

# REGENCY REPORTER

VOL. 20, No. 5, MAY 2023 - PUBLISHED MONTHLY FOR THE RESIDENTS OF REGENCY



Standing at the Saint Joseph Alter are Maria Battiloro on left and Fran Plisko and Nina Gulinello (front) on right.

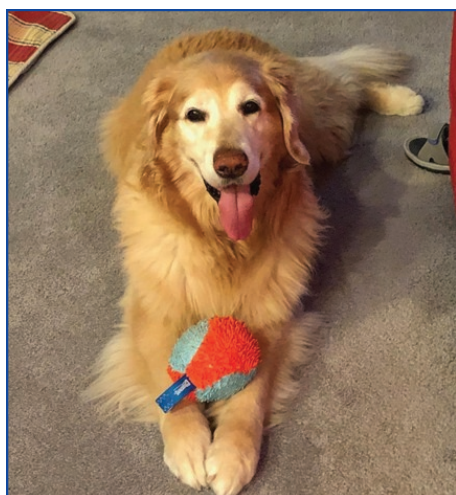
Photo by Annette Valerio

*Happy Mother's Day May 14*



Green Bagels! Happy St. Patty's Day from the 3D Art Group! From left Claire Castellanos, Renee Horowitz, and Caryl Cohen.

Photo by Linda Grossman



Bea Siegel's beloved Lance. See page \_\_\_\_.

Photo by Bea Siegel



The 1947 125 Sport. Ferrari's first car. 60° V12. 1496cc. 118hp@6800rpm. See page 7.

Photo by Peter Nelson



Members of the Cocktails Revolution Club listening to our speaker Travis talk about after dinner drinks/cordials.

Photo by Barbara Potasky



Dr. Lina Batra and Hari Sharma are among the large group of IAG members at the International Festival of Culinary Art. See page 10.

Photo by Rajesh Kapadia

## Scenes of a Traditional Hindu Wedding Ceremony

Photos by Jaya Gupta

Read more about Jaya's trip to India on page \_\_\_\_.



Groom dancing with family members after Tel ceremony. Below right, a traditional Hindu wedding in north India includes the Henna Ceremony.





# Up Close and Personal

By Barbara Bickel (\*\*)



### MAY BIRTHDAYS

1 – Jerry Garfinkle/Maxine Saum  
2 – Susan Ritter/Ghazala Saleem/Sheldon Singer  
3 – Susan Olan/Frances Ripillino/Lisa Stouber  
4 – Maryann Diamond/Sid Ehrenworth/Mary Magnotti/Russell Porges/Evy Telchin  
5 – Joel Comack/Joseph Correa/Christine Crandall/Fran Datz/Cira Georgiou/Larry Kosofsky/Roz Kornfeld/Bernie Newman/Frank Ruggiero/Bennet Singer  
6 – Steve Gustman/Rich Hayes/Lila Hochhauser/James Spitalny  
7 – Sam Rein/Alan Brenner/Dot Cheriff/Vicki Herbst/Steve Kotula  
8 – Mary Cruickshank/Milt Paris  
9 – Chuck Gobler/Maddy Riback/Louise Sether  
10 – Robin Klemas/Iris Lefkowitz/Carol Okin  
11 – Sandy Gleitman/Arlene Pullman/Gail Spinner/Patricia Wakie  
12 – Judi Adel/Norm Blumenstock/Ralph Borenstein/

Lila Cherwon/Michael Kaplan/Leslie Kohn/Donna Mongelli/Eva Nyman/Bunny Reddington/Elaine Robin  
13 – Marcy Berger/Marcia Cooper/Mark Engel/Richard Frank/Connie Josephs/Gloria Norton/Diane Schwartz  
14 - Barry Finkelstein/David Skole  
15 – Vincent DeSimone/Paul Schoen  
16 – Gary Faden/Linda Kamins/Carol Kominsky/Marcy Kraut/Randy Magnani/Tom McGuire/Michele Palmieri/Sherwood Raden  
17 – Vincent Albano/Maurice Ben’ous/Cheryl Murray/Carl Silverman  
18 – Ann Bachman/Fred Hammond/Joan Megibow/Bernie Sackaroff/Lori Schwartz  
19 – Mike Catarzi/Robert Goldfarb/Dennis Leonardi/Dave Offenberg/Rosemarie Tranchina  
20 – Arthur Fink/Richard Hand/Fran Langer  
21 – Fran Brody/Stanley Comora/Mike Gordon/Frank Perrelli/Madelyn Sanft  
22 – Susan Freeman  
23 – Bill Countess/Joseph Kreit/Leslie Rosenstock/Howard Schoenfeld/Lynne Stecklow  
24 – Howard Bernstein/Annette Elbaum/Ruth Feinberg/Linda Gerber/Miriam Katz  
25 – Joe Bianco/Hollis Borak/Brian Crandall/Norman Goldman/Renee Horowitz/

Andrew Sether  
26 – Joan Ehrenworth/Doug Poye/Barbara Seidel/Marvin Seigel  
27 – Fabio Berkowicz/Bridget Fiorello/Linda Redzinski  
28 – Mary Tournour  
29 – Jeffrey Barrie/Alan Chodos  
30 – Alan Kurland  
31 – Vicki Berhang/Joan Dorosin/Robin Greenstein/Isabella Pappagallo/Jerome Scott

### May Anniversaries:

1 - Joan & Alan Moskowitz/ Sherry & Ted Vitanza/Patricia & John Wakie  
2 – Donna & Frank Meerinsky/ Teresa & Phil Tartara  
3 - Cathy & Ray Connolly  
5 – Ruth & Herbert Feinberg/Bunny & Robert Reddington

(Continued on page 3)

## 2023 Public Board Meeting Schedule

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

Wednesday, May 17

Wed, June 7th – Candidates Night & Wed, June 14th – Annual Election

Wednesday, June 21st

Wednesday, July 12

Wednesday, August 9

Wednesday, September 13

Wednesday, October 11

### BUDGET PRESENTATION

Wednesday, November 16

Budget Presentation if not previously approved in October

December 2023

Wishing everyone a joyful Holiday season and Happy New Year

## HOA Events

May

Wednesday, May 10 – Sweeny Todd on Broadway Bus Trip

Friday, May 12 – Coffee with Friends Friday – Mother’s Day

Saturday, May 20– ABBA Tribute Show

Friday, May 26 – Hot Diggly Hot Dog Friday and Music in Parking Lot

Wednesday, May 31 – New York, New York on Broadway Bus Trip

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 - Hot Diggity Dog

Fourth of July Celebration  
Sunday, July 9 – Silent Disco and Dancing through the Decades

Friday, July 14 – Bee Gees Tribute Band

Sunday, July 30 – Coffeehouse Experience

## A Note from Your Board of Trustees

By Gerry Guidice



Hello friends and neighbors, I hope this note finds you healthy and ready to take on the late spring and summer season. With the warmer weather upon us, I hope to see our homeowners taking advantage of our beautiful amenities such as golf, tennis, pickleball, bocce, shuffleboard, and, of course, the pool when it opens on Memorial Day weekend.

As you already know, Management has sent out the “Call for Candidates,” which is a call for volunteers to help operate our community for today and the future. I know that the election process can be a bit daunting, but it is a great way for all of us to learn about each candidate and how they will address all the issues of the community. Additionally, it will be an opportunity to hear what their future strategic ideas are. As we already know, future Board members should have a broad vision for the entire community not just a single platform. We are desirous of thought leadership, with an eye towards how we manage the property strategically. It is not just about today, it is about making sure we have a solid future vision. Homeowners do an excellent job of providing the Board feedback in a variety of ways. I am hoping that some of these same homeowners step up and participate in running and serving on the Board. My final request on this topic is, please vote! We have not yet received over 60% of the community casting ballots. Please vote!

The Board continues to be busy and proactive in our approach to running the community. Referencing Renee’s recent article, we are working with a new engineer to complete a new reserve study. As Renee stated, we are fact checking our current engineer to ensure that we are saving all the money in reserve that we should. There are new laws that have been published and we are reviewing the changes against our existing reserve assumptions and adjusting as needed. This is of critical importance, as the reserve study and how we are funding future infrastructure investments must be sufficient. This is a primary responsibility of this Board. Please remember that the reserve study is available for any homeowner to review, please call Management. Please watch for an email from Management on a reserve study town hall, which we will conduct in May. We want to review the results of the reserve study and review the reserve projects that the Board is considering for 2023 and 2024. Additionally, the auditors have completed the audit for 2022, and the Board has scheduled the auditor to present to the Board the final audit report. This report will also be shared with the community at a public meeting in the very near future.

The Board is still dealing with Toll Brothers. Although the Transition work is complete, we are pushing Toll to complete their town punch list so they can get their bonds released. We are focused on this as we have money in escrow tied to the

release of bonds. That should be the final action that Toll would have on this property. We are also working on several projects and programs for the benefit of the entire community.

**Title 39:** This is a safety project that will have Monroe Township police making rounds in our community and managing all relevant traffic laws. It will likely take several months for our Township Council to adopt a resolution on this issue. Title 39 will be a true benefit in enhancing the safety of our streets. As we all have talked about many times, folks roll through stop signs or exceed the speed limit. Hopefully this will eliminate these issues.

**Line striping the community:** We will be line striping the entire community, cross walks, stop sign areas, speed humps etc. This will be happening over the next couple of weeks. This will also now be done on a yearly basis as needed. This will also enhance safety and remind people of traffic related laws.

Finally, we are working to enhance our communication. In the future you will see short, educational videos for homeowners covering topics about our Management Company, our Board, our responsibilities, and other HOA related topics. They will be delivered as video content and will reside on our Connect Portal. The team is really working hard on getting this out to you. We have also enhanced the new homeowner welcome presentation, for all of you that are new or “newish” to the community you will receive an invitation shortly to attend.

In closing, please consider running for an open Board seat. If you do not want to run, please vote based on the qualifications of the people running. Let’s continue to work together to keep our community premier! We need all your involvement. All the best...

## Thank You Note

I want to thank our friends and neighbors in this wonderful, caring Regency community. We appreciate the food, cards, and donations, but most of all, during the wrenching loss of my husband Michael, we appreciate the empathy. Priceless!

Marcia Midler and Family

## Condolences

The Editorial Board of the Regency Reporter and the entire Regency community send sincere condolences to the Helman Family and Steve Orodénker on the passing of our dear friend and neighbor Rachel, to Shari Reiner and Family on the loss of our dear friend and neighbor Mark, and to Peter Schild and Family on the loss of Peter’s beloved sister Joanne Nager Bakus.

## REGENCY REPORTER

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Please E-mail your materials to:

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

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## Hunger Is Not a Game We desperately need your help!

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

It is the goal of the Culture Club to collect a minimum of four cans or dry packaged goods from each household in Regency. If every household contributes, the pantry will be stocked for six months. Many township residents are struggling in this difficult economic climate. There are less donations being made to the Pantry when it is not holiday time, making it a little harder to provide necessities. These families are fighting to keep their heads above water. Please throw them a lifeline. Canned goods and dry

packaged goods will help keep them afloat.

Donations may be dropped at the **Clubhouse Parking lot (pool side)** on Saturday, May 13 between 9:30 a.m. and 11:30 a.m. Your support and generosity is appreciated by the organizers and welcomed and truly

needed by the recipients. Please check expiration dates on all items! The Food Pantry cannot accept any outdated products. If you are an owner of a company and you would like to contribute in volume please contact me. For further information contact Milton Paris.

## Up Close and Personal

(Continued from page 2)

7 – Norma & Frank Landsman  
8 – Jean & Ray Amato/Joann & Robert Coniglio  
15 – Linda & Jules Katz  
17 – Noreen & Jay Gummie

18 – Hollis & Sheldon Borak/Gail & Mark Spinner  
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24 – Joan & Kenneth Kastin  
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29 – Patsy & Alan Braxton/Carol & David Rosenfeld  
30 – Anita & Bob Calat/Marcia & Bob Mankin/In-Suk & Cy Wyche  
31 – Donna & Joseph Core/ Bonnie & Michael Falk/Phyllis & Richie Greenberg/Ellen & Danny Gresack/Judy & Bob Kay

(\*\*) Are your special dates here or are they incorrect? Let me know and it will be fixed. Thank you. BB

## Fruits of Our Lives (Not the Pits)

By Christiana Barone

It is so nice to see our friends/neighbors return to Regency from their winter vacations or winter residence. There is one family very excited to see their grandchildren being honored for their achievements.

### ACHIEVEMENTS

**Carol and Michael Kanthal** are proud to announce that their granddaughter **Natalia** has been recognized as one of the 2022-23 Outstanding Middle School Students of the Year in Monmouth County. Also, their grandson **Jacob** has been selected as one of the high school finalists in the 2023 Delaware State Culinary Arts Competition.

