

REGENCY REPORTER

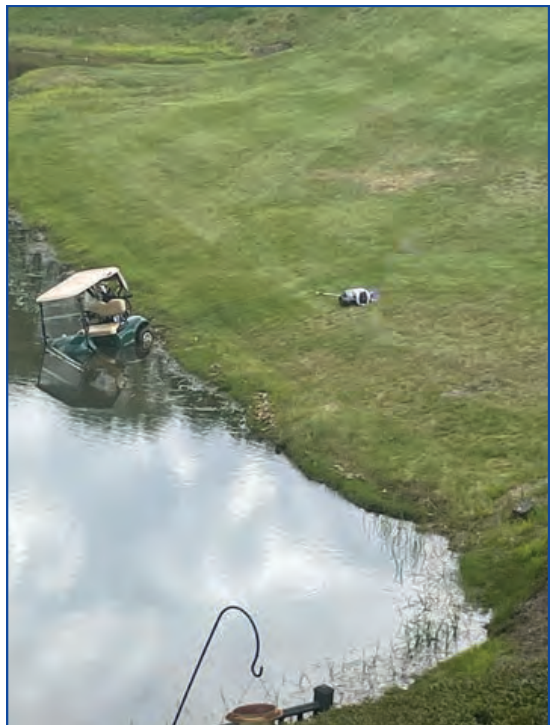
Vol. 20, No. 6, JUNE 2023 - PUBLISHED MONTHLY FOR THE RESIDENTS OF REGENCY



The Open Canasta Ladies had a fantastic spring luncheon at Empire Szechuan.
Photo by Barbara Schwartz



Carol Kortmanský, center in blue, celebrated her eightieth birthday with good friends at Cucina Moderna in Boynton Beach, Florida. Seated from left around the table are: Marilyn Jaclin, Susan Sloan, Izzy Weissman, Carol, and Sue Ferber. Standing from left are: Carol Chodos, Nina Wolff, Sherry Kaufman, Lorraine Zimmerman, Carol Langer, and Linda Mail.
Photo submitted by Nina Wolff



Another Regency golfer fails to get over the water on hole 4! Anonymous photo



Jaya and Prem Gupta at Prem's FIFTIETH Reunion from IIT/K, Indian Institute of Technology, Kanpur.
Photo submitted by Jaya Gupta



The winning Regency Men's Mayor's Cup Golf team, from left: Virgil Marino, Jack Battipaglia, Vin Berry, and Don Cooper.
Photo submitted by Jack Battipaglia



Thanks to our Regency Ladies golf team for winning the Mayor's Cup and Arlene Goldberg winning closest to the line. They made Regency very proud. From left are: Arlene Goldberg, Ellen Porges, Akiko Kimura, Linda Ehrlich (Captain), Huihsing Fu, and Barbara Cholewa.
Photo submitted by Linda Ehrlich



All dolled up for the Regency Dance Club's Diamond and Denim night are, from left: Gail Seasonwein, Erritt Goldstein, Marcy Kraut, Meryl Stoffer, and Harriet Ludwig.
Photo by Alan Wurman



With umbrellas for protection from the raindrops, the contributions were submitted by Shelly and Howard Wichansky for the MS Society.
Photo submitted by Howard Wichansky



The Jersey Tenors performed to a packed crowd in the Clubhouse. Above looking their best and singing their beautiful harmonies, and below, having some fun with the audience.
Photos by Lucille Centonze-Springer



**See Regency at Monroe
HOA Board of Trustees
Candidates' Resumes on
pages 20 and 21.**
Wednesday, June 14th – Annual Election

REGENCY REPORTER

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**From the Entertainment Committee
Lucille Centonze-Springer - The Jersey Tenors**

FUHGEDDABOUDIT!!!!
No Don't....

The Jersey Tenors were here on Saturday, April, 22 for another round of Opera/Rock Mash-up. The performers consisted of Brian Noonan, Michael Pilato, Brandon Lambert, and Vaden Thurgood, who met up while performing in the Broadway smash *Les Misérables*. This time around they paid tribute to Movie Icons. The show opened with the *Theme from Rocky* and they kept swinging the entire night. Songs from

great movies such as *Grease*, *Saturday Night Fever*, *The Godfather*, and *Top Gun*, to a Beach Boys Tribute, the music never stopped. The operatic tributes were phenomenal but there was a light side too! The audience even got involved while Brian sang *Shuttuppayoutface*. I agree the Jersey Shore section was a bit more rambunctious than the North Jersey section. North Jersey did get a special shout out with a reference to the famous Rut Hut in Clifton; supposedly they are the

best hot dogs in New Jersey. I never had one but if I get up to Clifton I may have to indulge.

What would a NJ based four-some be without a tribute to some of NJ's famous? Of course they sang Sinatra, Frankie Valle, BRUCE, and *I Will Always Love You* by Whitney Houston. If you didn't catch this show, you can catch them around the Garden State, scheduled dates are on their web site Jersey Tenors.com. Lots of good shows coming up this year, stayed tuned.

Up Close and Personal

By Barbara Bickel (**)



June Birthdays

1 – Abdullah Ali/Barry Levinson
2 – Richie Greenberg/Gail Herman/Marcy Smith
3 – Carolyn Bernstein/Jaya Gupta/Agi Hirsh Frank/

**2023 Public
Board Meeting
Schedule**

All Public Meetings
will be hybrid
Held in the Clubhouse
Ballroom and via Zoom @
6:30pm

*Wednesday, June 7th –
Candidates Night*

*Wednesday, June 14th –
Annual Election*

Wednesday, June 21st, 2023

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**

HOA Events

June

**Friday, June 9 – Regency
PROM Night**

**Sunday, June 25 – Regency
Coffeehouse Experience**

**Friday, June 30 – One Hit
Wonders Concert (Outdoor
Concert in Parking Lot)**

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**

Ellen Rosenthal/Susan Schwartz/Vincent Valerio
4 – Ivan Linden/Toby Weissman
5 – Bill Begley/Roz Esserman/Arty Siegel
6 – Sharon Ben'ous/Harold Feinberg/Ethel Shuster
7 – Mitchell Glanzrock/Gloria Leiman/Bob Nelson/Stam Rosenhouse/Vincent Sellitti/Ralph Vigilotti/
Stan Wolitz
8 – Janet Gursky/Susan Koppelman/Steven Kuntz/Bernie Sabel/Jerry Seasonwein/Gary Weichman
9 – Anne Berman/Howie Bixenholtz/Lorraine Bomba/Linda Busch/Jay Carey/Bruce Kapp/Kenneth Kastin/Gail Leski/Peter Provda/Rosalie Shuren
10 – Morris Ashkenazy/Judith Baratz/Victor Breinberg/Cindy Brody/Phyllis Carlinsky/Lois Efron/Bill Lasasso/Michael Schick/Edwin Stern/Marie Tomasulo
11 – Helene Rosenbaum/Gil Silverstein
12 – Bonnie Breinberg/Phyllis Cohen/Sharon Damato/Charles Jaslow/Linda Kaye/Jeff Ross/Matt Sears/Kenneth Teicher
13 – Nancy Cambria/Arline Grossman/Etta Levine
14 – Marcelle Eid/Marty Feldman/Barry Glenn/Brenda Kleinman
Nati Kushner/Fran Pickus
15 – Bob Calat/Carol Kreit/Jeanne Lereah/Stuart Loss/Marty Pickus/
Jerry Rosen/Emily Trimas
16 – Sandy Cains/Linda Knepper/Howard Lefkowitz/Lois Toker
17 – Paul Gessman/Nancy Rubin/Gary Scher/Judi Schlesinger
18 – Irwin Farrell/Elliot Feibelman/Alan Gottlieb
19 – Rosalie Berberian/Mathilda Cabo/Sandi Catarzi/Ralph Folkes/Ted Shuster
20 – Rita Albert/Eileen Galpern/Dale Silverstein
21 – Bob Beckman/Howard Javorsky/Jacob Langer/Laura Metz/Bob Okin
22 – Joseph Barcellona/Joel Baronfeld/Michael Berlyant/Edward Frankel/Sheila Friedman/Dorothy Hirshman/Susan Johnson/Stam Lipper/Mary Ann Nastawa/Bob Zeglarski
23 – Thomas Chillemi/Richard Mandelbaum/Muriel Zimmerman
24 - Jerome Bauman/Charles Kurtz/Arline Mollen/Ann

Schwartz/Ed Telchin
25 – Bonnie Falk/Ed Fowler/Carol Kanthal/Stuart Kotler/Daniel Rubin/Paulette Strauss
26 – Lori Anastasio/Robert Greenfield/Robert Pasternak/Harriet Mesics
27 – Alan Ferber/Jeff Pike
28 – Allan Friedland/Lewis Freilich/Carmen Verderosa
29 - Barbara Battipaglia/Glen Dubov/Linda Ross/Isabel Schwartz/Gail Seasonwein/Eleanor Weisenberg/Stephen Williams
30 – Rocky Katz

June Anniversaries

1 – Lewis & Annette Freilich/Larry & Lisa Kosofsky
3 - Michael & Cynthia Kaplan
4 – Gerry & Dawn Guidice
5 – Edward & Mary Parsons/Barry & Mona Portnoy/Art & Leslie Rubenstein
6 – Alan & Lois Damico/Ross & Janis Goldberg/Fred & Alison Hammond/Barry & Beverly Lerner/
Marvin & Shelly Schwartz
7 – Neil & Maryann Diamond/Howard & Fran Davidoff/Sandy & Lois Efron/Richard & Eve Mandelbaum/Peter & Angela Peters/Jerry & Deborah Rosen/David & Ruth Skole/Zach & Cindy Weintraub
8 – Mark & Doris Dodowitz/Paul & Melanie Parsowith/Paul & Leslie Schoen
9 – Larry & Sandy Cains/Fred & Jeannie Gersten/Barbara & Jerry Gessner/Mitchell & Ingrid Glanzrock/Sheldon & Nancy Rubin
10 – Stanley & Linda Kaye/Russell & Ellen Porges/Allen & Sue Tinkler
11 – Howard & Leslie Kohn/Joseph & Carol Kreit/Mark & Shari Reiner/John & Mary Jo Sherman
12 – Gary & Ilene Austein/Paul & Bonnie Gessman/William & Lynn Stecklow
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15 – Marty & Linda Kamins/Barry & Rolene Magid/Richard & Annette Quinto/
Kenneth & Nancy Smolanoff
16 – Alan & Lori Bleznick/Larry & Lorraine Kaye/Bernie & Elaine Schwartz/Sheldon &

(Continued on page 3)

Regency Hikers Begin Spring Season



By Doug Poye

The Regency Hikers were a bit slow in getting on the trails this spring but managed to do three hikes by the end of the first week of May: Thompson Park, Manasquan Reservoir, and Buck Gardens/Jersey Brigade Encampment. Thompson Park has almost become our traditional first hike of each year due

to its proximity to Regency and the length of the hike, 2.6 miles. It offers a network of trails that traverse the hills and streams nestled in the forested section of the park. Manasquan Reservoir, another relatively nearby venue, has well maintained flat trails that circumnavigate the lake; however, we only did an “up and back” hike of 3.7 miles instead of the complete walk around the lake, which would have been five miles. Especially momentous for this hike was Steve Williams surpassing 200 miles of hiking with the club for which he was awarded his 200-Miles pin to wear on his orange hiker’s hat.



Steve Williams was awarded a pin in recognition of having hiked 200 miles with the Regency Hikers.

Photo by Doug Poye

We had planned on participating in the annual Multiple Sclerosis Society Walk in Monmouth Battlefield State Park but the rain that day precluded that activity for us. Howard Wichansky, who heads up the “Bright Futures” group that does this walk and that is comprised of many Regency resi-

(Continued on page 5)

Up Close

(Continued from page 2)

Andrea Wexler
17 - Glen & Betsy Dubov
18 - Jerry & Judy Lubetzki/
Robert & Leslie Minsky/Ron & Greta Post
19 - Barry Finkelstein & Karyn Waller-Finkelstein/Bob & Lilian Isaacs/Charlie & Barbara Lerman/Robert & Susan Schwartz/Vincent & Annette Valerio/Richard & Janice Vandenbrouck
20 - George & Patricia Carney/
Stephen & Robin Klemas/Larry & Marissa Mazzuchetti/David & Donna Rosenberg
21 - Marty & Phyllis Cohen/
Bill & Donna Glauber/Milt & Sue Paris/Richie & Marci Singer/Michael & Lea Stein/
Stan & Sara-Ann Wallerstein
22 - Fred & Marlene Barbieri/
Alan & Carol Chodos/Bob & Carol Okin/
Randy & Breena Steinberg
24 - Alan & Felice Brenner/
Eugene & Janice Francis

25 - Sam & Yasmin Fisher/
Seymour & Rosalie Shuren
26 - Stephen & Fran Lasky
27 - Joel & Ilene Budner/Jerry & Ellen Kaplan/Richard & Annette Lombino/Eric & Sharon Siber
28 - Michael & Fran Koppell/
Les & Fran Langer/Stan & Laurie Lipper/Stuart & Jean Megibow/
Fred & Beth Ross/Joe & Deborah Stuby/Bob & Donna-Su Zeglarski
29 - Phil & Kathy Bracco/Ed & Gail Leski/Robert & Rose Pasternak/Marty & Denise Pine/
Leon & Patti Segal/Sandy & Gail Smith
30 - Irwin & Cheryl Farrell/
Barry & Robin Smulofsky/
Larry & Karen Speichler/
Kenneth & Myrna Teicher/Ira & Shari Weissman
(**) Are your dates not listed? Are your dates incorrect? Please let me know and it will be fixed.
(barbick132@aol.com) Thank you. BB

Fruits of Our Lives

(Not the Pits)

By Christiana Barone

How lucky we are, as grandparents, to be included in our grandchildren’s lives and achievements. We have two such examples in this month’s article. Congratulations to the Waller and Datz families.

ACHIEVEMENTS

Bobbie Waller (grandmother) and **Karyn Waller-Finkelstein** (mother) are proud to announce that their grandson/son **Hudson Waller** will be playing the part of Conrad Birdie in Kelsey Theatre’s production of **Bye Bye Birdie** this summer. The Men’s Club is going to see the play. For anyone else who is interested in seeing it, here is the play info:

- Friday, July 28 and August 4 at 8 p.m.
- Saturday, July 29 and August 5 at 2 p.m. and 8 p.m.
- Sunday, July 30 and August 6 at 2 p.m.

