

REGENCY REPORTER

Vol. 19, No. 9, SEPTEMBER 2022 - PUBLISHED MONTHLY FOR THE RESIDENTS OF REGENCY



At the Mayor's Cup Pickleball Open Tournament, Regency was in Division A and our players dominated the competition winning all four of their matches and securing a win in the 2022 Mayor's Cup. Congratulations to the Co-Captains Marty Kamins and Mike Coulianidis for putting together an outstanding team of players, from left: Co-Captain Mike Coulianidis, Scott Friedman, Ken Rodwogin, Judy Azoulai, and Co-Captain Marty Kamins. Editor's Note - We regret that this picture did not make it into the August Reporter. Photo by Barry Panson



Players in the first ever Pickleball Club Tournament against a gorgeous backdrop.

Photo by Lisa Citron



Supportive fans watching from the court and watching from above during the Pickleball Tournament. Photo by Lisa Citron



The Regency Mayor's Cup Winning Table Tennis Team, from left: Leo Friedlich, Mark Dodkowitz, Prem Gupta, Captain Harry Borenstein, Mozey Ghaffari, and Yu Li. Photo by Barry Panson

Photo by Barry Panson



The Wine Club celebrates its six-year anniversary.

Photo by Steve Wandy



Steve Schnell, Vice President of the Regency Car Club, with a Ford Cobra at the Simeone Automotive Museum.

Photo by Fred Hollinger



Mark and Bonnie Greenstein and Audrey and Lou Flumen at the King Edward Hotel in Toronto while enjoying a "Canadian Odyssey".

Photo by Don Belen

PLAY FOR P.I.N.K.

SAVE THE DATE

Thursday, October 13th
Play for P.I.N.K Card Party

Friday, October 14th
Golf Outing & Luncheon

To learn more about Play for P.I.N.K or to support Regency at Monroe Fundraiser, please contact Concierge at (732) 605-9800.



By Lucille Springer

Saturday in the Park was a Saturday night here at Regency that the Chicago 9 Tribute Band came to entertain us. They played many of the hits we have come to love from the band Chicago. The concert reminded me of the first time I saw Chicago at the Nassau Coliseum back in 1970 something. Yes, I was just a baby! Did you know

From the Entertainment Committee



A great close up of some of the Chicago 9 band members.

Photo by Steve Wandy

the song *Saturday in the Park* was written about Central Park? It has many references to items in the park such as the statue of William Shakespeare and "slow

-motion riders fly the colors of the day" referring to the many kites that are flown there daily. Chicago's main songwriter, Robert Lamm, wrote this after a particularly exhilarating Fourth of July spent in New York's Central Park, where there were steel drum players, singers, dancers, and jugglers.

Phil Saglombeni, a lifetime fan of the band Chicago, created the Sounds of Society, Chicago Tribute Band in 2010. In January 2016 they renamed the group Chicago 9 Tribute Band to better convey what this band was all about. Back in 1978, Phil was a member of a group of musicians in his hometown of Willingboro, New Jersey. This group of the top talented musicians in each of their musical categories from the Willingboro Jazz band had put together a sound that was a replica of the group, Chicago. The band was together for a brief six months and disbanded as members of the group went on to college. At that time, Phil had a vision to someday bring back that style and type band; this vision became a reality in January 2010. As the first meeting commenced at Phil's home in Hamilton, NJ, the members were realizing that they were going to be part of something big. They started rehearsals in mid-summer 2010 and after only three rehearsals performed their first live show for a video demo shoot in August

(Continued on page 4)

A Note from Your Board of Trustees

By Renee Comack

Having the "best of everything" was the reason I moved to Regency, and I believe "the best of everything" was a driving factor for our homeowners that purchased homes at Regency. One of the greatest benefits of joining a strong community is the accompanying sense of belonging, as well as the opportunity to experience diversity. Many of us wanted a community with several varied social programs and events, giving us the opportunity to develop deep and lasting friendships, and make connections with others who share our same interests. We have a busy Clubhouse hosting HOA events, club events, ping pong, exercise classes, yoga, water aerobics, water volleyball, cards, and Mah Jongg. We also cannot ignore the conveniences of our salon, massage spa, and café. Our wonderful lifestyle can be reflected by the great summer we had. Our outside amenities in full swing: the pool, golf league, tennis, pickleball, shuffleboard, bocce, and the walking trail.

We also purchased at Regency because of the beautiful aesthetics of our well-maintained common areas. Living in an HOA-run community, do any residents miss having to find quality and dependable vendors to mow and fertilize our lawns, fix our sprinkler systems, remove snow from our driveways and walkways in a timely and satisfactory way? Plus, we don't have to call them to be sure they will show up or be disappointed when they don't show up! We don't have to deal with unkempt lawns of our neighboring homes or garbage cans left out for days on end.

By now, many of you might be wondering where I am going with all this. I am hoping to give our homeowners that are new to HOA communities and those unfamiliar with what it takes to maintain and upkeep the premier status of our community an explanation.

How does our community run? As you should expect, your Board and Management are focused on exceeding all your expectations. I think it is fair for me to say "it takes a village" to run our community. FSR Community Management manages and oversees all operations: custodial staff, gatehouse staff, all accounting services, our facilities, our infrastructure, day to day maintenance and repairs, lifestyle activities, etc. When we look around, we see custodial staff taking care of setting up and breaking down our Clubhouse for activities, keeping our entire community immaculate, as well as repairing whatever they can. Our community has many "contracted vendors" maintaining and keeping up our common property: landscaping, snow removal, golf course maintenance and staff, irrigation, pond maintenance, lawn



care, trash removal, etc. Management secures bids for vendor contracts, negotiates pricing, and follows up to be sure all vendors are performing their jobs as expected. We also have auditors, attorneys, and insurance policies.

How do we pay for this? Your monthly maintenance fee pays the bulk of what it costs to run our community. Our Operating Budget itemizes all operating expenses. The budget expense categories are: Grounds Maintenance, Single Family Home Maintenance, Gatehouse, Clubhouse, Golf Course, Taxes and Insurance, General and Administrative, and Professional Services. It also includes funding Deferred Maintenance and Replacement Reserves. The bulk of our fixed expenses are negotiated when the vendor contracts renew. Our contract renewal pricing will be affected by the current rising costs including inflation, labor, and material availability. We have few variable costs, and use past trends to estimate utility bills, day to day upkeep, repairs and proactive maintenance, your service order requests, etc. Since our community is 20 years old, our infrastructure requires more and more repairs. Our Board of Trustees, along with Management, and our strategic committee review our budget line by line to keep your maintenance fees increases as realistic as possible. We also strategically look three to four years ahead when we forecast the budget.

Our Replacement Reserve Fund is an engineering study that estimates the useful life, as well as replacement and repair costs of all HOA components. This study is a year to year projection going out 30 years. This is a guide; some components fail before their projected useful life, others outlast their projected useful life.

We hope you join us at open Board meetings and town halls, where we discuss ongoing and new projects, finances, and budgeting. We solicit and value your opinions and suggestions at our meetings. We want to hear from you! Please note, trustees vote on project spending only at open Board meetings.

Our elected HOA Board and our strategic, election, architecture, grounds, entertainment, and sports committees are comprised of volunteers, committed to keeping Regency's status as a premier community. We thank all our volunteers that have a strong sense of community for their help, commitment, ideas, knowledge, and expertise. Our Board is honored and appreciative that you have chosen us to be your trustees!

Public Board Meeting Schedule

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

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

REGENCY REPORTER

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Please E-mail your materials to:

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

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HOA Calendar of Events

Friday, September 2
Hoedown All Inclusive Dinner

Friday, September 9
Gary Roth Trivia Night

Saturday, September 17
TUSK Stage Show

Sunday, September 25
Coffeehouse

Saturday, October 1
All Inclusive Oktoberfest

Saturday, October 15
Jersey Tenors Stage Show

Saturday, October 29
Halloween Celebration

Sunday, November 6
Coffeehouse

Friday, November 11
Veteran's Day Breakfast

Friday - Sunday, November 18 - 20

Holiday Shopping Event

Sunday, December 4
Coffeehouse

Saturday, December 31
New Year's Eve

Visit Regency on the web:
www.regencyhoa.com

Up Close and Personal

By Barbara Bickel (**)



September Birthdays

- 1 - Barry Magid/Iris Nagel
- 2 - Joyce Fisher/Lance Greenberg/David Mail/Art Rothschild/Annette Stewart/Myrna Teicher
- 3 - Larry Kaye/Leonard Mongelli
- 4 - Robert Coniglio/Mitchell Grossman/Robin Hurewitz/Carole Miller/Ellen Shube/Joan Weidhorn
- 5 - Audrey Flumen/Heidi Massey/Bev Ross/Renata Rozenfeld
- 6 - Jack Barton/Mark Dodowitz/Gwen Minkin/Gene Radinsky/Meryl Stoffer
- 7 - Dick Ash/Craig Cadmus/Sam Kowalski/Helene Scherling/George Steinberg/Dorothy Stevens
- 8 - Celia Argiriou/Louise Forrar/Beth Howard/Shelly Ludwig
- 9 - Donna Keller/Teresa Tartara/Paula Tesoriero/Annette Toscano/Peter Warren
- 10 - Sue Silverman/Ira Weissman
- 11 - Susan Catelli/John Davis/Andrea Wexler
- 12 - Shep Astel/Rena Cautin/Esther Schwartz/Ina Weinstein/Marvin Weisman
- 13 - Herbert Goldstein/Marty Kornfeld/Robert Maccia/Mary Jo Sherman/Sherry Vitanza/Linda Willner
- 14 - Glenn Tringali
- 15 - Gary Austein/Paul Namm/Ron Post/Gary Silverstein/Roz Shein
- 16 - Florence Codner/Nancy DelGrosso/Al Goodman/Ellen Gresack/Marty Kamins/Beverly Lerner/Margaret Lewis/Barbara Molinaro/Natalie Rogovin/Marie Tresco
- 17 - Harry Greenberg/Mark

- Hurewitz/Gail Maloff/Jack Moss
- 18 - Angela Bruno/Al Ross/Davis Smith
- 19 - Judith Folkes/Nina Guilinello
- 20 - Ellen Barrie/Marta Berkowitz
- 21 - Ken Adel/Alice Alper-Rein/Haren Master
- 22 - Steve Avallone/Paul Barbakoff/Lou Gerber/John Harris
- 23 - Estelle Firestone/Bob Kay/Barbara Lemberger/Ellen Rosenthal/Phyllis Schaffter/Sanford Schey
- 24 - Dorothy Davis/Arlene Fradkin/Linda Jacobs/Fran Lehrfeld
- 25 - Harold Lebowitz/Stanley Levine/Patti Segal/Neil Wendel
- 26 - Bruce Liderman
- 27 - Jerry Berger/Anne Haback/Susan Kane/Eunice Pike/Diane Pladdys/Libby Salvo/Stan Wallerstein
- 28 - Arthur Ehrlich/Lloyd Grossman/Randy Horowitz/Isaac Levy/MaryAnn Maida/Richard Meyerowich/Dominick Ripillino/Kathy Schiano/Michael Stein
- 29 - Cheryl Abatiello/Sarah Calvacca/Edward Parsons
- 30 - Alan Braxton/Peter Catelli/Eileen Feinberg/Eugene Francis/Ellen Glenn/Debra Harmon/Phil Sloan/Rita Zeitman

