

REGENCY REPORTER

Vol. 18, No. 10, OCTOBER 2021 - PUBLISHED MONTHLY FOR THE RESIDENTS OF REGENCY



Rafting group before the trip. From Left: Rajan Shah, Asha Shah, Diptika Patel, Hema Zala, Dinesh Patel, Sadhana Shah, Shahnaz Ali, Abdullah Ali, Sumita Shah, Smita Kadakia, Gita Master, Shilpa Doshi, Bharat Shah and Bharat Doshi.

Photo by Haren Master



Enjoying the HOA's Hoe Down on September 3 are from left: Barry Citron, Bruce Nyman, Neal Wendel, Shep Astel, Alan Herman, Craig Jarvis, Rob Nisenson, Richie Singer, Karen Wurman, Alan Wurman, Jay Gummic, Jackie Dwan, Camille Astel, Wendy Wendel, Rick Chusid, Eva Nyman, Marci Singer, Mark Reiner, Noreen Gummic, Gail Herman, Shari Reiner, Risa Jarvis, Stacy Chusid, Shari Nisenson, and Lisa Citron.

Photo submitted by Karen Wurman



From left Elaine Hudson, Judy Azoulai and Barbara Cholewa celebrate their First Place win in the ladies only category at the Nine and Dine at Concordia on August 19.

Photo submitted by Judy Azoulai



Pam and Scott Friedman were medal winners at the New Jersey Senior Pickleball Olympics.

Photo by Barry Panson



Flight "A" club champion Jack Pattipaglia and PGA pro Jason Pulsinelli



Don Cooper, Rutgers Golf Course, August 8, Hole 3, 7 iron

Photo by Jason Pulsinelli



Jeff Brisman Hole in One, #7, August 29, 6 hybrid, White Tees, 125 yards.

Photo by Jason Pulsinelli



Cheryl Hand shared this delightful picture of her grandson Quinn, then 2 years old, as part of the 2020 Halloween display in front of the Clubhouse. Read Cheryl's article on page 18 to see what other delights await young children at Regency.

Photo by Cheryl Hand



From The Entertainment Committee

By Art Cooper

Well here we are in October and unfortunately September wasn't what we all expected. With the resurgence of Covid many of our activities were curtailed and some restrictions put back in place to minimize the impact on our residents. As we approach the end of the year I hope that, once more, these guidelines can be lifted and we can move ahead with life at Regency. The performances in

the Clubhouse require masks be worn at all times. Seating will be distanced so that there is more room between seats and more room between the rows.

Our October schedule includes a Coffeehouse performance by David Aaron on Sunday, October 17. David is an accomplished clarinetist bringing a swing-style show to Regency. On Saturday, October 2 we bring back to Regency The Sharpe Family. Ron Sharpe and Barbra Russell have been here several times over the 17 years I have lived at Regency and their shows are always

entertaining. This time they are bringing the whole family, all of whom are very talented. Looking forward to November we have two great performances scheduled. The November Coffeehouse is on Sunday, November 13 and features Sundog Country. They are an established New Jersey band with the experience, talent, and unique ability to cover many genres of music including classic rock, Motown, the 80's, country, country rock, and southern rock. They will get you up and dancing. Our last stage show of the year is on Saturday, November 6 when we bring back Neil Berg. Neil has performed at Regency many times over the years. He brings with him some of the best Broadway talent to present the songs we love. This show is *50 Years of Rock and Roll Part II*. Neil gives us a history of the period and of the songs being performed. The very talented singers then bring the music to life. Tickets for this show and the Coffeehouse will go on sale shortly.

The committee has now started working on the performances for 2022 and have already contracted some great performers. If you have any thoughts of what you would like to see at Regency, either for a Coffeehouse or stage show, please email the information to Kori Little, our Lifestyle Director. **The Entertainment Committee brings you the shows you want to see.**

Entertainment Review

By Shelly Senack



On Saturday, August 14 Regency was excited to have a Beach Boys Tribute.

We had two shows so no resident who wanted to attend would be shut out. For an hour and a half they entertained us and had the crowd up singing and dancing. We are planning more entertainment and look forward to seeing everyone again!

Regency Entertainment Schedule

- October 2 - Performance by The Sharpe Family Singers
- November 6 - Performance by Neil Berg - Rock and Roll Part 2
- December 19 - Grandkids Day

Regency Coffeehouse Schedule

- Sunday, October 17 David Aaron Orchestra - Dixieland
- Sunday, November 21 Chris Anthony - Magician/Mentalist
- Sunday, December 12 Richard Dowling - Pianist



The Coffee House Event on August 22 was delightful. Arnie Abrams sang and played the piano. Coffee, tea and wine were supplied. We sat at tables for two or four depending on how you made your reservation. We were all masked during the performance except when eating.

Photo by Sandy Newman



Still Surfin', the Beach Boys cover band entertained at two performances at the Clubhouse, the musicians are, from left: Randell Kirsch, Matthew Grose, Matthew Miller on drums, Cal Everett, and Rob Isele.

Photo by Steve Wandy



Members of the Entertainment Committee, Carol Chodos (left) and Linda Mail at the Still Surfin' Concert.

Photo by Stephanie Harmon



Three good friends at the Hoe Down, from left: Linda Mail, Carol Chodos, and Carol Kortmansky. Nina Wolff was camera shy.

Photo submitted by Linda Mail

REGENCY REPORTER

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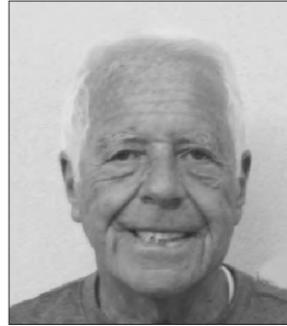
A Note from the Board of Trustees

By Steve Farron

Dear Regency Homeowner,
It is now September and we thought Regency was getting back to normal. But what does that really mean? Will things ever be normal again? What we have seen over the past eight months would seem to constitute not only a new normal but a new environment throughout our Regency community. The Board and Management are even more cognizant of our community in an effort to protect the health and safety of all residents. That is why we still continue our efforts to maintain a balance of our indoor and outdoor amenities. Our no guest policies have worked and we will continue to monitor all aspects of the community. Our resident's safety is our first priority and we are guided by our Governor's regulations in concert with our attorney.

The most important duty of the Board is its fiduciary responsibility. The Board's responsibilities include the

development and approval of the annual budget. This process begins this month and will be presented to the community in November. We are also in the process of updating our reserve study, which projects our annual capital needs over a number of years. An update to our By-laws is being completed and will be presented to the community for review and to be voted upon by our homeowners. Looking toward the end of this year a number of projects are scheduled, which include street repaving, enhancement of our entrance feature, and an upgrade of our pickleball courts as appropriate. As we proceed, we will keep you abreast of every decision we make and ask for your input. This has been done with increased public meetings, which have been done virtually and have been very successful. Negotiations continue with Toll regarding sections 7 to 10 to fix all the deficiencies our engineer has noted. This has been a difficult task, but is improving.



On a much more serious note, the incidence of homeowners who are not abiding by our traffic rules continues. Speeding and not paying attention to stop signs endanger all of us. I would be remiss if I didn't recognize our management team, Stephanie, Jennifer, Kirsten, Kori, Laurie, our new edition Lisa, who joined us while Jennifer is on maternity leave and our maintenance staff for the great job they do every day. We are all part of a great community and thank all homeowners who commit their time to our various clubs and committees.

My best wishes for a continued healthy 2021.

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Play for P.I.N.K. Bows

By Jason Pulsinelli

Play for P.I.N.K. bows will be sold starting Wednesday, September 22 during the Play for P.I.N.K. Golf Event. October is Breast Cancer Awareness month and the bows look pretty around the community. The Bows cost \$10 and can be paid by cash or check made out to Play for PINK. We will be selling bows multiple times and they can be purchased in the lobby of the Clubhouse. The bows will be able to stay on your mailbox throughout the month of October. As a reminder, Play for P.I.N.K. is dedicated to giving people with breast cancer longer lives and better outcomes, donating 100% of funds raised to breast cancer research. Contact Jason Pulsinelli at the Golf Pro Shop or Kori Little in the Clubhouse if you need help getting a BOW.

HOA 2021 Public Board Meeting Schedule

All Public Meetings are held in the Clubhouse Ballroom unless otherwise noted
Wed., October 20, 2021
6:30 p.m. – Public Board Meeting in Ballroom –
BUDGET PRESENTATION
Wed., November 17, 2021
6:30 p.m. – Budget Presentation if not previously approved in October Public Board Meeting in Ballroom
SUBJECT TO ADDITIONS AND DELETIONS



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Up Close and Personal

By Barbara Bickel (**)



October Birthdays

- 1 – Frances D’Ambrosio/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/Harriett Zivin
- 7 – Paul Guilinello/Jean Hromin/Maxine Taskowitz
- 8 - Ellen Artz/ Etti Borenstein/Philip Harris/Jerome Meyers
- 9 – Yu-Ling Chu/David Codner/Betty Feifer
- 10 – Jean Amato/Allen Burke/June Cardinali/Bert Saum/Dick Witlin
- 11 – Harry Drum/Kieve Kortmansky/ Rhonda Weiss
- 12 – Rosemary Albano/Beverly Berkowitz/Debbie Etter/Linda Katz/Sharon Klausman
- 13 – Paulette Bogdanoff/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 – Allan Gralitzer/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 – Judy Barcellona/Evelyn Cantor/Barbara Lerman/Marlene Price
- 26 – Giacomo Turano
- 27 – Sue Ferber/Richard Phelan
- 28 – David Arzt/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/Jerome & Nora Scott

- 4 – Robert & Miriam Jacobs
- 5 – Allan & Elyse Gralitzer/Joel & Sharon Klausman
- 6 – Michael & Sharon Demato/Allessandro & 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 Lebwohl/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)

LINDA M. BOZOWSKI FOR MONROE BOARD OF EDUCATION



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Linda B for BOE

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BACKGROUND

- * Educated in Monroe schools, Rutgers, BS Accounting
- * 36 years in healthcare finance
- * Active with Rossmoor News, Music Association

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- October 26 --Deadline to apply for a vote by mail ballot**
- November 2 --Election Day**

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Regency Men's Club

By Steve Rich

Here is the news from the Men's Club. Summer is gone and fall is upon us. In my September article, there was more positive news with respect to our planned events, but that has all changed with a new strain of virus that is impacting the pandemic in a negative direction. In addition to this, we are starting off with some very upsetting news. Allan Summers, who has been a member of the Men's Club for nine years, passed away at the end of August. During these nine years he became an active member of our Enter-

tainment Committee and subsequent to that became a Board Member when he took the position of Treasurer. Allan was also always available for legal advice since he was a retired attorney. He was a very dear friend to all of us and our deepest condolences to his wife Myra, his wife of over 50 years. We will remember him always.