Fran and Alan Datz are proud to announce that their granddaughter, **Shelby Leader**, is graduating with her Masters in Social Work from Temple University.

A Special Note to All New-comers 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 cbarone@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).

Condolences

The Editorial Board of the *Regency Reporter* and the entire Regency community send sincere condolences to Andrea Brandt and Family on the loss of her beloved husband and our dear friend and neighbor Joel and to Phyllis Greenberg and Family on the passing of her beloved brother Brian Harnick.



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 Heritage House





By Barbara Wilner

I am so very sorry! This reporter was having such a great time at the Women's Group May eighth game night that I forgot to take photos! We began with Ice Breaker Bingo. Each member received a questionnaire bingo card they had to fill in with the names of fellow attendees as they circulated and asked the easy questions of, do you like to cook or garden, to the more difficult such as do you speak more than two languages or have lived here over 20 years. It was a great way to meet new neighbors and find out about them. It truly was an ice breaker! We moved onto Linkee, an unusual trivia type game played with teams. We all had lots of laughs, snacks, and

Regency Women's Group

were rewarded with ice cream sandwiches. The whole evening was really a treat!

June brings us our sold-out BBQ and dance night as we Celebrate the Guys in our Lives. We are thrilled with the response and promise it will be also be a great swing into summer. Get ready for our always popular Canasta Tournament in July. Now that we are all feeling more relieved from Covid, we can get back to the tournament as it always has been. As you have seen from our published calendar, we have a wonderful event planned for each month. We look forward to having you join us!

Till next time...

Women's Group Events

Sunday, June 4 – Celebrating the Guys in our Lives
July – Time to Renew Your Membership
Monday, July 10 – Canasta Tournament
Monday, August 14 – Film Critic Dan Hudak
Monday, September 11 – Ira Rosen, 60 Minutes Producer
Monday, October 9 – Membership Dinner
Monday, November 13 – BINGO
November/December – Holiday Drive
Monday, December 11 – Holiday Get Together

Calling all Veterans

By Harry Herbst

I hope everyone had a safe and enjoyable winter. It is with enthusiasm and excitement that

I announce a kick off meeting to take place Thursday, July 13 at 6 p.m. at the Tennis Pavilion. A veteran's meeting at Regency will foster comradery among us. We will discuss a mission statement, and provide input to determine what objectives we would like to include in a Veterans Club.

I would like our Regency community to include fund raising to local veterans including the Menlo Park Nursing Home and the VIETNAM VETERANS MEMORIAL. We have a World War II veteran residing here at Regency and I think it's appropriate to name our club in his honor. I welcome any comments suggestions or questions directly to me. You can email me at


harryhinsurance@gmail.com or find my phone number in the Regency Directory.

I look forward to seeing everyone at our summer meeting; light refreshments will be served.

Regency Yiddish Club 2023 Events

June 23
Shabbat Dinner 6 p.m. - Mort Segal "History of the Catskills"
July 30
Regency Yiddish Club and CJSC
Neil Berg's "100 years of Broadway"
At the Millstone New Jersey Performing Arts Center
August 13
Breakfast Program 10 a.m.
Elon Altman Comedian/
Opening Act for Modi
September 25
Break-the-Fast 6 p.m. with Jewish Trivia
October 29
Breakfast Program 10 a.m.
Lisa Sherman Singing Music by Jewish Composers

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Men’s Club Happenings

By Steve Rich, President

Welcome to the month of June, the beginning of summer. The cold weather is behind us now and we can enjoy the great outdoors. The summer officially begins on June 21, the longest day of the year with the most light - the Summer Solstice. In

June our Entertainment Committee meeting will be held on Saturday morning June 3. Later that month we have the Mets/Phillies game on Friday June 23 and our Month End meeting on Sunday June 25. The speaker at this meeting will be Fabio Berkowicz, a



The large crowd at the Men’s Club Mother’s Day Breakfast listening to the Blu Lily Trio sing. Photo by Sheldon Piekny



The Blu Lily Trio, from left: Monique, Maria, and Barbara - three women with beautiful voices entertained us. Photo by Steve Strauss

Mother’s Day Breakfast

By Sheldon Piekny

On Saturday, May 6, the Men’s Club held their annual Mother’s Day Breakfast. We had a fantastic turnout with over 230 guests. The caterer was Sir Ives who as usual did a fantastic job. The food was plentiful for people to go and get seconds if so desired. There were plenty of leftovers to take home as well. Our entertainment that morning was the Blu Lily Trio. They are

three young ladies who had fabulous voices and music we all could dance to. This year we decided to do something special for the moms that attended. We gave each mom a box of chocolate from David Bradley Chocolatier, which said Happy Mother’s Day along with a pink ribbon. Everyone who was there was appreciative, and said we did a great job this year. I want to thank all the members of the entertainment committee for helping me make this such a great event.



Men’s Mayor’s Cup Golf

By Jack Battipaglia

On April 24, Monroe Township held their annual Mayor’s Cup event in Golf at Concordia. The conditions were not ideal, as it was quite chilly and windy throughout the morning and Concordia had aerated the greens a couple of weeks earlier, so there were many challenges to be had while navigating the greens when putting. That having been said, there were 10 communities competing with 40 players in all. Shelly Borak, who had captained the Regency Team over the years to 10 wins out of 12,

turned it over to Jack Battipaglia. So, having won last year, I kept the same players, why tamper with success? Well, the team of Don Cooper, Vin Berry, Virgil Marino, and myself (with Fred Horowitz as the alternate) collectively won by seven shots over Second Place Clearbrook. Jack Battipaglia, playing from the White Tees, shot a tournament best 79, and had the longest drive. Don Cooper came in with an 81, Virgil Marino had an 84, and Vin Berry had an 85. It was a fun day and we’re glad that we kept the Regency string of victories going!

Regency Men’s Club member, who is a forensic accountant.

Father’s Day comes in on Sunday June 18. This year, June becomes the catalyst for our semi-annual Men’s Club Board elections and also long needed revisions to our Men’s Club By-laws. If you have any questions, please contact either Steve Rich or Sheldon Piekny, whose numbers are available on Ron Post or in the new Regency telephone directory. As always, if you are interested in a Men’s Club membership, applications are available in the Clubhouse. A listing of the events that have been booked thus far for 2023 is available in our calendar below.

Men’s Club Events Calendar*

Friday, June 23 – Mets/Phillies Game

Friday, July 28 - Somerset Patriots Game

Saturday, August 5 – Kelsey Theatre – Bye Bye Birdie

Friday, August 11 – Monmouth Park

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

3D Art Group



We’re getting ready for our June 15, exhibit. Please join us on June 15 in Ballroom 3 from 11 a.m. to p.m. Photo by Renee Horowitz

By Renee Horowitz

Spring is here! We’re all excited to show off our latest creations. Join us Thursday, June 15 for our 3D Art Group exhibition between 11 and 1 in Ballroom three. Many of our members will be working on their current

projects during and before the exhibition. Please feel free to walk around and see how we accomplish our pictures. Invite your family and friends to join us. Everyone is invited! We’re looking forward to sharing our magnificent 3D art work!

Visit Regency on the web: www.regencyhoa.com

Regency Hikers

(Continued from page 3)

dents, reported that contributions from the Regency Hikers totaled almost \$300 dollars.

Our third hike consisted of two locations in northwestern Somerset County: Leonard J. Buck Gardens in Far Hills and the nearby Scherman-Hoffman New Jersey Audubon Society Preserve and the adjacent Jersey Brigade Encampment area. Buck Gardens was once a private garden but is now part of the Somerset County Park System. A meandering stream, several small ponds, and various sized volcanic rock formations provide the perfect setting for the many azaleas, rhododendrons, and perennials that one can view while touring the gardens. However, the “real hike” for this day was in the Audubon Preserve and the Encampment area where our trail began along the headwaters of the Passaic River. We even witnessed a fisherman catching a rainbow trout from this bucolic mountain

stream before we left the river and began an arduous climb up the mountainside and entered the Encampment. This area is where the NJ Brigade under George Washington spent the winter while the Colonial Army wintered near Morristown. Midway in this part of the hike, we visited the Gardens at the Cross Estate where we had our lunches while viewing the many flowers that volunteers maintain in the gardens. As we ended our four-mile hike there was a unanimous decision that this hike was more demanding than we had anticipated but it had provided a good workout in a beautiful forest on a beautiful day in May.

New members who joined us on some of these hikes consisted of Pushpa Agrawal and Harriett and Joe Mesics. We will continue to have weekly hikes until sometime in June. Once the weather becomes hot or too humid, we take a hiatus until September. Anyone wishing to participate in our hikes can contact this writer by phone.



Monmouth Cardiology Associates, L.L.C. is pleased to announce Chirag Shah, D.O. has joined the practice



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The Regency Book Club

By Nina Wolff
Count the Ways
Regency Book Club members
who attended the Hadassah



Book and Author Luncheon on May 4 were lucky to hear first hand from Joyce Maynard, author of our May selection **Count the Ways**. It was interesting to hear Ms Maynard discuss her troubled affair with JD Salinger, when she was 18 years old, growing up in an unstable family in a small town in New Hampshire, and how she always felt that she had to “make sure her three children were always happy.”

When the group met on May 2, we wondered how much of this story was autobiographical, and Ms Maynard made it quite clear in her discussion the she is “in the book.” Early on we meet 16 year old Eleanor in boarding school on the eve of her parent’s fatal accident coming home from a ski trip. She figures they were most likely drunk, as they usually were. We learn that she did not have a loving family and that her parents had very little time for her. Joyce Maynard did reveal that

her dad was an alcoholic. Eleanor spends time with her roommate’s family, but is sexually abused by her friend’s brother. Hmmm.

Eventually, Eli purchases a farm in a very small town in New Hampshire with money she has from her parents and proceeds from a series of children’s books that she has written. The books are about a child named Bodie, who has many happy adventures. Then, one day at a craft show she meets and basically falls madly in love with Cam, who also did not have a stable childhood. Cam is a woodworker; he makes burl bowls, he enjoys life, he is sexy, and has brilliant flaming red hair. They eventually marry and have three children in four years – Alison (Ali), Ursula, and Toby – a vivacious, bright, charming little boy with flaming red hair.

Cam and Eli love their children, but their ways of expressing it are very different. Cam just floats through life, laughing and having fun. Responsibility is not his thing; he never worries about money and rarely makes any. Eli constantly worries about money, about the farm, about her children “never having a bad day or a bad moment.” She needs to fix everything, make everything perfect. Eleanor goes to “Crazy land” (the name she gave to the place her parents went when they were drunk), attempting to do just that. She misses important clues from Ali and allows Ursula to be a peace-maker, to absorb everyone’s pain. When a terrible tragedy befalls four year old Toby, everything falls apart.

The group was all over this book and had a lot to say about the plot, the problems, Cam’s affair with the babysitter Coco, who the children adored, the divorce. We also discussed Eleanor’s many questionable decisions. One of which is when Cam tells her he doesn’t love her any more, the marriage it over, and she needs to go. Why should she leave? She owns the farm. Should she listen when one of her children tells her that she will never speak to her again if she makes their father leave the farm? The repercussions of these decisions are far reaching.

There were so many questions. Was Cam responsible for what happened to Toby? How much should children know about their parent’s marriage? How much should a parent do to make sure the kids are “happy” at all times. Was Eli over the top? Where was the commitment from Cam to make the marriage work? Where was the effort from Cam to make money, so Eleanor could have time for fun? All Eli ever wanted was a loving family. It started out the way, but was the

(Continued on page 7)



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Singles Mingle

By Barbara Lemberger

“Take some more tea,” the March hare said to Alice, very earnestly. ‘I’ve had nothing yet,’ Alice replied in an offended tone, ‘so I can’t take more.’ ‘You mean you can’t take less,’ said the Hatter: ‘it’s very easy to take more than nothing.’ ‘Nobody asked our opinion,’ said Alice.”

Our Afternoon Tea on May 3 was like a page from *Alice in Wonderland*. The Tennis Pavilion was transformed into a Tea House. The tables were set with linens and fine china. Flower bouquets adorned each table and the 40 women in attendance had a very enjoyable afternoon. There were a

variety of teas available along with tea sandwiches, scones, clotted cream, strawberry jam, and pastries. The sandwiches and scones were from Mathis Tea House in Toms River and the pastries were made by Fran Plisko, Mary Tournour, Barbara Lemberger, Elaine Cress, and Celia Argiriou. Each of the ladies who attended participated in a fun tea trivia contest and left with a small flower arrangement. We all agreed that the Tea was a great success and want to thank Cheryl Holmes, Celia Argiriou, and Rheva Katz for their planning and facilitating this wonderful afternoon.

On May 19 a group of Singles traveled to Asbury Park for lunch at Windows at the Shore. There will be more on this next month. In addition, we hope that many of our members will join us on Wednesday, June 7 for our Gardening and Container Potting program. We are thrilled to be able to present so many wonderful programs for all our members to enjoy

Book Club

(Continued from page 6)
marriage doomed even before Toby’s accident?

Ms Maynard told us that there would be a sequel to *Count the Ways*. Before it comes out, read this book and try to answer these difficult questions for your self. Our next selection is Salinger’s *Catcher in the Rye*, as we feel it is important to read banned books! Join us for that discussion on Tuesday, June 6. After that, on Tuesday, July 11 we have lighter fare with *The Lions of Fifth Avenue* by Fiona Davis. Join us and keep reading; it’s good for the soul.



Summer begins
June 21



It was Time for Tea at the recent Singles event, from left around the table are: Susan Zamechek in the black dress, Rheva Katz, Tanya Ashuck, and Georgia Doyle. The arms are Elissa Chais.
Photo by Barbara Lemberger



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Israeli American Club

By Sam Fisher

Editor’s Note: The Editorial Board of the Regency Reporter belatedly welcomes Sam Fisher as a contributor to the Regency Reporter.

