





By Carol Chodos and Linda Mail

Regency once again gave us a fun filled comedy night with the comedians Johnny Lampert and Dan Naturman. Johnny Lampert is a regular at New York City and Los Angeles comedy clubs along with being a regular at the Borgata and many other casinos. He has made appearances on *Comedy Central*, NBC, HBO, and *Comedy Showcase*. In addition, he was honored that two of his routines were chosen for inclusions in the book *The Best Comedy Routines, Period*. He engaged the audience with his personal stories about his wife and daughter. He closed

## From the Entertainment Committee

his portion of the show with, "You get what you pay for." This got a huge laugh from the audience.

Dan Naturman had a long run on *America's Got Talent*. He is also known to his fans as the winner of *Last Comic Standing*. He was the favorite of the judges Drew Carey and Brett Butler. He started his comedy career while in law school. Upon graduation he

decided his true passion was comedy, not the law. Dan's presentation of self deprecation and grouchiness has been entertaining people for many years. He has been viewed on many late night shows including *Conan O'Brien* and *David Letterman*. The Regency audience enjoyed his style of comedy. There was a great deal of laughter in the room!

## Fruits of Our Lives (Not the Pits)

By Christiana Barone

The weather is changing, which means that many of our friends/neighbors are leaving us for warmer weather. We will miss them. In the meantime, we have one family enjoying the birth of a fourth generation.



### BABIES

Dr. and Mrs. John Healey are happy to announce the birth of their first great-grandchild, *Owen*. He is the son of their granddaughter Sarah and her husband Julian. Sarah is the second oldest of the Healey's eleven grandchildren

### A SPECIAL NOTE TO ALL NEW COMERS TO OUR COMMUNITY

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

## Condolence

The Editorial Board of the Regency Reporter and the entire Regency community send sincere condolences to Sue Ferber and Family on the loss of her beloved sister and brother Royce Kunz and Michael Hauptman, to Shirley Goodman and Family on the loss of her beloved husband and our dear friend and neighbor Albert, and to Ed Frankel and Family on the recent passing of his beloved wife and our former dear friend and neighbor Anna.

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## A Note from Your Board of Trustees

By Gerry Guidice

Out of the summer and into the fall season. We had a terrific summer season at Regency. So many people took advantage of all our amenities. I think it is fair to say that we were able to avail ourselves of the reasons why we all moved here: excellent amenities, wonderful activities and an environment that promotes community in all things Regency. What are the primary focus points for the Board moving forward?

First and foremost is settling on a budget for 2023. We are doing this a bit differently this year. It was clear to the Board that we had to plan for multiple years, not just one. Between Management and the Board, we must make our best educated estimate on what costs will rise next year and the year after. Our goal is to eliminate the spikes from one year to the next. Just like we all plan our home budgets, we need to live within our means and plan for the future. As such, we must adopt a budget strategy that not only utilizes our surplus for this year and next, but also realize that as a Board we cannot rely on surplus to manage the budget going forward. One day there will not be a surplus, so we must work hard on how to find cost reductions for each line item.

For many years, this community ran on Toll Brothers funding any short fall in expenses, which kept our HOA fees low. We have not benefited from that funding now for a couple of years. We have been blessed with surplus if you can use the term blessed given the Global Warming implications. The reality of the situation is one of these years, we are not going to benefit from the 'no snow' surplus. Therefore, it is time for this Board to work hard on a line-item basis to find savings, which in inflationary times is incredibly difficult. The Board will be conducting a budget town hall to gather input prior to any public vote to adopt the 2023 budget. We must also manage for future investment in the care, maintenance, and enhancement of our community. We all must recognize that in some areas the infrastructure of our community is 20 years old. Our detailed focus on the reserve account is critical for this community.

This Board has adopted a philosophy of conservative fiscal management. We are planning for future issues and making very good decisions about when and how to spend our money. We understand that there are things we can do today, and if we delay there will be an increase in cost year after year. We also know that we must make tough decisions, on 'needs versus wants' and, yes, there will be community members that will not be happy with Board decisions depending what side of the argument you are on. As someone said, that is why you pay us the big bucks.

As of this writing you will have already been introduced to our new Community Manager, Donna Barbour, who started supporting the community on



September 12. We welcome her and her experience and knowledge, which will build upon the excellent team that is in place. Please take stop by and introduce yourself if you are in the Clubhouse after September 12. We also congratulate Stephanie on being promoted to General Manager for the community. Stephanie will now be able to take her experience and tool set and focus on the strategic issues that desperately need attention. She will concentrate on identifying opportunities, strategies, operational and process improvements to meet short- and long- term goals. The power of the team of Stephanie, Jennifer, Kori, and now Donna is the absolute right structure for a community of this size and complexity. We are a big community with big community issues.

The Board has accomplished assembling the best team that FirstService Residential offers to manage our community and has a solid succession plan in place. The strategic committee lead has reorganized and added excellent team member talent. They are focused on the forward-thinking issues for this community such as risk mitigation, financial management, revenue enhancement, and technology upgrades. They have received significant support from the community with new members and will be updating the community during a public session shortly. We are making excellent progress in the way the Board and Management runs the business of the community. Make no mistake this is a complex business. It is an honor to make this journey together.

For those of you getting ready to head to Florida, safe journey and enjoy the warm weather and beautiful beaches. For those of us staying I look forward to seeing you! In all cases we will keep in touch and keep everyone updated.

## HOA Calendar of Events

- Saturday, October 1  
All Inclusive Oktoberfest
- Saturday, October 15  
Jersey Tenors Stage Show
- Saturday, October 29  
Halloween Celebration
- Sunday, November 6  
Coffeehouse
- Friday, November 11  
Veteran's Day Breakfast
- Friday-Sunday,  
November 18-20  
Holiday Shopping Event
- Sunday, December 4  
Coffeehouse
- Saturday, December 31  
New Year's Eve

**Public Board Meeting Schedule**  
All Public Meetings are held in the Clubhouse Ballroom unless otherwise noted  
Wednesday, October 19, 2022  
6:30 p.m. – Public Board Meeting in Ballroom  
**BUDGET PRESENTATION**  
NOTE: Time and Location are subject to change  
Wednesday, November 16, 2022  
6:30 p.m. – Budget Presentation if not previously approved in October  
**Public Board Meeting in Ballroom**  
NOTE: Time and Location are subject to change  
December 2022  
Wishing everyone a joyful holiday season and Happy New Year

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# 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/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 Kortmansk/Rhonda Weiss
- 12 – Rosemary Albano/Beverly Berkowitz/Debbie Etter/ Linda Katz/Sharon Klausman
- 13 - Cathy Cadmus/Art Cooper/Allan Ellis/Richard Lans/Sherry Lieberman/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/Breana Steinberg
- 20 – Susan Lieberman/Marcia Milgrom/Elizabeth Perniciaro/Steve Tenzer/Shelly Wichansky
- 21 – Phyllis Javorsky

- 22 – Dennis Muenzer/Barbara Verderosa
- 24 – Larry Koslow/Pat Mattielli/Jeffrey Rosenbaum/Sandi Shumsky/ Ruth Ellen Weiss
- 25 – Sue Barcellona/Evelyn Cantor/Barbara Lerman/Marlene Price
- 26 – Giacomo Turano
- 27 – Sue Ferber/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 Farinola/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 Tomasulo/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/ Alan & Linda Knepper
- 25 – Marvin & Barbara Strauss

- 26 – Jerome & Gloria Bauman/Thomas & Alice Bury/John & Dot Healey/ Jeffrey & Melinda McGrory/Steven & Marilyn Wandy
- 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 Leibold/George & Cookie Nirenberg/David & Kate Dworskin Smith/Joseph & Rosemarie Spinelli/Brian & Sharon Taxman
- 31 – Al & Shirley Goodman/ 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)



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## Let's Talk Turkey 2022

By Milton Paris

While still enjoying the last days of summer, the Regency Culture Club is looking ahead to fall. 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 generosity over the past 18 years that we have been collecting Ten for Turkeys is much appre-

ciated. 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)

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

Thank you for your generosity.

Send news releases to: [nwolff0325@aol.com](mailto:nwolff0325@aol.com)



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## Men's Club Happenings

By Steve Rich, President

Here we are already in the month of October with summer as a memory and fall here with its colorful leaf decorations. The month of September is gone, which began with the long Labor Day weekend. It was the final weekend that our pool was open. Unfortunately, due to a shortage in help, the pool could not stay open for its traditional extra week. September ended with our month end meeting and speaker, Mike Lubertazzi, Monroe Fire Marshall. We began to sell our new Men's Club shirts in late August and continued to sell them through September and October for \$10. The black dry fit material shirt with a golden decal saying "Regency Men's Club" was well received and sharp looking.

Our schedule for the month of October brings with it several events. On Sunday, October 2 is the Mini Golf Outing in the late afternoon and is followed by dinner and evening entertainment at our Clubhouse. Our entertainment is the female singing group, The Belle Tones, who do Doo Wop music of the 50's and 60s, as well as military songs. A movie night follows on the second Monday of the month, October 10. On October 12, the Men's Club has a bus trip to Philadelphia to visit the Eastern State Penitentiary in the

morning and the Simeone Automotive Museum in the afternoon with a luncheon in between at Little Pete's Restaurant. At the end of the month, on Sunday, October 30, is our annual hot breakfast, which is catered by Sir Ives. Entertainment will be by comedian Maureen Langan who performed for us several years ago. While the pandemic still is having its effects on our event schedules, we are now focusing on 2023 events, which have been previously approved and will be scheduled.

Please remember to renew your Men's Club membership dues of \$40 if you have not already done so. They will be valid until August, 31 2023. Make your check payable to the Regency Men's Club and place it in the under mailbox of our Treasurer, Steve Tenzer (9 Masters). For those non members who wish to join the Men's Club and be part of the remaining time in 2022 and then for the 2023 season, applications are available at our Clubhouse. ANY questions, please contact



either Steve Rich or Sheldon Piekny whose numbers are available in our Regency Directory or Ron Post's emails.

