

# REGENCY REPORTER

Vol. 20, No. 10, OCTOBER 2023 - PUBLISHED MONTHLY FOR THE RESIDENTS OF REGENCY



The Regency Models, from left: Linda Mail, Renee Horowitz, Carol Kortmansky, Gloria Locker, Andrea Gall, Sara Levy, Marilyn Lipner, Elaine Cress, Renee Comack, and Laura Shandler.

Photo by Rolene Magid



The Regency Table Tennis Team after winning the Mayor's Cup. From left: Jacob Feldman, Mozey Ghaffari, Yu Lei Chow, Harry Borenstein (Captain), Mitch Grossman, Mark Dodkowitz, and Prem Gupta.

Photo by Tom Cullen



Building the Jenga tower at the Indian American Group's game night are from left: Prem Gupta, Nita Shah, Mrudula Gandhi, Smita Kada-kia, Sat Khurana, Gan Murali, and Viji Patil.

Photo by Jaya Gupta



A determined Jill "The Fearless" Rothschild swings for the fences.

Photo by Tom Cullen



Cecile and Mort Spector, and Marie Rando standing in front of Godafoss waterfall (Waterfall of the Gods) in Northern Iceland.

Photo submitted by Cecile Spector



Rock n' Roll Cheryl Hand Style. Cheryl and her daughter Stephanie at Met Life Stadium with Bruce! Read more in Cheryl's article on page 12.

Photo submitted by Cheryl Hand



Regency Artist Audrey Goldman on the last day of the County Art Show when the winners were announced and given their prize. Read more about Audrey and her art on page 19.

Photo submitted by Audrey Goldman



Regency's own Lisa Heisler and Sheldon Piekny at Kori Litle's Coffee for PINK.

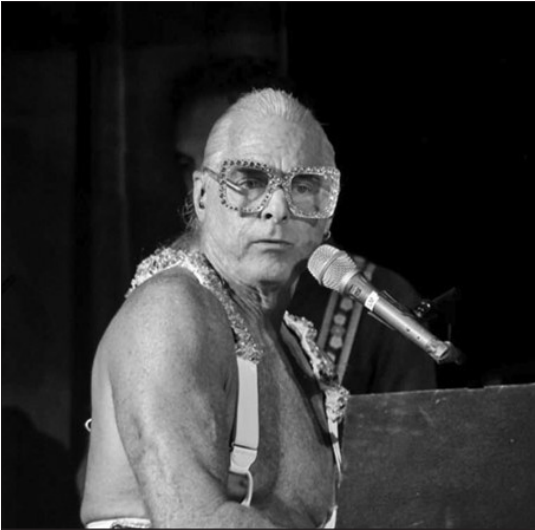
Photo submitted by Sheldon Piekny





David Clark as Billy Joel

Photos by Steve Wandy



Lance Millard as Elton John

## From the Entertainment Committee Billy Joel and Elton John Rocked Regency

By Camille Astel

On Friday, August 18 the Regency Ballroom was moving and shaking to the upbeat tunes of Billy Joel and Elton John presented by the “Face to Face” Tribute Band. Bringing the magic of Billy Joel and Elton John’s music to life, “Face to Face” recreated the nostalgic experience of witnessing both legendary artists perform live. Billy Joel’s heartfelt ballads and piano prowess, combined with Elton John’s countless hits and theatrical flair, were flawlessly captured by the band. The song selections from both Billy and Elton were perfect. The audience was treated to electrifying renditions of *Rocket Man*, *Crocodile Rock*, *Tiny Dancer*, *We Didn’t Start the Fire*, *Movin’ Out*,

and *Piano Man*, to name a few. The audience could be seen toe tapping, clapping, dancing, and singing along to many songs. “Face to Face” put on a fabulous

show that felt like a real encounter with two of the music world’s greatest legends!

It was a great night in the Regency Ballroom!

## From the Entertainment Committee Home Again, a Tribute to the Music of Carole King



By Ruth Gaswirth

Deb De Lucca and five other terrific musicians recently took



Deb De Lucca as Carole King.

Photo by Steve Wandy

two large Regency audiences on a wonderful journey through Carole King’s extraordinary catalogue of hits spanning more than 60 years. The show highlighted all the songs on her critically acclaimed 1971 landmark album *Tapestry*, which she wrote or co-wrote. Among the songs in that album were recordings made famous by Aretha Franklin, *You Make Me Feel like a Natural Woman*, and by the Shirelles, *Will You Still Love Me Tomorrow*. The show also included well-known 1960’s songs that she and her then-husband Gerry Goffin wrote, including those recorded by well-known artists like The Monkees, The Carpenters, Little Eva, and Bobby Vee. Not only did Deb bear a physical resemblance to King, her powerful voice captured the essence and interpretive qualities of how King might have sounded had she been present that night.

What an awesome end to the summer! We are looking forward to many more great shows in our Clubhouse as we approach 2024

## A Note from Your Board of Trustees

By Steve Farron,  
Board Treasurer

Dear Homeowners

Welcome to fall! I hope you are all healthy and have enjoyed the summer months. By the time you read this article, we will have begun the expansion of our pickleball courts. This has been a lengthy process that needed the approval of the Township. After revising our drawings and re-submitting to the Township, approval was granted to expand our courts from three to six. We will be excited to see the final result of this expansion and are proud to provide this additional amenity for our residents.

Our next major project will be the refurbishment of our Clubhouse. This undertaking will be monitored by members of the Board in conjunction with a committee comprised of community residents. We expect to commence this project late fall. The group will be working with a well-established designer whose work has been reviewed by the committee and has included a number of clubhouses. Please stay tuned for more information as we move forward with this project. We have completed a major paving project, which included the repaving of Country Club Drive from the Clubhouse to Riviera Drive and also the repaving of Troon Court. Additionally, sidewalk flags are being replaced and catch basins are being repaired as necessary.

Internally, the Board is in the process of preparing our 2024 operating budget, which should be disclosed later this month. In addition, our reserve study has been updated. Our strategic committee has been asked to complete a number of projects, which include reviewing Comcast services and pricing to determine if other providers can provide better pricing. They are also reviewing ways to possibly collect additional income for our community. This brings me to a critical issue facing us. This is the need for volunteers for our committees. The Board is always seeking volunteers to provide advice and give recommendations for the overall growth of our community.

From a communication standpoint, we are providing monthly public meetings and webinars on various important projects. The most recent example, on August 30, we presented a reserve study webinar to the community that was designed to provide information on how we



approach our reserves. We intend to continue these webinars with subject matter that is important for the community to be aware of and educated about. Additionally we implore you to utilize the Regency Resident Portal for the most recent information relating to our community.

Our Lifestyle Director, in conjunction with the entertainment committee, has provided us with the best of the best in lifestyle programming. I can tell you no one works harder than Kori, Lisa, Lauren, and staff to provide a wide range of programming and entertainment for our residents to enjoy. Our Management staff: Stephanie, Donna, and Jennifer make the day-to-day operation run like a well-tuned clock. The members of our maintenance staff, who are supervised by Klever, are on top of all maintenance issues and repairs. Without being involved in the day-to-day activity, it is hard to appreciate the effort it takes to manage this community. We are very proud of the staff we have here at Regency. They all work very hard to keep the community in good shape and create a fun, welcoming environment.

Lastly, for those that will be leaving us for the winter months have a wonderful, safe and healthy winter.

Best regards, Steve

## 2023 Public Board Meeting Schedule

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

**Wednesday, October 11, 2023**  
**BUDGET PRESENTATION**

**Wednesday, November 16,**  
**2023**

**Budget Presentation if  
not previously approved in  
October**

**December 2023**  
**Wishing everyone a joyful  
holiday season and Happy  
New Year**

## HOA Events for October

- Sunday, October 8 - Regency Food Truck Night and Music
- Friday, October 13 - Octoberfest Happy Hour
- Friday, October 27 - Motown Stage Show
- Sunday, October 29 - Coffeehouse Experience

### REGENCY REPORTER

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

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

Please E-mail your materials to:

NINA WOLFF E-mail: nwolff0325@aol.com

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

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A Publication for The Homeowners of Regency

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## Condolences

The Editorial Board of the *Regency Reporter* and the entire Regency community send sincere condolences to Marcia Kraut and Family on the loss of her beloved husband and our dear friend and neighbor Bill.

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



# Up Close and Personal

By Barbara Bickel (\*\*)



## October Birthdays

1 – Carol Fleming/Debbie Impson/Angela Peters/Maryellen Smith  
2 – Alice Alper-Rein/Jeffrey Burns/Deborah Harkavy  
3 – Barbara Guskind/Steve Rich/Bernard Shapiro  
4 – Al Firestone/Judy Kay/Frederick Kleiner  
5 - Sophie DiStefano/Matty Rosenberg  
6 – Scott Friedman/Jerry Orenstein/Marilyn Overton/Steven Schweitzer/Richard Ulle/  
Michael Wein/Sidney Weiss  
7 – Paul Gulinello/Jean Hromin/Maxine Taskowitz  
8 - Ellen Artz/Ettie Borenstein/Philip Harris/Jerome Meyers  
9 – Yu-Ling Chu/Betty Feifer  
10 – Jean Amato/Allen Burke/June Cardinali/Dick Witlin  
11 – Harry Drum/Kieve Kortmansky/Rhonda Weiss  
12 – Rosemary Albano/Beverly Berkowitz/Debbie Etter/Linda Katz/Sharon Klausman  
13 – Cathy Cadmus/Art Cooper/Allan Ellis/Richard Lans/Sherry Lieberman/Wendy Strauss/  
Michael Tomack/Ted Vitanza  
14 – Rita Horowitz/Miriam Langer/Susan Meyer/Linda Parker/Mark Spinner  
Barbara Strauss/Steven Wandy  
15 – Adele Buren/Faima Fowler/Jay Kaplan/Fran Lasky/