September Anniversaries

- 1 - Ettie & Ralph Borenstein/Joan & Allan Edelman/Anita & Michael Kendal/Arlene & Mort Pullman/Sheila & Harold Solat/Geri & Harold Starker/Shelly & Howard Wichansky
- 2 - Marcia & Art Cooper/Joan & Barney Silver/Roz & George Steinberg
- 3 - Eunice & Jeff Pike
- 4 - Rachel & Harry Borenstein/Arlene & Hy Grossman/Elaine & Stanley Robin/Toby & Jules Weissman
- 5 - Phyllis & Doug Poye/Joy & Alan Rockoff/Tina & Michael Vider

- 6 - Carol & Sam Kowalski
- 7 - Linda & Aaron German/Susan & Ronald Kane/Iris & Steve Nagel/Anne & Steve Schuman
- 8 - Mona & Robert Ascher/Sybil & Ken Manzar/Roberta & Peter Proveda
- 9 - Barbara & Jay Guskind/Dorothy & Bob Stevens
- 10 - Barbara & Jack Battapaglia/Ethel & Ted Shuster
- 11 - Gail & Alan Herman
- 12 - Ilene & Morris Ashkenazy/Grace & Michael Caraccio/Ellen & Barry Glenn/Shelly & Gary Roth
- 14 - Harriet & Doug DiSalle/Cheryl & Steve Frazzini
- 15 - Estelle & Al Firestone/Rosemarie & Arthur Rosen
- 16 - Linda & Jeff Ross/Candace & Steve Schweitzer
- 17 - Lucy & Frank Molfetta
- 18 - Ronnie & Steve Girshek/Molly & Bob Kalomeer/Marcia & Mike Midler
- 20 - Shay & John Reiser
- 21 - Ellen & Jeffrey Barrie/Ruth Ellen & Sidney Weiss
- 23 - Tracy & Richard Maccia
- 24 - Genia & Howard Beeferman/Melissa & David Gelfman/Michele & Bill Palmieri
- 25 - Christiana & Mario Barone
- 26 - Marlene & Fred Barbieri/Glynis & Steve Rich
- 27 - Patricia & Pat Flynn/Gail & Steven Silverman/Maryellen Smith & Willi Fuellemann
- 28 - Christine & Brian Crandall
- 30 - Nancy & Bill Begley

(**) Are your dates incorrect? Are your important dates not listed, or if you see names of people who no longer live here, please let me know, so it can be fixed.

Thank you so much!
(barbick132@aol.com)

Fruits of Our Lives (Not the Pits)



By Christiana Barone

We have two families expanding their legacy. As much as I enjoy being a grandparent, it must be overwhelming to seeing their grandchildren becoming parents.

BABIES

Sylvia Fleischer is overjoyed to announce the birth of her great-grandson, *Gavriel Shalom*. Gavriel is the son of her grandchildren, Lauren and Michael Seidman and the brother of Eliyahu, Shoshana, and Sara. Proud grandparents are Steven and Ruth Nadler and Marlene and Bruce Seidman.

Judge and Mrs. Alan Rock-off became great-grandparents to their oldest grandson, Bryant and his wife Danyos. They had

a girl named *Isabella*. The whole family is beyond excited and they can't wait to see and hold the little bundle of joy. Isabella and her parents live in Brooklyn, New York.

A Special Note to All New-comers to Our Community

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

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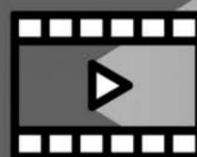
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The Chicago 9 performing on the Regency stage.

Photo by Steve Wandy

From the Entertainment Committee

(Continued from page 2)

2010. The response to that show was amazing as the crowd gave a standing ovation. They knew that they were on to something very special and continued to work to become the best they could be. The band

has grown by leaps and bounds and is currently referred to as the Premier Chicago Tribute band in the Delaware Valley area. They are committed and excited to bring you the best sounds possible and make you feel like they've taken you back

to yesteryear. For the love of the band Chicago, they bring you Chicago 9 a Tribute to the music of Chicago!

We look forward to our next night of entertainment slated for mid-September, TUSK, the World's Number One Tribute to Fleetwood Mac.



Trustee and all around great guy Steve Farron dancing it up at the HOA Luau with Linda Mail, Carol Kortmanky, and Cheryl Hand in the background.

Photo by Steve Rich



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The (unnamed, but you know who you are) winners of The Regency Women's Group Canasta Tournament.

Photo by Barbara Wilner



By Barbara Wilner

In July we danced and in August we played cards. On August 8, 128 members enjoyed a day of canasta at our annual tournament. We began with a light breakfast, played three rounds, went onto a special lunch catered by Sir Ives, and then returned for two rounds of afternoon play, ending with

The Regency Women's Group

cash prizes awarded to the winners. We all won thanks to the hard work done by so many.

Onto September. When you read this, it will almost be time for our musical tribute to the life and music of Elton John. We look forward to this special evening and will report on the life and songs of this most talented musician next month. Prepare for Paris as we present *An Evening on the Seine* at our October membership dinner. This will be a true gala, details to follow. We are so glad to be able to welcome members back to our meetings/events in the Clubhouse. Please watch this

column, and both the community and our emails for a complete listing of all we offer.

Looking forward to having you join us.

Till next time...

The Regency Women's Group Events Calendar

- Monday, September 12 - Vinnie Bruno presents "Elton John" Life, History, and Songs
- Monday, October 10 - Membership Dinner
- Monday, November 14 - Bingo
- Sunday, November 30 - Toy and Gift Card Drive
- Monday, December 12 - Holiday Dinner

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Betty Meyrowich, Carol Cohen, Gail Farber and Elaine Kapusta at the Regency Women's Group Canasta Tournament.

Photo by Barbara Wilner

Men's Club Happenings

By Steve Rich, President

Well, believe it or not, we are now approaching the end of summer and entering the month of September. Summer vacations are dwindling with school beginning for those of us that have grandchildren. It was a very tough summer with high temperatures, very little rain, and drought conditions. The good news is that we are now approaching cooler weather. Labor Day is upon us with our outdoor pool closing for the winter season, and the fall season bringing in its colorful leaves making for a pretty picture.

At our last Men's Club meeting, in late July, the Regency Men's Club Board of Elections Committee announced the election results for the Men's Club Board members running again for re-election for a two-year term. The five Board Members who were re-elected for an additional two years are as follows: Steve Rich, President; Sheldon Piekny, VP of Entertainment; Al Marandola, VP of Monthly Meetings, Steve Tenzer, Treasurer; and Charlie Berhang, Secretary. Two other Board Members, chosen by the Board Members above, were re-elected for an additional term of two years as well and are Allen Glassman and Steve Strauss, both

past-presidents.

We also added another event to our calendar in October. It is a bus trip to Philadelphia on Wednesday, October 12, to the Eastern State Penitentiary and the Simeone Foundation Automotive Museum. Lunch will take place at a neighborhood restaurant between our two visits. After many years of having and wearing the Men's Club orange shirt, we decided we needed a change. During the month of August, we began to make available a new black dry fit material collared shirt made up with an attractive golden Regency emblem. The cost to our members is \$10.

We continue to have a steady flow of new members and they are taking part in many of our events. For those non-members who wish to join the Men's Club and be a part of our 2022 and 2023 seasons, applications are available at our Clubhouse. The fee to join is \$40 and will be valid until August 31, 2023. ANY QUESTIONS? Please contact either Steve Rich or Sheldon Piekny whose numbers are avail-



able in our Regency Directory.

Men's Club Events Calendar*

- Sunday, October 2 - Mini Golf, Dinner, and Entertainment
- Wednesday, October 12 - Eastern State Penitentiary and Simeone Foundation Automotive Museum by bus to Philadelphia
- Sunday, October 30 - Paid Up Breakfast
- Monday Movie Night - The second Monday of each month with an option for dinner

* Events will be added as they become available

Men's Club Monthly Meetings (Breakfast/Speaker) - Last Sunday of the Month

EXCEPTION: the September meeting will be held on Saturday, September 24
There is no meeting in December



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Monroe Township Jewish Center

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- Senior Membership specials
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 - Adult Bar/Bat Mitzvah classes
 - Weekly Streaming Services
 - Conversion Classes
 - Weekly Shabbat Services

Check the web at etzchaimmtjc.org for High Holiday service dates and times.

Please visit us or like us on Facebook at **Congregation Etz Chaim-Monroe Township Jewish Center** or call 732-251-1119.

Let's Talk Turkey 2022

By Milton Paris

While still enjoying the last days of summer, the Regency Culture Club is looking ahead to fall. We are gearing up for our annual Ten for Turkey Drive. As the holidays draw near, turkeys will be absent from many households. The Regency Culture Club supports our community by assisting the Monroe Township Office on Aging Holiday Food Basket Drive.

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

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

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

- Milt and Sue Paris (25 Crenshaw)
- Ken and Joan Kastin (10 Harbor Town)
- Sue Miller (19 Torrey Pines)
- Barry and Laura Shandler (10 Hogan)
- Marsha Krane (16 Country Club)
- Jim and Sue Graham (13 Ballybunion)
- Sandy and Larry Cains (94 Kings Mill)

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

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The Wine Club

By Sheldon Opperman

We had a packed house at the Tennis Pavilion on July 22 to celebrate the sixth anniversary of the wine club. The theme of this tasting was The Wines of France. Many people shy away from purchasing French wines because

they find the labels difficult to understand and are unsure what to buy. So, why learn about French wine? Some say that French wines are the top tier of wines that has set the bar for other countries and wine producers. Even though there are 50 countries now producing wine, France is still considered the best winemaker in the world. If you are interested in the hobby of tasting different wines, it is important to give France's wines a chance. The goal of this week's tasting was to give our members a basic understanding of French wine. We sampled two white wines, eight reds, and a dessert wine with dark chocolate.