**Men's Club Events Calendar\***

- Sunday, October 2 - Mini Golf, Dinner, and Entertainment
  - Wednesday, October 12 - Eastern State Penitentiary and Simeone Foundation Automotive Museum via bus to Philadelphia
  - Sunday, October 30 - Paid Up Breakfast
  - Monday Movie Night - The second Monday of each month with an option for dinner
- \* Events will be added as they become available
- Men's Club Monthly Meetings (Breakfast/Speaker) - Last Sunday of the Month
- There is no meeting in December**

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## Regency Italian American Club: Lazy Crazy Days of August

By Annette Valerio

August has been a busy month for the Regency Italian American Club. We held our annual membership breakfast on Saturday, August 13. It was attended by 155 members and was enjoyed by all who attended. Thanks to the wonderful Italian American Board for the great job they did putting this event together. The centerpieces and décor were lovely as usual. The food was catered by Jacques Caterers. We had hot

food that included three types of omelets, potatoes, and sausages; fresh fruit, muffins, and bagels. It was plentiful and delicious. Everyone who attended had a chance to share good food and good fellowship.

On Friday, August 26, we held one of our general meetings that included our Horse Racing Event. It was such a fun evening for all of the members who attended. Thank you to the wonderful sports who volunteered to be our jockeys: Marco

(Continued on page 5)

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## The Regency Women's Group



By Barbara Wilner

The Regency Women showed their love for Elton John last month! Lecturer Vinnie Bruno brought the singer's music and story to life as we learned about Elton's history and the meaning behind much of his music. It was such fun seeing so many singing along and swaying to the music. We really did "Feel the Love That Night!" This event was held September 12 and in honor of this meaningful time, our 50/50 raffle benefited the Tunnel To Tower Foundation. Thank you all for your generosity. October will bring our Evening In Paris Membership Dinner. A true gala is being planned and we look forward to sharing this glamorous night together. A fun bingo-type November meeting is planned. Details to follow. Our board and committees have been enjoying both the planning and the meetings/events as well. Many thanks to all from our membership.

Till next time...

### The Regency Women's Group Events Calendar

- Monday, October 10 - Mem-



Vinnie Bruno and Mary Cacamo enjoy a dance!

- bership Dinner
- Monday, November 14 - Bingo
- Sunday, November 30 - Toy and Gift Card Drive
- Monday, December 12 - Holiday Dinner



Vinnie Bruno (above) helped the Regency Women's Group celebrate the life and music of Elton John.

Photos by Barbara Wilner

## Italian American Club

(Continued from page 4)

Cristino, Andrea Gall, Joann Perrini, Johanne Sikorski, Bob Stephens, and Vinny Valerio. We held two races and our horses all came in so close to the finish. The spectators watching the races were treated to ice cream sundaes, coffee, and cake. The lucky winners went home with great prizes.

We are now preparing for a very busy, fun filled fall season. October 8 will be our annual Columbus Day Gala. It will include everything from cocktail hour, dinner, and dessert. This will be an event no mem-

ber will want to miss. December 10 will be our annual Christmas Party. If we are good boys and girls until then, we may even be on his nice list and we will have a visit from the man himself, Santa. That's our news for the month. Enjoy the last few warm days of summer.



Italian American Club members enjoying the Membership Breakfast, seated in no particular order: Dorothy Stephens, Bob Stephens, Lucille Kandakis, Frank Darmante, and Rose Darmante. Standing: Annette and Vinnie Valerio.

Photo submitted by Annette Valerio

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Sheryl Siegel Beckman and Bob Beckman with entertainer Billy Phillips at Dancing in the Moonlight on August 27. Photo by Steve Wandy

## Dancing in the Moonlight

By Sheryl Siegel

Our dancing shoes were on for an unbelievable evening on Saturday, August 27. We featured a fabulous entertainer, Billy Phillips, who kept our party celebrating for three hours. The evening was a magical one as we all came dressed in white for our end of the summer White Attire Party. Our gorgeous table decorations were made by Nina Gulinello, fabulous graphics by Melanie Parsowith, party theme expert, treasurer Alan Wurman, wonderful secretary Helene Acquavella, Vice President, Barbara Winograd, photographer Steve Wandy, and helpers Mary Caccamo, Bea Siegel, and Robin Hurewitz. And...to top it off, delicious ice cream was served during the evening. Our next extravaganza is planned for December 3.

**WE HAVE ONLY JUST BEGUN TO CELEBRATE LIFE.**

## Singles Mingle

By Barbara Lemberger

B-10, G-49! What a fun night of Bingo! Many of our members gathered on September 7 for camaraderie, snacks, and prizes. We played 10 rounds of Bingo and did a good deal of laughing. The big prize winner for the evening was Susan Kirshner. She not only won the grand prize for filling in an entire card, but also won three other games. Our other winners were Georgia Doyle, Mary Tournour, Adele Buren, Irene Daniels, Nancy Mongon, Linda Parker, Nancy Cambria, Cheryl Murray, and Annette Muce.

In September the Singles also enjoyed a day at the Monmouth Park Racetrack and Dinner at Ria Mar.

### Singles Mingle Upcoming Events

- Wednesday, October 12 - Meeting Tennis Pavilion\*
- \* Note - second Wednesday of October



Grand prize winners Cheryl Murray, Susan Kirshner and Annette Muce. Dorothy Thomas doing the verification.



Irene Daniel's receiving here prize from caller Dorothy Thomas. Also pictured, our caller, Lina Perez.

Photos by Barbara Lemberger

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## My Children's Pedal Car

By Dave Newell and  
Steve Schnell for the  
Regency Car Club

During my many years with General Motors, one assignment was with the GM Overseas Division, which had manufacturing, assembly, and sales offices around the world. In Europe, GM had Adam Opel in Germany and Vauxhall in the United Kingdom. As part of the distribution network GM had a medium size office in Biel/Bienne Switzerland and at the time, I had budgeting and pricing responsibilities for operations on the Continent and spent time at GM Suisse in Switzerland. A fellow GM retiree had been assigned to GM Suisse and was fortunate to have acquired a limited addition child's pedal car. He was in the process of restoring the car and sent this message out to our GM Overseas Lunch Club. Our Car Club has tried to help but could not find any new information. I am not expecting that anyone will have information but I thought the subject was interesting.

He stated, "I'm still working on the restoration of my GM Suisse Corvaire pedal car and hope to have it finished by next spring. Could you possibly run this letter in the newsletter? I'm hoping that someone on your mailing list might recall some-

*(Continued on page 8)*



Photo submitted by Steve Schnell

# The Regency Book Club

By Nina Wolff

## Lessons in Chemistry

What happens when two people of the opposite sex, both traumatized in childhood, lonely, socially awkward, and brilliant have an altercation over beakers in a research lab? What else!? Chemistry of course! Thirty-six readers, including one brave man, met on Tuesday, September 7 to discuss Bonnie Garmus' *Lessons in Chemistry*, where we met Elizabeth Zott and Calvin Evans. Miss Zott and Dr. Evans are both working at the Hastings Research Institute in Commons, California, where the weather is fine for rowing.

This is important as Calvin (as he will be called here), despite being raised in a rundown boys' home (where the boys mysteriously receive science text books and rowing lessons), does not like rainy weather. He becomes a super star in the both the chemistry and rowing worlds, having won many awards and published many scientific papers at a young age. When we meet him he has a fine well-equipped lab all to himself and is almost certain to win the Nobel. Elizabeth comes to his lab looking for beakers, which she needs for her research into abiogenesis (the theory of life arising from non-living matter - quite controversial at the time). She works in a crowded lab with men who think she does not belong anywhere near there, plus she is unable to get the equipment she needs for her work. She has been robbed of her chance to have a Ph.D. by defending herself against her mentor who sexually abused her.

Elizabeth is beautiful and brilliant, but totally unaware of the societal norms that surround her. Her work is everything and she has unusual views on most things. One is getting married to Calvin (they have fallen desperately in love.) She won't because she will not give up her name. She wants her name on any work she publishes. She does not wish to have children! Now we are in the 60's in this book and female scientists who do not want to give up their names nor have children are seriously frowned upon. And not only by men! So she and Calvin decide to save the rent (they are both underpaid) and live together outside of matrimony. Oh Boy! Calvin wants children and wants to get married but he understands and loves Elizabeth so they settle on having a dog - a mangy critter that they find cowering in an alley who they name Six-thirty. More gossip for the Hasting's crowd as she insists on bringing the dog to work.

Sadly, Calvin dies in a freak accident before he has the chance to find out that Elizabeth is pregnant, a fact that she completely ignores. This book has many sad moments, but even through Elizabeth's profound grief and being fired from Hastings because she is an unwed pregnant woman, Six-thirty provides great moments of humor. The result of this pregnancy is a delightful brilliant

little girl Madeline (Mad). Of course, Elizabeth has not prepared for having a child and has no idea what to do with one. Enter Harriet Sloane, the nosy neighbor who provides advice and helps Elizabeth to cope, thus becoming a wonderful mother to Mad. I'll leave the rest of the story for you to discover on your own. It's worth the read!

The group enjoyed a fast-paced discussion with many people participating. Most of the women in the group had been teachers as that and secretary or nurse were basically the options available to us when we graduated from high school. Most all had gone to college and a few in attendance had gone on to careers in finance or as managers in large companies. We all felt Elizabeth's pain as she was totally misunderstood by almost everyone with whom she came in contact, with the resultant jealousy and cruelty. Several attendees described



their own issues with employment, salary, or being unappreciated as a woman. The conclusion was that *Lessons in Chemistry* was indeed *Lessons in Life*, as Elizabeth has a career change, which allows her to teach invaluable lessons to a multitude of women.

In October, we hope to meet on the second Tuesday, October 11 (as October 4 is a Jewish Holiday) to discuss *Remarkably Bright Creatures* by Shelby Van Pelt and on Tuesday, November 1 to discuss *The Violin Conspiracy* by Brendan Slocumb. Look for an email from Judi Zipkin about the upcoming October date.

Keep reading...it's good for the soul.