Cindy Levenson/Geri Starker/  
Barry Zicherman  
16 – Ann Feibelman/Fran Gordon/Vivianne Roth/Randy Stouber  
17 - Cindy Drum  
18 – Sheldon Rubin  
19 – Anita Calat/Alan Knepper/Breena Steinberg  
20 – Susan Lieberman/Marcia Milgrom/Elizabeth Perniciaro/  
Steve Tenzer/Shelly Wichansky/David Young  
21 – Phyllis Javorsky  
22 – Dennis Muenzer/Barbara Verderosa  
24 – Sam Fisher/Larry Koslow/  
Pat Mattielli/Jeffrey Rosenbaum/Sandi Shumsky/  
Ruth Ellen Weiss  
25 – Sue Barcellona/Evelyn Cantor/Barbara Lerman/  
Marlene Price  
27 – Sue Ferber/Anita Nehta/  
Richard Phelan  
28 – Daniel Cabo/Carmine Carrara/Maureen Chillemi/  
Suzanne Friedland/Judy Horowitz/Gloria Locker/Sandy Newman/Judy Russo  
29 – Fred Hollinger  
30 – Carmine Aloia/Barry Kleinman  
31 – Michael Demato/Lea Stein

## October Anniversaries

1 – Dennis & Gerri Muenzer/  
Mohammed & Ghazala Saleem  
2 - Jeff & Johanna Troshane  
3 – Harold & Eileen Feinberg/  
Garry & Susan Fox/Jerry & Nora Scott  
4 – Robert & Miriam Jacobs  
5 – Joel & Sharon Klausman  
6 – Michael & Sharon Demato/  
Alessandro & Carmela Fari-  
nola/Peter & Fran Palermo

7 - Norman & Regina Barofsky/  
David & Jeanette Chioda  
8 – Steven & Cindy Brody/  
Bruce & Susan Gillman/Lenny & Toby Rudolph  
9 – Dennis & Phyllis Cataldo/  
Barry & Lisa Citron  
11– Richard & Rhonda Okun/  
Jerry & Phyllis Orenstein  
12 – Thomas & Marie Toma-  
sulo/Alan & Karen Wurman  
16 – Vincent & Gloria Berry/  
Sam & Marilyn Krawet  
17 – James & Joan Boncore  
19 - Bob & Gale Maloof  
20 – Joel & Renee Comack/Stan & Myra Cramer  
21 – Bob & Cheryl Goldstein/  
Jerry & Julie Weinstein  
22 – Max & Sheila Friedman/  
Ed & Evy Telchin  
23 – Tom & JoAnn McGuire  
24 – David & Melissa Gellman/  
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26 – Jerome & Gloria Bauman/  
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27 – George & Mary Bedros/  
John & Joan DiDonato/Carl & Penny Sink  
28 – Robert & Marcy Harris/  
Steve & Kathy Soffer  
30 – Mike & Sandi Catarzi/  
Elliott & Ann Feibelman/Harold & Robin Lebwohl/George & Cookie Nirenberg/David & Kate Dworskin Smith/Joseph & Rosemarie Spinelli/Brian & Sharon Taxman  
31 – Michael & Judy Russo/  
Michael & Libby Salvo

(\*\*) Are your dates incorrect? Are your important dates not listed? If this is true – let me know, so it can be fixed. (barbick132@aol.com)

## Fruits of Our Lives (Not the Pits)



By Christiana Barone

One of our neighbors is enjoying a wonderful event of seeing their grandson's engagement. Isn't it great we can enjoy these wonderful events?

### Engagements

**Hedda and Richard Lans** proudly announce the engagement of their grandson, **Alec Hunter Rogers** to **Shani Azizolla**. The wedding will be in South Africa late in 2024.

**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 publication. If you choose to e-mail me, please indicate Regency News in the subject area. That's all folks. See you next month with the FRUITS OF OUR LIVES, (not the pits).

## Let's Talk Turkey 2023

Our Turkey drive for the past 18 years has always been important, but this year it is imperative that we feed the needy families of Monroe Township. We are gearing up for our annual Ten for Turkey Drive. As the holidays draw near, turkeys will be absent from many households. The Regency Culture Club supports our community by assisting the Monroe Township Office on Aging

Holiday Food Basket Drive. We are once again turning to our friends and neighbors and requesting each household makes a minimum donation of \$10 so that we can put a turkey on the table to complete the holiday picture for many township families. One turkey goes a long way in providing a number of meals. And the bones, oh those bones make a great soup. Your

(Continued on page 7)



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# The Cocktail Revolution

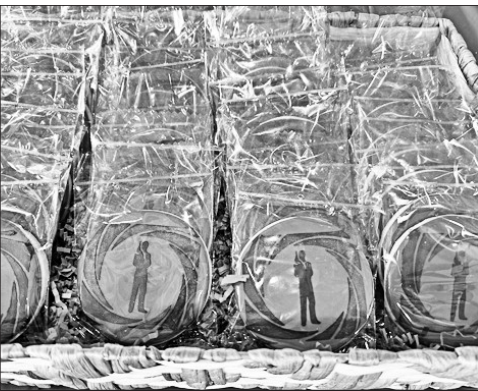
By Karen Calder

The Regency Cocktail Revolution kicked off the fall season on Tuesday September 5 with sixty-four members in attendance at the Tennis Pavilion. The theme for the evening was **James Bond Night**. Why James Bond you may ask? James Bond had a strong connection to martinis as he was portrayed drinking them shaken not stirred in every James Bond book and movie. Ian Fleming first introduced the world to the spy James Bond in 1953. James Bond exuded an aura of elegance, a suave impeccable style, sexy demeanor, and an adventurous spirit. The Martini cocktail reached its height of popularity in the 1950s as it was known as the icon of the cocktail world and exemplified elegance and world class refinement. The Martini and James Bond had the same characteristics and so Ian Fleming had James Bond imbibe of martinis in every novel and movie.



*Delicious treats created by Lil Chips of Heaven for the Cocktail Revolution's James Bond-themed evening.*  
Photos submitted by The Regency Cocktail Revolution

James Bond and the martini were thus famously associated. There have been twenty-six James Bond movies since 1953 and in each movie James Bond drinks a specialty shaken not stirred martini. In the first James Bond movie, *Casino Royale*, James



Bond drank a shaken not stirred Vesper martini, which was named after the female character in the movie Vesper Lynd. The Vesper martini is known as the first cocktail to be invented in a book.


Travis Helmka from Yorktown Discount Liquor and Wine in Englishtown once again partnered with the Regency Cocktail Revolution Club and outlined a short amusing presentation teaching the attendees about Martinis. Martinis are classified as dry or wet, shaken or stirred. Dry means they are made with very little vermouth. Shaken martinis get cold faster but they do not stay cold for long whereas stirred martinis take longer to get cold but stay cold longer. Traditional martinis are stirred but James Bond made shaken martinis popular. Martinis can be made with gin, vodka, or basically any alcohol as its base. Flavorings and spices are added to create many of the more modern type martinis that have become popular such as espresso martinis, and apple martinis to name a few.

Members were offered a choice of six martinis and one mocktail as listed below. The drinks were each named for the lead actor who has played James Bond.


1. The Sean Connery (Vesper) made with gin, vodka, lillet, and lemon twist garnish
2. The George Lazenby (Dry Martini) made with vodka, vermouth, and lemon twist
3. The Roger Moore (Molly's Public House) made with banana syrup, Molly's Irish Cream, Kahlua, and vanilla vodka
4. The Timothy Dalton (Mint Julep) made with bourbon, mint leaves, and simple syrup
5. The Pierce Brosnan (Americano) made with Campari, sweet vermouth, club soda, and orange peel
6. The Daniel Craig (Molly's Public House) made with ole smoky mango habanero, pineapple juice, and a splash of lemon lime soda
7. The David Niven Mocktail

Along with the martini cocktails, there was a tremendous spread of food highlighting all the

(Continued on page 5)



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# The Regency Women's Group

By Barbara Wilner

Hello from Hollywood! Our August meeting was held after the *Regency Reporter* deadline had passed. We were so happy to welcome film critic Dan Hudak. His commentary on great moments in film was so interesting, sharing details such as: The opening running scene in *Chariots of Fire* was shot on a beach at the St. Andrews Golf Course. They needed runners to accompany the actors for that scene, so they enlisted the club's caddies! That was just one of the details learned. He was so well received and has so much to share that we hope to have him back with us next year.

And now onto TV! On September 11, *60 Minutes* producer Ira Rosen joined us with stories

and an inside look behind the scenes from his 20 years with the show. As we felt that this meeting had great appeal, we were happy to have members invite a guest either male or female, to share the evening. Again, the meeting is scheduled after I have to turn in the article, so will report on this meeting next month.

Dance is next. Flyers went out announcing that a troupe of Flamenco dancers would be performing at our October 9 Members Gala, accompanying a sumptuous Spanish dinner. Fabulous plans have been made for this very special evening. Hope to have so many of you with us. Ole!

As reported last month, we asked members if they would be interested in running for any of



our Board positions. As the deadline nears, the Nominating Committee will soon be able to notify us of their decisions. Future Board officers will be announced thereafter.

Best to all!  
Till next time...

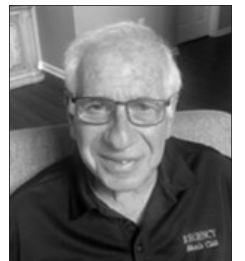
## Women's Group Events

- Monday, October 9 – Membership Dinner
- Monday, November 13 – BINGO
- November/December – Holiday Drive

# Men's Club Happenings

By Sheldon Piekny,  
President

It's the beginning of a new year for the Men's club. We worked very hard to try and make this an enjoyable year. We have just completed our trip to Ellis Island and the Statue of Liberty. What remarkable sites we managed to see. We have some things still scheduled for 2023, such as our annual breakfast for members on October 22. Catering will be done by Sir Ives, and our entertainment will be comedian Marion Grodin. We are planning a NY Jets – LA Chargers football game for November 6. In addition we are working on some exciting events for 2024. We have our Mother's Day Brunch on May 5



and we have some very exciting speakers lined up for our last Sunday of each month (except December) for our general meeting. Please join us for a good time! Dues are \$40 per year.

## Men's Club

### Calendar of Events

- Sunday, October 22 - Annual Breakfast
- Events will be added as they become available

# Calling all Veterans

By Harry Herbst

I am excited to announce that our next meeting will be on Thursday, October 6 at 6 p.m. in the Tennis Pavilion.

As I walk around our community and converse with our residents, I discover there are many that served in various capacities.