Many of our members have stated that they dislike chardonnay because it is too 'oaky' and buttery. Nevertheless, our first white wine was a chardonnay from Burgundy. You cannot learn about French wine without tasting Burgundy wine. I chose a Chablis from Burgundy, which is typically fermented in stainless and therefore does not have oak and buttery flavors. Our members were pleasantly surprised, and it was a hit. Our second white was from Alsace, best known for their dry Riesling. From Alsace, we headed south to Beaujolais. Most people think of Beaujolais as Beaujolais Nouveau, a light red wine made for gulping without thinking about it. But the best Beaujolais comes from one of the area's 10 named crus, or classified growths. We tasted a Moulin



a Vent, the King of Beaujolais. Back to Burgundy for our second red wine. We tasted a premier cru from the village of Santanay. These wines are very affordable for red Burgundy's and are an excellent introduction to Burgundy red wines. After, we headed to Bordeaux, my favorite French region. We tasted a wine from the left bank, a red blend from Saint-Julien with Cabernet Sauvignon being the dominant grape. Then to the right bank to taste a red blend from Pomerol where Merlot is the dominant grape. In Bordeaux the red wines are all blends of different grapes. The left bank has Cabernet as the highest percentage of the blend, whereas the right bank has Merlot the highest percentage. From Bordeaux, we traveled to the Rhone Valley, where we tasted three different wines and ended with Chateaufort -du Pape, the King of the Rhone Valley. The southern Rhone wines are also red blends, with grenache being the dominant grape. We ended the tasting with a Sauternes, considered by many to be the best dessert wine in the

(Continued on page 7)



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ROSH HASHANAH

Sunday, September 25th	Erev Rosh Hashanah	6:30 pm
Monday, September 26th	1st Day of Rosh Hashanah	9:30 am
Tuesday, September 27th	2nd Day of Rosh Hashanah	9:30 am

YOM KIPPUR

Tuesday, October 4th	Kol Nidre	6:30 pm
Wednesday, October 5th	Shacharis	9:30 am
	Yizkor	1:00 pm
	Evening Service	6:00 pm

SHEMINI ATZERET

Monday, October 17th	Yizkor	10:00 am
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The Regency Book Club

By Nina Wolff

The Housemaid

There is definitely evil in the home of Andrew and Nina Winchester, but who is the perpetrator and who is the victim? A small group of Regency Book Club members met on August 2 to find out. Andrew and Nina are a fabulously wealthy couple who live in a gorgeous home with a seemingly perfect life and a little girl named Cecelia. There is a landscaper, Enzo, who is always working on their property but he is not allowed to step one dirty boot inside. There are Nina's "friends" from town and from Cece's school but they do not mince words when it comes to Nina's history. Nina is always dressed in pure white and nine-year old Cece never has on play clothes, only itchy, frilly, fancy dresses for which she is made fun of at school. And then there is Andrew's mother who is always butting in. What is going on?

Millie is a down and out parole having spent 10 years in prison. We do not know why. She has been fired from a few jobs and is living in her car. One day she answers an ad for a housemaid in the Winchester home and meets Nina. Millie is a beautiful young woman but she is desperate to change her

living conditions and doesn't want to seem to be overly attractive so she makes herself look older and wears thick ugly glasses to the interview. Nina is nice and Millie is agreeable to everything Nina asks. She wants to live in this house, she wants to get out of her car, and once she sees Andrew, she wants him as well! She thinks that Nina is too stupid to check her background as she does get offered the job and her time in jail is never mentioned. Millie is thrilled, she has put one over on the Winchesters!

At least she thinks she has until she is shown her "room," in the attic, which has a window that is painted shut and a door that locks from the outside. *The Housemaid* is a psychological thriller and the attendees at the book club had a grand time discussing all of the ups and downs of these characters, none of whom is who we think they are, with the exception of the ever-present Enzo who tries to warn Millie right from the start that



there is danger in that house. It was fun to discuss a book that wasn't heavy, sad, or depressing. It was a romp and we enjoyed a great discussion. I have to thank Lorraine Zimmerman for getting the discussion started.

Join us on Tuesday, September 6 for our next book, *Lessons in Chemistry*, a novel by Bonnie Garmus, recommended by Elyn Lyons. Thanks Elyn. In October, we hope to meet on the second Tuesday, October 11 (as October 4 is a Jewish Holiday) to discuss *Remarkably Bright Creatures* by Shelby Van Pelt and on Tuesday, November 1 to discuss *The Violin Conspiracy* by Brendan Slocumb.

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

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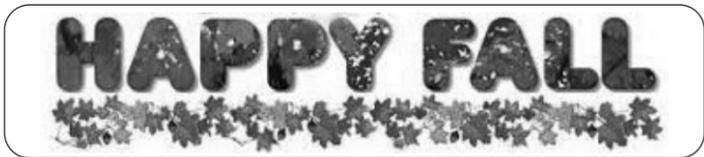
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Mincha/Neila: 5:00 pm
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Letter

To my wife on our 40th Anniversary:

Shelley, we were so much younger than today when we married (see attached announcement).

To quote from Kenny Roger's "Through the Years"

Through the years, you've never let me down

You turned my life around

The sweetest days I've found, I've found with you

Through the years, I've never been afraid

I've loved the life we've made

And I'm so glad I stayed right here with you

Through the years...

I love you,
Rothy, Gary Rothy

Wine Club

(Continued from page 6)

world. Overall, it was a fun night tasting and learning about French wines.

Fun Fact: In 1305, the pope moved from Rome to Avignon. The subsequent popes became interested in growing wine grapes. They built a chateau and planted vines, hence where the name Chateauf-neuf-du Pape (the new castle of the pope) was derived.

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The Regency Poker Club

By Frank Gottlieb

The Regency Poker Club is playing again! We will be having our next Texas Hold'Em Tournament on Wednesday, September 21 at the Clubhouse. Pictured here are Frank Gottlieb (center) and the winners of the May 9 tournament, Nolan Epstein (left) and Joe Conti (right).



Photo submitted by Frank Gottlieb

The Regency Yiddish Club Holds Its Annual Shabbat Dinner

By Lorraine Zimmerman

There were over 200 people in attendance at the annual Shabbat dinner, held on July 15. A hot buffet was served. There was chicken breast, brisket, vegetables, knishes, and all the trimmings. On each table, there was chopped liver, gefilte fish, Israeli salad and health salad and assorted cookies and fruit

for dessert. The candle lighting was led by Sylvia Fleischer, the blessing over the wine was led by Alan Wolff and the blessing over the challah was led by Hy Grossman.

Next, Richard introduced Mort Segal, who started work in the Catskills for his father, who was a talent agent. Mort worked in the Catskills for

over thirty years. What was most interesting was that Mort told us about the history of the Catskills. The Catskills had been a resort area for Gentiles in the nineteenth century. As Eastern European Jews immigrated to the United States in the early twentieth century, some became farmers in the area. Grossinger's started out as a potato farm. As these immigrant Jews became more prosperous, they looked to do something they could never have imagined doing in the old country - take a vacation. They weren't welcome in most of still what was an anti-Semitic world, so the Jewish farmers began taking in boarders. Their boarding houses morphed into small hotels and bungalow colonies. The big resorts, like Grossinger's, Kutscher's, the Concord, and the Nevele offered all inclusive vacations, which included entertainment.

Eighty percent of the comedians who worked the Catskills were Jewish. Mort Segal's father was the agent for Buddy Hackett and Jackie Mason. Mort told us that Eddie Fisher and Debbie Reynolds got married at Grossinger's and, after their divorce, Eddie Fisher married Elizabeth Taylor there too. As the Catskills grew, people began coming up for four to six weeks at a time, so there was a need for more entertainers. Some of the stars who worked the Catskills were Englebert Humperdinck, Henny Youngman, Rodney Dangerfield, Red Buttons, Alan King, Jack Carter, Mickey Freeman, Sam Levenson, Jackie Mason, and Buddy Hackett. Mort continued to entertain us with some of the jokes that were told by the comedians featured there.

Thank you, Richard and Hedda for providing us with an absolutely delightful and informative evening. Thank you also for all your hard work. We all look forward to many more events in the future!

2022 Yiddish Club Events

- 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 - Ryan Kelly Berkowitz, "Miss Staten Island"

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Singles Mingle

By Barbara Lemberger

Fifty singles gathered in the ballroom on Wednesday night, August 3 for our first Casino Night sponsored by the Gardens at Monroe Healthcare and Rehabilitation Center. Cris Brown from Monroe Gardens facili-

tated the evening. We started with a light dinner from Jersey Mike's and then began to play Casino games including Blackjack, Texas Hold'Em, Roulette, and a Money Wheel. Each attendee received chips to bet with and depending on luck and



Scenes from the Regency Singles Club's Casino Night.

Photos by Barbara Lemberger



expertise either increased or decreased his/her number of chips. At the end of the evening each person exchanged his/her chips for tickets to enter in the prize drawing. Many wonderful gifts were available including a travel case, mini refrigerator, air fryer, towels, a toaster oven, and many more. There was also a grand prize for the person who earned the largest value of chips at the end of the evening. Congratulations to Judy Barcellona (guest of Lucille Springer) the grand prize winner. The Singles Group would like to extend our thanks and appreciation to the Gardens at Monroe, Cris Brown, and our team of members who made this evening such an outstanding success. We look forward to another Casino Night.

This month, we will be holding our monthly meeting on September 7 at the Tennis Pavilion and going on an outing to the racetrack.

Singles Mingle Upcoming Events

- Wednesday, September 7 - Meeting, Tennis Pavilion
- September - Day at the Races (horse track), date TBD

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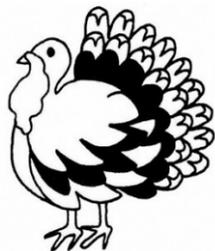
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Hadassah Highlights



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By Carol Kortmansky
Karen Ross President

It's so hard to believe that by the time you read this, we will be celebrating Labor Day and the unofficial end of summer. Soon the holidays will be upon us, and hopefully we can continue to feel hope again, hope that we are moving forward, hope that life is returning to normal, hope that we join with our family and friends and celebrate life!

Excitement is in the air as we get ready to host our traditional Gala Evening Fundraiser Dinner and Fashion Show on Monday, September 19. The theme is Let's Reawaken Ourselves! Sign up for this wonderful event, during which we can dress up, party, and raise money for a wonderful cause, Hadassah.

In addition to beautiful fashions from Chico's in Old Bridge, which will be modeled by our own lovely Regency women, there will be numerous vendors selling jewelry, clothes, pocketbooks, makeup, etc. There will also be a number of raffles sold throughout the evening for wonderful prizes to be announced.

We welcome and thank **Ellen Gershowitz** for joining our chapter as an annual member as well as **Nancy Charatan** and **Renee Comack** for renewing their annual memberships. We send a warm welcome to **Leslie Rosenstock**, who joined our chapter as a new Life Member. If you are new to our community or know of someone who has recently moved in and would like to learn more about Hadassah contact



Elyssa Friedland, author of *The Last Summer at the Golden Hotel* and *The Floating Feldmans* has a new book coming out in September entitled *The Most Likely Club* and will be our guest speaker. If you have any questions, please contact Leslie Kohn, whose phone number can be found in the Regency Directory.

On Monday, November 7, the Hadassah Book Club will be meeting to discuss *Defending Britta Stein* by Ronald Balson. The discussion will be led by Nina Wolff. Check your emails for current information about Book Club selections and meetings going forward. After November we will be Zooming our Book Club meetings so that all our snowbirds can attend. For all Book Club meetings you plan to attend, it is necessary to RSVP to Marilyn Jaclin or Marcia Milgrom, whose numbers can be found in the Regency Directory. In addition, if you would like to act as our facilitator or

our Membership VPs Annette Kushner and Linda Grossman. All phone numbers can be found in the new Regency Directory.

