

REGENCY REPORTER

Vol. 18, No. 9, SEPTEMBER 2021 - PUBLISHED MONTHLY FOR THE RESIDENTS OF REGENCY



Enjoying the first Yiddish Club breakfast of the season, are in no particular order: Marcia and Joel Hershey, Irene and Mark Faber, Rachel Helman, Steve Orodener, Shelly and Gary Rothy, Barbara and Paul Winograd, and Regina Sultan. **Photo by Alan Briskin**



President of the Italian American Club, Bunny Reddington, standing, engages in conversation at the Welcome Back Breakfast. **Photo by Steve Gilbert**



On August 3, the Regency Car Club had 16 vehicles that joined 100 others for the First National Night Out Car Show, sponsored by the Monroe Police Department and held in Thompson Park. The club had three winners First Place Marvin Straus (center) with his 1965 Chevy Corvette, Second Place Steve Schnell (right) with his 1969 Chevy Camaro, and Third Place Frank Moschella (left) with his 1935 Chevy 2 Dr. Street Rod. For cars there was a best in show and a fourth place. Trucks also had trophy's. **Photo submitted by Steve Schnell**



Breakfast at Wimbledon Regency Style, from left: Angela Basyiani, Mary Caccamo, Helene Acquavella, Ron Kane, Betty Feifer, and Cindy Brody **Photo by Steve Brody**



The Coffeehouse on July 12 was a wonderful evening of Music with a Spanish Flair with pianist Jeffrey Uhlig (left) and Luigi Mazzocchi. Joining them is Annette Valerio who arranges the Coffeehouse events. **Photo by Sandy Newman**



A sample of the beautiful art work being done in the 3D Art class. Melanie Parsowith's picture is one of her own, no directions. She's finished gluing and is all set to start embellishing. Original art work and photo by **Melanie Parsowith**.



Meet 3-year-old orange Tabby, Ginevra "Cuddles" Pario who gives unconditional love to Colette Mazzucelli and her family in a beautiful family tradition of orange Tabbies. **Photo by Colette Mazzucelli**



At the EREA Korean Hot Pot and Barbeque Dinner from left and around table are: Larry and Sandy Cains, Sue Olan, Hesh Becker and Howie Wachs. See more diners at the EREA dinner on page 8. **Photo by Marty Feldman**



From The Entertainment Committee

By Art Cooper

Can you believe the summer is just about over? Labor Day, the unofficial end of summer, is the end of this week and the official end is just a few weeks later. It's been a hot summer as it relates to the temperatures we had and to the performances we saw in the Clubhouse. It's been a great season as our amenities opened and our Clubhouse opened to allow in person live performances. To all our Jewish friends I want to wish you all a Happy and Healthy New Year, which begins on the evening of September 6, just as Labor Day is ending.

Our September schedule offers a Coffeehouse performance and the fall presentation of Gary Roth Trivia on September 10. Always a fun evening proving we don't know as much as we think we know. On September 19 the Coffeehouse is an afternoon with Evan Drachman. The *Baltimore Sun* wrote of his recording, "Drachman possesses in abundance two qualities for which his grandfather (also a cellist) was revered: the ability to make the cello imitate the human singing voice and, even more important, the ability to tell a story." Mr. Drachman will be accompanied on the piano by Wan-Chi Su who in her own right is an internationally acclaimed performer having performed all around the world.

The summer is ending but we

are not. David Aaron has been playing the clarinet since he was 11 years old and started to love swing music shortly after. Before long, Aaron was performing his own shows and, 50 years later, he still is. He'll be playing his robust, swing-style clarinet at our Coffeehouse on Sunday, October 17. This music always gets the blood and feet moving. So come out and enjoy. On Saturday, October 2 we are very happy to bring back Ron Sharpe and Barbra Russell along with the Sharpe Family Singers to our stage. Ron and Barbra are husband and wife who met on stage in the original Broadway production of *Les Miserables*. The family includes daughter Samantha, son Logan, twins Aidan and Connor, and "adopted" family members. In an early appearance at Regency Barbra was pregnant with the twins so we know this family a long time. The show, *Best of Broadway*, includes some of the biggest titles from Disney, Broadway classics, and Broadway Rocks. Tickets will go on sale shortly.

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



Stock photo of the Sharpe Family who will be performing at Regency in October. From left: Samantha, Ron, the twins Aidan and Connor (don't know which is which), Barbra and Logan.

