

# REGENCY REPORTER

VOL. 20, No. 7, JULY 2023 - PUBLISHED MONTHLY FOR THE RESIDENTS OF REGENCY



The Pickleball Club's Mayor's Cup Team. Read all about their matches in the Pickleball Club article on page 20.

Photo by Tom Cullen



The Winners of the Men's Tennis Mayor's Cup are, of course, all from Regency! From left: Steve Brody, Dave Delman, Robert Nisenson, Dave Miers, Mike Nebel, Sergey Romanovsky, and Alan Rockoff. Missing are Eric Linder and Bob Schaffter. Read about their exciting matches in the Tennis article on page 19.

Photo by Tom Cullen



The Regency Ladies who Lunch are all smiles after their delicious luncheon and white elephant swap.

Photo by Sandy Newman



New Regency Hikers from left: Joe and Harriet Mesics and Luba Siodorenko at the ruins of the Kay's Summer House.

Photo by Doug Poye



Regency Women's Group Members had a swinging good time at the Celebrate the Guys in our Lives event.

Photo by Barbara Wilner



Regency Indian American Club members are having fun dancing to karaoke at IAG Got Talent.

Photo by Rajesh Kapadia



Read about The Regency Car Club's Fifteenth Annual Spring Cruise on page 12.

Photo by Fred Hollinger



The Ghats of Varanasi. See Jaya's article on Page 15 to learn more about Varanasi.

Photo by Jaya Gupta



# Up Close and Personal

By Barbara Bickel (\*\*)



### JULY BIRTHDAYS

1–Joan Blitz/Marcia Greenberg/  
Marvin Schutzer/Ken Stinger/  
Rochelle Wallach/Julie  
Weinberg  
2 - Leslie Rubenstein  
3–Howard Drescher/Linda

German/Phyllis Greenberg/  
Lilian Isaacs/Richard Katz/Ray  
Melcher/Linda Strauss/Annette  
Valerio  
4–Harold Balshem/Bruce  
Nyman  
5–Shirley Goodman/Nancy  
Mongon  
6–Louis Flumen/Jean Jacobs/  
Stuart Megibow  
7–Sue Carey/Cheryl Farrell/  
Allan Vogel  
8– Harold Cannato/Carlos  
Fuentes/Donna Glauber/Pnina  
Matlow/Jeffrey McGrory/

George Nirenberg/Mike  
Schiffman  
10–Ingrid Glanzrock/Kenneth  
Smolanoff/Marlene Spitalny  
11–June Charlop/Jackie Dwan/  
Cheryl Lindenbaum/Lorraine  
Tozzo/Larry Zinstein  
12–Debra Green/Elise Linden  
13–Howard Davidoff/Steve  
Greenstein/Jay Horowitz/Frank  
Molfetta/Bob Maloof/Sharon  
Scheckner/Myra Summers  
14–Alice Bury/Lovina Espiratu/  
Ed Hyman/Judy Schindler/  
Richard Smilowitz/Richard  
Vandenbrouck  
15–Michael Abatiello/Ray  
Connolly/Gloria Zammit  
16–Geri Garfinkle/Arlene  
Levine/Eva Mandelbaum  
17–Joseph Butthorn/Alan  
Meyer/Barry Panson/Richard  
Quinto/Cliff Sneyers/Cheryl  
Tosk  
18–Alan Datz/Larry Ehrlich/  
Shari Reiner/Robert Silverstein  
19–Linda Grossman/Gerry  
Guidice/Beth Ross/Sandy  
Zicheman  
20–Barbara Bigman/Joan  
DiDonato/Andrea Gall/Audrey  
Goldman/Rita Levy/Ira  
Matlow/Joy Rockoff/Fran  
Turnof  
21–David Berkowitz/Sybil  
Manzar/Sue Sabel  
22–Gary Green/Rheva Katz/  
Elliott Kominsky/Miriam  
Jacobs/Gary Roth/Sharon Siber/  
Bob Stevens  
23–Nai Chu/Michael Felice/  
Martha Frans/Lorraine Kaye/  
Vivian Leonardi/Janet Pine/  
Steven Riback/Deborah Rose/  
Jeanette Schoenberg/Sheila  
Strug  
24–Joseph Calvacca/Ping Eng/  
Joel Klausman/Sue Melcher  
25–Howard Kohn/Harry  
Leibowitz/Bibi Levine  
26–John Boccone/Sara  
Schoenfeld  
27 - Peter Palermo/Camille  
Rubino  
28–Phil Bracco/David Delman/  
Sheila Rudder/Morton Spector/  
*(Continued on page 3)*



Two of Regency’s Trustees, Dan Tanzi (left) and Gerry Guidice  
dished out the hot dogs on Hot Dog Day! Photo by Tom Cullen

## REGENCY REPORTER

Published by: Princeton Editorial Services, Inc.  
P.O. Box 70 Millstone Twp., NJ 08510  
732-761-8534 - pescmd1@gmail.com

EDITOR-IN-CHIEF: Nina Wolff  
EDITORIAL BOARD

Barbara Bickel	Laurie Lipper	Doug Poye
Louis Flumen	Sandy Newman	Cecile Spector

### EDITORIAL ASSISTANTS

Phyllis Carlinsky	Audrey Flumen	Arleen Panson
Jane Cooper	Marty Kornfeld	Mort Spector
Carol Herman	Carol Kortmansky	Linda Strauss
Sylvia Fleischer	Laurie Lipper	Allen Tinkler
	Sue Melcher	

### DELIVERY COORDINATORS

LINDA STRAUSS - 732-656-0140 • LOU FLUMEN 732-641-2495

### DISTRIBUTION:

Gary Austein	Carole Goldman	Les Langer	Vinnie Sequenzia
Norm Blumenstock	Hy Grossman	Harold Leibowitz	Bob Shumsky
Phyllis Carlinsky	Anne Haback	Laurie/Stan Lipper	Barbara Spilken
Carmine Carrara	Cheryl Hand	Linda Mail	George Steinberg
Paul Cibbarelli	John Healey	Jeff Malester	Jeff Strauss
Sandy Efron	Fred Hollinger	Roberta Nelson	Linda Strauss
Harvey Einstein	Micki Indursky	Sheldon Piekny	Dan Tanzi
Kathleen Fabian	Linda Kamins	Ellen Porges	Vinnie D. Valerio
Steve Farron	Joel Kaplan	Doug Poye	Neala Vogel
Lou Flumen	Bruce Kapp	Steve Rich	Arlyne Weber
Debbie Frimmer	Barry Kleinman	Shelley Roth	Eleanor Weisenberg
Doreen Genkin	Bill Langer	Mark Schwartz	Art Wilde

### ATTENTION CONTRIBUTORS

All materials for *Regency Reporter* are due on the tenth of the month prior to publication month.

### Please E-mail your materials to:

NINA WOLFF E-mail: nwoff0325@aol.com

Letters to the Editor: Publication of letters to the editor is at the discretion of the Editorial Board. All letters must be submitted with signatures.

Disclaimer: Unless otherwise stated, the articles contained within this paper are solely the thoughts and opinions of the authors, and do not necessarily reflect the views and opinions of the *Regency Reporter's* editorial board or Princeton Editorial Services.

Display and Classified Advertising — (732) 761-8534

Advertising Deadline: 14th of every month

### A Publication for The Homeowners of Regency

\*NOTE: *Regency Reporter* is published on or before the first of every month except for holiday months when the press reschedules to accommodate holiday closings. Issues usually affected are January, July, September, December.

This publication is not liable for any typographical or printing errors that may appear, including in its display or classified advertising, over the cost of the space of the advertisement. We only publish original editorial materials. We do not accept reprints or any materials downloaded from the internet.

The advertisements here are, to the best of Princeton Editorial's knowledge, accurate representations of the products and services offered. However, no endorsement by *Regency Reporter*, PES or any other party is intended or implied. Acceptance of all materials is at the discretion of the publisher.

WE RESERVE THE RIGHT TO EDIT ALL MATERIALS.

All rights reserved. No part of this publication may be reproduced or utilized in any form or by any means, without express permission in writing from the Editorial Board.

© 2023, PRINCETON EDITORIAL SERVICES

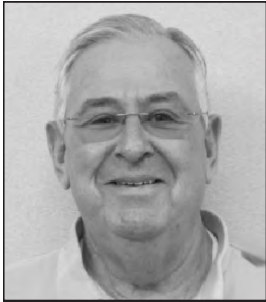
## A Note from Your Board of Trustees

By Richard Lans

We are well into summer and all our outdoor amenities are open and well attended. There are still several weeks ahead of us. Please continue to use our reservation system because the use of this information helps the Board in making decisions. Also, we always appreciate your opinion. You are encouraged to attend our monthly Board meetings where your voices are loud and clear. Also, the Board president holds his “one on one” every month. In addition, Management is always available. We want to hear from you. Please take advantage of these options.

The Board election has been moved from June to July 12. There will be a candidate’s night on Thursday, June 29. Resumes for all the candidates are available in last month’s (June’s) *Regency Reporter*. There are four open Board positions, we are sorry if there was any confusion, but we want to get it right. Good luck to all who have signed up.

Regarding the expansion of the pickleball courts, permits are still being processed.



Assuming this will be resolved ASAP; work should commence by August and be completed this year. There are other projects under consideration. For more details contact our Management office

Once again, we are being faced with drought conditions. Management is aware and will be implementing appropriate protocols to get through the season. The best bet would be to get substantial rain but it doesn’t seem likely.

Safety continues to be an issue at Regency, now that we are fully built out, traffic has increased. There is an increase in business traffic. Walking in the streets is too risky. Please walk on the sidewalks. This is for your own good and we want to keep our residents safe. Stop signs are just that. STOP and do not roll through them.

Enjoy yourself and take advantage of all that is available to you.

## Title 39

### From the Community Manager

Title 39 – Ordinance No: O-5-2023-017 has been passed by Monroe Township granting Regency at Monroe Title 39 status. So, what does this mean for our community? Title 39 gives the Monroe Police Department the authority to ticket vehicles for traffic violations on our private roadways. As such, we would like to remind residents of the following:

- No person shall park, stop, or stand a vehicle in front of a fire hydrant, driveway, or within 25

feet of a crosswalk or sideline of a street.

- Vehicles must come to a complete stop at intersections marked with a stop sign.
- Drivers must obey the posted speed limit of 25MPH.
- Vehicles may not park or stand in a way as to obstruct or impede the normal flow of traffic, block entrances or exit ways, grassy areas, pedestrian walkways, or present in any way a safety or traffic hazard.

## HOA Events

July

Monday, July 3 -

Fourth of July

Saturday, July 8th – Dancing with the Stars Ballroom Event

Friday, July 14 – Bee Gees Tribute Band

Sunday, July 16 – Pinewood Derby Car Race and Lunch/

Grandkids too!

Sunday, July 30 – Coffeehouse Experience

## 2023 Public Board Meeting Schedule

All Public Meetings will be hybrid

Held in the Clubhouse Ballroom and via Zoom @ 6:30pm

Wednesday, July 12, 2023

Wednesday, August 9, 2023

Wednesday, September 13, 2023

Wednesday, October 11, 2023

BUDGET PRESENTATION

Wednesday,

November 16, 2023

Budget Presentation if not previously approved in

October

December 2023

Wishing everyone a joyful holiday season and Happy New Year

## Letter

May 17, 2023

Regency Culture Club

Dear Culture Club Members,

On behalf of the recipients of your generosity and kindness, please accept my profound appreciation for your endless support of the Monroe Township Food Pantry. The Regency Culture Club’s exceptionally charitable donation from the May 13 Food Drive is astonishing!

The bountiful carloads of food delivered were incredible and extremely commendable. Your group’s boundless support and dedication to this very worthy cause is beyond admirable. The families in our community who benefit from our assistance are humbled by the thoughtfulness of individuals and groups such as you. We are so grateful for your partnership in helping our neighbors in need and truly making a positive impact on the lives of our community.

We are truly grateful to the Regency Culture Club members for their commitment and kindness in helping replenish the supply of food to ensure all residents in need have access to

nutritious food. Your devotion to our mission is exceptional and we value your compassion. You are all very special people, and we deeply cherish your benevolence and thank you so much for caring.

With gratitude,  
Nancy Harrigan,  
Director

### Thank You Notes

To everyone who visited, sent cards, donations, and food. THANK YOU! Your support is greatly appreciated.

Sandy Stollar and Family

### Condolences

The Editorial Board of the Regency Reporter and the entire Regency community send sincere condolences to Risa Jarvis and Family on the loss of her beloved mother Geraldine Vogel, to Sandy Stollar and Family on the passing of her beloved husband and our dear friend and neighbor Jerry, and to Cynthia Weintraub and Family on the recent loss of her beloved husband and our dear friend and neighbor Zachary.



# Regency Hikers Wrap up Spring Season



By Doug Poye

The Hikers enjoyed great weather in their hike along the Black River from the historical Cooper Mill (1826) with its 16-foot waterwheel to the Kay family's summer house. The day was cool...perfect for hiking. The Black River is a swiftly flowing stream with clear water, which provided a nice babbling sound as we hiked along its banks. The trail passes a fenced area containing abandoned iron ore mines and leads to a pond created by a small dam across the river. Back in the 1920's the Kay's had an electrical-generating plant at the dam to provide electricity for the Kay Estate. Elizabeth Donnell came from a wealthy Philadelphia family and in 1918 married Alfred Kay, a stock broker originally from Pittsburgh. They created an estate outside of Chester, New Jersey where they spent spring, summer, and autumn; winters were done in Florida. Mrs. Kay had a passion for nature and willed the estate to Morris County to serve as an environmental center and to save it from development.

Crossing the river on a small bridge, we made our way to the ruins of the stone summer house that the Kay's built on the banks of the river. They had a dam built to create a swimming hole; one can see steps leading down to the pool from the interior of the home. The small structure was the site of summer parties during the 1930s; on our visit it served as a spot to enjoy our lunches. The dam creates a nice waterfall so that the river can continue through the gorge and eventually join the South Branch of the Rar-

(Continued on page 4)

# Fruits of Our Lives (Not the Pits)

By Christiana Barone

WOW! What a month of wonderful news. We have grandchildren's achievements, grand babies, great-grand babies and newlyweds, all grandchildren of our friends/neighbors. We are so lucky to enjoy these wonderful events.

## ACHIEVEMENTS

**Carol and Kieve Kortmansky** have had reason to celebrate so many wonderful things the last few weeks: their grandson, **Matthew Lupiano**, graduated from Indiana University with a BA in Sports Management, their grandson, **Royce Nelan**, graduated from SUNY at Binghamton with a BS in Financial Economics, their granddaughter **Samantha Stein** graduated with her Master's Degree in Finance from Marywood University, their grandson, **Andrew Kortmansky**, was accepted to the University of Wisconsin School of business, and their granddaughter, **Erica Lupiano**, has been admitted to the RWJ School of Medicine at Rutgers University.

**Marcia and Art Cooper** are proud to announce their granddaughter, **Sarina Piccirillo**, has been inducted to the Lake Travis, Texas chapter of the National Junior Honor Society. Membership is based on Scholarship, Service, Leadership, Character, and Citizenship.

**John and Kathy Toth's** granddaughter, **Kiera O'Sullivan**, has been inducted into the Phi Beta Kappa Honor Society at Hofstra University. A week later, she was notified that she was awarded a full scholarship to their Law School. They are proud of the hard work and study that has earned **Kiera** these rewards.

## BABIES

**Flora and Marty Feldman** became great grandparents when **Lindsay** and grandson-in-law **Andrew** had a baby girl, **Remi Mae**, 6 pounds, 18.5 inches, on May 18, 2023.

**Lance Greenberg** is proud to



announce the arrival of his first grandchild, **Stella Viviane Gaman**, daughter of **Alex Gaman** and **Lara Greenberg**. She was born on June 7, 2023.

**Marilyn and Sam Krawet** are thrilled to announce the birth of their great grandson, **Zachary Brock**, to the proud parents, **Marisa and Chris Senecal** on April 2, 2023. They reside in Springfield, Massachusetts. Marilyn and Sam cannot wait to meet **Zachary**.

## MARRIAGE

**Shelly and Marvin Schwartz** joyfully announce the marriage of their granddaughter **Jennifer Neidle** to **Robert Rubinstein** on May 6, 2023.

A Special Note To All Newcomers To Our Community

If there are any new additions to your family, an engagement/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 magically it will appear in our community 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).

## MONROE DENTAL GROUP

Comprehensive Dental Care  
**609-655-3551**  
[www.monroedental.net](http://www.monroedental.net)

**New Patients Welcome**

- General & Cosmetic Dentistry
- Implant Dentistry
- Digital Radiography
- Emergency Dental Care

Adam Klein, DMD  
Amanda Thompson, DMD

18 Centre Drive Suite 102, Monroe Twp, NJ  
Located right off Applegarth Road

**51 Turnberry Drive, Monroe**  
**JUST LISTED \$675,000**

**14 Riviera Drive, Monroe-SOLD**  
**Represented Buyer and Seller**

**171 N. Masters Drive, Monroe**  
**AVAILABLE \$1,199,000**

**SHERYL SIEGEL**  
Realtor-Associate

m: 917.783.4093  
o: 732.946.9200  
[sheryl.siegel@sothebysrealty.com](mailto:sheryl.siegel@sothebysrealty.com)  
Holmdel Office - 38 Main Street

Real Estate licensed in  
New York for 40 years.

Sotheby's International Realty™ is a licensed trademark to Sotheby's International Realty Affiliates, Inc. Each Office Is Independently Owned and Operated.

# Up Close

(Continued from page 2)

Randy Steinberg/Linda Wallman  
29-Peter DiGiacomo/Fern Drescher/Mary Grisancich/Shelly Schwartz/Janice Vandenbrouck  
30-Antoinette Butthorn/Eli Castellanos/Dawn Guidice/Gita Master/Mort Pullman/Mark Schwartz/Steve Seidell/Robin Smulofsky/Deborah Stuby  
31-Gloria Silverman

## JULY ANNIVERSARIES

1-Kathleen & Carl Schiano  
2-Barbara & Mark Engel/Judi & David Schlesinger  
3-Cheryl & Michael Abatiello/Judy & Carmen Barcellona/Helene & Jeff Scherling/Kathy & John Toth/Marcia & David Zajac  
4-Harriet & Norm Blumenstock/Karen & Dinesh Gala/Elise & Ivan Linden/Susan & Gerald Post/Elise & Howard Shein/Rita & Harry Wasserstein  
5-Agi & Richard Frank/Elaine & Leonard Mongelli/Linda & Steve Strauss  
6-Judi & Neil Zipkin  
7-Ellen & Steve Baliff/Judith

& Ralph Folkes  
9-Nina & Paul Guinello/Vivianne & Gary Roth  
10-Pat & Michael Trapani  
11-Marta & Fabio Berkowicz/Rae Jean & Bernie Ghee/Wendy Mamet & Allen Glassman  
13-Barbara & Carmen Verderosa  
14-Lori & Sheldon Piekny  
15-Gina & Martin Glazer/Sonya & Gene Radinsky/Johanne & Thomas Sikorski  
16-Ann & Howard Schwartz  
17-M. Esther & Jesus Johnson  
19-Elaine & Carmine Carrara  
20-Claire & Eli Castellanos/Marissa & Larry Mazzuchetti/Joanne & Frank Ruggiero  
23-Sharon Musso Conti & Joe Conti/Giovanna & Marco Cristino  
25-Margaret & John Lewis  
26-Les & Dave Offenberg/Helene & Jeffrey Rosenbaum/Marsha & Mark Schwartz  
27-Marsha & Richard Ullo  
29-Donna & Bud Keller  
30-Nanci & Glenn Tringali  
31-Ellen & Alan Buxbaum/Linda & David Mail  
(\*\*) Are your special dates listed or are they incorrect? Let me know so that they can be fixed. Thank you. BB

**Before** **After**

**Before** **After**

## Don't Step Over Your Unused Tub Anymore

**FIVE STAR**  
bathsolutions™

**FIVE STAR**  
bathsolutions™

- Beautiful, 5 Star Craftsmanship
- Modern, Easy to Clean Materials
- 100% Waterproof For Life
- 1-2 Day Install Options
- Full Lifetime Warranty

**Limited Time**  
**\$1000 Off**

[www.FiveStarBathSolutions.com](http://www.FiveStarBathSolutions.com) **732-289-9036**  
**#13VH12604800** **908-420-3597**



### Exceptional Service, Extraordinary Results

Renee is a full-time Broker Associate and senior real estate specialist (SRES), specializing in listing and selling homes in Active Communities. Renee is a Monroe resident and has worked for 19 years in Monroe's Active communities. Offering white glove service at every price point. Call Renee today for a complimentary consultation of your home.