It would make me happy if you would join us, and brainstorm with us to ensure that we become a viable part of the REGENCY FAMILY. We agreed at our last meeting that we would get together quarterly. This will be our last

meeting as many reside in Florida for the winter. As always, please do not hesitate to contact me with any questions or concerns.

My number is in the Regency Directory.

## Regency Yiddish Club 2023 Events

October 29

Breakfast Program 10 a.m.

Lisa Sherman Singing Music  
by Jewish Composers

meeting was deemed a rousing success by all attendees who once again enjoyed an evening filled with friendships, good food, delicious desserts, and cocktails.

The October meeting of the Regency Cocktail Revolution is scheduled for Tuesday October 3. Falling in the month of October, the theme for this meeting is Halloween. Members are asked to come in a costume as there will be prizes awarded for best creative costume.

## Cocktail

(Continued from page 4)

foods that James Bond likes to eat. James Bond's favorite foods are eggs, steak, grilled asparagus, and potatoes. Members were offered a choice of egg white frittatas with spinach, roast beef, turkey breast, red skin potato salad, grilled vegetables, and petite sandwich rolls. The food was catered by Food Emporium on Route 520 in Morganville. Accompanying the main food was a plethora of amazing desserts catered by Lisa and Brianna of Lil Chips of Heaven Baked Goods. Lisa is the owner of Lil Chips of Heaven, which specializes in decorated cookies, cakes, cupcakes, cream puffs, and basically any type of baked dessert one could want. For the cocktail club Lisa created custom butter cookies stenciled with James Bond, cream puffs, and a variety of cupcakes. The cream puffs and cupcakes were festooned with emblems from the James Bond movies – guns, tuxedos, black hats, and card decks. Members were also able to make their own ice cream sundaes and have fresh fruit.

During the evening the Regency Cocktail Revolution conducted a contest in which each table had to create a team name and guess the name of the female sexy lead in each of the twenty-six James Bond movies. All eight teams found this contest very challenging but team "Pussy Galore" won. Each team member of the winning team received a lottery ticket prize. The September

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# Singles Mingles

**By Barbara Lemberger**

The Singles group gives a big shout out of thanks to our Regency community. Thank you to all who generously donated cash and school supplies to our first School Supply Drive to benefit the students and teachers at JFK Elementary School. It

was a tremendous success. The drive took place on August 23 at the pool side parking lot. Celia Argiriou, Fran Plisko, and Anne Marabello coordinated the day’s activities and delivered the supplies to JFK. In addition, Elaine Robin, Nancy Mongon, Mary Magnotti, Sondra Ravin, Sharon Schleifstein, Fran Turnoff, and Florence Codner were wonderful at assisting with the collection.

On September 6, we held a Pizza Party to welcome our new members. It was a night of socialization, fun, food, and brainstorming. We introduced all our new members, asked everyone to switch tables so they could meet new people, played a fun

ice-breaking game, and came up with some wonderful suggestions for future activities. Our members got really involved and we had a delightful evening. The bonus was that we will be able to continue to have great events because of all the great ideas suggested during our brainstorming session.

Pumpkin Glam? A wonderful autumn craft activity. On October 4, Karen Holmes will teach our members how to embellish a pumpkin for the fall holidays. Each attendee will create a gorgeous pumpkin to display at their home. Apple cider donuts and cider will be served. Should be a fun filled evening.

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*Singles members handling the School Supply Collection Drive are, from left: Celia Argiriou, Mary Magnotti, Anne Marabello, and Sharon Schleifstein.*

**Photo by Barbara Lemberger**

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## The Regency Italian American Club

*The winners of our second race: Anna La Puttana jockey is Bella Sfogliatella (Andrea Gall), Hide the Sausage jockey is Eddie Spaghetti (Vincent Valerio), and Friday Night Goomada jockey is Nino Testa Duro (John Wakie).*

**Photo by Annette Valerio**

**By Annette Valerio**

**The Race Is On**

We are off to the races! All the horses are at the starting line. Get on your mark, get set, and go! Horse number one, La Bella Mozzarella is in the lead. Following a close second is Don't Squeeze My Scungelli. Coming in third is Holy Moly Cannoli. What an exciting night (general meeting) it was Friday, August 25, at the horse races for the Regency Italian American Club members. We opened with the Pledge to the Flag followed by a brief report about the club, and then the fun began. As everyone entered the ballroom they placed their bets on the horses of their choice. Many members got the opportunity to throw the

dice to help our jockeys move their horses along the track. After the first race ice cream sundaes were served for all to enjoy. This was followed by the second race. Thank you to our volunteers who stepped up to be jockeys and our announcer for the night. You made the evening enjoyable for everyone. A few of our members were lucky enough to go home with money prizes if their horses won, and some with a free 2024 membership.

Looking forward, our next two big events will be our Columbus Day Celebration (the fliers are out for this already) on Saturday, October 7, and our Christmas Party on Saturday, December 9. Until next month...



The Regency Car Club



Neil Zipkin's Jaquar E Type (1).

Photo by Neil Zipkin

By Neil Zipkin

It's a Jaguar

It was the summer of 1967. I was a newly minted mechanical engineer and a life-long car fanatic. As soon as I accumulated a few bucks, I visited the local used foreign car lot and was able to convince the owner to swap my 1959 Triumph TR3 and \$2000 for a well-used 1967 Jaguar E-Type convertible. This was the car that Enzo Ferrari conceded was, at the time, “the most beautiful car ever made.” He was right about the looks, but reliability was something else.

The Jaguar had wire wheels that were held on by a three-eared nut on each wheel. Thus, the car came with a brass hammer for removing the nut when changing tires. My Jaguar had a specific and recurring problem. Every time it rained, about 24 hours later the starter would refuse to engage. When I turned the key, all that happened was the starter would whirl but the engine would not turn over. This would go on for a few

starts and then go away until the next rainstorm. Unable to afford a Jaguar mechanic, I came up with a solution. I found a metal rod that I stored in the trunk with the wheel hammer. After a rain, when the problem occurred, I would take out the “starting stick,” open the hood, slide the stick into the engine compartment next to the air filter and rest it on top of the starter motor. Two taps with the wheel hammer and the starter would engage normally. One tap was not enough, and three taps were not necessary. Two taps were just right. This procedure would have to be repeated for

the next few starts, and thereafter all was well until the next rain.

Ultimately, I got tired of this procedure. So, I decided to remove the starting motor and repair the portion that was supposed to engage the engine. I looked at the shop manual and learned that to remove the starter, one first had to remove the engine. Not feasible for a weekend mechanic. Instead, I took out my saber saw, peeled back the carpet in the passenger foot well and cut an access hole so I could reach the bolts holding the starter in place. After that, the fix turned out to be easy.

Apparently, this car was not the only one to have this prob-

(Continued on page 9)



Let's Talk Turkey 2023

(Continued from page 3)

generosity over the past 18 years that we have been collecting Ten for Turkeys is much appreciated. Your support is urgently needed once again. Help make a difference in the lives of our township neighbors in need.

Please make your checks payable to the Regency Culture Club and leave them in the mailbox of either:

- Milt and Sue Paris (25 Crenshaw)
- Ken and Joan Kastin (10

- Harbor Town)
- Sue Miller (19 Torrey Pines)
- Barry and Laura Shandler (10 Hogan)
- Marsha Krane (16 Country Club)
- Jim and Sue Graham (13 Ballybunion)
- Sandy and Larry Cains (94 Kings Mill)

If you have any questions, please contact: Milton Paris, you can find his number in the Regency Directory.

Thank you for your generosity.

Attention: Regency Culture Club  
Let's Talk Turkey!



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Scenes from the Israeli American Club's first BBQ.

Photos by Dov Koller

**By Sam Fisher**

The Israeli American Club continues to grow, as we currently have over 340 members. We had two successful events last month. Over 70 people came to see the movie, *Bethle-*

*hem*, a gripping story about the Israeli – Palestinian conflict. On a much lighter note, approximately 90 people attended our first barbecue, enjoying delicious barbecue fare and great entertainment by Moshe Katzberg, a wonderful musician/singer/entertainer. We are planning a few events for the fall. Possibilities include a Sukkot

holiday celebration, a guest speaker, another movie night, and, of course, a Chanukah party in December. Check the weekly HOA blasts for further details. Club members also receive ongoing emails for all events. Any suggestions for future programs are welcomed and any volunteers to help are greatly appreciated.



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**The Indian American Group**

**By Jaya Gupta**

This month, I have the privilege of writing this article in the absence of IAG's regular reporter, Rajesh Kapadia. On August 13, IAG organized a game-evening for its members. Knowing that many members of the IAG were busy with family or on vacation, we were expecting a small gathering. However, to our surprise, 21 members showed up, participated in all the games and had a lot of fun. The games were organized by Prem Gupta and Pushpa Agrawal. As the members trickled in, the aroma of fresh popcorn was in the air. Yes, yours truly, Jaya, acquired a new skill, how to use the pop-

corn machine. People mingled and had popcorn. Our game night started with a game of bean-bag baseball led by Prem. Members cheered their own team and tried to distract the other team. It looked as if we all had become kids again. Pushpa Agrawal led a game of general knowledge. A number of members tried corn-hole for the first time and found it a lot of fun. The highlight of the evening was a game of Jenga, where instead of competing with others the goal was to get the Jenga as high as we could. A few ladies started the game and kept on beautifully getting Jenga higher and higher until they could not reach the top. Seeing that a few taller male members jumped in to help and you can see the result in the accompanying-

*(Continued on page 9)*



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**Jaya and Prem Gupta enjoying some popcorn at Game Night.**  
**Photo by Sat Khurana**