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**Indian American Group Festivities on September 10**



*Sukumar's Enticing Singing and Audience Dancing at the IAG Festival.*

Photos by Bharat Doshi

**By Bharat Doshi**

With Labor Day behind us, we bid farewell to the hot summer and welcomed cooler fall. The next couple of months are also full of festivals in the Indian subcontinent. The Indian American Group of Regency at Monroe found this to be an ideal time for some festivities right here. On September 10, we celebrated with an evening full of food, music, dancing, and friendships. Festivities started at

6:30 p.m. with members and guests arriving and catching up on small talk and large problem solving. Of course, we live to eat. So, soon, a display of savory and sweet delicacies sourced from multiple well-reputed places was unveiled and the group enjoyed the food until the highlight of the evening began. Our own professional singer, Sukumar Majmudar, had agreed to entertain us with his melodies and dance songs. The melodies took us back in his-

tory. Listening to songs we grew up with, sung in Sukumar's soothing voice, was a great treat. When he began singing songs with dance-friendly tunes, we saw the dance floor filling up and people danced their hearts out. All in all, a great evening! For this event, we had a significant number of attendees who were not from the Indian subcontinent. We hope that all of them enjoyed the evening and more will participate in future events.

**The Indian American Group**

By Rajesh Kapadia



**August 17 Event**

The Indian American Group enjoyed a trip to the Mexican restaurant Escondido in Freehold, New Jersey on August 17. It was a beautiful afternoon. We had 16 participants gathering to celebrate and enjoy the summer festivities. As usual everybody enjoyed the food, drinks, and a cake to celebrate Mr. Sat Khurana's eightieth birthday.



*Dancing away at IAG festivities.*

**Pedal Car**

(Continued from page 6)

thing about the cars, have photos, or could point me to someone who might have some knowledge of them. I've attached a few pictures from GM World including some line art that might reproduce well. My children's Corvair is one of only 20 that were built for General Motors Suisse by Swiss toy-maker Kemp AG. Only four of these cars are known to exist today and my car is the only one in the US. The cars were six feet long with fiberglass bodies replicating the 1963 Monza Convertible model including a GM Suisse emblem on the front and a silk-screened instrument panel. Six of the cars were painted Chevy Daytona Blue like mine. The chassis has a tubular steel frame, solid Continental-Kuli brand tires, and an adjustable driver's seat.

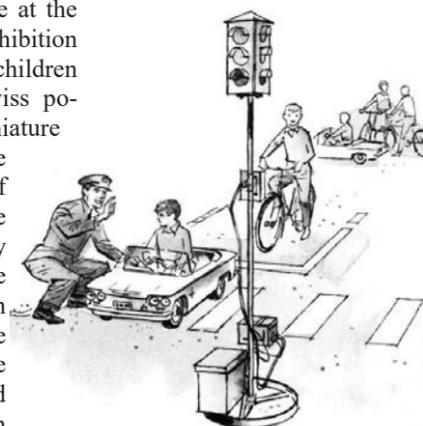
"The cars were built for use in the Children's Village at the 1964 Swiss National Exhibition in Lausanne, to teach children about driving. Real Swiss policemen manned the miniature roadway and taught the kids about the rules of the road. The Village was co-sponsored by GM Suisse and Nestle Chocolates, and children could stay there while their parents viewed the fair buildings. GM and Nestle fed them lunch

and also had a huge space ship and a Native American village for them to explore. After the Exhibition was closed, GM Suisse sent the cars and their roadway around Switzerland as a traveling drivers' school for children. Everything would be unloaded from GM's Bedford semi-trailer rig into city auditoriums where local police would supervise the school.

I'd love to hear from anyone who remembers the cars and their exhibit, has pictures of them, or knows anyone who was involved with them. I also collect and buy all types of Chevrolet, Corvair, and GMOO memorabilia, literature, photos, advertising of any kind, films, model cars, or any GM collectibles that GMOO folks might have saved."

Please contact Steve Schnell if you have any information or memorabilia for Dave.

Photo submitted by Steve Schnell



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# Hadassah Highlights



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

L'Shana Tova! May the New Year be filled with sweet and happy moments for you, your family and all your loved ones!

On September 19, we were treated to our first major event since the pandemic began more than two years ago. As our traditional Gala Evening Fundraiser Dinner and Fashion Show took place after this paper went to print, November's *Hadassah Highlights* will feature a more thorough description of the successful and enjoyable night! That being said, a number of people are owed our heartfelt appreciation. We would like to give special thanks to Karen Calder and Micki Indursky for serving as our chairpersons and for devoting all their time, energy, and hard work to making this evening the success that it surely was. Thank you to Naomi Trachtenberg for getting us all our vendors, to Leslie Kohn and Genia Beferman for working on our registration, to our registration volunteers and raffle sellers, and of course to all our beautiful models. It takes a village to run such a big endeavor.

October holds another exciting event for our chapter. Our Book and Author Luncheon will be held on October 20, in the Clubhouse Ballroom at noon. It will feature Elyssa Friedland as our guest author. She is the author of *The Last Summer at the Golden Hotel* and *The Floating Feldmans*. In addition, Ms. Friedland is co-author of *First Street*, a serialized novel available in both electronic and audio formats, a seemingly timely story about four ambitious lawyers clerking at the Supreme Court. She has just had a new novel released in September, entitled *The Most Likely Club*. We are looking forward to an interesting talk and enjoyable lunch.

Because of the High Holiday schedule, as well as the Book and Author luncheon, the next Hadassah Book Club will not be held until November 7. The book to be discussed is *Defending Britta Stein*, by Ronald H. Balson. Britta Stein is a 92 year old Jewish Danish woman who emigrated to America after the war. She is being sued for defamation after she is caught spray painting defamatory comments on the walls of a restaurant. The owner of the restaurant is well known for his actions in saving Jews during the war, and for his many civic and charitable contributions. Our protagonist, Britta Stein, claims he is anything but a hero, and that he is responsible for Jews being sent to their deaths during this horrific period. Most of this historical fiction novel centers around Britta Stein's recounting, during her trial, of the events leading up to and during the war in Denmark. Please check your emails for current information about Book Club selections and meetings going forward. For all Book Club meetings, it is necessary to RSVP to Marilyn Jaclin or Marcia Milgrom, whose numbers can be found in the Regency Directory, if you plan to attend. In addition, if

you would like to act as our facilitator or if you have suggestions for a book, please contact them.

Get ready for the 2023 Mah Jongg season. Once again, Regency Hadassah will be selling the 2023 Mah Jongg Cards. Please note the new price for these cards - \$15 for the standard print card and \$16 for a large print card. The increase was issued by the National Mah Jongg League (not by Hadassah). Checks should be made payable

to Hadassah and left in the lower mailbox of Karen Ross. Please indicate the address where you want your card sent. If you are not sure where you will be in late March, Karen can hold your card and get it to you when you return to Regency.

Please look for information concerning all events mentioned above, as well as any new items in emails from Karen Ross. If you are new to our community or know of someone who has re-

(Continued on page 10)



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- ✓ Difficulty sleeping from leg or foot discomfort
- ✓ Muscle weakness
- ✓ Sensitivity to touch

## YOU MAY HAVE



## PERIPHERAL NEUROPATHY

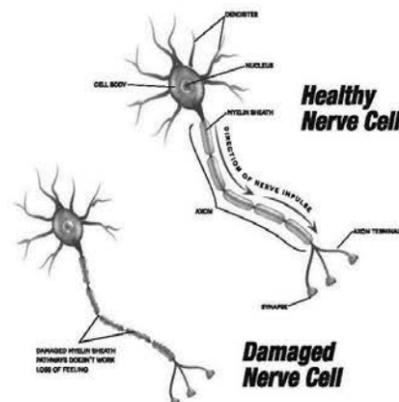
Peripheral Neuropathy is a condition that affects millions of Americans, commonly resulting in pain, tingling, numbness, and other painful symptoms in the hands, legs and feet. This pain changes your life and affects how you work, how you play and how you live.

## NEW FDA-CLEARED TREATMENTS PROVIDE HOPE

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

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

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



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By Cecile Spector

**The Nose Knows**

The nose allows for one of our essential senses, the sense of smell. There are several words that relate to what our nose can perceive: *smell, odor, stink, aroma, scent, fragrance, bouquet, and perfume*. The nose knows the difference between a stinky smell and an exotic aroma. The first three, *smell, odor* and *stink*, may be unpleasant, but are sometimes necessary for our welfare. We become aware of fire by smelling

**Beyond Words**

smoke, toxic gas by its odor, as well as food that has turned bad. When it comes to detecting smells, dogs are far superior to humans. They can be trained to detect bombs as well as a wide array of diseases.

My husband had a good friend in high school who ended up with a most unusual career. He was a “nose” for a perfume company, an expert with the fine sense of smell necessary for combining and mixing scents. Some of us have a finely honed sense of smell, others don’t. My daughter could detect the scent of a cherry lifesaver from two rooms away – “Who’s eating a cherry lifesaver?” Having high sensitivity to smells is, as you can imagine, both good and bad. Many years ago, I had a neighbor who used

the sense of smell to play a trick on her husband. She put herbs and spices in a pot of water and set it on the stove on a low boil, partially covered by a lid. Her hungry husband commented that something smelled delicious and kept asking her when dinner would be ready. “Soon, soon” she replied. Finally, after about half an hour, she lifted the lid and showed him what was in the pot. They ended up going out for dinner. No, he was not a happy camper.

Many of us relate the scent of “Old Spice” or other aftershave lotions, or a particular perfume, to a particular person. It’s interesting to note though, that the same cologne or perfume scent has a slightly different aroma on different people, because it mixes with the unique scent of each individual’s body. We often keep an

item of clothing of a loved one who died so we can bring back to mind his or her scent. A particular aroma can trigger nostalgia for places or events that gave us joy, and fond, or sometimes sad, memories. When I was in elementary school I lived in the South. I have a strong memory of the cafeteria, where the aromas of biscuits, Southern fried chicken, and oranges commingled. Great Grandma is here no more, but whenever we have a pot roast that smells just like hers, it elicits a lovely, warm, nostalgic feeling.

