yellow Corvette

By Ron Joffe for the Regency Car Club

Several years ago I purchased a yellow battery powered Corvette for my toddler grandson Ben. Better than any Tesla. It was large enough to sit in, press the accelerator, and steer the front wheels. Had a top speed of a whopping five miles per hour and had reverse also. My wife told me he was too small, but I purchased it anyway. As a long-time Corvette owner I was excited for the future. He could not reach the pedals so it was parked in the garage next to my car for a couple of years. Then suddenly there he was steering it on the driveway and sidewalks. There were some bumper and fender scratches from driving into walls, railings, and steps. Every time he drove it there were lots of laughs, giggles, smiles, and yelling. If you have ever heard a child giggle and laugh you have felt one of the true joys of life. I occasionally watch his driving videos and they never get old. One day I showed him how to shift into

reverse and he thought that was great. Move backwards? Really? A new-found direction and an opportunity to scratch the back of the car.

After a couple of years he outgrew it and he gave me permission to give it away. We talked about it and it was serious but it was okay. It went to another toddler, Andrew, and he was able to reach the pedals almost on day one. No waste of time with Andrew. There were a few years of fun and a few more scratches from driving into poles and walls. Andrew was actually the first known Corvette driver to go off-roading. He also liked to tell everyone he had a Corvette just like his dad. More photos, giggling, and more fun for parents. Then slowly he started using it less and less and one day he approved giving it away. Time to move on.

The new owner, John was the smallest of the three and it was going to take a while for him to grow into the Corvette. So in the meantime his dad gave him

a few tools and showed him how to fix the car. Fixing a car for a two year old is a bit different from what we are used to. Walking by the car holding a tool in each hand and saying fix car seemed to do the trick. More smiles, happiness, and joy for everyone. John will soon grow into the car and have lots of photo ops and happy times with it. Driving around, bumping into things and laughing. He will make some memories that he will be able to enjoy in the future. Remember when? That yellow Corvette? Where did we get it from?

Toys are a lot of fun and the fun is multiplied when they are handed down and enjoyed by someone else. I recently received a video of John and how he is fixing the car. Still too small to drive it but had wrenches ready. His voice and expressions reflected the fun he was already having with the car. Kids play with toys until they are no longer interested and the toys end up in the closet, in the garbage, or sometimes handed down. This toy was special and was handed down for someone else to enjoy. It is like a special used car. I now wonder how many more kids will have the opportunity to enjoy the yellow Corvette. I may never know who else gets it after a few more years but it has been fun to follow it.

After years of hand me downs and lots of miles, scratches, and battery charges, the yellow Corvette will some day break down. It will end up in a junk pile someplace. No longer a source of giggles, laughs, and smiles. But it will always have a history of providing fun for Ben, Andrew, John, and anyone else down the road. While these three boys do not know each other, they have a yellow Corvette in common that gave them a lot of fun and giggles.

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Part 1 (EREA) Returns after Year Long Hiatus With Capacity Crowd Filipino Dinner

By Marty Feldman

On Friday, February 17, the EREA held a Filipino buffet dinner, taking over La Parrilla de Manila restaurant in Colonia, New Jersey. With a capacity crowd, the Regencyites were introduced to the cuisine of the Philippines through servings of ten classic dishes representing the Filipino kitchen.

Filipino cuisine is in general NOT SPICY HOT, BUT SPICED AND FLAVORFUL. The cuisine is composed of foods from a large number of different linguistic groups coming from the Philippine Archipelago (7,000 islands) making up that group of islands. There will be found distinct influences in Filipino cuisine from the Spanish, Chinese, Indian, and Japanese occupations and migration. Cooking and eating in the Philippines has traditionally been an informal and communal affair centered around the family kitchen. Food tends to be served all at once and not in courses.

In this regard our buffet dinner was right on point. The great ma-

jority of our group had never considered Filipino food for the meal of the evening. Unless you lived near a large Filipino enclave like New York or Jersey City you would be hard pressed to find more than a Filipino grocery offering dishes for takeout. Our choice for an EREA dinner was a charming restaurant called La Parrilla de Manila (The Grill of Manila). One member of our group had lived in the Philippines for about ten weeks and another of our participants had a Filipina neighbor who prepared her native cuisine for her. Both could not really remember enough to compare to the meal being served except to say they were enjoying the food very much.

Our dinner consisted of ten dishes that included appetizers, entrees, and dessert:

Lumpiang Shanghai, a delicate egg roll wrapper containing a savory filling of ground pork, carrots, potato, and onion with a sweet dipping sauce; Chicken Adobo, chicken braised in vinegar, salt, garlic, pepper, soy sauce, and other spices; Beef Kare-kare, beef braised in a peanut sauce with tripe, eggplant, green beans, and bok choy and served with shrimp paste; Pork Binagoongan, pork braised in shrimp paste with sliced eggplant;

Lechon Kawali, fried, crispy pork belly said to be the most invited party guest in the Philippines.

We also had Pinakbet, the vegetable dish of okra, eggplant, bitter melon, squash, tomatoes, and Bagoong (shrimp or fish paste); Pancit Miki-Bihon a combination of egg and rice noodles with pork, shrimp, Chinese sausage, cabbage, carrots, snow peas, and celery; Bagoong Fried Rice, with pork, shrimp paste, garlic, and topped with mango and green onion; and Garlic fried rice, served to soak up the sauces of the other dishes.

The dessert dish was Leche Flan, an egg and milk-based custard capped off with a glistening liquid caramel sauce served at the table to each diner.

While all of this food was being consumed, many in our group had brought wine or beer to go with their food. What kind of wine goes with Filipino food, you ask? Here is a list from a sommelier covering the subject: with Crispy Pata - Champagne or Cava; Chicken Adobo with a

GSM, Grenache, Syrah, Mourvedre blend; pork barbecue with Zinfandel; Sisig with Pinot Noir; and Kilawin (ceviche) with Sauvignon Blanc. I myself brought Zinfandel, which is spicy enough to stand up to the Filipino spice tastes.

From the looks and sounds during dinner everyone was en-

joying themselves; the wine didn't hurt. Everyone seemed to have gotten more than enough to eat and were already questioning when the next EREA dinner would occur. Watch for an announcement in the Club Blast, the *Regency Reporter* and in Ron post's email. Until then Bon Appetit!

The Regency EREA was back in action with a well attended Filipino Dinner

Photos by Marty Feldman



Happy to be together at an EREA dinner are,, from left around the table: Chris Barone, Maris Rosenberg, Brian Thompson, Larry Cains, Sandy Cains, Shelley Wichansky, Howard Wichansky, Flora Feldman, Ellen Wideltz, and Lance Greenberg

Ethnic-Restaurant-Eat-Around Club



From left around the table: Bobbie Waller, Janet Epstein, Bev Kurtz, Chuck Kurtz, Phyllis Poye, Doug Poye, Allan Ellis, and Karen Waller-Finkelstein.

Part 2 — The EREA Dim Sum Experience

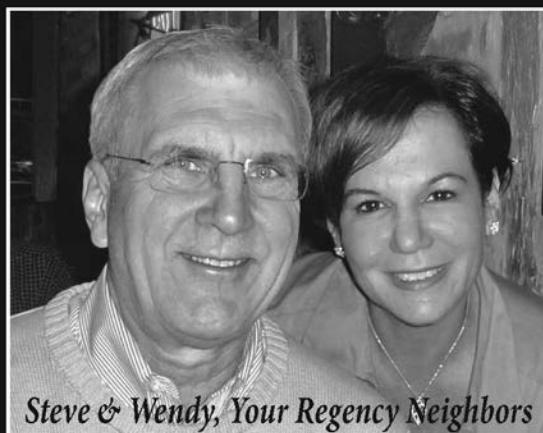
By Marty Feldman

If you have been to China or Singapore, or Hong Kong, or Chinatown in New York City, San Francisco, or Vancouver, Canada, the chances are pretty good that you've had the true Dim Sum experience already. If not, here is the opportunity to try something new that will be love at first bite and something you will continue doing on your own. Dim sum is described as Chinese dishes of small steamed, baked or fried sweet or savory dumplings containing various fillings, served as a snack or main course. I've seen it translated as touch the heart, and often heard it described as a tea lunch. Personally, I have had dim sum on my travels as often as two to three times a day, breakfast, lunch, and dinner, depending upon where I've been and what's on the cart; in China no less than once a day as it's often served for breakfast.

With scores of recipes and several dozen items to choose from, it's hard not to find things

you enjoy eating. Locally, there are several restaurants that provide good to great dim sum. As a frequenter of Chinatown in NYC for many years and as a frequent traveler to China for business, I know that when I say that you can have the 'DIM SUM EXPERIENCE' close to home, you can. Traditionally the dim sum rolling carts piled high with small dishes, bamboo steamers or griddle tops are rolled past your table. The server stops, shows you their dishes and you order what you wish. They then mark your check with a bar at the correct price point for that dish. At the end of the meal, they count the bars and multiply by the various prices to arrive at your total. On the griddles, the servers will heat up the choices you have made and serve with the appropriate condiment. Each dish contains either two, three, or four pieces, so that if you are of a mind to taste many different things, you share with the others at your table. It makes for a very satisfying way to wonderful eating and socializing.

(Continued on page 6)



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First General Meeting of the Italian American Club for 2023

By Annette Valerio

The new Board of the Italian American Club of Regency held its first general meeting of the membership on Friday, February 24. It was truly both fun and a successful evening.

The meeting was attended by approximately 160 people. It was a night of fellowship and yummy dessert, and a chance for all the members of the club to make suggestions as to what they would like to see from the club going for-

ward. It was even a night of firsts, as we added to the coffee bar an espresso machine for all the Italian coffee aficionados. Our new President Lucille Centonze-Springer opened the meeting by welcoming everyone and thanking the membership for such tremendous support. She then announced that the club was now up to 300+ members. All the members enjoyed their time with their friends. Each table had a map of Italy, and a

place for all to write what region they or their families came from. This was a great ice breaker if one didn't know the people at their table. Six lucky people each went home with a bottle of wine that was raffled off throughout the evening.

So, come join us if you have not already!

We hope you all enjoyed the St. Joseph's Day celebration at the end of March.



From left, at the RIAC meeting are: Tom, RoseMarie, Vinny, Lucille, Dorothy, Sally, Peter, Bob, and Lois.