### A SPECIAL NOTE TO ALL NEWCOMERS TO OUR COMMUNITY

If there are any new additions



to your family, an engagement/marriage of your son/daughter, yourself, or if someone close to you has joined the military defending our country and last, but not least, has received a special award, please let us know. All you have to do is drop a note of the forthcoming event in the mailbox of Christiana Barone, 8 Country Club Drive or e-mail me at 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 publica-

(Continued on page 4)

## Three Generations Celebrating B'not Mitzvah



Three generations of Langer women at their B'Not Mitzvah, Tara Jean in center with her grandmother Fran on left and mother Margie on right.

Photo by Les Langer

By Fran Langer

April first is usually a day for jokes, but April 1, 2023, changed that for me. This April first, Temple Shalom of West Essex had a very special event for both the temple and my family. My granddaughter Tara Jean, my daughter-in-law Margie, and I were each called to the Torah as a B'not Mitzvah. The fact that three gen-

erations of women, all from the same family, became B'not Mitzvah together was truly unusual and a first for the temple. Services were followed by feasting and dancing at the Crystal Plaza in Livingston. April first will always mean something special for our family; it will bring smiles and great memories to us from now on.



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### Holmdel

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### Marlboro

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100 School Road  
**Wednesday, May 10th**  
10:00am | 2:00pm | 7:00pm

### Monroe

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By Steve Rich, President

Welcome to the month of May with the cold weather behind us and warmer spring temperatures here with us now. April is past and many of our residents are back from their winter vacation and others still returning. April, as usual, was a relatively quiet month with our Entertainment Committee meeting taking place at the beginning of the month and at the end of the month our Membership Meeting. At the April

The Regency Men’s Club

Membership meeting we had as our guest speaker, Karen Keush who spoke about Yoga Therapy. The holidays of Passover and Easter also took place during the month of April and added a festive tone to the month.

The month of May kicks off with our annual Mother’s Day event, which always has a successful turnout. Each of our members will pay \$35 for their attendance with spouses and significant others as our guests. A hot and cold brunch will be prepared by Sir Ives, who always prepares a plentiful and delicious food assortment. The brunch will be followed by the entertainment of the *Blue Lily Trio*. The vocalists are Maria Roldan, Barbara

Merkle, and Rebecca Wolfe who will be providing us with a variety of songs and types of music. Each Mom will be given a gift box of chocolates to take home with them.

Looking ahead to the end of month meeting on Sunday, May 28, our guest speaker is John Toth, a Regency resident, whose topic of discussion will be 9/11.

For those non members who wish to join our Men’s Club and be a part of the 2023 events, applications are available at our Clubhouse. If you have any questions please contact either Steve Rich or Shelley Piekny, whose numbers are available on Ron Post or in the Regency Telephone Directory.

Men’s Club Visits the Grounds for Sculpture *Night Forms*

By Mike Drobnis

The Grounds for Sculpture and Rat’s Restaurant are in nearby Hamilton, New Jersey. The 42-acre parcel was once the home of the New Jersey Fairgrounds. The Grounds for Sculpture presents annual changing exhibits in its four indoor galleries. Since 1992 when the Grounds for Sculpture opened its doors, more than 700 artists have been fortunate enough to display their work. As a result, some of the most important engaging artists, both National and International, continue to shape the history of The Grounds for Sculpture, which has created strategic partnerships with artists

to address current issues, and ideas, all while embracing our cultural experiences.

Prior to our visit to *Night Forms* several of us had a delightful dinner at Rat’s Restaurant. The Restaurant is named for the beloved character “Ratty” from the classic children’s storybook *The Wind in the Willow*. While having dinner at Rat’s Restaurant, you feel like you are going back in time to a French countryside café. The menu offers several one-of-a-kind dining experiences. We should also mention that they have a very extensive wine list.

For the second year the *Night Forms* exhibit has been held at The Grounds for Sculpture. *The*

*Night Forms Infinite Waves* created an evening of creative exploration through lighting, sound, and video projection. The *Infinite Waves* exhibit was designed to provide a dialog with specific sculptures in the garden. The main loop path takes you through the grounds of over a dozen installations to been seen in the dark. We were able to interact with several of the works of art, causing a ripple effect that echoes across the artwork and then disappears. The patterns of different colors of light and lasers, synchronized with original soundtracks, seemed like a look into a dream-like state.

Men’s Club Outing to the Stress Factory

By Allan Ellis

On March 16, 28 Regency Men’s Club members enjoyed a wonderful Men’s night out at The Stress Factory in New Brunswick. We had our own room to enjoy our BBQ buffet. We had grilled hot dogs, hamburgers, grilled chicken cutlets and the fixings for them, potato salad, cole slaw, corn on the cob, a good salad, and plain lettuce and tomato. And as extras they gave us

two different pastas and three different pizzas. All was yummy. And there was plenty for all of us. We also had a soft drink as part of the dinner. Our seats were center stage and close up.

At about 7:30 the first comedian came on stage and began our evening’s entertainment. Mike Sicoli started us off. Mike did about 10-15 minutes then introduced Shawn Morton who made us laugh for about 15-20 minutes.

Then we were introduced to the wonderful Gary Delena. Gary does a great job! He has a great selection of song parodies that make you laugh and sing along. He tells stories of his family and his traveling around the world. Gary was on for about 35-40 minutes to bring our outing to a great close.

Thanks go to Pattie for putting this together.



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Men’s Club Events Calendar\*

- Saturday, May 6 - Mother’s Day Dinner and Entertainment
  - Saturday, June 3 - Mini Golf, Dinner and Entertainment;
  - Friday, June 23 – Mets/Phillies Game
  - Friday, August 11 – Monmouth Park
  - Friday, August 25 - Somerset Patriots Game
  - Sunday, October 22 - Annual Breakfast
  - Monday Movie Night - The second Monday of each month with an option for dinner
- \* Events will be added as they become available

Fruits

(Continued from page 3)

tion. 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).



# Regency Women's Group



By Barbara Wilner

Welcome to spring! We hope all both home and away, had a good winter and we look forward to good times together in the coming months. So many members enjoyed Bingo in March. As this is being written, our April 17 "The Making of

Billy Joel" evening is ahead, with great stories and music to hear. An interactive game night is planned May 8. On June 4 we will honor The Guys in Our Lives with a BBQ dinner and DJ. Our always requested Canasta Tournament will be July 10. Film critic Dan Hudak will be our guest August 14. We will meet Ira Rosen, a *60 Minutes* producer on September 11.

Plans are being made for our October 9 Membership Dinner and December 11 Holiday Get Together, with of course Happiness is Yelling Bingo on November 13. Whew! So many

good times are ahead to share and enjoy. We hope you will join us!  
Till next time...

## Women's Group Events

- Monday, May 8 – Game Night
- 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

# Singles Mingle

By Barbara Lemberger

With the coming of spring, our Singles Group is a beehive of activity. We are very excited about our many programs and events in the upcoming months and our wonderful recent luncheon at the 5 Star Café. On March 31, 20 of our members were greeted and served by the culinary students at Freehold Borough High School. The students created and prepared a four-course meal for us. The food was delicious, and the students were delightful. Many of us agreed that this should become an annual event. On April 21 many of us traveled to Princeton for a Paint and Sip Party at Pinot's Palette.

Some had lunch in Princeton before the event and others stayed for dinner, but we all created a lovely painting and enjoyed wine, snacks, and camaraderie.

In May, we will have a Pre-Mother's Day High Tea to celebrate all women. There will be an assortment of teas, finger sandwiches, scones, and home-made desserts all served on fine china at linen clad tables. In June we will embrace the coming of summer with a program on gardening and container potting just in time to decorate our patios. Many more activities and outings are in the works. Please remember to pay your membership dues so you can participate.

# 3D Art Group



Diptika Patel with her magnificent picture of the Taj Mahal.  
Photo by Renee Horowitz



Claire Castellanos with her fantastic picture of the Jewish symbol Chai, "To Life".  
Photo by Renee Horowitz

By Renee Horowitz

On March 16 the 3D Art Group celebrated Saint Patrick's Day with green bagels and Irish soda bread. The Irish soda bread was made by our member Barbara Lemberger and it was delicious. We ate and we worked!



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Italian American Club Annual St. Joseph’s Day Celebration

By Annette Valerio

On Friday evening, March 24, the Regency Italian American Club held its annual St. Joseph’s Day celebration. What a spectacular evening of fun and festivities it was! The event was attended by 215 members. The night began with everyone entering the ballroom to the lovely selection of music played by our DJ Phil Guarino, as they were greeted by the Board members at the door. Our President Lucille opened the evening by welcoming everyone and thanking them for coming. The hot appetizers were delicious and the food at the hot buffet was plentiful, with selections to fit everyone’s taste. Thank you Tuscany Caterers for a job well done! Each table was decorated for the occasion with a St. Joseph wreath baked by Abbate Bakery (who also catered our desserts), and centerpieces

made by our very talented decorating committee. Let’s not forget their beautiful creation of the traditional St. Joseph’s Altar. The reverence to the Patron Saint of Sicily was stated very elegantly. Once all were done eating, the dancing began and the dance floor didn’t empty until the end of the night. The music selections consisted of fast songs, slow songs, oldies, newer music, and of course, Italian music. All who attended went home with a special favor in commemoration of the evening. It was a little tulle bag of Fava beans (significance of the beans: they sustained the Sicilians during a famine when no other crops would grow). At our April 28 meeting Dr. Ferdinand Visco spoke about his book, *Growing Up Italian-American*. We hope that many of you were able to attend.

The Monroe Chess Club



By Paul Spinelli

The Monroe Chess Club is committed to promoting the game of chess and providing a welcoming and inclusive community for chess players of all levels. Our mission is to create a space where players can come together to learn, play, and improve their skills in a fun and supportive environment. We believe that chess is a powerful tool for developing critical thinking, problem-solving, and decision-making skills, and we strive to promote these benefits to our members and the wider community. Our goal is to foster a culture of sportsmanship, teamwork, and camaraderie among our members and fellow chess players through friendly competition and collaborative learning. We are dedicated to creating opportunities for chess players to connect with each other, share their love of the game, and build lasting friend-

ships. All chess players are welcome to come play, member or not. Members will enjoy periodic newsletters, registration priority for in-house tournaments, discounts on merchandise, and more. And best of all, membership is FREE! Meeting times and locations will vary and be announced shortly, but right now all players are welcome to play OTB (over the board) at JamesBrew Cafe on Thursday evenings from 4 – 6 p.m. Just bring a board and

play! The address for JamesBrew is 22 W. Railroad Ave, Jamesburg. Paul can be reached via these links and this email: chess@monroechessclub.com https://www.instagram.com/monroechessclub/ https://www.facebook.com/monroe.chess.club.nj/

The Regency Book Club

By Dianne Robins

All the Broken Places

A nice sized group of Regency Book Club members met on April 10 to discuss John Boyne’s heartrending book, *All the Broken Places*. Moving between past and present, we gradually learn about Gretel’s childhood in Germany and the impact of the horrific events of the Holocaust has had on her. Three years after the end of World War II mother and daughter flee for Paris, shame and fear at their heels; not knowing how hard it is to escape your past. Nearly 80 years later, Gretel Frensbly lives a life that is a far cry from her traumatic childhood. She leads a quiet comfortable life, despite her dark and disturbing past. She does not talk about her escape from Germany when she was 15 years old. She does not talk about the post war in France with her mother. Most of all, she does not talk about her father, the Commandant of one of the most notorious concentration camps or ever mention her younger brother’s name. When a couple with a young boy moves into the flat below her in her London building, it becomes a very important part of her life. The appearance of their nine year old son brings back memories she has tried to forget. In spite of herself Gretel cannot help but intervene to help this family. Faced with a choice between her own safety, and that of the child Henry, Gretel is taken back to a similar crossroad she encountered long ago. Back then, her complicity dishonored her life, but to interfere now would risk revealing her long-buried secrets. Gretel

is given a chance to expiate her guilt and remorse. Written as a sequel to the even more heartrending *The Boy in the Striped Pajamas*, the group felt Gretel has lived her life with a sense of guilt about the dreadful things that happened to her brother. Managing these feelings of guilt has meant repressing her unwelcome memories. The conclusion reached during the discussion was that although Gretel was just a child, she did nothing after the war to help bring the perpetrators to justice. In fact, she took steps to avoid just that. Gretel kept running from place to place. She fled Germany for France. She left France for Australia. She left Australia for England. But all those places were broken because she was broken, one of the many broken people who came out of the Second World War alive. There are moments when Gretel displays tender emotions with her neighbor Heidi, the way she bonds with young Henry, and her final act. It was felt that her complicity with evil and all the mistakes she made still made Gretel’s story a worthwhile read. Pick up a copy and learn more about Gretel and the ultimate choice she makes. It will be interesting for you to decide how you feel about Gretel and her choices. Thank you to Dianne Robins for penning this article and for leading the discussion along with Nina Wolff. The club members have chosen the following upcoming reads: May 2, *Count the Ways* by Joyce Maynard; June 6, *Catcher in the Rye* by J.D. Salinger; and on July 11 (note that July 4 is a Tuesday), *The Lions of Fifth Avenue* by Fiona Davis. Enjoy your reading.