The Israeli American Club held its first annual Israeli Independence Day celebratory dinner gala on Wednesday, April 26 with over 150 people in attendance. It marked the exact date on the Hebrew calendar when David Ben Gurion, the first prime minister of Israel, first declared Israel to be an independent state. Our event began with an audio visual presentation, showing various scenes from around the country, accompanied by Israeli music in the background. We then showed a news clip of David Ben Gurion’s famous speech, declaring Israel’s independence. At the conclusion of the film, we all joined the band in the singing of *Hatikvah*, followed by some spirited Israeli dancing.

Dinner included falafel with various Israeli salads, humus and pita, chicken shawarma with couscous, fish marsala, grilled veggies, and various deserts. We were entertained for three hours by the Avi Maza Orchestra, including a wonderful female Israeli vocalist, a superb keyboard player, a drummer/vocalist, and Avi Maza himself who sang a variety of Hebrew and English favorites. It was truly an extraordinary tribute to the State of Israel.

Meanwhile our membership continues to grow at an alarming pace. As of the date of this article,



The Israeli American Club had a party to celebrate the Seventy-fifth Birthday of the State of Israel. Above is Sam Fisher addressing the crowd.

Photo by Karen Koller

we are just shy of 300 members – unbelievable for a club that is only six months old! The club met for a planning meeting on May 12 to discuss future events. We will be having guest speakers on a variety of interesting topics, film nights, and plenty of additional holiday celebrations. Keep an eye out on the weekly HOA email blasts, Ron Post’s emails, and, of course, the flyers in the Clubhouse for future events. Club members also receive periodic email updates from me to keep informed.

If you have any questions about the club or would like to get more involved, please send me an email (ssfischer1024@gmail.com). My phone number can be found in the Regency Directory. The club is open to all residents of Regency and welcomes people of all backgrounds.



Above are attendees singing *Hatikvah*, the Israeli National Anthem.

Photo by Dov Koller

Car Club

(Continued from page 8)


where this part of the BQE highway was laid out. Two cars or trucks would line up, while we watched from up above, and stop/block any oncoming traffic, and begin the drag race. I saw both cars and trucks lose control and sometimes damage their vehicles on the concrete walls that held up the streets from where we were watching. Eventually, in an effort to curtail the dangerous racing, the New York City Police Department began hosing down the highway where the drag racing took place. I guess it worked because I don’t remember going back to watch again.

In an effort to beef up the power of my Falcon, I took it to an automotive speed shop on Northern Boulevard far away from my house in Bayside, Queens. The shop ordered a triple, two-barrel carburetor kit that would deliver more gas to

the engine to make the car accelerate faster. It took forever for the kit to arrive and even longer to install. I remember the countless hours I spent there waiting for the job to be completed. What I don’t remember was how I got there and how I got home once the car was in the shop, and even how I paid for the conversion. I just knew I didn’t want my parents to find out what I was up to. The car was finally ready around two plus weeks later. And of course, it didn’t really work as the motor could not handle the additional gas volume. So, I drove it as is. The three, two-barrel carburetors did look great with their gleaming chrome pots, however. It attracted a lot of attention. It looked so fast but little did they know. I added “289” decals on each side of the front side panels to give my car a little more of the look of power and end of story. I sold my Falcon for a brand-new Chevy Camaro the following year when I started Queens College.



A very young Steve Tenzer in his red 1963 Ford Falcon Futura convertible. Photo submitted by Steve Tenzer



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Hadassah Highlights



HADASSAH
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By Carol Kortmansky
Karen Ross, President

Hadassah is back, and ready to welcome you to all the exciting and educational programs that have served us so well for the past 20 years. It's been awhile since we comfortably joined together, so when I returned from Florida just in time to attend the Book and Author luncheon featuring Joyce Maynard I was thrilled to be able to greet old friends and spend a wonderful afternoon listening to a terrific speaker, enjoying a delicious lunch, and just

being together. Thank you to Genia Beeferman and Leslie Kohn for arranging this very successful afternoon.

Going forward this year we are looking forward to a number of exciting events:

- On Monday night, June 19 we will welcome back A.J. Sidransky, the author of numerous books, including *The Forgiving* series (*Maximo Rothman*, *Mariela Camacho*, and *Stephen Redmond*) and *The Interpreter*. He will be



discussing his latest book, *Incident at San Miguel*. RSVP to Genia Beeferman (genhow181@gmail.com) or Leslie Kohn (lesliekohnhadassah@gmail.com).

- Monday, July 17, is Hadassah movie night (movie to be determined).
- Our meeting, on Monday, August 7 will feature 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 the evening

of August 21, and will feature shopping, dining, and the viewing of exciting new fall fashions from Chico's modeled by our own lovely Hadassah women. Please come and support this gala fundraising event.

- 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*.

Please check your emails and fliers for more information about these, and all future upcoming events.

The Hadassah Book Club has returned so please look for updates via email about future book selections and meetings. 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 (milgromm@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). Their home phone numbers can be found in our

Regency Directory.

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



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

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

Happy Seventy-Fifth Birthday to the State of Israel


Regency Hadassah Schedule of Events

- Monday, June 19
Author AJ Sidransky
- Monday, July 17
Movie Night
- Monday, July 24
Book Club - *All The Rivers*
- Monday, August 7
Speaker Tim Boyce
- Monday, August 21
Fashion Show




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By Barbara Winograd

Editor's Note: The Editorial Board of the Regency Reporter welcomes Barbara Winograd as a contributor to the Regency Reporter.

Cinco de Mayo Celebration

On the evening of Tuesday, May 2, the Regency Cocktail Revolution Club met to celebrate Cinco de Mayo with tequila - "the spirit of Mexico." The night was a big hit; 55 attendees enjoyed socializing and drinking in the knowledge of Travis, the owner of Yorktown Discount Wine and Spirits in Englishtown, New Jersey. With its sugar sourced from blue agave from the hillsides and valleys of Guadalajara, 100%

Cocktail Revolution Club



The Regency Cocktails Revolution members celebrating Cinco de Mayo are, from left, Eli Glanzberg, Nancy Young, David Young, Sherry Vitanza, Ted Vitanza.

Photo by Georgette Bruno

agave is the gold standard. Mixto tequila, which mixes other sugars with the sugar from the blue agave, will give you a nasty hangover the next morn-

ing and should be avoided. The agave plant only matures every seven to 10 years and the resulting spirit takes its unique character from the soil, which is iron rich or volcanic in nature. Blanco tequila is clear and aged for up to two months in oak caskets, Reposado is aged for up to one year, and Anejo for one to three years. Extra Anejo aged for more than three years is the pinnacle of the spirit.

Attendees were able to sample shots of each grade and also sampled various cocktails made with tequila such as the classic Margarita, Tequila Sunrise,

(Continued on page 11)



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Travis Helmka preparing to serve tequila drinks.
Photo by Barbara Potasky

MS Walk 2023 — A Real Wet One

By Howard Wichansky

Rain or shine the MS Walk must go on! Rough weather did not deter so many at Regency from donating. We did our share to keep the progress going to provide new drugs to slow Multiple Sclerosis and fuel research to reverse the disease for those suffering with MS. The weather forecast made it crystal clear that the rain would continue right through the morning time of the walk. Yes, the horrible weather reduced the turnout on April 29 at Monmouth Battlefield State Park in Manalapan but the contributions were still turned in by the hardest participating. The volunteers tried desperately to get those showing up to make the one mile loop in the down pour by handing out rain ponchos. It was to no avail. Even the Hiking Club, which made significant donations, had to call off their sched-



Those forsaking the weather from our team “Bright Future” pause for a group picture in a partially sheltered spot.

Photo submitted by Howard Wichansky

uled extended hiking plans. Although the day was gloomy, the generosity of so many for team *Bright Future* made the MS Walk a total success.

MANY THANKS TO ALL. Maybe we will have better weather next year and can continue our role in working together to end MS forever.

The Indian American Group



At the most recent IAG meeting, Regency resident Dr. Norman (Narinder) Batra, a Physiatrist, seen below, explains a great deal about back pain to his (above) attentive audience.



By Rajesh Kapadia

IAG Members Learn about Back Pain from our own Dr. Batra

On April 9, the Indian American Group (IAG) of Regency at Monroe held its monthly meet-

ing at the Tennis Pavilion. In addition to social gathering, coffee, tea, and snacks, we had a star attraction. Dr. Norman (Narinder) Batra, a Physiatrist by profession during his 55 plus year career, was invited to discuss back pain. He spent more than 45 minutes discussing categories, causes, symptoms, examinations, testing, and imaging. He also discussed treatment and lifestyle changes. The Question and Answer session lasted over 20 minutes. The audience felt that Dr. Batra did a wonderful job making a com-

plex topic accessible to all and we all came away with a better understanding of this ailment affecting a large fraction of seniors. His long experience as a practicing MD and a professor was well reflected in this presentation.



Dr. Batra

Cocktail

(Continued from page 10)

Tequila Sour, and the Salty Chihuahua. Pam Brisman and Marcie Morgenstein were the lucky winners of gift certificates for Yorktown Discount Wine

and Spirits. However, we all won with this evening of celebrating a taste of Mexico and eagerly look forward to next month's installment to honor and learn about the joys of Rum.

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News and Views

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

News and Views, Regency’s current events discussion group, meets on the second and fourth Monday of each month at 7:30 p.m. in the multi-purpose room at the Clubhouse. Our two meetings in June will be on June 12 and 26. Masks are not required, but we do ask that all participants be vaccinated. We led off our first meeting with Trump’s indictment, and noted that many who are not normally Trump supporters have criticized D.A. Alvin Bragg. Though there was a general reference to a violation of “election laws,” the indictment doesn’t specify the “other crimes” that would turn Trump’s 34 misdemeanor counts into felonies. Where is the citation to chapter and verse, we wondered? The

lawyers among us found the indictment not particularly well crafted, but thought that Bragg might be leaving wiggle room, reserving specifics for the future. We strongly suspected coordination between prosecutors in Georgia and New York regarding the timing of upcoming indictments. Bragg was more willing to go first than some of the others, perhaps. Some asked why Trump has until December 4 to reply, but that time is evidently needed for the discovery process, to build particulars of a defense. In discussing the news of Finland joining NATO after decades of hesitancy, we noted the irony of the situation. Russia has long opposed NATO expansion, fears NATO, and seeks to avoid being encircled by NATO members. By invading Ukraine, Putin has caused threatened nations like Finland to become much more

interested in joining NATO, just the outcome he fears. We termed the move a huge miscalculation. Many in our group remembered the Cuban missile crisis of 1962 when our country felt so threatened by Russia’s aggressive move that close to our homeland. We could thus understand Russian concerns. Some framed the situation in historical context. Russia has been dramatically expansionist going back to Peter the Great, and during WWII, Russia brutalized Ukraine and starved millions. Finally, we reacted to Left Wing and Right Wing censorship of literature. A rare consensus emerged among us, when asked if current standards should be applied to works created in the past. We agreed that the past was our history, that we couldn’t erase or change reality. Teachers should present works to their students as created, we decided, with an introduction to provide context. Our second meeting of the month began by spotlighting India and China, two global powerhouses whose economic and political trajectories may one day challenge America’s dominance on the world stage. Both countries have staggeringly high populations, with India graduating one million MBAs, and sending us 130,000 emigrants, each and every year. Many of us were happy to share our travel impres-

sions, which were interesting, but not unexpected. Of India, travelers there noted a sense of great wealth accompanied by great poverty, not surprising to anyone who watched the 1984 PBS series *The Jewel in the Crown*. Of China, one of us remembered a guide commenting on the American stress on the individual, so alien to the Chinese emphasis on the group, the family. Another Chinese guide seemed muzzled and afraid, almost self-censoring what they felt safe to say. It was unsettling to consider that India’s Moti was emulating China’s Xi, turning toward authoritarianism. One of our Indian residents assured us that India’s democracy was most unlikely to be toppled. Some saw India as being one day set for potential dominance, given its knowledge-based economy fueled by brilliant, well educated professionals in huge numbers. An opposing view, by a Regency resident with 50 years of business experience in China, posited that India had a long way to go to catch up to China. From the international to the domestic, we considered the impact of remote work, from multiple perspectives. Our findings: Pluses for management include increased productivity, the ability to choose team members from any location, and lessened expenditure for maintaining commercial real estate. Among pluses for

workers are greater flexibility, convenience, more feeling of control. Minuses were impactful as well, in lost feeling of camaraderie, teamwork, mentoring and promotion opportunities, and collateral economic fallout for corporate real estate, restaurants, and insurers. Thinking of possible indictments raining down on the former President, one of us wondered if the country’s top job could be done remotely. Major laughter ensued. Our last topic of the night was the abortion pill Mifepristone, SCOTUS, and the FDA. We all knew that an ultra-Right Judge had ruled that the medication, approved by FDA medical experts 23 years ago, was somehow not safe to use. It appeared that there was no legitimate reason to challenge medication approved by experts. The consensus was that the abortion drugs would be allowed to continue serving the health needs of American women. 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 call or email 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:phils41@yahoo.com



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The Monroe Chess Club
A Thriving Community of Players

By Paul Spinelli
Editor's Note: The Editorial Board of the Regency Reporter belatedly welcomes Paul Spinelli as a contributor to the Regency Reporter.