Photo by Annette Valerio

EREA

(Continued from page 5)

Some Chinese restaurants offer dim sum from a menu; where you order by number and they heat it and bring it to you from the kitchen. We were fortunate that the now closed Sunny Palace rolled the carts around, so you got to see what was fresh and available. Various teas are available at a tea lunch; my preference is Jasmine tea, but Oolong and green tea are also available. Tea lunch also is different in that savory dishes and sweet desserts are offered and no distinction is made as far as order of consumption is concerned. The other part of the experience that is so satisfying is the sharing of the experience with others at round tables with the traditional Lazy Susan on the table.

The EREA ran a tea lunch about seven years ago with about

80 participants at the now closed Sunny Palace in East Brunswick. Although we try to offer new experiences (see article on Filipino dinner) to our members I had received many requests for a repeat of dim sum. This next EREA event will take place on Sunday, June 11 and instead of it being a tea lunch we will have a tea "late lunch/ early dinner" at 4 p.m. We will have a private banquet room at the Crown Palace Restaurant in Marlboro with a prix-fixed, pre-set menu of dim sum. As mentioned above, a selection of dumplings, buns, stuffed vegetables, and skin-wrapped snacks will be served along with hot tea.

The Regency EREA is open to all Regency residents. There are no dues and there is no commitment to dinners other than the ones you wish to attend. For additional information or to add your name to my email membership list, please call me.

Regency Cocktails Revolution

By Barbara Potasky

On Tuesday evening, March 7, 50+ members of the Regency Cocktails Revolution Club gathered in the Tennis Pavilion for our Martini theme night. Everyone ate, socialized, and enjoyed some delicious martinis, and in the process, learned a little bit about martinis. Our speaker, Travis, informed us that martinis are the "icon of the cocktail world." They are the most popular cocktail, perhaps because there are so many varied martinis, due in large part to the introduction of so many flavored vodkas. Martini is not just a noun; it is a verb that "denotes a mindset of getting together and enjoying shared experiences." Martinis are "provocative" and "playful." Unlike most mixed drinks, martinis contain three ounces of liquor. Most other drinks only contain half that amount.

If you were to walk into a bar and you ordered a classic martini, the bartender would need to ask you several questions. First, do you want a gin or vodka martini? Do you want your drink served straight-up (not shaken, no ice), or on the rocks? Would you like your martini dry or wet (refers to the amount of vermouth, a savory/sweet fortified wine, in the martini)? Do you prefer your martini shaken, as James Bond does, or stirred? An interesting fact - a shaken martini will be cold immediately when served, but will come to room temperature faster than a stirred martini. Lastly, do you want a garnish? Olives are the most popular garnish. You might also choose a dirty martini, which has olive juice.

Members could choose from among seven martinis: A classic gin martini, a classic vodka mar-

tini, and five flavored vodka martinis: chocolate, espresso, caramel apple (my favorite of the night), lemon drop, or French (vodka, raspberry liquor, and pineapple juice). Along with your drink of choice was a selection of food. Each table had mixed nuts, pretzels, and assorted chocolates. Or, you could help yourself to assorted cheeses and meats, shrimp cocktail, mixed berries, rugelach, and assorted cookies.

After time spent sampling drinks and socializing, we had a friendly competition. Everyone got a taste of three different vodkas. One was premium vodka, one a mid-level, and one a low-end. Members were asked to rank which one was premium, mid and low-end. Sixteen people guessed all three correctly, and won a scratch-off lottery ticket. Those sixteen people got to participate

(Continued on page 7)

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10 Glen Eagles Way, \$539,800

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9 Alderbrook Drive, \$765,000
20 Kings Mill Road, \$755,000
5 Troon Court, \$750,000

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114 Riviera Drive, \$690,000
13 Harbor Town Way, \$650,000
2 Harbor Town Way, \$645,000
26 Crooked Stick Place, \$640,000
17 Riviera Drive, \$625,000
117 Kings Mill Road, \$625,000
16 Doral Drive, \$569,000
10 Glen Eagles Way, \$539,800

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Regency Book Club

By Cecile Spector

The Magnificent Lives of Marjorie Post It Started with a Breakfast Cereal

At the turn of the twentieth century, C.W. Post started the Postum Cereal Company and turned it into a multimillion-dollar business. He died in 1914 and left everything to his 27-year-old daughter, Marjorie Merriweather Post, who became one of the richest women in the world. The book we discussed at the March book club was Allison Pataki's *The Magnificent Lives of Marjorie Post*. We were all very impressed by this amazing woman. Over the years, Marjorie built the Postum Cereal Company into the General Foods Corporation, which, in addition to Post cereals, grew to include Jell-O, Maxwell House Coffee, Log Cabin Syrup, Tang, Hostess Cakes,

and many other brands. Against the advice of others in the company, Marjorie's persistence led to the inclusion of Birdseye Frozen Foods. Aren't you glad she did? Because of the availability of frozen foods, refrigerators and freezers became necessary appliances that we enjoy today. Marjorie was the first woman to serve on the corporate board of directors of General Foods. Our group felt that certainly she was way ahead of her time in the business world.

The details of her life are fascinating. In essence, she lived the life of a queen. Descriptions of her many mansions, her exquisite jewelry, her art collections, her 316-foot yacht, *Sea Cloud*, which was the biggest on the seas at that time, as well as her over the top social life, is well matched by descriptions of her philanthropic efforts. When she was a little girl, her father told her that money was to be used to help

other people. She took that advice to heart. She gave generously, especially to the Salvation Army, where she supplied food for thousands of people during the depression, to the American Red Cross, where she built and supplied hospitals during wartime, and to the Boy Scouts of America, where she built their headquarters in Washington DC. She frequently gave large donations anonymously. Unlike many other very wealthy people, Marjorie put her money to work; she tried to do more for others with it.

The group wondered whether

(Continued on page 8)



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Cocktails

(Continued from page 6)

in the next part of the competition - to guess the brands of each of the three vodkas. Nobody got all three correct (the high-end was Stoli, mid-level was Finlandia, and the low-end was Laird's), but Harvey Einstein was the grand-prize winner with two correct answers. If you read last month's article, you might remember that Harvey was also the grand prize winner last month. Way to go Harvey! The grand prize was a gift card to Travis's store. We will see if he can continue his winning streak next month.

Our next meeting will be held on Tuesday evening, April 4, and our theme will be after-dinner drinks. For those of you who are interested, the club meets the first Tuesday of every month in the Tennis Pavilion from 7 to 9 p.m. We reached capacity with our membership for the first six months of the club. We will be accepting new membership applications sometime in June (it will be announced in the Club Blast and on the Regency Facebook page), for membership from August 2023 through January 2024.

Until next time, enjoy spring and the long days ahead. Bottoms up!

Regency Yiddish Club 2023 Events

May 21

Breakfast Program 10 a.m. -
Johnny Lambert Comedian

June 23

Shabbat Dinner 6 p.m. - Mort
Segal "History of the Catskills"

July 30

Regency Yiddish Club and
CJSC

Neil Berg's "100 years of
Broadway"

At the Millstone New Jersey
Performing Arts Center

August 13

Breakfast Program 10 a.m. Elon
Altman Comedian/Opening Act
for Modi

September 25

Break-the-Fast 6:00 p.m. with
Jewish Trivia

October 29

Breakfast Program 10 a.m. Lisa
Sherman Singing Music by
Jewish Composers



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Book Club

(Continued from page 7)

she had close friends other than the royal and political individuals, such as Franklin D. Roosevelt, Dwight D. Eisenhower, John F. Kennedy, Winston Churchill, King Leopold of Belgium, King George the V and Queen Mary of England with whom she mingled. She did have a close personal friendship with Alice Roosevelt.

Most of us felt that Marjorie’s weak spot was her inability to select husbands. She married four times and divorced four times. She had two daughters with her first husband, Edward Close, a New York lawyer. It was thought that her second husband, E. F. Hutton, was the love of her life. He is the father of her third daughter, the actress, Dina Merrill. Her third husband was Joseph Davies, a Washington lawyer, who was made Ambassador to Russia and then Belgium. Her lavish, well-organized parties enhanced the social life of the diplomatic corp. In today’s world, the group felt that Marjorie would probably have been made an Ambassador rather than her husband. Marjorie’s fourth husband was Herbert A. May, Pittsburgh industrialist, whom she

divorced after discovering his preference for boys.

When in Russia, Marjorie bought huge collections of Czarist treasures, which she eventually donated to American museums. We wondered whether she bought all these treasures for her own personal pleasure, or, if she actually did think ahead about preserving these magnificent art objects and paintings for posterity.

In her personal behavior she set a great example. She did not drink or smoke and enjoyed simple foods. She was considered a great beauty and she exercised regularly. She liked to walk and to play golf, but dancing was her favorite form of exercise. We liked Marjorie’s practical side. For instance, at her houses, she supplied rubber caps for shoes, so high heels would not scratch her floors. After reading this well written, highly detailed book, our overall impression of Marjorie Merriweather Post was one of great admiration. She did lead an opulent existence, but she was a good hearted, generous person.

The book for April will be *All the Broken Places* by John Boyne. The meeting will be held on April 11 at 4.p.m. Join us as we explore books that stimulate our minds.

The Regency Scrabble Club

Join us for Scrabble each Monday at 1 p.m.
in Ballroom 3 and
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Women’s Health



Elaine Robin, far right, calls BINGO numbers at the Women’s Group Bingo night with the help of Arlene Fradkin, seated, and Janet Gursky.
Photo by Debbie Etter

The Israeli American Club



By Sam Fisher

The Israeli American Club held its first ever Purim party at Regency on Thursday, March 9. There were 140 club members in attendance and we feasted on an elaborate kosher Chinese buffet, catered by China Lee restaurant in Highland Park. The buffet included appetizers (egg rolls and wontons), lo mein, chicken with mixed veggies, General Tso’s chicken, pepper steak, fried and white

rice, and, of course, fortune cookies. Desert featured a variety of Hamantaschen.
In the spirit of Purim, we began the evening with a reading of an abbreviated version of the Purim story (i.e. the Book of Esther). A volunteer from each of the 16 tables each read a section. Groggers were supplied to make noise whenever Hamen’s name was mentioned and Purim masks were given out to all attendees. Also, many people dressed up in their own costumes. It was truly a lot of fun. Entertainment was provided by the Odessa Klezmer band, featuring Ed Goldberg on the accordion and his associate, Steve, on the clarinet and sax.
A great time was had by all!
Save the Date – April 26, for our gala dinner program in celebration.
(Continued on page 11)



The Koller Family dressed up for Purim, Jonathan on left, Karen and Dov.
Photo submitted by Dov Koller

3D Art Group Works of Art

Renee Horowitz, co-founder of the 3D Art Group with pictures she created for her grandchildren.