When we go to a restaurant, or even our own kitchen, we are getting a foreshadowing of what we are going to eat by the aroma of the food being prepared. The scent will tell us a bit about the sweetness or spiciness of some foods, and the inclusion of cinnamon or other spices or herbs. I love cilantro, which has, to me, a pleasant scent, but I don’t care for the smell of kimchi (a Korean dish with fermented cabbage and radishes.) Whether scents are pleasant or not is different for

each individual. Having a cold or other ailment may cause a stuffy nose and make it difficult to smell anything. It certainly affects our dining enjoyment. Not only can’t we smell our food, but it diminishes our ability to taste as well. When we smell wine, its “aroma” or “nose” can be *floral, citrus, fruity, earthy*, or any number of scents, depending on the variety of the grape. A wine’s “bouquet” is derived from the winemaking process of fermentation and aging. There are scents that are particularly appealing to many of us. Whenever I pass “Cinnabon” at a mall I salivate. I found out that they have fans that send whiffs of the freshly baked buns into the surrounding area. I once passed a sign outside a bakery that said, “Come on in, just for the smell of it!” *Cinnamon, ginger, cloves, cardamon, and coriander* are found in our kitchen, but are used in perfumes as well. In fact, *black pepper* is an important component in many perfumes.

*Anosmia*, loss of sense of smell, may be caused by cold or flu, nasal polyps, or other blockages. It is also a common symptom of COVID-19. In most instances, your sense of smell will be restored. Interestingly, the body’s olfactory system, which processes one’s sense of smell, is closely linked to parts of the brain that process emotion and memory. Thus, losing your sense of smell can affect your memory. The shape of one’s nose is sometimes a cause for concern. The nose played a prominent role in *Cyrano de Bergerac* and *Pinocchio*. *Cyrano*’s large nose was a source of ridicule, and *Pinocchio*’s nose was an indicator of his veracity. Unlike our eyes, our nose gets bigger as we age. Oh well.

Always remember, the best place to find a smile is right under your nose!

**The Regency Yiddish Club**

By Hedda Lans

The scheduled entertainer for the August 14 Regency Yiddish Club breakfast was Ryan Kelly Berkowitz (Miss Staten Island). On the previous Sunday her agent called to tell us that she came down with Covid. What to do on short notice? I picked up the phone and contacted Robin Fox a wonderful comedienne. She was free and we were in luck. Robin is a very funny lady filled with great humor. Her stories were well received by our audience. She went on about Jewish families and their traditions. No one was disappointed with the change in venue. As matter of fact many asked that we bring her back next year.. But I think we will wait at least a year. Once again we had a wonderful breakfast with all our traditional foods. In regard to Ryan Kelly Berkowitz, she has been rescheduled for Sunday, November 6. Our thanks to Steve Farron, Bob Isaacs, Stu Jason, and Larry Yesner for their help. The Break-the Fast on September 11 has been canceled.

**Hadassah**

(Continued from page 9)

cently moved in and would like to learn more about Hadassah, please contact our president, Karen Ross and our Membership VPs Annette Kushner and Linda Grossman. All phone numbers can be found in the new Regency Directory.

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

**Once again, a reminder that all checks for any Hadassah event or donation must now be made payable to Hadassah and not to Regency Hadassah**

Stay safe and stay well! Once again, L’Shana Tova. We are looking forward to seeing you soon.

**Upcoming Regency Hadassah Events**

- Thursday, October 20 - Book and Author Luncheon - Elyssa Friedland
- Monday, November 7 - Book Club Meeting - *Defending Britta Stein*, by Ronald Balson

**Rutgers Jewish Film Festival 2022**  
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## News and Views

**Marcia and Mike Midler, Bert Busch, and Phil Sloan**

News and Views, Regency's current events discussion group, is again holding bimonthly meetings. We meet on the second and fourth Monday of each month at 7:30 p.m., now in Ballroom 1 of the Clubhouse. Our two meetings in October will be on October 10 and 24. For the present, masks are not required, though we do ask that all participants be vaccinated.

Your designated scribe for the first August meeting was vacationing, but facilitator Phil Sloan came to the rescue. Six states had held primaries shortly before our group met, and Phil's agenda asked participants what they could glean from those primary results and Ballot questions. The "No Right To Abortion in Constitution Amendment" sought to amend the Kansas Constitution to state that there is no right to an abortion or public abortion funding. Kansans rejected that amendment, which would have asserted that the state constitution does not secure a right to abortion. The vote was 58.78% 'No'

to 41.22% 'Yes'. Reactions to the significance of deep red Kansas strongly supporting the right to an abortion reflected the political persuasion of responders. Those who lean to or support GOP policies thought it didn't matter. One of us noted that he uses "different filters" than those used by Democrats. Those leaning or supporting Democratic policies believed the result was significant. They stressed the fact that the Supreme Court dissolving the Roe v Wade protection of women's right of choice represented ill advised overreach. A June 2022 CBS poll showing 59% general disapproval of the decision, with 67% of women disapproving, seemed to validate that thinking.

Nancy Pelosi's trip to Taiwan, despite Xi's threats, had everyone acknowledging that Pelosi had to make the trip, once threatened by the Chinese leader. Phil Sloan thought that she went to encourage Taiwan Semiconductor, the number one company worldwide for high-end chips, to build additional facilities in this country. When

talk turned to energy, and specifically gasoline prices, some questioned the "coincidence" of rising gas prices. There are data, however, showing the effects of lower investments by the oil companies for at least five years. Such data, alas, are often underreported by the main stream media, preventing the general public from gaining needed understanding of the underlying forces contributing to changes in gasoline prices.

The second monthly meeting took place six days after President Biden had signed the Inflation Reduction Act, and so it took pride of place on Bert Busch's agenda. The IRA reduces health costs with subsidies and a cap on Medicare drug expenses, reduces greenhouse gas emissions, and lowers energy costs through tax credits. Because of the Administration's razor thin control of the Senate, both Joe Manchin and Kyrsten Sinema were "rewarded" for their crucial votes. Our cynical participants welcomed back the era of earmarks, aka "pork," acknowledging the considerable horse-trading that was public, but better done behind closed doors. We were reminded that lobbyists are well paid to get things done, and that we should always follow the money. Even though aspirations like child tax credits and paid family leave didn't survive in the final iteration of IRA, we agreed that it's better to get something done than end with nothing. The perfect can't be the enemy of the good.

Our next topic involved the court-issued search warrant authorizing removal of top-secret Government records from Mar-a-Lago. The search was part of the DOJ's investigation into possible violations of the Espionage Act and the Presidential Records Act. That latter act states that all presidential files become the property of the National Archives, seemingly making Trump's possession of them, and especially in an unsecured location, illegal. Many were upset that the non-political FBI agents, who were just doing their jobs, received death threats. One loyalist, believing Trump's claims that the search was illegal, tried to breach an FBI field office and ended up dead. We agreed that Trump had no legal right to the documents, noting that he's exploiting the issue to make millions and energize his base.

Next, we discussed the collapse of Sri Lanka (once Ceylon), and were referred to a *Times* article, *Sri Lanka Died in a Western Debt Trap, and Others Will Follow*. Evidently, many other countries (South Africa, Pakistan, Malaysia, Ecuador, Sudan among them) were colonies of colonial powers that stripped them of their natural resources, impoverished them, and then left them with huge debt to finance the building of needed infrastructure improvements. We were incensed, but saw no easy answers.

If you have questions of any sort regarding the News and Views discussion group, or just wish to be put on our email list (not required for participation), please feel welcome to call or email any of us (Mike, Marcia, Bert, or Phil).

## Let's Take a Good Look at Ourselves at this Stage of our Life



**By Milton Paris**  
**Mental Development**

The following questions are designed to stimulate your thinking. In some cases, a yes or no answer will suffice, in others, you will want to expand or qualify your answers. Change, modify, add to, or delete as required. Above all play straight and enjoy getting to know yourself! After you have completed this questionnaire, go back and review your answers. If you are basically happy with your answer, consider it a strength. If you wish you could have answered differently, consider it a weakness. In some cases, it will seem that an answer indicates a definite interest or *potential strength* in an area that is not fully developed. In such cases, also, recognize that some of your weaknesses could very easily become strengths and some of your strengths could be developed to be even stronger. I recommended that you do this exercise in a place where you will not be interrupted.

1. Do I believe in developing myself to my full potential?
2. Do I consistently strive to improve myself?
3. List things I have done in

the past three years to improve myself.

4. Do I have a regular reading program for self-improvement?
5. Do I have a regular reading program for professional improvement?
6. List magazines, journals, and newspapers that I read on a regular basis.
7. Do I consider my education well rounded?
8. Do I have an analytical mind?
9. Do I associate current events with the effect they will have on me, my family, and my business?
10. Do I have hobbies and "outside interests"?
11. List my hobbies and outside interests.
12. Am I generally curious?
13. Do I listen to several points of view before drawing my opinion or conclusion?
14. When I express my views, can I back them up with facts or reasons?

"The person who is too old to learn was probably always too old to learn." Henry S. Haskins

If you have any questions, please feel free to contact Milton.

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

I remember growing up in the fifties in Brooklyn learning about the Civil War. I couldn't understand it. I understood countries fighting each other and having wars but a country fighting itself didn't make sense to me. I understood the major issue was slavery, but growing up in Brooklyn I had no experience of that. In 1861 Lincoln tried to hold the country together, as slave holding states threatened to secede. In 1938 Roosevelt warned against rising fascism and then we all saw what Hitler did in World War II. Now it is seventy-five years later and regrettably now, I am actually understanding more of it. I see the country divided again. Not only is it divided but both sides have much difficulty working with each other with their parties' ide-

**Healing Ourselves Naturally**

ology and view points diametrically opposed. It doesn't matter if you are a Democrat or Republican or whether you believe the election was stolen or not. What matters is we are one country. The **UNITED** States of America! Regrettably, currently we are **NOT** united. We are battling each other on human rights, women's rights, gun control, inflation, climate change, and many many other issues as well.