The Monroe Chess Club, which meets every Thursday night from 4-6 p.m. at James-Brew Cafe, has been attracting attention in the local community and beyond. They recently attended the Asbury Park Chess Club’s annual chess tournament on April 30 and won an impressive four out of eight games, helping to raise the profile of the club and encourage more people to attend meetings and join the chess community. The Monroe Chess Club has also recently met the impressive students from the John F. Kennedy Elementary School’s chess club. Mr. Aldo Mogro, their

coach, is doing a great job introducing his students to the game and creating a welcoming environment for all. They attended the Thursday meet up and everyone had a great time playing and improving their skills. The Monroe Chess Club encourages players of all skill levels to attend. The more experienced players are always willing to offer advice and guidance to those looking to improve. This has created a sense of community among members and has helped to foster a love of chess in many players. Looking ahead, the members of the Monroe Chess Club are excited for what the future holds. They plan to host in-house events and tournaments and hope to attract even more players to the club. Membership in The Monroe Chess Club is free, but members receive a variety of perks. These include a periodic newsletter, registra-

tion priority for in-house tournaments, game analysis, listing on the club leader board, discounts on chess merchandise, and more! And don’t forget the opportunity to connect with other players in the community. The club has been steadily growing, and its members are excited for the upcoming year. With the support of the local community and the dedication of its members, the club is poised for a successful year and beyond. For more information, email chess@monroechessclub.com or just bring a board and play at JamesBrew on Thursday from 4-6 p.m., located at 22 W Railroad Ave, Jamesburg, NJ 08831

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Tech Trends
By Don Haback

Partially Written by CHATGPT
(The parts written by CHATGPT are italicized)
Real Artificial Intelligence
Artificial Intelligence (AI) is a branch of computer science that deals with the creation of intelligent machines that can work and learn like humans. AI has been around for decades, but it has only recently become a popular topic due to advancements in technology. AI has many applications in various fields such as healthcare, finance, education, and entertainment. We must also consider military (and policing) applications. It is easy to contemplate robot soldiers, bombs, and other devices that would remove

their operators from fields of fire. AI can be classified into two categories: narrow or weak AI and general or strong AI. Narrow AI is designed to perform a specific task such as facial recognition or speech recognition. General AI is designed to perform any intellectual task that a human can do. AI has many benefits such as increased efficiency, accuracy, and speed. It can also help humans make better decisions by providing them with more accurate data. However, there are also concerns about the impact of AI on society such as job displacement and privacy concerns.
As defined by the ‘robot’, one of the most significant impacts of AI on society is job displacement. The world already has many applications of ‘robotic’ assembly
(Continued on page 13)



By Cecile Spector
Points of Confusion for English Language Learners

While driving in Princeton, New Jersey, I saw a sign that said Geo Washington Street. For most of us, Geo is just an abbreviation for George. We know this because George Washington was our first president, and this *background knowledge of our history* kicks in when we see the sign. Think about those who come from foreign countries. *Geo* looks like a perfectly okay word and may be taken as such. This is just one example of how people who were not born in this country, especially those who are newly arrived, can be confused by something as simple as *an abbreviated form of a word*. There are many such points of confusion for individuals who are not famil-

Beyond Words

iar with our history, culture, or some of the abstract areas of our language.

Let’s take a look at a conversation that depends on *a cultural reference*: “Hi John. I understand our first baseman is leaving and coach is looking for a replacement. I wonder when we’ll find out *who’s on first*.” This last comment is based on an old, very amusing Abbott and Costello baseball routine.

Multiple Meaning Comments – The nuances of multiple meaning comments are frequently missed by new English language learners. We aren’t always aware of how many of the comments we make or things we read can have multiple meanings.

- **Homographs:** Words that sound the same and are spelled the same but have two or more different meanings – “She has three boyfriends named William. She’s a *Bill* collector.” One needs to know American-English nicknames to get the humor. Words with many meanings such as *run* or *slip* rely heavily on the context in which they are embedded and certainly can create comprehension issues.

- **Multiple Meanings Words with Two Pronunciations** – Words such as **does** (The buck **does** funny things when the **does** are present), **object** (I hope you do not **object** to the size and shape of this **object**), or **present** (Sue was selected to **present** the **present** to Tim) can be especially difficult, given the differences of stress and intonation of a foreign accent.

- **Homophones:** Words that sound alike but are spelled differently and have different meanings — “What do grapes do when people step on them?” “They let out a little *whine*.” Or “Did all the animals on Noah’s Ark come in *pairs*?” “No, the worms came in apples.”

- **Multiple Meaning Sentences** – Look at this newspaper headline: “New Bridge Held Up by Red Tape.” “What do you make of it? Should we stay off the bridge? After all, what kind of tape would be strong enough to do the job?”

Other Types of Multiple Meaning Utterances that can be Problematic:

- **Indirect Requests** – “Those muffins sure smell good. All I had this morning was a glass of orange juice and a vitamin.” (*Meaning: I would*

like to have a muffin.) “You know, Grandma, all of my friends are getting new dresses for the prom. Mom says we can’t afford a dress right now because we have to pay for the new car.” (*Meaning: Grandma, can you buy me a prom dress?*)

- **Polite Evasions** – (i.e., being aware of what someone might be trying to avoid saying) – This is my baby sister. Isn’t she adorable?” “Wow, look at all that hair!” (*Meaning: She has lots of hair, but she’s not that adorable*.) The following comment illustrates a polite evasion on the part of the speaker and the listener: “I can lend you this dress if you would rather not go out in jeans.” “No, *t h a t ’ s o k a y .* I ’ l l manage.” (*Speaker’s meaning: “Jeans are not appropriate.”*) (*Listener’s meaning: Although the jeans are not ideal, they are better than the dress that was offered*.)

- **Ironical Comments** – “Help stamp out, eliminate, and abolish redundancy.” (The comment itself is redundant.) Or “A good deed seldom goes unpunished.” (We expect a good deed to be rewarded and a bad deed to be punished.)

- **Sarcastic Remarks** – “Watch out when you scratch your head, you may get a

splinter.” (*You’re such a slow thinker; your head must be made of wood*.) Or “Offer him a penny for his thoughts and you’re being more than generous.” (*He’s not an intelligent person, so his thoughts are worthless*.) Both irony and sarcasm are based on stating other than the intended meaning. How confusing this must be for new learners of English.

- **Idioms**– Approximately two-thirds of the English language is comprised of idiomatic expressions. Individuals learning English find these phrases very challenging as they are specific to our culture, and often have to be learned on a one-to-one basis. For instance, at the end of a language therapy session with a Moroccan man, I said, “It’s late. Guess I’d better *hit the road*.” He said, “Oh, you’re so funny.” Obviously, he took my comment literally. Other examples of idioms: “You know the drill,” “Let your hair down,” “Break a leg,” and “The little woman.”

Other aspects of language, such as understanding what someone is inferring, or proper distances between conversational partners, are also possible confusion points, but enough for now!

School Board Adopts Budget



By Doug Poye

The Monroe Board of Education during an end-of-the-month meeting in April adopted its \$148,845,000 budget for the 2023-24 school year, which begins on July 1. The two-thirds

of one percent (0.67%) increase (\$995,000) over the current year’s budget results from an increase of \$1.6 million in state aid and \$3.065 million in property taxes. However, there will be a loss of slightly more than \$2 million in surplus from the prior year’s budget as well as a loss of more than \$1.7 million in Federal aid. Jamesburg will be paying \$4,262,000 for the students it sends to the high school. Fortunately, homeowners will see only a slight increase in property taxes based on a remark made by Business Administrator Laura Allen. In response to a question on what

would be the tax impact, Ms. Allen stated that the median price home, assessed at \$331,146, would have a tax rate increase of one cent to \$33.17 per \$100 of the assessed value.

As occurred during the two meetings of the Board in March, a large contingent of teachers attended the April meeting as a show of unity in the on-going negotiations between the Board and the Monroe Township Education Association, the bargaining agent for the teachers. Wearing red t-shirts and holding MTEA signs, they were orderly

(Continued on page 14)

Tech Trends

(Continued from page 12)

lines – with machines performing the work that previously required many well-trained technicians. I recall visiting Apple Computer in 1984 when it started its first automated assembly line for the Macintosh computer. Steve Jobs was proud to tell me that the facility required only four operators and was turning out a large number of devices regularly, with one computer every 20 seconds (when the plant was operating at capacity). Unfortunately, the system was too expensive at the time and the line only lasted for four years (before manufacturing ‘left’ for Japan). We can easily see the potential to automate many jobs that are currently done by humans. AI also has the potential to create new jobs that require skills that are not currently available.

Another area where AI will have a significant impact is healthcare. AI can help doctors diagnose diseases with increasing accuracy and reduced time requirement. It can help researchers develop new treatments for diseases. It will also be able to support surgeons in the performance

of important operations. As a short aside, my wife recently underwent Laparoscopic Surgery to repair a hiatal hernia. Rather than making a large incision in her stomach, the surgeon made four very small circular incisions. He placed remotely operated TV sensors in two of them and remotely operated surgical tools in the others. He was able to view and perform the surgery rapidly and accurately. My wife could have returned home the same day rather than the weeks the prior procedures would have required. It could be only a short step to fully automated surgery given the amount of training the ‘robot surgeon’ might need. OK, I would be reluctant to agree – at this time – to this specific surgery, but some less complicated procedures should be available relatively soon.

We expect AI to have a significant impact on education. *It can help teachers personalize learning for each student based on their individual needs. It can also help students learn more effectively by providing them with more interactive and engaging content.* I have noticed this in conversations with several educa-

tors. AI-developed study material is quickly becoming available in many classrooms across the world. It is also easy to imagine AI-based interview technologies, helping researchers (and police as appropriate) to quickly uncover and rank the answers to various questions in interviews of all kinds.

By the way, this document was checked by Microsoft’s EDITOR software for grammar, clarity, conciseness, and vocabulary. You can try this for yourself by simply hitting “F7” on your keyboard. The statistics for this article show it acceptable for folks with a High School education (which may be about the level of most of our memories). Even with the few elements of this discussion, it is easy to conclude that the future of AI is exciting and full of possibilities. It has many applications in various fields such as business, healthcare, finance, education, and entertainment. However, the ‘road’ is definitely neither short, straight, nor ‘cheap’. Many unforeseen issues – like those at Apple – will likely appear and will require time and money to fix. We certainly look forward to the future.

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Healing Ourselves Naturally

By Steven Soffer N.D. MH
Conversations with God

My parents divorced when I was four. I was raised by my mother and my older sister. We were Jewish, but not religious. For the Jewish Holidays, we would go to my grandparents and be with them for all the High Holy Days. As I grew, my friends went to Hebrew school. I asked my mother if I could go to Hebrew school, but I started a year

late. I did learn all the prayers and the hymns. I learned about my Jewish ancestry and to read and write in Hebrew. I even became the vice president of my junior congregation. For all the things I learned in Hebrew school, one of the things I did not learn was how to pray.

Ernest Holmes says, “God sings all the songs, dances all the dances, paints all the pictures, creates all art, writes

every book, plays every game.”

Prayer is one of my favorite playtimes and pastimes. It’s the best thing I can do for myself every day. Prayer is the thing I wake up for and practice daily after my meditation. The sweet embrace of a loving conversation and joyful expectancy to meet the Presence right where I am is as sweet as my own breath. Just as my breath does, prayer sustains my life and nourishes every cell of my being. Prayer is a place where I find both wholeness and comic relief. I pleasantly discover the true nature of Spirit is play, and I freely join in the fun. My mind is often in prayer and I recognize its simplicity, but it is really not easy! One must have trust and faith and knowingness that your prayer is being heard.

Prayer changes everything and I am evidence of this truth. Through the manifestation and demonstration of my prayers, I began to have more faith in them. The truth that I know and understand is that every thought leads to substance and I let myself be led to the substance of playfulness and peace. I see the miracles that awaken within me and I feel the magic in all of my activities. I am one with my True Self when I am in prayer. I raise my voice in joyful noise and let go of all my seriousness. I use Spirit’s sense of humor, and life unfolds before me with effortless grace. I fasten happiness to my chest and allow the fullness of Spirit to burst joyfully through everything I am. I play in the wisdom of an Infinite Mind and I play in the vastness of Divine joy and all of this is prayer. Louise Hay says, “I do not fix

problems. I fix my thinking then problems fix themselves.”

Prayer is not for fence-sitters or water-testers. If you want to know if something works, you jump in with both feet. Find your faith, trust in the big picture, and find the absolute truth of your being. Find a place within you that knows fully and completely you are the beginning and the end of everything you want to be. Know also that at your depth, everything is always going to be okay. That this work you do, these prayers, these positive thoughts are continuous and ongoing and that this is the priceless negotiation of knowing your own mind. You are the eternal sunlight, the Heavenly host of pure radiance and everything in your path has been put there by Spirit and grace alone.

There is no one way to pray. The most important thing is to have trust and faith and know your prayers are being heard. Prayer is simple, but it is not easy. You don’t get an answer back but the demonstration of the manifestations of your prayers is where your answers lie. The more you see them manifest, the more trust and faith you have in them. It’s simple to pray. Sometimes I speak the words; sometimes I just think the thoughts. At times I feel like speaking the words gives them power, but it is all just talking to God. Do



you know the difference between prayer and meditation? When you pray, you talk to God. When you meditate, God talks to you. What incredible gifts Spirit provides for us and the price is just trust and faith and believing in the Divine within yourself. Your heart knows what to pray for, even if your mind doesn’t. Sometimes after I practice meditation, I’ll start praying not even knowing what I want to pray about. Somehow divinely guided, my prayer comes out and it’s always a gift. Life is a gift. Every breath you take is a gift. The Spirit dwelling inside you is a gift. Try it! You’ll like it. Questions and comments from freethinking individuals are encouraged and welcomed.

“It’s not selfish to love yourself, take care of yourself and to make your happiness a priority. It’s necessary,” states Mandy Hale.

“All we need is a little more love, a little bit of trust and some Pixie dust.”

Amy Bishop

School Board

(Continued from page 13)

throughout the meeting but applauded whenever members of the public made statements supportive of the need to provide competitive salaries to surrounding districts. An examination of the new budget showed that the Board hopes to settle a contract with the MTEA with an overall increase in salaries for teachers between 2.38 to 2.50%. Once the contract is settled and the salary guide finalized, teachers in their early years of teaching will likely see only a small increase in their salaries. For example, under the current guide that covered the three years 2020-21, 2021-22 and 2022-23, a first-year teacher had an increase of \$68 per month during the second year and of \$49 per month during the third year. Teachers with more years of experience saw increases of considerably larger amounts. Monroe’s starting salaries have lagged behind neighboring districts for some years and the average salary, as measured by the median, has always been considerably less than that of other districts in the area. One parent expressed her concerns over the district being able to retain or attract good teachers when the compensation is not competitive with surrounding districts.