Renée Horowitz poses with her granddaughter Paige. Let’s go shopping!
Photo by Adam Geisler



Renée Horowitz giving her grandson, Eli, a 3D picture she made of his favorite player.
Photo by Lori Horowitz

The Regency Women’s Group
By Barbara Wilner

We have waited to once again be able to yell “Bingo” and were so glad to enjoy this special evening on March 13. Over 160 attended this always popular Women’s Group event while hoping they would be able to be the one who called “Bingo!” We were so glad to welcome so many to a fun night. Our 50/50 collection was to benefit in the Turkey Syria Earthquake Recovery. We thank you for your much needed generosity to this cause. We are excited to welcome Vinnie Bruno and The Making of Billy Joel to our April 17 meeting. We know it will be a wonderful and musical tribute to a great favorite. We welcome back those who have been away and are so glad to be together again.
Till next time...

Send Regency news releases to:
nwolff0325@aol.com

Men’s Club Events Calendar*

- Friday, March 10 - Sculpture Gardens
- Thursday, March 16 – Stress Factory Comedy Club
- Thursday, March 30 - Rangers vs. Devils Hockey Game
- Saturday, May 6 - Mothers Day Dinner and Entertainment
- Saturday, June 3 - Mini Golf, Dinner and Entertainment;
- Friday, June 23 – Mets/Phillies Game
- Saturday, August 5 - Kelsey Theater - Bye Bye Birdie
- Friday, August 25 - Somerset Patriots Game
- Sunday, October 22 - Annual Breakfast
- Monday Movie Night - The second Monday of each month with an option for dinner
- * Events will be added as they become available

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Hadassah Highlights



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By Carol Kortmansky
Karen Ross, President

We want to wish all of our members and Regency friends a very happy, healthy, and sweet Passover.

On Monday night, April 10 at 7 p.m. in the Ballroom, we invite all of our members, spouses, significant others, friends, and neighbors to join us to see the film *Shoelaces*, which tells the story of a complicated relationship between an aging father and his special needs son. Through its portrayal of a relationship full of love, rejection, and co-dependency, *Shoelaces* questions the importance of human connection and if life is even possible without it. RSVP to Genia Beeferman (genhow181@gmail.com) or Leslie Kohn (lesliekohnhadassah@gmail.com).

Now that our snowbirds will be returning and we are resuming our new normal, the Hadassah Book Club will be returning so please look for updates via email about future book selections. In addition, if you would like to act as our facilitator or if you have suggestions for a book, please contact Marilyn Jaclin (mjaclin@aol.com) or Marcia Milgrom (milgromm@aol.com).

On Thursday, May 4, Hadassah will be having our next Book and Author Luncheon to be held in our Ballroom at 12 Noon featuring author Joyce Maynard. Over her fifty-year career, Maynard has published hundreds of essays as well as eighteen books, both fiction and non-fiction, including the memoir *At Home in the World* and the novels *To Die For* and *La-*

bor Day, both adapted for film. Her novel, *Count the Ways*, was recently awarded the Grand Prix for American literature in France. Every winter for over two decades, Maynard has led the Lake Atitlan Memoir workshop, Write by the Lake, in Guatemala. Maynard is a long-time performer at The Moth and a fellow of MacDowell and Yaddo. Her latest novel, *The Bird Hotel*, will be published in May, 2023. The sequel to *Count the Ways* is due for publication in 2024. As usual, a full and delicious lunch will be served to your table. Admission price is \$64 per attendee. Table reservations are being accepted by leaving your check (one check per person) in the lower mailbox of Leslie Kohn (82 Country Club). Please include the name and cell phone number of each person at your table. If you do not have a full table, there are no worries as we will make seating arrangements for you.

Please remember to return your Hadassah Region Raffle slips and donation to Naomi Trachtenberg's lower mailbox at 10 Doral Drive. Remember-you have to be in it to win it!

If you are new to our community or know of someone who has recently moved in and would like to learn more about Hadassah, please contact our president, Karen Ross (kbr1253@aol.com). Her home phone number can be found in our Regency Directory.

We would like to remind our members that condolence and greeting cards can be purchased from Shelly Schwartz, Sandy Mailman, or Marilyn Krawet. If you cannot reach one of our Card chairpersons, please contact Karen Ross. For JNF Trees (\$18 if delivered in Regency and \$19 if mailed out of the development) and Certificates (\$10 if delivered in Regency and \$11 if mailed out of the development) contact Karen Ross or Linda Strauss.

Once again, a reminder that all checks for any Hadassah event or donation must now be made payable to **Hadassah** and not to Regency Hadassah and if you have changed your email, please let Linda Strauss (lstrauss@floe.net) or Karen Ross (kbr1253@aol.com) know as soon as possible.

We look forward to seeing you at our April and May upcoming events! Stay safe and stay well!

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News and Views

By Marcia Midler, Michael Zieky, Bert Busch, and Phil Sloan

News and Views, Regency's current events discussion group, meets on the second and fourth Monday of each month at 7:30 p.m., in the multi-purpose room at the Clubhouse. Our two meetings in April will be on April 10 and 24. Masks are not required, but we do ask that all participants be vaccinated.

Our first February discussion began with President Biden's State of the Union speech. We agreed that Biden did well in his impromptu evocation of Republican agreement on maintaining Social Security and Medicare. Some expressed disappointment that Biden did not focus sufficiently on problems such as inflation and border security. All took Biden's repetition of "Let's finish the job" as an indication that he planned to run for President again. Reactions to the Republican rebuttal were mixed. Some liked the emphasis on younger leadership. Others felt the rebuttal was overly divisive. All agreed that the extremists in both parties were harmful and that there should be greater emphasis on compromise.

The Chinese spy balloon intrigued us. All agreed the balloon was likely a spying device on an intended route across our country, not a harmless weather balloon accidentally blown off

course by the shifting polar vortex. We lacked sufficient information to opine on an appropriate course of action with respect to China.

Next we discussed the establishment of American military bases in the Philippines as a bulwark against Mainland China invading Taiwan. The Chinese government sees the bases (93 miles from Taiwan) as a danger to them, just as America saw the establishment of Soviet bases in Cuba (90 miles away from Florida) as a threat in 1963.

We saw parallels between Hitler's expansionism in the 1930s, Russia's recent invasion of Ukraine, and potential Mainland Chinese designs on Taiwan. Some saw a danger in allowing America's enemies (e.g., Russia, Iran, China) to own American land, but most felt nobody should have a right to forbid landowners from selling to the highest bidders.

Our last topic was the decrease in college degree requirements for jobs. We agreed that lowering degree requirements would likely increase the size and diversity of the applicant pool, but would increase the difficulty of determining whether or not applicants had the required knowledge and skills. People who had done hiring pointed out that possession of a degree did not guarantee the possession of adequate knowledge and skills, but that dropping degree requirements would make better means of determining candidate qualifications necessary.

Our second meeting of the month began with Biden's carefully planned trip to Ukraine, undertaken to send a message of continued US support for Ukraine. We acknowledged it took a good deal of courage, and put the support of democracy front and center. Many saw a parallel between Hitler's chewing up European countries in World War II, and Putin's asserted determination to reassemble the former USSR. Some were gratified that NATO had been brought back from the

abyss, and that the formerly neutral Finland and Sweden were now applying for membership. Knowing that the Russian leader recently stopped US inspection of Russian nuclear arms and breached the STAR treaty made us wonder. Had the Cold War been reignited? In any case, many felt that Ukraine would focus on retaking Crimea, and others believed that the US would not let either Ukraine or Taiwan fall to Russia and China. We saw the real challenge as economics. Though Russia is weaker than we are economically, the situation becomes fraught if India or China becomes embroiled. China is now our biggest trade partner, while Japan holds a trillion in our T-bills. Complex times indeed.

Next, we considered the population decline that is plaguing China and Japan, and our own country, in certain respects. The refusal of young women in those countries to surrender career independence gained through higher education for motherhood is one reason. An ill-advised policy, like China's insistence on a one-child strategy for population control, is another. We felt that China was unlikely to recover from population decline, and that Japan would require health aides from other countries to care for their aging population. For us, a solution seemed clear: continue to welcome educated immigrants through specialized visas intended for those with skills not already represented here. Many felt that people need to earn the right to live here, and that we need to develop a humane but savvy immigration strategy.

The evening's final issue involved Supreme Court consideration of whether or not Internet companies such as Facebook, Twitter, Google, and others should bear legal responsibility for their content. We felt that dissemination of misinformation must have boundaries, and that federal oversight of limits must be defined. Our consensus was that social media companies need to be held to a standard, to avoid radicalizing our youth.

Israeli American Club



The Kosher Chinese Buffet at the Israeli American Club's fabulous Purim Party.

Photo by Dov Koller

(Continued from page 9)

bration of Israeli Independence Day. It is Israel's seventy-fifth birthday and we intend to celebrate in style. We are planning a special dinner featuring some favorite Israeli dishes as well as some American favorites. Entertainment will be provided by two Israeli vocalists, one of whom plays the keyboard. They have both performed in the Israeli Army and have toured worldwide. Flyers will be available in the Clubhouse and in the weekly HOA blasts.

Other planned events include guest speakers and movie nights. So, if you are not yet a member of the Club (currently at 220 members), what are you waiting for? Dues for the remainder of 2023 are only \$10 per person. Application forms are in the Clubhouse. If you have any questions regarding the club, please contact me. I'm looking forward to greeting you soon at an upcoming event.

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Beyond Words



By Cecile Spector

The Rhythms in Our Lives

Our lives are regulated by a plethora of natural rhythms. External rhythms and cycles such as those involved in changing day to night, temperature from season to season, the ebb and flow of the tides, the opening and closing of flowers, and so on, guide our everyday activities. Bio-rhythms or body rhythms, also called circadian rhythms, are the biological processes that occur regularly in our bodies. These natural processes, such as breathing, heartbeat, body temperature, walking and running, sleep and wakefulness, hormone secretion, menstrual cycle, and more, are a series of bodily functions regulated by our internal clock. These proc-

esses respond primarily to light and dark and, in addition to human beings, affect most living things. When our rhythms are in sync we tend to find life more satisfying. We have more energy, and our view of life is more optimistic.