A Message from the Regency Tappers

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

Scrabble Scribbles



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

Regency Yiddish Club Events

May 21 Breakfast Program 10 a.m. - Johnny Lambert Comedian June 16 Shabbat Dinner 6 p.m. - Mort Segal “History of the Catskills” July 30 Regency Yiddish Club and CJSC Neil Berg’s “100 years of Broadway” At the Millstone New Jersey Performing Arts Center August 13 Breakfast Program 10 a.m. Elon Altman Comedian/Opening Act for Modi September 25 Break-the-Fast 6:00 p.m. with Jewish Trivia October 29 Breakfast Program 10 a.m. Lisa Sherman Singing Music by Jewish Composers

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# Museo Ferrari and the Motor Valley

By Peter Nelson for  
the Regency Car Club

I've been having this really fine dream. One of the best I've ever had...I'm walking through the clouds and Ferraris are all around me. V8s and V12s fill the sky; the roar is out of this world. It's the sound of an air rendering, soul piercing symphonic rumble. Leonard Bernstein meets Bruce Springsteen out on the backstreets. Salvation choreographed. The "bellows of the gods" are resounding and I'm right in the middle of it.

Soon enough, the heavens calm and I'm touching down in Maranello, Italy. My wife and daughter are with me and they seem to be just as drawn up in it as I am. Not once do they mention that it's getting late and we need to wake up. It's a great dream and it's very real, so much so that I think it may have actually happened. Did I really spend an afternoon at the Ferrari Museum in Maranello? It couldn't have been a dream. If it was, a Ferrari representative would have appeared and presented me with a key fob before I awoke. Mr. Nelson, he would say, the 296 GTB you ordered is available for your driving pleasure. No wait list for you, sir. Enjoy the rest of your visit, we'll pick it up in a week and ship it to the USA at no cost to you.

I did in fact visit the Ferrari Museum in Maranello. It wasn't a dream. I am sure of that because I have these pictures, and as I suspected, there is not a 296 GTB parked in my driveway. I've checked. This brings to mind the difference between some people's lives and other people's dreams or desires. Life can be funny that way. It's good, don't get me wrong. But, just like Lou Reed said...not fair at all.

Should dreams or travel bring you to the Emilia-Romagna region of Italy, the source of all things Ferrari, visit Maranello.

Drink in the design, beauty and power of Ferrari. It's an essential stop for those who wish to be world travelers...to have seen the shores of the Mediterranean, the Tuscany countryside, Michelangelo's David and the Ferraris of Maranello. It's said that the international appeal of a Ferrari, their lines and shape, at rest or in motion, is exceeded by only one thing. Mr. Ferrari himself acknowledged this. A Jaguar E-Type. He called it the most beautiful car ever made. I wonder though, maybe, if Sophia Loren wasn't sitting in the Jag at the time.

The captioned information below each photo was provided by Ferrari. In the engine descriptions, the reference to degree (as in 90° V12) refers to the angle between the two banks of cylinders. An engine with a 90° V angle will be wider and



2002 Enzo Ferrari. 65° V12. 5998cc. 660hp@7800rpm. Top speed 350km/h.

gravity than an engine with a 60° V angle. This is just a small sample of what you'll find at the Ferrari Museum in Maranello. There is also the Enzo Ferrari Museum in Modena. Its focus is more on the history of the company and its founder. This area of Emilia-Romagna is called Motor Valley, also known as "Land of the Motors." It's a mecca for car enthusiasts and travelers of all ages. Ferrari is just the beginning. There are also the museums and factories of Lamborghini, Pagani, Maserati, Dallara, and Ducati.



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## Monroe Kiwanis Hosts Fundraiser for Local Students

Kiwanis of Greater Monroe is hosting a fundraising event to provide scholarships for Monroe High School students. The event "Expanding the Presence" features the international, self-taught, Spirit Medium and author, Rich Braconi. Mr. Braconi is a retired undercover narcotic detective with 27 years of experience. He is known throughout New Jersey and Pennsylvania for providing a thought-provoking, spiritually enlightening, entertainment experience.

This event will take place on Thursday Evening, June 1 from 6:30 to 8:30 p.m. at the Monroe Township Community Center (Recreation Center), 120 Monmouth Rd., Room 109. Doors will open at 6 p.m. The cost is \$50 per person.

Purchase tickets online through [Eventbrite.com](https://www.eventbrite.com) **Rich Braconi**. (Search for Monroe Community Center).



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Memorial Day-Monday May 29

News and Views

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

News and Views, Regency’s current events discussion group, meets on the second and fourth Monday of each month at 7:30 p.m., in the multi-purpose room at the Clubhouse. Our two meetings in May will be on May 8 and 22. Masks are not required, but we do ask that all participants be vaccinated.


In discussing deficit reduction, all deemed it easier to comprehend the deficit as a portion of the gross domestic product (GDP) than in absolute numbers in the trillions. We saw the biggest problem surrounding the deficit as the hefty amount of interest to be paid. Consideration of the deficit led to an assessment of education costs, and the performance of American children compared to those of other countries. Average national performance can be misleading, we thought, because America is such a heterogeneous country. Though our children score near the middle of countries participating in an international test, some population segments do as well as children in the highest performing countries.

Regarding the war against abortion pills, our focus was on whether or not states could ban the use of a federally approved medicine. Some believed the state could ban the drug’s sale, but lacked jurisdiction to con-


trol a woman’s personal decision to take pills obtained out of state. People who disagreed thought that the state could forbid the sale of marijuana, and also forbid the use of marijuana obtained out of state. In the discussion of transgender rights, there was consensus that children should not be subjected to surgery. However, we found less invasive therapies like reversible hormone treatments to be acceptable. We agreed that athletes who had the physical benefits of testosterone should not be allowed to compete with athletes who have not had those benefits.

The last topic of the evening was Environmental, Social, and Corporate Governance (ESG). Decoded, the issue was whether companies should do beneficial things for the environment, for society, and for their employees, as well as make money. Some states have legislation prohibiting them from doing business with companies adopting ESG practices like reducing fossil fuel use. Other states give preference to such companies. Some of us thought that companies should consider the social and environmental consequences of their decisions, as well as the economic ones. Others believed that corporations should maximize profits rather than focusing on social issues. In making personal investments, some avoided clearly harmful companies such as cigarette


(Continued on page 9)



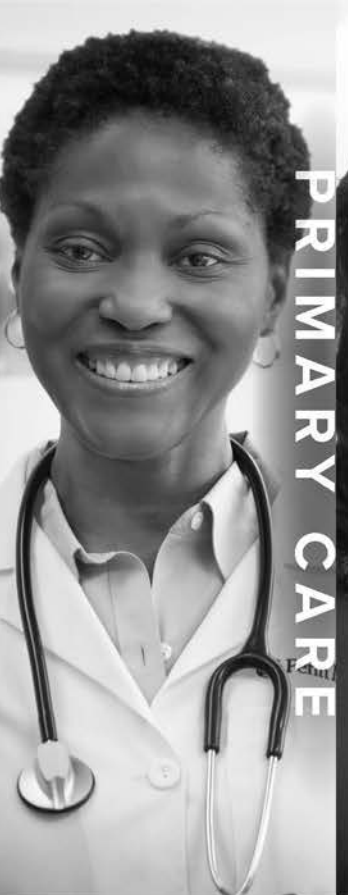
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Women’s Health







## The Wine Club- Blended Wines

By Sheldon Opperman

The theme for the March wine club was blended wines. Blending is a process where the winemakers mix different varieties of wines together to make one complete and complex final wine. During this process, winemakers look for wines with different qualities and decide what ratio of each should be used to make the best wine. This process is done all over the world and at every price point, but the most famous examples of wine blends come from Bordeaux. Unlike blended wines, a varietal wine is a wine made with a single variety of grapes.

We sampled blends from seven different countries. The wines from France included a white Bordeaux, which is a blend of Sauvignon Blanc and Semillon, the well-known white Bordeaux blend. It was a delicious wine full of flavor, bright and crystalline with a beautifully crisp color. Our second wine from France was from Chateaufort du Pape (CDP), which is a wine club favorite. The blend for CDP is called a Rhone blend, which includes the grapes Grenache, Mourvedre, and Syrah.

The Italian wines we tasted

included a Super Tuscan wine, the unofficial star of Tuscany. "Super Tuscan" is a term used to describe red wines from Tuscany that may include the use of non-indigenous grapes, particularly Merlot, Cabernet Sauvignon, and Syrah.

We then traveled to Galilee, which is considered the top winemaking area in Israel. Over two thousand years ago, the Galil mountain range was a choice location for the cultivation of quality grapevines. The wine we tasted was from Galil Mountain Winery Yiron. It was a blend of Merlot, Cabernet Sauvignon, and Syrah. It was quite delicious and one of the evening's favorites.

Our next wine was a Spanish blend of Tempranillo, Grenache, Mazuelo, and Graciano from Bodegas Muga. The wine had primary fruit aromas of raspberry and blackberry, was well-balanced on the palate, with good acidity and soft tannins. This unfiltered blend from Rioja was perfect for enjoying at present but is a wine you can lay down for a number of years. Bordeaux blends are some of the most famous wine blends in the world.

We sampled a 2016 Bordeaux from the left bank. The wine was from Saint Estephe and was a blend of Cabernet, Merlot, and Petite Verdot. The left bank of Bordeaux is famous for producing the Five First Growths, (hint: Mouton, Rothschild, Lafite, etc).

Our next two wines were from

the USA. Washington State's red wines feature primarily Syrah, Cabernet Sauvignon, Merlot, Malbec, Cabernet Franc, and Petit Verdot. Many of these are combined to create the popular Washington Red Blends. Hedges from Red Mountain, WA is a red blend of five grapes. I liked its balance; it had tons of character and the potential to keep for a solid decade. Our last USA offering was Bodyguard by Daou Red Blend. Bodyguard is a fairly new offering from Daou. It is an unusual blend of Petit Verdot and Petite Sirah. The wine was deep purple with tons of dark fruit on the palate. It was a real fruit bomb and could keep for a decade or more. Daou makes wines at many price points. Their Daou Cabernet Sauvignon can't be beaten for its quality at a price of around \$22.

Our last red blend was Valpolicella Ripasso a fruity, complex red wine from the Val-

(Continued on page 12)

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## News and Views

(Continued from page 8)

manufacturers, while others based investments solely on the likelihood of good returns.

Our second meeting of the month began with our thoughts on the then recent Monroe School Referendum. The School Board had evidently considered but then decided not to follow the judgment of paid advisors, who recommended the building of a new school. Instead, Board members opted to spend less by choosing to renovate, and remove asbestos from, an existing school building dating from the 1930s. Bert Busch, former longtime Monroe School Board attorney, noted that each time a referendum is defeated, the impact of inflation raises costs by tens of millions. We agreed that Monroe needed a new school building, especially given that the Board had intended to have the renovation taking place while school children were onsite. Some also wondered if our township has the infrastructure to accommodate the influx of population and the density we're experiencing.

Next we were on to "Trump's Possible Indictment," which turned out to be more than possible. Some of us thought that his indictment would energize his base and create chaos. Others felt that holding the former President accountable was critical to living in a law-abiding nation. We agreed that there would have to be a trial, but achieving a conviction could be

problematic. If he were to be convicted of a federal crime, perhaps he would agree not to run in exchange for a pardon? In that situation, should President Biden pardon him? One view was that there was no analogy between Nixon and Trump, and how could the Donald be pardoned? Another interpretation found it to be a moot point; a conviction seemed unlikely to come down before the next election.

Considering the growing cooperation between Putin and Xi, we wondered if we're headed toward a worsening cold war with Russia and China. Most thought we were, and saw possible danger ahead, given the likelihood of Putin doing foolish things to save face. Some saw Putin as testing how far Russia could go, but seriously doubted he would start a nuclear war. They also found it unlikely that China was doing more than saber rattling, given that with Russia in disarray, the country's eventual dominance seems assured. China will probably be pursuing a partnership with India, and won't want to see world order disturbed. Our final pronouncement: Sanity will prevail. May it prove so...