The other issue of concern of the attending public was the position of athletic director. This was the third meeting of the Board in which this issue has surfaced. At its first meeting in March, Superintendent Chanley had recommended a

change in the job description of the athletic director, which would have required that the director hold a principal’s certification. When challenged by the public that this was being done in an effort to remove the current director, the Board voted to delay approval until more discussion could be held between the superintendent and the Board. During all three meetings of the Board, parents, coaches, and students spoke in support of the current director. Lauding him as a person with great commitment to the athletic program of Monroe, a sincere interest and compassion for student-athletes, and someone sought to speak at state and national events, speaker after speaker questioned why the superintendent would want to remove the director. One speaker went so far as to state that the parents of student-athletes were closely watching what happens and would be keeping the outcome in mind when voting for Board members in November. Board President Chrissy Skurbe did state that the job description did not require principal’s certification - a change from the original recommendation of the superintendent. It will be interesting to watch how this plays out in future Board meetings.

Once again, readers are reminded that all meetings of the Board are available on video and can be accessed by going to Monroe.k12.nj.us and clicking on the Board of Ed tab.

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



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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 the first part in the May *Regency Reporter*, you missed the Indian wedding. The major attraction of our sightseeing itinerary of this Indian trip was attending Prem's fiftieth reunion at IIT/K (Indian Insti-

culture, tourism, music, and poetry. Lucknow is also famous for its Chikankari embroidery work.

The two days in Lucknow were spent visiting many historical places. The evenings were spent catching up with friends. A guest speaker, a descendant of *nawabs*, was invited to talk about the history, mannerisms, language, and culture of Lucknow.

After two days in Lucknow, we all traveled for about two hours to Kanpur on a bus. Kanpur was one of the major commercial hubs in India at the time of Indian independence, but the city has not kept



La Martiniere, Lucknow - an elite private school founded by the French adventurer Major General Claude Martin

For three days at the IIT/K campus, we all were entertained by various organized events and big Indian feasts. We visited the entire campus during the next two days; old facilities like the library and computing center to remind us of the old days and new facilities like the gym, computer, security, and monitoring control room as well as the new AI medical building to see the progress made by the institute. We had breakfast one morning in the hostel where these men grew from being boys to men. In fifty years, the

ored by **Professor Abhay Karandikar** Director of IIT/K and were given yellow scarves and gifts to remember this reunion. They all were recognized for their contribution to build a new gym on the campus. The second day's casual afternoon reminded us of our young days racing with the "lemon in spoon race" and playing dumb charades over a chaat party. The evenings were spent with a musical night and spending time

together. Over the years of meeting together, some of us ladies have also developed very good friendships and it was nice to meet again.

Our third destination was the holy city of Varanasi. As I am running out of space and I have to tell a lot about Varanasi, I will continue this vacation next month.

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



Bada Imambada and Bhool Bhoolayian, Lucknow, where you can really get lost without a guide.

tute of Technology, Kanpur). IIT/K is a prestigious and globally acclaimed engineering institute, very much like MIT and Caltech in the US. In addition to engineering disciplines, IIT/K has major research programs in a variety of other disciplines such as sciences, humanities, and now even medicine. Kanpur is a major city in the northern Indian state of U.P. (Uttar Pradesh), the most populous state of India. Prem and I were born and raised in this state. A large number of friends attending the reunion decided to add two more cities of Uttar Pradesh, Lucknow, and Varanasi, to the itinerary and thus spend more time together.

We took a one-hour flight from Delhi to our first stop, Lucknow. Lucknow is the capital and the biggest city of Uttar Pradesh. It has always been a multicultural city that flourished as a North Indian cultural and artistic hub and the seat of power of *nawabs* in the eighteenth and nineteenth centuries. It is a city with rich history and is filled with historic buildings. However, it has not been as popular a tourist attraction as two other Uttar Pradesh cities, Agra because of the Taj Mahal and the holy city of Varanasi. Lucknow continues to be an important center of governance, administration, education, commerce, aerospace, finance, pharmaceuticals, technology, design,

pace economically with other big cities of India. We did not spend any time in Kanpur city. IIT/K campus is a little outside the city and we went straight to the campus. As soon as we entered IIT/K campus, the proud alumni were welcomed by the staff of the alumni relations. We all stayed together in a hostel used by the institute for its special guests.



campus had changed and grown so much that it was difficult for them to even relate to how it looked when they were students.

The proud alumni celebrating their fiftieth reunion were hon-

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M&M Movie Minutes



By Marcia Milgrom and
Marilyn Jaclin

I Wanna Dance with Somebody

M and M finally together again in Regency decided to see the Whitney Houston movie on Netflix. We both were fans of the great singer. Nothing else in theaters interested us at the moment. This is a musical biopic about the rise of Whitney Houston. We initially see Whitney (Naomi Ackie) with her gospel singer mother Cissy (Tamara Tunie) together in a nightclub. As luck would have it, Clive Davis (Stanley Tucci) head of

Artists records enters the club. When Cissy sees the influential man she fakes losing her voice so her daughter has to take her place singing, hoping Mr. Davis notices the teenager's voice. She sings *The Greatest Love of All*. We also watch Davis as he focuses his attention on Whitney. Ultimately, as the movie progresses, Whitney signs up with Davis and her majestic voice brings her to stardom.

Houston, also called Nippy by her friends has a lesbian relationship with Robyn Crawford (Nafessa Williams). The singer does take advice from her mother and agrees that her father John (Clarke Peters) will be her manager. The selfish father wants his young daughter to tone down her butch image. He wants her to be seen as a princess. Robyn and Mr. Houston are at war with each other. As Whitney racks up hits, her rela-

tionship with Robyn begins to dwindle and her attraction to Bobby Brown (Ashton Sanders) begins. She sings *The Star Spangled Banner* at Super Bowl XXV, and also begins using drugs.

M and M both agreed that the scenes in this film flew by too fast. The story does not fully unfold. It glosses over her career and her marriage; we briefly see her daughter. One minute she is at her father's hospital bed and the next minute she is at his funeral. The script asks a lot of questions but does not give many answers. The film skims by all important details. Yet, we thoroughly enjoyed the singing. Nobody does it like Whitney! We recommend the movie if you liked Whitney's music but are okay not having details of her life. Most of the movie is Whitney's voice. The acting is well done.



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Scrabble Scribbles





The Regency Scrabble Club

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Home Trends



By Cheryl Hand

Welcome Home Snowbirds!

Regency is filling up with friendly faces, laughter and hugs. We welcome back our snowbirds – it was very quiet around here without you.

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 May. The inventory is slowly increasing. There are currently seven active re-sales on the market. They range

in price from \$649,000 - \$1,199,000. The showing activity has been adequate but not overwhelming. We will see what the next few months bring. Regency has five homes Under Contract and they range in price from \$639,500 up to \$949,000. The homes that have been selling seem to sell within a few weeks on the market. Since January 2023, twelve homes have sold and closed. The sale prices ranged from \$539,800 up to \$850,000. Real estate is not a black and white business with clear cut answers. It is emotional and there are many grey areas. Why one home sells faster and for more than others you ask? There isn't always an answer. Just the right match! Seller is willing to accept what the buyer is willing to pay and sold!

On another topic and for those of you who know my

over-the-top Bruce Springsteen addiction, I am happy to report that I was lucky enough to see Bruce perform twice in Barcelona, Spain in late April. It was a memorable trip for many reasons. Not sure if many of you know, but the local Freehold, New Jersey rock star is legendary in Europe with non-English speaking attendees singing every word with him. I will never forget this experience and I'm so grateful that I had the opportunity to be there.

Enjoy the season. The time of year when the most beautiful display that Regency has comes out...spring into summer! The grounds, interior, and exterior become a showcase of color and lush green grass, and the fountains are all working! Golf, Pickleball, Tennis, and Bocce are in full swing and soon the pool! Aren't we lucky?

Pet Corner

By Bea Siegel

Petpawrie of Information

Change is in the air; our dogs feel it, and can't wait to

go out for their walk, or play in the park, meet their canine friends, and just enjoy being outside seeing rabbits or squirrels romping around. In the meantime, their feline neighbors are looking out their window excited to see the critters or birds flying by and building nests for their young. Of course, cats would rather be outside using their prey instinct to catch something to give you a gift as cats are known to do.

Spending more time with your canine friend outside is great, but sometimes their behavior might change due to weather conditions. Humidity can wreak havoc on their skin, which causes irritation and much discomfort causing them to appear lethargic and not interested in anything. If you notice this happening, go through



I'm so cute, everyone wants to hug me, just ask my mom, Donna Esposito; she says I'm her Angel from Heaven. My name is Chloe, I'm a four year old female Toy Poodle who loves to meet the residents on our walks.

Photo by Donna Esposito



their coat to see if there are any creepy crawlers causing the problem. A good way to do that is just to slide your hand slowly through their coat, and softly onto the skin to ensure there aren't any sores, or bite-marks. Don't wait if you notice something; make a visit to your veterinarian. The longer you wait to bring your dog or cat to your animal clinic, the more the irritation will become problematic, such as biting or scratching that area. Another sign that there may be a problem is when brushing your pet and they keep moving away from you saying, "Hey, that hurts."

(Continued on page 17)

SPORTS

Pickleball Club 2023

By Lisa Citron

Activities here at Regency are in full swing, literally. Golf clubs, pickleball paddles, tennis rackets, and baseball bats are all swinging into the summer season. Nothing beats the feeling that comes from being outside, surrounded by green grass, blossoming trees, and feeling the sun’s warm energy upon us. And, to share it all with friends and neighbors...PERFECT!

The Pickleball Club is feeling especially thankful. Therefore, on behalf of The Regency Pickleball Club, thanks must be extended to The Regency HOA Board, Stephanie, those who raised their voices before we had a club, our friends in the community who understood the need, and supported the expansion and renovation of the existing courts. The hours of back and forth meetings, on-going communication and questions, further investigations, followed by detailed explanations, more debate, and then community presentations, all led to the final decision for updating the Regency Pickleball Courts! The process for approval has been a long and arduous one, marked by years of back and forth, but all pickleball players in the Regency Community are grateful. Along with the other beautiful, admired amenities that are part of our community, we are sure that the new pickleball courts will be one more outstanding feature of Regency.

By the time this article is in print, the timing for the start of the project will more than likely have been decided. As a result, some of the plans for the “Regency 2023 Pickleball Club Season” will be requiring some tweaking. As of this writing, however, the calendar of events is full. “Intermediate Skills and Drills, were offered to Club Members on May 10 and May 16, with future additional dates for June 20 and June 28. “Slams and Snacks’, offering treats and open play, brought club members together on May 11, and “Tournament Play” is scheduled for the weekend of June 10 through June 11.

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.

Pet Corner

(Continued from page 16)

- Skin - should not be dry or flaky (that’s itchy skin), the skin should be pink, not red.
- Eyes - should not be dry, red, or have discharge.
- Fur - should be shiny and smooth, not dull, rough and brittle, or have bald patches.
- Head Movements - head shaking or holding their head at an angle is usually an ear problem, and should

immediately be seen by your veterinarian.

At this time of year, your canine and feline companions should be up-to-date with their flea, tick, and heartworm preventatives. If you have any questions or concerns about my article, please don’t hesitate to contact me, I’m in the Directory. Hope you enjoyed reading this article.

Regency Golf Schedule

- Thursday, June 1
Nine and Dine at Regency
Sunday, June 4
BB and Brunch
Saturday, June 17
Member-Member Men’s
Saturday, June 24
Ladies Fun Day at Regency
Thursday, July 6 - Knob Hill
Nine and Dine
Thursday, July 13
Club Championship Qualify
(Men’s League)
Thursday, July 20 - Club
Championship Qualify (Men’s
League)
Saturday, July 22
Saturday Jamboree
Thursday, July 27
Nina and Dine at Peddie Golf
Club
Thursday, August 10
Men’s Member-Guest
Thursday, August 17
Nine and Dine at Regency
Thursday, August 22
Night Golf
Thursday, September 14
Nine and Dine at Concordia
Friday, September 25
Ladies League Dinner
Thursday, September 28
Men’s League Lunch
Monday, October 2
Last League Day Ladies
Thursday, October 5
Last League Day Men
Tuesday, October 31
Course Closed



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Tennis Club Events

By Steve Brody

The first week of May started off with below average temperatures, which put a damper on some of the planned tennis matches that were set up by those players that were looking forward to moving their games from indoor courts to outdoor courts. With that said though, we implemented three specific tennis outdoor activities that occur either daily or weekly. Drop-in Tennis started up again. This is a Monday through Friday morning event where any club member can join in for informal games. Signing up to play on a given day is done via the TeamReach app, Group name is Drop-in Tennis.

A second activity, and new for this year, is Wednesday Night Tennis. This activity is meant to align like-skilled players with one another ensuring a competitive match for those that sign up. We match “A” skilled players with other “A” skilled players, “B” Skilled players with other “B” skilled players, etc. This is the opposite of the weekly morning Drop-in Tennis, which is aimed to be a casual outing. To sign up for Wednesday Night Tennis, once again use the TeamReach app this time using the group name Regency Tennis Club.

The third weekly event is on Sunday mornings. In order to participate in this event, you need to get in touch with either Ron Kane or Abdullah Ali. They manage the number of participants to ensure they have an appropriate number of players with like skills for a given Sunday. They also make sure courts are reserved dependent upon the number of players for a given Sunday. The Sunday games have been going on for several years and continue to be an enjoyable and popular activity.

Aside from the above mentioned activities there are a number of club members and non-club members that use the courts for doubles play as well as singles play. In fact, for the second year in a row Hari Sharma has organized a singles league with two divisions of eight players each. There are also a number of players that have their own private groups, some of whom are club members and others are not, that play regular scheduled matches throughout the week. The tennis courts are open to guests of Regency residents. A reminder when inviting a guest, you still need to reserve a court. Court reservations for guests start at 10:30 a.m. Sunday through Saturday. All reservations for the courts should be made through the Chelsea Reservation System.

The Monroe Township Mayor’s Cup, which Regency hosted, was played on Tuesday May 23. The deadline to submit articles for this publication was before that date, so I will report on those matches in the next edition of the *Regency Reporter*. If you wish to join the Regency Tennis Club, please get in touch with me or just fill out the tennis registration form adjacent to this article or pick up the form in the Clubhouse.

See you on the courts!



Playing Night tennis are Bruce Gillman, on left, and Hari Sharma, right
Photos by Tom Cullen with his new Canon Eos R7 Camera

Second Annual Regency Cornhole Tournament

By Bobby Harris

Editor’s Note: The Editorial Board of the Regency Reporter belatedly welcomes Bobby Harris as a contributor to the Regency Reporter.

