

REGENCY REPORTER

Vol. 19, No. 6, JUNE 2022 - PUBLISHED MONTHLY FOR THE RESIDENTS OF REGENCY



Spring finally brings warmer weather to our area. When the group is finished creating their masterpieces those who are available have lunch together. Seated from left are Annette Valero, Renée Horowitz, Claire Castellanos, Caryl Cohen, Cathy Cunningham, Sue Carey and Debbie Impson. Standing Dale Silverstein, Ellen Shube, Joan Boncore and Barbara Lemberger.

Photo by Tara Verlin



Scenes, above and below right, from the Indian American Group's IndiFest. See more photos page 9.

Photos by Rajesh Kapadia



Barry Shandler's granddaughter Allison Kovacs with his 2007 Jaguar XK convertible getting ready for the America's British Reliability Run. Read Barry's article about this exciting adventure on page 13.

Photo submitted by Steve Schnell



Geri Garfinkle snapped this gorgeous picture of Etsch's Farm from her patio at 5:30 a.m. on April 23.



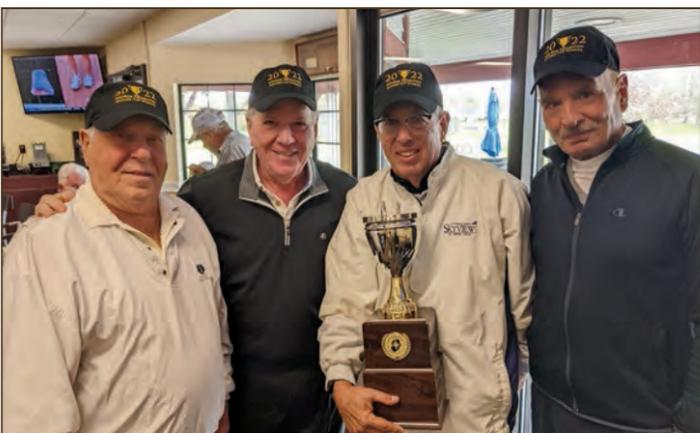
The Regency Women's Group Pasta Luncheon Committee, from left Linda Gerber, Shelly Wichansky, Harriet Fabrykant, Barbara Wilner, Debbie Etter, Beth Ross, Janet Gursky, and Laini Katz.

Photo submitted by Barbara Wilner



Most of Team Bright Future after our second attempt. Hey, where is our sign? See page 4.

Photo submitted by Howard Wichansky



The Regency Men's Golf Mayor's Cup winners in no particular order: Don Cooper, Virgil Marino, Jack Battipaglia, and Fred Horowitz. See page 23.

Photo by Shelley Borak

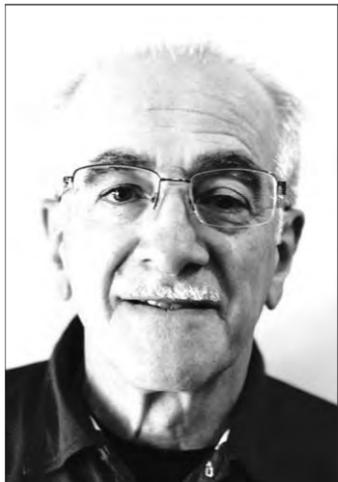


Dressed in their finest chapeau for the HOA's Kentucky Derby event are, from left: Gail Herman, Karen Wurman, Lisa Citron, Risa Jarvis, and Marci Singer.

Photo submitted by Karen Wurman

Regency at Monroe HOA Board of Trustees Candidates

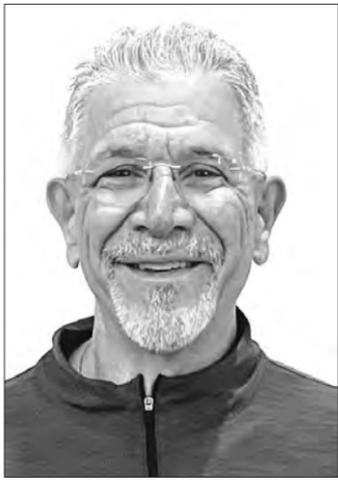
Listed alphabetically by last name



Donato J. Tanzi, PE
Riviera Drive

I am a current Board member having served these past two years. I have an AAS degree in Electro-Mechanical Technology and a Bachelor of Engineering in Mechanical Engineering Technology. I am an appointed member of the Monroe Township Zoning Board and obtained a Substitute Teacher's Certificate for the Monroe Township school system. I hold a Professional Engineer License and a S4 Waste Water Operators License in the State of New Jersey. My business background includes executive and engineering experience and was employed with General Electric Corporation, Bechtel Associate Professional Corporation, Kimberly-Clark Corporation, and Johnson & Johnson. In addition, as Chief Engineer/Division Manager for the Middlesex County Utilities Authority, I was responsible for the daily operation, maintenance, and engineering activities for the second largest wastewater treatment plant in NJ. Additionally, I was responsible for overseeing a significant part of the Hurricane Sandy recovery efforts, where I coordinated the emergency restoration and redesign of medium voltage switch gear, controls, and machinery for the wastewater pumping systems located at three sites in Central NJ and coordinated with FEMA, NJDEP, USCOE, and other agencies to support temporary emergency restoration operations and permanent engineering design upgrades of these Hurricane Sandy damaged facilities. I retired from this position after 27 years of dedicated service.

Prior to being voted onto the Regency at Monroe Board of Trustees I was an originating member of the Strategic Committee. My engineering background and professional expertise and experience assisted the Regency Board, and our engineer during transitions 1 and 2. I continue to assist the Board on various engineering and technical issues as requested including assisting previous Boards in resolving various Clubhouse and facilities issues as required, including a new emergency access routing for a new water fill line replacing a failed line for the indoor pool. In my two years on the Board, I was a member of the transition 3 team along with other Board members, including negotiations with Toll Brothers in finalizing a successful transition. I utilized my engineering background to assist in the repairs on golf course holes three and four bulkhead walls and piling. I assisted in the remodeling of the indoor pool restrooms,
(Continued on page 3)



Gerry Guidice
Tournament Drive

My name is Gerry, and I am a candidate for trustee. It has been an honor to serve on the Board over the last four years. As President of the Board over the past two years I am very proud of our many accomplishments. I believe it is fair to say we successfully navigated the Covid crises as a Board and community. We took measured risks, we attempted to keep people safe, and at the same time tried to keep the community available and enjoyable for all. We transitioned the last Toll trustee from the Board and for the first time we are navigating without Toll's input, or any of their reimbursement dollars. We have put in place several key policies to ensure we successfully plan for today and tomorrow. We successfully negotiated Transition 2 repairs and replacement with Toll Brothers and have finalized Transition 3 negotiation. The overall engineer estimated value was over five million dollars in deficiencies that Toll will or has completed. As a Board, we negotiated a new long-term contract with First Service Residential. We competitively bid and successfully negotiated savings and increased performance requirements. We put in place a performance measurement system that allows the Board to manage on an outcome-based delivery of services. We are requiring a succession plan for the safety and soundness of FSR operations and that elevates FSR's on-site strategic thought leadership. We have required FSR to update all their tactical operating procedures to current day requirements, which the Board will review and manage quarterly. This Board has moved into managing policy not operations and as such we put in place up-to-date Board level operating procedures, with proper audit measures to ensure compliance. We have begun the process of updating all resolutions for the community to reflect our decisions.

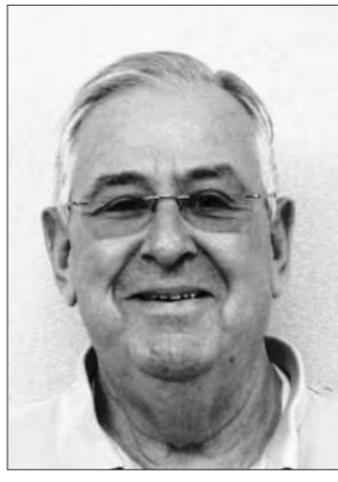
This Board has restructured our four-year capital planning process and our funding plan. We now execute and track our reserve study spending, with strict requirements to maintain adequacy of financial coverage. We also established a twice-yearly community update policy requirement to review all financial performance metrics of the community. We have significantly enhanced transparency to the community through a variety of communication methods: Website, town halls, Zoom public meetings, monthly communication, one on ones, and articles. As Toll Broth-
(Continued on page 3)



Prem Gupta
Tournament Drive

I was a 21-year-old young man with 50 dollars in my pocket, but a desire to learn and succeed and a commitment to work hard, when I came to the US more than 50 years ago. In this vast country I did not know a single person whom I could call for help or advice. I worked hard to become who I am today. My immigrant background became an asset; it prepared me to learn and adapt to people from all walks of life. I believe that both my personal and professional backgrounds have prepared me well for serving on the HOA Board of Trustees. I am a chemical engineer and received a Master's degree from the University of Florida and Ph.D. from the University of Michigan. I worked at M.I.T. as a postdoc before joining Exxon. At Exxon, I led multimillion-dollar projects that included financial analyses, leading diverse teams and setting and achieving ambitious goals. I retired from ExxonMobil after 32 years of service and moved to Regency in 2011. I continued to work as a consultant until recently. Now, one hundred percent retired, I am ready to devote the time necessary to being on the HOA Board of Trustees.

Regency is the premium Active Adult community in New Jersey. The Gupta family epitomizes "active" living in the community. I participate in many activities in the community, such as pickleball, tennis, golf, bridge, etc. I am also one of the cofounders of the Indian American Group and have been on its Board and instrumental in making it one of the very active clubs in our community. By volunteering as a yoga instructor for our residents, my wife, Jaya, helps those who want to remain active as well as those who want to be active but are unable to do so because of health issues. By actively participating in various activities in the community, we come into contact with a large number of residents and understand very well their priorities and needs. I feel well-connected to members of the community, and feel very prepared to address their issues when I am on the Board. Prior to moving to Regency, we lived in Virginia where I served as a trustee on our Homeowners Association Board. The Regency HOA Board has the fiduciary responsibility for establishing policies and providing oversight for the effective management of the Homeowners Association (HOA). From my experiences working at one of the finest academic institutions, in the corporate world and on a HOA Board, I have realized that, for such a responsibility, work ex-
(Continued on page 3)



Richard Lans
Beth Page Drive

I have lived in Regency for 15 years and currently serve as a homeowner resident trustee for the community as Vice President. I am a full time resident and not a snowbird. From the very beginning of moving to Regency I have been active not only in our community but at the township level as well. I was appointed by the Mayor to serve on three (3) Monroe Township Boards. They include zoning, cable, and affordable housing. I am also on the CAI (Community Association Institute) Homeowners Leader Committee, which is a Political Action Committee for associations. Additionally, I represent our homeowners on the Township Mayor's Senior Advisory Board. Since being on the HOA Board I have been instrumental in a variety of projects. Some of these improvements included improved lighting at the front gate, adding chairs and shade to the outdoor pool, selecting a new vendor for the grill room, a new and expanded dance floor, refurbishing project of the Clubhouse and increasing disability parking spots at the Clubhouse by the pool entrance. In addition, I helped lead

the new Tennis Pavilion and the bocce/shuffleboard areas and completion of transition one with Toll Brothers. As a Board member I recognize the importance of listening to all our residents. All are equal and every voice and opinion is respected. I pride myself on being both responsive and respectful. After all, I represent you and you need to be heard; your ideas and suggestions need to be considered. We are a large community with a wide range of talented people. It is important to reach out and make use of those that want to volunteer. I too live in this community and want to ensure that we maintain high standards.

Prior to moving to Regency, I served as the President and Treasurer of my community and successfully negotiated a final settlement with the developer on transition. I believe my overall qualifications, experience, and strong commitment to our community make me well qualified to pursue another term as your resident trustee. Although it may have been a few years since I retired, my professional experience as a Director at IBM is the experience and expertise I rely on while serving as a Board trustee. I am proud to serve as your resident trustee. I bring continuity and commitment to the Board as well as the community and request your support for another term as your resident trustee. Choosing someone to represent you is an important decision. My experience, knowledge, negotiation skills, relationship building, and the ability to put in the time is an important consideration. I am confident that with my tenure at Regency and the township I can best represent all our interests. Once again, I thank you for your support to date and hope that I can continue to serve you and our community.

2022 Public Board Meeting Schedule

All Public Meetings are held in the Clubhouse Ballroom unless otherwise noted

Wednesday, June 1st – Candidates Night

Saturday, June 4th – Coffee with the Candidates

Wednesday, June 8th – Annual Election

Wednesday, June 15, 2022

6:30 p.m. – Public Board Meeting in Ballroom

NOTE: Time and Location are subject to change

Wednesday, July 20, 2022

6:30 p.m. – Public Board Meeting in Ballroom

NOTE: Time and Location are subject to change

Wednesday, August 17, 2022

6:30 p.m. – Public Board Meeting in Ballroom

NOTE: Time and Location are subject to change

Wednesday, September 21, 2022

6:30 p.m. – Public Board Meeting in Ballroom

NOTE: Time and Location are subject to change

Wednesday, October 19, 2022

6:30 p.m. – Public Board Meeting in Ballroom

BUDGET PRESENTATION

NOTE: Time and Location are subject to change

Wednesday, November 16, 2022

6:30 p.m. – Budget Presentation if not previously approved in October

Public Board Meeting in Ballroom

NOTE: Time and Location are subject to change

December 2022

Wishing everyone a joyful holiday season and Happy New Year

Board of Trustees Candidates

Donato J. Tanzi, PE

(Continued from page 2)

showers and spa areas, replacement of failed concrete deck in the outdoor pool area with pavers, updating Regency by-laws, reserve study update, future capital spending plans, avoided costly expenditures for entrance ponds issues with the installation of controllable LED lighting with vivid enhanced features, updated future road paving plans to adjust future reserve spending, and continue to develop standard operating procedures. I provided professional oversight in the successful bidding, installation, and startup of an emergency generator for electrical power in our Clubhouse to keep specific areas energized during power outages. The Covid-19 pandemic crisis gained for me and the entire Board, the knowledge, experience, and decision making needed for the Regency Community to be the safest by abiding and adhering to all the Covid regulations issued by the State of NJ. Many hours of discussion with Board members led to a successful control of this pandemic situation here at Regency. Along with the entire Board of Trustees, we worked together on this issue to ensure our residents remained safe while allowing our amenities to open.