**Renee Dipierro**  
Broker Associate, SRES®, CRES

m. 908.216.4892  
o. 732.946.9200  
e. renee.dipierro@sothebysrealty.com

Holmdel Office | 38 Main Street

NJ REALTORS Circle of Excellence®, 2006-2021  
NJ REALTORS®, Distinguished Sales Award 2016

Sotheby's International Realty is a licensed trademark to Sotheby's International Realty Affiliates, Inc. Each Office is Independently Owned and Operated.



Heritage  
House



Sotheby's  
INTERNATIONAL REALTY



Regency Hikers knelling, from left: Mark Greenstein and Jeff Pike; standing from left: Lance Greenberg, Bonnie Greenstein, Ron Kane, Johanne Sikorski and Charles Kaufman on the headwaters of the Passaic River.

Photo by Doug Poye

**Regency Hikers**

(Continued from page 3)

tan River. Along the trail, various wildflowers bloom at different seasons: purple wood violets, yellow trout lilies, aster, jewelweed, as well as several others.

During this hike we were treated to a wild orchid growing alongside the trail. The blooms are small but have the classic shape and color of some cultivated orchids. As we returned to our cars, everyone admitted that it had been a good hike along a beautiful river.

Great weather again provided for another beautiful day for hiking in Tatum County Park, located in Middletown Township in Monmouth County. As our 20 members traversed the first phase of this hike, we found ourselves walking in a forest containing majestic poplar trees. These giants of the eastern United States are also known as tulip trees as the shape of their leaves resemble a tulip. In spring the trees often have an abundance of creamy yellow flowers of which we were fortunate to see a few specimens. Leaving the forest, we walked on the side of a meadow observing and hearing a myriad of birds as well as the early stages of the milkweed plant. These plants are critical to the survival of the monarch butterfly, which suggests that one could come here later in the summer to see these beautiful creatures fluttering over the meadow. Returning to another forested section of the park, we found ourselves hiking up and down rolling hills before returning to the meadow. As we made our way back to the car lot, the trail twisted and turned but provided a chance to see several colorful wildflowers. The “icing on the cake” for this hike was a quick visit to Deep Cut Gardens, located directly across the road from Tatum Park. The gardens were built on an estate once owned by Vito Genovese who ventured out to New Jersey whenever he wanted to “escape” the congestion of New York City. While there, we took in a koi pond, several large and unusual twisted pine trees, and the parterre that was ablaze with a variety of roses. This relatively unknown gem of a garden is maintained by the park department of Monmouth County as well as volunteers who work hard to provide a scenic experience for anyone desiring to visit at almost any time during spring, summer, and fall.

The most challenging hike of the season happened in the Delaware Water Gap when we hiked the flank of Tammany Mountain along the Dunnfield Creek Trail and returned on a portion of the Appalachian Trail. The Creek Trail provided the sights and sound of a mountain stream rushing downhill to join the Delaware River. With the recent dry conditions, the stream was not as wondrous as we have seen in the hikes of past years. Additionally,

(Continued on page 5)



**COMPREHENSIVE , COSMETIC & IMPLANT DENTISTRY**

## AT FIORENTINI FAMILY DENTISTRY, YOU'RE MORE THAN JUST A PATIENT... YOU'RE FAMILY.

**At Fiorentini Family Dentistry, we are proud to be meeting and exceeding all guidelines in order to keep you safe and to continue to provide you care!**

**We have equipped our office with:**

- Ultraviolet sterilization in the HVAC system
- Medical grade HEPA filter in every room
- Air scrubber in waiting rooms
- Virtual waiting room
- Teledentistry
- Additional sterilization and PPE

**Accepting New Patients and Emergencies**



**We provide the following services:**

- Implants
- Crowns in a Day
- Dentures and Repairs
- Sleep Apnea Therapy
- Veneers
- Tooth Whitening
- Root Canal Therapy
- Periodontal Therapy

**Call Today to Schedule a Complimentary Consultation**

294 APPLEGARTH ROAD, SUITE H, MONROE TOWNSHIP, NJ 08831

PH 609.655.1023      WWW.FIOREFAMDENT.COM



**YES!**  
**We're open!**



# Men's Club Happenings



By Steve Rich, President

Welcome to the month of July. It seems that I just wrote last month's June article a few days ago. Summer is upon us and began last month on June 21, the Summer Solstice. Everything here at Regency is in the summer mode. All of our outdoor amenities are in full function and being enjoyed by our residents. In addition to the amenities here at Regency, we also now have a new off the premises Softball League, which started up recently.

In July, our Entertainment Committee will meet on Saturday July 1. The month end meeting will be held on Sunday, July 30 and the speaker will be Dr. Ahmad Siddiqi, speaking on the topic of robotics and hip and knee replacement surgery.

As mentioned in the June *Regency Reporter*, the process of our semi - annual Men's Club Elections began last month with notices to all of our members requesting any volunteers interested in any Board positions, to contact us. Positions are for two year terms, which begin on Sep-

tember 1, of 2023 and will end on August 31, 2025. In addition to this, the current Board members have also made their suggestions of who, in their opinion, would be good candidates for the upcoming Board positions. The results of this process will be discussed and determined by the end of July. The individual responsible for the election process is Bob Isaacs, whose position is Chairman of the Election Committee. The other item that was mentioned in the June *Regency Reporter* was the long needed revision to our Men's Club By-Laws. The revisions were suggested by the Executive Board and ultimately voted on and then finalized.

Two events that will be taking place in the month of July are the Ellis Island/Statue of Liberty trip on Friday, July 21 and the Somerset Patriots game on Friday, July 28. Both of these trips are local and will be by car. All information is available on flyers in the Clubhouse, Ron Post emails, and also the First Service Blast.

If you have any questions, please contact Steve Rich or Shelley Piekny whose numbers are available in the new edition of the Regency Telephone Book. If you are interested in a Men's Club membership, applications are avail-

(Continued on page 7)

# The Regency Women's Group



By Barbara Wilner

The Women's Group June 4 Celebrating the Guys in our Lives evening was a celebration for all! Our Board and Committees worked overtime to provide the 350 in attendance with a well-planned and special event. Tuscan served a bountiful BBQ buffet over six stations and with so many servers, all moved quickly. The room looked great. Unique Musique's DJ and Emcee kept us partying all night. We thank so many for your thanks and kind words. We all had a ball!

We look forward to our sold-out Canasta Tournament in July. Planning for this always popular day is well underway. By the time this is received we will be having the sign-up for our August meeting, where we will be welcoming film critic Dan Hudak. So many fun times ahead!!

As you have read, we are asking our members to let us know which charities are important to you. Those requested will at least get a donation, if not be selected as 50/50 meeting raffle recipients. Please contact Barbara Wilner with your wishes. Her number can be found in the new Regency Directory.

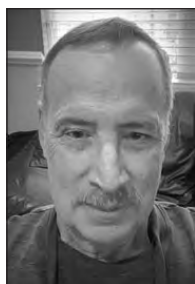
As a reminder, for those who have not as yet joined, dues for 2023-2024 are payable now.



Unique Musique's DJ and Jeff Burns hamming it up! Photo by Barbara Wilner

Please leave your \$30 check payable to Regency Women's Group in the lower mailbox of Elaine Robin (127 Country Club). Looking forward to having you join us for all we are planning.

Till next time...



# The Wine Club

By Sheldon Opperman

Exploring the World of Varietal Wines

The Wine Club met in May for the opportunity to taste a selection of varietal wines from many different countries. Varietal wines unlike blended wines are made predominantly from a single grape variety. Our journey began with a Riesling Kabinett from Germany. Germany is known for

its exceptional Rieslings. This wine was well balanced with floral notes and a touch of sweetness. Next on the list was Fiano di Avellino from the Campania region of Italy. Crisp acidity and mineral overtones complimented this wine's full bodied texture. Our next stop was Sicily for our first red wine of the evening, Nerello Mascalese from the volcanic soils of Mount Etna. The wine had an elegant struc-

(Continued on page 8)

## The Best Hands In Real Estate!

**Cheryl Hand**  
**Broker/Sales Associates**  
**732-598-0355 (Cell)**  
**732-536-3268 Ext. 132**  
*Cheryl.Hand@bhhsnj.com*

*Thank You  
For Your  
Referrals!*

**THIS HOME CANNOT BE DUPLICATED AT THIS PRICE!**

**Prestwick With Loft**  
**\$779,000**

**2 Memorial Court**  
**Built in 2008**  
**Hardwood Floors-Front Porch**  
**All NEW Appliances**  
**2-Story Entry & Great Room**  
**Amazing Backyard**  
**Awning-Firepit-Waterfall**  
**Cul-de-Sac Location & Front Porch**

**CALL ME TODAY TO SCHEDULE YOUR PRIVATE SHOWING**

**BERKSHIRE HATHAWAY**  
HomeServices

**New Jersey Properties**

Prudential New Jersey Properties is an Independently Owned and Operated Member of The Prudential Real Estate Affiliates

# Regency Hikers

(Continued from page 4)

the fording of the stream, which often proves challenging and foot-wetting, was much easier this time. After crossing, we switched to the Holly Springs Trail that makes its way up a long ridge before intersecting with the Appalachian. Using it to return to our cars, we found the hiking easier as it was mostly downhill and well-trodden. The 13 in our group expressed their sense of accomplishment and pleasure from our hike in the Water Gap.

We completed our spring season in June and will return to the trails mid-September. Anyone wishing to join us and see some of "natural" New Jersey in the fall should give me a call to have an email address added to our list.



# Franklin Pharmacy

557 Englishtown Rd., Monroe, NJ 08831  
 Corner of Englishtown Road & Union Hill Road  
**(732) 446-5445** **Free Delivery Service**



**Medicare Part B for Diabetes Patients**

**Count on us!** We make it easy to get your diabetes supplies!

Just show your Medicare Part B card to our pharmacists and we will take care of the rest!

We are an accredited Medicare Part B Pharmacy.

**NOW our trained pharmacists offering Custom Compound Medications for you and your pets.**

We accept most insurance plans

**No insurance? No problem! Check our discounted prescription prices!**

**Offering the Most Competitive Prices for Generic Medications!**

Please call us or stop by the store for more details.

**We Offer Flu, Pneumonia, Shingles and COVID Vaccines.**

Please call in advance for vaccine availability.

- 24 Hour Emergency Prescription Service
- Free Blood Pressure Testing
- 50% off Designer Greeting Cards
- Medical Supplies
- Russell Stover Candy
- Full Line of Vitamins

**10 % Off**  
 Any non-prescription purchase with this coupon  
 Franklin Pharmacy





# The Regency EREA Dim Sum Experience

By **Martin Feldman**

Dim Sum literally translated means touch the heart. I have also heard it described as the Chinese version of Spanish Tapas. Really the only similarity is that both are designed to be shared with others in your group, giving everyone a taste of a large variety of dishes. The phrase *yum cha* means “to drink tea.” Taken together, dim sum is a meal of small dishes served with tea comprised of a collection of savory and sweet tastes from a variety of steamed and fried buns, dumplings, and rolls. For our tea lunch, Jasmine tea was chosen. Also customary at the traditional tea lunch, tea refills are obtained by propping

the lid up on top of an empty teapot. In my personal and business travels I have been fortunate to have eaten dim sum in Beijing, Shanghai, Hong Kong, Singapore, Kuala Lumpur, Bangkok, Vancouver, San Francisco, Fort Lauderdale, East Brunswick, Marlboro, a myriad of smaller towns and cities and, of course, New York City. I have eaten it for breakfast, lunch, and dinner and savored each experience. This is one of the reasons, besides numerous requests, to repeat an EREA event six years later (we did a tea lunch at Sunny Palace, now closed, about six years ago). There are literally hundreds

of different types of dim sum. When you think of the many different combinations and permutations of pork, shrimp, vegetables, sweet, savory, skin type (for dumpling), fried, steamed, and on and on, you can imagine the wonderful variety of dishes that can be offered. Everything from shrimp dumplings to steamed chicken feet, from fried turnip cake, which is made from grated turnips combined with dried shrimp, mushrooms and Chinese sausage, (in the dim sum restaurant, turnip cake is typically sold by attendants pushing hot griddles on carts who freshly prepare each dish to order before serving

(Continued on page 7)



Regency diners eating dim sum.

Photos by Marty Feldman

# Parker

we make aging part of life ®

## We're Accepting New Admissions for our Nursing & Memory Care Homes

Meeting all the state's infection control requirements for senior living communities

Call and ask how we keep your loved one safe in our care.

**Parker at Monroe**

395 Schoolhouse Road • Monroe Twp, NJ 08831

[Parkerlife.org](http://Parkerlife.org) | 732-992-5200 |



The Regency Dim Sum Experience.

# IT'S TIME TO TAKE THE NEXT STEP WITH A KNEE REPLACEMENT

**When you know what to expect, you can move forward with confidence.**

If you've considered knee replacement surgery, but have concerns about taking the next step, let us ease your mind. At Penn Medicine Princeton Medical Center, we provide comprehensive education, so you'll know exactly what to expect before, during and after surgery, including safe, effective pain management. The expert surgeons at our Center for Joint Replacement offer multiple treatment options, including minimally invasive procedures. Together, we'll work to choose the best treatment for your unique needs. All this and more – backed by the strength of Penn Medicine. **Learn more at [PrincetonHCS.org/JointReplacement](http://PrincetonHCS.org/JointReplacement).**

**Center for Joint Replacement**

**Penn Medicine**  
Princeton Medical Center



# EREA

(Continued from page 6)

with oyster sauce), to sticky rice wrapped in lotus leaf (one of my favorites). Typically the dim sum arrives on push carts with steam tables or hot griddles, in bamboo steamers or small plates and classified as small, medium or large with most costing no more than a few dollars apiece. Some local restaurants offer limited varieties ordered off a menu and then brought out of the kitchen.

For our Regency Experience we simplified the process by pre-ordering a variety of dim sum; dishes that would satisfy the dim sum enthusiast as well as those being introduced to it for the first time. We were treated to thirteen dishes with the following breakdown: four steamed (three dumplings, one bun), three pan seared (one vegetable cake, two shrimp stuffed vegetables), four fried (three dumplings, one dessert), two baked (one bun, one tart). Since dim sum is a meal best shared and enjoyed in the company of family and friends, we had an ideal situation at the Crown Palace Restaurant in Marlboro. Ninety Regency neighbors and friends, old and new, sat at round tables, each with a traditional Lazy Susan in groups of 10-12 in our own private room. When all were present, the wait staff started bringing out the Jasmine tea, and the pre-ordered dim sum dishes. Some diners opted to dip their dumplings in soy sauce, or spicy chili oil or both. Looking around the room it was easy to tell that everyone was enjoying the ambience, the food, and the camaraderie.

As one of the goals of the EREA is to introduce people to new cuisines and new dishes that they would most likely not attempt on their own, it was gratifying to see that so many of the participants were already acquainted with dim sum; a testimony to the other EREA goals: getting old and new friends together and sharing a Regency experience. The June tea lunch was touted as a mid-summer celebration of the Year-of-the-Rabbit (so we missed Lunar New Year by five months), and although the EREA will try to choose a BYO restaurant for its events, Crown Palace was not BYO. However, several diners felt that besides tea

## Men's Club

(Continued from page 5)

able in the Clubhouse. Also, a listing of the events that have been booked thus far in 2023 is available on our Calendar in this issue of the *Regency Reporter*.

### Men's Club Events Calendar\*

- Friday, July 21 – Ellis Island/ Statue of Liberty
- Friday, July 28 - Somerset Patriots Game
- Friday, August 11 – Monmouth Park
- 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

for a mid-summer celebration of the Year-of-the Rabbit, something stronger was appropriate and were promptly accommodated by the Crown Palace bartenders. With or without cocktails, a good time was had by everyone.

Remember, the Regency EREA is open to all Regency residents, singles and couples, no membership dues, no commitment to dinners other than those you wish to attend, always first come first served (many restaurants have limited capacity). Our next dinner, date in September TBA, will be at a restaurant being researched at the time of writing; details will be found on Weekend Update, on Ron Post, and on the Club Blast, as they become available. For additional information please call me.



Steve & Wendy, Your Regency Neighbors

Planning to buy or sell a home in the near future?

Call Steve & Wendy!

Everything we touch turns to SOLD!



Stephen Kotula, Sales Associate

Cell: 732-492-3441

Email: stephen.kotula@yahoo.com

www.cbmoves.com/stephen.kotula

Wendy Feinberg-Kotula, Sales Associate

Cell: 732-598-5343

Email: wend56@aol.com

www.wendyfeinberg-kotula.com

Call us for all your real estate needs. We look forward to assisting you!

335 Rt 9 South, Manalapan, NJ 07726 | Office: 732-462-4242 | Owned & operated by NRT LLC

## DO YOU HAVE ANY OF THESE SYMPTOMS?

- ✓ Numbness
- ✓ Pain when you walk
- ✓ Sharp, electrical-like pain
- ✓ Burning or tingling
- ✓ Difficulty sleeping from leg or foot discomfort
- ✓ Muscle weakness
- ✓ Sensitivity to touch

## YOU MAY HAVE

### CBD OIL TREATMENTS NOW AVAILABLE!

CBD oils have shown successful results treating patients with inflammation, muscle, joint, and nerve related pains. CBD is especially promising due to its lack of intoxicating side effects like other pain medications. The AllCure team will incorporate CBD treatments into your rehabilitation program, maximizing patient results. Please call us today and we will be happy to answer any questions!

AllCure

SPINE & SPORTS MEDICINE

732-521-9222

350 Forsgate Drive  
Monroe Twp., NJ  
08831

allcurespineandsports.com

We accept most major insurances & Medicaid!