With defending champs Nick Catrini and John Corbo unable to attend, Las Vegas odds makers tabbed the duo of Leo Friedlich and Bill Andruzzi as two to one favorites to win it this year. The odds makers looked pretty smart at the outset as Friedlich/Andruzzi demolished their competition on their side of the bracket, getting them an automatic berth into the finals. Meanwhile on the opposite side of the draw three to one favorites Vinnie Berry and Roger D’Antoni lost their second-round match to Prem and Jaya Gupta sending

the number two seed into the loser’s side of the bracket. A major upset! While Prem is a seasoned Cornholer, Jaya’s performance was one of many surprises in this tournament. Speaking of surprises Carl and Penny Fink advanced all the way to the semi finals. Who saw that coming? Apparently, Carl didn’t as he kept looking at his watch as he and Penny kept advancing. Did early Cinco de Mayo dinner plans go up in smoke? You betcha!

Other surprise efforts came from the team of Laura and Larry Alster, and Howard Davidoff and Gary Ramella. Both teams advanced into the semi-finals of the loser’s side of the bracket. But ultimately it was the number two seed, the team of Vinnie Berry and Roger D’Antoni, who caught fire and

advanced out of the loser’s side of the bracket and into the finals. This was the match MGM Grand odds makers had tabbed all along to meet in the finale. Vinnie and Roger had to win two matches, while all Leo and Bill had to do was win just one match. And it was not much of a contest as Vinnie in classic Cornhole fashion was absolutely El Fuego! In one inning alone he nailed FOUR three-pointers (in the hole). Three more times he nailed THREE three-pointers in one inning. A couple of them “airmailed!”

When the dust settled, we had new Regency Cornhole Champions- Vinnie Berry and Roger D’Antoni. Congrats to them – and to Leo and Bill - and all the participants. It was a fun afternoon of Cornhole.

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)

2023 Regency Tennis Schedule

Every Wednesday
6-9 p.m. Organized Drop-in
Tennis Matches
Saturday, June 3
9 a.m.-1 p.m. Opening Day
Festivities
Week of June 12
League Play Begins
Friday, June 16
6-9 p.m. Tennis and Pizza
Week of June 19
League Play Concludes
Saturday, June 24
9 a.m.-1 p.m.
Color War
Sunday, June 25
6-9 p.m. Tennis and Pizza

Week of June 26
In-house Tournament Begins
Week of July 3
In-house Tournament Finals
Friday, July 14 - 6-9 p.m.
Tennis and Pizza
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



At the Regency Cornhole Tournament, on left, Bobby Harris, tournament organizer, keeping track of the brackets and on right Larry Alster throwing the bag.
Photos by Tom Cullen

Bocce and Shuffleboard Schedules

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

Bocce Ball starts on Tuesday, April 11 at 10:30 a.m.
Please meet at the courts to schedule Bocce times
Mondays at 5:00 p.m.
Tuesdays at 10:30: a.m.
Wednesdays at 5 p.m.
Call Carmine Carrara—732 656 3134
Or just stop by the Bocce courts

Happy
Father's
Day!

Regency Sports

By Tom Cullen

The New Monroe Senior Softball League and Its Creation



Reporter. Tom is an avid sportsman and will be writing articles about sports in Regency.

Editor's Note: The Editorial Board of the Regency Reporter welcomes Tom Cullen, as a contributor to the Regency

There is a new 55 and over softball league in town that has created a tremendous amount of anticipation and excitement here at Regency and throughout all of Monroe Township. It is the Monroe Senior Softball League – seven teams made up of 119 men and women, including 50 from Regency, who all live in Monroe. This is the story of how a dream that started out



The big THREE behind the new Senior Softball League, from left, are Bob Zyontz, Director of Marketing and Communication for the League. In the middle is George Rothweiler, Co-Founder, and all the way on the right, is Bobby Harris, Co-Founder

The Monroe Township Softball League Opening Day



The people behind the banner, from left: Rick Siemon, Program Supervisor, Monroe Township Parks and Recreation, George Rothweiler, Co-founder of the League, Mary Lange, Superintendent of Monroe Township Parks and Recreation, and Bob Harris, Co-founder of the League. Photos by Tom Cullen

small just grew until it took on a life of its own. After considerable time and effort, it's become a great success story that benefits an entire community. Many of you here at Regency know the person that planted the initial seed that, along with the help of a very talented group of others, created something special – Bobby Harris. Bobby is known by many for his organizational skills in pickleball, cornhole, and now the Senior Softball League. He really enjoys what he does and how it helps others. The genesis of the league goes back three years ago. Bobby spoke with Barry Panson

about having a Mayor's Cup for softball. Barry told Bobby that he had tried previously but found there was little interest and suggested that Bobby give it a shot. Bobby was up for the challenge. Barry gave him a list of all the athletic directors from all the 55+ communities in Monroe. Bobby contacted them and only got a few responses. Fast forward to last year after Bobby was able to organize a hugely successful pickleball tournament and league. Bobby and George Rothweiler were talking last fall when George mentioned softball and offered to help. That's when they decided to see what they could

accomplish together. The initial vision was for a league consisting of three or four teams comprised wholly of Regency players. The first thing that had to be accomplished was to find softball fields. Bobby contacted Rick Siemon, Program Supervisor, Monroe Parks and Recreation and Mary Lange, the Monroe Superintendent of Parks and Recreation. Bobby and George had seen three beautifully main-

(Continued on page 23)



3 Dietitian-Approved Ways to Add Nutrition to Your Diet for Sustained Energy

Nutrition plays a key role in overall health and can positively affect everything from mood to energy levels. When thinking about ways to fuel busy days that will help you feel fuller, longer, look to clean, quality protein, which isn't just good for muscle growth and repair but also plays an integral part in overall health. In fact, protein helps keep bones strong, supports your immune system, fuels metabolism to sustain energy, curbs cravings, distributes nutrients throughout your body and more. If you're looking for ways to optimize your nutrition intake, it's important to know the U.S. Department of Health and Human Services' Dietary Guidelines for Americans recommends the average person consume 10-35% of their daily calories from protein. Some changes like replacing cereal with protein-rich foods like eggs, snacking on healthy fats like nuts or fibrous veggies and fruits, or starting meals by eating the protein first can help set you on the right path. In honor of National Nutrition Month, consider these bite-sized tips from nutrition expert Steph Grasso, a registered dietitian nutritionist (RD), social media influencer and member of the Orgain Nutrition Advisory Board, to help incorporate more quality nutrition into your diet in convenient, delicious ways and keep you feeling fuller, longer:

- **Choose nutritious, filling snacks.** As part of your preparation for the week ahead, meal prep refrigerated snack containers featuring nuts, sliced cheese, veggies and a fun dip, like

- hummus. Grab-and-go fuel is imperative to creating balanced eating habits when life gets crazy. Another convenient solution, a high-quality nutrition shake can serve as a delicious option on jam-packed days.
- **Maximize nutrition when enjoying sweets.** If you have a sweet tooth, adding a scoop of high-quality protein powder to baked goods can be a simple way to sneak more protein into your diet. For example, Grasso recommends adding unsweetened Orgain Plant-based protein powder to these High-Protein Pumpkin Pancakes. With 21 grams of vegan protein and an excellent source of iron with 6 milligrams per serving, organic protein powder is non-GMO and made without added sugar and artificial sweeteners.
- **Have frozen veggies on hand.** Frozen fruits and vegetables are just as nutritious and delicious as their fresh counterparts and often more affordable and convenient. They are typically picked and frozen at the peak of ripeness when they are most nutrient-dense. They are prepped and ready to go, making meal preparation fast and easy. An ideal accompaniment to your choice of protein and grain, this Frozen Veggie Side Dish includes Greek yogurt and cheese for an added protein punch.

Find more tips and protein-packed recipes at Orgain.com.



- Frozen Veggie Side Dish**
Recipe courtesy of Steph Grasso on behalf of Orgain
- 1/2 bag (14 ounces) frozen white pearl onions
 - 1 box (8 ounces) frozen quartered artichoke hearts
 - 1 box (10 ounces) frozen chopped spinach
 - salt, to taste
 - pepper, to taste
 - 1/2 cup frozen sweet peas
 - 1/4 cup heavy whipping cream (optional)
 - 1/4 cup 2% plain Greek yogurt
 - 1/4 cup grated Parmesan cheese

Prepare frozen white pearl onions, artichoke hearts and spinach according to package instructions. In pan over medium heat, saute onions and artichoke hearts until tender. Season with salt and pepper, to taste. Add spinach, frozen sweet peas, heavy whipping cream, Greek yogurt and Parmesan cheese. Mix until cheese is melted, and peas are soft. Serve with protein and grain of choice, if desired.



- High-Protein Pumpkin Pancakes**
Recipe courtesy of Steph Grasso on behalf of Orgain
- 2 cups oats
 - 1/2 cup cottage cheese
 - 1/3 cup pumpkin
 - 2 scoops Orgain unsweetened plant-based protein powder
 - 1 teaspoon vanilla extract
 - 2 egg whites
 - nonstick cooking spray
 - berries, for topping (optional)
 - bananas, for topping (optional)
 - nut butter, for topping (optional)
 - syrup, for topping (optional)

In bowl, use blender to blend oats, cottage cheese, pumpkin, protein powder, vanilla and egg whites. Spray pan over medium heat with nonstick cooking spray. Use 1/3 cup measuring cup to scoop batter into hot pan one scoop at a time. Flip pancake once pan-side is lightly browned. Remove from pan once both sides are cooked. Repeat with remaining batter. Stack pancakes and top with berries, bananas, nut butter and syrup, if desired.

Regency at Monroe HOA Board of Trustees Candidates

Wednesday, June 7 – Candidates Night • Wednesday, June 14 – Annual Election



**Steven Brody
Medinah Court**

I would be honored to represent all the Regency community if you elect me to the Board. I moved to Regency with my wife Cindy in December 2014. I officially retired in 2021 after spending 40 years working in IT. For 25 of those years, I worked for a large software company where I held many different management positions, which included managing software development teams, a technical sales team, and as Director of Strategic Alliances. Responsibilities that I excelled in were managing customer expectation and satisfaction while managing software development teams. While managing technical sales teams, I excelled in negotiations that enabled our sales team to successfully close product deals. Many of these software deals were in the hundreds of thousands of dollars. After the closing of these deals, I was then responsible for managing the successful deployment of our software by working closely with Project Managers at the customer site. Perhaps my most successful business attribute would be my strong negotiating skills. I succeeded in bringing competing companies together by negotiating Memorandum's of Understanding (MOU), which enabled companies to work together even though they had competing software products.

In my eight plus years living in this wonderful community, I have been involved in many roles and responsibilities. I served on the Security Committee and provided insights on how to secure our Clubhouse and exterior portions of our community. I've been a Tennis Club member for seven years and have been the President of the Club for the past four years. As president of the Tennis Club, I have had the chance to interface with HOA Board members and Property Management, which has given me unique insights on how the Board conducts its business. These interactions coupled with my business experiences lead me to believe that I can be an asset to the community as a HOA Trustee. Other Regency activities that I enjoy are golf, swimming laps in our outdoor pool, riding my bike throughout our community, and playing pickleball.

Volunteer Activities:

Vice President of North Edison, New Jersey Little League Baseball

Vice President then President of Edison, NJ Youth Basketball

Girls Soccer Coach from U9 through U12

Taught Rutgers's SAFETY course to adults enabling then to coach youth sports teams

Education and Professional Memberships:

Graduate of S.U.N.Y Brockport – History Degree, Minor in Education

New York University – Computer Science Associate Degree

Association of Strategic Alliance Professionals – Certified Alliance Manager

Rutgers SAFETY Clinic – Certified Instructor for youth coaches



**Renee Comack
Kings Mill Road**

My husband Joel and I are Regency homeowners for almost six years. I have been a Regency Trustee for the past four years, and hope you view me as a responsible representative committed to our community's well-being. As your Trustee, I have been guided by and acted upon fundamentals essential to our community:

- Fiduciary responsibility as an absolute!
- Financial soundness: protecting real assets, well-funded reserves, conservative budgeting, contingency funding, strategic planning to mitigate risks of excessive homeowner maintenance fees, and one-time assessments.
- Community well-being: safety, spirit, quality of life, aesthetics, increased home values, and proactive management ensuring well maintained common areas and amenities.
- Recognize the importance of soliciting and listening to your "voice."
- Commitment to communications and transparency.

HOA BOARD EXPERIENCE: In addition to all HOA Board responsibilities, I took the initiative to improve communications: working with Management researching and implementing Zoom meetings and the Connect Website, communication protocols, and ongoing Board to community updates. Some projects I have been directly involved in:

- Financial: Formulating the past four year fiscal budgets; ongoing Replacement Reserve reviews; Investment Policy review.
- FSR Management contract: writing the RFP, interviewing management companies, selecting FSR, and contract negotiations saving the community \$108,832 over a four-year period.
- FSR Management succession planning.
- Amenities: Cafe vendor selection, locker room and spa upgrade, initial phase of ballroom upgrade, and

pickleball committee member.

For over six years I was a board member in my former community, having served as president, vice president, and treasurer. Prior experience is important but not enough. As Regency Trustee, I have and continue to learn from our Management, attorneys, auditor, insurance broker, reserve engineers, vendors, homeowners, as well as attend[ing] New Jersey Community Associations Institute's seminars and webinars on reserves, capital improvement, audits, fiduciary guidelines, and legislative changes. I have attained CAI Board Leadership Certification.

One cannot be an effective Trustee without the ability to weigh and look at things from homeowners' viewpoints. Having immersed myself in our community, enjoying our amenities, joining clubs, partaking in activities and events, I am most fortunate to have the opportunity of getting to know many of you, learning and understanding what is important to you. I thank those that have shared with me concerns, suggestions and opinions. I am humbly thankful and appreciative of your trust in me. I hope you regard me as a capable, approachable, responsible, and dedicated Board member. Should you re-elect me, I will continue to be guided by my fiduciary responsibility acting in the best interests of our community. Thank you in advance for considering me as your Trustee for the next three years.