My wife Rose and I have been married 48 years residing at 38 Riviera Drive for the past twelve and a half years. I golf as often as possible on our beautiful golf course and enjoy cooking dinners

for my two children and five grandkids who all live nearby. I would like the opportunity, with your vote, to be re-elected as a Trustee and continue to represent all of the Regency Community. I am confident that my engineering experience, expertise, and leadership abilities with crisis management will continue to be an asset to all homeowners here at Regency at Monroe.

Gerry Guidice

(Continued from page 2)

As we exits our community, we also delivered a new and updated set of by-laws, which brings us to current law and enhances the Boards management of the community. We started a proactive education and recruitment program to entice many of our very successful residents to participate on the Board or other committees to help us move forward. As Board President, I view my role through a lens of establishing an environment of collaboration, trust, and openness. The role requires strong strategic thought leadership and solid operational understanding. We have made great progress, and we have more work to do. I would be honored to continue this journey. All the best, Gerry Guidice

**Remember
To Vote**

Prem Gupta

(Continued from page 2)

My experience is overrated. For a job that requires establishing policies and effective management, the important qualities needed are a deep understanding of the people's and organization's needs, high-level thinking ability, and a commitment to devoting as much time and energy as needed. I am confident my commitment, drive for results, and fresh perspective will make me a valuable asset on our community HOA Board.

Bravura Philharmonic Orchestra
Season Finale Concert
CHIU-TZE LIN, MUSIC DIRECTOR/CONDUCTOR

AGE 10 YOUNG ARTIST VIDI DING
AGE 10 YOUNG ARTIST CHRISTOPHER SHIN
AGE 11 YOUNG ARTIST EVELYN JOUNG
AGE 11 YOUNG ARTIST JOSHUA SONG

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SUNDAY, JUNE 5, 2022 AT 7PM

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REGENCY REPORTER

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

Please E-mail your materials to:

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

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Condolences

The Editorial Board of the *Regency Reporter* and the entire Regency community send sincere condolences to the Family of our dear friend and neighbor Frances D'Ambrosia, to Suzanne Levine and Family on the loss of Suzanne's beloved sister Fredda Levinton, to Sandy Newman and Family

on the passing of her beloved sister Eileen Resnick, and to Alison Tave and Family on the recent loss of her beloved husband and our dear friend and neighbor Denny. We also send sincere condolences to Ronnee Rothschild and to the Family of our former friend and neighbor Larry Bershad.

MS Walk 2022 — In Person

By Howard Wichansky

It never gets old helping this wonderful cause, fighting Multiple Sclerosis. It had been a while with COVID keeping us all from gathering together but thankfully we were back at the Monmouth Battlefield State Park for MS Walk 2022. The weather was cold and crisp; the sun very welcome. Members of our team **Bright Future** were wandering in, handing in their donations, collecting a MS shirt and meeting each other. It always feels good seeing all these people united for a common goal. We struggled to gather for our team picture and it turned out to be an adventure. Once we lined up we had to search for someone to snap the photograph. We picked the wrong person because after she left, we found the outcome to be totally unacceptable. Now the scramble to get everyone back together. Check out the retake on the front page of this issue, but this time without our team sign. After a brief ceremony, the walk went off with an endless stream of walkers traveling the park path stretching along the one mile loop. Many took several trips around.

The society has said that donations from the MS Walk have helped achieve as much progress in the last five years as in the 70 that preceded it. The progress includes detecting MS earlier, iden-



Several walkers at the starting line, from left Shelly Wichansky, Herb Spear, Sharon Kaufman, and Diane Spear.

Photos by Howard Wichansky

tifying many treatment options to slow or stop its progression, and putting more solutions in the hands of those who need it most. It has made a difference for nearly 1 million people living with MS in this country. For all

these reasons we are most grateful for those in Regency who gave a donation and all who walked with us on this special day. Success is happening with MS and certainly there is more to come.



Regency participants with MS Walk shirts and the team Bright Future sign, from left Ron Kane, Herb DiDonna, Judi DiDonna, Shelly Schwartz, Marcia Mankin, and Shelly Wichansky.

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Up Close and Personal

By Barbara Bickel (**)



June Birthdays

1 – Abdullah Ali/Barry Levinson
 2 – Richie Greenberg/Gail Herman/Marcy Smith
 3 – Harvey Abramson/Carolyn Bernstein/Jaya Gupta/Agri Hirsh Frank/Ellen Rosenthal/Susan Schwartz/Steve Taplits/Vincent Valerio
 4 – Ivan Linden/Rosa Turano/Toby Weissman
 5 – Bill Begley/Roz Esserman/Arty Siegel
 6 – Sharon Ben'ous/Harold Feinberg/Ethel Shuster
 7 – Mitchell Glanzrock/Gloria Leiman/Bob Nelson/Stan Rosenhouse/Vincent Sellitti/Ralph Vigilotti/Stan Wolitz
 8 – Janet Gursky/Susan

Koppelman/Steven Kuntz/
 Bernie Sabel/Jerry Seasonwein/
 Gary Weichman
 9 – Anne Berman/Howie Bixenholtz/Lorraine Bomba/
 Linda Busch/Jay Carey/Bruce Kapp/Kenneth Kastin/Gail Leski/Peter Provda/Rosalie Shuren
 10 – Morris Ashkenazy/Judith Baratz/Victor Breinberg/Cindy Brody/Phyllis Carlinsky/Lois Effron/Bill Lasasso/Michael Schick/Edwin Stern/Marie Tomasulo
 11 – Helene Rosenbaum/Gil Silverstein
 12 – Bonnie Breinberg/Phyllis Cohen/Sharon Damato/Charles Jaslow/Linda Kaye/Jeff Ross/Matt Sears/Kenneth Teicher
 13 – Nancy Cambria/Arline Grossman/Etta Levine
 14 – Marcelle Eid/Marty Feldman/Barry Glenn/Brenda Kleinman
 Nati Kushner/Fran Pickus
 15 – Bob Calat/Elliott Feibelman/Carol Kreit/Stuart Loss/Marty Pickus/Jerry Rosen/Emily Trimas
 16 – Sandy Cains/Linda Knepper/Howard Lefkowitz/Lois Toker
 17 – Paul Gessman/Nancy Rubin/Gary Scher/Judi Schlesinger
 18 – Irwin Farrell/Alan Gottlieb/Gloria Solomon
 19 – Rosalie Berberian/Mathilda Cabo/Sandi Catarzi/Ralph Folkes/Ted Shuster
 20 – Rita Albert/Eileen Galpern/Dale Silverstein
 21 – Bob Beckman/Howard Javorsky/Jacob Langer/Laura Metz/Bob Okin
 22 – Joseph Barcellona/Joel Baronfeld/Michael Berlyant/Bob Esserman/Edward Frankel/Sheila Friedman/Dorothy Hirshman/Stan Lipper/Mary Ann Nastawa/Bob Zeglarski
 23 – Thomas Chillemi/Richard Mandelbaum/Muriel Zimmerman
 24 - Jerome Bauman/Charles Kurtz/Arline Mollen/Ann Schwartz/Ed Telchin
 25 – Bonnie Falk/Ed Fowler/Carol Kanthal/Stuart Kotler/Daniel Rubin/Paulette Strauss
 26 – Lori Anastasio/Robert Greenfield/Robert Pasternak/Harriet Mesics
 27 – Alan Ferber/Jeff Pike
 28 – Allan Friedland/Lewis Freilich/Carmen Verderosa
 29 - Barbara Battipaglia/Glen Dubov/Linda Ross/Isabel Schwartz/Gail Seasonwein/Eleanor Weisenberg/Stephen Williams
 30 – Elaine Freeman/Rocky Katz

June Anniversaries

1 – Lewis & Annette Freilich/
 Larry & Lisa Kosofsky
 3 - Michael & Cynthia Kaplan
 4 – Gerry & Dawn Guidice
 5 – Edward & Mary Parsons/
 Barry & Mona Portnoy/Art & Leslie Rubenstein
 6 – Alan & Lois Damico/Ross & Janis Goldberg/Fred & Alison Hammond/Barry & Beverly Lerner/Marvin & Shelly Schwartz
 7 – Neil & Maryann Diamond/
 Howard & Fran Davidoff/Sandy & Lois Effron/Richard & Eve Mandelbaum/Peter & Angela

Peters/Jerry & Deborah Rosen/
 David & Ruth Skole/Zach & Cindy Weintraub
 8 – Mark & Doris Dodowitz/
 Paul & Melanie Parsowith/Paul & Leslie Schoen
 9 – Larry & Sandy Cains/Fred & Jeannie Gersten/Barbara & Jerry Gessner/Mitchell & Ingrid Glanzrock/Sheldon & Nancy Rubin
 10 – Stanley & Linda Kaye/
 Russell & Ellen Porges/Allen & Sue Tinkler
 11 – Howard & Leslie Kohn/
 Joseph & Carol Kreit/Mark Shari Reiner/John & Mary Jo Sherman
 12 – Gary & Ilene Austein/Paul & Bonnie Gessman/William & Lynn Stecklow
 13 – Hank & Connie Josephs/
 Phil & Marion Levy/Jeff & Marilyn Moss/Gary & Susan Scher/Allan & Neala Vogel
 14 – Barry & Brenda Kleinman/
 Steve & Maddy Riback/Michael & Roberta Schick/Marvin & Arlyne Schutzer/Richard & Cindy Smilowitz/Michael &

Anita Wein
 15 – Marty & Linda Kamins/
 Barry & Rolene Magid/Richard & Annette Quinto/Kenneth & Nancy Smolanoff
 16 – Alan & Lori Bleznick/
 Larry & Lorraine Kaye/Bernie & Elaine Schwartz/Sheldon & Andrea Wexler
 17 - Glen & Betsy Dubov
 18 – Jerry & Judy Lubetzki/
 Robert & Leslie Minsky/Ron & Greta Post
 19 – Barry Finkelstein & Karyn Waller-Finkelstein/Bob & Lilian Isaacs/Charlie & Barbara Lerman/Robert & Susan Schwartz/Vincent & Annette Valerio/Richard & Janice Vandenbrouck
 20 – George & Patricia Carney/
 Stephen & Robin Klemas/Larry & Marissa Mazzuchetti/David & Donna Rosenberg
 21 – Marty & Phyllis Cohen/
 Bill & Donna Glauber/Milt & Sue Paris/Al & Gail Rosenzweig/Richie & Marci Singer/Michael & Lea Stein/
 Stan & Sara-Ann Wallerstein
 22 – Fred & Marlene Barbieri/
 Alan & Carol Chodos/Bob & Carol Okin/Randy & Breena Steinberg/Herbert & Rena

Tillem
 24 – Alan & Felice Brenner/
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 25 – Seymour & Rosalie Shuren
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 28 – Michael & Fran Koppell/
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 29 – Phil & Kathy Bracco/Ed & Gail Leski/Robert & Rose Pasternak/Marty & Denise Pine/
 Leon & Patti Segal/Sandy & Gail Smith/Giacomo & Rosa Turano
 30 – Irwin & Cheryl Farrell/
 Barry & Robin Smulofsky/
 Larry & Karen Speichler/
 Kenneth & Myrna Teicher/Ira & Shari Weissman

(**) Are your dates not listed? Are your dates incorrect? Please let me know and it will be fixed. (barbick132@aol.com) Thank you. BB

HOA Calendar of Events

Friday, June 3
 A Grilling Experience
Saturday, June 11
 The Bronx Wanderers Stage Show
Sunday, June 12
 Women's Group Father's Day Event
Tuesday, June 14
 Penn Medicine Workshop
Sunday, June 26
 Coffeeshouse
Monday, July 4
 Fourth of July BBQ
Saturday, July 9
 Polynesian Luau All Inclusive Dinner
Saturday, July 23
 TUSK Stage Show
Sunday, July 31
 Coffeeshouse
Friday, August 5
 Comedian Night
Sunday, August 14
 Coffeeshouse
Saturday/Sunday, August 20 and 21
 Princess Tea Party and Superhero
Grandkid/Grandparent Day Events
Friday, September 2
 Hoedown All Inclusive Dinner
Friday, September 9
 Gary Roth Trivia Night
Saturday, September 17
 Chicago 9 Stage Show
Sunday, September 25
 Coffeeshouse
Saturday, October 1
 All Inclusive Oktoberfest
Saturday, October 15
 Jersey Tenors Stage Show
Saturday, October 29
 Halloween Celebration
Sunday, November 6
 Coffeeshouse
Friday, November 11
 Veteran's Day Breakfast
Friday
Sunday, November 18 - 20
 Holiday Shopping Event
Sunday, December 4
 Coffeeshouse
Saturday, December 31
 New Year's Eve



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Fruits of Our Lives

(Not the Pits)



By Christiana Barone

I am happy to report good news for two families. One, being there to see their grandson enter adulthood in his religion. The other becoming a great aunt in a very close family.

BAT MITZVAH

It is with great love, pride and joy that **Bonnie and Dennis Levy** announce that their grandson **Noah Levy Mack**, had his

Bar Mitzvah on Saturday, April 30, 2022, at Kol Tzedek Synagogue in Philadelphia. Participating in the service were his siblings, Evan and Sadie, and **Noah's** mom, Hollie Levy.

BABIES

Karen Calder became a great aunt on May 3, 2022 to **Leah Jing Calder**, 7 pounds 5 ounces, daughter of Bradley and Sophie Calder.

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 ccbarone@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

Jaya Gupta – A Gift Giver

By Barbara Bickel

About ten years ago, with Jaya Gupta moving into our Regency community, we received the gift of peace of mind. With her willingness to share her knowledge and consistent training for over 19 years in Hatha Yoga and Meditation skills, she has offered free classes and articles in these areas to all of us. On Monday mornings, she has classes on Yoga and on Wednesday there is Meditation with chair Yoga. Her written articles on various skills regularly appear on Ron Post's e-mailer and in this paper. With "Covid" closures, she

gave regular Zoom programs to all those interested, and still maintains these while active classes are ongoing.