Many people sabotage their ability to follow the natural rhythms and cycles of their own bodies and of nature. For instance, the cycles of day and night and wakefulness and sleep are topsy turvy for those who sleep the morning away and stay up into the wee hours of the next morning. The rising and setting of the sun should be, but isn't, guiding their lives. This plays havoc with their body clock; their brain has difficulty regulating the sleep-wake cycle and they live in a state of arrhythmia.

Rhythm is everywhere. We are aware of rhythms at different levels of consciousness. For instance, it may be at a subconscious level for our heartbeat or a more conscious level for the rhythmic sounds of our footsteps when we walk, run, or dance. We become especially aware of our rhythms at a conscious level when, for example, we are stressed and our heartbeat is racing, or in the middle of the night when we can't sleep and are focused on the ticking of a clock. People differ in their levels of awareness for a great variety of rhythms that surround us. Are we conscious of the rhythmic sound our car makes when it goes over the bumps in the road, or the dripping of water from a faucet? Does the rhythmic pitter patter of raindrops register, or the slushing of the water in the washing machine? The rhythmic cycle of our lives, from infancy to our older years moves forward so slowly we may not even think of the changing ages as part of one long (we hope) cycle. Given that a strong, repeated pattern of movement is considered rhythm, our daily routines fall into this category. For example, we go through our morn-

ing ablutions without having to think of each task every time we do it; we follow a rote or rhythmic pattern, not having to figure out what to do next. This is beneficial because it frees our mind to concentrate on other things.

Language has its own rhythm. Native speakers of English alternate between stressed and unstressed syllables in regular intervals, with the stresses falling within content words. This is called the Rhythm Rule. The stressed syllables of sentences create beats. For instance, "I gave my brother a piece of cake." Other means of communication also have rhythm. Think about clapping at the end of a performance; it has a rhythmic quality to it; there is an underlying regular beat or pulse. The rhythm of the messages tapped on a telegraph was the very essence of its communicated meaning.

Poetry has been described as a type of literature based on the interplay of words and rhythm. Rhythm is the beat and pace of a poem and, like language in general, is created by the pattern of stressed and unstressed syllables. There are many different types of rhythms. For example, "Tyger! Tyger! Burning bright In the forest of the night. What immortal hand or eye Could frame thy fearful symmetry?"

The meter of trochee is one stressed syllable followed by one unstressed syllable, as in the word fearful. Here the trochees are used perfectly in this well-known poem by William Blake. Note the first syllables of the words 'tyger', 'burning,' and 'forest' are stressed whereas second syllables are unstressed.

Whatever else music may have (e.g., pitch, timbre, loudness), rhythm is the one indispensable element of all music. Rhythm can exist without melody, such as the simple beating of a drum, but melody cannot exist without rhythm. The length of notes within each measure of music helps determine the rhythm. When the works of famous composers were analyzed on computers, it appears that each composer had their own rhythmic signature. Beethoven's work was found to have the most predictable rhythm; Mozart's work was found to be among the least predicable rhythms.

George and Ira Gershwin wrote *I Got Rhythm* for a Broadway show called *Of Three I Sing*. Their intention was to show how the person singing the song was very happy with her life, and loved how it was going.

I hope all of you have reason to say, "I Got Rhythm!"

Send Regency news releases to:

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Healing Ourselves Naturally

By Steven Soffer N.D. MH

What Would You Do?

What would you do if you just learned you just had five years to live? What about if it was only one year? How about if it was six months? What if you learned you only had one month to live? One week? How about only one day?

If you *only* had one day to live, what would you do with it? Would you spend it with your spouse, your children, or your grandchildren? Would you play a final round of golf? A tennis match or Bocce? Would you spend it with the ladies playing canasta or Mah Jongg? Would you go to your favorite restaurant? What about going to temple or church? Would you pray? Would you try and talk to God? There are so many possibilities.

This life is such a precious gift. If we really had a clue as to how precious this life *truly* is, we would be totally blown away. We take so much for granted in our human existence. We *are* spiritual beings living a human experience. We clearly take our existence for granted. Did you know your heart beats approximately 86,400 times a day? Do you ever think about that? Every one of those beats is keeping you alive. Without it, you would die. Do you ever think about that? The average adult takes 21,600 breaths a day. Do you ever think about that? Do you ever think about your breath? Your breath is

the conduit that not only keeps you alive, but also connects you to the spirit world. In between your breaths is the space where spirit resides. So, between your heart beats and your breaths, that is one hundred eight thousand breaths and beats. Do you ever think about that? This is what is keeping you alive. Do you *EVER* think about that? Frank Lloyd Wright said, “The longer I live, the more beautiful life becomes.”

When I was young, I often felt overwhelmed by everyday challenges. My parents divorced when I was four. This was in the mid fifties. I was the only child that didn’t have a father around. It was my mother, my sister, and me. I didn’t have a father to teach me anything. What if I messed up? How would it turn out? As I started to grow, I banked knowledge accumulated from each experience. Getting older brings wisdom that comes from adversity and the understanding that I could get through it. With experience as my teacher, I learned that change is hard at first but gets easier as I practice knowing I am safe and that everything will work out. I made it this far! I became successful in business, became an amazing woman, raised two beautiful sons and have two incredible grandchildren. Sometimes it works out in a way I wouldn’t have expected, but somehow, I knew what to do with



it. Today, instead of being mired in fear, I have a deeper gratitude for life just as it is.

With age comes a greater capacity for compassion and honoring of the lives we have lived, including the times we have stumbled. Trust me, I have stumbled plenty! But I always remembered failure is not defeat until one stops trying. There is a caring wisdom from having been there and knowing that we are each doing the best we can in the moment. We can all use a dose of loving kindness.

The older I get (and it’s hard to believe I am in my seventies now), the more I appreciate that growing up is a never ending process. I still have some Peter Pan left in me. Everyday offers opportunities to learn new things about myself, how I have changed, and what is important to me. I am constantly striving to become the person I want to be. Clearly, I am not there yet and yet everyday I still get to practice this. What a gift to know that my growth is never ending. Getting older offers many moments of reflection. Just look at how far I have come!

Spiritual growth is like climbing a spiral staircase, like at the Guggenheim. You walk and walk up this spiral. You climb but the incline is not great and you don’t even feel it. Before you know it, a few hours later or in this case a lifetime later, you realize you have climbed to the top. It is in all of our destinies to get to the top. This is what I call aging gracefully. Questions and comments from free thinking individuals are always encouraged.

“Respect your efforts, respect yourself. Self-respect leads to self-discipline. When you have both firmly under your belt, that is real power.” Clint Eastwood

“The same intelligence that guides the earth around the sun is now acting as a law of good in my personal experience.” Ernest Holmes

“Believe there is a light at the end of the tunnel. Believe that you might be the light for someone else. Believe that the best is yet to be.” Kobi Yamada

money?” “Why can’t I have a new car like my neighbors?”

I have a special neighbor who retired 10 years ago from a very successful business. For the last 10 years he has been telling me he wants to write a book about his war experiences as a soldier in the Korean War, but constantly says he is too busy. More excuses. Stop telling yourself what you cannot do, but start now on what you can do. We are put on this earth to do well in business and in our personal lives. We have the power to do whatever we want if we don’t use excuses. I can write a book of excuses that I have heard over the years I have been a consultant and I know it would be a best seller. Last excuse story I want to tell. I have a good friend who is always betting me \$200 to see who can lose the most weight in 30 days. After 15 days, he brings me a check for \$200 and tells me he will not be able to lose the weight. More excuses.

Let’s make a list of every excuse you have used in the last few years that is holding you back. After making an honest list of all of your excuses, take a match to it and burn it to ashes

Getting Ahead in Business

By Milton Paris

Excuses, Excuses, Excuses, and More Excuses

Business people, owners, Presidents, managers, and salespeople come up with excuses when they are not performing at their best. They tend to blame others for their failures. One of my new clients once said if he had a \$100 for every excuse he had made he would be a wealthy man today. But we all know excuses take us away from our goals. By making excuses we stand in cement and do not move forward with our dreams. It’s easier to say I could not accomplish that and use a dime a dozen excuses. “We didn’t make our goals for the month because two of our salespeople did not call on enough potential clients.” “I cannot smile or be happy when I am in my office because I don’t have a good working staff.” “I don’t like my job so I show up and go through the motions.” “I travel for a midsize printing company. Today I travel more but make less money because my commission was cut.” “I spend more time in my business than I do at home. I used to work five days a week, now I work six and I’m trying to keep the company afloat.”

Excuses, excuses, excuses. “I’m 24 years old, in my personal life when I was growing up I did not have a father image to show me right from wrong.” We always look for excuses to make ourselves feel better. “Why can’t I get a better job?” “Why can’t I make more



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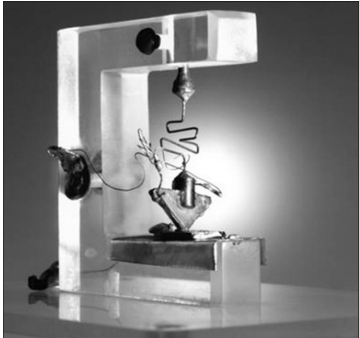
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Tech Trends

By Don Haback

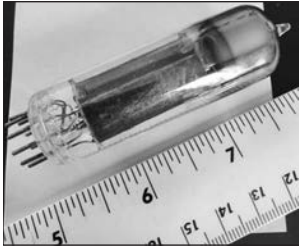
Happy Seventy-fifth Anniversary to the Transistor!

The transistor was ‘born’ at Bell Labs in 1948. It is, in my opinion as well as many others, basically as important to humanity as was the birth of fire! It followed Semiconductor diodes (that allowed current to flow in only one direction). This evolving set of technologies enabled entirely new classes of amplifiers, oscillators, displays, and other devices – including, most importantly – ‘on/off’ switches (at the heart of all digital devices and systems). This is an image of that first transistor.