On Monday, August 15, in Ballroom 1 of the Clubhouse, our Book Club discussed *He Gets That from Me*, written by Jacqueline Friedland. Although this discussion took place after our newspaper went to print, we are sure that it was a lively and informative discussion, led by Phyllis S. Greenberg.

Please save the date of Thursday, October 20, for a Book and Author Luncheon, which will be held in the Ball-

room of our Clubhouse. Elyssa Friedland, author of *The Last Summer at the Golden Hotel* and *The Floating Feldmans* has a new book coming out in September entitled *The Most Likely Club* and will be our guest speaker. If you have any questions, please contact Leslie Kohn, whose phone number can be found in the Regency Directory.

if you have suggestions for a book, please contact them. Hadassah will once again be sponsoring a **Matching Fund Campaign**. More information about this program, as well as a letter to all members, will be sent out in the near future. Also look for information about the purchase of Mah Jongg cards for 2023-2024, which can be ordered through our chapter. The cost is \$10 for the regular-print card, and \$11 for the large-print one.

Lastly, in order to help celebrate the New Year, and wish our friends and neighbors a sweet and joyous holiday, Hadassah has instituted a computerized New Year's mailing. To participate, please complete the form previously sent out by email, enclose a check for \$10, payable to Hadassah, and leave it in the mailbox of Karen Ross at 42 Beth Page Drive, no later than September 12.

As you all may be aware, advocacy is an important part of what Hadassah does on a local, national, and global scale. A wonderful program in which Hadassah has been very active is Youth Aliyah, which plays an essential role in saving the lives of at-risk youth. Youth Aliyah began in 1934 when Hadassah provided a safe haven for Jewish children rescued from the Nazis. Since then, many at-risk children have been rescued and nurtured in Israel and around the world. Today, Youth Aliyah saves children who otherwise would live desperate lives – a worthy program, indeed! More information concerning advocacy programs can be found in the monthly *Hadassah Magazine*.

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.

All checks for any Hadassah event or donation must now be made payable to Hadassah and not to Regency Hadassah

L'Shana Tova! May you be blessed with health, happiness and all things sweet in the New Year. We are looking forward to seeing you soon.

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The 3D Art Group

By Renee Horowitz

The 3D Art Group had another creative month. We've had new members join our group. Our class is open for anyone to observe what creating 3D art is all about. For our new members we have numerous pictures to choose from with or without directions, or you can bring in your own picture. Either way, we will teach you everything you need to know about creating your own masterpiece. Embellishing the finished picture brings out your creative self! And is enjoyable!

Scenes from the 3D Art Group

Photos by Renee Horowitz



Dale Silverstein embellishing her picture.



Frozen - by Lois Toker



The Wailing Wall - by Barbara Spilken

The 1961 Oldsmobile Starfire



The 1961 Oldsmobile Starfire. Photos submitted by Richard Matarangelo

By Richard Matarangelo for the Regency Car Club

In 1961 I had a paper route and one Saturday morning as I was making my collections, I turned a corner and saw this stunning maroon convertible sitting in the driveway of one of my customers. This was the most beautiful car I had ever seen. I rang the doorbell but was staring so intently at this car and didn't even realize that my customer had opened the door. He simply asked, "Do you like it?" I turned to face him and said it was the most beautiful car I had ever seen. He explained it was a brand-new model just introduced by Oldsmobile and he had picked it up from the dealer the night before. It was called a Starfire, and it was only available as a convertible.

A little background: According to *Hagerty Automotive News* the Oldsmobile Starfire is a name used by Oldsmobile, produced in three non-contiguous generations beginning in 1954. The Starfire nameplate made its debut as a convertible concept car in 1953. That was followed by the 1954-1956 Ninety-Eight series convertibles. These cars shared a "halo status" with the Buick Skylark and Cadillac Eldorado. For 1957 only, all Ninety-Eight series models were named "98 Starfire." During this period, Oldsmobile was one of the most popular brands selling. The company saw an opportunity to profit from the space race of the 1960s. The "rocket" terminol-



ogy was already being used with their Rocket V8.

The Starfire introduced in 1961 as a convertible, was separated into its own model line. It shared its body and wheelbase with the Super 88 and the lower-priced Dynamic 88. The car was loaded with standard equipment including leather bucket seats, center console with tachometer, and a floor shifter for the Hydramatic transmission. The Starfire was the first US full-sized production car to feature an automatic transmission with a console-mounted floor shifter, brushed aluminum side panels as well as power steering, brakes, power windows and driver's seat. With a base price of \$4,647 in 1961 (\$42,139 in 2021 dollars), it was the most expensive Oldsmobile, even more than the larger Ninety-Eight models. The standard 394 cubic inch V-8 Skyrocket V8 engine - Oldsmobile's most powerful in 1961 - used a 4-barrel Rochester carburetor and generated 330 hp at 4600 rpm. Sales of the 1961 model were only 1,500 vehicles.

I was approaching the day when I would finally get my driver license, but the price of more than \$4,600, even with whatever discount dealers were offering back then, was much more than I could afford to spend on a car. I wound up with

a second-hand Ford, but I never lost my desire for a Starfire. Many years later when I could afford to buy one, Oldsmobile had changed the design, although similar, they just weren't as beautiful as the '61. Finding a '61 wasn't easy since there were only a limited number manufactured.

To make a long story short I never realized my dream of owning one but still think it was the most beautiful production car ever made. Today, this car, when it can be located is selling in the range of up to \$50,000 to \$94,900. I've included some photos to illustrate this beauty!



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What Do You Do on a Hot Saturday Afternoon in July?

By Fred Hollinger and Neil Zipkin

Well, you could go to the beach or the pool, or you can do what the Regency Car Club did. It was over 100 degrees when we took a road trip to the Simeone Foundation Automotive Museum in Philadelphia. There you would find the unbelievable car collection of the late Dr. Simeone. The original philosophy of the Dr. Simeone Foundation was to preserve historically significant racing cars, especially the actual cars that won various world-famous races. There are racing cars from the turn of the century, famous cars that won prestigious races around the world, and more contemporary sports racing Ferraris, Maseratis, Ford GTs, etc. Most of the racing cars are displayed in diorama vignettes showing where they were when they were raced or in scenes depicting their home country settings. Most of the racing cars are in drivable condition. Since opening in 2008, the museum has expanded to include a “salon” area where exquisitely restored cars from around the world are displayed. Many of these post-war classics are one of a kind or extremely rare.

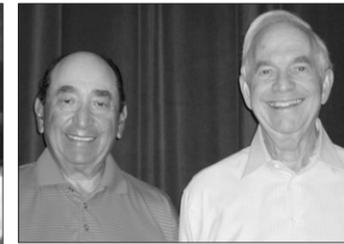
The day of our visit was “demo day,” when the museum staff chooses racing cars from the collection to demonstrate to the attendees by driving the cars around their three-acre parking



Three antique race cars in a beautiful setting at the Simeone Museum. Photo by Fred Hollinger

lot - at speed. The demo day theme was “Ford versus Ferrari,” so they had chosen a Ford GT, a Ford Shelby Daytona Coupe, and a Ferrari. Prior to the demo, there was an excellent presentation describing the derivation and design of the cars that later would be driven. This day was also food collection day. For every item of food

donated, attendees were given chances to ride along with the driver of one of the cars being demonstrated. Of all the attendees, Steve Schnell was picked to ride with the driver in the famous Ford Shelby Daytona coupe that raced at LeMans in France and later at the Bonneville Salt Flats. What a thrill for Steve!



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 single meeting in September will be on September 12, since the second meeting falls on a religious holiday. For the present, masks are not required, though we do ask that all participants be vaccinated.

We began July’s first conclave responding to Mike Midler’s agenda questions on inflation, recession, and supply. Some thought we were in a recession

right now, bemoaning the fact that the Fed had only one arrow in its quiver - raising interest rates to tame inflation. There was fear that should the Fed overcorrect, a bigger crisis could emerge. Agreed: higher wages, price gauging, and spending were driving inflation, supply chains were still disruptive, women staying home without childcare options were hampering achievement of any new normal. In-house experts were telling us that there is no simple solution to oil and gas availability and no spare capacity. One suggestion: a roadmap needed to facilitate conversion to electric cars, without throwing the oil and gas industries under the bus. Upcoming major labor agreements for longshoremen and airline pilots should be indicative of where inflation is going. We observed troubling signs in our own lives: \$22 an hour to scoop ice cream in Boston, \$16 for a PJ Pancake House waffle. In response to a question on how the developed world could best minimize catastrophic starvation in poorer countries, opinions varied. Some agreed that we had a moral obligation to help through UN agencies. Others noted that money without accountability is a recipe for enabling corruption by those lining their own pockets rather than helping their fellow citizens.

Turning to the January 6 Committee and the Justice Department, we asked ourselves whether the live testimony by subpoenaed Trump administration staff members would result in an indictment. It seemed to us that whatever results, our country needs to arrive at the historical truth for posterity. All agreed that the refusal of Kevin McCarthy to

(Continued on page 13)



One of Rich Lans’ many jobs is counting the money to pay the ROMEO’s bill!

Photo by Steve Rich

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Beyond Words

By Cecile Spector

What Makes It Funny?

There are different types of humor (e.g., slapstick, irony, sarcasm, etc.), but the type I enjoy the most is linguistic humor. Most puns, riddles, and jokes are based on a wide range of linguistic humor elements. Many years ago, I developed a way to classify these elements and place them into discrete categories. Just for fun, I'd like to share some of the elements in my classification schema with you.

Multiple meaning words (homographs) - The humor results from the ambiguity of a word.

- Hotel: A place where you trade dollars for *quarters*. The italicized word, *quarters*, of course, is the word with two meanings.
- "Time *flies* like an arrow. Fruit *flies* like a banana." *Flies* and *like* both have different meanings.

Multiple meaning words that are spelled differently (homophones)

- Why is "dark" spelled with a *k* and not a *c*? Because you can't "c" in the dark. The use of "c" for "see" is the humorous element of this joke. Even though they sound alike, they are spelled differently, and have different meanings.
- Sign in a tailor shop: "We'll sew for you. We'll press for you. We'll even *dye* for you."

Humor Caused by Sound Changes – Add a Consonant Sound

- Never buy flowers from a monk. Only you can prevent *florist friars*.

- Why did the teacher excuse the little firefly? Because when you've got to *glow*, you've got to *glow*.
- A shoplifter is a person with the gift of *grab*.

Change a Consonant Sound

- If called by a panther, don't anther.
- Said the newborn infant to his mother, "The quarters were a bit cramped, but the womb service was great!"

- What do spiders like with their hamburgers? French flies.

Change a Vowel Sound

- Phoning a bee is so annoying; you always get a *buzzy* signal.
- Why doesn't a frog jump when it's sad? It's too *unhoppy*.
- Which sea creature must have a good reason for doing something? A *porpoise*.