In these troubled times, no matter what our personal situational anxieties are, we all are seeking relief. Many enjoy exercise and interest in hobbies and group experiences with friends and family. Some have used medication and found it helpful. With aging, we all are facing physical and neurological developments we must learn to adjust to. The popularity and use of meditation techniques are almost a universal panacea for coping. Many corporations are establishing opportunities to practice various skills and almost every article describes its universality in living with our minds and bodies. It is not an automatic skill, but can take time and dedication to become a daily routine. Jaya has told about serious personal back problems and recuperation from surgery, that were relieved for her through her routines. She consistently reviews how many neurological parts of our bodies are so interconnected throughout our bodies and help us heal – mentally and physically.

Thank you Jaya, for the gifts that you have been sharing and that we hope continue for years to come! Regency is *grateful!*

Thank You Note

Thanks to my wonderful Regency friends for your care and concern during my recent surgery...it was just another bump in the road!

Laura Shandler

DO YOU HAVE ANY OF THESE SYMPTOMS?

- ✓ Numbness
- ✓ Pain when you walk
- ✓ Sharp, electrical-like pain
- ✓ Burning or tingling
- ✓ Difficulty sleeping from leg or foot discomfort
- ✓ Muscle weakness
- ✓ Sensitivity to touch



YOU MAY HAVE

PERIPHERAL NEUROPATHY

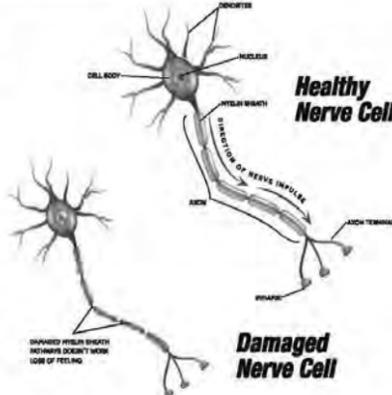
Peripheral Neuropathy is a condition that affects millions of Americans, commonly resulting in pain, tingling, numbness, and other painful symptoms in the hands, legs and feet. This pain changes your life and affects how you work, how you play and how you live.

NEW FDA-CLEARED TREATMENTS PROVIDE HOPE

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

HOW DO YOU KNOW IF YOU HAVE NERVE DAMAGE?

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



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RAMBO

Regency at Monroe Bridge Organization
 By Don Haback, President and ACBL Director

As many of you know, Regency has a Duplicate Bridge Club, RAMBO (Regency at Monroe Bridge Organization). We play every Tuesday evening throughout the year. During the summer, we can have around 50 players! While we all enjoy the game, we're NOT CRAZY! We have a 'formal' game every Tuesday evening in Ballroom 3, and we ask players to be there by 6:45 p.m. to register for our games that start at 7:00. These games are sanctioned by the American Contract Bridge League (the National Body) and offers 'master points' to many of our weekly players. You do not have to join this organization in order to play. Our games are fun and take less than three hours each week. We do require that all players be vaccinated. We have a very reasonable fee of \$2.00/person.

If you're interested and need a partner, please contact Bev Ross. If you need further information contact Don Haback. Both phone numbers can be found in the new Regency Directory. We look forward to growing our games.

The Men's Club Mother's Day Brunch

By Sheldon Piekny,
VP of Entertainment

On Saturday April 30, the Regency Men's Club hosted our annual Mother's Day Brunch, which had been delayed a few years because of Covid. We celebrated with approximately 200 people in attendance. Our caterer was Sir Ives and as usual the food

was delicious and plentiful. Our entertainment was *Stiletto and the Saxman*. They were fantastic! Everyone got up and danced and all seemed to be having a great time. All of the mothers were presented with a gift certificate for a 15 minute massage at A Healing Touch with Dana to be used as they pleased. I want to thank all my



Couples ready to dance at Men's Club Mother's Day Brunch.

Photos by Steve Strauss



Stiletto and the Saxman performing at the Men's Club Mother's Day Brunch.

fellow members on the entertainment committee for helping me make this Mother's Day Brunch an outstanding success. We look forward to more exciting events at the Men's Club.

Men's Club Events Calendar*

- Saturday, June 10 - Playhouse 22 - *Camelot*
- Friday, June 22 - Jersey Blue

- Claws vs. Brooklyn Cyclones
- Friday, August 19 - Mets/Phillies Game (bus)
- Wednesday, August 31 - Info Age Science Museum
- Friday, August 26 - Monmouth Park
- Sunday, October 2 - Mini Golf, Dinner and Entertainment
- Sunday, October 30 - Paid Up Breakfast

* Events will be added as they become available

Men's Club Monthly Meetings (Breakfast/Speaker)

- Last Sunday of the Month
EXCEPTIONS: the June meeting will be held on Saturday, June 25; the September meeting will be held on Saturday, September 24. There is no meeting in December.

The Regency Book Club

By Barbara Schwartz

The Stranger in the Lifeboat

On Tuesday May 3 a group of 13 women met to discuss the book *The Stranger in the Lifeboat*, one of Mitch Albom's latest books. The author is well known for his best sellers, *Tuesdays with Morrie* and *The Five People You Meet in Heaven*. He has also written many books examining faith and beliefs. This book is no exception. He is also the number one Jewish author with seven number one *New York Times* best selling books, including fiction and nonfiction.

The Stranger in the Lifeboat begins with an explosion on a yacht that leaves ten desperate souls struggling to survive adrift in a lifeboat. Included among these are some very influential and wealthy people. Short on water, food, and hope, three days into the ordeal they spot a man floating in the waves. They pull him in, and he claims to be God. He was not wearing a life jacket or holding on to anything when spotted. The people in the lifeboat waited for him to say something, but he just looked at them until a character named Nina touched him and said, "Thank the Lord we found you," to which he responded, "I am the Lord." All of the passengers in the lifeboat, according to Benji's journal, respond differently to the Lord's presence. The Lord then states, "He can only save them if they all truly believe in him."

Throughout the tale, Albom as usual does a masterful job of keeping the reader engaged and speculating. Is this mysterious and serene man really who he claims to be? And what actually caused the yacht to explode? Are the survivors already in heaven, or are they in hell? It is narrated by Benji, one of the passengers, who describes the events in a notebook that is discovered a year later when the empty life raft

(Continued on page 11)

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The Regency Women's Group



Several Groups of Regency Women were happy to be together at the Regency Women's Group Pasta Luncheon. Photos submitted by Barbara Wilner

By Barbara Wilner

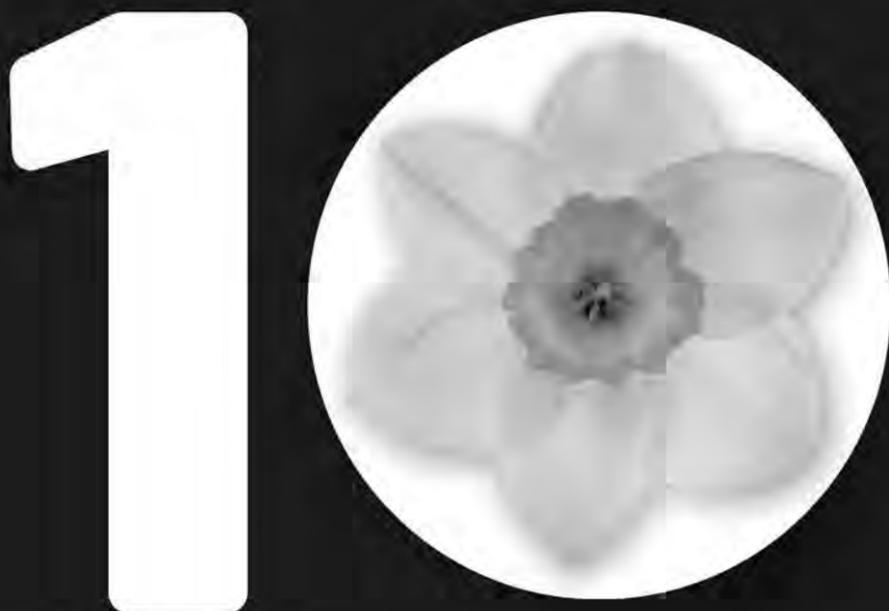
...and did we have a good time! On Monday, May 9, 95 members had the chance to finally get together! Covid had forced us to reschedule our Pasta Luncheon once and we were so glad to finally be able to welcome both longtime and new members. We met those

who were attending their first event and were so glad to have them both meet each other and those of us who have been here longer. Our committees as always did an amazing job setting up a beautifully themed and delicious lunch catered by Tuscany. It was a lovely afternoon and the first of many planned

monthly programs. When you read this it will almost be time to honor our men with our Father's Day Brunch. We look forward to showing you all we have planned. Flyers will be out for our July music and dance night. A Canasta Tournament follows in August and Gift Card Bingo



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in September. We plan to keep the good times coming and look forward to having you with us.

Till next time...

The Regency Women's Group Events Calendar

- Sunday, June 12 - Father's Day Brunch
- Monday, July 11 - Music Jam and Dancing
- Monday, August 8 - Canasta Tournament
- Monday, September 12 - Gift Card Po-ke-no
- Monday, October 10 - Membership Dinner
- Monday, November 14 - Bingo
- Sunday, November 30 - Toy and Gift Card Drive
- Monday, December 12 - Holiday Dinner

Regency Veteran's Club

By Harry Herbst

I hope everyone had a enjoyable winter. I am reaching out to all veterans this spring to see if there is an interest in having our own Veteran's Club, exclusively dedicated to all veterans. Our Lifestyle Director, Kori Little and I would like to see if we can get this off the ground. I would greatly appreciate it if you could contact me or Kori at the Clubhouse. Kori can be reached at kori.little@fsresidential.com. My phone number can be found in the new Regency Directory. Please reach out to one of us.

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The Indian American Group



Regency residents and members of the Indian American Group enjoying IndiFest

By Rajesh Kapadia

IndiFest

Sponsored by the Regency HOA, IndiFest presenting authentic Indian cuisine and beverages, Garba dancing and drumming, henna and fashion, along with live entertainment and dancing with a DJ was held on April 29 in the Clubhouse banquet hall from 6:00 - 9:00 p.m. The evening began with a welcome drink and soon appetizers were served consisting of Samosa, Chat, and other goodies. There were two live performances on the stage. The first one was an Indian fashion show where 23 Indian women

and men displayed authentic Indian dresses, Sarees, Chaniachoris, Shalwar-Khamish, lungis, pagdis, turbans, and other Indian dresses from a variety of states in India. The performance was directed by Pushpa Agrawal. This was followed by a sumptuous authentic dinner consisting of various Indian curries, parathas and other breads, rice, fritters, desserts, and drinks.

After dinner, the second live performance on the stage had an amazing display of authentic Garba and Raas (famous stick dance) from the western Indian states of Gujarat and Rajasthan

with tunes played by the DJ. The performance also consisted of 16 men and women clad in colorful and glittering dresses. The performance was choreographed and directed by Mrudula Kapadia. Henna was available for those

(Continued on page 10)



Photos by Rajesh Kapadia

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Penn Medicine Princeton Health exclusively offers Regency at Monroe residents phlebotomy and nursing services in the Clubhouse. See details below.

LABORATORY SERVICES

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To make an appointment with our assigned phlebotomist, please contact Regency at Monroe's concierge desk at 732-605-9800.

Please note: a laboratory prescription from your doctor is required at the appointment.

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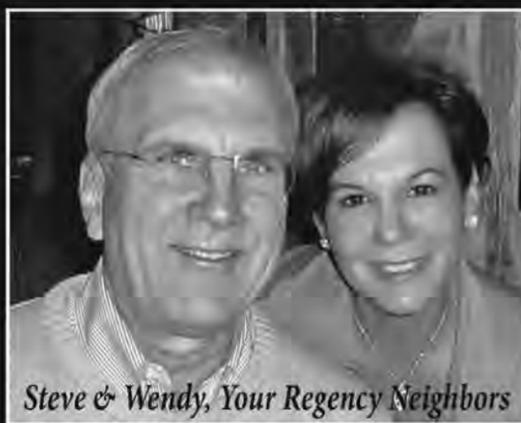
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Singles Mingle

By Barbara Lemberger

Did you know that the honeybee is the state insect of New Jersey and that three states including New Jersey have the American Goldfinch as their state bird? These little nuggets of information and many other interesting tidbits of New Jersey history were part of a wonderful presentation by Eve Mandel of the Princeton Historical Society at our May meeting. Following the presentation there was a question-and-answer session and great snacks and conversation among the attendees.

Our next regular meeting will be on June 6. It should be another enjoyable event. Tanya Ashuck will be teaching us how to make flower wreaths. Details about materials needed will be available soon. On June 1 we will be traveling to Mount Laurel, New Jersey to visit the Alice Paul Institute. Alice Paul was the architect of some of the most outstanding political achievements on behalf of women in the twentieth century.

In addition, we have a trip to the Make-A-Wish Castle on June 17 followed by lunch. We hope that many singles will join us for these events. If you are not a member, please consider joining. We promise a variety of activities and lots of camaraderie.



Above, Eve Mandel from the Princeton Historical Society giving a presentation to below, members of the Regency Singles Group.
 Photos by Barbara Lemberger




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Singles Mingle Upcoming Events

- Wednesday, June 1 - Meeting, Tennis Pavilion 7: p.m., Make a Flower Wreath
- Tuesday, June 7 - Trip to Alice Paul Institute
- Friday, June 17 - Tour the "Make a Wish" Castle followed by lunch
- Wednesday, July 6 - Meeting, Tennis Pavilion, 7 p.m., Movie Night
- Friday, August 12 - BBQ

Indian American

(Continued from page 9)
 interested and many took advantage of this throughout the evening. The grand finale was a live performance of authentic Indian drums by Dholi along with scintillating music by the DJ and of course the entire audience dancing on the floor to the tunes for the rest of the evening. The entire evening was filled with electrifying performances and fun, frolic, and food.



We want to thank Kori Little, Stephanie Harmon, and the entire HOA staff for arranging the entire event and their continued support. We invite and welcome all residents of Regency to become members of IAG and join us for our festive programs. Please contact either Indravadan Gandhi or Prem Gupta for information about becoming a member of IAG. Both numbers can be found in the new Regency Directory. Lastly we sincerely thank all the volunteers for their continued support and hard work in making this a memorable event.
 Please be safe and healthy.