The latter part of August and early September brought us back to the pandemic in full swing again causing a cancellation of Clubhouse events, which included our monthly meetings. Planned trips outside of our



community were cancelled as well. They included Monmouth Park, the Sterling Hill Mining Museum, the Bronx Zoo, the Mini Golf outing, the Thomas Edison Museum, and the Stress Factory. Looking ahead to better times and staying well with a return to a normalized life in coming months and 2022, we want to focus on new and interesting events and a continuing growth of our membership. If you are not already a member of the Men's Club and wish to join, please fill out an application, which is available in the Clubhouse and include an annual dues check of \$30 made payable to the Regency Men's Club and placed in the under mailbox of Treasurer Steve Tenzer (9 Masters). For questions please contact Steve Rich or Sheldon Piekny. Their numbers can be found in the 2020 Regency Directory and the Directory on Ron Post's email. There is a link to Ron's directory in each issue of the *Reporter*

The Wine Club

By Sheldon Opperman

Do You Know? Fun Facts About Wine

Hippocrates, who's known as the father of western medicine, recommended wine as a treatment for many ailments, including diarrhea, lethargy, and labor pains. He's my favorite doctor.

Although the effects of wine on the heart are still being researched, studies show that the antioxidants in wine can help prevent coronary artery disease and increase high-density lipoproteins (the 'good' kind of cholesterol). It also may lower your risk of having a stroke.

During medieval times when poisoning wasn't uncommon, when the glasses (or silver goblets) **clinked together** a little wine would fall from one glass into the other and vice versa. This meant both drinkers knew the other wasn't trying to poison them.

Thomas Jefferson may be responsible for the California wine boom. After being sent to France, Jefferson brought vine cuttings back to the United States.

The most widely planted variety in the world is Cabernet Sauvignon, closely followed by Merlot, Airén (a Spanish sherry grape), Tempranillo, and Chardonnay.

The majority of wine isn't made to be aged. Experts Jancis Robinson and Kevin Zraly both say that only around ten percent of bottles benefit from aging. Most should be enjoyed within five years.

The infamous 'Judgment of Paris' of 1976 is an event worth



knowing. Californian wines beat out French bottles in a blind tasting, creating controversy and validating American wine on the world stage.

Cheers!

Fruits of Our Lives (Not the Pits)



By Christina Barone

A Special Note to All Newcomers to Our Community

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

me at cbarone@aol.com with a reference in the subject box "Regency News" by the first of the month and magically it will appear in our community publication. If you choose to e-mail me, please indicate Regency News in the subject area. That's all folks. See you next month with the FRUITS OF OUR LIVES, (not the pits).

Condolence

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

Thank You Notes



I, along with Linda, want to express our thanks for the outpouring of support after my mother passed away. It is a wonderful feeling to have so many people care enough to wish us well and offer their support. Regency truly is a wonderful place to live. Thank you from the bottom of my heart.

Marty Kamins

To all of my wonderful friends at the Regency,

I want to thank you all from the bottom of my heart for the overwhelming love and support I have received in the past weeks since losing my husband, Nicholas. Your cards, letters, calls, and well wishes have made this difficult time a bit easier, and have helped me to keep moving forward. I am so

very lucky and thankful to have you all in my life.

**With love,
Elissa Chiaia**

A simple thank you is not enough to express my gratitude for all your love and support after my recent surgery. The outpouring of friendship and love was overwhelming. Your calls, visits, candy, and meals helped to make a difficult situation easier. Lenny and I constantly say that moving to Regency was the best decision we made. You proved us right. Your friendship means so much to us. You have become our extended family. Words cannot express how I feel.

**Thank you again,
Toby Rudolph**

Singles Mingle

By Karen Calder

October promises to be a very busy month for Regency Singles. Our first activity is a Tea and Ice Cream scheduled for October 4 at Noon. Regency Singles will be heading out to Walnford in Upper Freehold. The afternoon will start with a tour of the Waln Family home to be followed by a Tea with treats prepared using recipes from the eighteenth, nineteenth, and early twentieth centuries. After Tea the Singles will head to TK's Ice Cream for dessert before heading home. Our October monthly meeting will be held on Wednesday, October 6 at 7 p.m. in the Clubhouse ball-

room 2. The room will be set up for a game night with card tables and larger tables for poker or other group games. Come on out and bring your games, your good spirit, and join a fun night with the Regency Singles.

We will end the month with a dinner in Princeton followed by a 90 minute Ghost Tour scheduled for Saturday, October 30 at 7 p.m. The tour will focus on the pulsing and paranormal activity at Princeton University. Ghost hunting equipment will be supplied as the tour uses science and technology to track down unsettled spirits and prove they are the real deal. Based on the legends and lure of Prince-

ton past, the group will explore the shadowy passageways and dark corners of the campus, its surrounding neighborhood, and beyond the locked gate of one of America's most prestigious cemeteries. Each walker will be trained by Ghost Hunter Guides to use EMF Meters, dowsing rods, therma-meters, and a Psyleron Lamp. Historians will also lead the group to the grave-stones of Grover Cleveland, Aaron Burr Jr., and Paul Tulane to name a few notables. If you have not already signed up for this fun filled spooky night please contact Elaine Cress.

Happy Halloween!

The Regency Singles Schedule

- October 4 - Tea at Historic Walnford
- October 6 - Game night at the Clubhouse
- October 30 - Princeton Walking Ghost Tour

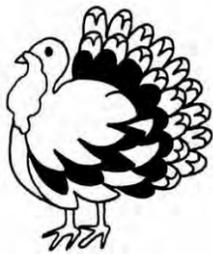
Let's Talk Turkey 2021

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 to make a minimum donation of \$10.00 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 17 years that we have been col-

lecting Ten for Turkeys is much appreciated. Your support is urgently needed once again. Help make a difference in the lives of our township neighbors in need.

Please make your checks payable to the Regency Culture Club and leave them in the mailbox of 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), or Sandy and Larry Cains (94 Kings Mill). For more information contact Milton Paris. His number can be found in the 2020 Regency Directory and the Directory on Ron Post's email. There is a link to Ron's directory in each issue of the *Reporter*

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The Zukerberg Yiddish Club

By Lorraine Zimmerman

The date was Sunday, August 15, 2021. The weather outside was a beautiful 80 degrees. In the past, people would congregate in the lobby beforehand to “schmooze” with their neighbors. However, people, as they arrived, were checked in and directed to their seats. Because of an up tick in Covid cases around the country, Regency had new guidelines in place to keep us safe. Masks were required indoors, unless residents were at their seats and eating. There were no 50/50 raffles sold. Upon each table was an elaborate buffet catered by Tuscany. There were bagels, lox, egg salad, tuna salad, tomatoes, onions, and butter and cream cheese. The ballroom was full. There were 141 people in attendance!

Richard greeted everyone and thanked our community manager, Stephanie Harmon, and our lifestyle director, Kori Little, for their hard work and commitment to this community. They worked hard to make this event happen! He then called on Steve Farron to tell a little joke in Yiddish. Richard’s wife, Hedda, was called on to speak. Hedda told us about Irving Berlin, who was born Israel Beilin in 1902 and was largely responsible for Jewish Broadway. During his sixty year career, he wrote over 1,500 songs, including *Alexander’s Ragtime Band*. Then Hedda called on Marty Feldman to tell a joke in Yiddish, stopping after each line, to translate, as he had always done in the past.

Richard then introduced the featured entertainment group, Zep Productions, a husband and wife group and three additional entertainers. Through their narration and performance, they were able to portray the history of the American musical theater, which included the Jewish lyricists and composers of the late nineteenth and twentieth century. The group sang songs by Irving Berlin, George Gershwin, Rogers and Hart and Leonard Bernstein. They ended their performance with *Tradition* and *L’Chaim*, both songs from *Fiddler on the Roof*.

Thank you, Richard and Hedda, for all your hard work. It was a most enjoyable day!

Yiddish Club Event

2021 Scheduled
Yiddish Club Events
November 21
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The Regency Book Club

By Nina Wolff

Led by a trio of moderators, the 25 or so ladies who attended the Regency Book Club on September 14 were treated to a wonderful discussion of Alka Joshi's debut historical novel *The Henna Artist*. Shilpa Doshi, Gita Master, and Pushpa Agrawal took turns asking questions that allowed the discussion to flow and at the same time gave us a lesson on the history of the Caste system in India, as well as the Henna culture, which is still vibrant today. Set in 1950's Jaipur, India after Independence we learn that some things have changed and some have not. As Pushpa told us, the rich were the rich under the British, so they were not particularly affected by Independence; they were still rich. The under classes, however, now found that avenues were opening to them in the realm of education and upward mobility.

It is in this time of change that we meet Lakshmi Shastri, who several years earlier had escaped from her abusive husband Hari. She brings with her on her journey to freedom a wealth of knowledge that she learned from Maa, her mother-in-law, who was a healer. Lakshmi knows and understands what plants and herbs can do to heal, prevent a pregnancy, as well as end one. She works with prostitutes and hones her skills. She also learns the art of applying Henna, which she dreams will eventually be her real road to independence. Along the way, she meets Samir Singh, a wealthy man who frequents the houses of prostitution. She begins to sell him abortive sachets, he pays her well, and they form a symbiotic relationship. She can come to him when she needs money or help, and he can come to her when he needs sachets or help.

As time goes on, Lakshmi finds herself to be the darling of the wealthy women of Jaipur, who have a seemingly bottomless desire for Henna to be applied to various parts of the

body - for decoration, as a cooling agent in the hot weather, and to increase either their husband's desire or their own. While living in a boarding house, and with the assistance of her young male servant Malik, Lakshmi is saving all she can to build her own house so that her parents can finally be proud of her. It is as this house is nearing completion that Lakshmi is alarmed to find her estranged husband Hari with a young girl, Radha, who just happens to be the younger sister she never knew she had. In that moment, her life changes forever, her sterling reputation begins to tarnish, and her dreams of true independence waver.

We find out that both parents died when Rahda was quite young and she has had to provide for herself. She ekes out her lonely existence in the school-teacher's house as her father had been the village teacher, staying away from those who taunt her, all the while reading all the classics she can lay her hands on, as the house is full of books. She has never really known love. When Hari brings her to Lakshmi she is bold and defiant. She wants the glamorous life she read about in books, she wants to have fun, she wants to go to the movies, what she does not want is what she gets - an older sister, who she feels deserted her and is now telling her what to do, how to act, how to eat and speak, all in an effort to make sure that Rahda does not embarrass her in front of her clientele.

To learn more about the journey that Lakshmi and Rahda must take together and the results of that journey, this writer encourages you to pick up a copy of *The Henna Artist*. You will not be sorry. It is a fabulous book with well-drawn characters, intrigue, humor, sadness, and will introduce you to a vibrant culture that you never knew about. It also happens to be the first book of a trilogy, the second book is *The Secret Keeper of Jaipur*. The third



book is still in the works.