INTERVENTIONAL PAIN MANAGEMENT • SPORTS MEDICINE • ACUPUNCTURE • PHYSICAL THERAPY  
CHIROPRACTIC SERVICES • POST-SURGICAL REHABILITATION



## PERIPHERAL NEUROPATHY

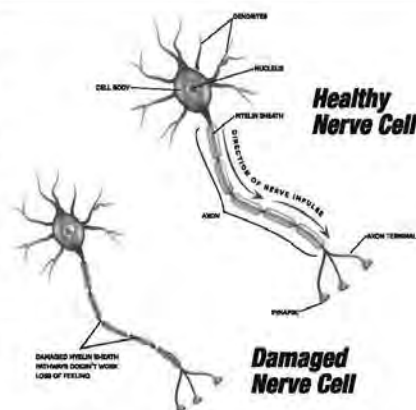
Peripheral Neuropathy is a condition that affects millions of Americans, commonly resulting in pain, tingling, numbness, and other painful symptoms in the hands, legs and feet. This pain changes your life and affects how you work, how you play and how you live.

### NEW FDA-CLEARED TREATMENTS PROVIDE HOPE

AllCure Spine and Sports Medicine is pleased to announce their new program for treating Peripheral Neuropathy, which includes a combination of advanced FDA-cleared treatments with breakthrough technology that aids in healing the damaged nerves. The effects of this program can be felt on the first few visits. This treatment restores, stabilizes, and rebuilds the nerves in your extremities. Treatment has also been effective in addressing painful symptoms of arthritis, MS, and other forms of chronic pain. Patients generally feel relief physically throughout the treatment period and even feel better emotionally after experiencing a reduction in pain.

### HOW DO YOU KNOW IF YOU HAVE NERVE DAMAGE?

Peripheral neuropathy is the consequence of damage to your peripheral nerves. There are over 100 different kinds of peripheral nerve disorders or neuropathies – some are the result of a disease like diabetes, while others can be triggered by a viral infection. Still others are the result of an injury or compression on the nerves. No matter where the problems begin, it is imperative nerve disorders are resolved as soon as possible to prevent permanent damage. Many people suffer with pain for years, not realizing that their symptoms may be due to Peripheral Neuropathy. Symptoms start gradually, then get worse, including numbness, burning or tingling sensations and sharp, electrical-like pain. Treatment options have been limited to a small assortment of pain medications, which can lead to further issues. Ignoring the problem or masking the symptoms has never been a viable solution. If you suffer from any of the aforementioned symptoms, we can help.





**Why settle for less? Get the BEST!**

Regency Expert

5-Star Reviews!

Adult Community Specialist



SCAN THE CODE TO FIND OUT WHAT YOUR HOME IS WORTH!

Your Regency Listing Specialist



**SUZANNE "SUE" NADWODNY**  
Broker Associate  
C: 609.313.4864  
Sue@LevinsonERA.com



**HomeSalesBySue.com**  
349 Applegarth Road • Monroe Twp. • Office 609.655.5535  
Each ERA® Office is independently Owned and Operated

**The Regency Scrabble Club**

Join us for Scrabble each Monday at 1 p.m. in Ballroom 3 and Thursday at 7 p.m. in the Multi-Purpose Room. All ability levels welcome. For information, contact Linda Litsky linlit32@gmail.com • 732.492.0921

**Physical and Occupational Therapy at Your home**

Therapeutic Rehab LLC providing FREE Physical and Occupational Therapy services at your home.

**Our services include:**

- Manual therapy and massage to decrease muscle spasms and pain in your joints including upper and lower back.
- Therapeutic exercise to build your strength and endurance
- Exercise to support and build up your cardio-vascular system
- Exercise to improve your balance and decrease risk of falling.


A therapist will come to your home to create an individual program designed to serve your specific needs. Our therapists are regularly tested for COVID to prevent any possibility of spreading virus.

**This service completely covered by Medicare and other insurances, so you don't have to pay anything.**

**PLEASE CALL**

**Greg Koval OTR/L**

**AT 917-656-6757**



**The Cocktail Revolution Club**

By Barbara Winograd

On July 6, a full house came together in the Tennis Pavilion for an evening of festive merriment as we enjoyed rum cocktails at the latest meeting of the Regency Cocktail Revolution Club. Rhum, Rom, or Rum can be of English, Spanish, or French origin. In fact, almost every region and continent has its own version of rum without the strict regulations of other spirits. Thus, rum is known as the “Wild West of Spirits.” Rum is a distillate of sugarcane, with the most sugarcane being harvested in the Caribbean nations. Light rum is distilled and placed right in the bottle. Dark or golden rum is aged in barrels. Aged rums are a blend of different ages and are labeled based on the youngest distillate with five years being a common blend.

In addition to sampling cocktails, such as Rum Paloma, Rum Runner, Zombie, Cherry Vanilla Colada, Watermelon Cooler, and Dark and Blackberry Stormy, the happy revelers were treated to delicious accompaniments. Coconut shrimp, chicken tenders, rum balls, and Ambrosia were definite crowd pleasers.

To cap off the festivities, each table was challenged to create their own concoctions from a wide variety of mixers, juices, spices, and infusions added to a large selection of rum-based spirits. The competition was judged by Travis of Yorktown



*The Cocktail Revolution Club featured Rum at their latest meeting. Above: Rum Cocktails to Sample and, right, Entries in the Blind Tasting Competition.*



**Photos by Barbara Potasky**

Liquors and the leaders of our group, Barbara Potasky, Karen Calder, and Georgette Bruno. The blind tasting rewarded the creativity of the cocktail, balance of ingredients, and the choice of a name. A noisy group of mixologists teamed with their table to craft a signature cocktail. The winning libation was “Rock Your Socks Off with The Rockin’ Regency Cocktail.”


As the first six months of this hugely popular club came to an end, first come, first serve applications to join were collected on the evening of June 12 in the Clubhouse. The next meeting of the Regency Cocktail Club will

feature frozen cocktails capped off with a barbecue spread. We are looking forward to summer and our next symposium - the Greek term for drinking together in a sociable way. It will be held on Tuesday, July 11.

**The Regency Poker Club**

By Frank Gottlieb

The Regency Poker Club held a Texas Hold’Em Tournament on May 22. It was a splendid event and an exciting time was had by all the players. Pictured here are the tournament winners from left to right: Vlad Zaltsman, Ira Finkler, and Nolan Epstein. We are currently planning our next tournament, which will be held Monday, July 31 in the Clubhouse. In order to accommodate requests made by community residents, we will be reducing the entry fee from \$140 to \$100. We hope that this will increase participation. Please join us for a fun and exciting evening. If you have any questions, please contact Frank Gottlieb.



*The tournament winners from the May 22 Texas Hold’Em Tournament, from left: Vlad Zaltsman, Ira Finkler, and Nolan Epstein.*

**Photo by Frank Gottlieb**

**— The Wine Club —**

(Continued from page 5)

ture, mild tannins, and flavors of red berries and spices; a truly distinct wine.

We then crossed the Atlantic to the Sonoma Coast of California. Aldenalli Pinot Noir was one the evenings favorites. With a beautiful balance of red fruit flavors, silky tannins, and a hint of earthiness, this wine is proof of the potential of California for producing exceptional Pinot Noirs. Back to Europe where we tasted a Merlot based wine from St. Emilion. Deep ruby color and delicious dark fruit flavors showcased the Merlot grape at its best. From France the tast-

ing traveled to Portugal where we sampled the Touriga Nacional grape. It was a bold and powerful wine with lots of black fruit flavors. Our members left with a new appreciation for Portuguese wines other than port wines.

Returning to California the Stags’ Leap Winery Petite Sirah showed its muscle with dark fruit flavors, and a velvety texture. It was one of the favorite wines we tasted. On to Spain with Bodegas San Roman Toro. This wine showcased the immense potential of the Tinta de Toro grape (a clone of Tempranillo). The wine was captivating with its

depth and intensity. Next to Argentina where Malbec is king. But this was no ordinary Malbec. This was the UCO Valley Malbec “Old Vine.” The wine had an intense purple color with blackberry and plum flavors. This was the expression of Malbec at its best. The tasting concluded with the 2017 Barolo, often referred to as the “King of Wines.” The Nebbiolo grape from Piedmont is known for its power, complexity, and longevity. It was a fitting finale to our tasting journey that explored wines from around the world.



# Singles Mingle

By Rheva Katz and  
Barbara Lemberger

As always, our Singles Group continues to offer many wonderful programs. On Friday, May 12, 18 of our members visited the Culinary Education Center in Asbury Park. It is part of the Monmouth County Vocational School District. The high school students who attend this school operate a restaurant called Windows on the Shore and a bakery. We were served a delicious buffet lunch, chatted with some of the students, and bought many goodies at the onsite bakery. It was a delightful afternoon.

On Wednesday, June 7, 30 Singles got together at the Tennis Pavilion to learn about container planting from Master



A group of Singles Club members happily playing in the dirt at the Potting Event!  
Photo by Cheryl Holmes

Gardener, Lou Kondrk. Who knew that watering plants from the bottom up was more effective than a top down approach? Or that saving old egg shells and embedding them in the soil helps to grow healthier and

more robust plants. The evening was characterized by a lot of socializing and laughter. The ladies rolled up their sleeves, “worked the soil,” and produced small flowerpot displays worthy of former radio host Ralph Snodsmith, the longtime WOR host of *The Garden Hotline*.

Dorothy Thomas welcomed several new members to the Singles Group and highlighted some of our upcoming summer events – a trip to the beach, an Eagles concert in the park, and our annual barbecue. It’s going to be a great summer and we are looking forward to sharing it with old and new members of our Single’s community.



Joan Blitz and Susan Kirshner on the buffet line at Windows on the Shore.  
Photo by Barbara Lemberger

## The Monroe Chess Club



By Paul Spinelli

**Monroe Chess Club Experiences Remarkable Growth and Announces Exciting Initiatives for the Future**

The Monroe Chess Club is thrilled to announce its recent surge in membership, thanks to the dedicated efforts of Aldo Mogro and the supportive parents who have passionately brought their players to our meetups at JamesBrew Cafe, Thursdays at 4 p.m. The Monroe Chess Club is a fantastic opportunity for local players, young and old, to connect with each other and share their love of the game. We continue to be impressed by the skill and dedication of the young players and hope to continue to foster these connections and build relationships. Our overwhelming growth has inspired us to continue our journey of making this club something truly special. In line with our commitment to fostering a vibrant and enriching chess community, we are excited to unveil several upcoming initiatives:

**Informal Tournament:** We are exploring the possibility of hosting an engaging tournament in August, complete with official boards, clocks, tournament rules, arbiters, and enticing

prizes. Stay tuned for more details as we progress with the planning and logistics.

**USCF Registration:** We are actively pursuing registering the club with the United States Chess Federation (USCF) or other relevant organizations. This would provide our players with opportunities to participate in a wider range of tournaments and allow them to be officially ranked. Further information will be shared as we delve into the process.

**Membership and Consent Forms:** To further formalize our club membership, we are in the process of developing membership and consent forms for parents to complete. This step may also align with the USCF registration process. Rest assured that we will keep you informed as we finalize this important administrative aspect.

**Club Website:** A dedicated website for the Monroe Chess Club is currently in development. This platform will serve as a central hub for sharing club information, updates, and reaching a wider audience. Keep an eye out for its launch in the near future.

For further information please contact Paul Spinelli, President, Monroe Chess Club at chess@monroechessclub.com. Paul’s number can be found in the Regency Directory. Please make note of this email address as it will only run in this issue of the *Reporter*. There is a list of club contact emails on Ron Post.

## DR. NADIYA KHAN

Family Dentistry • Established 1995

WE’RE RIGHT IN YOUR NEIGHBORHOOD!

190 BUCKELEW AVE (Rte. 522) • JAMESBURG

**732-521-0550**

www.JamesburgFamilyDentistry.com

- EMERGENCIES AND NEW PATIENTS WARMLY WELCOMED
- ONE-DAY DENTURE REPAIRS
- COSMETIC & IMPLANT DENTISTRY
- HANDICAPPED ACCESSIBLE
- FREE INITIAL CONSULTATION
- APPOINTMENTS TO MEET YOUR SCHEDULE

(EVENING APPOINTMENTS AVAILABLE)

**SPECIAL FINANCIAL CONSIDERATION FOR OUR NEIGHBORS IN THE ADULT COMMUNITIES**

## WANTED TO BUY

JEWELRY (GOLD, SILVER OR COSTUME)  
DIAMONDS • ARTWORK • FURNITURE  
GUITARS • CAMERA • RECORDS, ETC.  
COMPLETE CLEANOUT SERVICES

**Call Dan at 609-306-0613**  
**AMERICAN FURNITURE EXCHANGE**

## Maureen Herman

Broker Sales Associate

Cell: 908-309-3419

Serving your Real Estate needs  
since 1984



**COLDWELL BANKER  
REALTY**

335 Route 9 South  
Manalapan, NJ 07726  
Tel: 732-462-4242



**CALL ME- 908-309-3419**

## Plan For Your Future and Empower Your Legacy

*You’ve worked hard your entire life to provide for your family and we want to help you protect and pass on that legacy.*



**LEVINE • FURMAN • RUBIN**

ESTATE PLANNING & ELDER LAW ATTORNEYS

F-3 BRIER HILL COURT, EAST BRUNSWICK, NJ  
19 N COUNTY LINE ROAD SUITE 3, JACKSON, NJ

**WWW.LEVINEFURMAN.COM**  
**732-238-6000**

### We can help your family with:

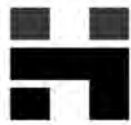
- Estate Planning
- Elder Law Planning
- Medicaid Planning
- Medicaid Applications
- Guardianship
- Power of Attorneys
- Veteran’s Benefits
- Special Needs Planning
- Probate, Estate and Trust Administration



Call us to request our Recorded Seminar or download our FREE Estate Planning Worksheet at [www.levinefurman.com](http://www.levinefurman.com)



# Hadassah Highlights



**HADASSAH**  
the power of women who **DO™**

**By Carol Kortmansky**  
**Karen Ross, President**

Welcome to the last few weeks of spring, and the beginning of the hot summer months. Hopefully the weather will be beautiful and the air will be clean.

A warm welcome goes to **Norma Landsman** who has joined our chapter as an annual member. In addition, thanks to **Libby Feldman** who has transferred her Life Membership to our chapter. We look forward to

seeing both of you at our exciting Hadassah events.

On Monday night, June 19, Hadassah welcomed back A.J. Sidransky, the author of numerous books. Mr. Sidransky spoke to us about his latest book, *Incident at San Miguel*. Although this event occurred after this article went to print, we are sure that it was an enjoyable and well attended evening. More about this in next month's article.

Please join us On Monday,

July 17, at 7 p.m. in the Ballroom to see the movie *Plan A*. This movie is based on the incredible true story of the "Avengers," a group of vigilantes who, after surviving the Holocaust vow to avenge the death of their people – "an eye for an eye, a tooth for a tooth." The program is open to all, spouses, significant others, friends, and neighbors.

We are looking forward to our meeting on Monday, August 7, during which time we will be fortunate to have as our featured speaker Tim Boyce, who annotated and wrote a new introduction to *From Day to Day, One Man's Diary of Survival in Nazi Concentration Camps*. Originally written by Odd Nansen, a non-Jew who was arrested in 1942, the diary details his longing for his family, his hopes for release, his horror at



witnessing the especially barbaric treatment to which the Jews were subject, and the daily struggle to survive and maintain his humanity. This should be a powerful presentation about a survivor who was not a Jew and yet was able to save the life of a 10 year old Jewish child while in Sachsenhausen prison camp.

The Annual Hadassah Fashion Show will be held on the evening of August 21, and is open to all Regency Hadassah members as well as all Regency residents. The evening will feature boutique shopping, a delicious meal catered by Exquisite Caterers, and the viewing of exciting new fall fashions from Chico's modeled by our own lovely Hadassah women. The tickets are \$65 per person, advance registration only. Please note that the RSVP date is July 13 at 8 a.m. and will continue until the event is sold out. Checks will be collected by Leslie Kohn (82 Country Club). Attendance will be capped at 300 people.

On October 12, Hadassah will be hosting a Book and Author luncheon, featuring Susan Meiss-

ner. Ms. Meissner is the author of numerous books, including *The Nature of Fragile Things*, a previous book club selection enjoyed by many of us. Her newest book, which was released to the public in April, 2023 is called *Only the Beautiful*.

On Sunday, November 5, Hadassah will be sponsoring a trip to the Axelrod Theater in Deal, New Jersey, to see *Sunday in the Park with George*.

We are so excited to announce the return of our Women's Seder, which this year is scheduled to be held on April 15, 2024. The evening will feature an original Haggadah, written by our own Hadassah members and highlighting the most important Jewish women in our lives, as well as a traditional kosher meal catered by Exquisite Caterers. We are so pleased that Cantor Michele Teplitz will once again be leading us in this inspirational and emotional evening. Please save the date.

The Regency Book Club will be meeting in person on at 7 p.m. in the Tennis Pavilion on Monday, July 24 to discuss *All the Rivers* by Dorit Rabinyan. In addition, if you would like to act as our facilitator at any of our meetings or if you have any suggestions for a book please contact Marilyn Jaclin (mjaclin@aol.com) or Marcia Milgrom (milgrom@aol.com).

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), or our Membership Vice Presidents Annette Kusher (annette.kushner@gmail.com) and Marilyn Krawet (mickey3105@yahoo.com).

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@floes.net) or Karen Ross (kbr1253@aol.com) know as soon as possible.

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

## Regency Hadassah Schedule of Events

Monday, July 17: Movie Night, showing the film *Plan A*  
Monday, July 24: Book Club, Tennis Pavilion, *All the Rivers* by Dorit Rabinyan  
Monday, August 7: Speaker Tim Boyce  
Monday, August 21: Fashion Show  
Sunday, November 5: *Sunday in the Park with George* at the Axelrod Theater

## The Regency Yiddish Club

**By Hedda Lans**

On May 21, the Regency Yiddish Club opened its 2023 season of events. Over 200 people attended. It was good to see friends and neighbors socializing. This club is one of the first clubs established at Regency. It was initiated by the Zuckerbergs to bring people together have a nosh, socialize, and be entertained. It is open to all residents of Regency regardless of their affiliation. The Zuckerbergs, who have since passed were the pioneers at Regency. It is important to keep this club going. It can't be done without your continued support and commitment. It is now time to bring new blood with new ideas into this club to keep it fresh and ongoing. Effective 2024 the new heads of this club will Sylvia Fleischer and Alan Datz supported by Helen Spector and Elie Weinstock.

After a good breakfast, catered by Tuscany, we were

pleased to welcome Marty Feldman back with his Yiddish joke. He never fails us. Johnny Lambert, who hails from New City was our comedian, Johnny has appeared at the comedy club and many other venues. Based on the reaction from the audience he was a hit. Going forward on August 13 we have Elon Altman who is the opening act for Modi. Then on September 10 a Klezmer band, followed by our Break-the-Fast on September 25. Lisa Sherman will be here on October 29, our final program for 2024, singing songs of Jewish composers.

Thank you for your continued support and please do the same for the 2024 crew. Richard and I are grateful to have been involved in this program and other activities at Regency over the past 18 years. We are not going away, we just stepping back.