The Regency Book Club

By Judi Zipkin

**Lady Tan’s Circle of Women**  
This month the Regency Book Group read *Lady Tan’s Circle of Women*, the newest book by *New York Times* best-selling author Lisa See. Many of Ms. See’s books are historical fiction and take place in China. Her great, great grandfather was Chinese, and she has always been fascinated by Chinese history and culture. During Covid, when she could not go out and do her usual research, she pulled a book from her shelf that she had purchased many years before and started to read. It was written by the title character in the book, Lady Tan Yunxian, who was known as Ming Yi, a physician who lived and worked in the fifteenth century during the Ming Dynasty. While female physicians were not uncommon during that time, Tan Yunxian (Ming Yi) is well known because she wrote up many of her most fascinating cases and published them.  
We first meet Tan Yunxian as a young girl. Her mother, Respectful Lady, is dying. She has not been caring for her bound feet and an infection has set in. Upper class Chinese women

were expected to have dainty, beautifully arched feet, which were very attractive to men and necessary if a good marriage match was to be made. This barbaric practice of foot binding continued in China until it was finally outlawed in the early 1900s. Life changes for Tan Yunxian after her mother’s death. She goes to live with her loving grandparents, both physicians, who train her in the practices of traditional Chinese medicine and give her the opportunity to make her first friend, Meiling, daughter of Midwife Shi.  
The book is very informative about Chinese culture and medicine. We learn about herbal remedies, foot binding, the difference between the lives of women in different classes, and the importance of midwives who, unlike male doctors, can touch and see the women they are attending. While the role of midwife is very important, unfortunately, it is not a respected position. Lisa See explores the relationships and friendships of women from different classes. Lady Tan has a “circle of women” that surrounds her. They include her grandmother,



her best friend Meiling, her personal maid Poppy, and her father’s concubine Miss Zhao. Today we would call a group like this our “support group” or “network.”  
Our group of twenty-five Regency women almost unanimously enjoyed the book. What was pointed out by several members was how much knowledge they gained about life in this period in China. One of the group members, a pharmacist, explained that many of the herbal remedies used by Lady Tan are still being used today. Many of the woman were fascinated and horrified by the detailed description of foot binding, of the marriage bed, (really a room of its own), and of the life of the upper-class woman, which did not allow her to leave the confines of the family compound. The role and number of concubines and eunuchs was also discussed.  
While the book is the story of women and their relationships to each other in that time, the story itself involves a mystery, a murder, a court trial, and other plot twists. The criticism of the few who enjoyed it less was that it was not as well written as some of Lisa See’s previous books and that the characters were not developed in enough detail. As usual, it was an excellent discussion with many opinions to be aired.  
Next month, we will be reading *Wild* by Kristin Hannah. It also can be found under its original title, *Magic Hour*. Please join us at 4:00 p.m. on Tuesday, October 3 to discuss this book written in 2010. All are welcome.

3-D Art Group



Ellyn Lyons has sunny days on her mind.  
Photo by Renee Horowitz



Annette Valerio’s quaint town, with a beautiful flower shop.  
Photo by Renee Horowitz

Indian American

(Continued from page 8)  
ing picture which can be found on the front page. Our evening ended with the Jenga standing high, lots of laughter, and cheers. It was wonderful to see people having so much fun and enjoying themselves. This evening convinced the IAG Board that it would be nice to have more game days in the future to enjoy more time together and relive our younger selves.

Car Club

(Continued from page 7)  
lem. Some years later I bought another E-Type Jaguar. Sure enough, the same problem arose. However, I no longer had my starting stick. So, again I took out my trusty saber saw. However, this time when I peeled back the carpet, lo and behold, Jaguar had installed an access plate at the factory! The starter was now easily removable, and problem solved.

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The DJ rocked the house and the attendees never stopped dancing at the Regency’s Dance Club’s ‘White Out Night’ end of summer party.  
Photos by Steve Wandy

The Regency Dance Club

By Marci Singer

It was a true *white out* night with everyone looking great in their white summer clothes at the Regency Dance Club’s end of summer party. We were wowed with an authentic barista crew who served us specialty coffees and iced drinks, which added a special elegance to the night that everyone truly enjoyed. The DJ rocked it so much that when it was time for the night to be over, the crowd did not want to leave the dance floor, so he played some additional songs. A fun night was had by all.

Make sure to mark your calendar for the next Regency Dance Club party, which will be Saturday night, December 2. More details will be available at a later date and remember you have to be a member (\$10 yearly per person) to participate. Many thanks to the dance club committee members who volunteered their time to make this party the best one to date!



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Does October Scare You?  
Don’t Be Afraid

By Susan Sloan

People panic at the thought of October. After all two of the biggest crashes that we have witnessed happened in October, one in 1929 another in 1987. 1929 was followed by the Great Depression, which lasted until World War II began and energized the economy. No economic problem followed the 1987 drop, and the market recovered in a matter of a few months. In reality October is not such a bad month, in fact going back almost 100 years October is actually a very average month. In fact, the worst month is September. But since there were no crashes in September it doesn’t get the notoriety. People panic when October is upon us often for no reason. The best months are April and July with an average performance of 1.6%. That doesn’t sound like much but that’s the average of 100 years of performance. The best season as a matter of fact is summer followed by fall. Historically October, November, and December are fairly good to us.

Obviously, none of this makes any sense since performance of stocks have too many variables to consider. One is the economy. Another one is up-



heaval like Wars and Pandemics; another is psychology, elections, and a bevy of other events. So when people tell you to be careful of the market in October, don’t listen. Investors, who got out panicking, suffered because of the great performance in several Octobers. Actually despite many people’s fear of getting into the market this year, we have fared very well. In the last 10 years, even with Covid there has been only ONE negative year, 2018, when the S&P was down only 4.6%. Not as many as people think.

Just so you don’t think the market is dangerous, the five year return annually including reinvested dividends is 11.33%. The 10 year return is 12.39%, 20 year is 9.75% and even the 30 year is 9.90%. In fact, your best bet is to buy quality stocks and stay the course, adding to your portfolio on major dips. The old Wall Street adage applies, “Buy when there is blood in the streets and Sell when the victory parades are marching.”

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# Beyond Words

By Cecile Spector

## Give Some Latitude to a Platitude

Many times, I'm sure, you've heard expressions such as, "What goes around comes around," "Money can't buy happiness," "The elephant in the room," "The more things change, the more they stay the same," or "If you ever need anything, just let me know." We all use platitudes such as these on a regular basis. For example, look at the following conversation:

"Hi, how are you?"

"I'm fine, thanks. Did you hear about Samantha?"

"No. What happened?"

"She lost her job last week."

"Oh gee, life is so unfair. Pretty soon many of us may be in the same boat. I guess we should all hope for the best but be prepared for the worst."

"With this economy I guess it was meant to be." "She's going to have hard times, money is tight."

"Well, worrying about it won't solve anything. It is what it is. Everything happens for a reason." "Maybe her next job will be better than the one she lost. Remember, good things come to those who wait. She'll just have to go on unemployment for a while. We all have to do things we don't like. After all, a woman's got to do what a woman's got to do."

The term platitude is often-but not always-used as a pejorative term to describe seemingly profound statements that are considered, by the listener, to be unoriginal or shallow. Human problems, no matter how far-reaching and complex, are compressed into brief, definitive-sounding phrases that can be easily expressed such as, "You can't judge a book by its cover," "Nobody said life is fair," or, "Time heals all wounds." George Orwell, in his novel *Nineteen Eighty-Four*, developed a language called "Newspeak." The aim of this language was to render people incapable of independent thought, thus securing the totalitarian regime's hold on the minds of the population. This fictional language was designed to reduce language entirely to a set of thought-terminating clichés that would, in effect, end all discussion or thought about a topic.

Although a platitude may be a thought that encapsulates a bit of folk wisdom, it may not be valid in all contexts, and it may be the start and finish of a serious analysis of an idea. For example, "Better to ask forgiveness than permission" sounds like a great idea when you really want to get something done quickly, without going through a lot of red tape. Be proactive, go ahead and follow your own inclinations. But think about it - hiking into a foreign country without the proper papers may land you in prison. Asking forgiveness won't work, and international incidents have been caused by just such a simple action. In this case we could say, "Better to have asked permission than forgiveness."

**The making of a platitude**

At one time a particular expression was an original and creatively expressed bit of truth. However, because it was original and creatively expressed, many others liked and used the expression and, through overuse, it became a platitude. You may have noticed that many proverbs have become platitudes. For instance, "Like looking for a needle in a haystack" or "He's like a bull in a china shop." In fact, we have to be realistic and recognize that our speech is peppered with platitudes that contain shallow or unoriginal content, and that we are expressing our thoughts in a rather superficial manner. What we say does not reflect deep thought. We are not taking the time to use our critical thinking skills to develop our ideas. In the course of a serious discussion, it may be desirable to question the philosophy implied in a platitude. For example, "Go with the flow." Why does one go with the flow? Is there an issue with striking out on one's own, going in a new direction rather than accepting the prevailing trend? What would be the repercussions? Is it better to follow the crowd?

Generally, our conversations include many platitudes. Should we consider a platitude to be a trite, meaningless, biased, or



prosaic statement? Yes, at times. Unless it is intended to sound like an original or significant remark, it can be accepted as part of normal, but rather superficial discourse, social chatter. It would be unnecessary to fully develop what you mean when you utter platitudes such as, "We will have to agree to disagree," "Everything happens for a reason," or "It's lonely at the top." If, however, the purpose of a conversation is to inform, clarify, or expound upon an idea, then platitudes are not the way to go. Your contribution to a conversation should be as informative as is required. Expand upon or explain a platitude to the extent that is necessary. Platitudes, by containing ideas known to most listeners, can provide an expeditious way of indicating, to some extent, one's position on an issue or one's view of an event.

# Home Trends

By Cheryl Hand


## 2023 – The Year of Bruce

Many of you know that I am a major Bruce Springsteen fan. My husband reminds me that fan is actually short for fanatic. He is not thrilled with my harmless obsession (that's what I call it.)

New Jersey's first son has been on tour since February 2023. I am happy to report that I saw his show multiple times this past year but most recently over Labor Day weekend at Met Life Stadium, three times. Yes, don't judge me...I know it's weird but when it comes to Bruce I have FOMO – I just don't want to miss out, even more so when he's right here in our own backyard.

He will have just turned seventy-four at this publication and let me tell you...he has still got "it!" Besides looking good and keeping himself in shape, he sounds better than ever. His energy level cannot be compared to any performer. The E-Street Band is tight and better than ever with eighteen musicians on the stage with him at all times: Horns, drums, guitars, violin, piano, organ, backup singers, and, of course, his harmonica. If you have had the pleasure of seeing Bruce live, you can now tell your grandkids and friends that you've seen the greatest live performer of all time – the GOAT of rock 'n roll.