Please observe all STOP signs in the community for everyone's safety! Thank you!

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Regency Yiddish Club Holds Its First Event of 2022

By Lorraine Zimmerman

The Regency Yiddish Club held its first Yiddish Club breakfast of the season on Sunday, May 15. We had a maximum capacity of 210 people. The food was catered by Tuscany and was plentiful. There was egg salad, tuna fish, cream cheese, lox, tomatoes, assorted bagels, rugelach, and black and white cookies. We got off to a great start when Hedda Lans introduced Steve Rogers, who happens to be Hedda and Richard's son-in-law. Steve is a lawyer by trade and was a partner at Lowenstein Sandler. However, earlier this year, he resigned that position and became the CEO of the JCC in Tenafly, New Jersey. His background in Judaism goes back to the late 70's and a strong family commitment. Recently, he was involved in a humanitarian trip to Ukraine. He brought with him many tons of needed items. This

trip was encouraged by the head of the JCC in Ukraine. Steve's comments were most compelling. He watched tens of thousands of women and young babies walk across from Ukraine to Poland. Most were from middle class backgrounds. They were carrying smart phones and were dressed in middle class garb. They had been standing in line for as much as twelve hours, just to start their journey, and had been traveling on foot for days! During this trip, Steve commented that he had witnessed the worst of humanity (Russia) and the best of humanity (Poland).

Richard then introduced Talia Reese, a comedian, whose style is similar to Joan Rivers. She comes from an Orthodox background and currently resides in Great Neck, New York. She began by telling us that she has had two failed marriages, and is still in one of them. She also told us that she went on a dating



Steve Rogers
Photo submitted by Hedda Lans

site, called Anxiety.com. She also told us that she is not interested in being a mother, which is a shame, since she already has two daughters. She had us laughing.

Thank you, Richard and Hedda, for continuing to provide us with such wonderful programs and for working so hard to continue the work of Herb and Renea Zukerberg, who started the Yiddish Club twenty years ago. We look forward to June, when Sarge will be the featured comedian. Many thanks also to Arlene and Larry Yesner and Iris and Stu Jason for helping with the 50/50.

2022 Yiddish Club Events

New and Revised

- Sunday, June 26
Breakfast Program - 10 a.m. -
Featuring "SARGE"
- Friday, July 15
Shabbat Dinner - 6 p.m. -
Featuring Mort Segal
"History of the Catskills"
- Sunday, August 14
Breakfast Program - 10 a.m. -
Featuring Ryan Kelly
Berkowitz
"Miss Staten Island"
- Sunday, September 11
Breakfast Program - 10 a.m. -
Featuring "Six 13"
- Wednesday, October 5
Break-the-Fast - 6:30 p.m.
with Jewish Trivia
- Sunday, November 6
Breakfast Program - 10 a.m. -
Featuring - Comedian
Johnny Lambert

indeed Benji transformed after he landed on Montserrat with a more spiritual name from the *Hebrew Book of Psalms*. His transformation is reflected in his self forgiveness, hope, and helping others with the same beliefs. Other themes discussed by the group were "God" in all religions, forgiveness, hope, and how faith can or can't heal your soul. Some members through personal loss expressed a lack of faith in any god.

When reading the book, most participants agreed that towards the middle to the end of the book, the events in the journal seemed unbelievable thus signifying to the reader that Benji was just imagining the whole thing and he was the lone survivor all along. All in all, *The Stranger in the Lifeboat* was a quick read and presented difficult personal questions. The reader has to have an open mind to answer many of the questions posed by the author. The Epilogue of the book does seem to wrap up the bits and pieces of the plot at the end.

The next meeting of the Regency Book Club on Tuesday, June 7 at 4 p.m. will feature Ann Patchett's *Bel Canto*. We hope to see many of you there.

Book Club

(Continued from page 7)

washes up ashore on the island of Montserrat. It appears that Benji is the lone survivor of the yacht accident. It then falls upon Chief Inspector Lefleur, the island's chief detective, a man besieged with his own inner struggles, to solve the mystery of what really happened. Both Benji and the chief inspector suffer from survivor's guilt as Benji's wife recently passed away and he has guilt from possibly causing the explosion. Chief Inspector Lefleur is plagued by the recent death of his four year old daughter. Lefleur eventually solves the mystery of what really happened by reading Benji's journal and meeting up with Benji's cousin Dobby a year after the yacht exploded.

The story is divided into three sections with different timelines and points of view. Chapters labeled "Sea" are told while the survivors are on the lifeboat in the form of Benji's personal journal. The chapters labeled "Land" are told a year and a half after the yacht's sinking, and the chapters labeled "News" are told before the yacht sets sail and follows with updates of personal interest stories about the famous people aboard the yacht that seemingly perished. It also serves to fill in the gaps about the timeline of the sinking of the yacht and the recovery of the lifeboat in Montserrat.

Albom's writing style as always is simplistic but effective. It allows the reader to look inward and reflect upon faith.

The group generally liked the book but a few participants did not care for the theme and thought some of Albom's previous works were better. A few members of the group were also unsure of the ending and a vigorous discussion ensued. It was settled that Benji's journal was a work of fiction, what he thought was happening was just in his mind. He just imagined that "The Lord" was there in the boat to keep his faith and work through his survivors guilt to stay alive. It was also clarified that the survivor of the lifeboat who appeared on the island as "Rom Rosh" was



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Hiking in May



By Doug Poye

The month of May had the Regency Hikers traveling from the Pinelands of Burlington County to walks in the hills of the Atlantic Highlands and an interesting visit to Duke Farms in Somerset County. The hikes were diverse in what they had to offer and in their level of difficulty. We did a loop trail in Brendan Byrne State Forest through the Piney Woods where the trails are easy on the feet. The 6.8-mile hike, however, was somewhat difficult as it was one of the longest hikes that we have done. Beginning at Park Headquarters just off State Highway 72, we used a part of the 50-mile Batona Trail to reach Pakim Pond. Here we found picnic tables scattered along the shore of the pine encircled pond with its dark tannin-stained water. The pond was once used to flood a nearby abandoned cranberry bog. Shay Reisert raised the question as to what one should call the brown pine needles that covered the ground. A reply of “pine needles” was replaced by the answer “shat” to which I commented that such was what a bear has done in the woods. Fortunately, we did not encounter any bear to consult on the matter. Following a nice break for lunch, we headed toward the Cranberry Trail, which provided opportunities to see small clusters of Atlantic white cedar, forests of pitch pine, and the black water of Shinns Creek.

The Atlantic Highlands are located in the northeastern corner of Monmouth County and are unusual in that the hills lie so near Raritan Bay and the Atlantic Ocean. Our hike in Hartshorne Woods had us trekking up and down the forest covered hills with occasional sightings of the Navesink River. Farther to the east but in the same park one can find the remains of gun batteries installed during World War II as well as the historical Twin Lighthouses, which overlook the Atlantic Ocean. The 4-mile hike was a good workout for the group.

Duke Farms, located in Hillsborough (Somerset County), was once a farm estate of the wealthy John Buchanan Duke and preserved by his daughter Doris Duke. Since her death the estate has become a model of environmental stewardship serving as a habitat for native plants and animals. During this hike, we visited the roofless Hay Barn with its statuary, the amazing Orchid Range with its greenhouses filled with a multitude of various orchids, the foundation of what was to have been an enormous mansion, and the cemetery where the various pets of Doris Duke are buried. A special treat was to see the man-made waterfall, which only runs at set times during each day.



Regency Hikers deep in the Brendan Byrne State Forest Pinelands.
Photo by Haren Master.

Special recognition is due for two of our hikers who reached milestones in their hiking with the club during April: Mark Greenstein who received a black-stone pin for reaching 600 miles and Ken Adel who received his orange hat for com-

pleting his first 100 miles. We will be doing a few more hikes in June before taking a hiatus during the warm months of summer. New members are always welcome and can contact me to get on the email list for members.

3D Art Group

By Renee Horowitz

On May 5, I instructed the members on the steps to take in order to find pictures that have the correct pixels to be copied from their computers for future 3D work. The correct amount of pixels allows them to successfully print a picture with the best clarity. These instructions were emailed to all members. We are planning this year's 3D Art Exhibition to be held on Thursday, June 9. The exhibition will be in Ballroom 3 from 11:00 to 1:00. Please come and



Above: Sue Carey standing on the left and Ellen Shube (you can see her hair) standing on the right observe Caryl Cohen pointing out an aspect of her art. Amy Frankel on the left working on her picture. Annette Valerio at the front of the table working on her picture. Below: Annette Valerio working on her kitchen picture.
Photos by Renee Horowitz

see what your friends and neighbors have created. We'd love to show you our works of art and how we accomplish them. Come check us out, we look forward to seeing you!



The America's British Reliability Run An Affair to Remember



Above, Barry Shandler at the morning roundup and below, along the road at the America's British Reliability Run. Photos submitted by Steve Schnell

By Barry Shandler for the Regency Car Club

Barry Shandler, Regency Car Club member, and granddaughter Allison Kovacs were participants in the America's British Reliability Run last October, driving Barry's 2007 Jaguar XK convertible. This event consisted of 32 British two-person sports cars driving a three day route, caravan style, of 600 miles. Each car had a driver and co-driver team who solicited contributions to support the St. Jude Children's Hospital and over \$23,000 was raised. It was jointly run by the local British Car Club and the Delaware Valley Triumph Club with participants coming from as far away as North Carolina.

The route started on Friday in Quakertown, Pennsylvania. On the first day we drove to Watkins Glen, New York where sports car racing started in the United States in 1948. During the evening we had a presentation on the history of Watkins Glen from both a speaker and a film. The next morning, we drove up Seneca Lake (one of the Finger Lakes) and across to Norwich, NY. There we visited the Northeast Classic Car Museum. This museum has the most fabulous restorations of cars of the 20's and 30's. The owner has the largest collection of air cooled Franklin brand cars in America.

That same day we drove to a place called "The Lotus Shack" in Chester, NY. All day long we wondered what is the "Lotus Shack?" We thought it was a Chinese restaurant since we were going to have dinner there. But no, it wasn't a restaurant. It was another private car collection, this time by an owner who collected Lotus Cars and had 12 of them including Elites, Elans and Elises along with a TR6, a Z1 Corvette, some BMWs, and an Alfa Romeo Spyder.

The most thrilling feature of this run was the roads on which we traveled. These were mostly two-lane roads through beautiful country at the height of the fall foliage season. The oranges, reds, and greens were vivid in the sun and reflected



off the many lakes we passed. The roads were selected not only for foliage, but for their physical driving challenges. Many of them had 90 and even up to 150 degree turns, with switchbacks and banked surfaces. The up and down hills were sometimes over 200 feet between top and bottom. Driving these roads gave us the supreme sports car experience where you had to concentrate on shifting, watching for big American cars coming the other way, debris, and potholes on the road. The feeling of taking these turns without using brakes, only correct shifting, gave all the participants a physical sensation you just don't get anywhere else and is the reason to own a manual shift British sports car.

As for reliability, British sports cars are usually very simple and do not break down easily. The group drove a total of 18,000 miles and only had two minor problems involving an ignition wire and a throttle cable. But just in case, we had a trailer with us with a Miata in it. When one of the cars broke down, the owner put his TR6 in the van and drove to the next destination in the Miata. His car was fixed overnight and he was on the road in his TR6 again.

All in all, it was a very rewarding experience. We enjoyed the camaraderie and friendship as well as the drive. We are looking forward to doing the run again this year.

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News and Views

By Marcia and Mike Midler, Bert Busch and Phil Sloan

News and Views, Regency’s current events discussion group, is again holding bimonthly meetings. We meet on the second and fourth Monday of each month at 7:30 p.m., now in Ballroom 1 of the Clubhouse. Our meetings in June will be on June 13 and 27. For the present, we will be meeting with masks, and ask that all participants be vaccinated.

Because of the continuing news coming from Ukraine, Mike Midler’s agenda on April 11 began again with a discussion of Putin’s War. Some were amazed that Zelensky was still in power, and that the Russians hadn’t overpowered Kyiv. We

were reminded that our country had forced Ukraine to surrender its nuclear weapons when the USSR imploded, promising to defend against aggressors. One of us asked why we are not helping Ukraine more, although we have substantially stepped up our military deliverables since then, a month after that query. We were pretty certain that Putin would not attempt to invade a NATO country, knowing that Russia would lose to an onslaught of unified Western forces. Bill Shuzman feared US public response to inflated gas prices resulting from our attempts to damage Russia’s gas-based economy and render their war efforts less economically viable.

What, we all wondered, would the political impact and fallout be, and how will the West respond to the impending global food shortage when Ukraine can no longer function as Europe’s breadbasket? We realized that many Americans don’t want our government to feel we have to be farmer and policeman to the world. A number saw Putin as a latter-day Hitler, and we remembered that Hitler had invaded Czechoslovakia a day after Neville Chamberlain thought appeasement had brought “peace in our time.” Some wondered whether, if we don’t fully commit to stopping Putin now, would it be too late to stop him at all? There was general agreement that the West cannot allow Russia to rule in Ukraine through brutal aggression, and then feel emboldened to do more of the same.

Our group segued to a discussion of the French election then about to occur. We feared that if LePen won and took France out of NATO as she had threatened, the Western alliance would fall

apart. Luckily, that didn’t happen. Phil Harris reminded us that if Trump were reelected in 2024, he would likely take us out of NATO. Andy Tepper felt that NATO was important to our foreign policy, and that pulling out is not the answer.

Regarding the January 6 committee, we mulled over the members’ current quandary. Should they make criminal referral, even though the evidence of an attempted coup is overwhelming, and the intent to achieve it was pretty much shouted freely and amply recorded? Some thought they might be worried about unleashing another Civil War, and having our current toxic level of polarization evolve into a shooting war.