(Continued on page 11)



**Barry Haimer**  
Broker Associate  
Cell 732-238-6100



**Regina Haimer**  
Broker Associate  
Cell 732-822-3355

**The Spouses That Sell Houses!**

**We are 55+ Monroe Residents 2015-2022**

**We SOLD over 401 Homes In the Adult Communities**

**Barry Haimer Ranked #1 In Adult Community Listings The Last 8 Years! In Monroe Twp. & Middlesex County**



**174 Prospect Plains Rd**  
Monroe Twp., NJ 08831  
Cell: 732-238-6100  
Office Tel: 609-655-9222  
Fax: 609-655-9255

**ELECTRICIAN**  
**732-851-1561**

**All Electric Services - Lic.# 15848**

- Ceiling Fans • Recessed Lights • Bathroom Fans
- TV Mounting • Smoke Detectors • Security Lights

**\$10 OFF sale thru the end of the month!**  
**[www.allelectricnj.com](http://www.allelectricnj.com)**



**Voted the Best Jewish Funeral Home in Central New Jersey**

**BY THE READERS OF THE HOME NEWS TRIBUNE**

.....

**MICHAEL KULBACKI, MANAGER N.J. LIC. NO. 4870**

**Mount Sinai Memorial Chapels**

454 CRANBURY ROAD  
AT THE CORNER OF EVERGREEN BLVD  
EAST BRUNSWICK, NJ 08816  
(732) 390 9199  
WWW.MSMC.US

☆ Affordable and Flexible Services

☆ Certified Pre-Planning Consultants

☆ Pre-plan Today and Save on Average \$2000.00

☆ National & Worldwide Capabilities



The Israeli American Club



Regency’s own Rabbi Louis Stein is explaining the meaning of Shavout at the Israeli American Club’s Shavout Party.

Photo by Dov Koller

By Sam Fisher

The Israeli American Club held the first ever Shavuot party at Regency on Thursday, May 25. There were 125 Club members in attendance who enjoyed traditional holiday cheese blintzes and less traditional cheese and veggie pizza. We began the evening with an explanation of the significance of the holiday by our very own in-house expert, Rabbi Louis Stein. Dov Koller arranged the music and Sara Levy gave us an explanation as to why it is customary to wear white on Shavuot. Special thanks to all who helped set up, serve, and clean up afterwards – Assia Shvartz and Dany Harel, Rachel and Harry Borenstein, Dov, Karen and Jonathan Koller, and Pnina and Ira Matlow. A great time was had by all!

The Club also met on Sunday, June 11, to hear a guest speaker, Dan Rozett from Jewish Federa-

tion. Mr. Rozett spoke to us about the evolving role of women in the IDF over the past 75 years, and how women have served in various elite units of the Israeli military. Dan also gave us information on an exciting trip to Israel that Federation is running in November. If you are interested in information on the trip, let me know and I’ll put you in touch with Dan.

**Save the Date** – July 31, for a movie night and discussion. We will be showing a documentary film entitled *A Hero in Heaven*, a true story about a young man from Philadelphia, Michael Levin, who went to Israel to join the IDF in an elite paratrooper unit. Sadly, he was killed in the Lebanon war in 2006. Michael’s mother, Harriet Levin, will be present to talk about her son’s experience and those of other lone soldiers - men and women from various countries who volunteer to go to Israel to join the IDF. Flyers are available in the Clubhouse and in the weekly HOA email blasts.

Other planned events include various guest speakers, additional movie nights, as well as more holiday celebrations. If you are not yet a member of the Club (currently at 320 members and growing), what are you waiting for? Dues for the remainder of 2023 are only \$10 per person. Application forms are available in the Clubhouse, or I can email you one. If you have any questions regarding the club, please contact me, my phone number is in the new Regency Directory. I’m looking forward to greeting you soon at an upcoming event.



Enjoying the Shavout Party are, from left: Assia, Rachel, Chana, Rose, Lea, and Sara.

Photo by Dov Koller

The Ladies Who Lunch

By Florence Codner

Thirty-three members of the Ladies who Lunch met on Wednesday, June 7 at the Tennis Pavilion. You may have smelled the delicious aroma in your home because Ladies who Lunch cooked up a feast, after which we laughed a lot during our white elephant swap. If you enjoy cooking and comradery come join us at our next meeting around the end of August. All welcome. For further information you can contact me, my phone number is in the Regency Directory. There is a list of club contact emails on Ron Post.



Florence Codner running the White Elephant Swap at Ladies Who Lunch.

Photo by Sandy Newman

Shabbat Dinner a Huge Success

By Lorraine Zimmerman

On June 16, The Yiddish Club of Regency hosted their annual Shabbat dinner. It was the largest crowd ever, with over 130 in attendance. People started gathering in the lobby at around 5:30, anxious to see old friends and schmooze. At 6:00 the ballroom doors opened. There were lots of “oohs and ahs” as people made their way to their tables. On each table were platters of chopped liver, gefilte fish, Israeli salad and assorted rolls. Dov Koller led the prayer over the wine and Alan Datz did the “Motzi” over the bread. Next, Hedda began calling tables to get their dinner, which was set up, buffet style,

at the back of the ballroom. There was chicken, brisket, and lots of traditional dishes. The food was provided by Pickled Herring and Fred and Murray’s.

Hedda then introduced Mort Segal who, along with his father, ran the largest talent agency in the Catskills. Mort told us that there is going to be a museum in Ellen-ville that will tell about the early days of the Catskills, which should be ready by 2025. The Catskills had been a resort area for Gentiles in the 19th century. As Eastern European Jews immigrated in the early twentieth century, some became farmers in the area. They settled in the Catskills because they weren’t welcome in the anti-Semitic world. Their boarding houses morphed into small bungalow colonies and hotels. These hotels needed entertainers, so Mort Segal and his dad provided comics. Some of the comics they provided were Henny Youngman, Rodney Dangerfield, Jackie Mason, and Sam Levinson. But the best entertainer, according to Mort, was Joan Rivers. As Mort was preparing to present his slide show, he discovered, much to his dismay that the projector was not working. How fortunate for us that Dov Koller, a computer/technology expert, was in the audience. He came to the rescue. Thank you, Dov!

Thank you, Hedda and Richard for providing us with a most enjoyable evening!

Yiddish Club

(Continued from page 10)

Regency Yiddish Club Events  
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 10

Klezmer Band

September 25

Break-the-Fast 6 p.m. with the  
comedy of Larry Donsky

October 29

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

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 Kortmansky at carolee@aol.com.

Seniors Living  
Concierge Group

Helping the 50+ Community  
with Various Housing Services

Contact us today for more information!



kw WEST MONMOUTH  
KELLERWILLIAMS REALTY

BARBARA BERG

Broker Associate  
SRES® • Luxury Properties Specialist Keller Williams  
OFFICE 732-536-9010 • MOBILE 732-239-8783  
Barbaraberg10@gmail.com • BarbaraBerg.KW.com



BARBARA BERG



KERI ZOUMAS

KERI ZOUMAS

Broker Associate  
SRES® • NJAR Distinguished Sales Club  
OFFICE 732-536-9010 • MOBILE 732-718-7155  
KeriZ@kw.com • kzoumas.kw.com

508 Route 9 North, Morganville, NJ 07751 | WWW.WESTMONMOUTHKW.COM

Each office is independently owned and operated. If your home is currently listed for sale with a real estate agency, please disregard this notice. It is not our intent to solicit the offerings of other brokers.

MIRANDA VERDERAME  
BUSINESS DEVELOPMENT SPECIALIST

46 HIGHWAY 36 | KEYPORT, NJ 07735 | OFFICE 732.383.5287  
CELL 732.685.9588 | MIRANDAV@ALLAHEADTITLE.COM  
WWW.ALLAHEADTITLE.COM





## The Regency Yiddish Club

By Hedda Lans

On May 21, the Regency Yiddish Club opened its 2023 season of events. Over 200 people attended. It was good to see friends and neighbors socializing. This club is one of the first clubs established at Regency. It was initiated by the Zuckerbergs to bring people together have a nosh, socialize, and be entertained. It is open to all residents of Regency regardless of their affiliation. The Zuckerbergs, who have since passed were the pioneers at Regency. It is important to keep this club going. It can't be done without your continued support and commitment. It is now time to bring new blood with new ideas into this club to keep it fresh and ongoing. Effective 2024 the new heads of this club will Sylvia Fleischer and Alan Datz supported by Helen Spector and Elie Weinstock.

After a good breakfast, catered by Tuscany, we were pleased to welcome Marty Feldman back with his Yiddish joke. He never fails us. Johnny Lambert, who hails from New City was our comedian, Johnny has appeared at the comedy club and many other venues. Based on the reaction from the audience he was a hit. Going forward on August 13 we have Elon Altman who is the opening act for Modi. Then on September 10 a Klezmer band, followed by our Break-the-Fast on September 25. Lisa Sherman will be here on October 29, our final program for 2024, singing songs of Jewish divas.

Thank you for your continued support and please do the same for the 2024 crew. Richard and I are grateful to have been involved in this program and other activities at Regency over the past 18 years. We are not going away, we just stepping back.

**NEW JERSEY REALTY LLC**

2 Convenient Location  
174 Prospect Plains Rd., Monroe Twp., NJ 08831  
37 N Main St., Cranbury, NJ 08512  
Off: 609-655-9222 Fax: 609-655-9255

*Nayna "Nina" BAWA* REALTOR®  
Direct: 917-969-0093

NJAR®  
2013, 2014, 2016 - 2022  
SALES AWARD

**FREE** strategic consultation & photography of your home for a faster, better sale.

Zillow  
5 STAR AGENT

One of the best things I ever did was hire Nayna Bawa to sell my home. Personable, professional, knowledgeable, she is everything you could want in an agent! She went above and beyond every step of the way to help me and make the sale go smoothly. I ended up with multiple offers all over asking thanks to her. On a scale of 1 to 5 she is a 100!

-Past Client

732-257-6254

NJ Lic. # 8843

**David J. McConnell**

Plumbing \* Heating  
Home Improvements  
#13VH04604300

- Bathroom Remodeling
- Boilers Installed/Repaired
- Water Heaters Installed
- Draines & Sewer lines Cleaned
- Sewer & Water Mains Installed

- Kitchen Remodeling
- Framing
- Sheet Rock
- Tile Floors
- Decks

- Post-Hospitalization Rehabilitation
- Personalized Goal-Oriented Treatment
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- 24-hour Nursing Staff
- Certified Dietician
- Long Term Care
- Respite Care
- Hospice & Palliative Care
- Medicare, Medicaid & most insurances accepted

Call our admissions team today to schedule a tour!

**THE GARDENS AT MONROE**

189 Applegarth Road, Monroe, NJ 08831 | [www.thegardensatmonroe.com](http://www.thegardensatmonroe.com)

**609.448.7036**

## The Regency Car Club

By Steven Greenstein

### The Tesla Model Y 2022

BEV (Battery Electric Vehicles), are much more reasonable to operate than ICE (Internal Combustion Engine) vehicles. I received delivery of my car in March, 2022, and drove the Model Y 15,000 miles by the end of one year. I have compared my electric bills for the past two years, and have calculated that it cost me \$60 extra per month to charge the Tesla. Thus for 15,000 miles, it cost less than \$500 to run it, for one year. The only other cost was a tire rotation done by Tesla.

The Tesla Model Y has a five-star safety rating. It is equipped very nicely with many standard features: autopilot, adaptive cruise control, all-wheel drive, disc brakes, eight cameras, twelve ultrasonic sensors, and regenerative braking. All vehicle functions are displayed and controlled on a 15-inch touch screen, rather than having a cluster of instruments in front of the driver. The cameras give you a 360 % view of the road. When you put on your turn signal, the blind spot and lane show on the 15-inch screen. I have "Enhanced Autopilot," which includes the following: automatic parking, summon (car can be moved forward and backward with your phone without a driver), automatic lane change, and navigates on autopilot, taking you to correct exits and overtaking slower moving vehicles. The Tesla has a keyless entry. Your phone serves as your key. Key cards are used for valet parking or if your phone is not charged.

The navigation system is excellent. For example, you can use voice command to state the name of a restaurant or store and the town that it's in. A display of pos-



Above, Steven Greenstein behind the wheel of his Tesla Model Y 2022, and below the snazzy interior of the car.

Photos submitted by Steven Greenstein



sible choices will appear on the screen. You touch your choice and directions will follow. The navigation system also alerts the driver of nearby charging stations when power gets low. If you want to charge the car prior to the alert you use the voice command to request the nearest charging stations along your route. There are numerous Superchargers all over the US, Canada and in other parts of the world. I have never had an issue when I traveled. I recently went to Arlington, Virginia, and DC. I traveled about 450 miles

and my supercharging cost was about \$45.

The car is equipped with a heat pump, which is instant and does not need warming up for heat or air conditioning. The seats are very comfortable and all five are heated and have ample leg room. The Tesla has instant torque and very fast acceleration. There are two scroll wheels on the steering wheel that control some functions but most functions can be controlled by voice command. When you are parked or while charging your car you can use many entertainment functions, such as YouTube, Netflix, and video games.

I have a dual motor car. The Tesla Model Y is rated at 122MPG, and the range is 330 miles. The warranty is 50,000 miles or four years including roadside service. Tesla will send a mechanic to do some types of repairs at your home. The battery is covered for eight years or 120,000 miles. They say the motors can last for one million miles. The audio system is Slacker Radio, which is free for the first year. After the free trial it's \$10 per month or a little less if you get an annual subscription. You can state the name of your favorite singer, group, or Broadway show and the radio will play their songs and others with a similar style.

**Car fires:** There have only been 60 Tesla car fires since they started making cars. This is much lower than ICE car fires. Statistics show that hybrid cars have the most fires, next ICE, and fewest with BEV cars. None have been by spontaneous combustion. When a BEV goes on fire, it is usually from a collision with another vehicle. **Auto Insurance EZ** states the numbers are as follows: Hybrid 3474.5 per 100,000 vehicles; ICE vehicles 1529.9 per 100,000; and BEV's the lowest at 25.1 per 100,000 vehicles.

Go to your local Tesla dealer and take a test drive. You take the car out by yourself following a route preset in the navigation system.

## The Regency Car Club

By Fred Hollinger

### Fifteenth Annual Spring Cruise and Lunch with the Regency Car Club

Celebrating their FIFTEENTH anniversary, The Regency Car Club kicked off the season with their annual spring cruise. It was a beautiful Sunday morning on May 21. The sun was shining and the temperature was perfect. Twenty-six members with their wives



left the Clubhouse poolside parking lot at 11 a.m. and headed out. We took a scenic route to Route 206 and on to Old Man Rafferty's for lunch. They provided us with a wonderful menu filled with delicious choices, and gave us a private room for our group. It was a perfect morning!

Those in attendance were: Andy and Sondra Bush, Anil and Chandni Shah, Barry and Beverly Lerner, Barry and Laura Shandler, Bob and Cheryl Goldstein, Bud and Becky Ratner, Dennis and Phyllis Cataldo, Earl and Nancy Brancolina, Frank and Anne-marie Mirabella, Fred and Stephanie Hollinger, Joe and Rosemarie Puma, John and Georgena Russo, Jorge and Lisa Joskowicz, Mark and Bonnie Greenstein, Marty and Francine Pickus, Michael and Maria Battiloro, Mike and Rita Spitzer, Mitch and Ingrid Glanzrock, Neil and Judy Zipkin, Richard and Ronda Okun, Steve and Joan Schnell, Steve and Natalie Tenzer, William and Joyce Fisher Countess, Bob and Harriet Silverstein, Alan and Georgeann Blundo, Alan and Susan Meyer, Ron Joffe, Marvin and Barbara Strauss, and Victor DeAlmeida.





Performers at IAG Got Talent.

Photo by Rajesh Kapadia

## The Indian American Group



By Rajesh Kapadia

On May 21, the Indian American Group (IAG) celebrated a belated Mother's Day

by organizing a talent show featuring performances by IAG members. The event, 'IAG Got Talent', was held in Regency Ballrooms 1 and 2 and attracted over 80 attendees. The evening started with the attendees enjoying a light Indian snack, catching up on the gossip, and then sitting down for the talent show. The talent show, organized by Bharat Doshi, featured 14 performances representing a variety of performing arts.

There was singing accompanied by the harmonium, karaoke singing with the audience dancing, various types of solo and group dances, skits, mimicry, and funnies. It was an interesting mix of sad but sweet melodies, boisterous energy, romance, spiritual dynamics, interesting hobbies, and unexpected reasons for moving to Regency. All-in-all, it was a fun evening for the participants and the audience.

## The Regency Book Club

By Carol Okin

**The Catcher in the Rye**

On May 6, the Regency Book Club welcomed several new members and introduced ourselves in an unusual way – by discussing our own personal history with this “banned book.” I described my 1968 student teaching experience introducing *Catcher in the Rye* to a group of rural high schoolers in upstate New York, much to the chagrin of a very prim and disapproving president of the local PTA. Transport your mind back to the social morays of 1951, when *Catcher* was first published – why was it banned then? Why has it been banned since, and especially recently? Profanity, sexual content, and excessive drinking by a teenager in J.D. Salinger's famous coming-of-age novel were considered scandalous then, but have you listened to song lyrics today? The now-classic novel seems mild in comparison.

Holden Caulfield, the main character, was traumatized at the age of thirteen by the death from leukemia of his beloved brother Allie. His wealthy but distant New York City parents did not provide the emotional support Holden needed; instead they shipped the clinically depressed adolescent off to one boarding school after another. The novel, written almost as a memoir told to the now sixteen-year-old's psychiatrist (and the reader), is a one-year look back at the events that resulted in his being sent to a mental hospital in California. Holden's trou-

bling experiences that year included the humiliation of accidentally leaving the fencing team's equipment on the subway enroute to a match they had to forfeit, watching a dorm mate commit suicide by jumping out a window wearing a sweater he had just borrowed from Holden, and flunking out of yet another boarding school just before Christmas vacation. Afraid to tell his parents about his latest failure, Holden takes the train to NYC and stays at a seedy hotel for two days, going from one misadventure to another.

Holden truly loves his younger sister Phoebe and secretly goes to visit her before having to confront their parents. One of the few times he experiences joy is while dancing with her in her room. When the precocious Phoebe reprimands him for messing up again and asks what he wants to do with his life, Holden incorrectly quotes a famous poem to explain his wish to catch children before they fall off a cliff – he wants to protect the innocence of childhood. He is shocked at seeing graffiti on the walls of both his treasured Museum of Natural History and at Phoebe's school. He is concerned about where the ducks in Central Park go in the winter, and he is brought to tears of happiness watching Phoebe reach for the brass ring on the famous carousel.

It was definitely a thought provoking book club! We discussed subjects ranging from book banning to mental health to 53-year-old J.D. Salinger's

notorious affair with author Joyce Maynard when she was only a freshman at Yale. Though we usually focus on contemporary literature, it was interesting to revisit this noteworthy classic. Please join us, usually the first Tuesday of each month. On July 11 we will discuss *The Lions of Fifth Avenue* by Fiona Davis (second Tuesday due to conflict with July Fourth) and on August 1, *Looking for Jane* by Heather Marshall.

Keep reading – per Nina, “It's good for the soul.”