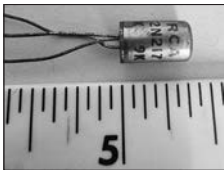


It was developed at Bell Labs (now owned by Nokia) by 1956 Nobel Prize winners William Shockley, Walter Brattain, and John Bardeen. That first device included the semiconductor germanium, gold wiring, a crude spring, and a metal base. The assembly was about 12 inches high.

My story starts with my bachelor’s degree in electrical engineering (R.P.I) many decades ago. Those studies all centered on vacuum tubes. We all remember them, if only from our parents’ (and grandparents’) TV sets. They generally used about 15 tubes – not including the picture tube – and most problems could be resolved by opening the sets, removing the tubes and taking them to a local drugstore (most had tube testers) for checking and replacing as needed. Here’s an image from my home lab of a rather small 6AU6. There were many that were far larger. Does this image bring back memories?



During the last years of my undergraduate training, I was able to buy, at a local Radio Shack, individual transistors that had shrunk to about the size of a pencil eraser and to start ‘playing’ with them – off campus. Those first transistors were smaller than the size of the smallest vacuum tubes – used far lower voltages and less power too. Here is a photo of one of them, the RCA 2N217. You can see its size – and compare it with the typical vacuum tube of the day.



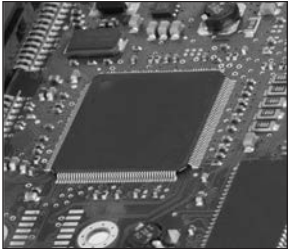
I’d design and build small circuits (using my soldering iron and a variety of inexpensive passive components). The

first was a small audio amplifier and another was an FM transmitter running on the broadcast band and capable of reaching the house next door, which housed several nursing students. I still have them, housed in plastic boxes, buried in my attic. Of course I was considered to be what’s now called a nerd – but I still had fun.

But what makes today’s transistor (and the semiconductor industry too) comparable to the invention of the fire? A combination of decreasing size and unit cost along with increasing power and the continuous advance in applications. I’d also note that most transistors are now based on Silicon rather than Germanium (much improved as well as less expensive). Just one interesting factoid: The entire digital computer industry grew from early gaming devices, starting with Atari’s PONG game. Probably the most important advances were in digital technology. Just imagine our current world without cell phones, smart watches, large screen TV sets, and the Internet (along with video games)! All are enabled by transistor technology. Think about computers. Early models could take up entire rooms! Now we have PCs, laptops, iPads, and a myriad of other devices. In communications, we’ve long since outgrown the Teletype and even FAX.

As just one example, have you ever opened your desktop PC and looked at its roughly 12 inches on a side circuit board? A key element is a square, roughly one inch on each side and 0.1 inch high. It’s the computer’s basic processor chip. Today’s models will contain hundreds of million transistors,

mostly embedded in those larger housings! Today’s PCs can process data at about the same speed as older commercial computers, using far less power and occupying a very small fraction of the volume of the old ‘machines’. Here is an image of part of a typical ‘loaded’ PC motherboard from about 2010.



The black square, about 1.5 inches on each side, is the processor! Notice that rather than the three wires coming out of the single transistor, there are hundreds of connections to this chip. Think about what’s inside (several million transistor switches and associated circuitry) – and what it does. It is totally astounding! You will notice other ‘black boxes’ there – each is dedicated to a specific function, and also has many individual transistors.

Of course, transistors are the key to just about all of today’s electronics. Consider our smart phones. These include hundreds of semiconductor-based circuits (along with everything else). They’re small and light – and it’s totally astounding to just think about how they perform – even including satellite phone capabilities in the newest models. Oh, by the way, you should know that most of us still have at least one vacuum tube in our homes. It is the magnetron in our microwave ovens.

However, that new ‘fire’ just keeps burning and WE LOVE IT!

Home Trends



been proven that the returning ‘Snowbirds’ list their homes when they arrive back in Jersey. There is currently, and has been for the past few years, a surplus of buyers waiting to move here.

We have four properties that are Under Contract and due to close in the next two to three months. They ranged in asking price from \$699,999 - \$839,000. The sale price will be reported when the properties have closed.

Since January 2023, six homes have sold and closed, which is a strong start for the year. The closed prices ranged from \$539,800 for a Prestwick on Glen Eagles Way and went up to \$745,000 for a Prestwick with a loft on Troon Court. The six closed properties averaged fifty-six days on the market. In comparison, the four homes currently Under Contract averaged thirty-eight days on the market. One of them did have multiple bids and sold over the asking price. Again, all prices will be reported once the properties close.

That is the latest real estate update on the re-sales in Regency at Monroe. I’m looking forward to seeing our community come alive with active adults walking the streets in the fresh spring air, colorful flowers, and green grass and trees. Stay Happy! Stay Healthy!



School Board Administrators at HOA Presentation, from left: James Higgins, MS Principal; Laura Dominick MS Assistant Principal; Adam Layton, Assistant Superintendent; Jerry Tague, Director of Facilities; Chari Chanley, Superintendent; Chrissy Skurbe, BOE President; Gazala Bohra, BOE Member; Zachary Morolda, Director of Innovation and Equity and Community Relations.

Photo by Doug Poye

HOA Provides Presentation of School Referendum

By Doug Poye

Regency residents, thanks to our HOA Board, had the opportunity to learn about the school referendum on Tuesday, March 7. Between 50 and 60 residents attended the event where school administrators, namely Superintendent Chari Chanley and Director of Facilities Richard Tague, explained the three-pronged construction project and answered questions from the audience. Introduced by HOA Vice President Richard Lans, Chanley opened with saying that the school district “bears responsibility to present the referendum to you” and that “it’s important that you get factual information” so that “you are comfortable in your vote.”

Chanley started her presentation of the referendum with the project at the Applegarth Elementary School, originally opened in 1936. She mentioned that the school has not had upgrades to its infrastructure (windows, doors, HVAC system), which have needed improving over the years. She relayed that according to a recent study of Applegarth by an architectural firm, the building has “good bones,” and will be able to accommodate the planned refurbishments. As an example of the over crowdedness, she spoke of having to use the stage as a classroom. With the expansion of Applegarth, students currently in Grade 3 in the across-the-street Oaktree School will be moved to



Applegarth. This move would alleviate the current crowdedness of that school and allow some aspects of the curriculum to have a classroom as well as a group of special education students to attend Oaktree and not spend time on buses being transported across town to other schools.

As for the expansion of the Middle School, Chanley stated that it would allow students who are currently being taught in eight trailers to move back into the main building. The expanded cafeteria would accommodate more children and reduce overly crowded lunch periods for the students. She emphasized that the new main office would “not be fancy” but facilitates the concept of a middle school and provides more interior space for classrooms from the current office spaces. She stressed that all decisions regarding the use of spaces in the expanded middle school were based on what is cost effective.

After a brief explanation of the planned additions at the high school, Chanley spoke of a process of development in which decision-makers consider “the wants, the needs, and the must haves.” She emphasized that the referendum’s goal was to “do what we can within what the community

(Continued on page 16)

M&M Movie Minutes

By Marcia Milgrom and Marilyn Jaclin

The Fabelmans

When Marilyn, in Florida called Marcia in New Jersey she excitedly told her to go see *The Fabelmans*. She had just seen it. It didn’t take long before Marcia took her advice. This movie, which spans the years 1952 to 1965, is a semi - autobiographical film mirroring Steven Spielberg’s life during his early years. Although the names of the actors are changed it is a somewhat bittersweet and emotional story of a young boy and his rise and love of filmmaking. It delves into his home life, anti-Semitism, mental illness, hopes, and dreams.

Sammy (Gabriel La Belle) is six years old when his parents convince him to see *The Greatest Show on Earth*. Overwhelmed by the train wreck scene, the boy wants to recreate it. His mother, Mitzi (Michelle Williams) suggests that he film it on an 8 MM camera. We now continue to see Sammy film Lionel trains, western and war movies that his Boy Scout troop re-enacts. As Sammy continues his filmmaking he discovers a secret, which we learn about later in the film. His home life is complicated. His father, Bert (Paul Dano) is an engineer - cool, calm, and boring. Yet, he is a wonderful, supportive husband. Mitzi is a loving mother who always encourages Sammy. We see her at a family picnic one evening dancing in a sheer nightgown while the car



lights are on her. We get the feeling that she is unfulfilled and something is not right. Bert has a best friend who they call Uncle Benny (Seth Rogen). He is a life of the party kind of guy. He and Bert are mesmerized by Mitzi. Their daughter is embarrassed.

One day Bert makes an announcement that they have to move to Arizona for his job. Of course the family is upset. The move brings Sammy to a new school where he is bullied and faces anti-Semitism. He still continues his filming and even finds a girlfriend who breaks up with him at the end of their senior year. Mitzi lives vicariously through her son as he delves into filmmaking. When he doesn’t want to go to college she tells him, “Do what your heart says. You don’t owe anyone your life.” We have learned that Mitzi sacrificed her love of art for her family.

This is a coming of age movie with excellent acting. A cameo appearance by Uncle Boris (Judd Hirsch) is wonderful! He is visiting the family and tells Sammy, “We are junkies and art is our junk.” Marilyn loved the movie. Marcia liked it but felt it was too long. It certainly was worth seeing.

Team ERA Central Congratulates Sue Nadwodny on her achievement of earning these two prestigious awards!



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A Message from the Regency Tappers

The Regency Tappers, a group that danced for over 15 years until the pandemic shut us down, is looking to start dancing again. We are a group of women who enjoy dancing and range anywhere in talent from beginner to intermediate. We just love the fun and camaraderie that this kind of class brings. If you are interested in learning more about this group or would like to join us, please contact Carol Kortmanskyl at carolee@aol.com.

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Pet Corner

By Bea Siegel

Pets and the Economy

The first time I wrote about this issue was July, 1992, then again, June, 2014, and now, April, 2023, when I volunteered helping out at animal shelters. It seems nothing much has changed due to the economic environment we are experiencing, and the impact it has on pets. Recently I visited some animal shelters to find out the effect it’s having with people surrendering their furry friends, and was told the same story - financial woes, family crisis, and number one, no time to spend with them. So, animal shelters and humane societies are steadfastly becoming over-populated

with unwanted animals for so many reasons. In many instances they are the right reasons, because animal welfare organizations are meant to protect unwanted animals; they are fed, cared for physically and mentally, have shelter and if there is enough help, prepare them to be adopted into a new home. Abandonment, neglect, and malnourishment are only some of the inhumane conditions facing pets today.