For our second monthly meeting, Bert Busch’s agenda began with a discussion of the culture wars. Ellen Brown noted that the GOP doesn’t seem to be compiling any positive policies, especially since intensifying already existing division within the country seems to be working for them. In the latest Supreme

Court confirmation hearing, Judge Jackson was falsely accused of being soft on sexual offenders and pedophiles. Indeed, Democratic candidates in general have been accused of being pedophiles, and of promoting “pro-pedophile politics.” David Mail regretted the fact that experts on education are being ignored, based on a politically based anti-critical race theory (CRT) that prefers to forget about teaching history. Boards of Education have been politicized, and Herb Goldstein cited the growing attempts to convince parents that they, and not educators, should govern how their children are taught. Some of us thought that messaging on the other side has to improve against appeals to voter fear that your kids will be turned into homosexuals, or you’ll run out of money and lose your job. Best advice to the Democrats was to put out pieces of the Biden agenda, forcing those opposed to go on the record as being against lower drug prices, subsidized child care, and so on.

When we moved to a discussion of the latest Covid-related news, Marty Parker thought it extraordinary that one judge could interfere with the entire executive branch and the CDC, putting the entire country at risk with a single ill-advised decision. Considering the economy, we were informed that we could go on Zillow.com and find that our house values have gone up dramatically. Some were afraid that recession would follow inflation, though the housing markets would likely settle down eventually. We knew we needed to rally people to the flag to support our efforts to keep Ukraine free of Russian dictatorship, but thought it would be a tough lift. Sandy Efron gave us a mini-tutorial on Hitler’s gradual rise to power in the 1930s, and the point was clear. Looking away is a big mistake, especially since North Korea and Taiwan are looking on attentively. Marc Gaswirth said that if Hitler hadn’t declared war on the US in 1941, we might have sat out WW II. He went on to predict that Putin would find a way to declare victory on May 9.

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

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Hadassah Highlights



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By Carol Kortmansky
Karen Ross President

Welcome to the last weeks of spring and the beginning of summer. As the weather warms up, and we see the beauty of this season, we can start to feel hope again – hope that we are moving forward, hope that life is returning to normal, and hope that we can join with our family and friends and celebrate life!

To add to that feeling of hope, it is very exciting to note that there are many new and exciting events that our chapter is planning for over the next few months. First and foremost, a New Member Tea will be held on June 15, at 7 p.m. in Ballroom 3; if you are new to Regency and have recently joined Hadassah or are thinking of doing so please join us for the membership tea and learn more about our chapter and the organization. Please RSVP to Linda Grossman or Annette Kushner, our Membership Vice Presidents, so we can plan accordingly. Their numbers can be found in the new Regency Directory.

Although it is too soon to be certain that all the following events will definitely be held, look for more information about the following:

- A Card and Mah Jongg party in July
- A fashion show luncheon that is in planning stages for a mid September date
- A Matching Funds Campaign (charity to be determined) in the fall
- Theater parties in the summer and fall
- A return to monthly meetings in which we are planning to have speakers as well as movies
- And, of course, a continuation of our lively monthly Book Club discussions

Please look for information concerning all of the above, as well as any new items in emails from Karen Ross, Ron Post's weekly email, or in Kori's weekly blast.

Please be aware that all checks for any Hadassah event or donation must now be made payable to Hadassah and not to Regency Hadassah

We would like to welcome **Laurel E. Kane** to our Hadassah community and thank her for becoming a Life Member. We are looking forward to meeting Laurel at our future meetings and functions in the very near future. As mentioned above, if you are new to our community or know of someone who has recently moved in and would like to learn more about Hadassah, please contact our President, Karen Ross and our Membership VPs Annette Kushner and Linda Grossman.

On Monday, June 20, in Ballroom 1 of the Clubhouse, our Book Club will hold its next meeting, during which we will be discussing **Brazen: My Unorthodox Journey from Long Sleeves to Lingerie**, written by Julia Haart. Growing up in an ultra-Orthodox sect of Judaism, Ms. Haart spent 23 years of her life in a marriage where the only purpose of clothing was to cover one's body from head to toe.

When her children starting questioning the life they were living, she realized that she needed to find a way to escape. The novel is an unforgettable story of her transformation from a life of fundamentalist values that were destroying her, to an entrepreneur, a founder of a shoe brand, the creative director of La Perla, and eventually to one of the most powerful people in the fashion industry. This is a novel and a discussion that you will not want to miss. Please check your emails for current information. For all Book Club meetings that you plan to attend, it is necessary to RSVP to Marilyn Jaclin or Marcia Milgrom, whose numbers can be found in the Regency Phone Directory. In addition, if you would like to act as our facilitator or if you have suggestions for a book, please contact them.



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

Stay safe and stay well! We are looking forward to seeing you soon.



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Beyond Words

By Cecile Spector

A Murder of Crows

Many centuries ago in England, as the world became smaller, traders and invaders brought with them new thoughts and ideas. They also brought new verbiage with which to express them. The *Encyclopedia Britannica* describes as peculiar to English, ...the extreme receptiveness of its vocabulary to borrowings from other languages. This enables us to communicate subtle shades of thought and feeling and fine discriminations of meaning. This mingling of terms from other languages gives us a massive number of synonyms. Our language is rich because it is exceptionally flexible, and each succeeding generation brings forth new additions to the lexicon.

Unfortunately, the current primary delivery system for our language is movies, radio, television, and, predominately, social media. For economic purposes (i.e., the sponsors), the language used in the media must appeal to the mass audience at which it is aimed. Unique, poetic, or “lofty” language is generally not included. Consequently, the same tired phrases and vocabulary are used over and over again. Only in the areas of science, technology, and slang has the English language been experiencing the type of growth that was previously seen in most aspects of language usage.

So, what can we do to maintain the richness of our glorious language? For one thing, we can read. Avid readers among us find the expansive vocabulary in many books refreshing and stimulating to our minds. My favorite type of book is one in which I have to reflect on the meaning of numerous words in the text, and then check the dictionary to see if I got them right. I love learning new words, or new meanings for old words!

Another way to explore and expand our vocabulary is to play the “Name the Group” game. James Lipton (yes, the one who hosted the TV show *Actors Studio*) wrote a book called *An Exaltation of Larks*.

In this book he focused on the names for groups of animals, birds, and other things, such as a *plague* of locusts, a *pride* of lions, a *litter* of pups, a *month* of Sundays, and a *hill* of beans. Some groups have more than one name, depending on time or place. For example, a group of pigs has been called a *drift*, a *drove*, a *litter*, or a *sounder*; a group of rabbits has been called a *colony*, a *warren*, or a *nest*. Exploring these terms is a delightful way of reintroducing some unusual aspects of words that are fast fading from our vocabulary.

Looking for the link between the terms used to name each group and the group it specifies is an intriguing word game. Some of the group names we use today were developed centuries ago (e.g., *A Litter of Cubs*, *A Pounce of Cats*). The inspiration for the use of the word *murder* in *A Murder of Crows*, for example, may have been the way crows, with their dark plumage, are depicted in literature as harbingers of death; their unnerving cawing sounds; their tendency to eat human (and other) carrion; and that they often seem to congregate near battlefields and cemeteries. Of course, this is just supposition.

After browsing through the terms selected to represent the name for a particular group, one’s first thought will probably be that they are frequently alliterative (i.e., where the first sound is repeated in the words of a phrase or sentence). Look at the following: *An Army of Ants*, *A Battery of Barracudas*, *A Caravan of Camels*, *A Herd of Harts*, *A Leap of Leopards*, *A Prickle of Porcupines*, *A Scurry of Squirrels*, and *A Swoop of Swallows*.

The naming of some groups, such as *A Murmuration of Starlings*, *A Cackle of Hyenas*, and



A Shush of Librarians appears to be based on onomatopoeia (i.e., the naming of a thing by a vocal imitation of the sound associated with it). Some groups such as, *A Gaggle of Geese*, and *A Howl of Hounds*, are both alliterative and onomatopoeic.

An important object of this naming game appears to be to bring to light something about the group being considered; perhaps a metaphor where the term enhances or exemplifies the group named. For example, *A Tower of Giraffes* or *A Web of Arachnologists*. Lipton uses *A Parliament of Owls* as an example of a term (parliament) which beautifully illustrates a group of Owls. Also, we find *A Comedy of Errors*, *A Sea of Troubles* (Thanks, Mr. Shakespeare), *A Load of Diapers*, *A Mask of Raccoons*, *A Sneer of Butlers*, *A Key of Phi Beta Kappas*, *A Patch of Quilters*, *A Skulking of Thieves*, and *A Flutter of Butterflies*.

This naming game is challenging. Can you think of names for groups of the following? Ants – Flies – Monkeys – Parrots – Sharks – Editors – Writers – Seniors (Perhaps, *An Experience of Seniors?*).

Feel free to make up terms that typify each particular group for you. After all, there is no reason why you have to be bound by terms made up several centuries ago. Be creative. Who knows, your choices could be the group names of the future!

Getting Ahead in Business



By Milton Paris

We Need More Thank-You’s at Work!

Getting Ahead in Business has worked with CEO’s, Presidents, Owners, and Managers to increase their sales. As Founder and Sales Consultant I have found that many do not use the phrase that they should use every day to their employees: “THANKS” or “THANK-YOU.” This is a great way to show your appreciation to an employee who deserves it. Also, it is a great way to get more production from your employees. Gratitude can definitely benefit the company. A survey has shown that a majority of workers believe they

would respond positively to employer gratitude. 75% said they would work harder for a more grateful boss while 60% stated that they would feel better about themselves if their boss expressed gratitude to them. Hence, we need more thank-you’s at work. I once asked an owner of a company whom I was consulting for if he had ever thanked his employees. The owner’s answer was that he thanked them with a paycheck. I told him that this was a ridiculous answer, impressing upon him that saying ‘thanks’ or ‘thank-you’ goes a long way. **BOSSSES, GET WITH IT!** If you are not acknowledging your employees’ good work with a thank-you, you should start today by extending your appreciation through a verbal gesture or hand shake to those of your employees who deserve it. You will definitely see a difference in your workers’ performance and morale. **THANKS and THANK-YOU!**

Healing with Yoga Therapy



By Jaya Gupta

Dear neighbors and friends,

Today, we are continuing our “Pharmacy in Our Hands” articles and going to learn a fourth mudra called “Prana Mudra.” Prana Mudra, one of the most prominent hand gestures, activates the prana, “the life force energy” or “Pranic Shakti” in our bodies. It is a very effective mudra to activate and increase the energy level and recharge our bodies, when we are feeling low, yawning, or lethargic.

Prana Mudra: Prana in Hindi means life; without the prana our body is lifeless. In Sanskrit it means the life force residing in our body. According to Hatha Yoga, the five pranas (*Apana, Samana, Vayana, Udana, and Prana*) govern different parts of our body and have to be balanced for a healthy and happy life.



Prana Mudra is performed by connecting tips of the thumb, the ring finger and the little finger while keeping the other two fingers straight. Remember that our five fingers represent the five elements. The thumb represents Fire, shows vigor and the power to transform, the ring finger represents Earth, the stability, and the little finger shows the Water, the fluidity. When these elements are combined together, the prana rises and manifests as better circulation, structure, and vitality. When the fire element touches the water, it balances the excessive fire or *agni* (Jathraagni responsible for our digestive system) in our stomach balancing the Pitta dosha and reducing acidity. Prana Mudra is also known as *Pitta Nashak Mudra*.

When and How Long to Do Prana Mudra: Even though most mudras can be done anytime, anywhere, we still need to follow these measures to enhance the benefits of Prana Mudra.

- The best time to do Prana Mudra is in the morning, on an empty stomach, preferably facing the Sun. If you are doing it at any other time of the day, please make sure to do it after at least an hour of eating food.
- It should be practiced after completing asana (poses) and pranayama (yogic breaths) to calm down your body and mind.
- Prana Mudra can be done with or without mantra

meditation (chanting of Om, Om Namaha Shivaya, Rama, etc.)

- For the best results it should be done for 10 minutes a few times a day or 20-30 minutes in a single session.
- Prana Mudra, like all other mudras, can be done in any one of these asanas: *sukhasana* (cross legged position), *vajrasana* (thunderbolt pose), or *padmasana* (lotus pose).

Benefits of Prana Mudra:

The first symptom of any disease in our body shows up as being low in energy or prana level going down. This causes the immunity to go down and that opens the door for the disease to crawl in. The practice of Prana Mudra:

- Awakens and activates the dormant prana shakti or pranic energy by increasing the Prana in our body and that facilitates and enables the body to heal itself.
- Alleviates low blood pressure by increasing the blood flow.
- Prevents hair from falling out and strengthens hair roots by balancing earth elements.
- Increases the oxygen in our body and alleviates excessive yawning due to lack of energy and less oxygen in the body.

- Removes lethargy, controls metabolism to help the Thyroid and boosts immunity to fight with diseases.
- Helps to overcome negative thoughts.
- Practiced during Sunrise (the most auspicious and therapeutic time of the day) charges and strengthens the body.
- Calms the mind and body and brings a feeling of peace by controlling blood pressure. Uplifts the mood for spiritual practices and brings positivity, enthusiasm, delight, joy, and happiness.
- Relaxes and rejuvenates our mind and improves awareness, focus, and productivity.
- Relaxes our body, which decreases nervousness and improves confidence.
- Cures sleeping and eating disorders by bringing balance and stability to the mind.
- Helps in cramps and leg pain due to accumulated blood in those areas by removing impurities and increasing the blood flow.
- Heals joint instability, ulcers (burning in stomach and throat), aging skin, and skin rashes due to stress.
- Reduces irritability of eyes and improves eyesight

M&M Movie Minutes

By Marcia Milgrom and Marilyn Jaclin

CODA

CODA (Children of Deaf Adults) is a compelling drama written and directed by Sian Heder. Marilyn saw it in a theater while Marcia saw it on Apple TV. Winner of best picture at the Academy Awards, *CODA* is the first film in which the award for “best supporting actor” was won by a deaf person. Heder won for best adapted screen play.