The Regency Book Club will meet next at 4 p.m. on Tuesday, October 12. Location to be determined. We will be reading *The Second Life of Mirielle West* by Amanda Skenandore and we need someone to volunteer to moderate the discussion. Our November selection is *The Personal Librarian* by Marie Benedict (author of *The Other Einstein* and *The Only Woman in the Room*, both of which we read) and Victoria Christopher Murray. We thank Shilpa, Gita, and Pushpa for moderating and Judi Zipkin for sending out reminders. Everyone is welcome even if you have not read the book. Stay well and stay safe!

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



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Encore Une Fois! Regency Ethnic Restaurant Eat Around Club, EREA, Will Return to Sophie's Bistro for a French Dinner

By Marty Feldman

The EREA, is planning to return to a French Bistro for a Prix-Fixe French dinner. This restaurant hosted us about six years ago for a wonderful evening of camaraderie and cuisine as we took over Sophie's Bistro for a Regency EREA dinner. With many of the snowbirds away it's a good chance to meet the other brave souls who stayed behind to risk the cold and to enjoy a great dinner at the same time. The dinner is still in the planning stage; however, the date has been set for Sunday, December 5, 2021. A menu will be chosen with choices for each diner, similar to our previous dinner at Sophie's. The restaurant is licensed however, the wines are reasonably priced, and as I can

attest to, reasonably good quality for the price.

If you are not familiar with the Regency EREA, we are a long running Regency club. Four times a year we go to an ethnic restaurant and there is no obligation on your part, no dues, or club membership fees; you only go to those dinners you're available for and interested in. If you are interested call me to get your name on my email list so that when the details are worked out with the restaurant, I can let you know about them. Marty's phone number can be found in the 2020 Regency Directory and the Directory on Ron Post's email. There is a link to Ron's directory in each issue of the Reporter.

Bon Appetit!



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Dave W welcomed the Regency Car Club to view his incredible collection of Mustangs.

Photo by Steve Schnell

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then have to decide what you are going to do with your new acquisitions. Are you looking for drivers, track cars, barn finds, or maybe you will be looking for the lowest mileage, most original cars available. On a hot Monday evening in July, the club got a private tour of one such collection. On July 12, forty club members met at the private garage of Dave W. Dave's first car was a 1985 Mustang GT, so he started by finding as close a replica to that car as he could. He added other 1980s standouts such as Corvettes, a

Buick Grand National, and an IROC-Z Camaro. Then a friend reminded him that he was a Ford Guy and recommended that he concentrate on Mustangs. And did he ever.

Dave has amassed the finest collection of '1979 to 2021' Mustangs in existence, or least that I have ever seen. I think everyone who attended on the twelfth would share my view. Why Mustangs? Well, Dave's first sports car after he was able to save up all of his money was a 1985 Mustang that he purchased in 1986.

(Continued on page 11)



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The Regency Car Club

(Continued from page 10)

And why 1979 and up? Those were the years of high school and college for Dave with fond memories of these cool cars. Highlights? How about all three SVT Cobra R models: 1993, 1995, and 2000; a 1996 Mystic Cobra with 96 miles on the odometer; a 1986 SVO; a 2003 Mach 1; 1979 and 1994 Indy Pace Cars; 2014 and 2021 GT500s; a 2018 GT350R and so much more. If those aren't rare enough for you, how about the Special Vehicle Engineering (SVE) Cars such as a 1993 Mustang prototype with the quad cam engine used in later years. Or a 1987 GT based Chicane Mustang that is considered by many to be the ultimate Fox-Body Mustang.

Due to Dave's focus on ultra-low mileage cars, most of the cars in his collection never see the streets. He does however, take them all out of the building a few times a year to get them up to operating temperatures and to clean their stable. Needless to say, he had plenty of members volunteering to assist him the next time. While he is known to always be in search of a better version of the cars he has, he also expressed an interest in adding an earlier generation car to add historical perspective to his collection. Dave's latest adventure was selling a collection of cars at Mecum Auction

in Indianapolis this past May. *The Meticulous Mustangs & More Collection* was a NO RESERVE auction of 10 cars he had in his collection. Dave mentioned how it was fun, exciting, and nerve racking all at the same time. He felt that as a collection the cars yielded higher prices than if he were to have sold them individually. The surprise in the collection was a 1991 Ford F150 Truck with 191 miles that sold for an unbelievable \$41,800.

After an hour of dinner, hearing more stories and asking questions attached to the car and the auction, we walked around and were able to look close up at these fabulous Mustangs. I have met a lot of people in my 30 plus years in this hobby and I have to say that Dave is one of the nicest I have come across. Regency Car Club is always in touch with Dave as he operates the New Jersey Cars and Coffee events in Millstone and he always treats our club with special spaces and attention. If you missed the tour this time, I'm sure he would be glad to show you the next time you are at a Cars and Coffee Event.

On behalf of the entire club, we sincerely thank Dave for his hospitality on July 12 and his ongoing support of our Regency Car Club!

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Hadassah Advocacy

(Continued from page 12)

jected to bombings, rocket fire, shootings, stabbings, and kidnappings at the hands of terrorist organizations such as Hamas. Israel has responded with restraint against these terrorists who show no regard for either Palestinian or Israeli lives. Hadassah feels that the United States should show its support for Israel, defending Israel in the international community and making sure that Israel, a great friend to the United States, has the resources needed to defend itself. Israel maintains a supply route to help Palestinians who suffer under Hamas's rule in Gaza, acknowledging that the conflict is not between Israelis and Palestinians but between Israel and terror organizations. Hadassah expresses gratitude for the broad bipartisan support congress has given for the Iron Dome missile offensive, which has saved countless lives. Finally, Hadassah urges support for the Palestinian International Support Prevention Act, which would

help to eliminate the capacity for the financing of terror operations.

Supporting Expanded United States-Israeli Medical Partnerships

Hadassah supports collaboration between the United States and Israel. Medical partnerships between the United States and Israel have benefited both countries for decades, including last year's initiative, which enhanced our ability to detect, treat, and prevent COVID-19. Hadassah supports the United States-Israel Post-Traumatic Stress Disorder Collaborative Research Act, a joint effort to better diagnose and treat patients with post-traumatic stress disorder. One area of mutual interest and research is the impact of childhood trauma into adulthood, looking specifically for biological and DNA changes in people who have suffered early trauma.

Combating Anti-Semitism

Hadassah has urged the president to act to protect Jewish communities in America from hate crimes and verbal or physical abuse. Hadassah feels that the solution to stopping anti-

Semitism from taking hold both now and in future generations is education. Hadassah supports the passage of the Peace and Tolerance in Palestinian Education Act and additional legislation to withhold funding to United Nations Relief and Works Agency (UNRWA) until it eliminates anti-Semitic curriculum from its schools' curriculum.

Women's Health

Hadassah aims to empower women to make critical health decisions in the following areas:

Infertility affects at least twelve percent of women and nine percent of men, and the Hadassah-backed infertility resolution, the Veteran Families Health Services Act, the Veterans Infertility Treatment Act, and the Access to Infertility Treatment and Care Act, address diagnosis, treatment, and cost of infertility treatment. Hadassah believes that access to medical professionals is critical so that women have the guidance and information they need to make good health care decisions, including decisions about reproductive health choices. Hadassah urges representatives to support the Women's Health Protection Act, which would stop state-level bans on access to abortion.

Finally, Hadassah recognizes that COVID-19 may have a different impact on women and men and supports improving research, education, and screening that are necessary for better outcomes. Hadassah urges support of the Ensuring Understanding of COVID-19 to Protect Public Health Act, which includes a 10-year longitudinal study on short and long-term effects of the virus. Hadassah continues to support funding for Long COVID, particularly since women seem to experience more post COVID symptoms, such as post viral fatigue.

If you are interested in being a part of Regency Hadassah's Advocacy Committee, please contact Nancy Greenfield or Breena Steinberg. Their phone numbers can be found in the 2020 Regency Directory and the Directory on Ron Post's email. There is a link to Ron's directory in each issue of the *Reporter*



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Resident Phone Numbers in Articles

While many residents are mentioned in articles as people to "get in touch with," their phone numbers are not. The policy of the *Regency Reporter* is not to print phone numbers in articles. The phone numbers of all Regency residents mentioned in articles can currently be found in these links on Ron Post's email.

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TELEPHONE-DIRECTORY-FINAL-VERSION-LAST NAME-PDF- 090121

Ron will update the list each week as he gets new information and the most updated version will be included in the *Regency Reporter* each month.

If you are new to Regency and are not receiving Ron Post's emails, please email him at rongreta@gmail.com and provide him with your email address.

Thank you,
The Editorial Board



News and Views

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

News and Views, Regency's current events discussion group, is meeting once again on the second and fourth Monday of each month at 7:30 p.m. in Ballroom 2 of the Clubhouse. Our meetings in October will be on October 11 and 25. We welcome new participants. Until further notice, both vaccinated and unvaccinated residents must mask in the Clubhouse at all times.

The first August meeting of News and Views took place on August 10, with Phil Sloan at the helm. Most of the discussion revolved around what the new normal might look like. Among the issues raised: How are people going to travel? Will employment have more or fewer opportunities? What will drive career decisions? What will cities look like? Will corporations get more involved politically? Will people return to offices full time? Several of the attendees thought we were going back to whatever was normal before, which was surprising. Other questions discussed: Are we a Capitalistic country or is it just a slogan? Are we really Socialist? What are we going to do about China? What

are the ramifications?

Thanks to Linda Busch for scribing the second meeting, which Bert Busch opened by reporting on that day's *Slate* article: Retired Admiral Mike Mullin, top US military officer under Bush 43 and Obama, supported nation building in Afghanistan (AFG). He now admits that we should have pulled out of AFG a decade ago, after Osama bin Laden was killed. Mullin had recommended a troop surge of 40,000 and VP Biden wanted only 10,000, and those only to train the AFG Army and to fight terrorists along the AFG-PAK border. Mullin acknowledged that the US had underestimated the impact on the war effort of corruption in the AFG government and the significance of our presence in AFG. One *News & Views* member felt both Donald Rumsfeld under Bush 43 and Trump were wrong to keep sending troops. Mike Brown had problems with leaders' criticisms now. What about their past stances? He noted that Biden was against the surge when Obama was President. Ellen Brown saw the futility of nation building in AFG, a tribal country not well suited for building a Western-style democ-

racy. Many of us commented that the British failed in AFG in the nineteenth century and the Russians in the twentieth. Vinny Valerio said there was consensus that the US should have gotten out, but thought Biden's plan inadequate. We questioned US intelligence gathering. Harry Drum noted the US failure to realize AFG soldiers were not being paid or even fed. We lost about 60,000 Americans in Vietnam because LBJ wanted to overpower the Vietcong with military power. George Santayana, Winston Churchill and others warned that those failing to learn from history are doomed to repeat it. On the day of our meeting, about 2,400 Americans had been killed in AFG. Tragically the number has increased since.