Affordable Jewish Funeral Services and Monuments

Traditional and Alternative Funeral Services Available  
Arrangements by Telephone or in Your Own Home  
Pre-Planning Specialists Offering FDIC Insured Trusts  
Call us at Your Convenience for More Information



475 Main Street  
Spotswood, NJ 08884  
www.bimemorialchapel.com  
732-251-9000  
Theodore J. Ricci, CFSP,  
Manager, NJ Lic. No. 4455

No Speeding  
In the  
Community



*Smiles* that look  
as young as you feel.

FREE Cosmetic Consultation  
and 2nd Opinion



MONROE SMILES  
— SARI KLERER DMD —

SARI KLERER DMD

254 Cranbury Half Acre Rd.  
Monroe Twp., NJ 08831

609-655-3555

www.monroesmilesnj.com

Everything Stacey touches turns to

**SOLD!**



Gets You the Best Price



Your Partner In The Process



Is Dedicated to Your Sale



An Agent You Can Trust



neighborhoods.com  
PARTNER AGENT



55places.com  
PARTNER AGENT



https://linktr.ee/staceyvilardi\_homehotspot



RE/MAX  
FIRST REALTY

33 Brunswick Woods Drive East Brunswick, NJ 08816



Happy Independence Day!

Are you looking to move? Would you like to know what your house is worth?  
Call me.



STACEY VILARDI | REALTOR ASSOCIATE  
Direct: 732-266-7999 | Office: 732-257-3500  
staceyvilardi@gmail.com | www.staceyvilardi.net

**For Advertising:**

**Princeton Editorial's**

**NEW EMAIL ADDRESS IS**

**pescmd1@gmail.com**

**732-761-8534**



News and Views

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 Ballroom 2 of the Clubhouse. Our two meetings in July will be on July 10 and 24. Masks are not required, but we do ask that all participants be vaccinated.

Last month’s News and Views Agenda began with an acknowledgement that Trump’s actions and followers were dominating the news. Alas, it was still true four weeks later. Bert Busch’s agenda led with Fox having settled the Dominion Voting Systems for \$787.5 million, subsequently firing Tucker Carlson, their biggest star. What had pushed Fox executives, whose personal emails reflected such obsession with

winning the ratings game, to pull the plug on their leading ratings rainmaker? Jury trials are famously unpredictable, but we knew that if Dominion had won, as seemed likely, Fox could have been on the hook for a lot more. Moreover, many damaging text revelations had already emerged. Had Fox stars’ cross-examinations on TV revealed their full awareness of lying to their viewers about a fictional stolen election, would the base find out and leave en masse? Executives clearly didn’t want that testimony aired on other networks, even as Fox would have avoided it. Carlson had expressed racist and misogynistic views many times, but the latest examples were seen as dangerously over the top.

Next, we noted that four of the Proud Boys had been convicted of seditious conspiracy, an indictment rarely used, and rarely successful. The core defense of those accused was that they had heeded a call to join a supporters’ group in breaching the Capitol to keep President Trump in power. We saw the obvious connection with Trump’s exhortation to “be there... on January 6,” but weren’t sure he could be proven legally culpable. We wondered what would happen if the District Attorney for Fulton County decided to indict Trump in the bogus Georgia elector scheme, given that half of those involved have flipped to gain immunity. Whatever the outcome, we felt the scheme was a danger to our democracy. Regarding the E. Jean Carroll civil case, we believed that with no denial or rebuttal, and a demonstrated pattern of behavior, Trump was liable. The jury obviously agreed, awarding his accuser \$5 million.

We didn’t fear predicted chaos at our Southern border so much as we regretted the country’s refusal for 20 years to acknowledge that we desperately need immigrant workers. (Virtually all of us in the room had immigrant forbears who had gone on to successful integration as proud American citizens. We knew full well how much growth immigrants had enabled the US to achieve.) As for the war Russia started in Ukraine, we all realized that the Ukrainians were fighting on our behalf, and to preserve democracy in Europe. Finally, we wondered whether President Biden could successfully refuse to negotiate on raising the debt ceiling. How would he respond to House Speaker McCarthy’s budgetary conditions? Ultimately, the House and Senate reached a bi-partisan agreement, the President signed, and the crisis was resolved.

Michael Zieky led our second meeting of the month, notable for engendering lively discussion, without venturing into politics. We considered the proper balance between the individual freedoms of the mentally ill, and maintaining needed protection for the public. The case under review was the inadvertent subway chokehold death of Daniel Penny, fatally restrained while acting menacingly, at the hands of Jordan Neely, former marine. Was Neely a hero deserving of a medal, or an overreacting self-

appointed vigilante? We agreed that the mentally ill Penny was a tragic figure, one who didn’t receive the targeted help he needed, and who clearly didn’t deserve to die. The consensus found Neely overzealous; he should have subdued Penny less forcefully. We saw a political component to the case, since the prosecutor had delayed issuing charges to assign responsibility, until after major demonstrations. He was perhaps calculating that a jury was likely to acquit.

Next we grappled with an incident in Kenya, where 179 cult members had starved themselves to death in order to meet Jesus. Authorities had charged their preacher as a criminal, and his followers treated as victims. We remembered the long history of religious martyrdom and admiration for heroic martyrs among Christians, Hindus, Jews, and Muslims. Was the distinction in this case between dying for a cult and dying for a religion? At what point does a cult become a religion worth

dying for, and what distinguished venerated martyrs from brainwashed victims? Some saw the Kenyan incident as evidence of a group psychosis, and the dead as brainwashed advocates of group suicide. We saw group think as quite different from individual acts of heroism, but realized it was a thorny issue with no easy conclusions.

If you have questions regarding the News and Views discussion group, or wish to be put on our email list (not required for participation), feel welcome to contact any of us (Mike Zieky, Marcia Midler, Bert Busch or Phil Sloan). Emails follow:

Zieky:mjzieky@gmail.com;  
Midler:midler1@comcast.net;  
Busch: beb@buschlaw.com;  
Sloan: phil41@yahoo.com

*Editor’s Note: It has been the long-time policy of the Regency Reporter not to print email addresses in articles, as such please make note of these emails for future use, as they will not be in News & Views articles going forward. Club contact emails can be found on Ron Post.*

Tech Trends

By Don Haback

Artificial Intelligence – Part 3  
Some Intelligence can be Really Artificial

As my readers will know, I have continued to learn, and apply, AI in a small part of my professional life. In addition to ChatGPT (which contributed a portion of last month’s article), both Microsoft (BING) and Google (BARD) have made AI apps available within each of their Internet browsers. Most of us are familiar with at least one of these browsers – and you should, at least, open and try them. I have not yet done so myself, but it’s in my schedule. Importantly, AI has finally made broad appearances in our local (and national) press. *The New York Times* had articles in each of the last three weekend days (this article was written at the end of May) – and they’re all interesting as they demonstrate the growth of the sector.

Sunday’s *Times* (May 28) had an article on its FIRST page – an unusual placement for a technology piece. The article verifies the need to VERIFY ALL INFORMATION USED FOR ALL LEGAL MATTERS. It describes a case where a passenger sued an airline, claiming injury when he was hit by a serving cart while airborne. His lawyers used ChatGPT to write the ten-page brief that described the incident – and referenced three similar incidents with passengers on other airlines in recent years. These briefs, according to the account, were extremely detailed and included quotations from both injured parties and the

affected airlines. Unfortunately, neither the judge nor the airline’s attorneys could find ANY information about cases and decisions described in the brief. Finally, in court, the complainant’s lawyer (who has practiced for more 30 years) told the judge that he had used ChatGPT to prepare the brief (and had asked it to verify all the information and was told it had) – he had never used the app before – and he had never even considered that the content could be false. Interestingly, ChatGPT had crafted the entire brief itself, including all the reference material and ‘made up’ quotations from attorneys and judges! Even the docket numbers were made up. When it was asked, ChatGPT itself said that everything was ‘written’.

It was announced on May 30, with a warning by the Center for AI Safety, a panel of AI experts (including the heads of OpenAI and Google DeepMind and dozens more entrepreneurs) that artificial intelligence systems may someday pose an existential threat to humanity comparable to nuclear war and pandemics! The letter asks for a six-month pause in the development of new AI algorithms (specifications and procedures) so that risks can be assessed. I am not certain of the outcome of this ‘plea’, but it does seem to make sense, especially in the light of the recent news.


I will be doing more work with Bing, Bard, and perhaps some other newcomers in the future. ‘STAY TUNED’ for more news.



**Home Care**  
**We help you to live comfortably and independently at home**  
Local - Reasonable - Experienced - Flexible schedule  
*Just 2 hours a day can make a world of difference*  
**HOURLY & OVERNIGHT CARE**  
**646-413-0813**  
www.CaringElderCare.com Monroe Township



**STEVE MOSKOWITZ**  
**HANDYMAN PLUS**  
SEMI-RETIRED EAST BRUNSWICK RESIDENT  
**WHO KNOWS A THING OR 2**  
**732.616.8999**  
**WILLING TO DRIVE AND SHOP OR HELP WITH ANYTHING YOU NEED**



**35 Years of Serving the Community!**  
**NOONAN'S**  
AUTO-CENTER  
*Your One Stop Auto Shop!*  
Automotive Service & Repair • Auto Body & Collision  
NJ State Inspection & Re-Inspection • Towing  
**609-655-AUTO (2886)**  
251 Applegarth Road- Monroe Township NJ, 08831

M. David DeMarco, *President*, N.J. Lic. No. 3203  
Thomas J. DeMarco, *Manager*, N.J. Lic. No. 4651  
Peter S. Winther, *Director*, N.J. Lic. No. 4763  
Jennifer L. Burry, *Director*, N.J. Lic. No. 5172

**“Family Owned & Operated”**

M. David **DeMarco**  
*Funeral Home, Inc.*



205 Rhode Hall Rd.  
Monroe Twp., NJ 08831  
732-521-0555  
www.demarcofuneralhome.com



**REMEMBER  
OUR MEN  
AND  
WOMEN  
IN THE  
SERVICE**



# Beyond Words

By Cecile Spector

**Are Numbers Trustworthy?**  
Many years ago, an acquaintance of mine wrote something for our local newspaper about an issue of great concern in our school district. She stated that 96 percent of those who were polled wanted the proposition to pass. “Where did you get the information?” I asked. “Oh, I just made it up,” she replied. This was the beginning of the end of my naivety. A few weeks later, there was a ceremony for the dedication of a monument in front of a school. A young reporter was sitting behind me. He leaned over and said, “How many people do you think are at this ceremony?” I looked around and said, “I’d guess at least 250; maybe 300.” The next day’s paper read, “Over 300 people attended ceremony for monument dedication.” So much for accuracy in reporting.  
One of my relatives, Alan, went for a hearing test. The audiologist found the resulting numbers to be atypical on one part of the test and was concerned about a possible tumor. He sent Alan to a specialist to determine the cause of this finding. The specialist found no abnormalities. When the audiologist told him the good news, Alan asked how the original test could be so wrong. “Well, the test was standardized on several thousand Swedish men. I guess it’s because you’re not Swedish. Very funny. Yet this is an important issue. The population on which a test is based will certainly affect the results. I was asked to use one of my standardized speech-language tests to examine a Hispanic teenager from a Spanish-speaking country. The test had been standardized on an English-speaking American population and was considered highly valid and reliable. However, it would be highly invalid and unreliable for other than native born English-speaking populations. “We need the numbers” the administrators told me. “Too bad” said I, “Using the wrong tests will give you numbers, but they will be meaningless.”  
There’s a TV commercial for a company selling life insurance. “I’m 54. How much will it be for me to get insurance?” “\$9.99 a month.” “I’m 65 and have a medical condition. How much would it be for me?” “\$9.99 a month.” “I’m turning 80. How much would my insurance be?” “\$9.99 a month.” Have you noticed one very important bit of information that is missing? There’s no mention of *how much* insurance you would get at each of these ages. What do you have to know to determine whether you can trust the numbers offered in political polls, in advertisements, in newspapers, in the media, in general? The validity and reliability of numbers depend on many factors, including the following:  
**The Source:** How well do you know the individual providing the number(s)? Is it someone who might be poor in math or who might not be completely honest? Is it a newspaper or magazine with a political bias? Manufacturers size their prod-

ucts in *approximately* the same way. I find a 6, 8, or 10 fits well, depending on the brand.  
**Statistics:** There are numerous statistical methods. Using the wrong one will give you incorrect results. However, if you want particular results, it may be to your advantage to use a method that gives you those wrong results that you want. Manipulations of this kind take place on a regular basis.  
**Pollsters:** To believe the results of a poll it’s important to trust the pollster by looking at past performance, size of the population they sample, indication of bias, and so forth.  
**Averages:** In the 1950’s, the U.S. Air Force designed cockpits of new aircraft based on the average physical measurements of 4,000 pilots. Unfortunately, pilot complaints and several airplane crashes occurred. Could it be that averages don’t always work? Not a single pilot in the sample of 4,000 perfectly matched the average.  
**Consider All Factors That Affect the Results:** A study showed there were more people traveling in January and March than in February. Could the fact that February has only 28 days and January and March each have 31 be one of the reasons? More days, more travel time. Or



have holidays occurring in each of these months affected results? Spring break? Weather conditions?  
**Inconstant Numbers:** There are three numbers that serve at the pleasure of the individual, namely, height, weight, and, of course, age. In stating your own statistics, you may do a bit of customizing. Short people may add an inch or two; those that are overweight may subtract a few pounds, and, depending on whether you are young, teenage or old, add or subtract a few years. The numbers may be measured with accuracy but the reporting of these numbers, well, who knows.  
Finally, it is my considered opinion that one hundred percent of those reading this column are discerning individuals. Clearly an accurate, carefully researched, and unbiased opinion.

## Healing with Yoga Therapy



By Jaya Gupta

Hello neighbors and friends,  
So, the saga of our wonderful vacation in India continues...if you didn’t see it in the May paper, you missed the traditional Indian wedding we attended. We covered our visit to Lucknow in the June paper. Lucknow is the capital of the northern Indian state of Uttar Pradesh, and Prem’s reunion at IITK (the Indian Institute of Technology, Kanpur), where he did his undergraduate studies in engineering. This month, I will cover the visit to our fourth destination, Varanasi. **Varanasi**, also called **Banaras** or **Kashi**, is situated on the bank of the Ganges River, and is one of the oldest cities in north India. It is one of most sacred cities for Hindus and is a very important pilgrimage in the traditions of death and moksha (salvation) for them. Hindu devotees from all over the world want to visit Kashi Vishwanath Temple and bathe in the river Ganges at least once in their lifetime. Hindus believe that the cycle of rebirth will be broken and they will get salvation or nirvana by dying in Kashi and being cremated along the banks of the Ganges.  
Varanasi is also the constituency of India’s current Prime Minister, Narendra Modi. We, here in the USA had been hearing a lot about big improve-

ments being made to the city, modernization of the railway station and the airport, cleaning of the Ganges River and its ghats, and renovation of the most sacred Kashi Vishwanath temple. All twenty of our colleagues, who were from the USA attending the reunion at Kanpur, decided to add the visit to Varanasi to our itinerary and to travel by train from Kanpur to Varanasi.  
The Ganges River is considered sacred by all Hindus and Varanasi has miles of ghats for bathing, and hundreds of temples and palaces alongside the river. Every morning before the Sunrise and after the Sunset, the ghats are filled with pilgrims and tourists to watch the most beautiful lamp ceremony, called *aarti*, on the banks of the Ganges River. The evening aarti is one of the biggest attractions and should not be missed. One can watch this aarti either from the ghat or from a boat in the river. We rented a boat, which could accommodate all of us, to watch the evening aarti and the various ghats. We watched the morning aarti from the ghat where it was being done.  
Among the city’s many temples, the most important is Kashi Vishwanath, dedicated to the God Shiva. He has been worshipped by Hindus for hundreds of years in the form of Vishwanatha, “Ruler of the World.” The newly built corridors of this temple are bringing millions of pilgrims each year to Varanasi. In addition, thousands of domestic and foreign tourists visit this city annually, and tourism-related activities are a significant part of the local economy. A visit to Kashi Vishwanath Temple is almost a must for  
*(Continued on page 17)*

## CATS AT HOME

Emily Jarvis, DVM

609-915-8671



home veterinary visits  
27 years all-feline experience  
\$10 off first house call fee with this ad

## LET’S PLAN TOGETHER

Call to schedule a free at home consultation



## Freeman Manalapan-Marlboro Funeral Home

344 Route 9 North, Manalapan NJ 07726  
(732) 972 - 8484

Glenn A. Freeman -Manager N.J. Lic. No. 3662

SERVING ALL FAITHS SINCE 1847  
COMPARE OUR PRICES

## OLD TENNENT CEMETERY

Manalapan, NJ • 732-446-9238

Thinking of a final resting place for your cremated remains or those of a loved one? Our beautiful Memorial Bldg offers personalized Niches with beveled glass and interior lighting, providing a comfortable place to visit and reflect on the life of a loved one.

Call us to make an appointment. Or check us out at [oldtennentcemetery.org](http://oldtennentcemetery.org) · Payment plans available.

## For Display Advertising Princeton Editorial Services

732-761-8534

[pescmd1@gmail.com](mailto:pescmd1@gmail.com)

**DANIK SERVICES**  
Call 609 655 2624

Grocery Shopping  
Lite Handyman Work  
Lite Gardening  
REASONABLE RATES

## YOU NAME IT WE HANG IT

DECORATIVE ITEMS OF ALL KINDS • PICTURES • MIRRORS  
SHELVING •TVS AND MONITORS • BLINDS • CURTAINS  
VALANCES •VERTICAL BLINDS • SHADES

THE HANGMANPRO

We hang anything that goes on your walls or windows

Call 732-354-6464 for free estimate 30YEARS EXPERIENCE



Health Issues Pertinent to Regency Residents



By Sheldon Opperman, MD  
Understanding Stroke:  
The Importance of  
Recognizing TIAs, Symptoms,  
Prevention, and Acting  
BEFAST  
Introduction:

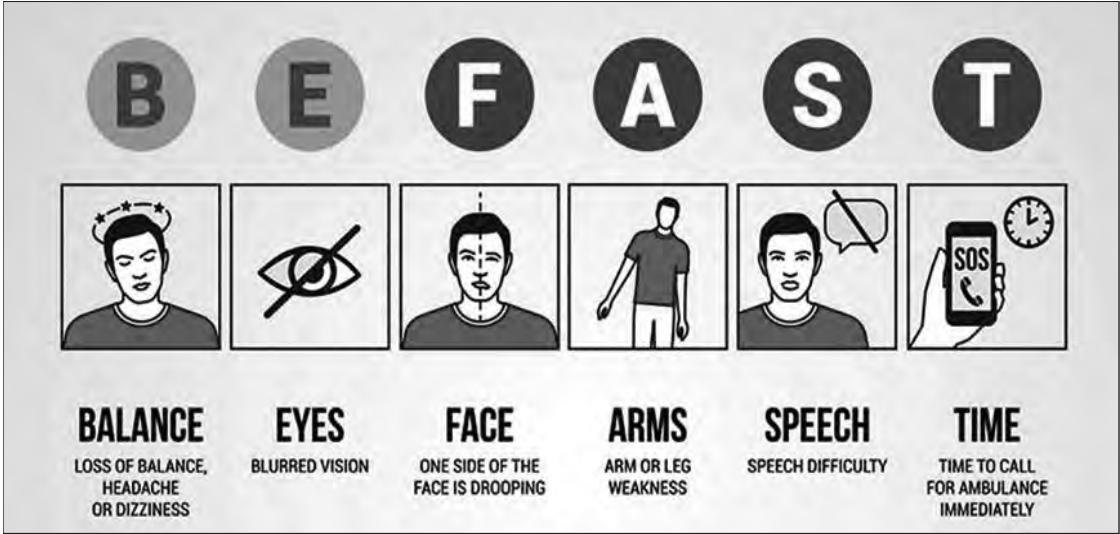
There are two types of strokes:  
Hemorrhagic strokes caused by a rupture of a blood vessel in the brain.  
Ischemic strokes where a blood vessel that supplies the brain becomes blocked or “clogged” and impairs blood flow to part of the brain.  
The focus of this article is ischemic strokes, which account for over 85% of all strokes. Stroke is a serious medical condition that requires immediate attention. It is not uncommon to experience warning signs before a full-blown stroke occurs. These warning signs, known as Transient Ischemic Attacks (TIA’s), should never be ignored. It is important to recognize TIA’s and its symptoms to take preventative measures and act quickly.