Besides the energy level, I am fascinated every time I see him by his music. He wrote every lyric and musical note. His catalog of songs is immense. He has written many songs that I love hearing and singing along with but honestly, I don't always know what he's talking about. I still love hearing them. His music speaks to me in a way that is hard to explain. And I am not alone – there is a massive Bruce nation – somewhat cult-like – his fans follow him around the world – he is truly



a living international legend and I am grateful to be alive during his years performing.

In addition to my love of Bruce, I also adore his awesome band; each musician in their own right is very special. I admit that I go to multiple shows because of the feeling I get when I'm there. Some would refer to it as 'my happy place.' It just may be. When Bruce is on stage and you look around the venue and actually see thousands upon thousands of people all loving the man on stage, the music in their heads, the people surrounding them on a clear and comfortable Jersey night in late August. That is happiness to me. No one is there on business – we're only there for fun. The feeling is contagious and I have a bad case of it.

My argument to my husband when I buy tickets to multiple shows is that this is harmless and is also keeping me young. Bruce Springsteen is a national treasure and he was born and raised right here in our local neighborhood – I have many Bruce stories for those fans reading this. Stop me when you see me and we'll compare notes.

I'd like to leave you with a Bruce story. He told this one at every show and it stuck with me. Living in our 55+ community and losing our neighbors and friends is so sad. Here are his thoughts on death...he is talking about the friends he has lost and he says, "The final and lasting gift to the living that we get from seeing our friends and loved ones pass is an expanded view of this life...of today. At 15 there's all hello's and later on in life there are a lot more

*(Continued on page 13)*



# Healing Ourselves Naturally



**By Steven Soffer N.D. MH**  
**Heaven or Hell? The Choice is Always Ours**

Once there was a king. He was preparing to attack his neighboring kingdom the next morning. He was going to go to war. He could not but keep asking himself over and over again, “Am I going to succeed and win this war? Or am I going to lose everything and fail?” If he fails and loses, he knows he might die! If so, he is thinking am I going to go to heaven or to hell? His thoughts possess him. He can’t stop thinking about heaven or hell. What is heaven? What is hell? The morning comes and he is dressed to fight. He is on his horse. Heaven, hell, heaven, hell...his thoughts are driving him mad. Suddenly he sees an old wise man. He rides up to him and says “Wise man,

can I ask you a question?” The wise man looks at him and says “No, I am too busy. I have no time to answer your question.” The king becomes infuriated and starts screaming at the wise man. “You don’t have time for me?” The wise man says, “Do you live in heaven or hell?” The king says, “I am the king! You don’t have time for me to answer my question?” He keeps yelling at the wise man. “Who do you think you are? I am the king! Look at me. I just want to ask you a question yet you don’t have time for me, your king?” The wise man looks at the king and says, “Right now you are in hell.”

Wow! This is a wise man! I *feel* like I am in hell. The king gets off his horse, kneels down and says, “I am so sorry for yelling at you. You truly are wise. You understood my question, what I was going through and appropriately replied. I truly am in hell!” The wise man looked at the king and said, “Now you are in heaven.” The king understood. Hell is when you don’t understand and when you are unwilling to treat your fellow human beings appropriately...how they should be

treated. When you are unwilling to treat yourself like you should be treated, **THEN YOU ARE IN HELL!** And when you treat yourself like you should be treated, when you treat and honor the coming and going of this breath, which keeps you alive like it should be treated, **THEN YOU ARE IN HEAVEN!** When you understand the power of being alive, when you recognize the power of this eternal gift, when you treat your life like you should, **THEN YOU ARE IN HEAVEN!**

Thich Nhat Hanh says, “With mindfulness, you can establish yourself in the present in order to touch the wonders of life that are available in the moment.” Our thoughts are like seeds in the wind. Our thoughts have wings. Some get carried away, never to germinate and some make it to fertile ground. This is why plants produce so many seeds and why the tendency of our thought is important. It influences our experience of life.

When we get swept away by our plans, rushing into what we are going to do next, we are living in the future, not the present. Simply an idea generated from our mind. If we are hanging onto resentment or worrying about something we said or did, again we are dwelling in the past. Our memories then become the story we replay again and again and again. Heaven and hell! Just like the king. The choice is ours every moment with every thought we think. Just because we think something doesn’t make it true. We don’t have to promote everything that crosses the field of our mind. We can choose which seeds to plant and cultivate them through our actions so they will sprout and grow into a

life filled with contentment, wonder, illumination, and **SO MUCH MORE!**

Mindfulness is essential. It is a joy. It opens the door to awareness and acceptance of what is. By being present, the vast ocean of sacred grace opens before us. The kingdom of heaven is NOW and we are living in it. Wake up to this incredible and beautiful life you have. Let us nurture that which enhances our joy and let all else drift by. Heaven or hell? The choice is **ALWAYS OURS!** Questions and comments from free thinking individuals are always encouraged

“Realize deeply that the present moment is all you ever have.” Eckhart Tolle

“Silence is the language of God. All else is poor translation.” Rumi

“Be who God meant you to be and you will set the world on fire.” Saint Catherine of Siena

“In my deepest, darkest moments, what really got me through was a prayer. Sometimes my prayer was “help me.” Sometimes my prayer was “thank you.” Iyanla Van Zant

“Life shrinks or expands in proportion to one’s courage.” Anais Nin

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## M&M Movie Minutes

**By Marcia Milgrom and Marilyn Jaclin**

### Sounds of Freedom

*M and M*, on a hot summer day headed out to the theater to see ***Sounds of Freedom***. This film happens to be an eye-opening ride into the world of child trafficking and the people who try to liberate children, who are the victims. Based on a true story, this movie is not a documentary. It narrates the story of a family, and the founding operation of Underground Railroad, which is committed to liberating children from sex traffickers across the globe. The movie begins with Homeland Security agent, Tim Ballard (Jim Caviezel) who is seen discussing work responsibilities and wonders why they are not rescuing children, who are victims of traffickers. He sets up a sting by following a known pedophile, Vampiro (Bill Camp), and is able to find one child. Tim continues to go out on numerous missions throughout the film. He continues his work in various organizations due to the many bureaucratic obstacles, today.

This movie takes place in Columbia where we see a little boy, Teddy and his sister Rocio.



She is playing a musical instrument. The next scene Giselle (Kelly Johana Suarez), a former beauty queen and model sees the young children and urges their father to bring them to her studio. The father is wary but he does bring them to her place of business. When he returns the children are nowhere to be found. Tim Ballard tries to find these children as well as other hostages. The boy is found first and gives his dog tag necklace to Tim in appreciation. This scene is true as most scenes are. We saw many unhappy children, prisoners of traffickers. In the end, Tim Ballard never did kill anyone to achieve his mission.

This is a very important movie, heart wrenching and depressing. It certainly was meant to keep us aware and informed about the horror of child trafficking. *M and M* say, “Please see it!”

## Home Trends

*(Continued from page 12)*

good-byes. How important living every moment is. How important it is to seize the day and to be good to yourself, to those that you love’ and to this world we live in.”

In between attending my late summer concerts, I kept tabs on all the new active properties, sales, and closings. As I reported in the past, I predict there will always be a demand to live in

Regency at Monroe. I will give a detailed report of the real estate market for the November issue.

Hope you all enjoyed the summer of 2023 as much as I did. A shout out to Kori Little and her staff for keeping us entertained all summer with some fantastic cover bands – keep going and supporting her efforts. I promise that it will keep you feeling young too! A Happy and Healthy New Year to those who celebrate. I’m looking forward to the new season upon us.



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Seniors Living Corner Chat



By Barbara Berg SRES®, and Keri Zoumas SRES® Seniors Real Estate Specialist®

Welcome to Barbara and Keri’s corner chat on all things senior living. As **Seniors Real Estate Specialist®**, we look forward to offering these series of articles to share information that touches the lives of the senior community. We welcome your feedback and requests for future articles!

Fall Prevention: Safeguarding Independence and Well-being

As we age, maintaining our independence and quality of life becomes increasingly important. However, the risk of falling can pose significant challenges for seniors, jeopardizing their well-being and independence. Falls are a leading cause of injuries and hospitalizations among older adults, but the good news is that many falls can be prevented with the right knowledge and precautions. In this article, we will explore essential fall prevention strategies and provide a comprehensive safety checklist to help seniors and their caregivers create a safe environment.

**Understanding the Impact of Falling:** Falls can have severe consequences for seniors, ranging from fractures and head injuries to long-term disabilities and loss of independence. Fear of falling can also lead to reduced physical activity and social isolation, which can negatively impact overall health and well-being. According to the Centers for Disease Control and Prevention (CDC), one out of four older adults experience a fall each year, and falls are the leading cause of fatal and non-fatal injuries among seniors.

**Identifying Risk Factors:** To effectively prevent falls, it’s essential to understand the risk factors associated with them. Some common risk factors include:

- 1. **Muscle Weakness and Balance Issues:** As we age, muscles naturally weaken, and balance can become compromised, increasing the risk of falling.
- 2. **Chronic Health Conditions:** Certain health conditions such as arthritis, Parkinson’s disease, diabetes, and vision problems can contribute to falls.
- 3. **Medication Side Effects:**

Some medications may cause dizziness or drowsiness, making falls more likely.

4. **Environmental Hazards:** Cluttered walkways, slippery floors, poorly lit areas, and loose carpets can create hazards in the home.

5. **Lack of Physical Activity:** Being physically inactive can lead to weaker muscles and reduced balance, making falls more likely.

**Fall Prevention Strategies:** Taking proactive measures to address these risk factors can significantly reduce the likelihood of falls. Here are some effective fall prevention strategies:

- 1. **Exercise Regularly:** Engage in activities that promote strength, balance, and flexibility, such as walking, tai chi, and yoga.
  - 2. **Medication Management:** Regularly review medications with a healthcare professional to minimize side effects that could increase the risk of falls.
  - 3. **Regular Vision Check-ups:** Have regular eye check-ups to ensure that vision problems are detected and addressed promptly.
  - 4. **Home Safety:** Identify and rectify potential hazards in the home, such as removing clutter, securing loose rugs, and installing grab bars in bathrooms.
  - 5. **Wear Proper Footwear:** Choose sturdy, well-fitting shoes with non-slip soles to provide better stability and support.
  - 6. **Stay Hydrated:** Dehydration can lead to dizziness and weakness, so ensure adequate fluid intake.
  - 7. **Use Mobility Aids:** If necessary, use canes, walkers, or other mobility aids prescribed by a healthcare professional.
- Fall Prevention Safety Checklist:** Creating a safe living environment is paramount for seniors. Use the following checklist to evaluate and address fall hazards at home:
- 1. **Lighting:** Ensure that all rooms are well-lit, especially stairways, hallways, and entryways. Use nightlights in bedrooms and bathrooms.