Phyllis Zieky spoke for many of us by noting that the US goal after the tragedy of 9/11 was to be rid of Osama bin Laden. We got him and we should have left AFG shortly thereafter. Phil Sloan felt that the Taliban victory would become China's problem. Peter Sokolow said that China would just kill those that do not like official policy, given they take no nonsense from dissenters. Ron Kane remembered Bush 43 telling the nation 20 years ago that we had to go into Iraq with military force, and feeling it was just like Vietnam all over again. Ed Stern expressed concern about current polarization, with so many reacting harshly regarding President Biden's alleged lack of preparation for the withdrawal. Marty Hecht felt that the evacua-

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M&M Movie Minutes

By Marcia Milgrom and Marilyn Jaclin

The Courier

M and M have not yet gone to the movie theater. So we decided to watch *The Courier* on Amazon Prime, a film based on real life happenings of a British salesman who would become a spy in order to penetrate the Soviet Nuclear Program during the Cold War. In November 1960 Grenville Wynne (Benedict Cumberbatch) is having lunch with Dickie Franks (Angus Wright), an officer of the British Secret Intelligence Service, better known as M16. Little did Wynne know that their meeting would change his life. Franks offers him a job, asking him if he could arrange a state committee in Moscow dedicated to developing opportunities with foreigners in Sciences and Technology and report back to him the conversations he hears. Although he states that he is only a business man with no experience, he is recruited to serve as an M16

agent. His role would be as "courier" assisted by Oleg Penkovsky (Merab Ninidze) an experienced Russian agent. After all, since Wynne is so good at schmoozing and drinking with his clients, he would not be seen as dangerous or suspicious to Soviet security.

We get to know CIA agent Emily Donovan (Rachel Brosnahan) who convinces Penkovsky to meet Wynne because it would be advantageous in helping President Kennedy during the Cuban Missile Crisis. Wynne is a family man who has a precocious son Andrew (Keir Hills) and a loving wife Sheila (Jessie Buckley). Sheila is concerned about her husband's frequent and sudden trips to Moscow. He, of course, cannot reveal anything about his business. She thinks he is having an affair, since he had one in the past. She now becomes suspicious. We also get to know Penkovsky and his wife and daughter. They are just as loving a family, but live under



more dangerous conditions, since they are Russian. As the two family men get to know each other better and spend more time together they become close friends.

The last hour of this movie ends with some horrible prison scenes. Wynne was captured in

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News and Views

(Continued from page 15)

tion plans were not good. Our consensus was that the US has an obligation to evacuate the translators and others who worked closely with US forces. We correctly anticipated that Isis would get involved with tragic results. Our group also noted China's coordination with Pakistan to fill the void left by the US departure. We worried about the rights of women and girls, as well as of the former AFG military and their families. It was not hard to predict that there would be political fallout now and in the US mid-term elections.

On to Covid. On 8/27/21, four days after we met, a judge ruled that Florida Governor DeSantis' ban on mask mandates in schools was unlawful. Businesses, such as Amtrak, Microsoft, Facebook, United Airlines, and Wal-Mart, are lining up behind vaccination mandates. The FDA gave official approval to the Pfizer vaccine on the day of our meeting. We spoke of the likelihood of other private businesses and public employers mandating vaccines or frequent testing of employees. Phil Sloan said that the US needs to assist in vaccinating the whole world in order to stop the Delta variant and others variants. We also discussed local school boards resisting mask bans and businesses supporting mask mandates. Participants questioned the wisdom of municipal governments not requiring their employees to be vaccinated. Some noted that many doctors at Palm Beach General Hospital walked out in protest of the Governor's policies.

The last agenda item discussed was the 2020 census. We agreed that there has been a sea change in the color of the US population. The 2020 census reflected the changes that enabled the Democrats to do well in Georgia, Arizona, and Nevada. We agreed that the increased Hispanic and Asian votes would help the Democrats. Will rural whites continue to have a disproportionate political clout? Answer: Yes. In spite of the population gains by people of color, the Red States control the election districts. Extremists may benefit from the re-drawing of these districts.

If you have questions regarding the News and Views discussion contact Mike, Marcia, Bert or Phil. All phone numbers can be found in the 2020 Regency Directory and the Directory on Ron Post's email. There is a link to Ron's directory in each issue of the *Reporter*.

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Beyond Words

By Cecile Spector

In The Realm of Quirkiness

Have you ever met people that you would describe as quirky? That is, individuals who have idiosyncrasies - unexpected or unusual behaviors or traits. Do you remember stories about the producer, director, aviator Howard Hughes? He was eventually diagnosed as having OCD (obsessive compulsive disorder) but in an especially quirky way. When eating steak, salad, and peas, for example, he would arrange the peas in order of their size. He did not cut his hair or his finger or toenails. He would use a tissue to pick up items or to turn a door handle. Poor personal hygiene was another issue. I guess his own germs were okay. The old question of which way to put a roll of toilet paper on a dispenser may seem quirky, but is it? There are those who make sure the end of the toilet paper comes out from the bottom of the roll, not over the top, or vice versa. Is this really a quirk, or have we come to accept this as a simple matter of opinion? Remember, quirks are considered peculiar or unexpected behaviors, and since so many people ponder this question, it is not all that unusual.

Most of us have some quirky behaviors that we may or may not advertise. When Stephanie visits her sister Rachel's house, she rearranges the utensils in the kitchen drawer so that the spoons are next to the forks. Rachel makes sure her clothing doesn't have any buttons on it. Maribelle makes her bed as soon as she gets up in the morning (never wants to look at an unmade bed) and Faysie has an endearing nickname for each of her friends. Children often have quirky behaviors. For instance, five-year-old Stanley, has to give everyone in the house five kisses before he goes to bed, and Crissy puts all her dolls in specific positions, wearing specific outfits, before she goes to sleep.

If we think of a quirk as an idiosyncratic style of someone or something, then the work of architect Antonio Gaudi would certainly qualify. His cathedral, *Sagrada Familia*, in Barcelona, Spain, is a masterpiece like no other. His style is so distinctive that it is easy to pick out other buildings that he has designed, although each is quirky in its own way. Gaudi's style has been the inspiration for other architects, such as Krzwy Domek, who designed the iconic "Crooked House" in Sopot, Poland.

Some people cultivate a quirky behavior to gain attention. My sister had a friend who, as she spoke, unbuttoned and rebuttoned the cuffs of her blouse sleeves. At first it was riveting, but after a while it became so distracting and annoying you wished she would stop. Indeed, some quirky behaviors are habitual and very annoying. Do you know someone who always finishes your sentences? Whether their version is correct or not, you wish they'd let you finish your thought without interruption.

Jennie, an acquaintance of mine, wears homemade jewelry that can only be defined as quirky. Crushed soda cans, pieces of debris (e.g., glass, plastic, metal strips) become earrings, necklaces, bracelets, and other items to decorate her body. Many teenagers, hoping to distinguish themselves from their peers, intentionally develop quirks. For example, Chloe wears combat boots with every outfit no matter what style clothing; Jesse never cuts his hair. He wears it in a long braid, which he dyes orange and blue; and, no matter where he is going, Andrew always wears blue exercise apparel and a yellow baseball cap.

In a restaurant, years ago, I saw a young lady taking pictures of her dinner before she started to eat. It seemed a rather quirky thing to do. Nowadays I see many people doing the same thing. Is what we judge to be quirky, or not, a matter of what we are used to seeing on an everyday basis; a behavior that once seemed unique to an individual but is now much more common? Does each generation see different things as being quirky? There are places in the world where jewelry is worn in and on places on the face and body that is, or was, unusual in the United States. Remember the first time you saw someone with a nose ring, a pierced earlobe that is stretched out by a large chunk of cork or wood inserted in it, or a pierced tongue? As time goes by these rather quirky sightings become more and more common. It seems some quirks are appealing enough to be emulated. Many quirky behaviors are related to food. Consider the following:

- Henry won't let the various foods on a plate (e.g., meat, potatoes, vegetable) touch each other.
- Larry uses one type of juice glass when he eats eggs for breakfast and another when he eats waffles.



(Continued from page 16)

Hungary and sent to prison in Moscow. He was tried along with Penkovsky. We suspected that Penkovsky's secret work would catch up with him but we found it harder to believe that Wynne's life would be as risky in helping his so called partner defect. Penkovsky provided a great amount of details concerning the missiles the Soviet's had. There are some violent prison scenes in this film that no one would want to see. We were kept spellbound though, as we watched the espionage unfold. We liked the interaction between the two men as they faced serious consequences. They were so different from each other. If you want to see a spy thriller focusing on the UK's intelligence agents *M and M* say "See it on Amazon Prime." But, if you want something light and fun, this is not the movie for you.



- Jean eats each part of a meal in a particular order (e.g., first all the veggies, then the potatoes or other starch, and finally, the meat or other protein.) I wonder if she has ever tasted a warm steak.
- If there are four items on the dinner plate, Michael puts a little of each of them on the fork for each bite. If he runs out of any one of the items, he stops eating.
- Natalie won't eat anything white. For some others it's anything of another color (e.g., green, orange.)
- Doug eats the same meal for lunch every day, at the same time.
- Phil needs to have a Coke close at hand at all times during waking hours.
- Clifton chews his food a certain number of times for each bite.

As you can see, quirks can be good, bad, or neither. If no one is affected by the quirk except the individual who has it, then there is no problem. After all, if everyone's behavior and personal traits were exactly the same, life would be less interesting. Variety is the spice of life. Do any of your own behaviors fall in the realm of quirkiness?



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Health Issues Pertinent to Residents

By Sheldon Opperman MD
Can Aggressive Blood Pressure Control lead to Fainting and Falls?

In the July 2021 *Reporter*, I published an article covering the new American Heart Association's guidelines for the treatment of high blood pressure, (Hypertension). The guidelines suggested that physicians should target a systolic blood pressure not higher than 120 mm Hg and a diastolic blood pressure not higher than 80 mm Hg, regardless of age. These numbers are significantly lower than previous guidelines. When doctors treat older people aggressively according to these new guidelines, they often worry that it can lead to a condition that causes the blood pressure to fall when a person gets up from lying down or stands up from a seated position. This positional hypotension (low blood pressure) is referred to as Orthostatic Hypotension and affects one in five people over 65. Orthostatic hypotension can make you feel dizzy when you stand up and may lead to fainting and falls. Due to these side effects, physicians may choose not to aggressively treat your blood pressure to the new guidelines. New studies, however, have shown just the opposite. Not aggressively treating high blood pressure may do more harm than good. "It may sound counterintuitive, but we found that people who received more intensive blood pressure treatment were less likely to have orthostatic hypotension than people who got less aggressive treatment," says study lead author Dr. Stephen Juraschek, an internist at Harvard-affiliated Beth Israel Deaconess Medical Center. When people experience orthostatic hypotension many doctors first response is to decrease a person's blood pressure medication. Dr. Juraschek notes that there are many other causes or orthostatic hypotension including dehydration, infections, and other disease states. He continues that intensive blood pressure control

may prevent orthostatic hypotension by keeping the entire cardiovascular system healthy and functioning well. "For most people an ideal blood pressure is less than 120/80 mm Hg. By maintaining this blood pressure, you may avert the dangerous complications of poorly controlled high blood pressure including cardiovascular disease and stroke.