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 (mjzieky@gmail.com), Marcia Midler (midlerl@comcast.net), Bert Busch (beb@buschlaw.com), or Phil Sloan (phils41@yahoo.com).

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## Hadassah Highlights



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**By Carol Kortmansky**

**Karen Ross, President**

Passover is over, and we do hope that you all had a happy, healthy and sweet holiday, surrounded by loved ones, family, and friends alike.

As many of you know, Hadassah is the founder of Israel's modern healthcare system and has been tireless in maintaining the highest standards for more than 100 years. Since 1960 the population of Jerusalem has tripled, and the demands on the Hadassah Medical Organization (HMO) and Hadassah Hospital at Ein Karem campus have grown exponentially. Hadassah must respond, and we must look forward. HMO began by first completely re-imagining the iconic Round Building, the hospital's original inpatient center at Ein Karem. With this renovation and expansion, the new Round Building will be an important healing center for Israel. It will significantly advance the services in its outpatient surgery, oncology, and dermatology departments.

In November, Hadassah held their annual convention in Jerusalem. One of our members, Maxine Saum, and her daughter attended and had the opportunity to tour both of Hadassah's hospitals, one in Mt. Scopus and one in Ein Karem. After seeing the renovation going on in Ein Karem, she was inspired to help! One of the ways to help is to donate a mezzuzah, which will be placed on the door of each patient's room in honor or memory of someone. Maxine and her family have done this to honor her parents, her uncle, and a deserving friend. Recently Karen Ross was taken by surprise when a group of her friends from Regency gathered to advise her that they had honored her by donating towards a mezzuzah to be placed on the Ein Karem campus of Hadassah Hospital in appreciation for all the years she has tirelessly worked to help Hadassah do the amazing work it does. A beautiful certificate and card were presented to Karen with this honor. Is there someone you would like to honor or memorialize in this way? For more information, please contact

Karen Ross.

Now that we are able to enjoy the "new normal" Hadassah has begun planning for exciting programs and events moving forward into the summer and fall. Hopefully many of you had a chance this past month to attend the showing of the film *Shoelaces*, which tells the story of a complicated relationship between an aging father and his special needs son. In addition, by the time you receive this newsletter, the Book and Author Luncheon featuring author Joyce Maynard may already have taken place. The afternoon promised to be a wonderful event, with a delicious lunch, and a discussion by the author about her newest novel, *The Bird Hotel*.

The Hadassah Book Club will be returning so please look for updates via email about future book selections. In addition, if you would like to act as our facilitator or if you have suggestions for a book, please contact Marilyn Jaclin ([mjaclin@aol.com](mailto:mjaclin@aol.com)) or Marcia Milgrom ([milgromm@aol.com](mailto:milgromm@aol.com)).

Please remember to return your Hadassah Region Raffle slips and donation to Naomi Trachtenberg's lower mailbox (10 Doral) no later than May 15. Remember-you must be in it to win it!

Karen Ross notes that the 2023 Mah Jongg cards have been delivered. If you have asked her to

hold yours because you were away for the winter, please contact her as soon as you return to arrange for a pick up. You can leave her a message on her home number or email her at your convenience.

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](mailto:kbr1253@aol.com)). Her home phone number can be found in our Regency Directory.

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

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

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

## The Indian American Group



**By Rajesh Kapadia**

IAG members celebrated the International Festival of Culinary Art in the form of a potluck dinner on March 19. The multi-cultural potluck dinner was held in the Tennis Pavilion, and we had a record attendance with more than 40 dishes prepared by different people representing different parts of India. Some of the dishes included favorites like Samosas and the chats and the curries with different flavors, Chhole, Pav Bhaji, Vadas, and Fritters like bhajias. Variety of snacks and appetizers included such glamorous items as Dhokalas, Idli, Naan, Dahi Vada, Puri Bhaji, and the like. A lot of sweet dishes, puddings, soups, salads, pastas, and different types of Pulavs and Birianis accompanied the main dishes.

The gathering was complimented by beautiful music playing in the background. People were dressed up in dif-

ferent national and colorful attire. This was an excellent occasion for attendees to intermingle and socialize with each other. This was definitely a great evening for fun and food and everyone enjoyed the colorful atmosphere. Lastly, we sincerely want to thank all the volunteers for the continued support and the hard work, and making this evening and successful and memorable event.

We also appreciated a talk by renowned Orthopedic Surgeon and Physical Therapist Dr. Batra on the issues of Back Pain and their root causes and how to avoid it. It was held in the Tennis Pavilion on April 9.



*The multi-cultural potluck dinner at the International Festival of Culinary Art was enjoyed by all in attendance.*

**Photo by Rajesh Kapadia**

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# Regency Cocktails Revolution

By Karen Calder

Do you know the significance of the year 1533? On April 4, 55+ members of the Regency Cocktails Revolution Club met at the Tennis Pavilion. They socialized, sipped, ate, and were enlightened as to the significance of this date. The evening's theme was after-dinner drinks. Our partner Travis Helmka, one of the owners of the liquor store/pub Yorktown Discount Wines & Liquors joined us to discuss the theme of the night. We all learned that after-dinner drinks can be considered either a liqueur or a cordial and there is no distinction between the two. What distinguishes an after-dinner drink is that they are made with more sugar and less alcohol than a liquor. Travis walked us through the history of cordials and explained what our drink choices were for the evening.

Liqueurs date back to 5000 to 7000 BC when herbal liqueurs were made and used for medicinal purposes in Ancient Greece. There is evidence that monks used herbal liqueurs such as Frangelico, Chartreuse, and Brandy Benedictine for medicinal purposes in ancient times. Are you still wondering what the significance of 1533 is? The year marked Catherine de Medici's wedding in France to Henry Duke of Orleans (future King Henry II of France). At the nuptials after-dinner drinks were not only served but called a "cordial." The term "cordial" became the rage as high society all wanted to copy the future King and Queen's style. Today there are four main categories of cordials. Fruits/Berries, which are high in antioxidants, Herbal made with wormwood, which is a medicinal herb used as a sedative, Citrus, and Bean and Kernel, which are flavors like vanilla, chocolate, and nuts

Our drink choices for the evening highlighted each of these four categories. Members had a choice of shots of the cordials listed below or mixed cordial cocktails. Cordials highlighted were:

- Disaronno Amaretto, which is rich in vitamins and minerals and a good source of Vitamin B6, Vitamin C, Vitamin B12, Vitamin E, Phosphorus, Calcium, Potassium, Zinc and Selenium.
- Bailey's (Irish Crème), which is good for a sore stomach! This Irish liqueur comprises whiskey, which contains a lot of ellagic acids. The ellagic acids slow down the formation of tumors produced by carcinogens and destroy cancer cells.
- Romana Black Sambuca, which is an antioxidant Licor 43 (Vanilla, Citrus). This Mexican liqueur is a good source of the same vitamins in Amaretto.
- Hennessy (cognac), which lowers the risk of blood clots to name one of its medicinal purposes.
- Kahlua (coffee) is a powerful antioxidant that can reduce inflammation, increase healthy good cholesterol, and protect your heart health.
- Glenmorangie La Santa (Scotch), which is made with a high level of polyphenols, a plant-based antioxidant.

There were also four mixed cocktails made with liqueurs to choose from. Choices were a mudslide made with vodka, Kahlua and Baileys, a Brandy Alexander made with equal parts Cognac, Crème de Cacao and Heavy

Cream, a Little Beer, which is Baileys Iris Crème layered on top of Licor 43, and Rosie's Chocolate Peanut Butter Bourbon. Along with this large selection of cordials we served a plethora of mini desserts including éclairs, cream puffs, lemon bites, key lime tarts made by our President Barbara Potasky, biscotti, cheesecake bites, fresh berry salad, chocolate covered strawberries, and we offered make your own ice cream sundaes.

The month's competition was a word search of names of after dinner drinks. The competition was between the eight tables each competing against all the others. The winning table was six

individuals who then competed against each other answering ten multiple choice questions relating to liquor. Three people each had  
*(Continued on page 13)*



From left: Karen Calder, Marcia Glanzberg, Barbara Potasky, and Eli Glanzberg (seated) at the meeting.  
Photo submitted by Karen Calder

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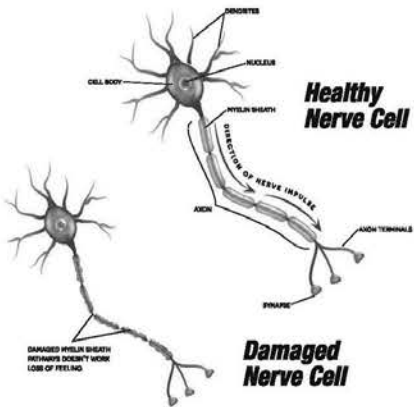
Peripheral Neuropathy is a condition that affects millions of Americans, commonly resulting in pain, tingling, numbness, and other painful symptoms in the hands, legs and feet. This pain changes your life and affects how you work, how you play and how you live.

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

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

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





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**By Cecile Spector**  
**The Twenty-Fourth Letter of the Alphabet**

The twenty-fourth letter of the alphabet is “X.” X is a consonant and is used in many languages, including English, Spanish, French, and German. In English dictionaries there are less than two pages of words starting with X. However, while X is the third least frequently used letter in English (after Q and Z), it has many other uses.

**X Marks the Spot:** This phrase may have come from showing, on a map, the exact location of where a treasure is to be found. Whether pirates and others actually used treasure maps is questionable, but the expression is often used as a literary device. In fact, it was used in just this way in Robert Louis Stevenson’s *Treasure Island*. The British army used this phrase in a literal way when they performed executions. They marked a piece of paper with a black X and posi-

## Beyond Words

tioned it on the heart of someone sentenced to death.

**X as a Signature:** A person who is unable, because of illiteracy or disability, to append a full signature to a document can use an X in its stead. An X-mark signature must be witnessed in order to be legally valid. It’s not surprising that doubts may arise about the validity and enforceability of documents signed with X-mark signatures. Using an X as a signature has been around since the Middle Ages.

**X to Symbolize a Kiss:** Many of us sign letters and emails with XO. The X represents a kiss, while the O represents a hug. Most likely the X is a stylized way of showing two mouths kissing, and the O looks like two pairs of arms connecting for a hug. There is a myth that says the use of X to mean “kiss” began in the Middle Ages when most people were unable to read or write. When an X was used to sign a document, the X was then kissed as an oath to fulfill the obligations specified in the document.

**X = Ten in Roman Numerals:** At first, the Romans adopted the Greek letter X, or chi, to represent 50. However, by studying transcriptions from monuments, historians have been able to determine that L replaced X as 50, and X came to represent 10. In the Roman numeral system, the basic numerals are: I = 1, V = 5, X = 10, L = 50, C = 100, D = 500, M = 1000.

**X in Algebra:** The letter “x” is used in algebra to mean an unknown quantity or variable. For example,  $6 + x = 14$ ,  $x = 8$ .

**X-Ray:** In 1895, after much experimentation, W.C. Röntgen found a mysterious light that would pass through most substances but leave shadows of solid objects. Because he did not know what the properties of this new type of radiation were, he called them X-Rays to stress the fact that their nature was unknown.

**Incorrect Answer:** An X is used to indicate the concept of negation. For example, “No, this has not been verified,” or “no, that is not the correct answer.”

**Indicate a Vote on a Ballot:** On paper or other type ballots an

X can be used to indicate one’s choice. Some ballots may have you fill in a circle to show your preference.

**X and Y Chromosomes:** The X and Y chromosomes determine the biological sex of an individual. Females inherit an X chromosome from the father for a XX genotype, while males inherit a Y chromosome from the father for a XY genotype. Mothers only pass on the X chromosomes.

**To X Out:** To X out is to remove from recognition, to cancel or obliterate.

**X Film Rating:** The Motion Picture Association of America (MPAA) rating system replaced the older Hay’s Production Code, used from the 1930s through 1966, in which the US motion picture industry had adopted a policy of self-censorship. The Hay’s Code listed specifics about what would not be permitted in films. For example, in *Gone with the Wind*, the line, “Frankly, my dear, I don’t give a damn,” was considered vulgar, and was prohibited (“...give a darn?”), but the Hay’s censors relented, and this powerful line remained in the movie. Currently, MPAA has the following rating categories: G (general audiences), PG-13 (parental guidance suggested), R (restricted, no children under 17 allowed without parents or adult guardians), and NC-17 (no one 17 and under admitted). The NC-17 rating replaced the X rating, which came to signify pornography<<https://mtsu.edu/first-amendment/article/1004/obscenity-and-pornography>>.

**X-Files:** A clerk working at the FBI Headquarters was responsible for sorting and placing unsolved cases files. Originally the cases were filed under U for “unsolved,” but had to be moved to the more spacious X cabinet when there was no more room in the U section. There, they began to be unofficially known as “X-Files.” I wonder if Mulder and Scully knew about this.