Career and Education:

- Financial Advisor for 15 years, building a business managing over \$100 million in assets.
- From Programmer to Director of Financial Services' Applications Analysis and Development for 35 years. Committee member for both the Security Exchange Commission and Federal Reserve Bank.
- Advanced Computer Technology Certification from Columbia University.
- BS Degree in Accounting and Economics from Brooklyn College.



**Harvey Einstein
Masters Drive**

I moved into Regency with my wife Sharon, as full-time residents, in July 2018. We love living here. I retired in 2016 after 32 years with Avon Products, Inc. Prior to Avon I joined Macy's Executive Training Program. I held several positions of increasing responsibility but, perhaps, I was best known at the company as the Toy Buyer who introduced Cabbage Patch Dolls to New York.

During my years at Avon, my

growing business expertise led me to key corporate roles in Merchandising, Product Development, Sales Promotion, and guiding the communications to Avon's Representatives. In each of these roles I managed multi-million-dollar budgets. Members of Avon's Executive Committee often referred to me as "Mr. Fix-It." They asked me to lead Marketing for Avon Canada. In that role I revamped the country's product line and improved operating efficiency by 48%. I also delivered the market's best sales performance in 10 years and improved Operating Margin by 300 basis points. When a competitor reported Avon to the FDA for publishing inaccurate product claims in its brochure, the Agency charged us and imposed fines. The President asked me to develop a recovery plan. Within 72 hours, I created and executed the plan. I testified before the FDA in Washington D.C. and presented the plan. As a result of my efforts, the FDA dismissed all charges and fines.

But career success should never be the sole measure of life. I have tried to use my marketing expertise and communications skills to support fundraising for numerous community programs. These included the *Kiss Goodbye to Breast Cancer*, which raised money for the Avon Foundation and Breast Cancer Research; *The Avon Heart of America Pin* Leadership Team, which raised over \$8.3 million for the children of the victims of 9/11 in just two weeks.

At Regency, you will often see me at the Outdoor Pool during the summer or riding my bicycle throughout the community. I continue to join various clubs at Regency because I want to keep making a positive contribution.

If elected to the HOA Board, I hope to bring my "bottom line" business orientation, creativity, and my respect for communications to the position. Homeowners have the right to know in greater detail what is going on in the community, how decisions impact them, and that they should feel encouraged to participate in the governance of our community.

My Private Volunteer Activities include:

- *Sinderella's Ball* – A charity event started by a dear friend who lost his wife to ALS. Since its inception in 2014, we have raised over \$800,000 for the Joan Dancy & pALS (people with ALS) Foundation.
- *Reading Buddies* – A program through FCS of Monmouth County that strengthens literacy skills through in-person reading with young children.

Education:

Graduate of SUNY Oneonta – BA in Communications with High Honors



**Steve Farron
Masters Drive**

My name is Steve Farron and I have currently served as Treasurer on the Board of Trustees for the past four years. I have entered my name as candidate for the upcoming election because I care about the community I reside in and its homeowners. You, as a resident have every reason to expect the best from your trustees and I intend to continue [to] fulfill that obligation. I am a 10 year resident of the Regency community having relocated from Long Island.

My background was in the field of banking and finance, having been employed by two major New York banks over a period of 48 years. The priority of your Board is its fiduciary responsibility. My background enhances this responsibility. My prior experience in community governance has been treasurer and president of a 420 unit co-operative located in New York. I served as president for 17 years. Subsequently, I served as treasurer, vice president, and president of a 308 unit condominium on Long Island. During those years I gained a vast amount of insight on Community Associations. Relocating to Regency has allowed me to utilize my background in the best interest of our community.

As a community member and Trustee, I have served in the following capacities;

- Member of the landscape committee
- Member of the finance committee
- Liaison to the rules and regulations committee
- Board member Trustee
- Board Vice President
- Board Acting President
- Board Treasurer

I am also a member of many clubs within the community. As a Trustee representing the community the most important rule, I follow is to treat each individual with respect and understanding. Everyone should be treated in that manner. I always look forward to meeting our homeowners, introducing myself, and will always discuss any HOA questions you may have. I am available at any time to confer with you. As I present myself to you I want you to remember that I will continue to contribute my experience and energy in the best interest of our Regency homeowners

**Remember
To Vote**

Regency at Monroe HOA Board of Trustees Candidates

Wednesday, June 7 – Candidates Night • Wednesday, June 14 – Annual Election



Barry Karben
Ballybunion Drive

I recognize the recent improvements in the day to day operations of Regency. The things that need to be done get done. The appearance of the Community is good, and facilities are well maintained. Life style services are vastly improved, and communications from Staff and the Board have improved. Continuing those improvements will be an important point of focus for myself as a Board Member. The Board must recognize that Communication is as important as Execution. Emphasis on communications and the Board have a need for increasingly frequent communications with the Membership. New tools are required to facilitate this communication. Expanded use of Zoom, video conferencing, and other software based tools have become necessary. My belief is that the HOA is primarily a customer service organization and that serving the Membership should be the Association's focus. Each of us chose to live in an HOA Community because we believed it would improve our quality of life. We must measure our accomplishments as an Association by the value we add to our Members lifestyle.

Managing costs are always a challenge. Costs are escalating and economists predict inflation and labor shortage issues will not abate anytime soon. This will put pressure on both the cost of funding current operating expenses and the Replacement Reserve. The increased investment income currently enjoyed for Reserve Deposits should be utilized to fund the Replacement Reserve when funds are expended in the future. Interest gained today is eaten by increased costs tomorrow. These funds should not be utilized for general expense or capital improvement. We currently enjoy a positive financial condition, however there has been a tendency to over budget and accrue an operating surplus. We need to establish a formalized method of accounting for these surpluses, priorities for their use, and limits to the amount that can be accumulated. It is not the function of the HOA to accumulate funds in excess of operational and Reserve needs.

To deal with the imperative to maintain the current community standards and at the same time improve our services to the Membership, the Board must concentrate on Oversight and Planning, leaving day to day operations to Staff. The Board must insure we have sufficient

and proficient staff to effectively manage day to day operations, and concentrate on policy and fiscal challenges. Our goal is to maintain our Premier position amongst other communities.

Education

State University of New York, NYU, Golden Gate University,

Political Science and Economics

Professional

Information Systems Technology and Facilities Planning Systems Programmer Miles Shoes Corp.

Lead Statistical Programmer Battlefield Analysis US Army (Active Duty)

Senior Systems Analyst Eastman Dillon Union Securities

Assistant Director for Technology New York City Housing Authority

Assistant Vice President Technology MacMillan Publishing

Director of Enterprise Systems US Navy Exchange System

Civic

Chairman Spring Valley Housing Authority

President Hillcrest Condominium Association



Alton B. Kinsey II, MD
Riviera Drive

I was born and raised in the Bronx. My wife Linda and I moved from Metuchen to Regency in June 2015. We will be celebrating our 31st wedding anniversary in November and have two adult children. I received my BA from Hofstra University, a Master in Public Health and Nutrition from Columbia, and my MD from the University of Wisconsin at Madison. I am a retired board-certified anesthesiologist and was licensed to practice in New York and New Jersey. I was the Assistant Director of Anesthesia/Respiratory Therapy at Harlem Hospital and later the Director of Anesthesia at East Orange Medical Center. I retired from James Street Associates at JFK in Edison in 2013.

Upon arriving at Regency, I served on the Rules and Regulations committee. I am currently completing my third consecutive term on the HOA Board. While on the Board I served as secretary and created the first Regency Disaster Recovery Plan and have been involved with several major projects and committees: By-Laws Committee – Transition from Toll Brothers # 2 and 3, which is the transfer of property and control from Toll Brothers to the HOA–Clubhouse HVAC committee –

Indoor pool restoration – Medical consultant during COVID until present – Safety and Risk Management – Liaison with Monroe Township – Initiated with Management virtual meetings and communication – Primary Lead of New Homeowner Orientation Social

Education is very important to the Board. While serving on the Regency at Monroe Board I have completed the following classes through the Community Association Institute (CAI):

In Person

Board Homeowner Leadership two day-course

Attended the CAI Expo Lectures for past five years

Webinars

Association life and governance is constantly changing – I have made a commitment to advance my knowledge by also taking the following webinars and many more:

-Board governance and complying with the Radburn Election Bill

-Does it really cost more when you combine reserves, maintenance, and Structural safety?

-An inside look at Maintenance and Management to Guide you through a balanced budget

-Understanding Insurance premiums

I have served on the CASA Board since 2014 (Court Appointed Special Advocate). CASA advocates for children who have been removed, by the court, from their home due to abuse or neglect. In addition to my HOA Board responsibilities, I served on the Mayor's Senior Advisory Committee and attended Monroe Township Intercommunity Board and planning board meetings as a concerned citizen. I am currently on the Monroe Township Zoning Board. Moreover, my involvement with the Township encouraged me to run unsuccessfully, for Monroe Town Council in November 2021. My decision to run was to ensure that Regency's concerns are heard.



Charles Lerman
Doral Drive

As a previous Board member and former Treasurer, one of my responsibilities was to make Regency a community we could all be proud of. I hope you feel as I do, that the residents of Regency and I accomplished that goal. I've come out of retirement because I am troubled with the direction Regency has taken. It appears we are being run as a corporation, comprised of stockholders instead of residents, who's Board has become

insensitive to their needs and concerns. When I was on the Board, we accomplished the following:

1. Extensive landscaping at the front entrance, Clubhouse and many other areas throughout Regency.
2. State of the art Tennis complex with an all-purpose room
3. Pickleball courts. Unfortunately, we had to remain within the existing tennis court footprint because of finances and a Toll Brothers controlled Board.
4. State of the art fitness facility with the most up-to-date equipment
5. Expanded Bocce and Shuffleboard courts.
6. Grill Room
7. Developed an excellent relationship with the Monroe Township officials by attending many Council and Planning Board meetings. This led to expediting the much-needed traffic lights on Buckelew Road.
8. A resident work order system, which I carefully monitored in order to achieve a speedy resolution.
9. Successfully addressed severe irrigation and drainage issues. Developed emergency watering protocols as well as snow removal procedures.
10. I championed resident concerns and above all viewed myself as a residents' Trustee. Therefore, those concerns became my concerns, whether it be HOA or Toll Brothers related.
11. Well versed in the resident Toll Brothers Transition process.
12. I viewed the rules and regulations as a living document and suggested modifications in order to conform to the growing needs of the community. We allowed awnings on patios for shade, gas line hookups to grills, as well as addressing lighting and patio issues.
13. Well versed in the very important Reserve Account funding process, which in my opinion is presently being mismanaged, this I view as extremely troubling.

Hopefully, with my addition to the Board, we will again make Regency the finest community in Monroe Township, as well as one of the finest in the state.



Judy Nicolosi
Inter Lachen Court

Hi, my name is Judy Nicolosi and I have been privileged with the opportunity to serve on our HOA Board for the past two years. Upfront: no, I am not a snowbird-although during the coldest winter days, I sure wish I was. I seek another term on the HOA Board because I believe in the direction we are going and would like to con-

tinue building and progressing to that end: maintaining and improving our facilities and amenities to remain the premier community we are, all while ensuring we are fiscally responsible. Regency has given me, and my husband, much in the way of enjoyment and a sense of community belonging. We here at Regency are in an enviable position as a financially stable community; my work on the HOA solidifies that it will stay this way. I look forward to collaborating with a strong, hard-working Management team and dedicated volunteers *who have the welfare of this community foremost in their hearts*. I had to ask myself why I wanted to seek another term. Two things that I believe in strongly immediately came to mind: volunteerism and commitment - these two things I offer; unrelentingly and wholeheartedly.

My extensive professional expertise in leadership, process improvement, communication, and change management have all supported the successes I've worked towards on the HOA. During my tenure on the Board, I have led the preparation and publication of the Board standard operating procedures, produced learning videos for new and existing residents on topics ranging from what our Management team does for us to how the Board operates, and I am currently working on a third educational video about what we as residents should know if a disaster strikes. As part of a team, we successfully renegotiated the Management contract and updated the service level agreements and key performance indicators, from which we as a Board hold our Management team accountable. I am also invigorated by my work as co-liaison to the strategic committee.

My forte and my passion truly is process improvement and working with people to help them accept change. Effective change leaders do three things: they *anticipate* what things are changing, they *facilitate* the implementation of change, and they *sustain* momentum by taking charge and moving things ahead. Great change leaders know how to be both **proactive** and **reactive**. I believe in the importance of continuing education. As a member of Community Associations Institute, I have taken many courses and attended educational workshops to continue to remain current with pending legislation, Community Trends, and the diversity of Community Management. I also attended a two-day Board Leadership Workshop, which is designed to help Board members better understand the governance and management of community associations. These experiences have enabled me to make more informed decisions when serving our community.

As your Board member, I will continue to demonstrate my commitment to serving the community with integrity, dedication, and passion. I hope to continue serving on the Board to continue working for our residents—for us—to keep Regency the premier community that it is and respectfully ask for your vote.



Photo courtesy of Getty Images

How managing blood pressure can help save lives

FAMILY FEATURES

Effectively managing your blood pressure can help reduce your chances of life-threatening medical events, even death. Gain confidence and learn how to take control of your blood pressure with these tips and resources from the American Heart Association.

The Silent Killer

High blood pressure is often referred to as the “silent killer” because it typically has few, if any, noticeable symptoms but can lead to heart attack, stroke, heart failure and even death. Many people with high blood pressure don’t even know they have it. Some overlooked symptoms can include dizziness, facial flushing and blood spots in the eyes.