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

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

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

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# M&M Movie Minutes

By Marcia Milgrom and Marilyn Jaclin

## Ben is Back

There was nothing of interest to us in the movie theaters and *M and M* are still reluctant to be in large public places, so once again, turning to Netflix, we saw that Julia Roberts had the leading role in *Ben is Back*. The subject matter also made our decision to see it. This American drama was written and directed by the talented Peter Hedges. The plot of the story is about a boy who comes home temporarily for Christmas, from a rehab facility, and a mother who is determined to follow him wherever he goes until he goes back to rehab.

Holly Burns (Julia Roberts) is Ben (Lucas Hedges) and Ivy's (Kathryn Newton) mother and wife of second husband Neal (Courtney B. Vance). Holly and Neal also have two much younger children. It is Christmas Eve and we see the family arriving home from church where they see Ben who is unexpectedly home from rehab. The young man tells his mom that his sponsor thought it was a good idea. Holly is happy to see her son but is nervous for hours. She doesn't let him out of her sight, following him everywhere. Ben wants to go shopping to buy presents for the family. At the mall Holly sees Ben's aging doctor and she yells

at him for prescribing pain killers for Ben when he had his snowboarding accident, which ultimately led to his addiction. Ben now sees his childhood friend Spencer (David Zaldívar) who also a drug addict. Ben wants to go to an AA meeting. Seeing Spencer has stirred him up.

Eventually, Holly finds drugs on Ben. He claimed that a girl in AA gave them to him. Holly is furious and takes him to a cemetery asking him where he wants to be buried. In another scene the family arrives home from church only to find their house broken into and their dog Ponce gone. Ben believes it was his fault. He is determined to find Ponce. He and his mother, always by his side, head out and go from house to house. The two of them go to a diner where Ben shares negative experiences with Holly, confessing that he was responsible for his girlfriend Maggie's death. He got her hooked on drugs.

Ben is convinced that someone from his sordid past has the dog.



Arriving at a gas station, Ben leaves Holly and takes the car to meet Clayton (Michael Esper), a local supplier who might have Ponce. Holly walks to Maggie's house where her mother gives Holly a medical kit that revives someone who passes out from drugs. Ben gets his dog back. He drives off to an abandoned shack with Ponce. He writes and posts a note on the car with the family's phone number. After looking for Ben all night Holly gets a call from a man who finds the note. She gets to Ben who is passed out and uses the drug kit to try to revive him.

*M and M* were engrossed in this movie. It is filled with tension. The acting was wonderful and we recommend it if you can handle a movie concerning this topic.

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## Home Trends



By Cheryl Hand

### Regency Re-Sale Market Update

The year is more than half over. Halloween is approaching – my grandsons cannot wait for the Clubhouse decorations to arrive. My family loves this time of year! I find my readers asking about the housing market more than anything, so here is a brief update of the first nine months of our re-sale market in Regency at Monroe.

As of this writing, we have only NINE re-sale homes active for sale. They range from \$599,000 for a Tradition model built in 2008 up to \$779,900 for a Woodmere model built in 2013. There is only one Bayhill Ranch on the market as of this writing, it is being offered at \$749,800.

There are currently ELEVEN homes Under Contract. These homes range from \$649,900 for a Bayhill built in 2008 up to \$889,000 for a Bridleridge with a basement built in 2015. The actual sales prices will be reported when the properties close. This year has brought consistent sales. The prices are up and the days on the market are down. As is typical in years past, the BAYHILL model still reigns supreme. Seems if you try to sell a Bayhill Ranch in the mid-\$600's, your property will be sold quickly!

To date in 2022, we have sold

*(Continued on page 15)*

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# Healing with Yoga Therapy



By Jaya Gupta

Dear neighbors and friends,  
 Continuing "Pharmacy in Our Hands" articles, this month we are learning the seventh mudra called "Apana Mudra," which is the yogic hand gesture to balance the flow of Apana prana. Apana Vayu is the fifth downward moving life energy current of the breath, which balances the downward flow and aids the elimination aspects of biology. It governs the functions of the intestines, bladder, reproductive organs, and colon. Elimination in this context represents removing anything unnecessary from the body. Not only physical elimination like urination, elimination, ejaculation, menstruation, childbirth but also includes thoughts, emotions, intellectual grudges, and other things that weigh us down. These things clog our mind/body and make us anxious or uneasy. Apana is associated with the Root Chakra (tip of tailbone) and the earth element (Prithvi), representing stability, materialization, and feeling secure and grounded.

Apana Mudra is performed by joining the tips of the thumb, middle finger, and ring finger. The thumb represents Fire, vigor and power to transform, the ring finger represents Earth, the stability, and the middle finger represents the Space element. When these elements are combined together, the prana rises and manifests as better circulation, structure, and vitality. This mudra increases the Fire and Earth element, which improves oxygen circulation to the arteries and improves the heart energy.

**Duration and how to do Apana Mudra**  
 • Apana mudra can be done in a chair or during meditation sit-

ting in a comfortable cross-legged pose (Sukhasana), Half Lotus or Full Lotus pose (Padmasana), or Thunderbolt pose (Vajrasana).

- Sit straight, keep the spine elongated and erect. Place the hands on your thighs with palms facing up.
- Prepare with slow and even breathing to clear the mind and relax the body.
- Connect the tip of your ring and middle finger to the tip of the thumb. Keep the index and little (pinkie) finger as straight as possible.
- Practice this mudra with both hands simultaneously and apply gentle pressure, no pinching.
- As you breathe, prolong your exhalation as much as you can while staying relaxed and let go of all the negativity. Don't force the breath, breathe naturally. It may have undesirable effects on heart rate and blood pressure.
- You can also silently chant 'LAM' as you exhale awareness on the Root Chakra. Gently inhale and exhale till the breathing is rhythmic and the mind is relaxed and in meditative state (Dhyana). Performing in a meditative state increases the efficacy of these Mudras. Lam is the seed mantra for the Root Chakra, which is located in the pelvic floor. If mantras are too alienating for you, look at the tip of your nose and close your eyes. You will immediately notice a sensation in the root chakra. Keep your awareness at that point while you practice Apana mudra.
- To conclude your Apana mudra practice, release the fingers and empty your lungs with a gratifying exhale. Stay seated with eyes closed for a minute and bring your hands to your chest and do the Anjali Mudra or Namaste mudra in gratification.
- Perform this mudra for five to 15 minutes three times a day in the beginning and eventually building up to 45 minutes at a stretch every day. One week of daily practice is essential to notice any benefits.

Discontinue use after it has served its purpose.

## Apana Mudra Benefits

1. Reduces anxiety and provides anchoring - facilitates the elimination of thoughts, habits, and addictions that create uneasiness. It normalizes blood pressure and resting heart rate, which calms down the nervous system and reduces anxiety and insomnia.
2. Improves functioning of organs in the pelvic region - maintains the proper functioning of the digestive and intestinal systems. It helps in gastric issues, indigestion, and hyperacidity, and supports healthy bowel movement and the elimination of waste (gross and subtle) from the body.
3. Balances the three doshas - Ayurveda believes that imbalances in the three doshas (body humors) are the root cause of all disorders and diseases. Apana Mudra balances the three doshas and takes us to 'tridoshic' state - a state of balance and harmony.
4. Regulates elimination and digestion - is helpful in relieving gas formation in the intestines. It strengthens the excretory system and enables timely elimination, which is important for a regular bowel movement and good digestive health. Both these factors play a crucial role in the quality of life, immunity, and general wellbeing.

**Precautions** - There are no particular downsides to these hand gestures. You can try them and discontinue if you see no benefits or feel that they are leading to any other issues. They are only effective when used in combination with a healthy diet and lifestyle. They are not a replacement for medicine and ongoing treatments.

Please join us for mat yoga classes every Monday at 11:00 a.m. and for chair yoga classes every Wednesday at 10:30 a.m. in the Clubhouse or Zoom. May these mudras help you to heal whatever is ailing you. Until next month, take care, be well and enjoy. Namaste. Love - Jaya

## Tech Trends

By Don Haback  
**Network Security and Virtual Private Networks (VPNs)**

Most of us spend a lot of time at home with our computers - using the Internet to communicate with our banks, financial and insurance companies, business and personal relationships. We are, naturally, at least concerned (and mostly worried) about the security of those communications! Many of us have already been scammed - losing sleep and lots more. Regular *Tech Trends* readers will hopefully be using most of my security recommendations, including:

- Using a secure browser (rather than Edge or even Google Chrome) - I recommend the AVAST browser.
- Regularly updating your system and ridding it of junk - I recommend using CCleaner.
- Running Antivirus and Antimalware apps on a weekly basis - I

recommend using at least MALWAREBYTES and a local anti-virus app like AVAST ANTI-VIRUS.

- Changing passwords more than once a year and making them complex.
- Keeping written files for your passwords.
- Maintaining your communications subsystem(s) and keeping them up to date.

Some newer recommendations are:

- When on your email site, always mouse over the incoming email name before opening the mail. If the full email address is not familiar to you, don't open it.
- Consider using 'two-factor authentication' when opening your browser. This will send a message to your phone (or another email address) with a Verification code. You simply enter that code into your browser message. This is a 'double check' that it's really

(Continued on page 15)

## Tech Trends

(Continued from page 14)  
you.

OK, but what happens when you're away from home (or office)? Suppose you're at a restaurant, hotel, airport, airplane, ship, or any other location, and you need to get on the Internet. Many of these locations now have their own 'Public Wifi' Internet access systems and will give you the password to their networks. For just one instance, our Clubhouse has its own 'public' network (open to residents and registered visitors). No password is required for this network; your computer will find it automatically. I use public networks occasionally while away from home, but can we trust their security? NOT FULLY! For away-from-home users, there are some 'easy' solutions, and a few less easy ones. The easiest is to use your phone, iPad, or laptop for those occasions. It will not contain all your 'important' files and will be difficult to impossible for a prospective attacker to get into your system. Although this may allow scammers to see your contact information, this is my usual solution. My phone and iPad are decent alternatives if I don't need the large screen. Another easy

solution is to use the phone's 'hotspot' capability to access the Internet. This is easy to set up for both Android and Apple devices. It provides access to your home (or office) network – and puts that network's security into play.