Questions to ask when adopting a pet:

- Is Fido or Fancy Feline up-to-date on vaccinations
- Are they spayed (female), or neutered (male)
- Are they compatible with



- children, dogs, cats,
 - What breed of dog or cat is it
 - How long have they been at the shelter
 - Do they know anything about their temperament
- On the other-hand, management will also interview you to get a feel of your experience with pets and what you’re looking for. Most animal shelters will say “bring your dog in so we can get a good match for someone you’re interested in.”

Low Cost Tips:

To receive information on low-cost spay/neuter programs, low-cost vaccinations, or food, contact your local humane society, the ASPCA in New York, municipal town shelters, animal care control, or your veterinarian. Cut costs by learning. If you bring your dog to a groomer, ask them to show you daily short-cuts to enhance your dog’s appearance and keep their coat and nails healthy. Libraries and the Internet are a great source for information on health-care for your pet; you’ll see how easy it is, you’ll save money to buy extra toys for your pet, and they’ll be home and happy with you spoiling them.

Saving money on food means becoming label-conscious, the most expensive is not always the best. All animals are different, and what works well for one, may not be okay for another. Foods with additives or artificial flavors are more costly and not a good nutrient for your pet. Discuss with your veterinarian his opinion of your particular dog or cat’s diet. Small and better quality changes can make the difference of a decision to keeping your dog or cat rather than giving them up. A vacation can wait, because when it comes right down to it, our animals are always there for us.

A Passion for Horses:

Horses are such beautiful animals, and to see them galloping along a dirt road with or without a rider, conjures up days of yesteryear when dreaming of owning a horse someday would be the ultimate way of feeling free with wind blowing through their mane and you smiling all the way. But horses are very costly to take care of, and all too often are abandoned, neglected, or forgotten about. Again, in today’s economic environment open land or established ranches are becoming non-existent, and many horses that were once taken care of and loved, are winding up in equine sanctuaries. But, folks that run these sanctuaries are dedicated, loving individuals who rehabilitate, exercise, and give the equine population a home until they are adopted. There are many reputable equine sanctuaries within New York State, New Jersey, and Pennsylvania just waiting for that special someone to stop by and find the horse of their dreams. Check out the many websites.

If you have any questions about this article, just contact me, I’m in the directory. Thank you for reading this.

It’s Time to Swing for the Fences and Join the Monroe Senior Softball League

By Bob Zyontz

Calling all yesterday’s heroes and heroines. Get ready to dust off your gloves and join the

Monroe Township Senior Softball League

This is an exciting time for all of us. Senior Softball is now a Township approved recreation program, and starting in mid-May and going into August, teams from communities across Monroe will be *playing for fun in an Over 55-friendly league*.

Softball Fever – Catch It!

Softball is a great addition to our active lifestyle, and we are off to a great start. We already have over 100 players signed up and still counting. So, for all those men and women who are in, and for all those who are interested, here’s what you need to know:

- To be eligible, you must be a Monroe resident and be north of 55.
- Minimum softball skills, such as running to first, throwing, catching, and putting the bat on the ball, are required.
- This is not an instructional league, so these basic skills are a must.
- Games will be played at the Monroe recreation fields (a great facility by the way) at 10 a.m. on Tuesdays, Wednesdays, and Thursdays.
- Each team will be playing once a week.
- We know some of you have certain days that both work and don’t work, so having three days gives us the flexibility to schedule games around potential absences.
- All pre-season and in-season communications to all players will be through the **TeamReach** app. Once you are registered, please join us on TeamReach using the Group Code – **Monroe2023**. If you need help getting on TeamReach, please contact George Rothweiler at gfroth19@gmail.com.

We are also currently in the process of lining up both league and team sponsors, so this is going to be a “big deal” for us all. More to follow.

Here’s How to Sign Up

They say nobody is perfect, but if you can play softball, you’re close, so what are you waiting for? Let’s hear from you. No excuses. Just **complete the application** and get ready to re-capture your past glories, make new friends, and have great fun doing it. Please share this news with your friends and neighbors and thank you for your support.

Monroe Senior Softball League Application

Name _____

Phone _____

Email Address _____

Capable of playing SS or 3B Yes ____ No ____

Capable of playing OF Yes ____ No ____

Comments (Let us know your past softball resume)

If from Regency, return application to George Rothweiler. (Drop off in lower mailbox at 12 Inter Lachen Court)

If from outside Regency, email your application to: robertharris44@gmail.com

Note:

- This is an arc league (6-10 feet)
- 60 feet between bases (with a double first base and double home plate)
- 43 feet from rubber to the plate. We will also use a pitching mat to call balls and strikes and will start with a 1-1 count

The Regency Pickleball Club 2023

By Lisa Citron

YOU can see it! YOU can smell it! YOU can feel it! The sight of the sun, sitting within blue skies, is waking us and staying with us longer, and the crocuses are already pushing to be seen. Opened doors are welcomed by the smell of bursting soil and blooming buds. The warmth of the sun can be felt by welcoming bones, providing a renewed energy within us, and an excitement to return to the outdoors. WELCOME to the 2023 REGENCY PICKLEBALL SEASON!

Oh yes, many have enjoyed playing this loved game indoors, and many have enjoyed playing this loved game further south, but none of that replaces the enjoyment of playing right here, in our REGENCY backyard, alongside the REGENCY family of friends that have been

made. WELCOME to the 2023 REGENCY PICKLEBALL SEASON!

The huge success of the first season, due to the connection of our members, provided all the motivation needed to plan for a 2023 season to remember! The fun begins on APRIL 3 with our 2023 OPENING SEASON EVENT, “Pastries and Pickle” from 5:00 - 7:00 p.m. ALL FROM OUR REGENCY COMMUNITY ARE WELCOME!

This sweet event is the first of many to come. Leagues, Round Robins, Tournaments, and Socials have all been planned. Once confirmed, dates will be shared. Join by filling in an application. Additional applications can be found in the Clubhouse, or pick one up when you attend “Pastries and Pickle.” Applications should be dropped

(Continued on page 17)



Hi, I’m having a bad hair-day, am lonely, and need to be adopted. My name is Ashley; I’m a 2-year-old spayed female, Main-Coon/mix. Just call Old Bridge Animal Care Control; (732)721-5600, Ext. 6300, to make sure I’m still there. If not, there’s Janey and so many others waiting for a home. 1 Old Bridge Plaza, Old Bridge, 08857. See ya soon, thank you.

Photo by Bea Siegel

Referendum

(Continued from page 15)

can afford.” She added that the refurbishment at Applegarth fell into the “must haves” category and that the entire referendum consisted of only “needs and must haves.” Following this 40 minute presentation, Richard Lans stated that the objective of the HOA hosting this meeting was to familiarize our residents with the referendum and not to influence the vote. He then opened the floor for questions from the attendees. What follows covers most of those questions and the responses given by Chanley except where noted:

Question: What if the referendum fails? Answer: A committee is exploring what options the Board of Education could consider: go with the same plan in another referendum or make modifications to the scope of the project.

Q: Why does the high school take in Jamesburg students? A: It was court ordered years ago when the state closed Jamesburg’s small high school. (It should be noted that Jamesburg pays tuition for each student sent to Monroe.) Jamesburg will be required to pay its allotted share of the interest on the bonds but not on the cost of construction itself.

Q: Does the school board talk with the township government as to the impact of new housing developments? A: The referendum provides for instructional space according to the demographer’s study but is limited by the state as to how far into the future projections can be made.

Q: Does the referendum provide sufficient space without go-

ing over each building’s capacity? A: Yes for Applegarth and Middle School; no for the high school. Scheduling in the high school provides some amelioration with work-study and early releases for some students.

Q: How will construction affect the safety of students? Answer by Tague: Safety of students is top priority. We have had previous experiences with construction projects at other schools and the companies doing the work have also had such experiences.

Q: What research has been done about the effectiveness of having Grade 6 in the elementary schools, which would relieve the crowdedness at the Middle School? A: Research has shown that Grade 6 in the elementary school can be effective but other research shows that it is also effective in a middle school setting. Moving it to our elementary schools would necessitate construction projects at the three schools.

Q: How will any asbestos in Applegarth be handled? Answer by Tague: We are required to follow the Asbestos Hazard Response Act, which includes periodic testing. Most asbestos is found in old floor tiles but the district replaced the flooring in Applegarth during a year when it was closed. Any containment work involving asbestos will be performed when students are not present. Ninety-eight percent of the asbestos in that building has been dealt with in the past.

By now, the referendum was either approved or denied. If approved, new spaces should be ready by September 2026. If not, what will the next referendum propose and what will it cost?

Regency Tennis Club



By Steve Brody

Spring Is Here

April is here, winter is behind us (I hope). I’ve released the 2023 Regency Tennis Club schedule and it is posted alongside this article. The schedule is chock full of events that will keep the avid and occasional tennis players busy throughout the season. Our season basically runs from June through September, however, the courts are open year-round provided there is no snow. Weather permitting, myself as well as others will

start playing outdoors now in various pickup games. We will be re-introducing drop in night time tennis on Wednesday nights. These matches are aimed to be casual games. However, we will have liked skilled players assigned to a specific court. This should encourage a better workout and would encourage more people to participate.

I must encourage all tennis players, whether you are a member of the tennis club or not, to utilize the Chelsea reservation system. Many tennis players have bypassed the system, which has led to a misrepresentation of court usage.

For those who are new to the community and would like to join the tennis club you can pick up a registration form at the Clubhouse or if you would like an electronic copy just get in touch with me and I’ll send it to you.

See you on the courts soon.

Regency Tennis Schedule 2023

Tuesday, May 23 - Mayor’s Cup – Men’s and Women’s Team – 4 p.m.

Every Wednesday – 6 – 9 p.m.

Organized Drop-in Tennis Matches

Saturday, June 3 – Opening Day Festivities

Week of June 12 – League Play Begins

Friday, June 16 – 6 – 9 p.m. Tennis and Pizza

Week of June 19 – League Play Concludes

Saturday, June 24 – 9 a.m. – 1 p.m. – Color War

Sunday, June 25 - 6 – 9 p.m. Tennis and Pizza

Week of June 26 – In-house Tournament Begins

Week of July 3 – In-house Tournament Finals

Friday, July 14 - 6 – 9 p.m. Tennis and Pizza

Friday, August 4 - 6 – 9 p.m. Tennis and Pizza

Sunday, August 20 – 5 – 8 – Tennis and Pizza

Saturday, September 30 – 10 a.m. – 2 p.m.