Those complications can make orthostatic hypotension worse," says Dr. Juraschek.

Home Trends

By Cheryl Hand
Through a Child's Eye

My grandsons, Quinn and Jake, and I, have discovered that Regency at Monroe is not only a wonderful place to live out your retirement years but also a place full of wonders for the little ones in our lives. Since Covid has arrived onto our shores, we have been with our kids and grandkids more than ever. Many of us are fortunate enough to have them live close by and willingly assist with childcare when needed.

For those of you who don't realize it, Regency has a lot for the little ones to marvel at. I'll start with our pond in front of the Clubhouse. Besides the beauty it affords in our entryway, did you know that this pond is loaded with friendly fish who love to eat bread and visit with you? If you stay long enough, the two turtles who live in the pond may show themselves and recently we discovered two bright orange Koi - not sure how they ended up there? My two guys, both three years old, love to go feed the "fishies" when they come visit - the fountains are beautiful to look at and the gazebo is a cozy little place to hang with the kids while they enjoy a snack. There you go folks, one hour of babysitting DONE!

Of course, we have our playground - also a bonus. But in addition to the equipment, my boys are fascinated with the pickleball players. They hear



the ball and can just make them out through the fence. Benches and shade are available in the playground area and guests are allowed! Another hour of babysitting, DONE! When we left the pickleball courts, I stopped in the Pro-Shop to drop off a check for Jason and my grandson was totally taken with the store we have! Unfortunately, no toys for him, but if I had looked hard enough I'm sure a water bottle or a small token could've been purchased for him. This was like walking around for a day on Sesame Street! We just didn't know what we'd find around the corner.

As we walked through the breezeway watching the active adults work out in the gym, a resident stopped me from the Cafe to say hello. When he opened the door, the aroma of food hit us and my three-year-old looked at me and said, "Grandma, I smell pancakes..." Well, the nose knows! I ordered him a stack, we sat outside under the breeze way, ate our pancakes, enjoyed our time together and you know what...we killed another hour of babysitting folks! Yes, Regency is truly an amazing place to live.

Now, we are approaching the time of year when the most beautiful display that Regency has comes out...Halloween! If you haven't seen the display that our community puts on every year...you need to go and bring your camera. The front of our Clubhouse becomes a showcase of pumpkins, goblins, witches, and the like. It's the perfect spot for a picture opportunity (Quinn Hand is pictured from 2020) and you can spend another hour babysitting while looking at the decorations and finding all the hidden wonders. Do yourself a favor and don't miss the Clubhouse entryway this October! Visit it, with or without kids.

Ok, my readers, I just helped you out with four-five hours of childcare and you didn't even leave the community! Speaking of the community, I can't ask you enough, PLEASE stop SPEEDING on our roadways. Adhere to the speed limit signs and speed bumps - please, before someone else gets hurt.

Happy fall - check back with you in November.

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30 Timeless Rules of Investing



By Susan Sloan

1. An attempt at making a quick buck usually leads to losing much of that buck.
2. If stocks in general don't seem cheap, stand aside.
3. "Buy and Hold" doesn't always work. (I asked a friend about their Cisco holding which they had had for seven years. They bought it at 60, near the high, and held it. When it was 18, I asked why they didn't sell. I was told they thought it would come back to 60. My next question was, why they didn't buy more if they thought it could triple. No response. Just buy and hold.)
4. Never throw good money after bad by buying a loser that can't come back.
5. Cut your losses, and let your winners ride.
6. If the investment sounds too good to be true, it is.
7. Don't fight the tape (the trend).
8. Don't fight the Fed (interest rates).
9. Most stocks that fall under \$5 rarely see \$10 again.
- 10 The best hot tip: There is no such thing as a hot tip unless it is a criminal insider trading tip.
11. Don't fall in love with your stock; it won't fall in love with you.
12. Don't have more than 3%

at risk in any one position.

13. The trend is your friend until the end.
 14. Trading options often leads to a quick trip to the poor-house.
 15. Bear market rallies are often violent; giving the illusion that the bull is back.
 16. Low priced stocks don't double any faster than high priced ones.
 17. Valuations don't matter in the short run.
 18. When a stock hits a new high, it is not time to sell. Something is going right.
 19. It takes courage to be a pig (don't settle for taking 10% profits).
 20. Have a rose garden portfolio (don't trim your roses while your weeds fester).
 21. Not selling a stock for a gain, simply because of taxes, is a bad idea.
 22. Avoid limited upside and unlimited downside investments.
 23. Don't keep losing money just to prove you were right. No one cares.
 24. When all you are left with is hope, get out.
 25. Forecasts are useless.
 26. Have patience and stick with your discipline.
 27. You can't know everything about everything.
 28. There's usually only one reason corporate insiders buy stock.
 29. If you don't understand the investment, don't invest.
 30. The people who suffer the worst losses are those who over-reach.
- That's a lot of rules. Reasonably intuitive, yet millions of investors break these rules every day.

Healing Ourselves Naturally

By Steven Soffer N.D. M.H.

The King, The Tiger and the Beehive

Once there was a king. Everyday he would ride throughout his kingdom. His kingdom was so large that it contained a vast amount of forest. One day while riding through the forest, he rode farther than ever. He rode through the forest and into the jungle. Suddenly, a tiger chased him. The tiger roared and frightened his horse. The horse bucked and threw the king, who landed in a tree. Below him the tiger was unsuccessfully attempting to climb the tree. The king was very frightened. To further escape, he crawled upon a long branch. Looking below, he saw the tiger and also a snake. At the base of the branch he was sitting on, he saw a black and a white mouse. The mouse was eating away at the branch the king sat upon. He was in trouble! Looking over his head, he saw a beehive full of swarming bees. As he gazed upon the beehive, his mouth opened and an exquisite drop of honey fell into his mouth. It was the most delicious, intoxicating thing he had ever tasted. So much so, the intoxication from the honey caused him to completely forget his current dilemma. However, the mouse was still eating away and the branch eventually broke off. The king crashed to the ground, where the snake bit him and the tiger ate him up. So much for the king.

This story is a metaphor. All the little pieces mean something. The tiger chasing the king represents death, which ultimately must consume every man. The tree represents life and security, which man clings to. The branch represents our length of life. The black and white mouse represents day and night, which continuously eat at the branch. The snake represents our grave, which all of us must face. The beehive represents life's chaos. The honey represents the sensual and material pleasures of this world. In spite of the fact that death is always hanging over us ultimately, and all we have is a certain amount of time, WHICH IS LIMITED, *what we do with that time is of utmost importance.* We get so enamored with life's material gifts and pleasures, that we completely forget the rest of what is going on. Nevertheless, life continues.

I saw a dear friend weeks ago. He spoke about the preciousness of life. He had filmed a number of people while asking this simple question, "How many days do you think a good life would be?" Don't compute the math; just pick a number. Most people choose between 100 to 300 thousand days. Now, after your choice, then do the math. Did you pick 100,000? Or more? Here is the math. If you live to be 85, it is around 31,000 days! That's right; 31,000 days; not 100,000 nor 200,000, but 31,000 days! The point is, most people pick much more than we really have. We take our days for granted. We've already lived a good life and now we are here. If we live 20 more years, that's a most valuable 7,000 days. So isn't it our duty and responsibility to make those valuable days count? Remember, in an earthquake, you can survive a month without food and a week without water, but how long can you survive without air? Maybe three minutes? It is our breath that

keeps us alive; it is our breath that can keep us calm, focused, and more clear.

My favorite poem was written by a Persian Sufi mystic master named Rumi, who wrote it over 700 years ago. It goes like this:

"The breezes at dawn have secrets to show you; don't go back to sleep.

You must ask for what you truly want. Don't go back to sleep.

People are going to and fro across a doorsill where two worlds join. The door is round and open. Don't go back to sleep."

Rumi is speaking about meditation and breath. Let us not get lost in just the beauty of our surroundings. Regrettably, the world is still a crazy place. The beehive is buzzing overhead. The black and white mouse continues and time



goes on. Time is a limited gift. Value *your* time, every moment that you can. Appreciate *your* breath; it keeps *you* alive. Keep an attitude of gratitude; practice kindness and loving thoughts. Practice the golden rule, which is to do unto others, as you would have them do unto you. Our actions speak much louder than our words. Make your words count and your actions count even more. Value the time we have here together and always be grateful for the wonderful life we have here at Regency. No matter what our problems are, we are all blessed to be here. Let us appreciate the precious time we have.

(Continued on page 20)

Healing with Yoga Therapy



By Jaya Gupta

Dear neighbors and friends,

October is here and the summer is over. Days are getting cooler and comfortable to walk and to breathe fresh air to rejuvenate. Grandkids have gone home and life has returned to the normal routine. Hope you had found time to try a few of the breathing and meditation techniques and experienced the calm mind and the relaxed body. This is a reminder to sinus sufferers to start doing Bee breath to beat allergies of the fall season and eventually overcome their sinus, headaches, migraines, and insomnia problems. This month we will talk about a very simple, yet a powerful Divine Light meditation that takes about 10 minutes. In the beginning, it is better to do this meditation as a guided meditation. The soothing voice of the guide will help you to keep interrupting thoughts away and if you get interrupted by a thought, you can always come back to the voice. Please feel free to send me an email at JayaGupta.Lotus@gmail.com and join our Zoom yoga classes to experience yogic breathing, guided meditation, poses, and deep relaxation. If you are going to try it on your own, please read

the meditation script a few times before doing it.

By now, you must have created a quiet place in your home to meditate. Light a candle or *diya* to focus on or visualize the divine light of Sun, shining on you and the rays going inside you through your Crown chakra (the soft spot on your head). Sit in a cross-legged or any comfortable position. Rest your hands on your knees, palms facing upwards, index finger rising to join with the tip of the thumb (Chin Mudra).