Ruby Rossi (Emilia Jones) is the only hearing member of her family. Her parents, Frank (Troy Kotsur), Jackie (Marlee Matlin), and brother Leo (Daniel Durant) live in a small cottage in Gloucester, Massachusetts where the father has a fishing business. It is expected that after high school graduation Ruby will continue to work in the business with her family. We see in school that Ruby is bullied, kids mocking her parents as well as her odor of fish. When she sees Miles (Ferdia Walsh-Peelo) signing up for the choir, Ruby signs up too. When the teacher, Bernardo “Mr. V” (Eugenio Derbez), asks the students to sing *Happy Birthday to You* Ruby panics and bolts out the door. Later, she returns and tells Mr. V that she was mocked by kids for her speech when she was younger. He reassures her that there is room for all different kinds of voices in his choir. Much impressed that Ruby has a wonderful voice Mr. V pairs her up with Miles to sing a duet. He makes them practice together to be able to feel the song. When Miles is at Ruby’s house for practice he hears her parents having sex in the bedroom. Soon after, Ruby hears her classmates making fun of the



incident. After many apologies Miles is forgiven for talking about her parents and a warm friendship evolves.

The fishing business is now facing new fees and restrictions as father and son struggle to make ends meet. They attend a board meeting. More boats are disappearing. Frank announces that he is going to sell his fish on his own, inviting other anglers to join him. All the while Ruby is her family’s interpreter, sacrificing her needs. Mr. V is furious when she is late for class. Yet, he believes in her and wants her to audition for Berkeley College of Music, from where he graduated. He wants to give her private lessons. She accepts his offer but knows all too well that her family is dependent on her to interpret for the family business. One day Frank loses his license because a hearing person was not on the boat. Ruby tells them that she will not go to college and will work for the business. Leo insists that they can manage. He believes in her talent. As the film progresses Ruby is accepted to Berkeley and several hearing workers are learning sign language. Her parents attend the recital and can see that the audience is so receptive. Mother and father look at Ruby

(Continued on page 18)

Side Effects of Prana Mudra: Practicing Prana mudra excessively and at wrong times may have the following side effects:

- If practiced for a long period of time, Prana Mudra may increase obesity because it slows down the fire element.
- Practicing Prana Mudra after sunset may trigger metabolic activities of the body and energize us instead of slowing down and preparing us to go to sleep.

You will be happy to know that yoga classes have resumed in the Clubhouse every Monday at 11:00 a.m. and Wednesday at 10:30 a.m. and are held in the fitness room across from the pool. Please come and join us. May these mudras help you to heal whatever is ailing you. Until next month, take care, be well, and enjoy. Namaste

Love - Jaya

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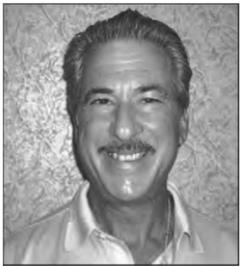
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Healing Ourselves Naturally



By Steven Soffer N.D. MH
Happiness Runs in a Circular Motion

Editor's Note: The opinions expressed in this column are solely those of the author and not necessarily those of Princeton Editorial Services and/or the Editorial Board of the Regency Reporter.

It's really getting crazy out there. Putin's senseless war in the Ukraine rages on. Thousands and thousands of innocent women and children have been killed and schools, hospitals, and civilian safety corridors have been indiscriminately attacked. Thousands and thousands of mass graves have been viewed from aerial

cameras.

Here in America things are pretty bad too. The CDC says you can fly without a mask now...but to ride public transportation in New York City you still require one. Yes, the numbers from Covid are going down but still many thousands of people are dying every week. After Passover and Easter celebrations, there is a good chance there will be another spike in numbers.

On the political front here in America, Democrats and Republicans are diametrically opposed. Conflicts from the January 6 insurrection continue. The Democrats want accountability while the Republicans want to forget about it and move on. Part of the problem with the world is accountability. Putin has no accountability and these days in American politics, regrettably the same seems to be true. Clearly our system of democracy is broken and the strength of democracy has been challenged and questioned and littered with misinformation

about an election that every court in the land says was authentic.

Here's the thing. Even though we are all on different sides of the fence, one side or the other and I'm not saying who is right or wrong here, I am saying that we all have the same basic human needs...food, shelter, clothing, love, happiness, and kindness. It takes courage to choose happiness, because when I do those old thoughts come up again telling me I don't deserve it. All that is changing now because I am choosing to change it. As I create a new mindset that reminds me how worthy I am, I create a new energy. On challenging days (and these days, believe me, I have had many and many more to come, as (at the time of this writing), I will be bringing Kathy back to the hospital again for more surgery), my happiness may simply be getting out of bed, showering, and going to the hospital to see that she's okay. On a good day, it could mean taking a step towards a goal that keeps calling me, nudging me towards forgiveness of myself or another, someone I am unhappy with or angry at or feeling resentful towards. Or it might just mean forgiving myself for having negative thoughts. As I wear many different hats, I also wear many faces. Happiness wears many masks and at different times, I have worn them all.

An amazing thing happens when I begin to really own my happiness. It is then I start doing what I love and what makes me happy. When I can, I create time for favorite activities and spend time with people who uplift me, although I do admit during the last eight months this has been very difficult. No longer do I find happiness only in special events. Instead I am practicing being in the now, living in each moment, living in each breath, enjoying life's simple pleasures and enjoying this simple beautiful breath. Riding the gentle wave that is my in-breath and my out-breath... that wave is my life! My heart filled with gratitude for each moment, I accept a new feeling of

happiness.

I am giving myself permission to be happy now in this moment even if my life is turned upside down and believe me, right now it is. In that confusion, although I can't seem to find my footing, it's okay to be happy for the moment. Knowing I deserve happiness, I take a deep breath and feel my life. Whatever is going on will pass and things will get better. In the mean time, I'll keep finding moments of happiness just because I can. I take a deep breath and give myself permission to be happy.

I have a hunch that many of us go about our lives being kind, caring people because that is who we are. We may have no idea of the positive affect we have on someone simply by offering a kind word, a pay-it-forward, or an unassuming everyday act of kindness. Like throwing a stone in the pond, this creates ripples touching others in ways we may never know. This is spirit working through us. In every situation make an effort to be kind. Often when I want to argue my opinion, kindness helps me know what to say and when to say nothing. When I want to control someone's actions because I

feel it is for their highest good, it leads me to letting go. Listening to my inner wisdom, I need to pay attention to what kindness looks like in each and every situation. Today, as I remember the times kindness was shown to me, when my life was a mess, I will be kinder than necessary. How can I know what is happening in another person's life? Are they sick? Are they well? Are they poor or rich or happy or sad? What battles may they be fighting? A genuine smile, a kind and gentle word...any small act of caring delivers the message. "I see you. I care about you. You matter in the world." Every kindness is a healing agent for all. The small, everyday acts of kindness I offer another matter in every living being. Questions and comments from free-thinking individuals are always encouraged.

"Happiness is not something ready-made. It comes from your own actions." Dalai Lama

"Practice kindness all day to everybody and you will realize you are already in heaven now." Jack Kerouac

"The good I receive is but the completion of a circle, the fulfillment of my desire for all." Ernest Holmes

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Bikers – Always ride with the traffic (on the right).



Home Trends

By Cheryl Hand

Through a Child's Eye

My grandsons, Quinn, Jake, Miles 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 and my grandsons were totally taken with the store we have! Unfortunately, no toys for them, but if I had looked hard enough I'm sure a water bottle or a small token



could've been purchased! 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 Café to say hello. When he opened the door, the aroma of food hit us and my four-year-old looked at me and said, "Grandma, I smell pancakes..." Well, the nose knows! I ordered 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...spring! The grounds, interior and exterior, become a showcase of color and lush green grass. Golf, Pickleball, Tennis and Bocce are in full swing and soon the pool! I'm hoping guests will be allowed because I now have diaper-less kids to bring – YAY!

Okay, 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. This time of year there are so many walkers – don't RUSH!

Enjoy spring, wear your masks and stay safe!

M&M Movie Minutes

(Continued from page 17)

in a new light and are in agreement that she should go to college.

M and M both enjoyed this movie. We could feel for Ruby who was always in conflict between what her family required of her and what the outside world presented. We watched as her eyes opened to new possibilities. It was interesting to see how this family of deaf people live in a normal everyday setting and how they approach life. The movie was emotional on so many levels. Emilia Jones is exceptional! She should have won. All the acting was terrific. We even enjoyed the colorful music teacher. We were happy to see Troy Kotsur win for supporting actor. It was heartening to view a film where deaf people were depicted as successful business owners. It was amusing to watch the sexual antics of the parents. No matter where you see CODA, don't miss it.

Tech Trends

By Don Haback

3G Cellular Sunset: Coming in 2022

This article is paraphrased from a recent ZDNET post.

As the 5G (Fifth Generation) infrastructure builds up, older 3G networks are shutting down. Some of the tech devices you are currently using may not work by the end of the year. Please note – right now – that most current 4G LTE devices will remain operable. However, if any of your devices are more than 10 years old, it is time to call your cell provider. 5G is the next-generation network (please refer to the March 2022 *Tech Trends* article on 5G) that promises faster speeds than 4G LTE and a more unified system for Artificial Intelligence (AI) and Internet of Things (IoT) expansion. What does this all mean for older hardware like smart phones, alarms, and GPS systems that work on the 3G spectrum? To put it bluntly, these will become obsolete. Fortunately, there are steps that you can take to safely transition from aging to future-proof tech. In some cases, manufacturers may even be able to give your older gadgets new life through software upgrades.

Over the past two years, services like home security systems and tech for the elderly have become more essential than ever, keeping telecommunications companies from pulling the plug. Now, however, major US carriers are finally giving in and setting new shutdown dates that span across the year.

- AT&T is the first of the big three, having closed its 3G network on February 22, 2022.
- T-Mobile has pushed its 3G shutdown to July 1, 2022, after initially planning for an October closing in 2021.
- Sprint, now merged with T-Mobile, will close its 3G network on May 31, 2022.
- Verizon's 3G network will shut off on December 31, 2022. The carrier says that "the date will not be extended again."

For most of the 3G era, smartphones enabled users to browse the web and connect with people from around the world. That all is still possible through 4G LTE, 5G, and Wi-Fi networks. Many devices will still be able to work over WiFi networks. If you are using a smartphone that launched after 2014, you will not experience any setbacks from the 3G shut-

down. The same applies to flip phones that were released after 2017. Unsure of what year your device was manufactured? The best solution is to check with your local carrier - in person or online - to see if there are any compatibility issues. Importantly, besides ushering in the revolution of smartphones, 3G has played a foundational role in the navigation and alarm-based systems that we also rely on. With the institution of faster and more dependable 5G, roadside assistance and emergency crash alerts are among the many network-based features that may be affected by the shutting down of 3G. Vehicles from popular automakers released before 2019 may be susceptible to the issues mentioned above.

To stay ahead of the curve, you will want to ensure that your car supports or can receive hardware upgrades to connect to 4G. As with smartphones, your best bet to stay in the know is by consulting with your local car dealer. While the modification may come in the form of downloadable software or physical spare parts, it will help to keep your vehicle up to date and functioning, especially during times of danger. Home security and alarm systems have long relied on 3G to communicate and monitor suspicious activities. With the 3G shutdown, that line of communication between the home and its service's central monitoring station becomes non-existent, leaving people who live alone and elders vulnerable. I would note that if you are using services from Alarm Relay (thanks as always to Ron Post), you are OK – they rely on hard-wired communication. Fortunately, over the course of the pandemic, many home security companies have proactively been migrating customers from 3G to 4G networks, ensuring that their services still are operational, even after the 3G spectrum is taken down. Unlike smartphones and cars that require disassembling or full-on upgrades, adding 4G functionality to security systems is as simple as having a technician install an external receiver (usually a box or panel).

If you or someone you know is subscribed to a home security plan (like those from ADT, Vivint and SimpliSafe) a customer representative should have reached out by phone or mail regarding the transition. If not, please call them! Besides the categories mentioned above, many other gadgets and services may rely on the older-generation network. If you own any of the following, make sure to contact the manufacturer and ask what the next steps are. Depending on how old the product is, you may be eligible for a hardware or software upgrade.

- Medical alert devices (fall detectors, communicators, etc.)
- Fire alarms
- Inventory trackers
- Smart watches
- E-readers (Kindles, Nooks, etc.)
- GPS trackers (including for pets)
- Marine safety devices

With the imminent sunset of 3G, it is NOW time to check your devices and systems (as well as those of your loved ones) to ensure that everything is up to date and geared for the future.

Monroe Board of Education Meeting



By Doug Poye

During one of the public forums, at the April 25 meeting of the Board of Education, a parent and frequent attendee at Board meetings, Brian Fabiano, commented on President Chrissy Skurbe's concern over the number and cost of OPRA (Open Public Records Act) requests, a process in which members of the public can obtain emails among members of the Board and/or the administration. His point was that prior to her joining the Board in 2021 Skurbe had previously been one of the most frequent users of OPRA and had no concern about the number or costs of those requests. It appears that the costs result from Acting Superintendent Shari Chanley, who took over OPRA requests, is sending them to the private attorney for his review. He went on to say that Skurbe was acting as a "co-superintendent" with Chanley, whose appointment continues to be controversial. It should be noted that Mrs. Chanley was not at this meeting even though the agenda contained the final hearing and adoption of the budget for the 2022-23 school year. Other comments made by Fabiano included "lawsuits piling up."

Following a report by the Finance Committee, BOE member Ken Chiarella expressed concern over bills being paid prior to Board approval. He went on to say that such has been "going on for years." It should be mentioned that

Chiarella was on the Board during those years. Skurbe was quick to comment that "it is a very large issue that needs to be examined." During this public session, Mrs. Aziz reminded the Board that it had passed a resolution in January authorizing Administrator Gorski to pay bills between monthly meetings. She went on to remind them that annual audits of the Board's finances have yielded positive results of how well run the district's finances are. When Mr. Gorski attempted to make a comment, he was cut off by President Skurbe who said that he did not have permission to speak during the public session. When the time came for Gorski to give the Business Administrator's report, Skurbe again cut him off as he attempted to address the remarks about bill payment. Aziz commented that, "the Business Administrator is authorized to...approve payment of bills between Board Meetings" per Resolution C of the agenda of the meeting on January 3, 2022. Moreover, the Board's Regulation 6470 authorizes payments being made between Board meetings. State statutes contained in Title 18A-Education also provide for such. During the final public session of the Board, comments from the public were directed at the president but Skurbe called for closing that session. Board member Michele Arminio said that she could not do such, made a motion to continue the public session but a tie-vote on the motion led to closing the session and the president adjourned the meeting.