Year End Celebration

Pickleball

(Continued from page 16)

in the mailbox of either Harriet Blumenstock (34 Masters) or Karyn Waller-Finkelstein (67 Country Club). Joining will give you access to the Pickleball 2023 TeamReach and all club information.

AND NOW - The Regency

Pickleball Club is proud to announce the opening of THE REGENCY PICKLEBALL STORE. The store, run by Isaac Levy, will offer tee shirts and hats in a selection of colors, including our club color True Navy. The store opened on March 1 and will close on April 30.

Come Pickle with US!

Bocce and Shuffleboard Schedules

Shuffleboard will begin Wednesday, April 5 at 10:00 a.m.
We will be playing Wednesdays, Thursdays, Saturdays, and Sundays

At 10:00 a.m. weather permitting

Bocce Ball starts on Tuesday, April 11 at 10:30 a.m.
Please meet at the courts to schedule Bocce times

Mondays at 5:00 p.m.

Tuesdays at 10:30: a.m.

Wednesdays at 5 p.m.

Call Carmine Carrara

732 656 3134

Or just stop by the Bocce courts

Ladies Ping Pong

Fridays from 3 - 4 p.m.

Clubhouse Fitness Room

Contact Harriet Silverstein

908-208-0864

harrietsil@gmail.com

All 50 States Visited - Which Is the Most Beautiful?

By Ron Kane

By 2016, Susan and I had visited all 50 states. Every state has places worth seeing and visiting but the choice of the most beautiful of the 50 states, at least for us, is obvious as it stands out so differently from the other 49. We decided to give that one - Hawaii - its own unique category and now think about the other 49. All things considered, I have to go with the one where I was born and that would be New York State. It has the best of the four North American seasons, forests, mountains, seashore, lakes, waterfalls; New York City at one end, Niagara Falls and the Great Lakes at the other, the Adirondacks, and lots of historic and interesting places in between. Arguments could be made for Alaska, Arizona, California, Colorado, and Utah among other candidates but none have the diversity of New York State, which only misses a desert region to fully match it up against all the beautiful states out west.

About Hawaii, it has eight major islands and numerous others spread out in a 1500 mile-long chain in the middle of the Pacific Ocean. World War II history buffs (and hopefully all Americans) will have learned about the attack on the US naval base in Pearl Harbor on Oahu in 1941 that brought us officially into World War II. But many do not know that Midway Island - the location of the key United States

victory in the Pacific war with Japan - is actually one of the distant outer islands of the full Hawaiian Island chain.

Most people who visit Hawaii only have the time or interest to visit the four major tourist islands of Oahu (home to Honolulu), Maui, the Big Island (its formal name is the same as the state - Hawaii), and Kauai. One can also stay on Lanai or Molokai but the other two of the larger clustered island group - Niihau (privately owned) and Kahoolawe (formerly a naval artillery and bombing range location) - are off-limits in general. Besides the tropical location, what makes Hawaii so unusual and beautiful is that each of the six accessible major islands is very different from the others. Unlike the old joke from cruise ship comics after visiting differently named but similar looking Caribbean Islands (the one that says there really is only one Caribbean island - the tourist board just changes the signs overnight after you leave and then the ship just comes back to the same place in the morning), each Hawaiian island really does look different and has a different feel.

Despite its tropical location, it has snow-capped mountains and the huge volcanic peaks on the Big Island of Hawaii. And it has the most active volcanoes in the world. That same island, larger than the State of Connecticut, also has one of the largest cattle ranches in the country. Our favor-

ite island of the five we have visited is Kauai, which features some of the highest sea cliffs in the world, beautiful resorts and estates, tropical rainforests, a huge canyon, unusual wildlife, great hiking trails, and varied beaches and coves - providing many areas that have been used as locations for movies and television shows. Things may have changed now but when we had a rental car and were driving around the Island of Kauai, we should have had a sticker that says - this car stops at all macadamia nut, pineapple, coffee, and any other free sample locations! We have been to Hawaii several times and enjoyed every visit - on our last visit, we stayed for a few days on Molokai, a slice of old Hawaii.

This past June, we decided that despite continuing COVID concerns, we could safely do a two-week self-planned driving tour around New York State’s northern and western areas to visit historic and scenic sites, and cities that we had never seen, and, in a way, finish my incomplete grade school homework in learning about my home state. We visited the Finger Lakes, Cooperstown, Coming, Rochester, Buffalo, the Thousand Islands, and added a side trip to Ottawa, Canada. As an aside, we think the most beautiful country of the many we have visited is the USA.

Everyone, Stay Safe, Stay Well.

What’s Up with School Aid for Monroe

By Doug Poye

By now, most of those who are interested know the outcome of the March 14 school referendum. Since the result was not available by press time for the April issue, this month’s article will share with readers my findings on how Monroe stacks up against other surrounding districts on property taxes, state aid, and the interplay of our senior communities regarding aid to the schools. Following Governor Murphy’s Budget Proposal on March 2, the New Jersey Department of Education released aid figures based on his proposal. It was good to see that Monroe may receive \$11,170,497, an increase of 16.3% over the amount of aid received during the current 2022-23 year of \$9,601,594. As most of us know, what the district does not receive from the state must be paid for by the residents of the town. It may prove interesting to see how our average property taxes compare to other nearby districts with a comparable, if not larger, number of students. Additionally, this article will provide information on the matter of equalization aid received by those districts and a possible explanation for why Monroe receives none.

The following table indicates the average property tax for 2022 as reported by Eric Kiefer in an article from patch.com on March 1, 2023, Highest NJ Property Taxes. The number in parentheses after each municipality’s name indicates how the ranking of that town compared to 564 municipalities with the

lower the number the higher the taxes. It is noteworthy that of all municipalities in the state, Monroe’s average property tax is lower than 56% of them.

Average Property Tax for 2022

One factor affecting property taxes is the amount of state aid

Marlboro (133)	\$11,452
East Brunswick (154)	\$10,875
Edison (188)	\$10,349
South Brunswick (228)	\$ 9,734
North Brunswick (236)	\$ 9,659
Manalapan (242)	\$ 9,503
Monroe (315)	\$ 8,353
Piscataway (325)	\$ 8,174
Old Bridge (334)	\$ 8,025

received by a school district. There are two forms of aid: categorical (transportation, security, and special education) and *equalization aid* (Eq Aid). The latter of these can have a profound effect on how much of a school district’s budget falls to the local taxpayers to pay. The calculation of Eq Aid is based on several factors relative to each municipality: aggregate income of its residents, aggregate property value, number of “at risk students” (those on free or reduced lunch costs), and number of English as a second language learners. The table below reflects the amount of Eq Aid to the nearest tenth of a million received in 2022-23 school year received by surrounding districts. This information is available at www.nj.gov/education/stateaid/2023.

Equalization Aid for 2022-23

New Jersey’s more urban municipalities received much larger amounts. For example, New

Marlboro	\$2.8 Million
East Brunswick	\$26.3 Million
Edison	\$32.8 Million
South Brunswick	\$11.9 Million
North Brunswick	\$30.0 Million
Manalapan	\$3.2 Million
Monroe	0
Piscataway	\$12.2 Million
Old Bridge	\$21.4 Million

Brunswick got \$158.5 million, Woodbridge \$68.4 million, Newark \$944.1 million, Paterson \$450.6 million, and Jersey City \$149.2 million.

What is it about Monroe that yields no Eq Aid compared to the other suburban municipalities? This writer suspects that the answer is our plethora of senior communities. These communities contribute a large amount to the aggregate income of the town as well as the aggregate property values. When compared to other districts, that income and property yields a much higher ratio of “wealth” to the number of students attending its schools than in other districts. Additionally, Monroe has a significantly lower number of students who are classified as “at risk.” For the 2020-21 school year, the latest year for which the information was available, Monroe had 5.6%; whereas, Old Bridge was 14.9%, Edison 15.3%, East

(Continued on page 19)

Mayor Dalina: Proposed State Budget Adds Million in Additional Funds to Benefit Monroe Taxpayers

I reached out to Governor Murphy last month, as I did this time last year, to ensure his proposed fiscal '23/24 budget focuses on affordability and provides more property tax relief to Monroe residents.

I am doing everything I can to hold the line on taxes in the municipal budget, but we need the state to be a partner in affordability.

Inflation is a challenge for our residents and I asked the Governor to continue to invest in helping residents with property tax relief. I highlighted the need to increase state school

funding again this year and do even more to maintain and expand property tax relief programs for our residents.

I am pleased to report that the proposed budget includes many items I am fighting for on your behalf.

Monroe learned today that 2023-24 school funding from the State is proposed to increase by almost \$1.6 million, a 16% increase. Monroe has been woefully underfunded by the state and received as little as \$2.9 million just six years ago.

I went to Trenton with many others in 2017 when Senate Bill

2, the most recent school funding formula, was passed.

Since, Monroe's aid increased to almost \$9.6 Million in 2022.

With an additional \$1.6 million, we will reach \$11.2 million in State Aid for the first time for the schools.

While we deserve an even better funding formula, this increase and the previous five years of increases, has helped our efforts to stabilize property taxes for all Monroe residents.

I will continue to fight on this school funding issue and work with our 14th District legislators to ensure this \$1.6 million re-

mains in the final state budget bill.

The Governor is also renewing the Anchor Rebate program which provides up to \$1,500 to homeowners who earn less \$250,000. This program would be renewed for 2024. According to the State, checks from last year's program may arrive as early as this month.

The Governor is also proposing to expand the Senior Freeze program next year. We fought to expand the income eligibility for this program two years ago. In his budget announcement for this year, the Governor will further expand the successful Senior Freeze property tax relief program next year – increasing income eligibility to \$150,000 and removing roadblocks to eligibility. That means additional property tax relief in 2024 for 50,000 more seniors.

I have been fighting for years for the residents of Monroe. My list of top priorities has included: increased school aid, expanding the Homestead Rebate that has now been replaced by the Anchor Property Tax Relief program that now applies



Mayor Stephen Dalina

to even more residents, higher Senior Freeze income eligibility, larger state retirement income exemptions, veterans tax credits and much more.