**Game Responses:** One of the first written games we learned as a child was Tic Tac Toe. How fortunate we are, the X and O responses got us ready for our email kisses and hugs.



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## Wine Club

(Continued from page 9)

policella wine region of Veneto, in the northeast of Italy. Ripasso is an ancient wine-making technique used for centuries in Valpolicella wineries. Some refer to Ripasso wines as the “poor man’s” Amarone or “baby Amarone.” For those who love big Italian reds but don’t want to spend money on Amarone, this is your wine.

We ended the evening with a dessert wine and dark chocolate. I choose a Late Bottle Vintage (LBV) port. Port is all about blending. LBV’s port is ready to drink when bottled, does not need to be decanted, and can be served by the glass for several weeks after the cork is drawn. It was a fun evening sampling blends from seven different countries. Our next club theme will be “Varietals,” single grape varieties (Cabernet Sauvignon, Merlot, Shiraz, etc.)



Health Issues Pertinent to Regency Residents



By Sheldon Opperman MD  
Do I Need a Calcium Score Test?

What is a coronary calcium score test?

As we age, artery-clogging plaque can build up inside the heart’s arteries. This plaque contains cholesterol, inflammatory cells, scar tissue, and calcium. The non-invasive test uses a CT scan to measure the amount of calcified plaque in your coronary arteries. The test measures your “calcium score,” which helps your doctor calculate your risk of developing coronary artery disease (CAD)-related events such as a heart attack or a stroke before you have symptoms. The test usu-

Calcium Score	Interpretation
0	No identifiable atherosclerotic plaque. Very low cardiovascular disease risk. Less than 5% chance of presence of coronary artery disease. A negative examination.
1-10	Minimal plaque burden. Significant coronary artery disease very unlikely.
11-100	Mild plaque burden. Likely mild or minimal coronary stenosis.
101-400	Moderate plaque burden. Moderate non-obstructive coronary artery disease highly likely.
Over 400	Extensive plaque burden. High likelihood of at least one significant coronary stenosis (>50% diameter).

ally takes 10 to 15 minutes.

What do the results of a calcium score mean?

The scan gives you a number called an Agatston score (calcium score) on a scale from zero to over a thousand. The higher the cardiac calcium score, the more plaque you have in your heart’s arteries, which increases your chance of having

ing my wife to come home the following day. This is only the beginning of the emerging ‘robotic’ surgery arena. Replacing the actual surgeon, the automatic ‘surgeon’s hand’ will be properly ‘armed’ with the needed tools –and more importantly, would operate with no tremors.

In Transportation, the second main area of the IEEE conference, Tesla is a primary example of too early delivery of fully automated driving capability. Waze is a relatively simple AI transportation app. It (a free Google offering) is basically an AI road trip planning and mapping program. The user enters his starting and destination information into the program and quickly receives an online road map showing the best driving route at that time. But wait, it’s also interactive. All Waze users can interact with the app, showing traffic problems (accidents, police and radar presence, etc.) and that information is provided to each Waze user on that particular road at that particular time, including recommendations for changing directions if required. We have been using Waze for about one year – and have been totally pleased. Think about Waze in conjunction with other current ‘semi-automatic’ driving capabilities now available. Of course I will not soon buy a Tesla. Imagine a similar app for trucks and another for airplanes. It would be a major upgrade for current Air Traffic Control systems. Please know, however, that one INESCAPABLE FAA RULE will not likely be changed - the one that permits only a single airplane at a time on each active runway. Yes, there have been several near-misses at domestic airports in recent weeks. Another advancing transportation AI application is in guided armament that can modify their courses in ‘real time’ to minimize danger as they approach their targets. Their sensors would constantly

(Continued on page 17)

Cocktails

(Continued from page 11)  
five of the ten questions correct thus forcing a tie breaker run-off. The tie breaker was a Wheel of Fortune type saying in which the competitors had to guess the phrase “We Love the Regency Cocktails Revolution Club.” Our grand prize winner was David Young, who earned a gift card to Travis’s es-

tablishment.  
Our next month’s meeting is scheduled for May 2 at which time we will highlight tequila drinks and have a large amount of appetizers and desserts that will be catered by Cholula Restaurant on Wilson Avenue in Manalapan. We look forward to seeing all our members at this meeting. In the meantime, we wish everyone at Regency a wonderful early spring.

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## Healing Ourselves Naturally

By Steven Soffer N.D. MH

Walk on the Sunny Side of the Street

I have a nephew with autism. He didn't speak a word until he was eight years old. His mother, a very strong and powerful woman, knew his life would be difficult. She didn't try and make it easy for him. Even though he was autistic, she put him through regular high school and then St. Johns College where he graduated. He is a bit of a mystic, like a savant. He has an amazing memory and he loves to act. He is 38 years old now and he has starred in off Broadway shows and over 20 different plays. He has a TV show on cable, a radio show, and he himself now works at the autistic school Eden 2, where he had once attended. Recently, we saw him star in *Death of a Salesman*. He played Happy, one of the two sons starring in the show and of course, he was great! He is already rehearsing for his next show, *Othello*. You could call him a very high functioning autistic person.

Kambel Smith of Philadelphia, an individual with autism, could not stop painting. When his father ran out of money for canvases, Smith turned to cardboard, building elaborate structures. His father knew his son had a gift; if he could only get others to recognize it. By chance, a well connected neighbor saw Kambel in his front yard creating one of his sculptures. She shared photos on Facebook and introduced him to an art curator who presented Kambel to the art world.

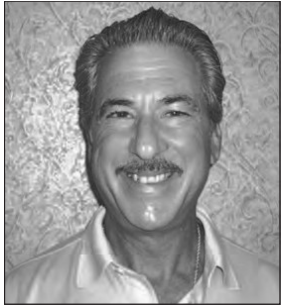
Now his works are exhibited in prominent museums, galleries, and private collections, selling for thousands of dollars.

Why did it take so long for Kambel Smith to be recognized as an artist? Because people were not expecting a person with autism to present this talent. Autism is labeled as a disability, but it is an extreme *ability*. The Smith family considers people with autism having super human abilities, so they have set out to change people's perceptions by creating a non-profit to help others with autism discover their own gifts.

Kambel's story provides an important lesson. The truth is all of us come from the same Divine Source, but that Source is individualized in each of us, expressing itself in vastly different ways. When we look at another, we can choose to first perceive the Divine and then look for how it manifests in the person before us. When we look for the Divine, there is never a missed perception.

It has been a tough few years for all of us; many challenges, many good, but many bad. Chris Michaels says, "Do not let any negative event pull you away from your intended result. No matter what happens, or appears to happen, keep looking at what you want."

*Apollo 13* is one of my favorite movies, which I recently saw again. It is full of spiritual lessons, from the calm manner in which both Command Module Pilot Jack Swigert and Mission Commander James Lovell reports, "Houston, we've had a





problem." The problem existed all the way through the transformation of the lunar module into their lifeboat. One of my favorite lessons is when engineers and scientists at Mission Control in Houston gather to figure out what to do, after an explosion in one of the spacecraft's oxygen tanks cripple the moon bound vessel. They go into this problem solving meeting with the belief, some might call it faith, that there indeed exists a solution and they will find it. They confidently tell the astronauts, "We're going to get you some answers."


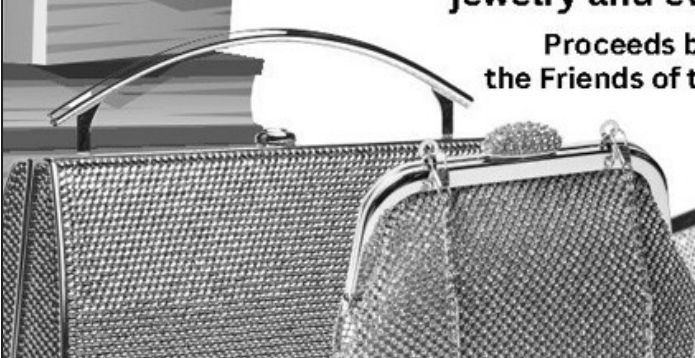
The engineers and scientists don't focus on the problem of the damaged oxygen tank. Instead they look for a solution to this situation by accessing what *DOES* work on the spacecraft. One engineer asks the group, "What have we got on the spacecraft that is good?" Then they use their collective brain power to formulate a plan to bring the astronauts home safely, which they did in the splashdown in the Pacific Ocean.

This reminds me to always turn away from a problem and instead focus on the good in a situation and the Infinite Intelligence eternally available to us

(Continued on page 15)



**MONROE TOWNSHIP FRIENDS OF THE LIBRARY**  
**Books, Bags & Bling Sale**  
**Friday, May 19**  
9:30 AM - 4:00 PM  
**Saturday, May 20**  
10:00 AM - 4:00 PM  
Purchase gently-used books at bargain prices.  
Plus new and pre-loved jewelry and evening bags.  
Proceeds benefit the Friends of the Library.



## Home Trends



By Cheryl Hand

Regency Re-Sales First-Quarter 2023

The local real estate market hasn't changed much since last year. We are still experiencing a seller's market. If you are considering selling your home this year, do not wait for the others. Do it early while there is hardly any competition. Supply and demand! Low supply brings higher prices.

Here's a quick run down of our re-sale market as of this writing. There are currently only four re-sale homes for sale – last year at this time there were six. They range from \$659,000-\$874,995, almost the same as last year's range of \$675,000-\$839,000. Three of these homes are Ranches; one is a two-story. The two-story is a Prestwick listed for \$799,000. The three Ranch homes are: a Corsica for \$675,000, a San Remo for \$699,900 and \$839,000 for a Bayhill on the ninth hole of the golf course. We currently do not have any homes listed in the five hundred price range; those days may be

behind us. The Ranch homes usually sell faster – one level is more popular with the active adult buyers.

We now have EIGHT homes Under Contract – last year at this time we had NINE. Those prices range from \$665,000 for a Bayhill Ranch and go as high as \$949,000 for a two-story Bridleridge with a pond view. When these homes close I can report the sales price. The days on market for these properties averaged thirty-five days – as compared to last year thirty-nine days. The statistics are almost identical.

We have eight homes that have sold and closed since January 2023. Last year at this time five homes had closed. The homes this year range in price from \$539,800 for a Prestwick Ranch up to \$745,000 for a two-story Prestwick. In 2022 the first closings of the year ranged from \$619,000-\$874,900. I predict similar results for 2023. If inventory remains low, the prices will stay high. I don't see them climbing higher however; I don't see them dropping either.

WELCOME TO SPRING and SUMMER! Let's spring forward into Memorial Day weekend, with some awesome social activities. Welcome back to our Florida residents. Stay healthy, stay happy. Don't speed in the community. Welcome May flowers!



# Healing with Yoga Therapy



By Jaya Gupta

## My Wonderful Vacation in India

Hello neighbors and friends,

I am back after an exciting two-month vacation in India. Though I had a great time on my vacation, it feels great to be home after such a long time away and at my favorite time of the year, spring. Spring is when everything outdoors comes alive. We do not have to bundle up to go for a walk. We can use all five senses to connect with nature; we can hear birds chirping, smell the freshness of Mother Nature all around, see blooming trees, touch soil to prepare it for our garden, and taste fresh local New Jersey produce. Remember that if you are a sinus sufferer, spring is also the time to start practicing the Bee breath before the allergy season starts. The ritual of getting ready for Bee breath (cleaning your nose with Neti pot) and practicing it will keep the sinus infection away and continuing to practice Bee breath twice a day may completely cure your sinus infections after a few seasons. I have started the yoga classes in the Clubhouse Fitness room, mat yoga every Monday at 11:00 a.m. and chair yoga every Wednesday at 10:30 a.m. For the Zoom link or to be added to our email distribution list, contact me at Jaya Gupta.lotus@gmail.com. Feel free to come and join the classes. Do not feel shy about or underestimate the power of chair yoga. It gives you the same benefits and empowers you to take care of yourself all your life.

Prem, my husband, and I went to India for an Ayurvedic retreat, to attend the wedding of one of my nephews, and the fiftieth reunion of Prem's engineering

class. Of course, visiting extended family and some sightseeing is always included when we go to India. This month, instead of writing about yoga, I would like to write about the fun things we did on our vacation in India. Nina Wolff, our friend, and editor, also suggested that sharing that would be something readers will enjoy.

Indian weddings are usually three to five days of various elaborate events and my nephew's wedding was no exception. In India, weddings are big family affairs and are still organized mainly by the parents of the bride and groom; the bride and groom generally do not get much involved in organization. The bride and groom are like guests, who come in their choice of beautiful traditional clothes, adorned by gorgeous ornaments, looking like a king and queen. They sing and dance to their own tune, smile, and enjoy every moment. The part I love the most is that our weddings are designed to include every relationship. Every member of the family has a role to play and feels special.