Take Away a Consonant Sound

- Artificial snow is made of snow *fakes*.
- My husband's name is Ed. If I have a son, should I name him Ed also? Sure. Everyone knows two *Eds* are better than one.
- After the game, the showers were filled with *team*.

Dual-Meaning Sentences -

- "The police are looking for a man with one leg called Smith." "What's his other leg called?"
- Sign: You are welcome to visit this cemetery where famous composers, artists and writers are buried daily, except Thursday.
- "Do you realize it takes three sheep to make one sweater?"
- "I didn't even know that sheep could knit."
- Sign on Travel Agency door:



Please go away!

Multiple Meaning Phrases –

Some multiple meaning phrases are merely a group of words that can have two meanings. (e.g., "We are having a *three-day sale*." "Great, I'll take Friday, Saturday and Sunday.") Mostly, however, it is the idiom that is prominent in spontaneous conversational language.

- Humpty Dumpty is just a *shell of his former self*.
- I can tell my pet owl is sick because he *doesn't give a hoot*.
- "I'd like to become a space engineer." "Do you think you can pass the tests?" "Sure, I *took up space* in school."

Stress and/or Juncture Changes –

There are instances when the meaning of a sentence changes when words, or parts of words, are stressed and joined together differently (e.g., What would you have if everyone in the country drove a pink Cadillac?" "A pink carnation." If the word *carnation* is separated, you have a nation full of pink cars. If you don't pause between *car* and *nation*, you have a pink flower.)

- What does an acorn say when it grows up?
 - "Geometry" (Say it slowly!)
- "Let's eat Grandma." "Let's eat, Grandma." (Commas save lives.)
- Young child pointing to pool at a country club: "Why can't we swim at that pool?"

Mom: "Because you have to *belong*."

Child: "How long do you have to be?"

Humor Caused by Switching Sounds or Words

(*Spoonerisms* belong here)

- Usher in a darkened movie theater: "Let me *sew* you to your *sheet*."
- One frog to another: "Time sure is *fun* when you're having *flies*."
- What's the difference between a cat and a comma? A cat has *claws* at the end of its *paws*, and a comma is a *pause* at the end of a *clause*.

In addition to humorous comments found in everyday conver-

(Continued on page 14)

News and Views

(Continued from page 12)

allow GOP congressmen and women to participate was really ill advised. Bottom line: A January 6-like violent riot and insurrection to impede the peaceful transfer of power should *never* happen again. It cannot be allowed to be portrayed as another day at the office, with "peaceful tourists." Cassidy Hutchinson stated that President Trump knew the attackers were his supporters, knew they were armed, and welcomed their violence. "A picture is worth a thousand words," and anyone who saw extensive video of the violence can never fail to be horrified by it.

For our second meeting in July, Phil Sloan's agenda began with a provocative question for the group. We were asked to name the biggest issues facing America today, propose possible solutions, and assess future impacts. So much angst! Some saw the international impasse between Ukraine and Russia as an evolving danger with no easy resolution. The absence of a cohesive American government able to pass meaningful legislation, exacerbated by polarizing political extremes and lack of civility, troubled others. Some traced our ills back to the Citizens United Supreme Court ruling, which gave corporations unbridled financial influence on our government - think NRA and guns, for starters. Others blamed the schism in our country on the Tea Party, worrying that the ultra conservative high court justices want to roll back the social changes of

the twentieth century. We bemoaned the total absence of compromise, worried about accelerating climate catastrophes, and noted that every country with such seemingly unbridgeable divisions eventually collapsed. Lots of worries, few solutions, unless the major legislative agreement just reached between Senators Manchin and Schumer proves compromise and meaningful governance still alive and well.

Moving on to geopolitics, we wondered whether NATO could hold together given Europe's energy crisis. One of us noted that if Trump were President, there might be no more NATO. Biden, on the other hand, did do a good job of keeping our European allies together in support of Ukraine. We worried that Putin would keep trying to drive a wedge between Germany and the EU, breaking alliances if possible. There was agreement that the fierce resistance of the Ukrainians was crucial. Also, several felt that the US should never have forced Ukraine to surrender its nuclear arms, the one threat that nuclear Russia can now hold over us all. In discussing Biden's trip to Saudi Arabia, we approved an energy deal he made for the Germans, and air space over Saudi Arabia he had opened for use by Israel.

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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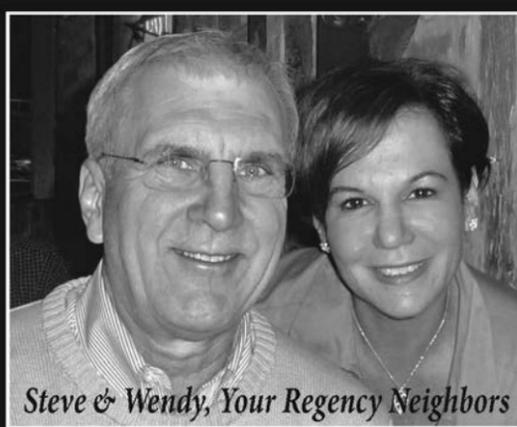
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Health Issues Pertinent to Regency Residents

By Sheldon Opperman MD

Why don't more people know CPR?

According to the American Heart Association's 2022 update, cardiac arrest remains a public health crisis. There are more than 356,000 out-of-hospital cardiac arrests in the US annually, nearly 90% of them fatal. It is well established that bystander cardiopulmonary resuscitation (CPR) improves survival after out-of-hospital cardiac arrest. Just by learning Hands-Only CPR, you will double a person's odds of surviving a cardiac arrest. So why do people feel helpless when someone nearby is experiencing a cardiac arrest? The primary reason for inaction is a concern about causing additional injury to a patient, especially if that patient is elderly, female, or adolescent. Sadly, 70% of Americans may feel helpless to act during a cardiac emergency because they either do not know how to administer CPR or their training has significantly lapsed.

Anyone can learn CPR - and you should. "Traditional CPR certification takes time and requires traveling to attend in-person classes," says Dr. Eric Goralnick, associate professor of emergency medicine at Harvard-affiliated Brigham and Women's Hospital. There are now online options to learn basic CPR. Note, that 80% of out-of-hospital cardiac arrests occur at home. The life you can potentially save is likely to be a loved one or someone you know. Another reason for not performing CPR is not recognizing the symptoms of cardiac arrest.

Symptoms:

- Sudden Loss of Consciousness
- No normal breathing - The person isn't breathing or is only gasping for air.
- Older guidelines would have you check for a pulse, but that is no longer the case. Fast action is imperative. Call 911 and immediately start CPR. The basic instructions are simple: push hard and fast in the middle of the person's chest.

Technique: Hands Only CPR

- Tap the person on the shoulder to see if they're OK, and look for signs of rhythmic, normal breathing.

Beyond Words

(Continued from page 13)
sation, linguistic manipulations designed to create humor frequently are found on signs and in the media as witty devices to capture attention.

- A magazine advertisement for a carpet cleaning product shows a piece of chocolate cake that has fallen and stained a carpet. The ad states, "To us this is a piece of cake."
- On a bumper sticker we see, "I owe, I owe, so off to work I go."
- Restaurant sign: "Come on in for a delicious meal - our chef is the Wizard of Aahhs!"
- Headline in Golf Magazine: Grandmother of Eight Makes Hole-in-One! Did I make you smile?

- Call 911
- Begin compressions, if the person is unresponsive.
- Proper hand position: Place the heel of one hand in the center of their chest, with your other hand on top. Interlace your fingers one hand over the other.
- Position your body so that your shoulders are directly over your hands and lock your elbows to keep your arms straight
- Give continuous compressions. Push hard and fast (at least TWO inches; 100 to 120 compressions per minute).

The most frequent mistake is giving compressions that are either too slow or too fast. It is best to have in-person training to learn basic CPR. However, being familiar with the basics of



CPR is better than nothing. For the past six years I have given lectures here at Regency on Basic CPR, the use of the Automatic External Defibrillator (AED) and the difference between heart attack and cardiac arrest. I hope to give this lecture again in the near future.

Ref: Redcross.org: Hands Only CPR
Heartcertcpr.com
Harvard Heart Letter: August 2022

Tech Trends

By Don Haback

The Large Hadron Collider

This month's article departs - in a good way - from our more usual looks into technology. We take a look at the Large Hadron Collider (LHC), which is regularly finding new ridiculously small and short-lived bits of our universe. What is it? What can it do? What makes it so interesting?



Note: This image - you can begin to see the curvature of the device - was copied directly from the CERN website.

It was designed and built by CERN, the European Organization for Nuclear Research over a full decade of Research and Development (R&D) and is part of the largest particle physics laboratory in the world. I was fortunate to have visited the LHC back in 2015 - and was totally awed by the whole concept! First, what's this type of Collider? It's a machine that can accelerate and smash subatomic particles together at extremely high speeds (99.9999% of the speed of light!) to see what happens. The Large refers to the size of the Collider (not the Hadrons - we'll get to them later). The LHC is a huge circular 'machine' in a tunnel with a circumference of just under 17 miles and about 300 feet below the ground. It was built in the '70s by CERN to house its predecessor, the Large Electron-Positron Collider (LEP). That machine led directly to the new and much more powerful LHC.

It underlies parts of Switzerland and France (actually crossing that border at four separate locations). Inside the outer surface are two long vacuumed tubes, which are surrounded by powerful superconducting magnets to control and accelerate two opposing streams of those hadrons so that they can collide at close to light speed. These streams counter-rotate so that their collisions, at four locations around the circle, are really huge - and from these collisions, various particles are ejected for ex-

amination. LHC's first collisions were reported in 2010 - and were responsible for the first major finding, in 2012, of the predicted HIGGS BOSON, an elementary particle in the 'Standard Model' of Particle Physics. Scientists had predicted the existence of a Higgs-type Field back in the '60s - Physicist Peter Higgs (see the new biography, *Master of the Universe*) had won a Nobel Prize in 1964 for his work in predicting the existence of the particle. CERN scientists were the first to validate it with the isolation of the Higgs Boson. It's been referred to as the GOD PARTICLE because physicists think it may have caused the 'Big Bang' that created our universe. They are thought to be the particle that imparts mass to all elementary particles - and was the last missing piece in the Standard Model, described as the most complete model of the universe. The LHC was shut down in December 2018 for major upgrades and was recently restarted. The first major success of the latest LHC (LHCb) was the first direct finding of NEUTRINOS, a sub-atomic particle that has virtually no mass and travels at light speeds everywhere. We are all literally bombarded by neutrinos all the time - with (we hope) no negative outcomes.