- 2. **Flooring:** Remove loose carpets or secure them with non-slip backing. Repair any uneven flooring or loose tiles promptly.
- 3. **Stairs:** Install handrails on both sides of staircases, and ensure they are secure and at a comfortable height. Keep stairs free of clutter.
- 4. **Bathrooms:** Install grab bars near toilets and in showers or bathtubs. Use non-slip mats or adhesive strips on the floor of the shower or tub.
- 5. **Furniture Arrangement:** Rearrange furniture to create clear pathways with no obstacles. Avoid using furniture with sharp edges.
- 6. **Electrical Cords:** Secure or conceal electrical cords along walls to prevent tripping hazards.
- 7. **Kitchen Safety:** Keep frequently used items within easy reach to avoid using step stools. Use non-slip mats in the kitchen.
- 8. **Emergency Preparedness:** Ensure that a phone or emergency call system is easily accessible in case of a fall or other emergencies.
- 9. **Rugs and Mats:** Ensure that all rugs and mats are non-slip and securely fastened to the floor.
- 10. **Outdoor Safety:** Keep walkways clear of debris and ensure that outdoor areas are well-lit.
- 11. **Pets:** Be cautious around pets, especially in areas where they may cause a tripping hazard.
- 12. **Regular Home Maintenance:** Keep the home well-maintained, addressing any repairs or maintenance issues promptly.

By following these fall prevention strategies and implementing the safety checklist, seniors can take significant steps toward safeguarding their independence and well-being. Additionally, staying socially engaged and connected can contribute to better physical and mental health, reducing the risk of falls and enhancing overall quality of life. Remember that fall prevention is an important responsibility to continue to live safely, independently, and age gracefully.

News and Views

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

News and Views, Regency’s current events discussion group, meets on the second and fourth Monday of each month at 7:30 p.m., in the Spa Level of the Clubhouse. Our two meetings in October will be on October 9 and 23. Masks are not required, but we do ask that all participants be vaccinated. We met in mid August for the first time after Special Counsel Jack Smith filed his January 6 Indictment in DC, and Bert Busch’s agenda offered a short course in the charges leveled. Most of us remembered that legal challenges in 60 court cases had been uniformly unsuccessful. We all watched the televised mob’s efforts at the Capital to obstruct the Congressional vote certification proceedings on January 6 of 2020. What was stunning about Smith’s indictment was the breadth of the criminal conspiracy to reverse the election results. We realized that the former President’s early declaration of his 2024 candidacy was meant to protect him from successful prosecution, allowing defenders

to claim a Biden administration “witch hunt” against an opposition candidate. Some were disappointed that while the Proud Boys were successfully prosecuted and found guilty of seditious conspiracy, that charge was not brought against the issuer of the January 6 invitational promise: “Will be wild!”

We pondered the argument of two conservative law professors, active members of the Federalist Society, proposing that according to the Constitution’s Fourteenth Amendment, Section three, Donald Trump cannot run for President, or hold that office. Their argument? He took an oath to support the Constitution, but instead they claim gave “aid and comfort” to those “engaging in insurrection and rebellion.” We were skeptical that this argument would be successful, but intrigued that those proposing it were on the far right. In other political news, Hunter Biden’s lawyer and prosecutors are at an impasse, and AG Merrick Garland elevated David Weiss, the Trump-appointed federal prosecutor to Special Counsel. We agreed that the issue would continue to be a

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# News and Views

(Continued from page 14)

thorn in Biden's side, but wondered: If there was proof of criminal wrongdoing, why didn't Barr's DOJ indict Hunter? After four to five years of investigating Hunter, why hasn't Weiss come up with an indictment?

Moving to Ohio politics, there was a big win for those seeking to protect abortion rights. We agreed the issue drives turnout up, and will impact future elections.

Climate change has made Hawaii hotter and drier, leading to catastrophic brush fires that destroyed the historic Maui ocean-front town of Lahaina. The fire hydrants were dry, as cloud cover thins and rainfall decreases. Moving on to news that China has been inserting malicious computer code in our networks controlling power grids, we learned other unsettling facts. Dire economic conditions, huge unemployment, and demographic woes make it unlikely China can achieve the world dominance coveted.

Our second meeting of the month came just after the first GOP Presidential debate of the 2024 campaign. We were disappointed that four indictments later, six of the eight candidates raised hands without hesitation when asked if they would support Donald Trump for re-election. This was after conceding that Vice President Pence had done the right thing in supporting the legitimacy of Biden's election. Many of us thought that Vivek Ramaswamy presented as irritating, and fulsome in his praise of Trump, all attributes we thought might land him on the ticket as VP running mate.

Moving on to abortion as a campaign issue, we saw it as a powerful plus to gain support among all infuriated by the SCOTUS decision to overturn *Wade v. Roe*. Republican attack ads, we learned, are claiming that Democrats support abortion right "up to term," not acknowledging this is only considered when the baby is not viable and the mother could otherwise die. Most in our group had heard of the instant notoriety gained by Oliver Anthony's *Rich Men North of Richmond*. It puzzled us that this anthem decrying the worker's abuse by systemic income inequality policies should be taken up by conservatives, many of whom are consistently anti-labor in their legislative choices. We did acknowledge that the song taps into the anger that Donald Trump recognized in voters, and used to gain the Presidency in 2016. Some did not know that the New Jersey Supreme Court recently ruled in favor of a Catholic elementary school's firing of a female teacher who was unmarried and pregnant. We objected to the court's protection of the school under a religious exemption to the anti-discrimination law, suspecting the decision could lead to more discrimination.

Our last topic of discussion was a *Times* article by Thomas Friedman, who is worried about the future of Israel under an extremist, right wing government trying to weaken the independent judiciary. He recalled that Lebanon had earlier been ruled by a Christian/Muslim coalition, in peace and harmony. Iran began funding Hezbollah, the Christians were thrown out, and democracy was trashed. Friedman feared the same fate for Israel, believing that if the current administration prevails with its anti-democratic policies, it could be the end of Israel as we have known it for 80 years.

# StayNJ



By Doug Poye

## Property Tax Cuts Coming

On August 23 in the Monroe Township Senior Citizens Center, New Jersey Assembly Speaker Craig Coughlin, State Senator Linda Greenstein, and Assemblyman Wayne DeAngelo gave a presentation on **StayNJ**, new legislation recently passed whose intent is to allow senior citizens to remain in New Jersey by reducing their property taxes. According to the brochure disseminated at this meeting, StayNJ is a "permanent program to provide...up to 50% property tax reduction, \$6500 in direct property relief for homeowners earning less than \$500,000, and expanding access to and increased benefits of both the Senior Freeze and ANCHOR programs." StayNJ will begin in January 2026 with ANCHOR benefit checks of \$1750 or \$1250 still coming in the fall of 2023, 2024, and 2025. As explained during the meeting, starting in 2026 the state will determine which combination of benefits (StayNJ, Senior Freeze, and/or ANCHOR) will provide the most relief to seniors over 65 with income of less than \$500,000. The maximum benefit will be \$6500. For example, with StayNJ, if a senior couple is not eligible for Senior Freeze and will be paying \$11,000 in property taxes in 2026 their tax bill will be \$5500. Instead of receiving a "rebate check," their tax bill will be \$5500 and paid in the customary quarterly payments of \$1375.

My wife and I attended the StayNJ program at the Senior Citizens Center that night. During a Q and A session, I expressed doubts as to how this will actually work vis-à-vis the financing of our local school district. I stated that 85% of school revenue in Monroe comes from property taxes; 40% or more of the residents of the township are senior citizens, most of who live in our plethora of "adult" communities. Clearly, our school district is very dependent on the property taxes collected from those senior

citizens. I went on to say that well over 90% of those citizens have incomes less than \$500,000 and will qualify for the lower taxes that StayNJ will supposedly provide. Speaker Coughlin responded to my query by saying that the school district formulates its annual budget as does the New Jersey Legislature but failed to provide a clear explanation of where the missing revenue to the schools would come.

Dissatisfied with their responses, the following day I sent an email to all three speakers. I reiterated the points that I had

stated during the meeting and beseeched them to provide a better explanation. Below is the response from Speaker Coughlin's office, which I received on August 29: "Hello Mr. Poye,

Thank you for your e-mail regarding funding for the StayNJ program. Here's how it will work.

The State is backfilling what senior homeowners would have paid in property taxes through the \$1.2 billion that StayNJ is expected to cost. The school districts will be kept whole when the State transfers the \$1.2 billion to local tax

offices. As constructed, the local tax office will reduce a senior's property taxes by 50% or up to \$6,500 while the money from the state will backfill the reduction.

Schools will not lose local property tax revenue or State revenue because of StayNJ. Had that been the case, the NJEA and other educational groups and unions would have been very unhappy and opposed the program.

There are a couple other things to know relative to the funding of the program:

(Continued on page 17)

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# Tech Trends

**By Don Haback**

**‘Cutting the Cord’?**

This new phrase is now commonly seen on the Internet. Originally, the ‘cord’ was the TV (cable) interface – but has evolved to possibly include Internet and phone services. Why should we be interested? Yes, our services continue to expand – but the costs are continuously rising – and replacing some of today’s services may be a better and less expensive alternative. We have to start with a little Regency history.

“In the Beginning” (2001), our community’s cable TV services were provided by Advanced Broadband, a wholly owned subsidiary of Toll Brothers. They placed two microwave ‘dish’ antennas on basketball net poles in the rear of the golf Pro Shop and the circuitry in an attic room. A coaxial cable network was buried, running to each block as it was built out. Services were passable, until we got winds of 15 MPH. They shook those antennas and disrupted the services. Internet and phone services were provided on the ‘land lines’ of Verizon. Advanced Broadband was replaced in a few years by Comcast (the current supplier for about half of our community). Although Verizon still has both phone and Internet service, Comcast now provides all three services over its coaxial cables. I must note that a small minority of our early homeowners elected to subscribe to outside satellite-driven TV services. We can still see some of those antennas on neighbors’ roofs (the providers didn’t want them back). Internet service started with low speed maybe 50KB/S (Kilobytes per Second) service directly over the phone lines. About five years later, Verizon introduced DSL (digital service line) which ‘rode’ on the phone cable and allowed ten times faster service approaching 1MB/S (Megabytes per Second) capacity.