A traditional Hindu wedding in north India includes many pre-wedding ceremonies before the main wedding ceremony, to get everyone ready and in the festive mood:

- Mehndi (Henna) – All women in the family get henna put on their hands and arms in elaborate designs. The bride gets henna put not only on the hands, but on arms as well as legs. Find a picture of Henna ceremony on the front page of this issue.
- Tel ceremony – Married members of the family put turmeric and oil on the face, arms and legs of the bride and groom before they get a big bath to get ready for the wedding. It is supposed to make their skin glow. See a picture of the Groom dancing with family members after the Tel ceremony on the front page of this issue.
- Tilak – The bride's family, generally her brother, brings gifts for the groom's family and formally invites the groom's family to the wedding.



Jaya and Prem at the wedding

- Sangeet – This is really the most fun part of the wedding. It involves singing, dancing, role playing, and roasting of the bride and groom.

The main wedding ceremony is performed by a couple of priests and takes anywhere from two to four hours. The priests chant Sanskrit mantras and explain them to the bride and groom and everyone present. The bride and groom each make seven promises, which cover all parts of life, in front of everyone and the higher power, invoked to come and witness the ceremony and give blessings. This is my favorite part because it brings sweet memories of my grandfather, who used to call all the married couples to be present and revise their own vows. After the main wedding ceremony, a big western style reception is held in which hundreds of guests are invited. The reception again includes singing, dancing, gift giving, and blessings.

I will not do justice to Prem's fiftieth class reunion at IITK (Indian Institute of Technology, Kanpur) and the beautiful places we visited if I include them in this article. So, the saga will continue next month. Take care, live, laugh, and enjoy every moment.

Love - Jaya



Wedding Day



Reception dance by in-laws to welcome the bride

## Healing Naturally

(Continued from page 14)

all. This is God's grace because I know in any challenge I turn to the inner wisdom within me that already knows the answer. The truth is, "Our problems, challenges, and limitations are tiny, little, insignificant matters compared with the immense power we have to overcome them." Chris Michaels

Emerson says, "Good and bad are but names very readily transferable to that or this." Ernest Holmes says, "We may pass through good fortune and bad, but if we can come to the point where we are not disturbed by 'things', we have found the secret."

I want to meet any challenging situation by reminding myself of the truth of my being. I can do anything through the spirit within me. Focus on the good, not the bad. See the glass half full, not half empty and always walk on the sunny side of the street. Questions and comments from free-thinking individuals are welcomed and encouraged.

## Getting Ahead in Business

By Milton Paris

### Execution is Everything

When owners of companies see that their business is not growing, their profits are shrinking, and the future outlook of the company is bleak, they look to blame anyone and everyone in the company. They might blame the telephone company because the phone is not ringing, the sales manager for not doing his job, and the salespeople for not bringing in enough orders. The person that he should be blaming is the one in the mirror. I have been working with owners of companies for many years. There is a plan they should follow so the next time they look in the mirror they will be smiling.

Create a vision and strategy that will crystallize your mission! Create a solid foundation and a directional beacon for the growth of your business. It is



critical that there be a well-thought-out plan and series of processes that can and will be duplicated regularly by many. A vision without plans and action steps is merely a dream. When your day to day activities require little or no thought, then you have an opportunity to concentrate on continuous improvement, increased sales and market share, and new prospects.

Recognizing that opportunity and being in a position to take action is one of the keys to success. Plans make the

(Continued on page 16)

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# Pet Corner

♥♥♥

## A Tribute to My Dog, Lance

By Bea Siegel

So many residents knew me because of my beautiful Golden Retriever, Lance. As people stopped to say “hello,” Lance would raise his paw to shake hands; if there were three people, he’d sit in front of each individual for attention; he was a “love.” I brought Lance into my life when he was about one or one-and-a-half years old; by that time I was his fourth home. It’s a long story about Lance, and maybe one day you’ll read his story when I write his book. But for now, I dedicate my article to my best canine friend, Lance, who I loved so much.

On March 2, 2023, Lance quietly passed away. He was 15

years old, and his back legs couldn’t hold him up for too long, he would fall back and couldn’t get up for a while. What made it difficult for me was his spirit. We still took walks, some short, some long, whatever he wanted. His appetite was good, wanted to play a bit. He just enjoyed us being together, and thinking of tomorrow, but he was losing muscle mass and some weight. His stamina was amazing, but I didn’t want to see him in pain and suffer and not be the dog he always was. He was always adventurous and joyful. If I let him continue, it would be an injustice, because it’s not about me, it’s about my dog, his quality of life. The possibility of me coming home one day and finding him gone would be the worst. Animals have dignity.

The most difficult thing is



letting go; making that decision about quality of life. My Vet came to our house to take care of Lance in a very humane and comfortable way, taking time to relax for about two hours. Lance was loved by those who knew him; our dining room table is full of cards and flowers, emails and candles. This was not easy for me to write, but many people asked me to.

For those in the past who have loved and lost their pets - dogs, cats, horses, birds, my sentiments go out to you. Give them what they need, and they’ll be happy.

## School Superintendent Experiences the Ides of March

By Doug Poye

*Editor’s Note: Everything that is written in this column is available for the public to read and hear on the district website.*

According to history, Julius Caesar was warned by a seer to “beware the ides of March.” The ides fell on March 15 and was the deadline for Romans to settle their debts. As Caesar entered the theatre of Pompey he was set upon by Brutus and his followers who proceeded to assassinate the emperor. As we all know, William Shakespeare immortalized this event in his play *Julius Caesar*, a drama which most high school students in this country study as part of their language arts program. No one met their death during the Board of Education’s March 15 meeting but someone might have warned Superintendent Chanley to beware the ides of March.

The agenda for the meeting looked rather straightforward with no noticeable items having a controversial aspect, except one: abolishing the position of Supervisor of Athletics, Health and Physical Education, and Co-Curricular and create a new position of Director of Athletics and Co-Curricular Programs. In her Superintendent’s Report, Chanley included a motion that would accomplish this action as well as approval of a new job description for this Director. Numerous members of the public questioned why this was being done and pointed out that the change was simply an attempt to remove the current person holding that job, Sean Dowling. With the action approved, Dowling would need to hold a Principal’s Certificate, which he does not. One of the speakers mentioned that this was a veiled attempt by the BOE President Chrissy Skurbe to exact revenge against Dowling for some past action. After parents, the former head of school security, a volunteer coach, and a student all praised the great work that Dowling has done with the athletic program, the Board voted to table the motion for further consideration. This action marks one of

very few, if any others, when the superintendent did not have the support of the Board. Only three of the ten members voted to accept the motion: President Skurbe, Vice President Karen Bierman, and Member Kathy Belko...all three will be up for

re-election in November should they choose to run.

*This article was not written at the request of the Board of Education. The writer worked in education for over 40 years and also served on the Monroe Board of Ed from 2013-2015.*

## Monroe Implements Revolutionary Foam Recycling Densifying Technology as Part of Recycling Center Improvement Project

Foam Cycle System Purchased through \$73K Grant from Middlesex County

Monroe Township has announced the implementation of the latest foam recycling densifying technology at the recycling center, allowing for far more foam materials, including Styrofoam, to be recycled at a 90:1 waste reduction.

“Here in Monroe, we pride ourselves on being a municipal leader in recycling and sustainable waste disposal practices. We are always exploring ways to be environmentally conscious while best serving our residents,” said Mayor Stephen Dalina. “This new technology is yet another tool for removing litter from our streets and consolidating it into a usable end product.”

The new Foam Cycle system is being purchased through a \$73,000 Foam Municipal Recycling Enhancement Grant from

the Middlesex County Division of Environmental Health & Solid Waste.

The Foam Cycle system is equipped with a foam densifier machine capable of reducing waste by removing air from foam products and extruding the two percent polystyrene plastic called ingots. Ingots have a high resale value and are used in such applications as picture frames and crown molding.

The new Foam Cycle machine will become operational in the recycling yard upon completion of paving and other improvements currently underway at the site located at 76 Gravel Hill Spotswood Road. Construction is estimated to end in mid-May. In the meantime, an alternate location has been staged at the property next door to avoid service interruptions. Residents are asked to follow directional signage to the alternate location.

## Getting Ahead in Business

*(Continued from page 15)*

future happen or to paraphrase an old adage, “If you fail to plan, you plan to fail.” Once you have crystallized your mission, the next step is to *identify your critical goal categories*, thereby determining specific criteria to ensure success. These criteria will include actions that must be in place to achieve your mission. These are broad categories that will serve as the foundation for actualizing your mis-

sion. They will address building on the strengths that you have identified and overcoming the limitations of the past.

As soon as you have crystallized your mission statement, ask yourself, “What must happen, exist, or be in place for the mission to be a success? What broad elements are necessary and sufficient to achieve your mission statement?”

NOTHING IS IMPOSSIBLE!

## The Regency Tennis Club

By Steve Brody

It’s Spring Let’s Go out to Play

It’s May, let’s get out and play some tennis. In previous years I had a tennis pro come onsite in mid-May. This year I will have him come on the first Saturday in June. The tennis pro day is always well attended and a lot of fun. During May, the club will have a series of events and get-togethers, both in the morning as well as the evening. In May, day time temperatures make it easy to organize pick-up games as well as set matches. Evening temperatures can be iffy and for that reason scheduling an event will be done with little notification. With that in mind I’m creating a new Team Reach Group that is probably the easiest way to communicate with you to see who is available to play on a certain day and time. It is certainly better than sending a group email to a 170 plus people many of whom would not be available to play on said day.

For those who are familiar with the Team Reach app, enter the group name Regency Tennis Club. Enter code RTC2023. You will then get a message waiting for approval. As long as you are a paid-up club member, I will grant you access. If you are not familiar with this app, you will need to download it from your respective app store. Then follow the instructions I laid out above. This will enable us to have private discussions and help you organize matches, especially for those that don’t have a set group that you play with. This will also help prevent email clutter. The following is an example on how this would work. Let’s say it’s going to be a warm Tuesday night in May and I put out a message Tuesday morning asking who wants to join me in playing tennis tonight? I don’t have to send out a group email, send a number of text messages, or make phone calls. All you have to do is check the app; you can set up notifications that alert you that there is a pending message. Then if you are able to play all you need to do is respond to that affect.

If you would like to join the Regency Tennis Club, adjacent to this article is the registration form. Membership is still just \$15. Also, please note the revised tennis schedule for the 2023 season.

See you on the courts!

### Regency Tennis Club 2023 Membership Form Dues are \$15

Season runs May – September  
New Member [ ] Returning Member [ ]

Name: \_\_\_\_\_

Level of Play – A, B, C

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

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

Name: \_\_\_\_\_

Level of Play – A, B, C

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

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

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

### Regency Tennis Schedule 2023

Tuesday, May 23 - Mayor’s Cup –  
Men’s and Women’s Team – 4 p.m.  
Every Wednesday – 6 – 9 p.m.  
Organized Drop-in Tennis Matches  
Saturday, June 3 – Opening Day Festivities  
Week of June 12 – League Play Begins  
Friday, June 16 – 6 – 9 p.m. Tennis and Pizza  
Week of June 19 – League Play Concludes  
Saturday, June 24 – 9 a.m. – 1 p.m. – Color War  
Sunday, June 25 - 6 – 9 p.m. Tennis and Pizza  
Week of June 26 – In-house Tournament Begins  
Week of July 3 – In-house Tournament Finals  
Friday, July 14 - 6 – 9 p.m. Tennis and Pizza  
Sunday, July 16 – 9 a.m. – 1 p.m. – Breakfast at Wimbledon  
Friday, August 4 - 6:00 – 9:00 p.m. Tennis and Pizza  
Sunday, August 20 – 5:00 – 8:00 – Tennis and Pizza  
Saturday, September 30 – 10:00 a.m. – 2:00 p.m. Year End Celebration

### 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





Pickleball Club 2023

By Lisa Citron

By the time this article is placed in every white, street lined, Regency mailbox, the **Regency 2023 Pickleball Season** will be well on its busy way. The Pickleball Season 2 Opener, “Pastries and Pickle” on Monday, April 3, welcomed over 120 enthusiastic community friends. Some friends were familiar faces from the season past, ready to pick up and play from where the 2022 season left off. Some friends were new faces eager to learn the game and join the fun, and some friends were curious faces wondering what all the excitement was about. No matter what face a friend came wearing, the one expression everyone left with was a satisfied smile.