Finally, what's a Hadron? First, it's pronounced "HAD-RON." You can think of it as a component of an atom's nucleus (like a proton). Per Wikipedia, "it is a composite subatomic particle made of two or more quarks held together by the strong interaction." Per CERN, "Quarks are elementary particles and come in six flavors: up, down, charm, strange, top and bottom. They usually combine together in groups of twos and threes to form hadrons such as the protons and neutrons that make up atomic nuclei." We don't really have to understand atomic physics - but the LHC crew certainly does! I would note that the LHC is the last step in the acceleration process. Those protons are first sent through a linear acceleration to gain enough speed for entry into the LHC. Further, those collisions only rarely result in useful data. More importantly, there is literally a 'ton' of data generated by each collision - and it must be analyzed by a host of intercon-

(Continued on page 15)

M&M Movie Minutes

By Marcia Milgrom and Marilyn Jaclin

Where the Crawdads Sing

M and M were anxious to see this film having read the book for one of our book clubs. Written in 2018 the story revolves around a young girl named Kya (Daisy Edgar-Jones). The movie was produced by Reese Witherspoon and Lauren Neulsadter, the book, written by Delia Owens is a mystery novel, which takes place in the Marshland of North Carolina. We meet up with Kya as a little girl (Jojo Regina) and later as a young adult and ultimately as a 70ish woman. As a child she is living in a rundown house. Her mother and older brothers leave home, running away from an abusive alcoholic father/husband. Now Kya, at seven is living with her father who seems to be treating her nicely and then he goes off leaving her all alone. Her only source of survival is to sell muskels. She needs money for food and gas for her boat. She gets her gas from Jumpin' (Sterling Mason Jr.), a black man and his wife who own the gas station and look out for this abandoned child. They give her clothes from donations to their church and become lifelong friends.

The people of Barkley Cove refer to her as "The Marsh Girl." One day Kya gets lost while in her boat and she meets a boy named Tate who shows her how to get home. They become friends. He teaches her how to read and write and they eventually form a romantic relationship, which ends when he goes off to college promising to return to her on July fourth, but he never does.

Kya is so involved with nature that she hones her art skills and begins to send her artwork to a publisher. Ultimately, the money she receives pays for her property taxes. In 1965 at the age of 19 Kya becomes involved with Chase Andrews (Harris Dickinson) a star quarterback and playboy in Barkley Cove. Unfortunately, Kya finds out that Chase is engaged to someone else. When she tries to break up with him he tries to rape her. She



fights him off threatening to kill him. The threat was overheard by a fisherman. Later, when Chase is found dead at the bottom of a tower, they suspect Kya. The only evidence they have is a piece of red yarn and the shell necklace that Kya gave him. Even though she had an airtight alibi she is still accused, but then she is pronounced not guilty. Kya returns home and rekindles her relationship with Tate. Although they never marry, they live harmoniously for many years.

There is more to tell but we don't want to spoil it for you. *M and M* did enjoy this movie. We thought all the stages of Kya's life were well acted. It did follow the book, which has been on the best seller list for a very long time. See it!

By Jaya Gupta

Dear neighbors and friends, Continuing "Pharmacy in Our Hands" articles, this month we are going to learn the seventh mudra called Vyana Mudra. Vyana is the name of one of the vayus (winds) in Ayurvedic anatomy. It is the prana or the vital life force energy through breath that moves from the center of the body to the entire body. This circular movement circulates, emanates, and permeates from the heart and lungs as it sustains the entire body. Vyana symbolizes the *Joy in your Heart*, where the fourth chakra (Anahata Chakra) resides, which is known as the bridge between the physical and spiritual realms. It expands our interconnection with humanity so we can live with peace and harmony, with love and respect. This mudra is also called Vyana Vayu Mudra. Vyana mudra is responsible for distribution of nutrition, oxygen, and blood supply in the body. It is practiced to maintain blood pressure, mind freshness, excessive sweating, and balance

of Vata dosha (in Ayurveda) because it works on cardiac activity, blood circulation, and the voluntary nervous system.

Vyana Vayu Mudra



Vyana mudra is performed by connecting your thumb to index and middle fingers and keeping the rest of your fingers stretched out. It is done with both hands. Vyana mudra balances the Vata dosha by connecting the index finger (air element), the middle finger (space element), and the thumb (fire element) together. According to Ayurveda, this mudra controls the nervous system, which is responsible for various external and internal body movements. This mudra



empowers and strengthens the nervous system and vital power, which helps to overcome Vata deficiency.

Duration and how to do

Vyana Mudra

Vyana mudra should be done with yoga poses and during meditation sitting in a comfortable cross-legged pose (*Sukhasana*), Half Lotus or Full Lotus pose (*Padmasana*), Thunderbolt pose (*Vajrasana*), or in a chair with proper breathing.

- Sit straight with your back straight and head high. Now fold your index and middle fingers and press it with your thumb, the other two fingers should be kept straight as much as possible.
- In addition, practice this mudra with both hands simultaneously.

(Continued on page 16)

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Tech Trends

(Continued from page 14)

nected supercomputers around the world, all connected by the Internet – which, incidentally, was itself born in Geneva.

The LHC team is looking forward to trying to solve new issues and send physics into whole new directions! For instance, current experiments are looking into the possibility of creating forms of anti-matter through those collisions. FOR REAL! We have no idea of what may happen – or what those results will mean to us – but 10,000 scientists are working to define both the future and the history of our universe. Meanwhile, check out the website home.cern for more information. Also, wikipedia.com has some really good discussions on the subject area. Please try to enjoy this article – it's certainly a new 'Tech Trend.' Please also visit the CERN website. It will amaze you!

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Happy Grandparents Day

Healing Ourselves Naturally

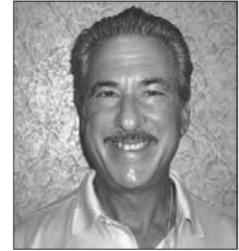
By Steven Soffer N.D. MH
 Saving Planet Earth 101

Hot enough for you out there? It is for me! This column is being written in the first week in August. It was 98 degrees a few days ago, 96 yesterday, and 101 last week! Ten years ago, the hottest place in the country was Death Valley at 116 degrees. This summer 12 states have already had temperatures between 110 -115 degrees. Fires are spontaneously occurring in England. Pakistan and India have recorded temperatures of 140 degrees! These are the hottest temperatures recorded by man since they started recording in 1936. The north and south poles' icecaps are melting and giant chunks of ice are breaking off in Antarctica ultimately causing rising sea levels and flooding all around the earth. We have more hyper-canes, hurricanes, tornados, flooding, and forest fires than ever before. Do we really think all this is just by chance? Or an accident? It doesn't matter your political leaning. This is a bi-partisan political and human issue. It doesn't matter if you believe in climate change or not. No one can deny how hot it is.

According to the Global Foot-

print Network, humanity is currently using the resources of 1.6 planets to provide the goods and services we demand. We only have one earth. A 2020 report called the *Living Planet Report* shows the over exploitation of ecological resources by humanity has contributed to a 68% plunge in wild vertebrae populations. From 1970-2016, in forty-five years, we've made extinct two thirds of the animals living on this earth. What's going on here? Deforestation, over reliance on coal, oil and gas, and fossil fuels that are not sustainable. The problem is a society only as advanced as the fuel that it uses and the ability to use it. We have been relying on non-sustainable resources! The future of our planet lies in renewable resources, sustainable resources, sunlight, wind, and hydro-electric power. As long as we choose to use and squeeze every drop of oil out of this earth, we create more greenhouse gases. Deforestation reduces the oxygen in the air, which increases carbon dioxide and creates more heat on the planet everywhere.

Again it doesn't matter what your political stance is on this. It doesn't matter if you believe in climate change or not. If you believe in survival it is what Einstein said. It is not "the survival of the fittest" as Darwin said. Einstein said "Survival is for those who are most adaptable to change." We have to change now. We can't keep putting this off. Most of us may have twenty to forty years left in our lives, but our children and grandchildren have forty to eighty years in their lives. If you look at the predictions for 2100, it is extremely bleak. What should take one thousand years to raise temperatures on the planet earth has now taken fifty! This is not sustainable! We have to change now! "Look deep into nature and then you'll understand everything



better." Albert Einstein.

Nature is the reflection of the infinite intelligence of life. Nature mirrors everything that represents the human condition and nature is not happy right now.

Rumi - "If you are not living in awe, you are not paying attention."

Aldous Huxley - "My father considered a walk among the mountains as the equivalent of church going."

Buckminster Fuller - "Nature is all that we think we know plus all that we don't know, whether or not we know that we don't know it."

Maxime Lagace - "By discovering nature, you discover yourself."

Edmund Burke - "Never, no, never did nature say one thing and wisdom another."

Aristotle - "If one way be better than another, that you may be sure is nature's way."

Zeno - "The goal of life is living in agreement with nature."

Hannah Arendt - "The earth is the very quintessence of the human condition."

Right now the earth is sad. If the earth was a tree, man would be sitting out on a long branch of it and he would foolishly and unconsciously be sawing the branch he is sitting on.

Laura Wilder - "If you truly love nature, you will find beauty everywhere."

Henry Miller - "The world is not to be put in order. The world is order. It is for us to put ourselves in unison with this order."

Lao Tzu - "Nature does not hurry, yet everything is accomplished."

Isaac Newton - "Nature is pleased with simplicity and nature

(Continued on page 17)

Yoga

(Continued from page 15)

- Close your eyes and focus on your breath, or chant Om or any other mantra. Gently inhale and exhale till the breathing is rhythmic and the mind is relaxed and in a meditative state (Dhyana). Performing in a meditative state increases the efficacy of these Mudras.
- Perform this mudra for three to five minutes three times a day in the beginning and eventually building up to 35 minutes at a stretch every day.

Precautions

- Avoid this practice if blood pressure is extremely high.
- Avoid when suffering from anxiety or hypertension.
- Avoid or practice in moderation if Vata dosha is high.

Benefits of Vyana Mudra

Practice of this mudra with the combination of breath (pranayama) and poses (asanas) promotes the flow of prana, the life source energy, which results in healthy oxygenation of the entire body, which:

- Helps in regulating blood pressure.
- Improves the functionality of the heart in general.

- Helps in better absorption of nutrients from the food by regulating blood circulation.
- Helps in reducing laziness, fatigue, dizziness, and drowsiness.
- Helps control excessive sweating, urination, and thirst.
- Boosts self-assurance and energy circulation, thus increasing mental freshness, self-esteem, zeal, and liveliness.
- Helps pacify the Vata dosha and the ailments that arise due to its imbalance.
- Reduces excessive sleeping or lack of restful sleep.

There are no particular downsides to these hand gestures. You can try them and discontinue if you see no benefits or feel that they are leading to any other issues. It is a complementary therapy, which can be done side by side with another therapy but is not a replacement for a medical therapy or ongoing treatment. Please come and join us for mat yoga classes every Monday at 11:00 a.m. and for chair yoga classes every Wednesday at 10:30 a.m. in the Clubhouse. May these mudras help you to heal whatever is ailing you. Until next month, take care, be well, live, laugh and be happy. Namaste
 Love - Jaya

Home Trends

By Cheryl Hand

Autumn has Arrived

I'm writing mid-August but this won't be read until September. Honestly, I don't believe how time flies. Where did this HOT summer go? Our Regency real estate re-sale market, as in years past, was brisk in July. Now that it's August the demand seems to have lessened and the inventory has increased. The buyers seem a little pickier and not as desperate. There are currently 14 homes for sale. Last year at this same time we only had four homes for sale. Regardless of how August turns out, 2022 will most likely be the year that seller's made history with their sale prices! The amount of sold units may be about equal or less, but the prices have increased since 2020 and 2021. The real estate market, nationwide, has had little inventory and high demand since 2020. Little inventory equals higher prices. However, the second half of 2022 has brought us more inventory and price adjustments. Bottom line...prices are still higher in Regency than ever and the days on the market have diminished for most of the sellers. Multiple offer situations have been seen and homes selling above their asking prices, also not unusual. Here are a few quick snapshots of our year to date.