Let’s move on to the present time. With the continuing growth of our community, Comcast continues to operate the CORD Cable link (in about half of our community). It now also offers really high-speed Internet service speeds up to 1GB/S (Gigabytes per Second) along with a connection for phone service. For the newer half of Regency, Verizon installed the FIOS optical cable service for TV, Internet, and phone services. So, as of today, we have two separate (and incompatible) services providing ‘THE CORD’ across our community.

So, what’s changed? It now boils down to ‘streaming’ services. These, starting with Netflix, the first commercially successful provider, and now numbering over 100, have become important alternatives to live video. They are provided over the Internet and can be connected to just about any modern television set.

Per *CNET*, here are today’s best streaming providers:

Provider	Cost
Netflix	Starts at \$7
Disney Plus	Starts at \$8
Max	Starts at \$10
Hulu	Starts at \$8
Prime Video	\$9
Starz	\$10
ESPN Plus	\$10
Peacock	Starts at \$6
Paramount Plus	Starts at \$6
Apple TV Plus	\$7

Beyond streaming of pre-recorded shows, live broadcasts are also available. Today, Hulu

Plus (\$70/month) offers more than 90 live channels. YouTube TV (\$73/Month) offers 100 live channels. Paramount plus shows live CBS offerings (obviously since it owns CBS). We anticipate that more live broadcasts will be available in the coming months and years.

**With this information, it’s easy to describe ‘cutting the cord’ as dropping the TV (cable) service – but demands going to some form of streaming video as the alternate choice.**

Future *Tech Trends* articles will cover the ways that some of our community residents have already cut their cords – and more are already considering this issue.

# Pet Corner

**By Bea Siegel**

## Belly Up

You just arrived home after two hours of running errands. Now you have to walk your dog in the heat, in the rain, no matter how tired you may be. But your mood changes the moment you open your door. Your canine friend is so happy to see you; he’s jumping for joy, and turning around swiftly, tail wagging, tongue hanging out with smiles, and then rolls over on his back for belly-rubs of love. Legs are up in the air saying, “Pet me, rub my belly, and I’ll give you kisses.” How can you resist? You can’t. When your dog or feline friend opens their body for you, it’s a sign of trust; a close bond like no other. Throw their ball or favorite toy to them, and they’re even happier. Okay, now time to get out for a beautiful walk.

But, then there’s the submissive belly-up. When dogs meet for the first time, one might roll on its back, sometimes with tail between legs, eyes in a stare-like look, saying, “I don’t know you, please don’t hurt me; give me time to chill-out.” This body language is instinctive to all animals. Usually the other dog will walk away, or not care, but, if the dog standing decides to stand over the submissive dog, there could be conflict. If the dog lying down decides to move, the one over him might get nasty. If, after a few seconds, Mr. Nasty leaves and walks away, all should be fine. Some dogs go into a submissive position even when meeting new people; don’t make a big deal of it and they’ll get up and maybe get friendly. All this is a protection mechanism in animals. Learning to read your pet’s body-language is very important since that is how they speak to us. They understand our body-language a lot quicker than we do theirs.

Some belly-up Regency dogs I know will even give up their biscuit for a good scratch: Bentley Musto, the big handsome black Labrador loves to roll on his back for attention; adorable Terrier/Dachshund, Baci Cohen doesn’t waste any-time for a rub, and neither does sweet boy, Charlie Davis, the royal Cavalier King Charles Spaniel, together with loveable



Portuguese Water Dog, Coco Boccone.

White bellies are common among cats, dogs, and some other species due to the lack of a pigment called Melanin that produces color. As a cat develops from an embryo, the melanocytes migrate down along the outside surface of the sphere toward what will be the kitten’s belly and feet. If the melanocytes divide quickly, enough of them will reach the kitten’s underside to produce color there. If the pigment cells divide slowly and don’t migrate the full distance, the cat’s belly will be devoid of pigment and appear white.

## Seasonal Change


Continue to give your pet heartworm, and tick and flea preventative throughout the year. Holidays with lots of festivities are on the way, be careful not to give your dog corn on the cob. It can lodge in their intestines, or they can choke on the cob. Unfortunately, this is a very common occurrence, which is an emergency.

Thanks for reading my articles, if you have any questions, please contact me. Also, send me your pet’s photo to appear in the *Regency Reporter*, and if your dog is up to it, send me a photo of their belly-rub; they can be a star for the day.



Ten-year old September birthday girl, Paris Karpf is a beautiful Poodle who loves to cuddle with Henry watching television, or take walks with Vivien or Henry. Paris is their empty-nest fur baby with a big place in their heart. What a lucky dog.

Photo by Bea Siegel



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Our Board of Education

By Doug Poye

So, what’s been happening during our Board of Education meetings in July and August? As you may have noticed, there was no report included in the September issue of the *Regency Reporter*; this omission resulted from a lack of issues in my opinion that our readers would have found of interest. Nevertheless, having attended both meetings as well as reviewed the video tapes of both, I am offering a few items that may be worth your time to discover.

What has the Board done with its **evaluation of Superintendent** Chari Chanley? In its July meeting, there was a closed session (not open to the public), in which Board members continued their evaluation that had started several months prior. However, in its August meeting, the Board did not include in the agenda for the closed session any mention of additional discussion of the evaluation, did not share that it was completed, and did not include any item on its meeting agenda indicating the status nor salary for Chanley. This is not to suggest that she is being removed...far from it, based on the support that she enjoys from a coalition that constitutes a majority of the Board. Even when finalized, the public is not entitled to hear any details from that evaluation but it would be nice to know that it has been done and what the superintendent’s salary for the 2023-24 year will be.

During the July meeting, I requested that the public be provided with a presentation on the recently completed **multi-year contract** with the Monroe Teachers’ Education Association (MTEA). I suggested that such a presentation include who the negotiators were, what concessions were made by the Board and by the MTEA, and details concerning the salary guide. Since it is the property owners of this township who provide the bulk of the revenue (approximately 85%) for the school district, it would seem appropriate that the public be provided with such information. Board President Chrissy Skurbe responded that the contract was in the process of being prepared for distribution to members of the MTEA. Unfortunately, no presentation occurred at the August meeting. Thus, the request will be made again in September unless the Board includes a presentation in its agenda.

During the August meeting there were a couple of **questionable items** approved regarding one specific employee of the district that will undoubtedly produce public comment during the September meeting. This employee is a teacher in the district and will be receiving a salary at the top of the salary guide: \$97,847. In addition to that, this same employee was appointed “Fall Staff Student Athletic Manager” at a stipend of \$5,172 and also an additional teaching assignment that will pay \$8,317. What’s interesting about this situation is that the employee is also the superintendent’s husband. Are there not other teachers whose salaries are not at the top of the guide that could have been appointed? Other teachers whose selection might not have created a suspicion of impropriety? There are already questions of nepotism floating about even

though the two additional assignments were included in the agenda as “Recommendations by the Assistant Superintendent of Schools.”

By the time you read this article, the Board will have interviewed candidates and possibly selected the person to **replace Board Member** and Vice President Karen Bierman. Ms. Bierman submitted an email to President Skurbe on August 9 stating her immediate resignation from the Board for “personal reasons.” Bierman’s term on the Board would have ended in April, 2024. Several Board members shared their admiration for the work that Bierman had done as chair of the Finance Committee and wished her well. The replacement will serve for six months when newly elected or re-elected members will participate in the April Organizational Meeting.

*This article has not been written at the direction or request of the Board of Education. The author served on the Board from 2013-15 and is a former educator of 41 years.*



StayNJ

*(Continued from page 15)*  
1. The law explicitly lists and protects all State School Aid to local school districts in the event of State revenue declines. In other words, School Aid would not be shorted at the expense of the StayNJ program. Any cuts needed to pay for StayNJ would have to come from somewhere else. The same goes for State pensions, they too cannot be shorted (sic) to pay for StayNJ.

2. As part of the two- and half-year transition, the State budget will set aside \$600 million to offset the costs of the first year of StayNJ. For example, the new budget set aside \$100 million to start the set-aside.

*I hope that this explanation helps.”*

The reader is reminded that StayNJ will not begin until January 2026. In the meantime, look forward to your Senior Freeze and ANCHOR benefits to help reduce the burden of your property taxes. To learn more or to sign up to receive more information about StayNJ, one may go to [www.StayNJ.com](http://www.StayNJ.com) or email [info@staynj.com](mailto:info@staynj.com).

SPORTS

Pickleball Club 2023

By Lisa Citron

October brings with it thoughts of candy, costumes, and changing colors. In the Regency Pickleball Club, this October translates to changing courts, End of Season Celebrations, and the costumes of crowns for league champions - Team Gary Ramella. What a league season it was for Team Ramella. Under Gary Ramella’s quiet, unassuming leadership, Team Ramella, and their undefeated record, capped off the season winning the championship game and claiming the “Panson Cup.” The determined, talented, and well deserving team, consisting of Norm Blumenstock, Cindy Brody, Michael Brown, Harry Drum, Carl Fink, Co-Captain Phyllis Greenberg, Mitch Grossman, George Rothweiler, Lois Ruderman, Sadhana Shah, Steve Stein, Stan Weinberg, and Helen Zyontz practiced tirelessly

and worked together to achieve their shared goal - to give 100%, to support each other, and to end the season as champions.

Congratulations must also be acknowledged to Team Ramella’s hard playing opponents, Team Mark Goldberg. Team Goldberg/Harris tested Team Ramella, and provided the court-lined, viewing crowd with fast paced, strongly competitive games to watch.

Of all the PB Club events, and there has been a calendar full, league play brings with it something special. Of course there is the competitive play, there is the opportunity to learn and practice new skills, and the big plus - the chance to build new friendships. League play surrounds its players with an energy that is motivating and supportive. Additionally, thanks must be given to the other league captains, Judy Azoulai,

*(Continued on page 18)*

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# The Regency Tennis Club



By Steve Brody

Fall Tennis

People had fun with last month's quiz, so here's another for this edition.