Understand Your Readings

The only way to know if you have high blood pressure is to regularly take an accurate blood pressure measurement. Understanding your results is key to controlling high blood pressure. Blood pressure numbers of less than 120/80 mm Hg are usually considered within the normal range, yet it is important to talk to a doctor about your healthy range. Even if you fall within a healthy range, it can be beneficial to stick with heart-healthy habits like following a balanced diet and getting regular exercise. Consider these numbers and ranges to know if it’s necessary to take action:

- **Elevated blood pressure** is when readings consistently range from 120-129 mm Hg systolic (the upper number) and less than 80 mm Hg diastolic (the lower number). People with elevated blood pressure are likely to develop high blood pressure unless steps are taken to control the condition.
- **Hypertension stage 1** is when blood pressure consistently ranges from 130-139 mm Hg systolic or 80-89 mm Hg diastolic. At this stage, doctors are likely to prescribe lifestyle changes and may consider adding blood pressure medication based on your risk of atherosclerotic cardiovascular disease, such as heart attack or stroke.
- **Hypertension stage 2** is when blood pressure consistently ranges at 140/90 mm Hg or higher. At this stage, doctors are likely to prescribe a combination of blood pressure medications and lifestyle changes.
- **A hypertensive crisis** requires medical attention. If your blood pressure readings suddenly exceed 180/120 mm Hg, wait 5 minutes then test again. If your readings are still unusually high, contact your doctor immediately. Seek emergency help if your blood pressure is higher than 180/120 mm Hg and you are experiencing signs of possible organ damage such as chest pain, shortness of breath, back pain, numbness or weakness, change in vision or difficulty speaking.

Know Your Risk

While many risk factors for high blood pressure may be related to your age, gender and family history, there are also risk factors you can change to help prevent and manage high blood pressure. People at added risk may be those who engage in lower levels of physical activity, eat a diet high in sodium (particularly from packaged, processed foods), may be overweight or obese, drink excessive amounts of alcohol and may have multiple chronic conditions.



Talk About It

Whether you’re making changes in your own life to combat high blood pressure or helping someone else, positive feelings and confidence are longer-term motivators to making health changes. If you’re talking with friends, loved ones or your doctor, be prepared to ask open-ended questions. Be curious and kind to yourself and others you may be helping.

Lowering Your Pressure


You can reduce your risk of heart disease, stroke, heart failure and even death with lifestyle changes and medication. Watching your weight, especially if you are overweight or obese, can bring health gains; losing as little as 5-10 pounds may help lower your blood pressure. Managing your stress by relaxing for short periods during your workday, at night and on weekends is another productive practice. If you have diabetes, it’s important to work with a doctor to manage the disease and reduce your blood glucose levels. If you think you could have sleep apnea, getting screened for and treating the condition can also reduce your risk for developing high blood pressure. When you have high blood pressure, medication may be an important part of your treatment. Follow the recommendations carefully, even if it means taking medication every day for the rest of your life. When you’re discussing high blood pressure concerns with your health care provider, also be sure to talk to your doctor about over-the-counter pain relievers that may raise your blood pressure. Talking with your doctor can help you identify over-the-counter pain medications that won’t raise your blood pressure to ensure you’re not creating a blood pressure problem while treating other concerns.

Getting Ready for Your Appointment

- Think about what challenges you face in controlling your blood pressure that you need to share with your doctor to create a plan that works for you. Start by considering the answers to these questions to discuss with your health care provider:
- How often do you check your blood pressure?
 - Do you keep a log of your blood pressure measurements?
 - Are you taking medications as prescribed?
 - What are some things you can do to have less salt in your diet?
 - What are some reasons it can be hard to manage your blood pressure?
 - What are some things you’d like to discuss during your appointment?

Learn more about monitoring and managing high blood pressure at heart.org/bptools.

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

heart.org/bplevels

Senior Softball League

(Continued from page 19)

tained softball fields at the Thomas L. Allen Softball Complex and wanted the league to play there. Shortly after, Mary contacted Bobby and told him that the Township Board had approved his request with one condition. The fields could only be used if the league became a Township recreational program, meaning the league had to be opened up to all Township residents. Bobby agreed, and now the original concept had become larger in scope... and a lot more work!

With the league growing week by week, Bobby and George enlisted additional Lieutenants, Ray Gwertzman of Stonebridge and Richard Delvecchio of Renaissance. Ray and Richard not only brought

on Board many softballers from their communities, but became valuable new Board members. Every week the list not only continued to grow from Regency, Stonebridge, and Renaissance but a player from Encore, then a couple from Concordia, Venue, and many more. With the fields now secured and a growing list of players anxious to knock off the winter rust, the next step was to get sponsors and to order equipment. Bobby did a cost analysis and the collective group on the Board began their search for sponsors, and equipment was ordered.

Then there were two more invaluable members that were added to the management team – Bob Zyontz as league Communication Director and Board member, and Jerry Lefkowitz, who became the Website Administrator. Bob Z. had a wealth of experience in marketing and communication, which paid immediate dividends as he was able to get the mayor to agree to throw out the first pitch on opening day, and potentially to get local news coverage from News12 NJ. Jerry worked tirelessly to design the website and get it up and running. The website will allow everyone in the league to see their schedules, team rosters, and standings, and allow the captains of each team to do write ups and keep statistics. The web address is www.monroeseniorsoftball.com And let's not forget Lisa Heisler

of FirstService Residential who provided the league's logo.

The organizational team was now working like a well-oiled machine and able to obtain all the sponsors that they needed. The Ray Catena Family of Dealerships became the official league sponsor through the efforts of Regency resident Neil Diamond. Then individual sponsors were obtained: David Van Wart of David's Lawn and Landscape agreed to sponsor two Regency teams, (and David and two of his employees are playing on one of the Regency teams); W. Danley Electric; Linda November of Re-Max Realtors; David Seneca Financial Advisor; Skyline Solar; and The Pickled Herring. All players will have team shirts and hats with the official league sponsor imprinted on all the hats, while the matching shirts will feature sponsor names with the official league sponsor name imprinted on the sleeves.

The amount of time and effort that the management team put in has been immense. After seven months of planning and heavy lifting, real games are right around the corner. The initial dream started with Bobby, and with George's help, is now a reality.

Opening Day was held with great success on May 16.

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.

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



www.mtfd3.com
609-409-2980

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.

Miscellaneous/ Services

NEED HELP DECLUTTERING? Downsizing or moving can be a daunting task, let me help. I am an experienced, compassionate professional planner and organizer who will work with you to help sort, manage, and facilitate the process of discarding, recycling, and donating items that could serve others. Reasonable rates. Call (914) 420-6802.

Help & Health Services

CERTIFIED, PROFESSIONAL CAREGIVER looking for live-in/out job in Monroe. Experienced. References. Call (732) 343-4703.

CLASSIFIED Ad COUPON

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

MAIL TO:

Princeton Editorial Services

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.

10 words in three

publications = \$14 x 3 = \$42.

Check those that apply:

☐ Clearbrook Courier ☐ Concordian

☐ Encore Speaks ☐ GW Voice

☐ Regency Reporter

☐ Renaissance Reflections

☐ The Rossmoor News

☐ Check here for all seven

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."

No charge for the heading.

• One check or money order must

accompany insert, PAYABLE TO

PRINCETON EDITORIAL 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.

Wanted to Buy

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

Transportation

KOSTIS CAR SERVICE—All airports and NYC. Cruise terminals. (732) 543-4023 or (609) 662-7980.

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.

MONROE SHUTTLE—formerly Carole's Shuttle. Local and airports. (609) 255-8880.

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

G&B CLEANING—Servicing Monroe and other areas for over 14 years. Also clean-out and Estate Sales. Weekly, bi-weekly or one time or once a month. Licensed & insured. Please call Bryan. (732) 310-9413.

ERICA'S CLEANING SERVICES—Free estimate. Great references. Call at (203) 207-1241.

Ladies Ping Pong

Fridays from 3 - 4 p.m.

Clubhouse Fitness Room

Contact Harriet Silverstein

908-208-0864

harrietsil@gmail.com

At the Monroe Township Library

The Monroe Township Library offers a mix of in-person, virtual and hybrid programs for adults, children, and teens. Register on its website at www.monroetwplibrary.org/ calendar or by phone (732) 521-5000.

Elder Investment Fraud - Don't Let It Happen to You
Tuesday, June 20 at 1 p.m.

Presented by Arlene Ferris-Waks, Director of Investor Education, New Jersey Bureau of Securities, Office of NJ Attorney General. Ms. Ferris-Waks will help identify the investor seams to which seniors are most susceptible, as well as give tips regarding how to spot, stop and avoid becoming a victim of fraud. In partnership with the New Jersey Coalition for Financial Education (NJCFE). Registration is required.

Farmers Market

Thursdays, June 22 & 29 from 2:30 p.m. to 6:30 p.m.

The Monroe Township Farmers Market is returning to the Library parking lot on Thursdays this summer. Start your weekend early! Eat fresh! Shop local! Our second season promises old favorites and will introduce you to some new ones. Scoop up seasonal produce, baked goods, honey, teas, prepared foods, and artisanal goods. Enjoy a different live musical performance every week. The Friends of the Library will be selling books at bargain prices. The market will run on Thursdays beginning June 22 to September 14 from 2:30 p.m. to 6:30 p.m., plus a Harvest Market on Tuesday, November 21.

Fresh Summer Flavors Fit for the Patio



Chipotle Chicken Flatbreads

FAMILY FEATURES

Gatherings in the summer sun are all about easy, convenient recipes combined with the joy warm weather brings. Spend those special occasions with those you love most and make this summer one to remember with flatbreads, sliders and sweet treats for all to share.

Keeping cooking simple means more time on the patio or in the backyard engaging with guests, and these Chipotle Chicken Flatbreads, Chicken Shawarma Sliders and Lemon Cheesecake with Fruit let home chefs skip complicated kitchen duties without skimping on flavor.

Visit Culinary.net to find more simple summer recipes to share with loved ones.

Summery Flatbreads for Family and Friends

When dining outdoors with family, friends and neighbors, there are few things better than a tasty dish the whole family can enjoy like these Chipotle Chicken Flatbreads.

Perfect for al fresco entertaining when served alongside a fresh salad, they're simple to make and allow guests to personalize with preferred toppings before popping in the oven. As a colorful and fresh dish, it's an ideal meal for get-togethers on the patio.

For more summer recipe ideas, visit Culinary.net.

Chipotle Chicken Flatbreads

Recipe adapted from butteryourbiscuit.com

- 2 flatbreads
- 2 cups shredded mozzarella cheese
- 1 clove garlic, diced
- 4 chicken tenders, cooked and cubed
- 1 pint cherry tomatoes, quartered
- salt, to taste
- pepper, to taste
- 1/2 cup ranch dressing
- 1 1/2 teaspoons chipotle seasoning
- 2 tablespoons cilantro leaves, chopped

Preheat oven to 375 F.

Place parchment paper on baking sheet and add flatbreads. Sprinkle cheese on flatbreads. Top with garlic, chicken and tomatoes. Season with salt and pepper, to taste. Bake 16 minutes until cheese is melted.

In small bowl, mix ranch and chipotle seasoning.

Drizzle ranch dressing on flatbreads and sprinkle with cilantro leaves.



Lemon Cheesecake with Fruit



Chicken Shawarma Sliders

Shareable Sliders for a Nutritious Summer Meal

Fresh, mouthwatering foods hot off the grill are a sure sign of summer fun. Hosting sunny get-togethers this year can be made easy when you show off your grilling skills with a simple, nutritious and flavorful recipe.

These Chicken Shawarma Sliders are a delicious example of how to grill healthy summer meals without forgoing favorite flavors. They're part of a curated 12-recipe collection of healthy, balanced dishes from the snacking experts at family-owned Fresh Cravings, known for its chilled salsas, hummus and other dips, which teamed up with eMeals, America's leading provider of meal plans.

"These sliders are a fantastic – and healthy – option for your next gathering," said eMeals Senior Nutrition Writer and Editor Rachel West, RD. "The marinade uses a mix of pantry-friendly dried herbs and fresh garlic to give the lean grilled chicken breast some oomph. The lettuce and red onion add cool crispness and crunch to the sandwiches while Fresh Cravings' creamy, flavor-packed hummus gets some nutritional bonus points by providing a dose of protein and fiber."

Find the entire recipe collection by visiting emeals.com/campaign/Fresh-Cravings-Healthy-Eats.

Chicken Shawarma Sliders

Recipe courtesy of eMeals Registered Dietitian Rachel West

Prep time: 25 minutes

Cook time: 10 minutes

- 2 pounds boneless, skinless chicken breasts
- 3 tablespoons olive oil
- 4 cloves garlic, minced
- 1/2 tablespoon smoked paprika
- 1/2 tablespoon ground cumin
- 1/2 tablespoon ground coriander
- 1 teaspoon salt
- 1/2 teaspoon cayenne pepper
- 1 package (12) slider buns
- 1 container (17 ounces) Fresh Cravings Honey Jalapeno Hummus
- 1 package (8 ounces) shredded lettuce
- 1/2 small red onion, sliced

In zip-top plastic bag, use meat mallet or heel of hand to pound chicken to even thickness. Cut into 2-inch pieces and place in large bowl. Add oil, garlic, paprika, cumin, coriander, salt and cayenne; toss.

Cover chicken and chill 8 hours, or up to 2 days.

Preheat grill or grill pan to medium-high heat. Grill chicken 4-5 minutes per side, or until done.

Serve chicken on buns with hummus, lettuce and onion.

Unforgettable Fruity Flavor

Summertime often brings cravings for fresh fruits that add a hint of sweetness to warm-weather gatherings. Serving up a delicious dessert for family and guests starts with favorite produce in this Lemon Cheesecake with Fruit.

The touch of tangy tartness is enough to bring loved ones to the dessert table even after a filling meal as fresh lemon juice in the cheesecake base is complemented perfectly when topped with orange slices and raspberries. Garnished with mint leaves, this brightly colored treat is even sweeter when shared with loved ones.

Find more sweet summer desserts at Culinary.net.

Lemon Cheesecake with Fruit

Servings: 6-8

- 1 1/4 cups graham cracker crumbs
- 1/4 cup sugar
- 1/4 cup butter, melted

- 2 packages (8 ounces each) cream cheese, softened
- 1 can (14 ounces) sweetened condensed milk
- 3 eggs
- 1/4 cup fresh lemon juice
- 1 teaspoon vanilla extract
- 1 orange, peeled and separated
- 8 raspberries
- 3 mint leaves, for garnish

Preheat oven to 350 F.

In medium bowl, combine graham cracker crumbs, sugar and melted butter. Press firmly into 9-inch springform pan.

In large bowl, beat cream cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Add eggs, fresh lemon juice and vanilla extract; mix until combined.

Pour into pan. Bake 50-55 minutes, or until center springs back when lightly pressed.

Chill in refrigerator until completely cooled. Arrange orange slices around border of cake and place raspberries in middle. Top with mint leaves.