**What is TIA?**  
A Transient Ischemic Attack (TIA), also known as a mini stroke, happens when there’s a brief interruption in blood flow to the brain. Unlike a full stroke, the symptoms of a TIA are temporary and typically last for a few minutes to an hour. Although the symptoms may resolve on their own, TIA’s serve as crucial warning signs that a stroke could occur in the future.  
**Recognizing TIA Symptoms:**  
1. Sudden Weakness or Numbness: TIA’s often cause weakness or numbness in the face, arm, or leg, usually on one side of the body. You may feel like you can’t move or control these affected body parts properly.  
2. Difficulty Speaking or Understanding: TIA’s can result in slurred speech or difficulty finding the right words to express yourself. You might also have trouble understanding others.  
3. Vision Problems: Temporary loss of vision in one or both eyes, blurred vision, or double vision can be indicative of a TIA.  
4. Dizziness or Loss of Balance: Feeling dizzy, unsteady, or experiencing a sudden loss of coordination may be signs of a TIA.  
**Prevention:**  
1. Preventing TIA’s and strokes involves adopting a healthy lifestyle and managing

certain risk factors:  
2. Control High Blood Pressure: High blood pressure is a major risk factor for stroke. Medication and lifestyle changes (healthy diet, exercise, and limited sodium intake) can help control blood pressure.  
3. Manage Diabetes: Keep your blood sugar levels under control, as diabetes increases the risk of stroke.  
4. Maintain a Healthy Weight: Obesity contributes to various health problems, including stroke.  
5. Quit Smoking.

6. Limit Alcohol Intake: Excessive alcohol consumption raises blood pressure and increases the risk of stroke.  
**What is BEFAST:**  
BEFAST is an acronym that stands for the common signs and symptoms of a stroke.  
B - Balance: Watch for sudden loss of balance or coordination.  
E - Eyes: Check for sudden vision loss or double vision.  
F - Face: Ask the person to smile. Look for drooping on one side of the face.  
A - Arms: Ask the person to raise both arms. Look for weakness or numbness on one side.  
S - Speech: Listen for slurred or

garbled speech.  
T - Time: If any of these symptoms are present, it’s crucial to act quickly. Call emergency services or seek medical attention immediately.  
**Conclusion:**  
Knowing the signs of mini-strokes and how to prevent them is important to avoid having a major stroke. Take care of your health, watch out for the BEFAST signs, and act quickly if you see any symptoms. Don’t wait to get medical help.  
**Sources: Harvard Heart Letter June 2023**  
American Stoke Association  
American Heart Association



M&M Movie Minutes



By Marcia Milgrom and Marilyn Jaclin  
A Man Called Otto  
Tom Hanks is always a favorite for *M and M* so we decided to see this remake of *A Man Called Ove* about a bitter 63-year-old man living in Sweden. The remake, *A Man Called Otto* is about the same character

but takes place in a suburb of Pittsburgh. The story is based on the 2012 novel originally published in Swedish.  
In this comedy-drama film we first see Otto Anderson (Tom Hanks) who is forced out of his job and into retirement at a steel plant. He cancels his utilities, and plans to kill himself by hanging, so he can be with his deceased wife. As luck would have it, the noose breaks from the ceiling and he falls to the ground. At that point he is interrupted by new neighbors, pregnant Marisol (Mariana Trevino), her husband Tommy (Manuel Garcia-Rulfo) and their two little girls Abby and Luna. The family tries to befriend him.  
When the suicide fails Otto goes to his wife’s grave and has flashbacks of their life together. He met Sonya on a train where she lent him a quarter, which he still has. He reminisces a lot about when he was rejected from the army due to a heart condition. He remembers when he proposed to Sonya after graduation from engineering school. He recalls when he attempted suicide on a train platform and instead saved an older gentleman who fell onto the tracks.  
Otto also helps his neighbor Anita (Juanita Jennings) who is having trouble with her radiators, in spite of the fact that he does not speak to her wheelchair bound, non responsive husband Reuben who suffered from a stroke. Once again, Otto attempts suicide by carbon monoxide poisoning in his garage. But, he is again interrupted when Tommy breaks his leg falling off a ladder that Otto loaned him. The accident ends up with Otto taking the whole family to the hospital. When a clown appears in the waiting room showing his magic tricks to

the little girls, Otto attacks him for taking his quarter. We see him doing nice things for his neighbors. He baby-sits when Marisol and Tommy go out for the evening before the birth of their baby. He allows Malcolm to sleep at his house after the boy is kicked out by his father. Malcolm is a former student of Sonya’s and is transgender. He even takes in a stray cat when his neighbor Jimmy can’t.  
We next see a real estate company trying to buy Anita’s house and putting Reuben in a nursing home. Once good friends, as couples, the two husbands had an argument about cars and were not speaking. Now, Otto gets the neighbors together to stop the company from taking Reuben. In between all the goings on this curmudgeon tries to kill himself once again but is interrupted. Marisol gives birth to a baby boy and in the end Otto gives her the cradle that he and Sonya were saving for a child of their own, which they lost.  
*M and M* thoroughly enjoyed this film, though bittersweet. It does tug at your heart in between some comedic lines. We always felt compassion for Otto. Tom Hanks was wonderful, as always. Mariana Travina was excellent! The movie is not for everyone. The episodes of attempted suicide were difficult to watch.

BUCKLE UP FOR SAFETY



Scrabble Scribbles



The Regency Scrabble Club  
Join us for Scrabble each  
Monday at 1 p.m. in Ballroom 3  
and  
Thursday at 7 p.m. in the Multi-Purpose Room  
All ability levels welcome.  
For information, contact Linda Litsky  
linlit32@gmail.com · 732.492.0921



From the Jewish Congregation of Clearbrook

On Rosh Hashanah, it is written.  
On Yom Kippur, it is sealed.

May you have a new year that brings fulfillment and happiness, peace and prosperity.

L’Shana Tova Tikateyvu!

Holiday Services

Family, friends and guests – all are welcome!

High Holy Days Tickets - \$30 per person

ROSH HASHANAH

Friday, September 15th	Erev Rosh Hashanah	6:30 pm
Saturday September 16th	1 <sup>st</sup> Day of Rosh Hashanah	10:00 am
Sunday September 17th	2 <sup>nd</sup> Day of Rosh Hashanah	10:00 am

YOM KIPPUR

Sunday, September 24th	Kol Nidre	6:30 pm
Monday, September 25th	Shacharis	10:00 am
	Yizkor	12:00 pm
	Evening Service (NEILAH)	6:45 pm

SHEMINI ATZERET

Saturday, October 7th	Yizkor	10:00 am
-----------------------	--------	----------

For More Information Call: Michael Katz (609) 619-3762

Service Location:

Clearbrook Cultural Center, located on the Clearbrook Community Campus  
1 Clearbrook Drive, Monroe Township, NJ 08831

\*\*\* Tickets for holidays will go on sale July 19. \*\*\*



# The Board of Education's May Meeting

Plus Another Look at State Aid



By Doug Poye

Three topics dominated the public sessions of the Monroe Board of Education during its May meeting: non-renewal of the athletic director, settlement of the contract with the teachers' union, and a potential move to have the public vote on the annual school budget. In past monthly meetings the public consisting of parents, student athletes, and volunteer coaches urged the Board of Education to renew its contract with Athletic Director Sean Dowling. They cited numerous reasons for keeping Dowling in his position from his genuine care for student athletes, respect among his coaching staff, and a recognized director in the state as well as nation. Nevertheless, his name did not appear among the personnel items on the agenda for the May meeting, which signaled that his employment in the district would be ending in June. It is important to note that the Board is empowered to accept or reject recommendations of the superintendent but not to approve a contract with some-

one not having the superintendent's recommendation. Being a "personnel matter," neither the superintendent nor the Board is allowed to give reasons for the decision to non-renew a specific individual.

President Chrissy Skurbe, during her report, indicated that the Board and the Monroe Teachers Education Association had successfully concluded negotiations on a three-year contract that will begin July, 2023 and run through June, 2026. She stated that it is a "fair contract" and it reflects the "great direction that our district is moving in." Monroe has for many years offered one of the lowest starting salaries in the area and has an average, as measured by the median, salary that is several thousand dollars below other districts. No specifics of the contract were shared with the public as the MTEA had yet to ratify the contract.

Following a report by Karen Bierman, chair of the Board's Finance Committee, former Board member Michele Arminio challenged the possible plan to have the public vote on the annual school budget. Comments by members of the Board mentioned that it has become very difficult to stay within a 2% cap as a result of inflation in health benefit costs, salary increases, and needed repairs to some of the schools in the district. In recent past years, the Board decided to keep budget

increases to 2% or less which, by state statute, removes the need to have the public vote on the budget. In her comments, Arminio shared with the public that if the public does not approve the budget in a vote in April the town council then reviews the budget and determines the dollar amount that must be cut. The council also has the power to decide on no cut in the amount. The budget for the coming 2023-24 year will be within the 2% cap, but the budget for subsequent years may be determined by the voters and/or the town council.

In the April article on the Monroe Township Board of Education there was a comparison of the amount of Equalization Aid among eight surrounding districts and Monroe. Equalization Aid is basically the difference between what a district's budget is and how much of that budget the taxpayers can afford to pay based on the total income and total property values of the township. As was posited in that article, Monroe's receiving \$0 in equalization aid is likely the result of the overall "wealth" of the township in relation to the number of students attending its schools. That wealth is greatly affected by the many senior communities in the township. When one examines the state aid other than equalization aid that each district receives, referred to as Categori-

(Continued on page 18)



Buddhist Temple at Saranath.

Photo by Jaya Gupta

## Yoga Therapy

(Continued from page 15)

every Hindu visiting Varanasi and we all were able to visit it. Given the shortage of time, many of our colleagues could only make it to Vishwanath Temple, but a few of us stayed a little longer and were able to visit Sankat Mochan, dedicated to the monkey-God Hanuman, and two other beautiful temples.

Banaras Hindu University (BHU) is a collegiate and Research University located in Varanasi. The university is the largest residential university in Asia and one of the eight public institutions declared as an Insti-

tute of Eminence by the Government of India. Its vice chancellor, Sudhir Jain, was earlier a professor and the dean of resources at IIT Kanpur. During his time at IIT Kanpur, he had become familiar with many of our colleagues. He invited all of us to visit BHU and we were given the royal treatment at his home and then an escorted tour of the campus.

During Buddha's time, Varanasi was the capital of the Kashi kingdom and Buddha gave his first sermon nearby at Sarnath. Sarnath, a beautiful serene place, has the ruins of ancient Buddhist monasteries and temples as well as temples built by Chinese, Burmese, and Tibetan

Buddhists. We spent an afternoon visiting Sarnath.

Varanasi is famous for its silk sarees called Varanasi Sarees, brocade work with gold and silver thread, art and craft work using this special embroidery, glass bangles, ivory work, wooden toys, and brassware. It was also known for its music and dance gharana (style). One can spend hours and can get very confused looking for a silk saree from thousands of pieces to choose from but street shopping for gift items is really fun. We hope that many of us will visit our rebuilt city in the near future.

Take care, live, laugh, and enjoy every moment. Love - Jaya

**COME JOIN  
OUR  
3D ART  
GROUP**

**SEE HOW MUCH FUN YOUR FRIENDS  
AND NEIGHBORS ARE HAVING...**

Thursdays, 10 a.m. - 12 noon - Ballroom 3

For more details, email Renee Horowitz at  
reneelh222@aol.com or Claire Castellanos at

cmcastellanos812@gmail.com

No previous experience required.

If you are creative and need an outlet, this group is for you!

**Herb**

**PLUMBING**

Fast & Reliable Service  
Always Available

~ Fully Insured & Bonded ~

**(732) 972-7779**

Herb Weinberg  
NJ License 9844

P.O. Box 493  
Morganville, NJ 07751

**MIKE "THE HANDYMAN"**

**732-780-0468**

Lic. #13VH08300900

- No job too small, so don't hesitate to call
- Same-day callback, work done within 24-48 hours
- Fully Insured
- References gladly furnished upon request

OVER 33  
YEARS OF  
EXPERIENCE

**You name it, we take it!**



- Estate Sale Clean Outs
- Garage Clean Outs
- Appliance & Furniture Removal

We will beat or  
match any price!

**800-609-3696**

**www.wecollectjunk.com**

**USA**  
SECURITY SERVICES, INC.  
Serving the NY/NJ Metropolitan Area Since 1978

**Attention Regency Residents**

- Home Security System Monitoring  
**\*\*\$14.50 per month\*\***
- Established Company – 45 Years of Experience
- Owned & operated by a Regency resident
- No Contracts
- No Conversion Fee
- Home Improvement Contractor Number 13VH00561800
- 3-Year Rate Guarantee
- No Gimmicks
- Great for Regency Residents coming off Existing Contracts
- Call Now (800) 343-3526, ext. 122
- Service & Upgrades Available

\*\*Open to Regency @ Monroe residents only. Rate requires annual billing and landline for monitoring. Rate for GSM or Cellular Communicator is \$26.00 monthly.

Visa & MasterCard accepted. USA will refund any portion of unused monitoring in the event of cancellation prior to the annual monitoring anniversary.

240 Frisch Court, Suite 303, Paramus, NJ 07652

Telephone (201) 343-4777 · (800) 343-3526

Fax (201) 343-6624 · Web Address: [www.usa-sec.com](http://www.usa-sec.com)



# Healing Ourselves Naturally

# Pet Corner



By Steven Soffer N.D. MH  
The Healing United  
Power of Love

I remember growing up in the fifties in Brooklyn learning about the Civil War. I couldn't understand it. I understood countries fighting each other and having wars but a country fighting itself didn't make sense to me. I understood the major issue was slavery but growing up in Brooklyn, I had no experience of that. In 1861 Lincoln tried to hold the country together, as slave holding states threatened to secede. In 1938 Roosevelt warned against rising fascism and then we all saw what Hitler did in World War II. Now it is seventy five years later and regrettably now, I am actually understanding more of it. I see the country divided again. Not only is it divided but both sides have much difficulty working with each other with their parties ideology and view points diametrically opposed. It doesn't matter if you are a Democrat or Republican or whether you believe the election was stolen or not. What matters is we are one country. The **UNITED** States of America! Regrettably, currently we are **NOT** united. We are battling each other on human rights, women's rights, gun control, inflation, climate change, and many many other issues as well.

It doesn't matter which side of the fence you are on or which side you support. The fundamental truth of it all is that we all have the same basic needs as human beings. We all need food, shelter, clothing, and **most importantly** what we all really need is love. We need a united healing presence for this country. We need to become the **UNITED** States of America once again. *A Course in Miracles* says, "Teach only love for that is what you are." *Science of Mind* says, "An awakened soul judges no one, condemns no one, but realizes we are all on the road of experience, seeking the **same goal**, and that each must ultimately find his home in peace."

The thing is we just cannot please others all the time. It's impossible. That doesn't mean we should have personal animosity towards anyone. We can approach people with an attitude of peace and goodwill. The *Bible* story of *The Good Samaritan* is a wonderful example of this. The Jews and Samaritans disliked each other, but when the Samaritan saw a fellow human in dire need, he came to his aid. The

story doesn't say they became best friends... just said someone saw a stranger in trouble and approached them with peace and goodwill. Being peaceful is a way of life. Wayne Dyer reminds us it doesn't depend on our environment or what anyone else is thinking. Peaceful people have an impact on the people around them. Just look at my angelic wife Kathy. It is difficult to be stressed out when you are in the presence of someone who is committed to being at peace. Maryanne Williamson writes, "Ego says... once everything falls into place, I will find peace. Spirit says...find your peace and everything will fall into place." Pema Chodron teaches that suffering is part of the human experience. People hurt each other. She asks, "What's the difference between seeing harm has been done and blaming?" Rather than pointing fingers, we can ask questions like, "How can I communicate? How can I help others find their own wisdom, kindness and sense of humor?" Isn't that a step in the direction we would all like to go? Today, I make the commitment to be a peaceful presence wherever I am. I choose to forgo judgment and condemnation. I choose to remember that every face I see is the face of spirit looking back at me.

Again, this is **NOT** about politics. **THIS IS** about survival. This is about moving into the twenty-second century utilizing more renewable resources and understanding those that survive, as Einstein said, "**Are those most adaptable to change.**" We are living on a tiny rock orbiting around a fireball in this tiny galaxy of millions and millions of solar systems in billions and billions of galaxies. It is a big universe out there. We need to evolve our consciousness to recognize the immensity. There is no evil out there and no *Star Trek* planets wanting to eat us and dominate us. It is all spirit's goodness throughout the entire universe...13.7 billion years of it, 4.5 billion years for our planet alone. As I have said before, all the great societies of the past have ultimately failed. What can we do to be different? We have to use our greatest power and tool. That power is not force it is not war and domination. It is the **POWER OF LOVE**. That is the most powerful force in the universe. As man's consciousness evolves so will his consciousness of what our planetary needs are, not just our own selfish individual needs. Ultimately greed and power will fail, but the force of love will succeed and thrive. We just need to recognize that Spirit is guiding every one of our hearts. Travel well. Be at peace. Questions and comments are welcomed from free thinking individuals.

By Bea Siegel  
Petpawrie of Information  
Part II

**Xylitol:** A danger to your dog and other pets. The American Veterinary Medical Association has endorsed a federal law called "Paws off Act (HR5261)" that requires products with Xylitol to have a warning label about toxic effects to dogs and other pets. This artificial sweetener, which is used in many human products, is safe for humans, but fatal to your canine friend. It causes a drastic drop in blood glucose causing liver damage that is fatal to dogs. There are so many products in our homes that contain this ingredient, which if ingested by your dog, even in a tiny amount, causes them to become ill. Symptoms include vomiting, followed by symptoms associated with a lowering of your dog's blood sugar, decreased activity, weakness, staggering, being uncoordinated, collapse, and seizures. While there are many similar symptoms of your pet's sudden illness from something other than Xylitol, this is definitely an emergency call to your veterinarian or emergency animal hospital.