- 1. Where is the Tennis Hall of Fame located?
- 2. What year was the video replay challenge system officially utilized for tennis? (Extra credit for naming the tournament)
- 3. What year did the US Open move from Forrest Hills to Flushing Meadow?

Fall is upon us. As long as the weather cooperates the tennis courts will remain open until the first snow or ice is forecasted. Last year you may recall the nets stayed up all winter as we had no snow. I am not sure that will happen this year but we shall see. By the way, the wind screens will come down later in the fall, snow or no snow, but the nets will remain up as previously mentioned.

During the late summer the cracks that formed between the courts were repaired. This work was done in two stages where three courts were closed and worked on while the other three courts remained opened. The

repair work required the fencing between the courts to be brought down, including the fencing poles. The benches had to be pulled up. Each of the two stages would take one week each to repair. However, with the weather being what it was it took a bit longer to fully complete. All work was completed by early September.

Even though the courts remain open during the fall, many of us start moving indoors to some of the local indoor facilities. I'll personally be in a 7:30 a.m. rotation to play doubles on week-days. I know we have had a number of new tennis players move into the community during the summer and if you are looking for an outdoor or indoor game, please contact me.

Next month for the November issue of the *Regency Reporter* I will give a wrap up on the 2023 Regency Club season including the season end celebration that is to be held on October 1.

Till then see you on the courts.

Quiz Answers:

- 1. Newport, Rhode Island
- 2. 2006 - US Open
- 3. 1978

**2023 Regency Tennis Schedule**  
Sunday, October 1 - 6 p.m. - Year End Celebration

## Regency Golf Schedule

- Monday, October 2 – Last League Day Ladies
- Thursday, October 5 – Last League Day Men
- Tuesday, October 31 – Course Closed

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Members of the Regency Tennis Group at their dinner at Harold's Deli. A good time was had by all stuffing their faces! From left around the table: Mike Koppell, Edwin Espiritu, Alan Ferber, Hari Sharma, Alan Rockoff, Howard Wichansky, Charlie Lerman, Barry Kleinman, Mark Kaufman, and Dave Delman.

Photo by Dave Delman

## Pitch for PINK Raises \$13,500 To Strike out Breast Cancer

By Bob Zyontz

In the very fitting words of Barry Citron, "Last night's event was magical." It was August 31, 2023, and with a blue moon painting a crystal-clear sky, the Monroe Senior Softball League played Pitch for PINK, its end-of-season charity game, to raise money for breast cancer research in partnership with Play for P.I.N.K. Helping ratchet up the energy that night was our Regency community. Eighteen of our friends and neighbors played in the game. Many more sponsored the event, including the Stoffer, Harris, Rothweiler, Hand, Pribyl, Rothschild, Zyontz, Blumenstock, Joseph, and O'Donohue families. Others volunteered to help with grilling and serving ballpark cuisine, selling 50/50 raffle tickets, and overseeing a silent auction that featured four Delta Suite tickets, worth \$2,000, for a Yankee home game in 2024.

Pitch for PINK was a team effort made up of event chairperson Peter Joseph, who was also an honorary team captain; league Board member Bob Zyontz, who provided project management,

communications, and oversight; and league commissioner Bobby Harris, who served as the evening's master of ceremonies. Harris proudly presented best player awards during the pre-game ceremonies, which saw Leo Friedlich named Cy Young award winner, Steve Brody "Mr. Nice Guy," and Peter Joseph, league MVP. Also receiving awards were three individuals who made significant contributions to our inaugural season: Tom Cullen, official league photographer, who consistently captured the excitement, sportsmanship, and camaraderie that defined our league; Richie Greenberg, umpire and softball expert extraordinaire, who never failed



Arlene Goldberg hustles towards first as George Rothweiler awaits the throw under the watchful eye of umpire Richie Greenberg.

Photo by Tom Cullen

to teach us something about the game we love; and Jerry Lefkowitz, master and commander of [monroeseniorsoftball.com](http://monroeseniorsoftball.com), who flawlessly managed and maintained our website.

Before the game, Field #3 at  
(Continued on page 19)



Pickleball Club League Champions: Team Gary Ramella.

Photo by Tom Cullen

## Pickleball Club 2023

(Continued from page 17)

Michael Cohen, Jackie Dwan, Arlene Goldberg, and Eva Nyman. Or, as Jay Gummie titled the teams - three dinks and three lobs. Six teams, made up of approximately fourteen players per team, and a back-up list of much needed subs. And one well matched, clothing coordinated man gets the big thank you for managing, organizing, and

scheduling it all. Thunderous applause for Bobby Harris!

And since thunderous applause has been mentioned, can we keep it going for the approved plan for six brand new courts. The community received the official start date, and by the time the October Regency Reporter is delivered, the renovation should be started. The pickleball community will be excitedly watching and excit-

edly waiting for the ribbon cutting for the new Regency courts.

Apologies, Apologies, Apologies for the change of date for the Pickleball Club's End of Season Celebration. It's never too late to be a part of the celebration on Friday, October 13! That's, Friday, October 13. The event promises to be a fun filled evening surrounded by pickleball friends.





Pickleball on Campus, from left: Marty Kamins, Mike Coulianidis, Barry Panson, and various Faculty Members.

Pickleball on Campus

By Barry Panson

I was invited as a Pickleball Ambassador to put on a pickleball demonstration at Middlesex College in Edison, New Jersey. The college runs a club fair twice a year to expose students to the various clubs that are available. The clubs set up booths and demonstrations on the campus quad to sign up students for their various activities. On September 12

Marty Kamins, Mike Coulianidis and I attended the club fair and, on a temporary pickleball court set up on a driveway, worked with several students to teach them this fast growing sport. We all had a great time and many students signed up for the newly created club. See the accompanying picture along with a photo of the Medalists in the New Jersey Senior Olympics Pickleball Tournament.



Medalists in the New Jersey Senior Olympics Pickleball Tournament on left Joel Greengarten (Encore). On right Marty Kamins (Regency). Photos submitted by Barry Panson

Pitch for PINK Raises \$13,500

(Continued from page 18)

the Thomas L. Allen Softball Complex was buzzing with activity. Carol Chodos and her raffle crew were selling 50/50 tickets like hotcakes, while Ira Matlow, Carl Fink, Mitch Glanzrock, and Barry Citron grilled up burgers, dogs, and chicken for over 300 hungry fans. Joe Grispingo unloaded 18 pizzas from his minivan, Cindy and Steve Brody brought 18 salads donated by Tuscany, and Pnina Matlow, Lisa Citron, and Meg Pribyl, among others, served the food and collected the proceeds. In an emotional moment before game time, over a dozen women who are cancer survivors, including Helen Zyontz, Karen Koller, and Noreen Gummic, threw out the first pitch. Following the ceremony, Mindy Steinberg made sure each courageous lady received a bouquet of flowers in their honor.

There was also a game that night, and what a game it was as Regency players looked to recapture some of their past glories in front of the large crowd. The league's two best pitchers, Friedlich, representing Team Joes, and Brody representing Team Watts, faced off against each other in what proved to be a wild, offense-driven contest that showcased the skill, athleticism, and enthusiasm of our senior softballers. Regency players on Team Joes were Arlene Goldberg, Peter Joseph, Bobby Harris, Leo Friedlich, Mitch Stoffer, Jed Steinberg, Sandy Smith, Alan Schwartz, Barry Citron, and honorary teammate Stephanie Harmon. Team Watts was represented by George Rothweiler, Michael O'Donohue, Judy Nicolosi, Steve Brody, Mark Frankel, Jill Rothschild, Glenn Tringali, Jay Gummic, Carl Fink, and honorary teammate Kori Little.

Trailing 11-5 in the bottom of the ninth inning, Team Watts refused to fold and pushed six runs across the plate in dramatic fashion to tie the game. At that point, umpire Greenberg, with the hour getting late and the tem-

perature falling, decided that extra innings were unadvisable and called the game. What a fitting conclusion to such a glorious evening where only winners emerged.

For days following the game, the question on everyone's mind was "How much did we raise?" After tallying up the proceeds, the league netted \$13,500. 100% of that money went directly to Play for P.I.N.K. to fund lifesaving advances in breast cancer research at the Breast Cancer Research Foundation. In the last 30 years, we have seen a nearly 43% decrease in breast cancer-related deaths. That's the power of research. Now women battling this disease can look forward to longer lives and better outcomes through improved detection, treatment, prevention, and survivorship.

The Monroe Senior Softball League is proud to have aligned itself with this worthy cause and would like to extend high fives and fist bumps to all the Regency players, volunteers, sponsors, and passionate friends and family who supported Pitch for PINK and made it a roaring success!

**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.

**An Artist Creating in Our Community**

By Audrey Goldman

Fall is upon us, which usually means not just football but art shows. I have been involved in the Monroe Township Cultural Arts Juried Annual art show since moving to Regency six years ago. One of my sculptures will again be represented. The Monroe Juried Art show will be at the Monroe Library from October 5 to 14, 2023. I will be at the show on Sunday, October 8, and Monday, October 9 in the afternoon. It's local with excellent work displayed. One of my sculptures just won First Place in the professional group at the Middlesex County Juried Art show. County level winners now move onto the New Jersey State show. My work will be competing with all the other sculptor winners of the state. The show will be at Meadow Lakes, 300 Meadow Lakes, in East Windsor, NJ from Saturday, September 30 through Friday, October 20. I will be at the show on Sunday, October 15. Come and see all the winners and works in various mediums. Support artists!

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**FOR EVERYONE'S SAFETY, NO SPEEDING IN THE COMMUNITY**



Seconds count when it comes to treating stroke.



(Know the warning signs.)



**Because time is of the essence, Saint Peter’s University Hospital’s stroke center team rapidly diagnoses and treats stroke.**

Certified as an advanced primary stroke center by the Joint Commission, Saint Peter’s has earned the American Heart Association/American Stroke Association’s Get With The Guidelines®–Stroke Gold Plus Quality Achievement Award. Our advanced primary stroke center is the first line of defense in caring for patients experiencing a stroke.

For more details on our award-winning stroke care, visit [saintpetershcs.com/stroke](http://saintpetershcs.com/stroke)



*That's treating you better...for life.*