Two days after the Board's April meeting, Acting Superintendent Chanley, Board President Skurbe, Vice President Bierman, and Finance Chair Adi Nikitinsky suspended the Busi-

(Continued on page 23)

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Pet Corner

By Bea Siegel

It's a Howlin' Goodnight

When the moon rises over the mountains and shines like a bright light, you can conjure up sounds that take you back in time when coyotes and wolves sang the tune of communicating with each other. Travel the southwest, western United States, or the mid-west and you're certain to experience "howling in the night," or any time of the day; it's the language of the Canis Lupus (wolves) and Canis Latrans (coyotes). North America is abound with these and many other Canis Species. Howling

communicates direction to a lone wolf, "Hey, I'm over here," where there's lots of food to eat, or there might be a warning about predators near their territory. "Let's call the "pack" together for the hunt." Wolves send out information to each other, and since wolves are "pack" animals, they're very structured by nature, keeping the family-unit together, while others go out for the "kill." It also signifies an animal in pain, distress, or lost.

Your dog (Canis Familiaris) might feel stimulated by the sound of fire engines, sirens, alarms, music, or a baby crying and begin to howl. They're actually answering the sound. Many of the northern breed dogs, i.e., Huskies, Malamutes, and even German Shepherds love to howl and wait for other dogs to join in the party. Step inside an animal shelter and listen to the

silence of the dogs when no one is visiting. All of a sudden you might hear a dog howl, and before you know it, the canines join in - that howling from the first dog signifies, "I'm alone, is anyone here," and that's how it starts. Their communication may only last a few minutes, or even longer, until some dog finally says, "Hey, I'm trying to get some sleep around here."

Coyotes usually travel alone. They're in urban and suburban cities keeping the rodent population and many other wildlife critters at bay. If you ever encounter one, make a loud noise to scare them away, never run, and then call animal care control or 911. Spring/summer is the time of year when Coyotes give birth, so depending where you are, listen for the sound of the "howl" and choose a different direction.

Xylitol, a danger to your pet

The American Veterinary Medical Association is endorsing a pending federal law, called the *Paws Off Act* that will require products with Xylitol to have a warning label about toxic effects to dogs and other pets. Despite the deadly harm Xylitol presents to your pet, it isn't always listed in the ingredients label, sometimes its listed as "birch sugar" and is found in gum, baked goods, pudding, jam, peanut butter (which many people give to their dogs),



Six-year old Chihuahua/Terrier-mix, Max Kaplan is full of action and ready for fun at a given minute. Adopted during the pandemic by Jay and Joyce, it didn't take long for Max to transition to his new home. He loves his family walks as he meets neighbors who might want to play ball with him.

Photo by Bea Siegel

toothpastes, some medications, and more. Symptoms of poisoning include difficulty walking or standing, lethargy, tremors, vomiting, and weakness. If you suspect your pet swallowed a product with Xylitol,

IMMEDIATELY CALL POISON HELPLINE at 855-764-7661. Do not induce vomiting or give any medication until instructed by a veterinarian. While Xylitol is safe for people, it's poison for your dog.

Become One of the Regency Reporter's Valued Contributors!

Do you have a special interest?
Do you have information to share?
Do you love to write?
Why not join the Regency Reporter team?
We are always looking for new contributors!
The Regency Reporter would love to have you!
Contact Nina Wolff to discuss your ideas.
nwolff0325@aol.com

SPORTS

The Regency Pickleball Club

By Lisa Citron

This is a very exciting time for us, as we grow as a club, make new friends, and enjoy our time playing the game we love. We look forward to being together for our Welcome Event, "Dinks and Desserts" on June 7 from 6 -9 p.m. on the Pickleball courts and the pool-side tables. Rain date is June 15. And please, RSVP you will be joining us, to the following link, <https://forms.gle/yqJX8693ujGAAMj18>. In addition, Pickleball Friends, please join us on Team Reach. If you are new to Team Reach, download the App on your smart phone and use the code RPBCLUB to join our group and stay connected. Future events and programs sign-ups will be available here as well.

As of this writing, in early May, 115 people have joined, and the following officers were announced at the April 21 Zoom Meeting:
President: Gary Lynn: glynn@stevens.edu.
Treasurer: Mark Goldberg: Mark42454@yahoo.com.
Membership: Harriet Blumenstock: Hblumenstock@gmail.com.

Karyn Waller Finkelstein: nyrak2003@yahoo.com
Programming: Jackie Dwan tdwan0730@aol.com.
Isaac Levy: ilevy@manhattanusa.com.
Eva Nyman: bdwybrat@verizon.net
Communications: Lisa Citron: lisal17@aol.com

The goal of the Pickleball Club is to enhance the Pickleball Community here at Regency, for all levels. To achieve this goal, our officers, along with valued input from our members, will begin planning for socials, and a variety of instructional and competitive activities. Our club is enthusiastic to bring Regency fans of this sport together. The more community friends participating, the better. Share the news with friends and neighbors. To join, please send \$20 either by a check made out to "Regency Pickleball Club" and put under the mailbox at 18 Torrey Pines or Venmo to "@regency-pickleball-322" - you will need to click on the "Business" tab on Venmo. Future articles will keep you connected and informed. Always feel free to reach out to our officers.
Come Pickle with Us!

SEE IT, REPORT IT!

Spotted Lanternfly

What to do:
If you see egg masses, scrape them off, double bag and throw away. You can also place the eggs into alcohol, bleach or hand sanitizer to kill them.

Collect a specimen:
Specimens of any life stage can be turned in to the New Jersey Department of Agriculture's lab for verification.

Take a picture:
With your GPS function turned on your smartphone or a camera with GPS, take a photograph of ANY life stage (including egg masses)

Report a site:
If you can't take a specimen or photograph, call and leave detailing your sighting and contact information.

NJ Spotted Lanternfly Hotline at 1-833-422-3284 (4BADBUG)
Submit picture to: reportspottedlanternflynj@ag.nj.gov
For more information go to <https://www.nj.gov/agriculture/divisions/pl/prog/spottedlanternfly.html>

Ladies Ping Pong
Fridays 3 - 4 p.m.
Clubhouse Fitness Room
contact Cathy at cunningham08831@gmail.com

Regency Tennis Season in Progress



By Steve Brody

At this writing it's the first week of May and I'm sitting in my home office looking out the window at yet another dreary raining unseasonable day with temperatures struggling to make it to 50 degrees. Eventually it will warm up. Hopefully not straight into summer temperatures. May 7 was our second annual Opening Day. The weather was most undesirable to play tennis in. However, since we have the Tennis Pavilion, we were able to have many people stop by to get reacquainted with those who they may not have seen since the fall. This was also an opportunity for those who had yet to sign up for the club to do so.

The first ever Regency In-House Tennis League has all the ear marking's of being a successful venture. When I announced this in late winter my hope was to have 10 teams in each of the leagues (Men's Women's, Mixed). By the end of April, a week before the Open House, I already had 15 Women's, 12 Men's and 16 Mixed teams signed up. My

guess is before the season starts, we will have 20 or close to 20 teams in each league. I have high hopes that this will be a successful event, one that we can run annually.

I am happy to report that Regency will be hosting the Mayor's Cup for tennis on Saturday June 30. At this writing it is not known how many communities will participate. It's been two years since we last played a Mayor's Cup due to the pandemic. During the past two years some of the communities have lost leadership and or commitment to play. This is also evident in the Senior Olympics, which unfortunately once again will not take place this year. It is a testament to Regency residents, the HOA Board, and Property Management that during the pandemic our community remained vibrant and open (when it became safe to do so) where we were able to participate in the Mayor's Cup and would have in the Senior Olympics had it to take place.

Now that we are well into the tennis season it is important to reserve court time, especially in the morning. Use the Chelsea reservation system to reserve your court. A reminder that your guests are not permitted to play until 10:30. Please adhere to this rule. For those that play in the evening please remember to shut off the lights before leaving the courts.

Regency Tennis Club Schedule

- June/July - Tuesday/Thursday - Round Robin Evening Games
- June/July - TBA - League Play - Players Determine Time
- Saturday, June 18 - 8:00 a.m. - 2:00 p.m. - Color War and Luncheon
- Friday, June 24 - 6:00 - 9:00 p.m. - Tennis and Pizza Night
- Sunday, July 10 - 8:00 a.m. - 2:00 p.m. - Breakfast at Wimbledon
- Sunday, July 24 - 6:00 - 9:00 p.m. - Tennis and Pizza Night
- Friday, August 5 - 6:00 - 9:00 p.m. - Tennis and Pizza Night
- Sunday, August 21 - 6:00 - 9:00 p.m. - Tennis and Pizza Night
- Friday, September 9 - 6:00 - 9:00 p.m. - Tennis and Pizza Night
- Saturday, September 17 - 9:00 a.m. - 2:00 p.m. - End of Season BBQ

Regency Men's Mayor's Cup Golf Winners 2022

By Shelly Borak

The Mayor's Cup for Men's Golf was played on Monday, April 25. After Covid, why should anything be different, even if we had two golfers playing in it for the first time? Captain Shelly Borak had newcomers Jack Battipaglia and Fred Horowitz replace members from the 2019 team. This year was

the fourth straight Cup win and the eighth in the last 11 competitions.

The scores were:
 Don Cooper 81 (also won longest drive)
 Virgil Marino 82
 Jack Battipaglia 83 (also won closest to the pin)
 Fred Horowitz 83
 Congratulations all!

Bocce Ball and Shuffleboard Schedules

Bocce Ball
 Mondays 5 p.m. · Tuesdays 10:30 a.m.
 Wednesdays 5 p.m.
Contact Carmine Carrara 732-656-3134
 Or just stop by the courts

Shuffleboard
 Tuesday, Wednesday, Thursday, Saturday, Sunday
 10:30 a.m.
Contact George Steinberg 732-605-9526

The Regency Golf Schedule

The following is a list of ways to further enjoy our golf program:

- Thursday, June 2 Night Golf at Regency
 - Saturday, June 18 Member-Member Men's
 - Saturday, June 25 Ladies Fun Day
 - Thursday, July 7 Nine and Dine at Knob Hill
 - Thursday, July 14 Men's League Club Championship Qualify
 - Thursday, July 21 Men's League Club Championship Qualify
 - Thursday, July 28 Nine and Dine at Peddie Golf Club
 - Thursday, August 11 Men's Member-Guest
 - Thursday, August 18 Nine and Dine at Regency
 - Thursday, September 15 Nine and Dine at Concordia
 - Friday, September 23 Play for P.I.N.K
 - Monday, September 26 Women's League Awards Dinner
 - Thursday, September 29 Men's League Awards Lunch
- You will be able to sign up for these events when they are posted in the pro shop

Get to the Grill for Fresh, Homemade Flavor



Grilled Quinoa Paella

Grilled Quinoa Paella

Prep time: 20 minutes
 Cook time: 30 minutes
 Servings: 6

- 2 bags Success Tri-Color Quinoa
- 4 cups chicken broth
- 1 cup canned diced tomatoes
- 1 cup frozen peas
- 3/4 teaspoon smoked paprika
- 3 tablespoons olive oil
- 3 cloves garlic, minced
- 1 teaspoon paprika
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1 onion, sliced into 1/4-inch rounds
- 1 red bell pepper, halved
- 4 boneless, skinless chicken thighs
- 12 ounces medium shrimp, peeled and deveined
- 2 cured chorizo sausages
- 1/4 cup finely chopped fresh parsley
- 3 tablespoons lemon juice

Preheat grill to medium-high heat; grease grates well.

Prepare quinoa according to package directions, substituting chicken broth for water. Drain, reserving 1 cup chicken broth.

In large saucepan, stir diced tomatoes with reserved chicken broth; bring to boil. Cook 3-5 minutes, or until thickened slightly. Stir in quinoa, peas and smoked paprika. Cook 1 minute. Cover and let stand 10 minutes.

In small bowl, stir olive oil, garlic, paprika, salt and pepper. Brush marinade over onion and red pepper. Toss half of remaining marinade with chicken and remaining marinade with shrimp.

Grill chicken 6-8 minutes per side, or until well-marked and internal temperature reaches 165 F. Grill sausages, turning occasionally, 6-8 minutes, or until well-marked and heated through. Grill shrimp 2-3 minutes per side, or until well-marked and cooked through. Grill red pepper and onion 2-3 minutes per side, or until well-marked and tender.

Chop chicken, sausage, red pepper and onion into bite-size pieces. Stir into quinoa mixture. Stir in shrimp, parsley and lemon juice. Serve warm or at room temperature.

FAMILY FEATURES

Once the weather warms and the patio beckons, it's time to break out the grill for home-cooked meals in the great outdoors. When your family tires of baked dishes and stovetop recipes, the smell of fresh flavors on the grates offers the reprieve of something new.

For your next cookout with loved ones, enjoy all the flavor and none of the hassle with Grilled Quinoa Paella. Made with Success Tri-Color Quinoa and its boil-in-bag process that takes just 10 minutes, you can celebrate more moments around the grill and spend less time in the kitchen.

If you're the kind of person who struggles deciding between proteins, this recipe is for you as it's loaded with chicken, chorizo sausage and shrimp. Combined with an array of veggies, it's ideal for sharing with family and friends.

When the occasion calls for a meatless meal, this Mexican Grilled Corn Salad serves as a crowd favorite at barbecues or as a simple weeknight dinner. Grilled corn, sour cream, mayonnaise, feta cheese and chili powder are tossed with sweetly aromatic Success Jasmine Rice that cooks up soft and fluffy for a uniquely delicious flavor.

Find more inspiration to light up the grill at SuccessRice.com.

Mexican Grilled Corn Salad

Prep time: 15 minutes
 Cook time: 10 minutes
 Servings: 4

- 1 bag Success Jasmine Rice
- 3 ears corn
- 1/4 cup lime juice
- 3 tablespoons mayonnaise
- 2 tablespoons sour cream
- 1 clove garlic, minced
- 1 teaspoon chili powder
- 1 teaspoon lime zest
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon ground cumin
- 1/3 cup finely crumbled feta cheese
- 2 green onions, thinly sliced

Prepare rice according to package directions. Set aside and allow to cool completely.

Preheat grill to medium-high; grease grates well. Grill corn 10-12 minutes, or until well-marked and tender. Allow to cool slightly. Slice corn kernels from cobs and reserve.