One of the major problems that we ALL face in using the Internet for any purposes, including email, is the fact that our online identities can be easily found by outsiders. Once they're 'captured', a malicious user may be able to get access to our names, addresses, contact information, and other likely information that may include any files on our machines. Although those users may be able to find our basic financial information, just about every bank and financial institution uses multiple methods to prevent those bad operators from being able to make use of it (think about two-factor authentication, special access codes, etc.).

This leaves us with the most difficult (and maybe costly) possible alternative, the VIRTUAL PRIVATE NETWORK (VPN). The concept actually was started by Microsoft engineers about 20 years ago when they were looking for a way to easily send data while maintaining ultimate privacy and security. They crafted a virtual 'tunnel' that could connect between two remote sites and preserve their communications' privacy. Their designs evolved into today's VPNs. There are several different providers, with both free and pay-based ser-

vices. Today's VPNs encrypt all network traffic to and from your device as they funnel that information through an external server. Your home internet protocol (IP) address is hidden from all prying eyes, allowing you to stay incognito. VPNs can even bypass blocked websites and allow you to watch content from other countries.

There are several folks offering 'free' VPN services. I would AVOID THEM. Their basic business plan is to obtain AND SELL your identity information. That's how they make their money. More secure providers (including both Xfinity and Fios) offer services that will charge you a monthly fee (around \$5) for their services. While there are advantages to using a VPN – especially if you're interested in their added privacy – there are several disadvantages (that are not usually apparent). They're typically slower than 'regular' services and may not provide all the security you think you'd be getting. Please think carefully before using a VPN and visit the following website for more details:

<https://www.top10vpn.com/what-is-a-vpn/vpn-disadvantages/>.

I would note that, although several friends and outside family members are using VPN services, they have material in their computers that they REALLY want to keep private. Please think carefully before using a VPN.

## A Blessing and a Curse

By Susan Sloan

United States unemployment is at a five decade low, as in lower than it's been since the days when Watergate referred only to a building. In June almost 400,000 jobs were added, far more than predicted and a clear illustration of the extreme tightness of the labor market. 538,000 more were added in July and August numbers are not out at this writing. But a look beneath the surface of the report and other recent data shows just how hot it really is. "Our private sector has now recovered all of the jobs lost during the pandemic and added jobs on top of that," President Joe Biden said. But while the White House is happy to tout its pandemic rescue package and other recovery policies as key reasons for the historic numbers, high inflation fueled in part by Russia's war in Ukraine has made all those gainfully employed Americans both a blessing and a curse. As more money is earned and spent the result is more inflation.

Economists had foreseen a more moderate increase, which in turn led some on Wall Street to predict less reason for the FED to move as quickly with plans to rise raise interest rates and thus presenting less risk of a hard landing towards a recession. But with this data and a potentially grim report on higher consumer prices, the central bank is no longer considered likely to act when it comes to many more rate hikes. You can pretty much count on rates staying near this high with

possibly still one more rise, but just remember the job market is strong and it's not giving up any growth. The President's recent bill absolving adults with college debt will only help the economy more. More spending, more inflation. No one knows what long term issues it will bring. A blessing and a curse.



Cheryl Hand thought this would be a great way to get into the Halloween spirit. Richie Hand with an eyeball painted on the back of his head for a Halloween party they had several years ago. Sandy Shumsky was the artist.

Photo by Cheryl Hand

## Home Trends

(Continued from page 13)

and closed TWENTY-FIVE homes already. These properties range from \$560,000 for a Bay-hill built in 2004 up to \$1,100,000 for a Bridleridge with all the bells and whistles built in 2012. That's quite a range of price for one community!

In conclusion, the news is certainly positive. Between the closed properties and the under contract homes, we already have at least THIRTY-SIX re-sales in the community this year and it's not over. That is a higher number than in years past. The homes have sold for higher prices and in less time. The market is still brisk, but the prices seem to have stabilized slightly. The mad rush has quieted down, although there is still plenty of activity in our community. Since inventory is still LOW and demand is still HIGH, it is still a good time to sell your home, if you have been considering it.

Enjoy this fall season and make a fool out of yourself for Halloween!

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## Musings of a (Not So) Newcomer to Regency at Monroe

By Bharat Doshi

It was early 2017 and I was 69, time to think about retirement after 43 years of full-time work. Shilpa, my wife, had been working part time for a while and had the flexibility to continue part time work or retire. Of course, many decisions had to be made, the most important being when and where to retire. ‘When’ part was relatively easy. Both of us agreed that 2018 would be an appropriate time. ‘Where’ part was trickier. We had lived in New Jersey from 1974 till 2003 before moving to Maryland, where we still lived in 2017. Over 29 years in New Jersey, we had built many friendships and our son, single, lived in Manhattan. Shilpa’s family members were in New Jersey. During 15 years in Maryland, we had built a smaller but very close-knit group of friends. Our married daughter, with two children at that time, lived in Colorado and hence did not factor in the choice between New Jersey and Maryland. After several weeks of discussion, Shilpa won that battle and New Jersey it would be.

The next choice was even harder. Some of our friends in New Jersey had ‘downsized’ and started living in 55-plus communities. Shilpa envied their lifestyle. I loved the larger variation in the ages of people in our neighborhood and our friends in Maryland. We had neighbors

walking the community streets with children in strollers and some of our friends had teenagers at home. A few friends were older than us. I was not ready to give up the energy the surrounding youth could bring to my life. My preference was to move to New Jersey in a community like what we had in Maryland. Not surprisingly, I lost that battle, too.

Thus ensued several trips from Maryland to active adult communities in New Jersey. After visiting several communities in Monroe Township, Somerset, Holmdel, and Manalapan, we both agreed (for a change!) to get a new house built in Regency at Monroe. Several more trips to the design center and, finally, the closing on May 9, 2018. By July, we emptied the boxes, removed the cardboards from the floor, and got ‘artwork’ displayed where Shilpa wanted to. Thus began the new phase in our life. How do I feel after more than four years at Regency at Monroe? First, I observed a major benefit of not being surrounded by younger people. Suddenly, I was a young 70! Of course, when I saw how active and energetic the elders were, my heart lit up even more. It was not downhill after 70, just another phase with a lot of fun waiting. This enlightenment motivated me to lose 25 pounds in 2019! One ‘thumbs up’ for our move to Regency.

Before Covid hit, we did reconnect with people we knew and strengthened many friendships we had developed during our 29 years in New Jersey. The stronger among them survived over two years of Covid very well. We continue to rebuild other older relationships. However, the biggest bonus was many new friends right here in Regency. We were welcomed by many who lived here when we moved, and we welcomed many that moved after us. We are also lucky to have our dear friends for five decades, Haren and Gita, move to Regency about three years ago. Overall, a second ‘thumbs up’ for our move to Regency.

Over these four plus years, it has not been easy to meet our Maryland friends as often as we would like to. Covid certainly did not help. And some of our younger friends there were not yet empty nesters, making it even harder. No matter the reason, this is not a happy situation. One ‘thumbs down’ for the move. Now that the pandemic seems to have become endemic and our Maryland friends have become empty nesters, we will try to make up for the lost time. Our community in Maryland was

great for walking even though it was not a gated community. However, Regency is truly wonderful for casual walks with some small ‘hills’, several ‘ponds’ with fountains, beautifully landscaped and proudly decorated fronts. And every now and then, children in strollers! Great for all seasons and very valuable during the pandemic. I have taken many photos of both natural and man-made beauty seen during my walks. A collage of several of these photos is on the front page of this issue of the *Reporter*. In the beginning, rows of identical mailboxes jarred my senses. However, over time,

those became photo opportunities. One more ‘thumbs up’.

Last but not the least, activities. After all, that is what the active adult communities are for. There is so much going on formally and informally that it is hard to choose. I joined a few clubs and helped create one. On top of that, our energetic social director and the rest of the HOA staff have brought the local entertainment to a whole new level. All accessible with less than a mile and a half drive or a leisurely walk! A great ‘thumbs up’.

Overall, a wonderful score for our move to Regency at Monroe!

## Neeta Khurana - An Extraordinary Artist

By Barbara Bickel

Neeta Khurana will still be providing an opportunity for us to visit and revisit an extensive display of her artwork at the Monroe Township Library through the month of October. It is a remarkable collection of paintings, collages, and acrylic flow pieces representing her creative artwork. It is a unique expression of her artistic abili-

ties. Sixteen years ago, Neeta and Satya, her husband, moved into Regency. While active in a business career, she enjoyed knitting, crochet, sewing, embroidery, and adding to her skills at culinary arts. Once retired, however, her interests changed and she enrolled in classes at the Monroe Senior Center and the West Windsor Senior Center in water color and collage. At the Princeton Arts Center, teachers helped her learn Acrylic Flow. She has flourished since then, and continues to broaden her skills.

She loves working with vibrant colors and her creations reflect her love of nature and her happiness around it. Her heritage and culture inspires her symbolic work showing Radha Krishna, Buddha, Ganesh, temples and village life in India. All of her work is original and free form creating work that opens up realities that are familiar and also new and fresh to the viewer. Many of the collages have paper that she created in them, and her use of Indian cotton fibers add a balanced harmony between exaggerated perspectives and leaves time for the eye to enjoy the interplay of color and form.

This exciting show is by an artist who has found her way and yet is always looking for new diversions. She is a creative dynamic visionary, who is consistently working and growing. May she have many years ahead to keep her audience enjoying seeing her work!

\*\*Neeta has made a price list of her work, however, ALL proceeds from her sales will be donated to a charity for needy children.



## Pet Corner

By Bea Siegel

### Hey, Who Is Taking Care of Me?

Decisions, decisions...you want to perk up your days a little by bringing a pet into your life. So, do you want a dog or cat, puppy or kitten, how old, male or female, long-haired, or short-haired, what breed, and the list goes on. Wow, who thought it would be this tough, but the most important question is, “who takes responsibility?” First, it’s important that everyone in the household should want the pet you choose, otherwise it isn’t going to work, mainly and especially for a dog. They need a lot of attention and rejection by someone in the household could lead to a behavior problem. It’s one thing to ignore your dog if they’re being very persistent/demanding to you in their behavior. But when they approach you for positive attention; i.e., loving them, playing, feeding, and they’re just so happy to be with you and part of what’s going on, rejection will sadden them, and make them feel insecure.