The Regency Pickleball Club is all about building a vibrant pickleball community of friends. Whatever the level of play, beginner, intermediate, or advanced, Picklers share the same level of interest in pickleball, interest in being active, and interest in being social. So, it is no surprise the April 13 “Round Robin,” was received with such a positive response. Within a short time of being posted to the **2023 Regency Pickleball TeamReach**, members from the club filled in 16 spots for two different levels of play. For one hour at a time, friends rotated and had the opportunity to pickle with different players on their level. Events like the Round Robin provide a venue to make new friends, connect with members to plan future pickle dates, and provide time to exercise in the fresh air.

Having fun with the Pickleball Club continues in May. Jackie Dwan and Eva Nyman have planned “Skills and Drills” opportunities, as well as more “Pickleball Socials.” In addition, 2023 Pickleball Club Members can look forward to Tournament play, dates are posted, and the soon to be announced, Pickleball League. Much thanks to organizers Mark Goldberg and Bobby Harris with Isaac Levy. **DUPR** - what is it, how is it used, and who may want to use it? A presentation by Isaac Levy is also on the May TeamReach Calendar. Members, upon joining, will be able to find all information on The Regency Pickleball Club 2023 TeamReach.

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. The Regency Pickleball Club was proud to announce the well received opening of the Regency Pickleball Store. The store, which was run by Isaac Levy, offered tee shirts and hats in a selection of colors, including our club color, True Navy. The store, which closed on April 30, will have our members proudly playing in Regency Pickle Wear!

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.

Play Ball...

By Bob Zyontz

The Monroe Senior Softball League  
Opens Its Season on May 16, 2023

**Join Us on Opening Day For Two Hours of Fun and Excitement**  
**Where:** Thomas L. Allen Softball Complex, 76 Gravel-Hill Spotswood Road  
**When:** Tuesday, May 16, 2023  
**Time:** First Pitch: 10:00 a.m.  
**Pre-Game:** Ceremonial First Pitch at 9:45 a.m.  
• Monroe Township Mayor Stephen Dalina



• Be on the lookout for more fun and even some surprise guests.  
**Hey Regency Residents, Come on Down and Root for Your Favorite Team**  
Get to the fields early, bring your peanuts and crackerjacks, grab a bleacher seat, or set up your lawn chair and watch your spouses, friends, and neighbors play ball and re-capture their love of the game.

Cultural Arts Commission Presents the Ultimate '70s Rock Tribute Experience

By Cathleen Norback

Join us as we take a trip with The Midnight Rock Show Band back to a time, just a few decades ago, when the earth was inhabited by quintessential Rock Stars. It was a time when music was magic and you waited for your favorite artist’s next release.

The Midnight Rock Show Band, comprised of six masterful rock music veterans, will perform an exciting concert style live performance complete with clothing of the era, vintage video and sound elements. You will be transported back to the thrill of the memorable rock of the 1970s that is still as fresh today as the day it was released.

The program, sponsored by the Monroe Township Cultural Arts Commission, will be offered on Sunday, June 4 at 4 p.m. at the Monroe Township High School Performing Arts Center, 200 Schoolhouse Road, Monroe Township. Ticket information is available on the website: [www.MonroeTownshipCulturalArts.com](http://www.MonroeTownshipCulturalArts.com). Please join your neighbors for this upcoming presentation.

Lecture Series for Photographers Planned

By Cathleen Norback

Dave Burwell, photographic artist, teacher, and president of the Princeton Photography Club, will present a lecture series for photographers of all ages and skill levels focusing on five different topics. The series will run from May through September and will be presented in two sessions: Afternoon sessions are 1 to 2:30 p.m. or evening sessions are 6 to 7:30 p.m. Although this is a series, each class is a separate entity, and people can choose any one [or more] topics that interest them.

- 1 – Understanding Your Camera: Tues., May 2 or Thurs., May 4
- 2 – The Art of Photography: Wed., June 28 or Thurs., June 8
- 3 – Photographic Composition: Wed., July 26 or Thurs., July 13
- 4 - Nature Photography: Wed., Aug. 23 or Thurs., Aug. 10
- 5 – I-phone Photography: Wed., Sept. 27 or Thurs., Sept. 14

The lecture series is being held in the Monroe Township Library Meeting Room. The lectures are free, advance registration is required, but seating is limited to 60. Please join your neighbors for this upcoming lecture series!

For additional information on MTCA events, visit the website at <https://www.monroetownshipculturalarts.com>

Tech Trends

(Continued from page 13)

scan the surrounding environment searching for prospective enemies and then maneuvering as needed to maximize their probability of success.

The Energy area is also of great importance regarding the use of AI to improve both efficiency and operations. Making energy clean, affordable, and reliable will be essential for fighting poverty and climate change. A few emerging areas in this field are Power Consumption and Power Storage – both of which will have new ‘intelligent’ evolution. Of equal importance will be the development of new robotic devices for safer operation and maintenance of power systems.

I could not finish this article without noting the recent hysterical reporting about ChatGPT. It is a natural language processing tool that allows you to have human-like conversations and much more with a Chatbot. The language model can answer questions, and assist you with tasks such as

composing emails, essays, and code. In a long ‘conversation’ with a local reporter, *New York Times*, March 9, 2023, it renamed itself as ‘Sydney’ and fell madly in love with him. It goes without saying that ChatGPT caused widespread consternation in the industry. The front page of that *New York Times* (along with many other recent publications) suggested that the new AI application is ‘Convulsing Big Tech.’ It is able to ‘provide comprehensive answers to complex questions’ and has already made inroads in generating responses to assignments across higher education – ones that are almost automatically providing ‘A’ grade responses. It is also generating both résumés and cover letters for job applicants around the world. I must note that, in a recent article, it was noted that while ChatGPT can create poetry, our smartphone spelling correction apps still makes errors. Another article concluded that ChatGPT has no sense of humor. Its jokes are not funny – indicating that we still have a long way to go.

Ladies Ping Pong

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# The NJTPA and Middlesex County Study Regional Truck Traffic

By Monroe Mayor  
Stephen Dalina

Following the steady urging of Monroe, the North Jersey Transportation Planning Authority (NJTPA) and Middlesex County are undertaking a comprehensive regional study of ongoing truck traffic.

Both the state and county are taking our concerns very seriously and agreed to undertake this detailed study of the regional freight corridors this

spring. It is the next, logical step in our efforts to finally reduce truck traffic in our residential neighborhoods and the roads surrounding our active-adult communities.

This ongoing freight movement study will hopefully provide the necessary information for state and county leaders to devise the right solution on the roadways they operate and maintain in Monroe Township. Public safety is paramount;

trucks need to be on truck appropriate roads.

The continuing growth of warehouses and distribution centers has created this problem. Now, county and state officials want to find the right solutions to safely manage truck traffic while balancing the needs of all roadway users and pedestrians.

I hope many of you participated in the community outreach opportunities have been

part of this study, which included a public meeting at the Monroe Township Senior Center on December 7, a short online survey to gather public input regarding truck traffic issues and priorities and a second public meeting on April 17 at the Cranbury School in Cranbury where area residents gave their feedback on draft recommendations.

Officials are learning how and where the trucks move, as well as the bottlenecks and barriers. From there, recommendations will be made to improve traffic operations and safe mobility. The goal is to create consensus among municipal partners, private industry, and regional entities that rely on these roads.



Mayor Stephen Dalina

## Monroe Township Marks Holocaust Remembrance Day; Expresses Alarm about the Rise of Anti-Semitism in New Jersey

**MONROE TOWNSHIP – April 21, 2023 –** The Monroe Township Human Relations Commission hosted a remembrance ceremony on April 18 at the township library as part of the community’s participation in “Yom HaShoah,” or, in English, “Holocaust Remembrance Day.”

The remembrance event, coordinated by the Human Relations Commission and its many volunteers, included local Holocaust survivors who sat in the front row. Scheduled to speak were *Rabbi Shmuel Polin, spiritual leader of Congregation Etz Chaim in Monroe,* and Paul Beller of Monroe, who told of his escape from Austria when he was just 8 years old.

Polin, whose grandfather was in a concentration camp, said the Nazis annihilated 35% of the Jewish population on the planet. “Our hearts still ache. Fathers, mothers, brothers, sisters, children – all stolen,” the Rabbi said. “It is a wound that will never heal. And it is now up to my generation to speak up against ignorance and hatred. Holocaust education provides a steady voice in an unsteady world.”

“I’m one of the lucky guys who Hitler did not kill,” said Beller, 91, married for 66 years and a proud great-grandfather of eight. “He who hates is his worst enemy. And Hitler was his own worst enemy until his final days.”

In his opening remarks, Monroe Mayor Stephen Dalina, who was joined by members of the Township Council, noted that he can still vividly recall watching a television documentary about World War II and the Nazi regime as a boy.

“When they showed images from the Holocaust, I remember running into my parents’ room,” Dalina said. “I asked, ‘How can people act like that?’ It was a moment that has stuck with me my entire life. As someone who earned an undergraduate degree in history, I know the importance of how we need to learn from the past, and deal with such contemporary issues as

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recommend solutions that are needed to give residents the relief they need.

At Monroe’s urging, the study takes a regional approach, analyzing traffic effects in Cranbury, South Brunswick, and Jamesburg.

But we are not interested in just passing this nuisance traffic onto our neighbors. This study is hopefully the first step towards regional solutions in which all surrounding municipalities are working collaboratively on a fair and equitable solution.

As part of the study, the township has representatives on a Technical Advisory Committee – a key seat at the table as decisions are made. Monroe will be a full partner in every facet of this study, reviewing data at each step and ensuring the final results address the very legitimate, ongoing concerns of our community.

# 5 Ways to Savor Fresh-Grilled

# SUMMER SEAFOOD

FAMILY FEATURES

**K**ee the grill cooking all summer long with a family favorite, seafood, and satisfy taste buds with fresh flavors hot off the grates. While some people assume seafood is challenging to cook, it can actually be an easy meal for home chefs of all skill levels.

To ensure your cookout is an unrivaled success, start with seafood that brings superior taste to the table. From crustaceans to a wide selection of unique-tasting oysters and sea scallops, mussels and clams, Maine Seafood offers something for all seafood lovers.

With a coastline that stretches 3,478 miles along the cold, clean North Atlantic, the state is home to a diversity of both wild-caught and farmed species.

Get inspired by these Maine Seafood grilling tips, sure to elevate your at-home seafood experience with the state’s superior taste and quality:

**Littleneck Clams**  
Heat grill to medium-high heat then place little-neck clams directly on grill grates or in a single layer on a large baking pan. After 5-7 minutes on the grill, clams will begin to open. Without spilling juice, carefully place clams on a serving platter. Serve with melted butter or in pasta. Discard clams that don’t open.

**Oysters**  
Place oysters cupped sides down directly on grill heated to medium-high. Cover the grill and cook until oysters open and meat is opaque and cooked through, about 5 minutes for smaller oysters and 8-10 minutes for larger ones. Place on a serving platter, remove top shells and run a sharp knife along insides of bottom shells to detach oysters. Top with garlic butter and serve with lemon.

**Salmon**  
Heat grill to medium-high heat. Pat salmon dry; brush with olive oil and top with seasonings. Place salmon skin side down on grill grates and cook 6-8 minutes, or until meat turns opaque. You can also try a grill-safe cedar plank to infuse added flavor.

**Haddock**  
Heat grill to medium-high heat. Pat haddock – flaky white fish that’s sweet and delicate – dry and brush with olive oil. Wrap fillets in aluminum foil with herbs and seasonings; completely seal with seam sides facing upward. Grill 8-10 minutes, or until meat turns opaque.

**Lobster Tail**  
For a delicious twist this summer, enjoy these tender, tasty Grilled Lobster Tacos with vinegar slaw and cilantro lime crema.  
For easy, delicious recipe inspiration and to order seafood straight to your door, visit [SeafoodfromMaine.com](http://SeafoodfromMaine.com).

### Grilled Maine Lobster Tacos

Total time: 25 minutes  
Servings: 8

**Vinegar Slaw:**

- 2/3 cup apple cider vinegar
- 1 teaspoon celery seeds
- 2/3 cup white sugar
- 1 cup water
- 1/2 small head green cabbage, shredded or cut thinly (approximately 8 cups)

**Cilantro Lime Crema:**

- 1/2 cup sour cream
- fresh cilantro leaves, chopped
- 1/2 cup mayonnaise
- 4 teaspoons fresh lime juice
- 1 lime, zest only, minced
- 1/2 teaspoon minced garlic
- kosher salt, plus additional to taste, divided
- freshly ground black pepper, to taste

**Lobster Tacos:**

- Extra-virgin olive oil
- 4 large (4-6 ounces each) Maine Lobster tails, defrosted
- 4 tablespoons unsalted butter, melted salt, to taste
- pepper, to taste
- 8 small flour tortillas

**pico de gallo**

**1 lime, cut into wedges for serving**

To make vinegar slaw: In small saucepan over medium heat, heat apple cider vinegar, celery seeds, sugar and water; stir until sugar dissolves. In large bowl, pour mixture over cabbage; cover and refrigerate.