Meditation Script

- Looking steadily at the flame, chant AUM three times. Close your eyes and take yourself to your sacred place or happy place.
- Take a deep breath and imagine the flame, between your eyebrows or feel the warmth and light of the divine light burning brightly inside you or bring the divine light in through your crown chakra. Whenever you lose the light, take another deep breath and bring it in through the soft spot on your head. This is your light and it's always there for you.
- Let your head be filled with the divine light so that all the negative thoughts disappear forever and your head be filled with wisdom, intelligence, knowledge, positive attitude, good thoughts, wonderful memories, and a good memory to hold all that.
- Let the light fill your eyes. So, you can see good in every human being, see good in adverse conditions, and be able to see

(Continued on page 20)



Barbara Cohen
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of experience,
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Tech Trends

By Don Haback

“Modernization” for our Home Electronics

We have been hearing about ‘modernization’ all around the industrial world for a while. It pertains to the constant efforts that companies and individuals MUST make in order to keep ‘up-to-date.’ Failing to do this can quickly lead to loss of efficiency. Staying up to date is less important for most of our home users. We’re not in competition with our neighbors or friends. We just want to be able to ‘work’ comfortably and handle our businesses, finances, and online lives without any compromises. We have to – reasonably often – investigate the various combinations of hardware, software, communications, security, data storage, and backup speed to assure that we’re in ‘good shape.’

First, let’s look at our **home computers**. Many of us are using machines that are several years old. They still work fine, doing whatever we ask of them. We do have to ask ourselves how our computer operations might change in the coming years, but for most of us, the answer is that we expect FEW CHANGES. We do have to maintain them, especially by keeping our anti-virus, anti-malware, and various necessary application software up to date. Most of us are doing good jobs in this area. Occasionally, however, our system manufacturers offer new updates that are simply not compatible with our hardware. Two primary examples are Microsoft and Apple. The newly announced but not yet available WINDOWS 11 operating system will not work with PCs that are more than about five years old (Please see my *Tech Trends* article in the September issue of the *Regency Reporter* for a detailed review). Apple’s new computers run on proprietary systems chips (M1) that are replacing the older units that ran on Intel processors. The newest versions of its MAC-OS will not work on older Intel processors.

Does this mean we HAVE to buy new computers? OF COURSE NOT! Microsoft will continue to support Windows 10 for at least five years (and it will still run after that – using third-party support software). Further, several of us are running machines with older versions of Windows with little difficulty. Older MAC computers will still run nicely on older versions of MAC-OS. I am a prime example of this. My ‘main machine’ is a twelve-year-old MAC-MINI. Its hardware will not support newer versions of the operating system, so I run an older version of the MAC-OS along with Windows 10 as a ‘virtual’ machine – and have had absolutely no problems with it. This does not mean that older systems don’t fail. Many of them continue to use rotating memory for their main system storage (Hard Disk Drives, or HDDs). Until the last decade, these were known to have Mean-Time-To-Failures (MTTF) of about five years. There were – and still are – ways to increase their lives. Our primary advice is to simply NOT TURN OFF YOUR COMPUTERS.

Newer computers have replaced these HDDs with Solid State Drives (SSDs). These are much faster, have much greater reliabilities and do not need to be ‘defragged.’ You do not have to buy a new computer to get an SSD. We have replaced old HDDs with new SSDs in quite a few computers (including two of my own) improving their performance as well as their reliabilities. To touch on one more computer-related topic, one of my aphorisms that many of you have heard through the years is that there are ‘two classes of computer users’ those who back up their systems and those who WISH THEY HAD! There are many modes of computer failure that are not fatal to the hardware, but which will affect any data and maybe applications that you may have stored on it. The only way to minimize the effects of this type of failure is to maintain backup files with all your important information on devices ‘outside’ of your computer.

Backup drives are available that can plug directly into just about any computer, operating in the background and safely maintaining regularly updated copies of all your data in a way that protects it from any computer malfunctions. We believe that every computer user should have such a system installed and running. These systems typically cost around \$100 and are really worth that cost.

One additional element that has a major effect on our systems’ performance is always the speed of our Internet connections. Those of us with good memories will recall those early ‘dial-up’ connections. We used to plug our phone handsets into ‘modems’ so that data communications could start using audio frequencies. These were very slow, operating at between 30 and 120 characters per second. By 2010, most of these units had been replaced with DSL devices. DSL systems also used the phone lines but didn’t interfere with their usual voice demands. They provided much higher speeds, so that by 2015, most could achieve data rates higher than one million characters per second. Some of our neighbors

are still using DSL systems, but most have shifted to today’s Verizon FiOS or Comcast’s high-speed cable systems. Both can provide speeds up to about one hundred million characters per second – perfectly adequate for all our needs. Although all of us used to connect our computers directly to our Internet routers, most of us have also installed individual Local Area Networks (LANs) in our homes, allowing all our systems to access the Internet using special ‘WiFi’ microwave radio frequencies. WiFi systems themselves have evolved during the last 20 years and are now capable of providing excellent speeds throughout our homes – one of the most important elements of ‘usable’ home systems. I would note that today’s ‘smart’ home systems have expanded way beyond just computing. They now include all manner of sensors and devices from Alexa to thermostats and of course, smart TVs and Laundry devices. They’re all connected via WiFi to our Internet providers.

We’ll review additional aspects of Home Modernization in the coming months.

Stay Tuned

By Barbara Potasky

I am a little late to the party when it comes to watching the thrilling series *Money Heist* on Netflix. Season five was recently released, and as of the writing of this article, I just started season three after binging seasons one and two. A few things to be aware of if you have not yet seen it but plan on watching – *Money Heist* is a Spanish language series (*La Casa De Papel*), which has been dubbed into many languages, so if it bothers you when what the actors are saying does not match their mouth movements, don’t watch. Also, the cast will not have any familiar names. Despite this, it is a terrific series. It won an International Emmy for Best Drama, and is one of the most watched series on Netflix.

The show is set in Madrid, and a character who goes by the name “The Professor” enlists eight others

to help him infiltrate the Royal Mint of Spain to print money. They plan to hold those inside hostages to help them print the money, and then, after 11 days, escape with over one-billion euros. Each of the Professor’s cohorts choose cities for their names, so that if any of them are caught they cannot reveal the true identities of the others involved. Tokyo, who narrates the story, is a young robber, whose boyfriend was killed during a previous crime. She is now Rio’s girlfriend, who is an expert hacker. A father and son, Moscow and Denver are also part of the team, as well as Nairobi, a counterfeiter, and Berlin, who is the Professor’s older brother. The last two members of the team are Helsinki and Oslo, who are cousins.

The Professor, who is running the operation from outside the mint, is negotiating with the police. Inspector Raquel Murillo is his primary contact. He runs into her in a coffee shop and introduces himself as Salva, and they start a relationship. There is a pronounced irony in her sleeping with the very man that she is trying to catch. And, that is not the only relationship going on between the “bad guys” and the “good guys.” We get to know many of the hostages, and we find out that the Director of the Mint, Arturo Román, a married man, was having an affair with his secretary, Mónica Gaztambide, who is now pregnant with his child. She falls for Denver (is it Stockholm syndrome?), and they decide they want to be together when the heist is over. So, she starts helping the criminals.

There are so many twists and turns to this story, and I sometimes found myself rooting for some of the criminals. Through flashbacks, we see their back stories, and that enables the viewer to feel some empathy for them. Additionally, the goal from the start was not to harm any of the hostages. It is meant to be a victim-less crime, since they are stealing from the government. And, they are able to elicit some sympathy from the people of Spain. Since the Professor is dating the woman in charge of the case, he gets inside information about what is going on, which keeps them one step ahead of the police. She believes there is a mole on the inside, and warns her friend and second-in-command, Ángel Rubio, not to trust anyone. He starts to suspect her boyfriend, Salva, which causes

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Yoga Therapy

(Continued from page 19)

the silver lining in all events of your lives.

- Let the light fill your ears. So, you can hear the love, laughter, and happiness of your loved ones, family, and friends all around you.
- Let the light fill your nose. So, you can smell the good aroma of your food and good fragrances in mother nature.
- Now the light comes down and reaches your mouth. So, you can speak sweetly and softly to everyone and will not speak or utter a word of lie.
- Keeping your eyes closed, imagine the bright light coming down and filling your shoulders, making them strong so you can carry on your responsibilities to the best of your abilities.
- Feel the glow of light, warming your hands and palms. Let your actions always be good and right and your hands be strong so you can help people in need.
- Now the light comes down and reaches your heart. Imagine it removing all heartaches, sadness, and darkness from all corners, filling your entire heart with unconditional love, kindness, compassion, acceptance, and forgiveness because there is no place for darkness to hide.
- Now imagine the light growing wider and wider, filling your entire body, making every part and organ in your body strong and healthy.
- Now feel the warmth and light reaching out to your legs, making them strong so you can walk on the path of righteousness. Your entire body is glowing in this light and you are blessed in this golden light.
- Now imagine the light growing wider and wider. Take a deep breath and fill the light in your home. Fill every nook and corner of your home with this light and create the home you want, filled with love, laughter, and happiness of your loved ones, family, and your friends.
- Now the light is getting wider and wider, blessing everything and everyone in its path. Your neighborhood, blessing all your neighbors and friends. Blessing your city, your state, your country and beyond the seven seas to the entire world. The entire universe is glowing in this light and we all have become one. We are blessed in this golden light with good health and happiness. And there is no one who can stop this light from shining.
- Now, we are going to request this divine light to teach us how to live in peace and harmony with love and respect. Enjoy the warmth and the energy of this divine light and take it into your body where you need it most to heal, let the warmth and energy heal you. Sit silently with your eyes closed and enjoy the peace and healing within you. Enjoy it for some time. When you are ready to complete, bring your hands together, rub them and bless yourself. Express your gratitude and gently open your eyes without any judgment.

Complete your meditation with this little prayer. “Loka Samasta Sukhenu bhavantu,” (May the entire universe be filled with peace, joy, love and light). AUM shanti shanti shanti.

Next month, we will learn another meditation technique before connecting with the elements inside us. Until then take care, be well, and stay safe. Love - Jaya

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Healing Naturally

(Continued from page 19)

“Let food be thy medicine, and let thy medicine be food.” Hippocrates

“When you arise in the morning think of what a precious privilege it is to be alive...to breathe...to think...to enjoy...to love.” Marcus Aurelius

“May the preciousness and fragility of life not be lost on us.” Laura Thomas

“I marvel at breathing and why I’m alive. I ponder the wonder of breath. I’m alive!” Kathy Soffer

“The physician should not treat the disease; but the patient who is suffering from it.” Maimonides

“The most precious gift of life is to be alive.” Laliah Gifty Akita

“With all the movement in this world, there is a magnificent stillness inside of you.” Prem Rawat

Be careful of your thoughts, for your thoughts become your words. Be careful of your words, for your words become your actions. Be careful of your actions, for your actions become your habits. Be careful of your habits, for your habits become your character. Be careful of your character, for your character becomes your destiny. Steve encourages questions and comments from free thinking individuals.