There are so many factors involved in the thought-process of bringing a canine or feline into your home. Just ask the main question, whose going to clean up the poop, or kitty’s litter-box. Many times its just one person that wants to be the caregiver, and doesn’t care what it takes, but its good to know that when they’re not available, your companion animal will be well-taken care of. There are many responsible, reliable, trustworthy, pet-sitters to choose from, as well as boarding facilities. If you have any questions about this, just contact me and I’ll be happy to help you out. As I write this column, it’s still August and 90 degrees outside...we can only imagine that the fall foliage will be beautiful.

Introducing a new segment to my column, which you are gonna love!

### Animal Idioms

By Robin and Shaina

Punum Hurewitz (her dog)

Why say “Sick as a dog?”

Dogs were considered undesirable animals in seventeenth century Europe. So much so that there were many phrases that referred to them negatively in the literature of the time. Dogs roamed the streets eating scraps, which caused them to vomit - therefore the idiom “SICK AS A DOG.”



Anthony and his wife, Carolyn went from having a 100 and something pound Mastiff (very big dog) before they moved here from Staten Island, to now having a 15 lb. (maybe) French Bulldog Gracie That’s like going from a Ram Truck to an old Volkswagen.

Photo by Bea Siegel





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## Regency's Mayor's Cup Teams Have a Winning Season

As noted by Barry Panson, "We have won seven of the nine Mayor's Cup events. Probably the best year we've ever had."



Mayor's Cup Basketball Team members, from left: Don Muchinsky, Jay Gummic, Jim Florin, Bob Schaffter, Roger Dantoni, and Vinnie Berry.

Photo by Barry Panson

### Mayor's Cup Basketball

By Jim Florin

After an absence of three years due to Covid concerns, Regency participated in the 2022 Mayor's Cup basketball competition on August 16. We are very pleased to report that the Regency "Dream Team" put on quite a show and won by a comfortable margin. Just more evidence that Regency people are winners and straight shooters!



Mayor's Cup Bocce team members. Front row from left: Nat Grisancich, Allan Kahn, Mary Caccamo, Angela Bruno, Captain Carmine Carrara, Kathy Soffer, Kathy Bracco, Sandy Farinola, and John Wakie. Second row from left: Frank Perrelli, Howard Wachs and Phil Bracco. Lenny Mongelli was camera shy. Photo by Captain Carmine Carrara

### The Regency Mayor's Cup Bocce Team

By Carmine Carrara

On Thursday September 1, our Bocce Team went to Thompson Park to play the Mayor's Cup. We were determined to win the Mayor's Cup and practiced hard knowing we had a fighting chance to win it. Despite the sweltering weather our team played diligently and did win the Mayor's Cup. We congratulate our Bocce team for winning the Major's Cup and salute our team members. They are: Nat Grisancich, Allan Kahn, Mary Caccamo, Angela Bruno, Captain Carmine Carrara, Kathy Soffer, Kathy Bracco, Sandy Farinola, John Wakie, Frank Perrelli, Howard Wachs, Phil Bracco, and Lenny Mongelli.

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### The Regency Pickleball Club

By Lisa Citron

What is the number now? As the first Regency Pickleball Club Season comes close to an end, the membership number has climbed to over 221 picklers. The written words this month are few, as a way to emphasize two important October events.

This year, the Regency Pickleball Club is very proud to be involved with "Play for P. I.N.K." On Tuesday, October 11, while participating in Round Robin Play and enjoying a Tuscany Luncheon, the entire Regency Pickleball Community will come together to raise money for breast cancer research. Finally, the Pickleball Club's first season will be celebrated with an "End of Season" dinner. Forms are available in the Clubhouse.

Come "Pickle for P.I.N.K." with us!

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### New Jersey Senior Olympics



By Barry Panson

The New Jersey Senior Olympics were held on September 9 and 10 and hosted by the Township of Woodbridge, NJ. There are 20 major sports events included in the NJSO such as Archery, Track and Field, Softball, Beach Volleyball, Table Tennis, and of course Pickleball, which has become the most popular event in the Olympics. This year's Pickleball event consisted of the following competitions: Men's and Women's Doubles, Men's and Women's Singles, and Mixed Doubles. Two-hundred-fifty-nine players registered for this year's event and a total of 483 games were played.

Regency was well represented this year for the first time. Congratulations to the medal winning Friedman's. Pam won Gold in the Women's Doubles and Pam and Scott won Bronze in the Mixed Dou-

bles. Regency residents who participated in this year's event are Isaac Levy (Doubles and Singles), Maurice Ben'Ous (Doubles and Singles), Eva Nyman (Mixed Doubles), Ira Matlow (Doubles), Alan Schwartz (Doubles and Singles), and Paul Trinkoff (Doubles and Singles).



Winners Pam and Scott Friedman at the New Jersey Senior Olympics.

Photo by Barry Panson

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## More Scenes from the Summer



Final day at the pool.

Photo by Noreen Gummie



Regency's beautiful blue heron enjoying the view!

Photo by Carol Kortmansky

## Kindness Is Free

By Kathy Sisler Soffer

When my mother passed away, many people spoke at her memorial service. This really dignified older gentleman said, "If all you can say about someone is that they were kind, then their life was well lived." Kindness speaks its own language. As Mark Twain said, "Kindness is a language the deaf can hear and the blind can see." Audrey Hepburn said, "For attractive lips, speak words of kindness." Kindness is free. Sprinkle it everywhere and some can't help but be sprinkled back upon you. William Ward said, "A warm smile is the universal language of kindness." To me, practicing kindness, patience, tolerance, honesty, gratitude, and empathy is a big part of being a human being in this world. Every time I perform an act of kindness, part of me heals. The beauty of assisting someone with words or actions speaks volumes about one's character.

When I first met my husband Steve I was living in Hollywood in California. I was recording music at the time. We met and had fun for a couple weeks. Then he flew home to New York City. My drummer broke his hand and so I called Steve and told him I had a month off until my drummer healed. I flew to New York. When I was a child, I had lived in Hempstead, Long Island for a few years so I had seen New York but only through the eyes of a child. The first day, Steve and I took a walk. We were walking by Bloomingdale's and there was a woman sitting on a box selling pencils. She was crying. So I stopped and asked her what was wrong. She was blind, needed to use the restroom and needed someone to help her, but was afraid someone would steal her box and her pencils. I told Steve I was bringing her to the bathroom and Steve stayed with her box and pencils until we returned. I wrote a song about that saying how people walk hurriedly and usually wear a frown. The blind lady was saying, "Won't somebody help me please? I need a helping hand." The people passing by her, they scurried from command of right and soul. Her need was simple. She was blind and wanted aid. Her tears were golden because she knew that she must wait until another heart who heard her call would help her. The people were relieved because

someone had stopped to help, so they kept on walking ignoring nature's way of love. Until the day we stop, we'll never rise above. We need to realize that love is why we're here then carry on. That was my kindness for that day.

In Brooklyn they finally opened a Stop and Shop with a parking lot so you could drive there and park! (Big deal for Brooklyn back then!) There was a man whose job was to make sure no one took the shopping carts away from the parking lot. A Korean grandmother with her granddaughter started walking away to her apartment a couple blocks away when the man saw her and ran to her yelling. She did not understand English and the man took all her groceries put them on the street, grabbed the cart and left her there. The grandmother looked flustered. With gestures, I told her I would help her bring her packages home. Her gratitude was heartfelt and my heart felt the goodness of doing a kindness. Being kind always wins! Anne Frank said, "You can always, always give something even if it only kindness." James Barrie said, "Those who bring sunshine to the lives of others cannot keep it

from themselves."

My son had a house in the mountains of Asheville, North Carolina. I drove down there once to spend a week by myself to relax. The morning of the first day, I tripped on the stair and fell. I broke my wrist. There I was all by myself in the mountains. I called 911 and they came and brought me into town to the hospital by ambulance. After x-rays and setting my wrist in a cast, I ventured to get back to the house. I knew I could take the bus to the shopping center at the base of the mountain so I did that trusting that somehow someone would stop and give me ride the few miles up the mountain to the house. I made a sign that said I needed help. So so many cars passed me by until a young woman who was driving down the hill saw me, made a u-turn and drove me back up to the house. Her kindness that day added to my understanding that there is good in people's hearts.

Aesop said, "No act of kindness no matter how small is ever wasted."

Kindness - What a beautiful way to tell people there is love in this world.

## August Meeting of the School Board

By Doug Poye

During its August meeting, the Monroe Township Board of Education's agenda had several interesting items: a proposed change in its policy dealing with the public comment sessions, a change in its calendar to provide for the Diwali holiday, the resignation of its Business Administrator, and energy efficient upgrades to four of its six elementary schools.

Policy 0167 deals with guidelines for public comment during the Board's meetings. Over the past several years, past Boards had approved expanding the amount of time allowed for each member of the public to offer comment or ask questions. Most recently, residents were allowed four minutes with a "stop the clock" provision, which would occur whenever responses from the Board were occurring. It was not unusual for an individual to be at the podium for 20 or more minutes as a question-and-answer or debate evolved. Public

sessions were often lasting an hour or more and there are two such sessions within each regular monthly meeting. In an effort to curtail these sessions, the policy change proposed the removal of the "stop the clock" provision. Needless to say, several members of the public expressed concern over this change and felt that Board is attempting to limit public input. Final approval of the change was voted on during the September 21 meeting.

This year the Hindu festival Diwali will occur on October 24. The holiday is often associated with the triumph of light over darkness. Starting with this year, the Board made October 24 a day off for students, but the staff will be doing an in-service day. Any staff belonging to the Hindu religion will be allowed to take a personal day to observe the holiday with their families. The district has thousands of Indian American students, many of whom are of the Hindu faith.