Monroe residents deserve our fair share of state funding to help keep property taxes stable again this year.

I pledge to continue my efforts to serve the people of Monroe, ensuring a safe and affordable community with services and resources beyond compare for years to come.

April at the Monroe Township Public Library

Guided Meditation & Rhythmic Breathing
Mondays, April 3, 10, 17, & 24 at 11 a.m.

April is Stress Awareness Month. Join us on Mondays in April to learn stress management techniques with guided meditation and breathwork. Presented by Art of Living. This is an in-person program. Registration is not required.

Book Café
Wednesday, April 5 at 11 a.m. & 1 p.m.

What have you been reading? We want to know! Join other book lovers for a lively discussion. Book Café is a perfect place to find your next great read or share what you have enjoyed. This is a hybrid program. Join us via Zoom or in person. Registration is required. Register at the Welcome Desk, online t www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

How to Read Your Blood Test Results and Lab Report
Tuesday, April 11 at 10 a.m.

Reading blood work can seem like a daunting and overwhelming task that often leaves you with more questions than answers. Come learn how to interpret and better understand your results with The College of New Jersey nursing students. This is an in-person program. Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Scrabble Club
Tuesday, April 11 at 3 p.m.
Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Photography Club
Tuesday, April 11 at 3:30 p.m.
Join us for the Library's newly-formed Photography Club. This monthly club is open to Township residents ages 12+ and welcomes all skill levels. No experience is necessary to join. Bring a camera (smart de-

vice is acceptable) and share your love of photography. Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Caregiver Support Group
Wednesday, April 12 at 11 a.m.

A Caregiver Support Group meets at the Library monthly on the second Wednesday of the month. Kat Verdi, Certified Alzheimer's and Dementia Care Trainer, of The Gardens at Monroe leads the group. Her mission is to educate, empower and encourage caregivers. Registration is not required. Sponsored by The Gardens at Monroe.

Genealogy Club
Wednesday, April 12 at 2 p.m. This program is held in person. Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

(Continued on page 19)

Cultural Arts Commission Announces Upcoming Concert

By Cathleen Norback

Please join us as Maestro David Wroe and the N.J. Festival Orchestra present "Tango: Music in Motion" - an enticing visual/aural presentation of the white-hot dance form of Tango and iconic instrumental music written with the seductive rhythms embedded in its soul.

Tango Master Carolina Jaurena and her collaborators join the N.J. Festival Orchestra recreating, in dance, such classics as "Oblivion," "La Comparsita," (think the movie "Some Like it Hot") and Por Una Cabeza, (think "Scent of a Woman"). At the center of the program is the music of Tango's greatest composer - Piazzolla.

The program, sponsored by the Monroe Township Cultural Arts Commission, will be offered on Sunday, April 23, at 3 p.m. at the Monroe Township High School Performing Arts Center, 200 Schoolhouse Road, Monroe Township, New Jersey. Ticket information is available on our website: www.MonroeTownshipCulturalArts.com.

Please join your neighbors for this upcoming presentation.

Emergency Medical Services info Featured At Next LWV Meeting

By Linda Bozowski

EMS Director Judith Olbrys will discuss EMS services offered in the township at the April League of Women Voters meeting.

Scheduled for 1 p.m. on April 24 at the Municipal Building Courtroom, the meeting is open to the public. League membership is not required to attend.

Learn about the variety of services offered by our EMS professionals and how they are prepared to perform their important functions.

Township Events for You

1. Household paint drop-off:

April 15, 8 a.m. to noon at the Monroe Public Works, 76 Gravel Hill-Spotswood Road.

Please note this is for homeowners, no contractor or business generated material is accepted. Also, no empty or dried out containers. They go in the regular trash.

2. Paper shredding:

Friday, April 21 at Veterans Park, Avenue K. Household paper only, no magazines, no newspapers, no books, no junk mail, no plastic bags.

Limit per car: 100 lbs.

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Monroe Township Public Library

(Continued from page 18)

Educational Medicare Workshop

Friday, April 14 at 2:30 p.m.
Roderick Spann, a licensed Medicare specialist will discuss the top 5 mistakes people make on Medicare and how to avoid them.

This is an in-person presentation. Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Coffee and a Book

Tuesday, April 18 at 11 a.m.
Join us for a discussion about “Convenience Store Woman” by Sayaka Murata, a brilliant depiction of an unusual psyche and a world hidden from view. It is an ironic and sharp-eyed look at contemporary work culture and the pressures to conform, as well as a charming and completely fresh portrait of an unforgettable heroine. Please reserve a copy of this title and join us for a discussion! This is a hybrid program. Join us via Zoom or in person. Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Holocaust Remembrance

Day Guest Speakers

Tuesday, April 18 at 2 p.m.
“We Will Never Forget” on Holocaust Remembrance Day. Join special guest speakers, Holocaust survivor Paul Beller, along with Rabbi Shmuel Polin of Congregation Etz Chaim.

School Aid

(Continued from page 17)

Brunswick 16.1%, , and North Brunswick 42.4%. However, the predominant factor affecting Monroe’s receiving no Eq Aid is our senior communities.

It was interesting to see which other communities in New Jersey also receive no Eq Aid in 2021-22. Looking at those that enroll 3500 students or more, as does Monroe, one finds the following towns with ZERO equalization aid: Fort Lee Boro, Ridgewood, Teaneck, Moorestown, Livingston, Montclair, South Orange-Maplewood, Lawrence Township, Princeton, Wayne Township, Montgomery, Scotch Plains-Fanwood, Westfield, and Summit. All of these communities have few, if any, senior communities. A somewhat interesting observation about the state aid proposed by Governor Murphy for 2023-24 is that all of these districts would receive less aid than Monroe. Unless there is a major change in the funding formula adopted in 2008 for school aid, Monroe will continue to see incremental changes in its state aid.

The Monroe Board of Education held its Preliminary Budget Hearing on March 15 and the Final Adoption will be on April 26, when the budget for 2023-24 will be adopted.

This article has not been written at the request of the Board by a private citizen who served on the Board from 2013 through 2015.

Hosted by the Township of Monroe Human Relations Commission. This is an in-person event. Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Genetics & Cancer: Controlling Your Risk - Nurture vs. Nature

Wednesday, April 19 at 2:30 p.m.

Health educators from Rutgers Cancer Institute of New Jersey discuss how genetics may affect your cancer risk and steps you can take to protect yourself from the disease. This is a virtual event. Registration and email are required to receive Zoom login details. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Page Turners

Thursday, April 20 at 11 a.m.
Looking for something to read or add to your reading list? Library staff will present and recommend a variety of titles pertaining to a different topic, both new and old titles. The theme for this session is Books about Libraries/Librarians. This is a hybrid program. Join us via

Zoom or in person. Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000. If you wish to join us on Zoom, you must register with a valid email address.

Meet Your Sewing Machine

Thursday, April 20 at 6:30 p.m. OR Monday, April 24 at 3 p.m. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Sit-N-Stitch

Friday, April 21 at 10:30 a.m.
Socialize with stitchers & crafters of all skill levels. Bring your own supplies. This program is held in person. Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

All You Need is Love Book Club

Friday, April 21 at 11 a.m.
Join our modern romance book group to discuss “The Cactus” by Sarah Haywood. This is a hybrid program. Join us via Zoom or in person. Register at the

Regency Defibrillators - Do You Know Where They Are?

The Clubhouse is equipped with four (4) AED’s - the locations are as follows;

- Ballroom 2 - by the second set of doors
- Indoor Pool
- Fitness Studio
- Gym

The Tennis Pavilion and courts each have an AED - There is one (1) located in the Tennis Pavilion on the wall by the kitchen. The other is located on the walkway between the middle courts.

We also have one (1) at the outdoor pool and one (1) at the pickleball courts.

Become One of the Regency Reporter’s Valued Contributors!

Do you have a special interest?
Do you have information to share?
Do you love to write?
Why not join the Regency Reporter team?
We are always looking for new contributors!
The Regency Reporter would love to have you!
Contact Nina Wolff to discuss your ideas.

nwolff0325@aol.com

Regency Recycling Rules

For questions or concerns regarding recycling at Regency, please reach out to Republic at 732-545-8988.

Republic Services, our recycling company states that the following should be placed in the all-in-one recycling container.

- Paper – any paper, newspaper, junk mail, etc., as long as it is not contaminated with foodstuff.
- Used tissues, napkins and paper towels should be put in the trash.
- Cardboard – In addition to corrugated cardboard boxes, this includes the cardboard tubes from toilet paper and paper towels, cereal boxes, pasta boxes, tissue boxes (with any plastic removed), etc.
- Plastic – All recyclable plastic bottles and containers with numbers ONE through TWO. The types not allowed are plastic bags, even though many of them now have recycling symbols.
- Cans – This includes all metal cans including soda cans, soup cans, etc.
- Glass – All bottles and jars, of any color.

All the above types of containers should be rinsed out before you recycle them.

For items other than what goes in the recycling bins, you may contact the Department of Public Works on Gravel Hill Road.

Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Shade Tree Commission Seedling Giveaway

Saturday, April 22 from 11 a.m. to 2 p.m.

In recognition of Arbor Day 2023, the Monroe Township Shade Tree Commission is distributing free seedlings, while supplies last.

Meet the Musician: P.D. Brody

Sunday, April 23 at 2 p.m.
P.D. Brody is a mainstay of the NJ, PA, and NY music

scene, playing clubs, bars, and festivals throughout the area and beyond. Growing up in Hoboken, P.D. watched his dad play the local clubs and events. He knew, at a young age, that it was something he wanted to do. With a new album coming out in 2023, P.D. is going to play some of his originals, tell the stories behind them and share his process for writing music. This program is held in person. Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

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MIKE THE HANDYMAN – See my display ad in this edition. (732) 780-0468.

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ANNA’S HOME CARE – Certified professional caregiver is looking for live-in/live-out job in Monroe Township. Experienced, references. Driver’s license. Accepts long-term care insurance. Low prices. Private care option. Call Anna at (609) 917-4208 or (908) 337-7462.

PROFESSIONAL CARE-GIVER is looking for a live-in/live-out position in Monroe. Low prices. Call Lisa at (732) 715-0711.

Miscellaneous Services

BOB’S DOG WALKING and **DAY SITTING**. \$15.00 per 30-minute walk; \$15.00 per hour dog sitting at customer’s residence. Call Bob, (609) 819-1240.

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