Pet Corner

By Bea Siegel

Airlines and Pets - What was I Thinking

Just when you thought traveling with your pet was easy, it seems overnight the rules have changed. Even if your pooch or kitty was a quiet passenger, many people took such advantage bringing all kinds of animals on the airlines, including pigs, birds, and what about the famous picture of someone's ostrich squawking up a storm! Well, that and many more images changed the airline industry's policy about accepting pets, especially when a 100 pound Great Dane sits on someone's lap as though it's their private couch. The Department of Transportation announced that "emotional support" animals will no longer be treated the same as "service dogs" on commercial flights. That means airlines no longer have to let them fly for free. They must be stowed in a carrier under the seat rather than sit with their human passengers, or if they are too big, put in the belly of the plane with the cargo (which I strongly do not recommend). American Airlines, Southwest, and Alaska Airlines are among the companies that no longer distinguish emotional support dogs from your true canine companion that you walk every day. But, service dogs will still be able to go on planes free of charge and in the company of their guardians in the regular cabin without being confined to a carrier.

So now you're wondering what's the difference between a "service dog," and an "emotional support" animal? Well, there's much to it.

Service Dog: These dogs are specially trained for highly specific tasks to help people with disabilities, i.e. guiding the blind, pulling a wheelchair, protecting a person with epilepsy who might have a seizure, flipping light switches, or picking up dropped objects - even alerting deaf peo-



ple to an alarm. There are so many different situations and tasks that service dogs can learn, it is simply amazing. Many years ago, I volunteered to help out an organization called Canine Companions for Independence, (CCI) in Farmingville, Long Island. We had fundraisers, training centers, and educational seminars for the public to learn about these amaz-

ing dogs. At that time, in order for the dog to qualify to be a CCI dog, they had to learn 160 commands. It was so stressful, that today, dogs are required to learn fewer commands, but qualifications are still high. They are also trained for deportment - to be quiet, not to cause disturbances, or act friendly toward strangers. These are "working dogs," which means they have a "job to do" and they take their work very seriously. Nope, no couch-potatoes in this group.

Emotional Support Animals: This could be any animal that provides comfort and companionship to someone's psychological conditions listed as anxiety or

depression; they are not covered under the Americans with Disabilities Act, which allows true service dogs to go anywhere the public is normally allowed to go. A "support" animal in many instances is afforded the same consideration as other service animals. For instance, calming a person with Post Traumatic Stress Disorder (PTSD) during an anxiety attack. Emotional support animals, unlike psychiatric service dogs, aren't trained to do something specific to attenuate the effects of the problem. In many instances, falsification of medical notes allowing you to bring your pet on an airline, can cause you a hefty fine, and possibly having to cancel your trip. Why take that chance?

Anxiety and Depression: These are terms that some people have been using to abuse the system by paying \$100 or \$200 for notes from online mental health counselors they have never met. Why take a chance and ruin someone else's trip by bringing an unruly animal on a plane? Re-think your travel plans and drive with your dog or cat to your desti-

nation, or board them in a reputable boarding facility. They'll be so happy to see you when you bring them home that they'll probably dream about going back and having lots of fun "just being a dog."



Meet Bailey Eskow, 4½ -year-old gorgeous Golden Retriever who is so friendly that he can't wait for Ann or Howard to take him on an adventurous walk where he can meet lots of people. He knows exactly what direction he wants to go to make his walk lots of fun. This "golden boy" is a delight to his family.

Photo by Bea Siegel

Regency Residents Go Whitewater Rafting



Haren Master and Abdullah Ali on a quiet side stream of the Lehigh river.

Photo submitted by Haren Master

By Haren Master

A bunch of us at Regency were sitting on the patio, on a beautiful day last fall, lamenting the lost summer of 2020. The conversation turned to the next summer and the things we can look forward to. I had been on a number of whitewater rafting trips, and I suggested that we may want to think about doing that next year. The response was very positive. Fast forward to July of this year, and it was time to plan the trip. After some research, I found a trip on the Lehigh River, which was well suited for the first-time rafters, and was aptly named EZ Whitewater with Class I and II rapids. We selected Sunday, August 15 for the trip since it was a dam release day assuring that there would be flowing water in the river and the hard work of paddling would be minimized. The response was enthusiastic and 15 of us from Regency signed up for the trip. Ten had never rafted before and an equal number did not know how to swim. Adventurous souls indeed!

We gathered on the day of the trip at the Regency parking lot and car pooled for the two-hour ride to the town of Nesquehoning, Pennsylvania. The town is adjacent to Jim Thorpe, named for the Native American Olympic Gold Medalist, Pro Football Hall of Famer, and professional baseball and basketball player. Jim Thorpe is the regional hub for many outdoor activities including rafting, biking, hiking, zip lining, paintball, and a scenic railway. Once we got there, we collected our watertight pails for storing lunch, life jackets, and paddles, and headed to the safety briefing by the lead guide, Pete. Our total trip group was about 75 people with 13 rafts. The briefing provided instructions on how to paddle, what to expect on

the river, and what to do and not do when the bottom of the raft gets stuck on a rock, hits a large rock jutting out of the river, or someone gets flipped out of the raft.

We got on the bus and went a couple of miles upriver to the launching spot. The weather was gorgeous - a mix of sun and clouds, 80°F and low humidity. We had three rafts between 15 of us and we split up accordingly.

(Continued on page 22)

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The phlebotomist will escort you in

The room will be sanitized after each appointment

For more information, call 732-605-9800.

Stay Tuned

(Continued from page 20)
a rift in their friendship.

I don't want to give away any spoilers, because this is such a great series with so many surprises, so I encourage you to watch if you subscribe to Netflix. I will tell you that the storyline does finish at the end of season two, and a new one starts with season three, including many of the same characters (although they don't all make it through alive) planning a new heist on the Bank of Spain. Season five, which is being released in two parts will have its last five episodes released this December, and that will be the finale for the series. If you like the show, I encourage you to watch the documentary, *Money Heist: The Phenomenon* (also dubbed), which features the cast and producers talking about the series and the incredible worldwide success that it became once it started airing on Netflix.

By the time you read this, many new shows will have premiered on broadcast television. I am looking forward to tuning in to some of these new series and hope to write about some of them in upcoming articles. Instead of my usual sign off, to those of you who watched *Money Heist* and loved the theme song *Bella Ciao* as much as I did, this is for you - until next time, ciao!

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Bob Jaclin (left) and Steve Gelwarg at the New Jersey Senior Pickleball Olympics. Photo submitted by Steve Gelwarg

Thank You to Both Barry and Steve New Jersey Senior Olympics

By Barry Panson

The New Jersey Senior Pickleball Olympics took place on September 10 and September 11 in Woodbridge Township. There are thirty events in the Olympics that include sports such as archery, track and field, table tennis, swimming, corn-hole, and more. The pickleball tournament took place in Warren Park and has become the best attended event in all of the NJSO activities. Twelve courts were available for play and we had close to two hundred players registered. Events included Men's and Women's Doubles, Mixed Doubles and Men's and Women's singles. All competitions are broken down by age into five year increments, minimum age to compete is fifty. In total three hundred matches were held. This year was a qualifying year for the National Senior Pickleball Olympics and those players who finished first through fourth in their age brackets qualify to enter the

Nationals, which are being held in Florida in 2022. The following Regency residents competed in the tournament - Pam and Scott Friedman, Jennifer Tan, Bob Jaclin, and Steve Gelwarg.

2021 New Jersey Senior Pickleball Olympics

By Steve Gelwarg

On Friday, September 10, the 2021 New Jersey Senior Pickleball Olympics was held in Woodbridge, New Jersey. This is an event that takes place each year, encompassing many sports, one of which is pickleball. This year, Regency residents Bob Jaclin and Steve Gelwarg entered as a team in a round robin format in their age bracket of five teams. While the games were very competitive, Bob and Steve ended up losing to the original winning team. It was a wonderful day of competition on a beautiful weather day, and both players were proud to represent the Regency Pickleball "group." Bob and Steve are thrilled to have received an email from the Senior Olympics committee notifying them that they have qualified for the National Senior Games in 2022.

Candidates for the BOE Respond to Questions



By Doug Poye

It is once again time to elect three new members to our Board of Education. This election occurs during the General Election, which many of us do as a mail-in ballot. Hopefully, you have not already mailed your ballot and will find the following information helpful in choosing whom you believe will be good additions to the current Board. Each candidate received the same set of questions. Their responses have not been edited and appear in the same order that the candidates' names appear on the ballot or voting machine. The seven candidates running for three openings are: Sean Regan, Gazala Bohra, Katie Fabiano, Linda Bozowski, Kate Rattner, Sara Aziz, CPA, and Neha Desai. None of the candidates has previously served on the Board of Education.

How long have you lived in Monroe and do you have any children attending its schools?

Regan: I have been a Monroe homeowner since 2003. I have seven children, six have graduated from Monroe High School, and one is a junior. Teachers helped my children achieve these results, not the BOE, superintendent, or business administrator. We have great teachers. Let them teach.

Bohra: I have lived in Monroe for 12 years. I have three sons that all go to Monroe schools currently. My boys are in 11th, 9th and 7th grade. They all play soccer for Monroe, through MTSC and also for high school. They are all Boy Scouts with Monroe's Troop 60.

Fabiano: I have lived in

Monroe for over 30 years and today I'm a part of four generations still living in our great township. I have two children, Dominic who attends Woodland School, and Brian who attends Mill Lake.

Bozowski: I lived in Monroe from age two to age 16 and attended Monroe schools. My husband and I raised our family in Dayton until 2015, when I moved into Rossmoor. My three grown children attended school in South Brunswick and at St. Peter's in New Brunswick.

Rattner: I have lived in Monroe for eight years with my husband, Dave. We have three children: our daughter is in 5th grade and our two boys are ages four and two.

Aziz: I grew up in Jamesburg and graduated from Monroe Township High School in 1995. I have resided in Monroe for five years. I have children: a daughter in kindergarten, a son in fifth grade, and a daughter in eighth grade.

Desai: I moved to Monroe in 1985 and graduated from MTHS in 1997. I have a son that attends Woodland Elementary School.

Please list three strengths of the Monroe school district.

Regan: Facilities. Second to none. The maintenance staff does a great job. Teachers, aids and staff. I had six children graduate from our high school. All went to college. Reputation. Students' performance in the class room, the band, on the track, the field, and the court speaks for itself.

Bohra: Teachers, support staff and school administrators that always put kids first. An exceptionally talented student body that puts Monroe on the charts in state and even nationally for academics, athletics and musical art programs. Strong special education program with qualified educators that provides the essential support to special need families.

Fabiano: Teachers who are dedicated to our children's success. A community rich in diversity and opportunities. A strong Board of Education who demands transparency.

Bozowski: We are very fortunate to have staff who are loyal to our district and who stay with us. For the most part, we have very strong parent engagement. Our administration and staff try their best to communicate regularly and fully with parents and students.