**Some foods containing Xylitol:** Gum, is the number one offender since it can usually be found anywhere in the home, i.e., counter tops, handbags, pockets, etc. Others to watch out for are baked goods, toothpaste, some peanut and nut butters, over-the-counter medicines, dietary supplements, sugar-free desserts, ice-cream, jelly and jam, candy, and so much more. Many pet stores sell all kinds of products such as dog chews, or eye-catching colorful packages of treats with vitamins and yogurt, etc., but

beware, since there are so many imports from different countries selling these unknown products. If you notice an ingredient called birch sugar or wood sugar, it's really Xylitol.

Over the past several years, the Center for Veterinary Medicine at the US Food and Drug Administration (FDA) has received so many reports pertaining to dogs being poisoned by Xylitol in chewing gum. The bottom line is to be aware of what your dog is picking up, even in grassy areas, so you can relate any information to your veterinarian in the treatment of your dog. Currently, it doesn't seem to affect cats, but you never know, so if you suspect any problems, call the Pet Poison Helpline at 855-764-7661. Do not induce vomiting or give



your dog any medication unless instructed by a veterinarian.

**Life without My Dog**

I miss him so much, that one morning for breakfast I gave my husband dry dog food with milk (in the dogs bowl); that afternoon he scratched on the front door to come in the house. (Hey, we have to take time to laugh.) If you have any questions, or would like your pet's photo in the *Regency Reporter*, just contact me, I'm in the Directory.



Happy Birthday to one-year-old Pembroke Welsh Corgies, Elle on right, and Rosie. Marie and Jeff Wedgeworth are now King and Queen of their Corgies. Marie is Strong Bones instructor at Regency, so you can imagine her dogs exercising to Animal Planet. Marie says, they keep us on our toes and we love them.

Photo by Queen Marie

## Board of Ed

(Continued from page 17)

cal Aid, Monroe fairs much better in comparison to those districts. Categorical Aid consists of three components: Transportation, Special Education, and Security. The following table indicates the total amount of those three components.

CATEGORICAL AID  
FOR 2022-23

Edison	\$14.76 Million
Piscataway	\$10.12 Million
Monroe	\$9.60 Million
No. Brunswick	\$9.30 Million
So. Brunswick	\$7.82 Million
Old Bridge	\$7.41 Million
East Brunswick	\$6.85 Million
Manalapan	\$6.16 Million
Marlboro	\$4.91 Million

As the Board and community continue the quest to obtain more Equalization Aid, one can see from this table that the district appears to be receiving its "fair share" of Categorical Aid when compared to other districts.

## Home Trends



By Cheryl Hand  
**Real Estate Activity is Increasing!**

Here's a quick update on the real estate market in our community. Please keep in mind that the status changes every day – this is the update as of the beginning of June.

The inventory is slowly building. There are currently ten active re-sales on the market – last month we had only seven. They range in price from \$650,000 - \$1,199,000. The showing activity has increased and so have the offers. July has always been the busiest month in the community

and we are heading right into our busy time.

Regency at Monroe currently has eight homes Under Contract as compared to five homes last month. They range in price from \$649,000 up to \$949,000. The homes that have been selling seem to sell within a few weeks on the market.

Since January 2023, fourteen homes have sold and closed. The sale prices ranged from \$539,800 up to \$855,000.

There is, and I predict, always will be a demand to live in Regency. The prices will continue to range from \$500's to over \$1,000,000.

We live in a very unique community. Where else would a Bee Gees cover band sell out in six minutes?

Why one home sells faster and for more than others? There isn't always an answer. Just the right match! Seller is willing to accept what the buyer is willing to pay and SOLD!



SPORTS



Tennis Mayor's Cup winners, from left: Robert Nisenson, Dave Delman, Mike Nebel, and Dave Miers. Photos by Steve Brody



The Regency Bocce team after winning the Mayor's Cup. First row, from left: Mary Caccamo and Kathy Bracco, second row from left: Allan Kahn, Frank Perrelli, Sandy Farinola, Captain Carmine Carrara, John Wakie, Phil Bracco, and Lenny Mongelli who was camera shy. Photo submitted by Carmine Carrara

Monroe Mayor's Cup Bocce Tournament

By Carmine Carrara

On April 11 we kicked off yet another season of Bocce and seven weeks and 21 hard fought games later, I'm proud to report that we prevailed to win the Mayor's Cup championship! Our team was deter-

mined to do well and we convened for practice several times per week since opening day. We played each game with consistence and diligent concentration. We were awarded a plaque, which will be displayed at the Clubhouse,

special ball caps, and the township will also host a breakfast to recognize our team members. I just want to personally commend our team members, see accompanying picture, for their hard work and perseverance. Cheers!

Seniors vs. Seniors

By Barry Panson

The Seniors vs. Seniors event took place on Friday, June 2, after a three-year absence due to Covid. Seniors from Monroe competed alongside Seniors from Monroe Township High School in the following events: Pickleball, Cornhole, Bocce, and Shuffleboard. Pickleball and Cornhole were held at the Monroe Community Center, Bocce and Shuffleboard were held at Rossmoor. Mayor Stephen Dalina was on hand and competed in the Pickleball event. Lunch was catered by Fresco's and a good time was had by all.



Barry Panson (left) and Marty Kamins at the annual Seniors vs. Seniors event. Photo submitted by Barry Panson

Happy Fourth of July

The Regency Tennis Club



By Steve Brody

Regency Men's Team Reigns Supreme

Back on May 23, Regency hosted the Men's Mayor's Cup and our men's team won the championship by winning three of the four matches that we played. This year there were five communities counting Regency that participated in the event. Unfortunately on the women's side there was not enough interest from the other communities to participate. That might have something to do with Regency women winning year in and year out. In order for a 55+ community to participate in tennis for the Mayor's Cup you need a minimum of five players per team. For our men's team we had eight players and one sub. Those players were in no particular order: Alan Rockoff, Sergey Romanovsky, Dave Miers, Mike Nebel, Robert Nisenson, Eric Linder, Bob Schaffter, and Seth Kane. The four other communities that participated were Encore, Stonebridge, Concordia, and Clearbrook. The tournament format is a pro-set, first to eight wins the match.

Regency started off with a round one loss, 8-3, to a tough Clearbrook team who had a tall player that had a soft touch and great location on his shots, which made it quite difficult for Eric and Bob to counter punch on. Round two Regency's Robert and Dave (Delman) trounced Encore 8-1 with terri-

fic net play by Dave and Robert showing off his powerful backhand. Round three was against Stonebridge where the team of Mike and Dave (Miers) won handily 8-3. Mike had his usual steady game and Dave had some slam shots that were unreturnable. Our final match was against Concordia and we needed a win here to break a tie with Clearbrook and we got it through the efforts of Alan and Sergey as they powered over their opponents 8-3 to bring home the championship.

The evening itself was beautiful with temperatures in the upper 60's with very little wind. We had a very large turnout to support our team throughout the evening. A number of players from the opposing teams commented to me how beautiful our tennis set up is. The courts were clean. Each court's trash bin was empty at the start of play. Aside from the known crack that runs along the bench area of the courts, the playing surface was in top notch shape. Rick Siemon, the Monroe Township Recreation Director was quite impressed with our courts and asked me if he could run the Mayor's Cup here again next year. Hopefully we will be able to accommodate the request. The fact that we had nine players participate, actually 11 as two had to drop out prior to the games, is a testament to how active Regency residents are not only in tennis but all other athletic activities within the community.

Finally, the Tennis Club sends a note of gratitude to the HOA Board and Management for allowing the township to utilize our courts and having them in pristine order for this event.

Regency Tennis Club 2023 Membership Form Dues are \$15 / Season runs May – September

New Member [ ] Returning Member [ ]

Name: \_\_\_\_\_ Level of Play – A, B, C

E-Mail \_\_\_\_\_

Cell Phone # \_\_\_\_\_

Name: \_\_\_\_\_ Level of Play – A, B, C

E-Mail \_\_\_\_\_

Cell Phone # \_\_\_\_\_

Checks ONLY: Made out to Regency Tennis Club (R.T.C)  
Place in bottom of Steve Brody's mailbox at 9 Medinah Court

**Bocce and Shuffleboard Schedules**

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

**Tennis Schedule**

Every Wednesday 6-9 p.m. Organized Drop-in Tennis Matches

Week of July 3

In-house Tournament Finals Friday, July 14 - 6-9 p.m.

Tennis and Pizza Sunday, July 16 9 a.m.-1 p.m.

Breakfast at Wimbledon Friday, August 4 - 6-9 p.m.

Tennis and Pizza Sunday, August 20 5-8 p.m.

Tennis and Pizza Saturday, September 30 10 a.m.-2 p.m.

Year End Celebration



# The Pickleball Club 2023

By Lisa Citron

As the summer temperature goes up, excited players and fans show up, on courts that quickly fill up, to watch the competition heat up...all before the courts are broken up. Any day now, the sounds that accompany construction and renovation will be filling the air, here at Regency. Before the work begins, the **2023 Pickleball Club** has worked hard to fill the calendar for its over **215 members**. There will be **Twenty-four events by the end of June, forty-one events, in total, through August.**

**So many events to mention:** A DUPR Information Session, League Play (extending into August), Pastries and Pickleball, Rolls and Rallies, Round Robins, Skills and Drills, Slams and Dunks, and Tournament Play, (June 10 – June 11), which will be covered fully in the August *Reporter*. The list of Pickleball activities helps to achieve the continued goal of building a vibrant Pickleball Community, and bringing that Pickleball Community together. This remains the priority of the Pickleball Club, even while the much awaited new courts are underway.

**Celebration and Cheers are in order for the Regency Men’s Pickleball Team**, who competed in the **Monroe Pickleball Men’s Mayor’s Cup** on Wednesday, June 7. For the first time, a full tryout took place for this year’s team. The nine first time players: Michael Cohen, Mozey Ghaffari, Norm Goldman, Bobby Harris, Isaac Levy, Gary Lynn, Ira Matlow, Gary Ramella, and Bharat Shah represented our community in true Regency fashion. The team played through pain, played with heart, and played with all the energy they had. The day was highlighted by an inspiring and thrilling match between Regency and Clearbrook. Partners Bobby Harris and Gary Lynn fought their way back from a 9-1 deficit to defeat the opposition 11-10. They were a true representation of the team motto, “Never Say Die.” Although the goal was to bring home a championship, the team and captain Mark Goldberg, were very proud to tie for second place, only one game shy of the gold.

The Regency Women’s Pickleball Team will be competing on June 21. We will be celebrating and cheering our Regency Women’s Team in the next edition of the *Regency Reporter*.

**JOIN THE 2023 PICKLEBALL CLUB**, and get in on the fun! Fill out the attached application. Additional applications can be found in the Clubhouse. Applications should be dropped in the mailbox of either Harriet Blumenstock (34 Masters) or Karyn Waller-Finkelstein (67 Country Club). Joining is the key to access Pickleball Club information. Upon joining you will be able to find all information on **The Regency Pickleball Club 2023 Teamreach**.

Come Pickle with Us!

## Regency Pickleball Club 2023 Membership Form

Dues \$25 — Season runs April – September

Member name \_\_\_\_\_

Email \_\_\_\_\_

Home street address: \_\_\_\_\_

Cell phone \_\_\_\_\_

Member name \_\_\_\_\_

Email \_\_\_\_\_

Home street address: \_\_\_\_\_

Cell phone \_\_\_\_\_

### Actions to take:

1. Along with this form, include a \$25 check made out to “Regency Pickleball Club” and put it under the mailbox at 34 Masters Drive or 67 Country Club Drive.
2. Each individual in a household that is a member should be identified separately above.
3. Join us on our NEW 2023 Team Reach site. If you are new to Team Reach, download the App. Everyone should use the code “Fourplayers” to join the group and stay connected. Please note that this is a member’s only group. Future events and program sign-ups will be available here as well.



Men’s Bowling Team Mayor’s Cup Winners, from left: Roger Dantoni, Bill Palmieri, Leo Friedlich, Phil Fishman, and Rich Smilowitz.  
Photo by Cindy Smilowitz

## Regency Sports



### With Tom Cullen

Spring is here, everyone is back from Florida, and there are many events (like various Mayor’s Cup competitions) that either have been or will be taking place in the spring and summer months in many sports here at Regency or outside (like the new Softball League in which several teams from Regency compete at nearby softball fields). I have started taking pictures and videos of various sports like Tennis, Pickleball, and Softball. I am a member of both of the aforementioned clubs and play on the Skyline Solar softball team. Like many people here, I love sports and I played many different sports, primarily basketball, softball, and track.

My goal is to cover all the sports here at Regency, especially shining a light on sports that people may not be that familiar with. My hope is that

my efforts will help bring the Community closer together and that all the sports here will support each other more and attend each other’s events. There are many talented players here at Regency, as evidenced by Mayor’s Cups won in numerous sports and other competitions, but everyone, regardless of their level or ability, should have fun playing and socializing with each other and making new friends. That has certainly been true for me during the nearly eight years that I have lived here. This is also my way of giving back to the Community that I love living in.

### Upcoming Mayor’s Cup Competitions

Thank you to Lisa Citron for suggesting that I put this in my article. We have already had several Mayor’s Cups take place in sports like men’s and women’s golf, (both of which were won by Regency and reported in the June issue of the *Reporter*), bowling (won by Regency, see picture with this article), tennis, bocce, and men’s pickleball.

The remaining Mayor’s Cup schedule and locations are as follows:

- Women’s Pickleball – June 21 at 10 a.m. at the Monroe Community Center
- Basketball – July 13 at 4 p.m. at the Community Center
- Table Tennis – July 20 at 4

p.m. at the Community Center

- Shuffleboard – September 14 at 9 a.m. at Rossmoor

I will keep everyone advised of upcoming Mayor’s Cup events in advance, along with any changes in dates, locations, or times and, as always, I encourage you to come out and support our teams. It does make a difference. I saw it recently first hand at the men’s Tennis and men’s Pickleball Mayor’s Cups. Those events were awesome.

### Monroe Senior Softball League Update

Last month I reported on the creation of the Monroe Senior Softball League. Opening Day took place on May 16, 2023 and was a phenomenal success. Co-Founder Bobby Harris was the Master of Ceremonies, Monroe Township Mayor Stephen M. Dalina threw out the first pitch. Representatives of the Monroe Parks and Recreation were in attendance, New Jersey Nightly News covered the event and put a short video segment that day on their news reporting, League Co-Founder and Sports Committee Chairman George Rothweiler and I took pictures of the event, and League Sponsor, Ray Catena Family of Dealerships, brought a Lexus and an Audi to the field.

(Continued on page 21)

## ALZHEIMER'S ISN'T STOPPING, NEITHER ARE WE!

Alzheimer's is devastating our families, our finances and our future. With more than 5 million Americans living with the disease and over 16 million unpaid caregivers. Alzheimer's is all around us - but the power to stop it is within us. Thank you for your support.

### 2023 WALK TO END ALZHEIMER'S - MERCER-MIDDLESEX, NJ SATURDAY, SEPTEMBER 23, 2023

Scan to register to WALK WITH US or create your team!

You can also call 973-437-3931 for more information.





Monroe Township Mayor Stephen M. Dalina throwing out the first pitch on Opening Day of the new Monroe Senior Softball League. Co-Founder George Rothweiler taking a picture in the background.

Photo by Tom Cullen



Regency Sports

(Continued from page 20)

Players from all seven League teams were in attendance as part of the Opening Day Ceremony. There were many spectators in the stands cheering the two teams on that played that day and the players gave it their all. Games are played from 10 a.m. to 12 p.m. Tuesdays, Wednesdays, and Thursdays at the Thomas L. Allen Softball Complex (minutes away from Regency). There is an open refreshment stand and bathrooms on site, and the best part is that admission is FREE. The season will run through August with All-Star and Playoff games. Team standings can be viewed on the League website at [monroe-seniorsoftball.com](http://monroe-seniorsoftball.com). Please come out and see the teams play and root them on, as some have been doing. As I said in my previous article Regency has about 50 players in the League (including some of our HOA Board members).

If any of the sports teams would like to contact me to cover their sports, please feel free to do so if I do not reach out to you first. Have fun out there everyone. My new email for people to contact me for sports or anything else that I cover in the future is: [tomculenphotography@gmail.com](mailto:tomculenphotography@gmail.com). Please make note of this email address as it will only run in this issue of the *Reporter*. There is a list of club contact emails on Ron Post.

Celebrating a Decade at the Monroe Township Senior Center



Mayor Stephen Dalina

By Monroe Mayor Stephen Dalina

The growth of senior programming here in Monroe Township over the last ten years is nothing short of astounding.

To share how far we have progressed: In the 1980s, the entire senior services operation was based in a trailer outside of the municipal building with the words “Office on Aging” posted on the door.

Our first senior center opened in 1989 in the lower level of the municipal building but was quickly outdated as our senior citizen population grew.

Township officials at the time focused on constructing a state-of-the-art senior center at 12

Halsey Reed Road. The current Monroe Township Senior Center opened 10 years ago and is one of the most attractive and well-used senior centers in the county and state.

Along with the library, the Monroe Township Senior and Transportation Center is truly one of our crown jewels.

Through cultural, educational, recreational, and social experiences offered throughout the year, the Senior Center offers members opportunities to en-

gage in activities that appeal to them most.

It provides social services to members and their adult children in need of information, referrals, and counseling, as we have two social workers on staff. The center also offers intergenerational opportunities for the young and young-at-heart to connect.

The Senior Center is also the home of a food pantry that services local families in need throughout the year.

And our beloved senior center is continually improving. One of the most recent and impactful improvements is the construction of a large outdoor pavilion at the rear of the building.

Cultural Arts Commission Presents Music in the Park Summer Concerts

By Cathleen Norback

Please join us for our *Music in the Park Summer 2023* free concerts. The concerts will be offered on six consecutive Thursday evenings at 6 p.m at the Open Grove Gazebo on the Lake in Thompson Park, Monroe Township, New Jersey. Bring your own chair and blanket.

July 6 - KINDRED SPIRIT - Classic Rock & Roll - 60’s through today

July 13 - ENJOY! - Songs from the 50’s to today

July 20 - JERSEY ROCKERS - Classic Rock from the ’60s, ’70s, and ’80s

July 27 - JOHN BIANCULLI GROUP, Featuring Deb Lyons - Jazz, Samba and Swing

August 3 - HIDDEN GEMS - Singing, dancing, and performing talents of India and Bollywood

August 10 - ECO DEL SUR - Musical journey of Latin American Folk Music from all over the world

Weather information will be available on our website: [www.MonroeTownshipCulturalArts.com](http://www.MonroeTownshipCulturalArts.com).

Please join your neighbors for our upcoming *Music in the Park Summer 2023* free concerts.

Grant funding has been provided by the Middlesex County Board of County Commissioners through a grant award from the Middlesex County Cultural and Arts Trust Fund.

The new pavilion is beautifully constructed and provides great protection from the sun. It also allows us to bring programming outdoors without concern for inclement weather. We have already hosted our Mother's Day event at the pavilion and plan on using it for concerts, meditation, yoga and special events.

Our transportation department also recently acquired two new passenger buses that help to service daily transportation runs to and from the Senior Center for medical appointments, local shopping and trips to Freehold and Princeton.

Aside from the daily lectures and live entertainment, we have

(Continued on page 23)

Ladies Ping Pong

Fridays from 3 - 4 p.m.