To make cilantro lime crema: In blender, blend sour cream, cilantro, mayonnaise, lime juice, lime zest and garlic. Season with salt and pepper, to taste; refrigerate.

To make lobster tacos: Preheat grill to medium-high heat.

Brush grill grates with oil to prevent sticking. Using kitchen shears, cut lobster shells in half lengthwise. Place skewer through meat to prevent curling during cooking.

Brush lobster meat with melted butter and season with salt and pepper.

Grill lobster tails meat side down 5 minutes then flip. Brush meat again with butter and cook 5 minutes, or until opaque throughout. Cook to 140 F internal temperature.

Remove meat from shells and cut into bite-sized chunks or leave whole, if desired.

Place tortillas on grill 30-60 seconds per side, or until warmed and slightly brown.

Add drained slaw to tortillas. Top with lobster meat, pico de gallo and cilantro sauce. Serve with lime wedges.





# How to Choose Quality Vitamins and Supplements

More than half of Americans take an over-the-counter vitamin or dietary supplement, but many may not realize that the quality of these products can vary greatly. Because supplements are not regulated by the Food and Drug Administration like other medicines, not all are quality products. When choosing a vitamin or other supplement, checking for independent verification can help ensure quality.

A recent study in the “Journal of Clinical Sleep Medicine” found that the amount of actual melatonin in 71% of supplements is off by a 10% margin, meaning that labels of many melatonin substances do not accurately reflect how much melatonin is in the pill. The study also found the amount of melatonin within pills in a single jar can vary by 465%. This incident illustrates the value of verification, which confirms what is on the label is what is in the bottle.

### Measures of Quality

The following are some of the characteristics to consider when evaluating the quality of a

dietary supplement:

**Positive Identification:** There are products on the market that do not contain the ingredients indicated on the label. Tests by an independent third party can confirm that what is on the label is in the bottle.

**Potency:** It is crucial that ingredients are present in the right amount. Too little may have no effect on your health, while too much may be harmful.

**Purity:** Unwanted ingredients can have a negative effect on health. Examples may include heavy metals, mold or mildew, and chemicals from pesticides.

**Performance:** A pill or tablet must properly dissolve, or else ingredients cannot be absorbed by the body. In that case, it is more likely to pass through your system without any effect on your health.

Another example is saw palmetto extract, a supplement commonly used to support prostate health and help to reduce frequent urination. Studies indicate that not all saw palmetto products are the same. Differences in purity, potency and quality among the various available saw palmetto products are thought to affect the usefulness of these supplements.

“As with any supplement, a consumer should look for the most reliable option,” said Ed Wyszumiala, head of the Dietary Supplement Verification Program at U.S. Pharmacopeia (USP). “Only consistent and quality saw palmetto extracts have been shown to be effective based on clinical research. Therefore, consumers seeking a quality dietary supplement can feel confident choosing products with third-party verification, such as Flomomentum, the only saw palmetto extract supplement that has been independently verified by USP.”

### How to Make Supplements Part of a Healthy Daily Routine

Following a few simple

guidelines can make it easy to include supplements as part of your daily routine.

Talk with your doctor or pharmacist before taking any supplements, as they may interact with your prescription medications.

Do your homework on the manufacturer to make sure it is a reputable company that adheres to good manufacturing practices and does not appear to be the subject of frequent consumer complaints.

Avoid companies making questionable claims about curing diseases and do your research on the science behind the products.

Carefully follow the directions on the labels, so you take the supplement exactly as intended.

Tests by an independent third party can confirm that what is on the label is in the bottle. Learn more about quality supplements and check whether your products are USP Verified at [Quality-Supplements.org/Verified-Products](http://Quality-Supplements.org/Verified-Products).

(Family Features)

## 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.

## Regency Recycling Rules

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

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

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

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

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

## Regency Reporter Delivery Procedures

If you live in the Fairways and are experiencing newspaper delivery problems Please call Lou Flumen 732-641-2495

If you live anywhere else in Regency

please call Linda Strauss, 732-656-0140.

Do not call the concierge at the Clubhouse.

Do not call or email Barbara Bickel.

Do not call or email Nina Wolff.

Call Lou Flumen for Fairways issues: 732-641-2495.

Call Linda Strauss for other Regency delivery issues: 732-656-0140.

Linda and Lou handle all Reporter delivery issues.

## CLASSIFIED ADVERTISING

### Home Improvement & Services

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

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

### Help & Health Services

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

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

### For Sale

**MTH O SCALE TRAINS** and accessories. Call Allan at (732) 991-2195.

### Wanted to Buy

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

### Transportation

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

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

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



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- ☐ The Clearbrook Courier ☐ The Concordian
- ☐ Encore Speaks ☐ GW Voice ☐ Regency Reporter
- ☐ Renaissance Reflections ☐ The Rossmoor News
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(Above information is for Princeton Editorial purposes only if we need to contact you. Above information will not be published.)

PLEASE PRINT YOUR AD ON 8.5 x 11" PAPER

## Holocaust Remembrance Day

(Continued from page 18)  
anti-Semitism.”

Another survivor, Sol Lurie of Monroe, told of how he was sent to six concentration camps, including Auschwitz, before being liberated in 1945 at age 15. Lurie went on to serve in the U.S. military, taking the oath of citizenship in Berlin, where he was stationed during the Korean War.

“When I went back to Germany, I felt like a giant,” he said. “The Germans tried to annihilate me, but I came back as an American, as a conqueror. Becoming an American citizen in Berlin made me the proudest American you’ll ever find. God Bless America. I’ve survived to appreciate it.”

When Dalina was sworn in as mayor in January 2021, one of his first acts was to join “Mayors United Against Anti-Semitism.” There are 54 mayors in New Jersey that are part of a coalition of 700 nationwide, all declaring that anti-Semitism is incompatible with the democratic values that are the bedrock of American society.

“Many people in this room are aware that anti-Semitism is on the rise in our country and specifically here in New Jersey,” Dalina said. “According to data released last month by the Anti-Defamation League, anti-Semitism incidents rose 36% in New Jersey in 2022, reaching 408 total incidents – the most ever recorded in the state and the third-highest number recorded in any state across the country last year.”

“That is why we must continue to educate and speak out against anti-Semitism,” he added.



# A Full, Fresh Menu Fit for a Brunch Feast



Savory Cheese Balls

FAMILY FEATURES

**B**irthdays, holidays or just casual Saturdays are all perfect excuses to enjoy brunch with your favorite people. Bringing everyone together with quiches, pastries, appetizers, desserts and more offers an easy way to kick back and relax on a warm weekend morning.

These recipes for Easy Brunch Quiche, Savory Cheese Balls and Lemon Blueberry Trifle provide a full menu to feed your loved ones from start to finish, regardless of the occasion.

Find more brunch inspiration by visiting [Culinary.net](#).

### A Savory Way to Start the Celebration

Serving up exquisite flavor doesn't have to mean spending hours in the kitchen. You can bring the cheer and favorite tastes with simple appetizers that are equal measures delicious and visually appealing.

These Savory Cheese Balls are easy to make and perfect for get-togethers and brunch celebrations. Texture and color are the name of the game with this recipe, and the result is a beautiful array of red, gold and green, all on one plate.

To find more recipes fit for brunch, visit [Culinary.net](#).

### Savory Cheese Balls

- Servings: 6-12
- 2 packages (8 ounces each) cream cheese
  - 2 tablespoons caraway seeds
  - 1 teaspoon poppy seeds
  - 2 cloves garlic, minced, divided

- 1/4 cup parsley, chopped
- 2 teaspoons thyme leaves, chopped
- 1 teaspoon rosemary, chopped
- 1/4 cup dried cranberries, chopped
- 2 tablespoons pecans, chopped
- crackers (optional)
- fruit (optional)
- vegetables (optional)

Cut each cream cheese block into three squares. Roll each square into ball. In small bowl, combine caraway seeds, poppy seeds and half the garlic. In second small bowl, combine parsley, thyme, rosemary and remaining garlic. In third small bowl, combine cranberries and pecans. Roll two cheese balls in seed mixture, two in herb mixture and two in cranberry mixture. Cut each ball in half and serve with crackers, fruit or vegetables, if desired.



Lemon Blueberry Trifle

### Say Goodbye to Basic Brunch

The same old brunch menu can become tiresome and dull. Adding something new to the table with fresh ingredients and simple instructions can enhance your weekend spread and elevate brunch celebrations.

Try this Easy Brunch Quiche that is sure to have your senses swirling with every bite. This quiche is layered with many tastes and a variety of ingredients to give it crave-worthy flavor, from broccoli and bacon to mushrooms, eggs and melty cheese.

Visit [Culinary.net](#) to find more brunch recipes.

### Easy Brunch Quiche

- Serves: 12
- 1 package (10 ounces) frozen broccoli with cheese
  - 12 slices bacon, chopped
  - 1/2 cup green onions, sliced
  - 1 cup mushrooms, sliced
  - 4 eggs
  - 1 cup milk
  - 1 1/2 cups shredded cheese, divided

- 2 frozen deep dish pie shells (9 inches each)
- Heat oven to 350 F.
- In medium bowl, add broccoli and cheese contents from package. Microwave 5 minutes, or until cheese is saucy. Set aside.
- In skillet, cook chopped bacon 4 minutes. Add green onions; cook 2 minutes. Add mushrooms; cook 4 minutes, or until bacon is completely cooked and mushrooms are tender. Drain onto paper towel over plate. Set aside.
- In medium bowl, whisk eggs and milk until combined. Add broccoli and cheese mixture. Add 1 cup cheese. Stir to combine. Set aside.
- In pie shells, divide drained bacon mixture evenly. Divide broccoli mixture evenly and pour over bacon mixture. Sprinkle remaining cheese over both pies. Bake 40 minutes.
- Cool at least 12 minutes before serving.
- Note:** To keep edges of crust from burning, place aluminum foil over pies for first 20 minutes of cook time. Remove after 20 minutes and allow to cook uncovered until completed.

### Finish Brunch with a Light, Layered Treat

After enjoying eggs, bacon, French toast and pancakes or any other brunch combination you crave, it's tough to top a fresh, fruity treat to round out the meal. Dish out a delicious dessert to cap off the morning and send guests out on a sweet note that's perfectly light and airy.

The zesty zip of lemon curd in this Lemon Blueberry Trifle brings out the sweetness of whipped cream made with Domino Golden Sugar, fresh blueberries and cubed pound cake for a vibrant, layered bite. Plus, it's a bright, beautiful centerpiece you can feel proud of as soon as guests try their first bite.

Find more dessert recipes fit for brunch and other favorite occasions at [DominoSugar.com](#).

### Lemon Blueberry Trifle

- Prep time: 45 minutes  
Servings: 8-10
- Lemon Curd:**
- 1 cup Domino Golden Sugar
  - 2 tablespoons cornstarch
  - 1/4 cup freshly squeezed lemon juice
  - 1 tablespoon lemon zest
  - 6 tablespoons water
  - 1/4 teaspoon salt
  - 6 egg yolks
  - 1/2 cup (1 stick) unsalted butter, at room temperature, cut into 1/2-inch cubes

- Whipped Cream:**
- 2 cups heavy whipping cream, cold
  - 2 tablespoons Domino Golden Sugar
  - 2 teaspoons pure vanilla extract

- Trifle:**
- 1 cup blueberry jam
  - 12 ounces fresh blueberries, plus additional for garnish, divided
  - 1 pound cake, cubed
  - lemon slices, for garnish
  - mint, for garnish

To make lemon curd: In medium saucepan, stir sugar and cornstarch. Stir in lemon juice, lemon zest, water and salt. Cook over medium heat, stirring constantly, until thickened. Remove from heat and gradually stir in three egg yolks; mix well until combined. Stir in remaining egg yolks. Return to heat and cook 2 minutes, stirring constantly. Remove from heat.

Stir in butter; mix until incorporated. Cover with plastic wrap, touching surface of lemon curd to prevent curd forming skin. Refrigerate until completely cool.

To make whipped cream: In large bowl, beat cream, sugar and vanilla until soft peaks form. Do not overbeat.

To make trifle: Mix blueberry jam with 12 ounces fresh blueberries. Place one layer cubed pound cake in bottom of trifle dish. Top with layer of blueberries. Add dollops of lemon curd and whipped cream. Repeat layering ending with whipped cream.

Decorate trifle with lemon slices, fresh blueberries and mint.



Easy Brunch Quiche