As mentioned above, there are currently 14 active listings for sale. The prices range from \$659,900 - \$999,999. Last year the four homes on the market at this time ranged from \$539,800 - \$1,325,000. We currently have seven homes Under Contract as opposed to 15 homes Under Contract at this time last year. They range in price from \$625,000 - \$879,000 - in 2021 they ranged from \$555,000 - \$1,250,000. Some have sold at asking price, some have sold over asking price, some have sold under asking price. I cannot report the sale prices until the properties have changed ownership. The average days on the market for these homes was only 18 days; last year averaged 19 days. To date, 19 homes have already sold and closed as compared to 28 homes at this time last year. The sale prices on the closed properties

Healing Ourselves

(Continued from page 16)
is no dummy."

Jacques Cousteau - "For most of history, man has had to fight nature to survive. In this century, he is beginning to realize that, in order to survive, he must protect it."

Again, this is not about politics but about survival. There is one man, one God, one earth! We all share this planet together. Every great civilization from the past has failed...Greeks, Egyptians, Romans...are we any better than that? If we don't save this planet now, clearly we are not. Like the great Buddha said, "THE TROUBLE IS, WE THINK WE HAVE TIME."

Questions and comments are encouraged by free-thinking individuals.



Pet Corner

By Bea Siegel

Bentley Wins a Title



Bentley in 2018

Photo by Bea Siegel

Congratulations to six-year-old Bentley Musto for winning the title of Novice CD, (Companion

Dog). Also, kudos to Dianne and Alfred for their discipline in driving Bentley many miles to his obedience class in Staten Island where he competed in various obedience classes and has excelled. Bentley is a handsome Labrador Retriever with a black shiny coat who is always eager to make friends with anyone who will say "hello" to him, as he wiggles his body with happiness. Since Bentley is in the category of a working dog, he enjoys the challenges that training classes give him, especially when he can play ball. Retrievers are smart, fun-loving dogs that in the right environment will thrive.

The novice class is a demonstration of canine companion skills such as heeling with or without a leash, coming when called, staying in a sit or down position with a group of dogs, responding to different commands, and much more that re-



quires good behavior. Bentley has earned his title after receiving qualifying scores from different judges, but to Bentley it's another day on the job that he has fun doing and learning. All of this activity creates a strong, healthy bond between Bentley and his companions, Dianne and Alfred. It takes a lot of devotion and hours of time to enter your dog in obedience trials to give your canine friend what they need, and since Bentley probably knows his way to training school, don't be surprised if he gets a doggy license to drive Dianne and Alfred to Staten Island. (Bentley's nose will get him there...)

Getting Ahead in Business

By Milton Paris

Milton and The West

Milton has always loved the West and he and his employees live and work by these values:

1. Live each day with courage
2. Take pride in your work
3. Always finish what you start
4. Do what has to be done
5. Be tough, but fair
6. When you make a promise, keep it
7. Ride for the brand
8. Talk less and say more
9. Remember that some things

are not for sale

10. Know where to draw the line

*The Code of The West written by author Jim Owen from *Cowboy Ethics*



School Board Hires Superintendent

By Doug Poye

After receiving approval from the County Superintendent of Schools of a contract for its superintendent on July 19, the Monroe Township Board of Education wasted no time in approving Chari Chanley as the district Superintendent at its meeting on July 20. Chanley served as Acting Superintendent since last fall and was the focus of much controversy at every meeting since that time. The approval of her three-year contract received the minimal number of votes to pass when two members, Paul Rutsky and Michele Arminio, voted "No" and two others, Kate Rattner and Katie Fabiano, rescued themselves. Her pay for the 2022-23 year will be \$201,405; the following year, \$205,705; the final year, \$209,785. The Board also approved the appointment of Laura Allen as Acting Business Administrator for the coming year at a salary of \$145,648 plus a stipend of \$7500 per month since Ms. Allen will have the responsibility of performing two jobs: her former position as Assistant Business Administrator and the role as Acting BA. Additionally, they appointed a new Director of Security/Residency, Edward Selby, after Pete Piro resigned shortly after being appointed to that position. Two other security officers who worked in the district for many years also resigned within the past month. Mr. Selby for-

merly worked as head of security in the East Brunswick school system after retiring from a career in law enforcement with the Police Department of New Brunswick.

In another appointment, the Board approved a contract for a part time OPRA (Open Public Records Act) secretary in the amount of \$45,822. This task was originally performed by the Business Administrator Michael Gorski without added compensation then moved to the Superintendent's Office where Ms. Chanley said that her confidential secretary could perform that task. However, such was not the case; thus, the rationale for creating a new part time position. In the meantime, Mr. Gorski remains on suspension with pay (at a yearly salary of approximately \$210,000). The reason for that suspension, which began in late April, has not been disclosed to the public due to its being a personnel matter although some members of the public continue to question the cost of this suspension.



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The Regency Reporter would love to have you!

Contact Nina Wolff to discuss your ideas.

nwolff0325@aol.com

SPORTS

The Regency Tennis Club



By Steve Brody

Hot Summer on the Courts

July certainly turned into one of the hottest Julys we've had in recent years. In fact, the report for the average Monroe July temperature was up two degrees from last year (79 to 81). The higher temperatures did have a negative impact on playing our matches. I, for one, found it much longer than normal to recoup after playing. I would always bring water or a sport drink when I was playing. Usually though, I wouldn't need to finish what I brought. Not this summer. Many times, I found I needed a second bottle of water. I also found leg cramps to be a problem when in the past I had no such issue.

With that said, the Tennis Club still went forward with quite a few events. We had three tennis and pizza nights, our annual Breakfast at Wimbledon and Color War games. Participation for these events was enthusiastic, despite the heat.

Breakfast at Wimbledon is a Regency Tennis Club tradition. We set this up to match the men's final. We play our own matches early in the morning and then meander up to the Pavilion to watch the finals. We also enjoy a brunch that includes bagels with assorted spreads, salads, and some sweets including strawberries and cream. Let me not forget, we also had mimosas! It was quite a festive event. Most of us were rooting for the Australian, Nick Kyrgios but alas he was defeated by Novak Djokovic.

The Color War games were played at the very end of July. This year's colors were White and Blue. The games consisted of five rounds with each participant playing four abbreviated matches. For the most part, a player had a new partner and a new opponent for each match. The round by round totals through three rounds were very close with the White team leading by two games.

The first round went to the White team 16-8. The Blues caught up in round two by winning by the same margin. Round three went to the White team 13-11. In rounds four and five the White team moved decidedly ahead winning round four 14-10 and then round five 17-7. The final score was White 66 and Blue 54.

Once all the matches were completed, we once again went to the Pavilion for an early lunch. This time we had various wraps and several salads. No mimosas this time!

The tennis and pizza events are played on either Friday or Sunday nights. This is another traditional event that we have done through the years. We usually play either set matches or rotation games, depending upon the number of people participating. Usually between 7:30 - 8:00 we meet at the Pavilion and enjoy the company of fellow players while digging into the pizza. This is by tradition a BYOB event so some of us bring wine or beer. It works out to be a fun evening.

That's the scoop on what the Regency Tennis Club did during the first half of the summer. See you on the courts.

Regency Tennis Club Schedule

- 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



The Essence of Summer

Photo by Noreen Gummic

The Regency Pickleball Club

By Lisa Citron

Could July have been any hotter for the Regency Pickleball Club? With over 205 members, the club keeps growing, and with clinics, leagues, socials, and tournaments, the club keeps going!

The month of July started with over eighty-one members munching and playing it up, at the "Bagels and Balls" brunch. The Pickleball Club's final two "Ladders" were fully attended and enjoyed by all. The play was divided into levels, allowing for beginner, intermediate, and more competitive play. The Pickleball Club continues to support all members at their individual levels. Keeping that goal in mind, the Pickleball Club's first clinic series, *How to Improve Your Overall Game*, is at full capacity for each of the six clinics. The feedback, which has been overwhelmingly enthusiastic, is appreciated, as is Mike Couliandis for his expertise and patience.

With the start of the "Pickleball Tournament" on July 20, pickleball excitement has been elevated. Thanks to the incredible planning from Bobby Harris, members of the club at various levels, competed in tournament play. For over a week, each event was filled with family and friends cheering and supporting. The energy was so positive, by the evening of the finals on July 31, over 150 spectators came to be a part of this great event. To keep this momentum going, the Pickleball Club's leagues will be starting soon.

The interest has been outstanding. So far, over 120 members have signed up to participate. The leagues will run from August through October, and our community of players are all in.

The Pickleball Club is constantly looking forward to find ways to bring our members together. The month of August started with "Pizza and Play" on the first of the month. The line to play may have been long, the temperature may have been high, but that did not deter any of the 93 friends who showed up. Play continued under the lights, until after nine. Many

August events continued to bring the club together including continued clinics, the start of league play, and on September 7 join us for "Croissants in the Kitchen."

To join please leave a \$20 check, made out to Regency Pickleball Club and put under the mailbox at 34 Masters Drive or 67 Country Club Drive. Please include your address, phone number, and email address. As a member, join us for member event updates on the TeamReach App. Our code is RPBCLUB.

Come "Pickle" with us!

Regency's First Pickleball Tournament

By Lisa Citron

The variables did try to get in the way of "Regency Pickleball Tournament" play. Covid still rearing its ugly head, individual scheduling conflicts, temperatures reaching unbearably hot levels, but with daily magic performed by Bobby Harris, and the passion of very determined pickleball players, the games went on! From July 20 through July 31, for over three hours nightly, over 205 members of the Regency Pickleball Club competed in friendly tournament competition. Every game was supported by family and friends. One could not help notice how the crowds grew from one game to the next. First, viewers lined the courts, next, upper ballroom deck observers watched from above, and on the night of the "Finals," standing room only fans were seen peering down from the pool level.

The enthusiasm could be felt for the game so many enjoy, and for the players so many respect. Huge applause for the 'picklers' that pushed through several days of competition, pushed through more than one game an evening, pushed through some level of performance anxiety, and pushed through late July temperatures. Each one of them representing the growing Regency Pickleball Family.