Clubhouse Fitness Room

Contact Harriet Silverstein

908-208-0864

[harrietsil@gmail.com](mailto:harrietsil@gmail.com)

Dishing Out the Facts on Good Fats

FAMILY FEATURES

For those seeking to be more health-conscious, the idea of eating nutritiously seems simple. However, understanding what’s truly “good for you” can sometimes be confusing.

In honor of National Nutrition Month and Healthy Fats Day, Avocados From Mexico is sharing how avocados – a delicious food and source of good fats and several vitamins – make everything better. Avocados From Mexico conducted a survey and found that while 76% of respondents believe fat is an essential component of a healthy diet, less than one-third are confident they know why it’s important to have “good fats” in their diets.

For starters, according to the survey, nearly half of Americans didn’t realize foods with good fats, like avocados, can help with weight management. However, monounsaturated and polyunsaturated fats found in avocados can lower the risk of becoming overweight, according to research published in “Nutrients.”

“Most people are aware of the Mediterranean Diet, but nearly half (40%) of survey respondents didn’t realize that this eating pattern does not limit fat coming from plant sources like avocados,” said nutrition expert and registered dietitian Barbara Ruhs. “These types of unsaturated good fats are also recommended by the American Heart Association for heart health. Eating avocados in place of foods containing saturated fat is an easy and delicious way to approach healthy eating.”

Virtually the only fresh fruit with good fats, avocados can help people meet both good fat and fruit and vegetable recommendations in the same bite with approximately 6 grams of good fats per serving (one-third of a medium avocado). They are nutrient-dense, making avocados a delicious food with super benefits. Avocados are also free of cholesterol and sodium and have nearly 20 vitamins and minerals.

Another finding from the survey is that while people believe fat is essential to a healthy diet, one-third of survey respondents believe saturated and trans fats are associated with health benefits, indicating confusion about the various types of fats. Many Americans need to balance their overall fat intake by reducing “bad” or saturated fat intake and increasing “good” or unsaturated (monounsaturated and polyunsaturated) fat intake. Replacing saturated fats with unsaturated fats can help reduce LDL, or bad cholesterol levels.

Dietary fat helps the body absorb vitamins A, D, E, and K. These vitamins are fat soluble, which means they can only be absorbed by the body with the help of fats. Per one-third of a medium avocado (50 grams), avocados contribute 6 grams of unsaturated fats, which are known to be essential for normal growth and development of the central nervous system and brain.

Make good fats a part of your next trip to the grocery store with this avocado-inspired Harvest Bowl Salad with Balsamic Vinaigrette certified by the American Heart Association’s Heart-Check Food Certification Program.

To find more nutritional facts and figures, along with recipes, visit [AvocadosFromMexico.com](http://AvocadosFromMexico.com).

GOOD FAT AND NEARLY 20 VITAMINS & MINERALS

SUPERGOOD Avocados from Mexico



Harvest Bowl Salad with Balsamic Vinaigrette

Harvest Bowl Salad with Balsamic Vinaigrette

Servings: 8

Balsamic Vinaigrette:

- 1/2 Avocado, diced
- 1 tablespoon avocado oil
- 2 tablespoons shallots, minced
- 1 tablespoon Dijon mustard
- 3 tablespoons white balsamic vinegar
- 1 tablespoon honey
- 3 tablespoons water

Salad:

- 2 Avocados, diced
- 2 sweet potatoes, roasted and diced
- 2 cups quinoa, cooked
- 2 cups arugula

- 2 cups kale
- 1 cup Brussels sprouts petals, roasted
- 2 Honeycrisp apples, diced
- 2 tablespoons roasted pecans, unsalted
- 2 tablespoons roasted pepitas, unsalted
- 2 tablespoons dried cranberries

To make balsamic vinaigrette: In food processor, process avocado, avocado oil, shallots, Dijon mustard, balsamic vinegar, honey and water to smooth consistency. Set aside.

To make salad: In large bowl, combine avocados, sweet potatoes, quinoa, arugula, kale, Brussels sprouts petals, apples, pecans, pepitas and dried cranberries. Pour balsamic vinaigrette over salad mixture.

Toss salad to coat. Keep refrigerated until ready to serve.

Nutritional information per serving: 390 calories; 16 g total fat; 0 g saturated fat; 0 g cholesterol; 370 mg sodium; 55 g total carbohydrates; 11 g dietary fiber; 12 g sugar; 15 g protein.





Greek-Style Flank Steak with Tangy Yogurt Sauce

Photos courtesy of Getty Images

# Prioritize Heart Health with a Balanced Eating Plan

FAMILY FEATURES

No matter your motivations, it's never too late or too early to start focusing on your heart health, and taking steps now can make a big difference. Small changes, like following a healthier eating plan, can help you start down a path toward improved heart health.

One step you can take is following the DASH eating plan, which is a flexible and balanced way of eating that stands for Dietary Approaches to Stop Hypertension and was developed by the National Heart, Lung, and Blood Institute. Requiring no special foods, DASH provides daily and weekly nutritional goals to help lower two major risk factors for heart disease: high blood pressure and high LDL (bad) cholesterol.

Being more physically active, managing stress, getting quality sleep and not smoking combined with DASH can put you on a path toward a healthy heart for life.

Encouraging others to join you on your heart-health journey can also be rewarding. Research shows social support and personal networks make it more likely you'll stick to healthy habits like eating healthy.

Sharing heart-healthy recipes with family and friends is an added bonus, and these DASH-friendly meals can help you take the guesswork out of putting nutritious dinners on the table. Greek-Style Flank Steaks with Tangy Yogurt Sauce offer the bold flavors of the Mediterranean while Teriyaki-Glazed Salmon with Stir-Fried Vegetables is as easy to make as it is colorful. For a complementary combination of pork and sweet fruit flavor, these Baked Pork Chops with Apple Cranberry Sauce are perfect to serve alongside brown rice or steamed broccoli.

Learn more about heart health and find DASH-friendly recipes at [nhlbi.nih.gov/DASH](http://nhlbi.nih.gov/DASH).

## Greek-Style Flank Steak with Tangy Yogurt Sauce

Recipe courtesy of the National Heart, Lung, and Blood Institute  
Prep time: 25 minutes  
Cook time: 25 minutes  
Servings: 4

- Marinade:**
- 1/4 cup lemon juice
  - 1 tablespoon olive oil
  - 2 teaspoons fresh oregano, rinsed, dried and chopped
  - 1 tablespoon garlic, minced (2-3 cloves)
  - 1 beef flank steak (12 ounces)

- Yogurt Sauce:**
- 1 cup cucumber, peeled, seeded and chopped
  - 1 cup nonfat plain yogurt
  - 2 tablespoons lemon juice
  - 1 tablespoon fresh dill, rinsed, dried and chopped
  - 1 tablespoon garlic, minced (2-3 cloves)
  - 1/2 teaspoon salt

To make marinade: In large bowl, combine lemon juice, olive oil, oregano and garlic. Lay steak in flat container with sides and pour marinade over steak. Marinate at least 20 minutes, or up to 24 hours, turning several times.

To make yogurt sauce: Combine cucumber, yogurt, lemon juice, dill, garlic and salt. Set yogurt sauce aside at least 15 minutes to blend flavors. Sauce can be prepared up to 1 hour in advance and refrigerated.

Preheat broiler to high with rack 3 inches from heat source.

Broil steak about 10 minutes on each side to minimum internal temperature of 145 F. Let cool 5 minutes before carving.

Slice thinly across grain into 12 slices. Serve three slices with 1/2 cup yogurt sauce.

**Tip:** Serve in sandwich with pita bread, lettuce and tomato.

## Teriyaki-Glazed Salmon with Stir-Fried Vegetables

Recipe courtesy of the National Heart, Lung, and Blood Institute  
Prep time: 20 minutes  
Cook time: 15 minutes  
Servings: 4

- Salmon:**
- 2 tablespoons light teriyaki sauce
  - 1/4 cup mirin or sweet rice wine
  - 2 tablespoons rice vinegar
  - 2 tablespoons scallions, rinsed and minced
  - 1 1/2 tablespoons ginger, minced
  - 12 ounces salmon fillets, cut into four portions (3 ounces each)

- Vegetables:**
- 1 bag (12 ounces) frozen vegetables stir-fry
  - 1/2 tablespoon peanut oil or vegetable oil
  - 1/2 tablespoon garlic, minced (about 1 clove)

- 1 tablespoon ginger, minced
- 1 tablespoon scallions, rinsed and minced
- 1 tablespoon light soy sauce

Preheat oven to 350 F.

To prepare salmon: Mix teriyaki sauce, mirin, rice vinegar, scallions and ginger well. Pour over salmon and marinate 10-15 minutes.

Remove salmon from marinade. Place salmon on baking sheet. Bake 10-15 minutes, or until fish flakes easily with fork in thickest part and reaches minimum internal temperature of 145 F.

To prepare vegetables: Thaw frozen vegetables in microwave or place bag in bowl of hot water about 10 minutes. In large wok or saute pan, heat oil. Add garlic, ginger and scallions; cook gently, but do not brown, 30-60 seconds.

Add vegetables and continue stir-frying 2-3 minutes, or until heated through. Add soy sauce.

Serve one piece of salmon with 1 cup vegetables.



Teriyaki-Glazed Salmon with Stir-Fried Vegetables



Baked Pork Chops with Apple Cranberry Sauce

## Baked Pork Chops with Apple Cranberry Sauce

Recipe courtesy of the National Heart, Lung, and Blood Institute  
Prep time: 10 minutes  
Cook time: 30 minutes  
Servings: 4

- Pork Chops:**
- 4 boneless pork chops (about 3 ounces each)
  - 1/4 teaspoon ground black pepper
  - 1 medium orange, rinsed and zested
  - 1/2 tablespoon olive oil

- Sauce:**
- 1/4 cup low-sodium chicken broth
  - 1 medium apple, peeled and grated (about 1 cup)
  - 1/2 cinnamon stick
  - 1 bay leaf
  - 1/2 cup dried cranberries
  - 1/2 cup 100% orange juice

Preheat oven to 350 F.

To prepare pork chops: Season pork chops with pepper and orange zest.

In large saute pan, heat olive oil over medium heat. Add pork chops and cook until browned on one side, about 2 minutes. Turn and brown 2 minutes. Remove pork chops from pan, place on nonstick baking sheet and bake 10 minutes to minimum internal temperature of 160 F.

To make sauce: Add chicken broth to saute pan and stir to loosen brown bits from pork chops. Set aside.

In small saucepan over medium heat, cook grated apples, cinnamon stick and bay leaf until apples begin to soften.

Add cranberries, orange juice and reserved broth. Bring to boil then lower heat to gentle simmer. Simmer 10 minutes, or until cranberries are plump and apples are tender. Remove cinnamon stick.

Peel orange and cut into eight sections.

Serve one pork chop with 1/4 cup sauce and two orange segments.



Monroe Mayor Dalina Testifies before NJ Assembly Committee in Support of “StayNJ” Bill

Bill Would Provide Property Tax Credit up to \$10K to NJ Seniors

Monroe Township Mayor Stephen Dalina traveled to Trenton to testify before the NJ Assembly’s Aging and Senior Services Committee on June 7 in support of Speaker Craig Coughlin’s “StayNJ” plan to give back 50% of local property tax bills up to \$10,000 for New Jerseyans over age 65. If

passed, the bill would take effect in January 2025. During his testimony, Mayor Dalina said, “As mayor, and previously as a Township Council member, I focus my efforts on affordability, ensuring that all residents of my community can enjoy all that Monroe has to offer, now and for years to come. A substantial reduction in property taxes would help seniors, many of whom are on

fixed incomes, stay near their family and friends here in New Jersey.” Mayor Dalina added that the Bill would strengthen the Monroe Township community for generations to come. “It is why I am here today, voicing support for Assembly Speaker Craig Coughlin’s initiative to effectively cut property taxes in half for most New Jersey senior citizens.”

League of Women Voters Takes a Look at Bag Restrictions in July

By Linda Bozowski

May 4, 2022, marked the first day of disposable bag restrictions in New Jersey. As of that date, large stores were prohibited from dispensing plastic and paper shopping bags to customers. Customers could bring their own bags or boxes, purchase bags made of heavier plastic or

synthetic or real fabric, or do without. Stores that did not follow the rules of not providing single-use bags, paper or plastic, were subject to hefty fines. Here we are, fourteen months later, and we’re still living with these regulations. While it seems that most stores are following the guidelines, it is reported that others are not doing so. Customers sometimes bring in their own containers, and some are still leaving them in the car or house or carrying their purchases out of the store in their arms or in the store carriages. What impact these regu-

lations have had on reducing pollution is the topic of the July League meeting, scheduled for Monday, July 24, at 1 p.m. at the Municipal Building. League presentations are open to the public, membership is not required. Please join us for this discussion.

Senior Center

(Continued from page 21) also increased the number of exercise programs and the maximum number of participants allowed in each class. We have wellness, artistic, and ongoing programs and have continued our very successful Tuesday Zoom programs. We have select Friday night concerts that draw audiences of up to 450 people. We have added support groups, such as Widows and Widowers, and a LGBT social group. Future improvement plans include expanded parking and installing brand new volleyball courts and pickleball courts. In recent years, we have added rain gardens to the front of the center. We’ve resurfaced the shuffleboard courts, had the bocce ball courts repaired and added convenient storage to house equipment. We’ve also had a new sound system installed and are updating our projection system to better serve members.

I am so proud that the Senior Center is the place where good times, goodwill, and good fellowship prevail. The monthly newsletter, available in print and online via the Township website, provides information on the latest happenings. But to really experience the vast programs, I encourage all seniors to visit, become a member, and see what’s going on firsthand. Call 609-448-7140 and check it out today!

Sing with the Monroe Twp. Chorus

Calling all Sopranos, Altos, Tenors and Bass to join the Monroe Township Chorus and enjoy the fun and camaraderie of a wonderful group of men and women. We sing four-part harmony and rehearse Tuesday mornings from 9 to 11 a.m. at the Monroe Township Senior Center, 12 Halsey Reed Road, Monroe. All Monroe Township residents are welcome and Senior Center membership is required. For more information contact Sheila Werfel, Director at 609-619-3229. We sing because we’re happy and we’re happy because we sing.

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.

Visit Regency on the web: [www.regencyhoa.com](http://www.regencyhoa.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.

Regency Reporter Delivery Procedures

If you live in the Fairways and are experiencing newspaper delivery problems Please call Lou Flumen 732-641-2495  
*If you live anywhere else in Regency please call Linda Strauss, 732-656-0140. Do not call the concierge at the Clubhouse. Do not call or email Barbara Bickel. Do not call or email Nina Wolff.*  
Call Lou Flumen for Fairways issues: 732-641-2495.  
Call Linda Strauss for other Regency delivery issues: 732-656-0140.  
Linda and Lou handle all Reporter delivery issues.

CLASSIFIED ADVERTISING

Home Improvement & Services

FOREVER YOURS LANDSCAPING, INC. – Landscape design and maintenance. Installation of plants, trees, rocks, mulch, and pavers. Power washing. License #13VH05891100. Free estimates. Call Frank (732) 284-1692.

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

Help & Health Services

AT ANGEL TOUCH HOME CARE we provide excellent care for the elderly with licensed, insured and bonded thoroughly screened aides. We are a company that cares for our patients and makes sure they are treated by the best. 24-hour care (living with resident). Elderly companionship. Call (609) 907-6059.

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.

Transportation Services

NEED A RIDE? NJ/NY/PA. Airports, cruise terminals, medical appointments. (609) 642-9877.

AAA TRANSPORTATION—Monroe area. (Encore resident.) Transportation to airports, trains, piers, NYC, and I will drive your car to and from Florida. Reasonable rates. Call Howard (732) 979-3085.

LIMO GUY — Our 20th year. We go almost anywhere. Upgraded SUVs. \$100 to Newark Airport. \$205 Philadelphia. \$205 JFK. We go almost anywhere. 24/7. Call (732) 803-2521.

BOB’S RIDES FOR CASH. All airports and N.Y.C. No locals. Concordia resident. Call Bob at (609) 819-1240.

House Cleaning

SHANNON’S SUNSHINE CLEANERS— friendly faces. Fast service. Fully insured. 908 413 0961.

Wanted to Buy  
BUYING & SELLING GUNS – Call for pricing. (609) 558-9509. Ask for David. Licensed Firearms Dealer.

CLASSIFIED Ad COUPON

Classified deadline: Ads must be received by the 14th of the month preceding publication month.

Princeton Editorial Services, Inc.  
P.O. Box 70, Millstone Twp., NJ 08510  
RATES FOR ONE PUBLICATION

\$14 for 10 words, 50 cents each additional word  
Multiple: 10 words in two publications = \$14 x 2 = \$28.00  
10 words in three publications = \$14 x 3 = \$42.00, etc.

Check those publications that apply:

- ☐ The Clearbrook Courier ☐ The Concordian
- ☐ Encore Speaks ☐ GW Voice ☐ Regency Reporter
- ☐ Renaissance Reflections ☐ The Rossmoor News
- ☐ Check here for all seven publications

No discounts apply. All ads must be mailed with payment.  
No classifieds accepted by phone or email.

- Note: Phone numbers count as one word. Do not count punctuation. Do not abbreviate.
  - State category/heading, ie., “For Rent”, “For Sale”, “Help Wanted.” You will not be charged for the heading.
  - One check or money order must accompany insert.
- MADE PAYABLE TO PRINCETON EDITORIAL SERVICES, INC.
- Phone number or address which appears in ad must appear on check or money order to ensure proper credit.

Name \_\_\_\_\_  
Tel. # \_\_\_\_\_

(Above information is for Princeton Editorial purposes only if we need to contact you. Above information will not be published.)

PLEASE PRINT YOUR AD ON 8.5 x 11” PAPER

MONROE TWP. FIRE DISTRICT #3 – AT YOUR SERVICE, ANYTIME.



[www.mtfd3.com](http://www.mtfd3.com)  
609-409-2980



Thank you all so very much for all that each and every one of you do there. We couldn't be more thrilled that we chose Brandywine Serenade of Princeton for our mom. She is definitely thriving there, which is what we wanted for her all along. She participates and enjoys a lot of the activities, trips, movies etc. She has made new friends there with other residents and staff. Thank you! Thank you from the bottom of our hearts for exceeding our expectations. You are all truly kind, caring and compassionate to everyone.

Regards,  
Peggy and the entire family.



*Luxury Senior Living*  
**IN THE HEART OF PRINCETON!**

For a private appointment to see our fully renovated,  
luxury senior living and memory care,  
please call Hilary Murray at 609.430.4000.  
Ask about our move-in ready furniture packages.



**BRANDYWINE LIVING**  
*Serenade at Princeton*

*Life is Beautiful*

**SERENADE AT PRINCETON**  
775 Mt. Lucas Rd | Princeton, NJ  
609.430.4000

**PENNINGTON**  
143 W. Franklin Ave | Pennington, NJ  
609.730.9922

**PRINCETON**  
155 Raymond Rd | Princeton, NJ  
732.329.8888



Brandywine Living has luxury communities  
with Assisted Living, Memory Care,  
and other supportive services throughout  
NJ, PA, DE, CT, NY & MD.

For a full list of our communities  
or more information, visit  
[www.Brandycare.com](http://www.Brandycare.com)  
or call 1-877-4BRANDY



[bit.ly/brandywine-pe7](https://bit.ly/brandywine-pe7)