Rattner: I believe the three strengths of the Monroe schools are the staff/teachers who care about the kids, superior academic integrity and excellence for all children, and high-caliber

artistic and athletic programs.

Aziz: Our strengths include a strong curriculum, the quality of our faculty, and the diversity of our student body.

Desai: Our strengths are the diversity of our students, quality of teachers, and curriculum.

In your opinion what are the three most pressing issues that the district is facing?

Regan: Leadership, Building, Taxes. Monroe has to face the sins of over-development. New facilities have to be built. We need the right budget and leadership to ensure we get the most for each tax dollar spent.

Bohra: Thousands of un-housed K-12 children in our schools and below average student to teacher ratio. Inadequate funding by State, that results in tax payers self-funding the growing needs of our schools. District administration is not addressing the infrastructure needs with the urgency or fiscal accountability expected from them.

Fabiano: The need for a fiscally responsible referendum to address the overcrowding. The lack of communication from the school district to the entire community. The lack of fair funding our district receives from the state.

Bozowski: Repairing or replacing our inadequate facilities
(Continued on page 23)

Rafting

(Continued from page 21)

The excitement coupled with a slight anxiety among the Regency rafters was palpable. In no time we were on the water and paddling our rafts to the first rapid. It wasn't quite as easy as we had thought. Some of us were going around in circles! As we approached the first rapid, we started to get the hang of it and navigated the rapid with ease. The second rapid was Class II with a four-foot drop, one of the two on the trip. There were five guides on kayaks telling us where to aim the raft and how to go through the rapid. Our raft approached the drop perfectly and we thought we caught the drop for the maximum thrill, but we were off just enough that my wife Gita flipped out of the raft and into the river! A non-swimmer, this was her worst fear! We tried to turn the raft around and paddle upstream but the current was too strong for us. One of the guides in a kayak came immediately to help her hang on to the raft right after us, and she was able to come over to our raft once we got to the calmer waters. The rest of the trip was relatively uneventful but enjoyable as we navigated nine more rapids, had a short break for lunch, and took in the beautiful scenery in the Lehigh Gorge. We were on the river for nearly four and a half hours and 11 miles before we got to our take-out spot. Kudos to the guides who were very helpful and friendly.

We had the planned dinner at a local Italian eatery, and everyone enjoyed the pizzas and the salads. Alas, no beer at the restaurant, and it being Sunday, none in the town either! It was nearly 9 p.m. before we headed home - Tired but Happy!

Regency Golf Schedule 2021

October 1
Nine and Dine at Peddie Golf
5:00 p.m. shotgun start. Food after golf.

October 23
Closing day Scramble 12:00 p.m. start. Food after golf.

October 25
Last Ladies League Day

October 26
Ladies League Lunch

October 28
Last Men's League Day

October 31
League Awards at Regency Golf Course Closes

Schedule Subject to Change

Resident Phone Numbers in Articles

While many residents are mentioned in articles as people to "get in touch with," their phone numbers are not. The policy of the *Regency Reporter* is not to print phone numbers in articles. The phone numbers of all Regency residents mentioned in articles can currently be found in these links on Ron Post's email.

TELEPHONE-DIRECTORY-FINAL-VERSION-LAST NAME-PDF
TELEPHONE-DIRECTORY-FINAL-VERSION-LAST NAME-EXCEL

Ron will update the list each week as he gets new information and the most updated version will be included in the *Regency Reporter* each month.

If you are new to Regency and are not receiving Ron Post's emails, please email him at rongreta@gmail.com and provide him with your email address.

Thank you
The Editorial Board

Bocce Ball and Shuffleboard Schedule

Bocce
Monday and Wednesday at 6 p.m. weather permitting
Shuffleboard
Every day at 10:30 a.m. weather permitting; looking for more players

Contact Carmine Carrara for Bocce and George Steinberg for Shuffleboard

Their numbers are in the 2020 Regency Phone Directory and the Directory on Ron Post's email. Links to Ron's Directory can be found in each issue of the *Reporter*.

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 Elaine Sandler, 732 605-9373.

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 Elaine Sandler for other Regency delivery issues:

732-605-9373.

Elaine and Lou handle all Reporter delivery issues.

Candidates for the BOE Respond to Questions

(Continued from page 22)

is my number 1 issue. Recruiting and retaining professional administration and staff is a serious concern. Continued financial stability and careful spending are issues near the top of the list.

Rattner: Besides COVID concerns, the three major issues are: 1) Creating better communication between our school, our parents and our community, 2) Alternative methods to increase our overall income and lower our expenses to decrease our tax burden, and 3) Building a referendum that our entire community can benefit from.

Aziz: Our most significant challenges include overcrowding in our schools, inadequate state aid, and the retention of our teachers.

Desai: The most pressing issues of our school district are the overcrowding in our schools, inadequate state aid, and the retention of our teachers and administrators.

Some members of the current Board have publicly shown a lack of support for the district's administrators. What is your opinion on such actions?

Regan: This is a lack of leadership skills. The constant controversies at BOE puts our children, and tax payers at risk. Stay out of the classroom, and do not be involved in the day to day.

Bohra: I regularly attend BOE meetings and have not seen any lack of support by board members for the district administrators. After a long time, I am finally seeing the board do what the tax payers elected them to do, hold the administration accountable, which should not be called being unsupportive.

Fabiano: While this may be the opinion of Mr. Poye, I have witnessed the administration being held accountable for their actions by the current Board of Education. I have not seen any public displays of "lack of support." There is a difference between being unsupportive and holding people accountable.

Bozowski: Working with administration is a key responsibility of a BOE member. Differing opinions should be discussed so that all parties can move to a workable conclusion and beneficial solution. Disagreement on issues is permitted, but disrespect is not acceptable. Board members must commit to dealing with administration in a collegial and respectful manner.

Rattner: There is a distinction between "not supporting someone" and discussing/disagreeing with decisions made by that person. There have been many tense BOE moments for several years, but not supporting someone is hoping they fail, and I have not seen that in any public forum as suggested.

Aziz: The pandemic created challenges for administrators statewide. Our administration faced circumstances beyond its control and had to make tough decisions to keep our staff and students safe while learning continued. I support the budget

prepared by our administration, which includes significant investments in education along with a school tax decrease.

Desai: Our administration has worked hard to support students, staff, and taxpayers during this pandemic, in an era of changing state regulations. For example, the administration delivered a budget that includes huge investments in education coupled with a school tax decrease. The administration deserves our support.

In less than a year's time the Board's attorney resigned, Superintendent Alvich resigned in the midst of a five-year contract, and the Board changed the district's auditing firm. Do you think that these changes are in the best interest of the school system?

Regan: This is the leadership void. Stop the merry-go-round of bad hires, and bad contracts. The BOE needs to be concerned about the students and taxpayers. The students need good teachers. That is most important. Taxpayers need a fair budget. It takes the right leadership to get this done.

Bohra: Resignation of an attorney that allowed the BA's ethics violations to be ignored is good for the town. Dr. Alvich, DID NOT resign but is retiring, a sad but common occurrence in educators due to the pandemic. Lastly, a fresh audit of our \$140 Million account is a good idea.

Fabiano: The current business administrator cherry picked the attorney, who resigned before the new board was sworn in. Dr. Alvich did NOT resign, she retired. We as the community should support her decision to do what she has PUBLICLY said is in the best interests for her and her family.

Bozowski: Employees are welcome to pursue opportunities if they choose to do so. The resignations of these two key employees are serious losses to our district. Replacement of the auditing firm was enacted with no specific reason given and will cost additional fees as the new firm gets up to speed.

Rattner: Continuity is always better when progress is occurring. Unfortunately, record numbers of people have retired/resigned from education this year. An audit firm change was the right call. It is always beneficial to get new perspectives to improve things. It is why teachers are never evaluated by the same administrator.

Aziz: The departure of a highly qualified attorney and superintendent is not our best interest. Dr. Alvich's departure may negatively impact academic growth and result in a costly delay of a new referendum. The new auditors have excellent credentials and their work will strengthen the confidence in our business office.

Desai: The resignation of Dr. Alvich will result in a costly delay of a referendum which we

need to alleviate school overcrowding. Our in-house attorney was replaced with a subcontracted law firm, which will result in higher legal fees. However, the hiring of the new auditor may result in positive change.

Note: The Board Attorney's position was not created until several years after the incident of the ethics violation occurred. Additionally, the State School Ethics Commission did not bring any major charges against the Business Administrator.

If elected, what will you bring to the Board that would be of value to the district's students?

Regan: I have 28 years of construction law experience, including schools. No other candidate does. I will help recapture what attracted me to Monroe in the first place, low taxes and good schools. We lost one, and are losing the other. I hope to bring better budgets, lower taxes, and leadership.

Bohra: Through my years of involvement in the district, I have a deep knowledge of our issues, our strengths and weaknesses. Working from outside, I've been a strong advocate of the community. If elected, I'll represent the opinion and voice of our community on the inside to positively impact the civic process.

Fabiano: As an educator for over 15 years, it's my goal to bring an educator's perspective to an already diverse background of individuals who are committed to giving our children the best educational experience possible. If elected, I'll continue to use my expertise and creativity to unite the community in education.

Bozowski: I can bring to the Board my common sense, a willingness to listen and consider issues carefully. My own experience as a parent of three will help me see both points of view of parents as well as of students.

Rattner: I taught for 11 years in the public schools and I earned master's degrees in education and counseling. I currently own a private business, so I understand the public and private sectors. I will listen to everybody, and then make my decision based on what is best for our community.

Aziz: As a Certified Public Accountant and parent of children in our schools, I would bring my financial acumen to the board and work with our administration to maximize the benefit of every dollar spent, lower costs where possible, and protect the interests of our students and taxpayers.

Desai: With my Masters in Clinical Psychology and parent of a child in the district, I would bring out the understanding that students need continuing mental and emotional support. Mental and physical health must be balanced in order for students to achieve academic excellence.

Monroe Township Chorus Presents "Welcome Back"

The Monroe Township Chorus was formed in September, 2013 by Sheila Werfel, Founder, Director, Conductor. Over the years the chorus rose from eighteen singers to a membership of seventy-two. After being grounded for the last fifteen months, we are happy to be back. Join us as we celebrate the dedication of all First Responders and all those who reached out to others in need during the Pandemic. Mark your calendar for Sunday, November 21, when Sheila Wer-

fel, Conductor and David Schlossberg, Music Director will lead the chorus in song once again. The concert will begin at 2:00 p.m. and doors will open at 1:30 p.m. at the Richard P. Marasco Performing Arts Center located in the Monroe Township Middle School, 1629 Perrineville Road, Monroe Township. This is a free concert, no tickets required, and everyone is welcome. For additional information call Sheila Werfel, Director (609 619-3229).

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