Congratulations to all the finalists: Maurice Ben'Ous, David Berkowitz, Judy Di-

Donna, Ira Finkler, Joel Friedman, Scott Friedman, Mozey Ghaffari, Noreen Gummic, Harry Herbst, Elyse Kleinman, Ellen Levy, Isaac Levy, Gary Lynn, Nancy Lynn, Eva Nyman, Sadhana Shah, Bill Shuzman, Sylvia Smith, Irene Spector, Paul Trinkoff, Jeff Troshane, and Marina Volpe. Each player stands out for making it to the first, "Regency Pickleball Tournament Finals"! Words of praise to the "Wizard" who led us down the Pickleball Road, Bobby Harris. Bobby's name is worthy of a second shout out for arranging matches, making substitutions, responding to endless questions, as well as sending late night emails. Special thanks to the always smiling, Marci Harris who happily watched her husband enjoying the multitude of tasks.

The pickleball community came together to make this a worthwhile tradition. The entire Regency Pickleball Club has reason to be proud of this successful event!

A Message from the Regency Tappers

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

The Regency Golf Schedule

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

- 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.



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2022 Overall Property Tax Rate Remains Stable

Mayor Dalina: No Increase in Municipal Tax Rate for Second Consecutive Year

The Monroe Township tax bills were mailed in early August and includes stubs for the final third and fourth quarter taxes of 2022 as well as estimated 2023 first and second quarter taxes.

“Our final municipal budget maintains a flat municipal tax rate of \$.489 per \$100 assessed value. This is the second year that we have held the line on the municipal tax rate, continuing my focus on affordability and stable taxes,” said Mayor Stephen Dalina. Water and sewer rates will also remain the same in 2022.

With additional state school funding and federal grants, as well as a reduction in municipal debt, the overall town-wide tax rate (county, school, municipal, and fire districts) will slightly increase by about 0.0065% - less than 1%. Monroe Township continues to have the second overall lowest tax rate of the 25 municipalities in Middlesex County.

Residents will have 25 days from the mail date to submit payment. The grace period for the 3rd quarter payment has been extended to Friday, September 2, after which interest will begin to accrue from the beginning of the third quarter.

“Our focus is affordability, saving our residents as much money as possible while preparing for the future of our Township,” Mayor Dalina added. “I fought hard for the new ‘Anchor Property Tax Relief Program,’ now part of the fiscal ‘23 state budget.”

Sing with the Monroe Twp. Chorus

On Broadway

Calling all Sopranos, Altos, Tenors, or Bass to come and join the fun and camaraderie of a wonderful group of men and women as we prepare for our next performance “On Broadway.” We sing four-part harmony and rehearse Tuesday mornings from 9:00 a.m. - 11:00 a.m. at the Monroe Township Senior Center, 12 Halsey Reed Road. For more information contact Sheila Werfel, Director at 609-619-3229.

We don’t sing because we’re happy, we’re happy because we sing.

This state program will provide much-needed property tax relief over the next year for Monroe residents earning under \$250,000 annually.

“The state must distribute these Anchor funds to our residents by

June 2023,” the Mayor said. “I have encouraged the state to disburse this property tax relief as soon as possible, as many of our residents need the funds now. I will keep residents updated on this important program.”

League of Women Voters Sponsors Candidate Meet and Greet

By Linda Bozowski

The League of Women Voter of Monroe Township will sponsor a Meet the Candidates event for Board of Education candidates on Tuesday, September 20 at the Monroe Township Recreation Center, Room 101, from 6:30 to 8:30 p.m.

Six candidates are vying for three seats on the Board. Candidates are Carmen Alvarez, Linda Bozowski, Anne Cugini, Gail DiPane, Adam Elias, and Peter Tufano.

Each candidate will have an opportunity to introduce him or herself and to offer his or her reasons for volunteering to

serve on the school board. Following the individual presentations, attendees will be able to meet with the candidates.

The meeting is open to the public, and League membership is not a requirement to attend.

Farmers Market

A Farmers Market is held in the Monroe Township Library’s parking lot on Thursdays from 2 to 7 p.m. through Thursday, September 15.

There will be a different musical performance each week. The market will be held rain or shine.

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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.

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

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Contact George Steinberg 732-605-9526

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A Savory Solution to Stretch Your Grocery Budget



Garlic-Rosemary Butter Roasted Chicken Thighs and Veggies with Mushroom Orzo Risotto

FAMILY FEATURES

In today's world, grocery shopping can seem more like a burden than an opportunity to gather supplies for your family's favorite meals. With prices of everyday ingredients fluctuating almost daily, it's important for many families to make their dollars go further at the store.

Easy ways to stretch your grocery budget, like using versatile ingredients, can make the checkout experience a little less impactful on your household's finances. Consider the benefits of mushrooms, which provide a delicious option to enhance flavor in favorite recipes while extending portions in an affordable way.

Save Money

Stretch your dollars by stretching your meals using a process called "The Blend." Blending finely chopped mushrooms with ground meat can extend portion sizes of your favorite meaty recipes and help your bottom line. Chop your favorite mushroom variety to match the consistency of ground meat, blend the chopped mushrooms and meat together then cook to complete the recipe. For burgers, use a blend of 25% finely chopped mushrooms and 75% ground meat. For tacos or chili, use 50% mushrooms and 50% meat or an even higher mushroom-to-meat ratio.

Savor the Flavor

The savory umami taste of mushrooms means a flavorful experience in blended recipes like burgers, where the chopped mushrooms help hold in the juiciness. Or, you can chop, quarter, slice or enjoy them whole in recipes like Garlic-Rosemary Butter Roasted Chicken Thighs and Veggies with Mushroom Orzo Risotto, Creamy Spinach, Mushroom and Lasagna Soup or Blended Pasta Sauce paired with your favorite pasta.

One Carton, Multiple Dishes

Thanks to mushrooms' versatility, you can buy one large carton of mushrooms to chop up then bulk up multiple dishes, from a morning omelet to hearty soups to blended burgers.

Serve Up Nutrition

Low-calorie, low-sodium, fat-free and cholesterol-free, mushrooms are nutrient rich and can play a starring role in a variety of meals. With an array of fresh varieties and nearly endless ways to prepare them, they can be your powerhouse from the produce department.

Find more recipe ideas and ways to make the most of your grocery store dollars at MushroomCouncil.com.

Garlic-Rosemary Butter Roasted Chicken Thighs and Veggies with Mushroom Orzo Risotto

Recipe courtesy of Emily Weeks, MS, RD, on behalf of the Mushroom Council
Prep time: 20 minutes
Cook time: 50 minutes
Servings: 4

Chicken:

- 8 boneless, skinless chicken thighs salt, to taste
- 1/8 teaspoon black pepper
- 1/3 cup white wine
- 1/3 cup shredded Parmesan cheese
- 6 tablespoons unsalted butter
- 16 ounces mushrooms, such as white button, crimini or portabella, quartered
- 3 zucchinis, sliced in half moons
- 3 large carrots, thinly sliced
- 4 sprigs fresh rosemary, leaves removed and roughly chopped
- 4 cloves garlic, minced

Orzo:

- 4 cups chicken or vegetable broth
- 1 tablespoon unsalted butter
- 1 tablespoon extra-virgin olive oil
- 1 small yellow onion, diced
- 2 garlic cloves, minced
- 16 ounces mushrooms, such as white button, crimini or portabella, finely chopped
- 1 cup uncooked orzo pasta

To make chicken: Preheat oven to 450 F.

Pat chicken dry. Season with salt and pepper, to taste. In large skillet over medium-high heat, melt butter. Sear chicken until brown on both sides, 4-5 minutes on each side.

In large bowl, toss mushrooms, zucchinis and carrots with rosemary and garlic.

On large baking sheet, spread vegetables. Nestle chicken into vegetables. Drizzle with butter and juices from pan. Bake 20 minutes until chicken is cooked through and vegetables are tender.

To make orzo: In small pot over medium-low heat, warm broth.

Using skillet from chicken over medium heat, add butter and olive oil. Add onion, garlic and mushrooms. Cook, stirring occasionally, until onions soften, 3-4 minutes.

Add orzo and black pepper. Stir and cook orzo 2 minutes. Add white wine and cook until evaporated, about 1 minute.

Add broth to orzo, 2/3 cup at a time, stirring until liquid is absorbed. Repeat with remaining broth, waiting until last batch is absorbed before adding next. Remove from heat and stir in Parmesan.

Serve in individual bowls with chicken and roasted vegetables atop mushroom orzo risotto.



Blended Pasta Sauce

Blended Pasta Sauce

Recipe courtesy of the Mushroom Council

- 2 tablespoons extra-virgin olive oil
- 1 medium yellow onion, finely chopped
- 3 garlic cloves, minced
- 1 pound mushrooms (such as white button, crimini or portabella), finely chopped
- 1 pound 80% lean ground beef

- 1 tablespoon Italian seasoning
- 1 teaspoon kosher salt
- 1 jar (24 ounces) marinara sauce
- cooked pasta
- salt, to taste
- pepper, to taste
- grated Parmesan cheese

In large pot over medium heat, add oil and cook onions, stirring occasionally, until just soft, about 3 minutes. Add garlic and cook 1 minute.

Add mushrooms and cook 5 minutes, or until mushrooms are soft and reduced in size.

Add ground beef, Italian seasoning and salt, cook until browned throughout, about 6 minutes, stirring and breaking up lumps. Skim off fat, leaving about 2 tablespoons. Stir in marinara sauce and reduce heat to low. Cook 10 minutes.

Serve over cooked pasta, season with salt and pepper, to taste, and top with grated Parmesan.



Creamy Spinach, Mushroom and Lasagna Soup

Creamy Spinach, Mushroom and Lasagna Soup

Recipe courtesy of Emily Weeks, MS, RD, on behalf of the Mushroom Council
Prep time: 10 minutes
Cook time: 30 minutes
Servings: 4

- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, minced
- 1 medium onion, small diced
- 8 ounces mushrooms, such as white button, crimini or portabella, sliced
- 1 jar (24 ounces) marinara sauce
- 1 can (15 ounces) diced tomatoes
- 2 tablespoons tomato paste
- 2 teaspoons balsamic vinegar
- 1 teaspoon granulated sugar
- 1 tablespoon dried basil
- 1/2 teaspoon salt
- 1 teaspoon oregano
- 1/2 teaspoon black pepper
- 1 bay leaf

- 3 cups vegetable broth
- 6 lasagna noodles, broken into pieces
- 1/2 cup heavy cream
- 5 ounces fresh baby spinach
- 1 cup whole milk ricotta
- 1/2 cup shredded mozzarella cheese, for topping

Heat large pot over medium heat. Add olive oil, garlic, onion and mushrooms. Cook, stirring occasionally, until onions and mushrooms soften, 4-5 minutes.

Add marinara, diced tomatoes, tomato paste, vinegar, sugar, basil, salt, oregano, pepper, bay leaf and broth. Bring to boil over high heat then reduce heat to low and simmer. Add lasagna noodles and cook, stirring often, until softened, about 15 minutes.

Remove from heat and remove bay leaf. Stir in heavy cream and spinach until wilted, 2-3 minutes.

Divide between bowls and top each with dollop of ricotta and sprinkle of mozzarella.