In medium bowl, stir lime juice, mayonnaise, sour cream, garlic, chili powder, lime zest, salt, pepper and cumin. Add rice, corn, feta and green onions. Toss well.



Mexican Grilled Corn Salad

Mayor Dalina Introduces 2022 Municipal Budget with No Tax Increase

Monroe Township Mayor Stephen Dalina is proposing a 2022 municipal budget that keeps the municipal tax rate flat at \$.490 per \$100 assessed value, the same rate as 2021.

This would be the second consecutive year without an increase to the municipal tax rate and continues Mayor Dalina's focus on affordability, property tax relief, and ensuring Monroe remains with the second lowest overall effective tax rate in Middlesex County for the coming year.

The proposed budget was introduced in May at a Township Council meeting. A public hearing is set for June 1 to discuss it. As part of the new spending plan, residential water and sewer rates will remain flat and continue to be among the lowest in the entire region.

"Between the impacts of Covid-19, and some economic uncertainty, many residents have tightened their belts, and my job as Mayor is to do the same to keep our community affordable," Mayor Dalina said. "This is my second budget as your new mayor, and I have painstakingly evaluated our balance sheet, our spending, our debt, and made the adjustments necessary to develop a responsible budget proposal that provides services but keeps municipal taxes flat."

Among the factors that led to a flat tax rate are:

- A \$13 million decrease in the Township's statutory debt over the past five years, resulting in a \$600,000 decline in the Township's debt service.
- With a strong AA+ bond rating, the Township refinanced existing debt, saving several million dollars.
- The Township aggressively pursued federal CARES Act funding, American Recovery Act Funding, as well as State grant funding, which helped keep tax rates flat and provided a modest surplus increase.
- Monroe expanded shared services efforts.
- Commercial ratables are being added, thus stabilizing residential municipal taxes for future years.

Monroe residents also deserve credit for the town's budget success, Mayor Dalina said.

"Despite the challenges many of our residents faced this past year, remarkably, the Township achieved more than a 99% tax collection rate, which helps keep taxes low and stable," he added. I would also like to thank the Township Council for their partnership in managing this and previous Township budgets, as the municipality remains on solid financial footing."

June at the Monroe Township Public Library

New York Book Discussion

Tuesday, June 7 at 11 a.m. Join us for third and final of a three-part book discussion series about *New York: The Novel* by Edward Rutherfurd. We will discuss the 20th & Early 21st Century (pages 551 to the end). Reserve a copy through our online catalog, at the Welcome Desk, or by calling the library. The ebook and audiobook are available through eLibraryNJ using the Libby app. This is a hybrid program. *Registration is required. Join us via Zoom or in person. Please register with a valid email address to receive a link to the Zoom meeting. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Caregiver Support Group

Wednesday, June 8 at 11 a.m. A Caregiver Support Group will be meeting at the Library monthly on the second Wednesday of the month. Kat Verdi, Certified Alzheimer's and Dementia Care Trainer, of The Gardens at Monroe will lead the group. Her mission is to educate, empower and encourage caregivers. All are welcome. Registration is not required.

Genealogy Club

Wednesday, June 8 at 2 p.m. Beginner and experienced genealogists welcome to discuss research, share findings and resources. *Registration is re-

quired. Register online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

International Film Discussion

Thursday, June 9 at 2:30 p.m. Hosted by the Friends of the Monroe Township Library. This month we will watch and discuss "My Best Friend" 2018, Spanish Drama/Romance 1hr 30m. This film is available to stream for free with your library card online at <https://monroetw.kanopy.com>. Watch the film at your leisure and join us on Zoom for a discussion. Registration is not required. Please visit the Library's website at <http://www.monroetwplibrary.org/virtual-programs> for meeting ID and information.

Cyber Security Class: How to Recognize Scams

Thursday, June 9 at 3 p.m. Volunteers from the National Opposition Against Tech Scams will be here to teach you how to recognize and safely react to internet scams like pop-ups and "virus" notifications. Registration required. Register online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Boheme Opera NJ Getting to Know You

Wednesday, June 15 at 1 p.m. Boheme Opera NJ returns to Monroe Township Library this spring with a live musical performance featuring the music of Rodgers & Hammerstein's

Broadway productions such as Oklahoma!, The King and I, South Pacific and The Sound of Music. This event is sponsored by the Monroe Township Cultural Arts Commission. This program will be held in person. *Registration is required. Register at the Reference Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Page Turners

Thursday, June 16 at 11 a.m. Looking for something to read or add to your reading list? Library staff will present and recommend a variety of titles pertaining to a different topic, both new and old titles. The theme for this session is Summer Getaways. This is a hybrid program. Join us via Zoom or in person. *Registration is required for in-person participation. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Open Sewing Coffee and a Book

Tuesday, June 21 at 10:30 a.m. We will read and discuss *Suburban Dicks* by Fabian Nicieza. This is book 1 of a new series. From the co-creator of *Deadpool* comes a hilariously entertaining debut featuring two unlikely and unforgettable amateur sleuths. An engrossing and entertaining murder mystery full of skewering social commen-

(Continued on page 23)

Sweeten Up Spring with an 'Eggstra' Creative Brunch

FAMILY FEATURES

It's hard to top a brunch feast spent snacking on sweet treats in the sunshine with loved ones. At the center of your celebration can be a springtime tradition with nearly endless possibilities: eggs.

Lean into the season with creative recipes like Prosciutto and Parmesan Egg Cups or Eggy Lemon Sandwich Cookies to take brunch to the next level. As a natural source of vitamins and minerals, eggs are a delicious protein powerhouse with just 70 calories per large egg. Boiled, scrambled, poached, baked and any other way you like them, they're a kitchen superhero.

This spring, add eggs to your menu and explore fresh ways to celebrate the season at incredibleegg.org.

Eggy Lemon Sandwich Cookies

Recipe courtesy of the American Egg Board and "Joy the Baker"

Total time: 1 hour, 40 minutes

Yield: 16-18 cookies

Dough:

- 3 cups all-purpose flour
- 1 1/2 teaspoons baking soda
- 1/2 teaspoon baking powder
- 3/4 teaspoon kosher salt
- 3/4 cup vegetable shortening
- 1/4 cup unsalted butter, softened to room temperature
- 1 cup granulated sugar
- 1 large egg
- 2 tablespoons whole milk
- 2 teaspoons vanilla extract

Lemon Curd:

- 1/2 cup fresh lemon juice
- 2 teaspoons finely grated lemon zest
- 1/2 cup granulated sugar
- 3 large eggs
- 6 tablespoons unsalted butter, cut into cubes

Buttercream:

- 1 cup unsalted butter, softened to room temperature
- 2 cups powdered sugar
- 1 pinch salt
- 1 teaspoon finely grated lemon zest
- 1-2 tablespoons warm milk
- 1 teaspoon poppy seeds

To make dough: In medium bowl, whisk flour, baking soda, baking powder and salt.

In bowl of stand mixer fitted with paddle attachment, cream together shortening and butter until well combined. Scrape down sides of bowl, add sugar and beat on medium speed until pale and fluffy, 3-5 minutes.

Add egg, milk and vanilla extract; beat until combined. Add dry ingredients and beat on low until dough forms. Scrape down sides of bowl to ensure no dry pockets at bottom. Wrap and refrigerate dough 30 minutes.



Eggy Lemon Sandwich Cookies

Place rack in upper third of oven and preheat to 350 F. Roll half of dough on lightly floured counter to 1/4-1/2-inch thickness. Cut with 2-3-inch egg cookie cutter and place on parchment paper-lined baking sheet. Use 1-inch round or egg-shaped cookie cutter to cut yolk holes out of half the cookies. Bake 8-10 minutes until just golden around edges. Cool completely before filling.

To make lemon curd: In 2-quart heavy saucepan, whisk juice, zest, sugar and eggs. Stir in butter and cook over low heat, whisking frequently, until curd is thick enough to hold marks of whisk and bubbles appear on surface, about 6 minutes.

Transfer lemon curd to bowl and chill, covered with plastic wrap, until cold, at least 1 hour.

To make buttercream: In medium bowl using electric hand mixer, beat butter until well softened. Add powdered sugar, salt and lemon zest; beat on low. Add milk and whip to combine. Beat in poppy seeds. Transfer frosting to zip-top bag with corner cut off or piping bag with medium round tip. Leave buttercream at room temperature until ready to pipe.

To assemble cookies: Flip each whole egg cookie so bottoms are facing up. Pipe buttercream frosting around edges. Spoon 2-3 teaspoons lemon curd into centers of cookies. Top each with one cookie with hole; press gently and spoon 1 teaspoon lemon curd into cookie hole.



Prosciutto and Parmesan Egg Cups

Prosciutto and Parmesan Egg Cups

Recipe courtesy of the American Egg Board and "Joy the Baker"

Total time: 34-36 minutes

Yield: 6 cups

- 12 pieces thinly sliced prosciutto
- 6 slices tomato
- 1/3 cup finely grated Parmesan cheese
- 6 large eggs
- fresh cracked black pepper, to taste
- 1/4 cup finely chopped chives

Place rack in upper third of oven and preheat to 350 F.

Line muffin pan with six cupcake liners. Drape two slices prosciutto in each cup over liner, ensuring there are no holes for egg to sneak through.

Place one tomato slice in each cup. Sprinkle 1 tablespoon Parmesan atop each tomato. Crack one egg into each cup. Sprinkle each with fresh cracked black pepper, to taste.

Bake 14-16 minutes, or until eggs are cooked as desired. Top with chives.

Cool 5 minutes before serving warm.

Board of Ed

(Continued from page 19)

ness Administrator with pay. Why they took this action is difficult for me to understand. At the April 25 meeting the Board's attorney had stated that he was developing recommendations for changing the wording of the resolution which authorizes the Business Administrator to make payments be-

Library

(Continued from page 22)

tary, *Suburban Dicks* examines the racial tensions exposed in a New Jersey suburb after the murder of a gas station attendant. This is a hybrid program. Join us via Zoom or in person. *Registration is required for in-person participation. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

"Down by the Riverside" Live Performance

Wednesday, June 22 at 2:30 p.m. Back by popular demand! Reginald Brown will give a live performance of Richard Wright's poignant short story "Down by the Riverside". This is a live performance by the actor and seating is limited. Registration required. Sponsored by The Friends of the Monroe Township Library. Register at the Welcome Desk, on our website at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Short Story Discussion Group

Thursday, June 23 at 2 p.m. We meet in person monthly to discuss one title from *The Best American Short Stories of the Century* edited by John Updike and one title from *The Best American Short Stories* edited by Roxanne Gay. This month we will discuss "The Hitchhikers" by Eudora Welty and "The Baptism" by Rob Rash. This program will be held in-person at the Library. *Registration is required. Register at the Welcome Desk, on our website at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Skin Cancer Awareness and Screening

June 24 at 10:30 a.m. Braven Health nurses and educators will discuss skin cancer awareness and conduct Dermascan screenings. *Registration is required. Register in advance at the Welcome Desk, on our website at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

All You Need Is Love Book Club

Friday, June 24 at 11 a.m. The Library has a new book club. Join us for a discussion about *One True Loves* by Taylor Jenkins Reid, a love story about a woman unexpectedly forced to choose between the husband she has long thought dead and the fiancé who has finally brought her back to life. Join us via Zoom or in person. *Registration is required for in-person participation. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or at (732) 521-5000.

tween Board meetings. Such recommendations would provide more parameters for when such payments could be made. Mr. Gorski has worked in the district for more than 20 years, has received positive evaluations which led to tenure, has led a department that received annual audits with no recommendations for changes, and has received positive reviews by the QSAC process of the State Department of Education (the state's monitoring system of public school districts including

its fiscal operation).

In a special meeting of the Board on May 5 the Board approved resolutions which extended the suspension of the Business Administrator and which approved a request to the State Commissioner of Education to extend Acting Superintendent Shari Chanley's contract into August.

This article was written as a commentary by a former member of the Monroe Township Board of Education and not at the request of that Board.

Become One of the Regency Reporter's Valued Contributors!

Do you have a special interest?
Do you have information to share?
Do you love to write?
Why not join the Regency Reporter team?
We are always looking for new contributors!
The Regency Reporter would love to have you!
Contact Nina Wolff to discuss your ideas.
nwolff0325@aol.com

Monroe Township Chorus Presents a Hootenanny

A Sing-A-Long for Everyone
An Afternoon of Fun and Enjoyment
Saturday, June 4, At 2:00 p.m.
Doors Open at 1:30 p.m.
At The Monroe Township Senior Center
12 Halsey Reed Rd. Monroe Township
Minimum donation \$5 per person at the door. Attendance for children through high school age is free. For information call Sheila Werfel, Director at 609-619-3229.

Regency Reporter Delivery Procedures

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

If you live anywhere else in Regency please call Linda Strauss, 732-656-0140.

Do not call the concierge at the Clubhouse.

Do not call or email Barbara Bickel.

Do not call or email Nina Wolff.

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

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

Linda and Lou handle all Reporter delivery issues.

Regency Recycling Rules

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

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

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

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

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

LABORATORY AND NURSING SERVICES

Available at Regency at Monroe
Penn Medicine Princeton Health exclusively offers
Regency at Monroe residents phlebotomy and
nursing services in the Clubhouse. See details below.

LABORATORY SERVICES

Phlebotomy services (blood draw) are provided
Every Tuesday from 7:15 a.m. – 9 a.m.

By appointment in the Clubhouse.

To make an appointment with our assigned phlebotomist,
please contact Regency at Monroe's concierge desk
at 732-605-9800.

Please note: a laboratory prescription from your
doctor is required at the appointment.

Masks must be worn

Do not arrive more than five minutes prior to appointment

You will receive a call on your cell phone

when you should come to the back door

The phlebotomist will escort you in

The room will be sanitized after each appointment

For more information,
call 732-605-9800.

CLASSIFIED ADVERTISING

Home Improvement & Services

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

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

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

CLASSIFIED Ad Information

All Classified ads must be received by Princeton Editorial no later than the 14th of the month preceding publication month.

Mail to:

Princeton Editorial Services
P.O. Box 70
Millstone Twp.,
NJ 08510

RATES

\$14 for 10 words,
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