The suspension of Business

## Candidates for the School Board

Submitted by Doug Poye

This November, or earlier if you vote by mail, you have the opportunity to help decide who among six candidates should have seats on the Monroe Township Board of Education for the next three years. The current incumbents, Michele Arminio, Ken Chiarella, and Adi Nikitinsky, have chosen not to run for another term thus leaving three open seats. As a possible aid to making your decision you are encouraged to read the following statements (limited to 150 words) from the candidates.

**Linda M. Bozowski:** As a Monroe school system-educated resident of Rossmoor, I am pleased to seek a seat on our Board of Education. Among my highest priorities are: **School Facilities Construction and Expansion** - our lack of adequate school space is our most urgent problem. We must approve the referendum scheduled for next spring. Our facilities need to support our educational objectives. **Continued Financial Stability** - continued financial stability ranks high on the priorities list. We must advocate for increased state aid and alternative funding methodologies. **Equitable and Comprehensive Education for All** - advanced, special needs, and all of the students in between deserve our attention. We must support our educators so we can continue to attract and retain strong professional staff. **Active Community Involvement** - finally, we must actively support community engagement and participation. It is the responsibility of all members of the community to help provide sound educational opportunities for our students.

**Anne Cugini:** I have lived in Monroe for 13 years. I am married with two daughters that are entering MTHS and the other MTMS. I am a certified PE teacher, who subbed in Monroe Township for several years, including a leave replacement at Barclay Brook. I've taught in East Brunswick. Currently, I am working at St. Ambrose School.

I was an active member of the Mill Lake/Woodland PTO. I was involved with countless events, willing to take on any required role, including chaperoning school trips. I want what is best for our children and will always advocate for them. I believe in the value of education and recognize that education is different for everyone. My goal is to support the students and faculty to give them the best path to success inside and outside the classroom. I am committed to improving our school district and community. Knowing what our community desires and providing the best and most fiscally responsible solutions are essential.

**Gail DiPane:** I moved to Rossmoor four years ago from North Brunswick where I was a member of the Board of Education for 18 years. A few of my priorities are: **School facilities upgrades** - a referendum is being put forth in the spring. In order to meet our educational goals and objectives it is necessary that the referendum be passed. **State Funding for districts needs to be revised** - funding for your schools comes [from] local property taxes, aid from the State of New Jersey, and aid from the federal government. The funding process in New Jersey needs to be revised so districts like Monroe Township receive the adequate funding they deserve. **Educational Opportunities for all** - we must promote educational opportunities for all students- special needs, those in the middle and the advanced. We have to support our educators. They are the managers of the world's greatest resource: **CHILDREN!**

**Adam Elias:** Why run for the Monroe Township Board of Education? Three reasons: Addison, Alina, and Adam, Jr. These three children are the future of Monroe, and it is my duty as their father and a member of this community to make sure they receive the best education that a school district in this State has to offer. Monroe has seen a 24% increase in population over the past decade alone and will continue to grow well after my youngest child graduates with the Class of 2040. The Board needs members who are focused, committed, and invested in the success of our students today AND tomorrow. As a blessed parent of three young children, a local business owner, and a proud son of parents retired in one of Monroe's adult communities, I am completely invested in the success of our school district, and I hope you invest in me on Election Day!

**Peter Tufano:** I am a small business owner in Monroe and love our community. I have always supported the Board's hard work. While on the Board I served for two years as the Chair of Buildings Grounds and Transportation (BGT). I know the needs of the district and I am committed to working collaboratively with the Superintendent and Board to move our district forward. My motivation to run for a seat on the Board of

(Continued on page 19)

(Continued on page 19)

## Every Vote Counts – Register and Vote

By Linda Bozowski, LWV, Monroe Township)

While the upcoming November 8 election does not include presidents or senators on the ballot, voters are urged to cast their votes for members of Congress, local candidates, and future members of Boards of Education. Voter turnout is traditionally low for mid-term elections, but these voting opportunities are important in our communities.

We, as seniors, may have an opportunity to encourage our children, grandchildren and other younger members of our families to exercise their voting privileges. Citizens may register after they have attained the age of 17 and are eligible to vote after they have reached the age of 18 years. There are a number of other requirements, but New Jersey has made voter registration a pretty straightforward step.

Registration can be done in person, by mail, or online. To be eligible to vote in the November 8 election, registration must be completed by October 18, which is 21 days before the election. Registration can also be done when a potential voter obtains a driver's license if all requirements have been met.

Visit the Middlesex County

## Candidates for School Board

(Continued from page 18)

Education is for the kids and education in Monroe. ITS TIME TO PUT OUR KIDS FIRST and focus on education! Please Vote Peter Tufano for Monroe BOE

**Carmen Alvarez:** My name is Carmen Alvarez and I have lived in Monroe Township for seven years. I have five children that attend/attended our public schools. I was born and raised in Elizabeth, New Jersey. I work as a bilingual School Social Worker for Elizabeth Public Schools. I will begin my twenty-third year of employment this fall. I received my BA in Psychology from RU, my master's in Social Work from NYU, and I obtained a second master's in Educational Administration from Kean University. If elected to the BOE, I hope to assist with the implementation of universal preschool, which is forthcoming. I work for a school district that has offered universal preschool for over 20 years and my experience will be beneficial. Additionally, I wish to provide a FULL day kindergarten when this funding is distributed.

*The League of Women Voters hosted a Candidates' Night on September 20. If there were any further points made by the candidates, I will attempt to provide such in the next edition.*

Board of Elections website for more information and a downloadable paper form. And please mark November 8 on your calendar as well and exercise your voting privileges.

## The Monroe Township Chorus Presents "On Broadway"

The Monroe Township Chorus will perform a selection of well known songs from the Broadway stage under the direction of Founder and Director Sheila Werfel and Music Director David Schlossberg. Mark your calendar for a most enjoyable afternoon that will spur your memories with the music we have all come to love. The concert will take place on November 20, at the Richard P. Marasco Performing Arts Center in the Monroe Township Middle School, 1629 Perrineville Road, Monroe Township. The doors will open at 1:30 p.m. and the concert will begin at 2:00 p.m. with a performance not to be missed. Admission is \$5.00 per adult at the door and children through high school age are free.

Join us for some Broadway Magic. For additional information contact Sheila Werfel, Director at 609 619-3229.

## Bocce Ball and Shuffleboard Schedules

### Bocce Ball

Mondays 5 p.m. · Tuesdays 10:30 a.m.  
Wednesdays 5 p.m.

Contact Carmine Carrara 732-656-3134  
Or just stop by the courts

### Shuffleboard

Tuesday, Wednesday, Thursday, Saturday, Sunday  
10:30 a.m.

Contact George Steinberg 732-605-9526

## Ladies Ping Pong

Fridays 3 - 4 p.m.

Clubhouse Fitness Room

contact Cathy at

cunningham08831@gmail.com

## CLASSIFIED ADVERTISING

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

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**PAINT KING NJ** – Concordia Resident. Fast service. Experienced. Ceiling & Wall specialist. NJ LIC 13HV10937500. Call (609) 598-2221.

### Help & Health Services

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

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**BOB'S RIDES FOR CASH** – Local, airports, medical appointments, hair salons, NYC., cruises. Call Bob at (609) 819-1240. Concordia resident.

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

**RELIABLE AND DEPENDABLE** Airport Rides. Please call Gregg Dreyer anytime at (908) 447-0998.

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or **8535**  
**pescmd@aol.com**

## CLASSIFIED Ad COUPON

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10 words in three publications = \$14 x 3 = \$42.

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Clearbrook Courier  Concordian

Encore Speaks  GW Voice

Regency Reporter

Renaissance Reflections

The Rossmoor News

Check here for all seven

All ads must be mailed with payment.

No classifieds accepted by phone or email.

Note: Phone numbers count as one word. Do not count punctuation. Do not abbreviate. State category/heading, i.e., "For Rent", "For Sale", "Help Wanted." No charge for the heading. One check or money order must accompany insert, PAYABLE TO PRINCETON EDITORIAL SERVICES

## League of Women Voters Offers Township Historical Facts

By Linda Bozowski

The League of Women Voter of Monroe Township is pleased to offer a presentation by Township Historian John Katerba at its meeting on October 24. Katerba, a life-long resident, served as Chairperson of the Township Historical Preservation Committee and has authored several books outlining much of Monroe's history.

The presentation will be held at the Public Library at 7 p.m. The meeting is open to the public, and League membership is not a requirement to attend. Please join us and learn a bit more about our community.

## School Board

(Continued from page 18)

\$4,417,180. Of that amount PSE&G will be paying \$3,179,355 (72%) of those costs under its Energy Saver Program. Monroe's portion of the costs will be paid to PSE&G over five years with a monthly increase to its electric bill of \$20,630 interest free. The upgrades will result in an estimated monthly savings of \$8727 in its current electricity costs.

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

## Regency Reporter Delivery Procedures

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

If you live anywhere else in Regency

please call Linda Strauss, 732-656-0140.

Do not call the concierge at the Clubhouse.

Do not call or email Barbara Bickel.

Do not call or email Nina Wolff.

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

Call Linda Strauss for other Regency delivery issues:

732-656-0140.

Linda and Lou handle all Reporter delivery issues.

## Regency Recycling Rules

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

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

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

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

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



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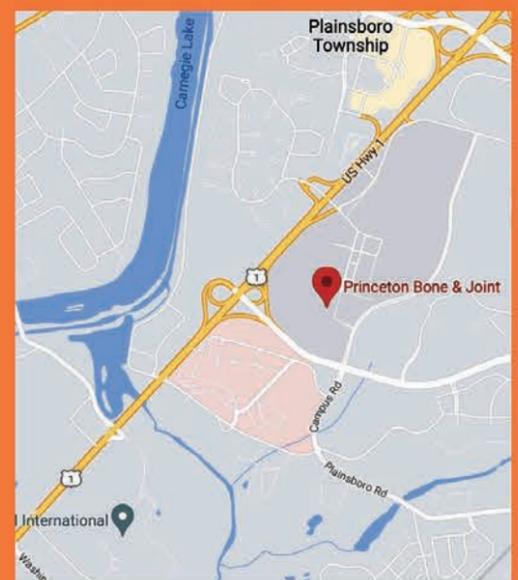
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