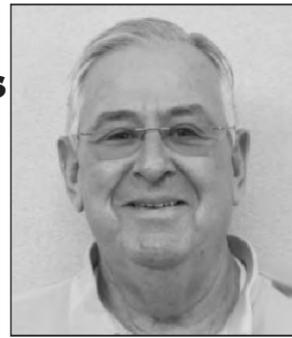
Photo submitted by Art Cooper

A Note from the Board of Trustees

By Richard Lans

Now that we are entering the fall season, this is an opportunity to bring everyone up to speed on the projects that are being worked on. The safety of our residents remains our top priority. With the escalation of the Covid variant we have reestablished the requirement for face masks in the Clubhouse and Tennis Pavilion. If you do not comply you will be asked to put on your mask or leave the buildings. We also are closely monitoring executive directives from the Governor's office and we will comply as appropriate.

Our first project is road paving. This is phase one of a four-year plan, which is underway and will be completed this fall. It affects sections one and two, primarily. Any hazards or defects will be repaired and then seal coated. Management is sending out notices to residents so they can move their automobiles. Any shrub or tree plantings are now being scheduled. This includes common areas and any reported through our work order system. We are in the process of firming up the costs in regard to the water features at the front entrance. We are trying to have this completed this year. But before we proceed, we need firm costs including any annual maintenance. The community will be kept up-to-date on this project. In regard to Transition 2, Toll is in the process of fixing any defects with oversight from our selected engineering firm at Toll's expense. This will take time to complete. We are in contact with Toll to ensure that the work is completed to our satisfaction. This was all agreed to prior to finalizing of Transition 2. The operating budget process



for 2022 is now underway. As all of you know this is an arduous task and takes considerable time from the Board and Management. We need to identify our fixed and variable costs. Our budget is made up of fixed costs such as utilities, salaries, etc., needed repairs and any projects covered in our reserve study. It remains our goal to present to the community a budget that is fiscally sound and realistic. This is just a glimpse of what we are working on. Our monthly Board meetings will continually update you on the progress of these programs or any others that might develop. Also, you are encouraged to participate in our "one-on-one sessions" with our Board president. Our new website is now available to all residents. If you have not signed up yet, please do so. If you need assistance, you can contact our Lifestyle Director and/or concierge. Remember our amenities are open for resident use only. No guests, family members, or grandchildren are allowed. We need everyone to cooperate. Recommendations from pickleball players to add more courts was presented to the Board. Management is costing it out, however there are many trades involved and it will take time.

Here's wishing you a productive fall and enjoy our amenities. Stay healthy and safe.

Entertainment Review

By Shelly

Senack

Laughter is the best Medicine and on Saturday July 17 Regency got a big dose.



ROBIN FOX and *America's Got Talent's* TOM COTTER kept everyone hysterical all night. It was wonderful to see the entire ballroom full of Regency residents out having a fun evening and this is only the beginning!



Tom Cotter (above) and Robin Fox entertaining at the Clubhouse.

Photos by Shelly Senack



Calling All Veterans [Again]

By Harry Herbst

For those who responded to my last inquiry, I greatly appreciate it. Unfortunately, I did not receive the response I was hoping for. I am not ready to "throw in the towel" just yet. With many new residents arriving at CAMP REGENCY hopefully, there will be veterans among them. The intent is to

have an exploratory meeting in mid-October to determine if we have enough interest to move forward. I am looking forward to hearing from you. Please respond to

harryhinsurance@gmail.com. Harry's phone number can be found in the 2020 Regency Directory and in the directory on Ron Post's email. A link to Ron's directory can be found in each issue of the *Reporter*.

Regency Entertainment Schedule

- September 10 - Trivia with Gary Roth
 - October 2 - Performance by The Sharpe Family Singers
 - November 6 - Performance by Neil Berg - Rock and Roll Part 2
 - December 19 - Grandkids Day
- ### Regency Coffeehouse Schedule
- Sunday September 19 Evan Drachman - Cellist with piano accompanist
 - Sunday October 17 David Aaron Orchestra - Dixieland
 - Sunday November 21 Chris Anthony - Magician/Mentalist
 - Sunday December 12 Richard Dowling - Pianist

HOA 2021 Public Board Meeting Schedule

- All Public Meetings are held in the Clubhouse Ballroom unless otherwise noted
- Wednesday, September 22, 2021**
6:30 p.m. - Public Board Meeting in Ballroom
 - Wednesday, October 20, 2021**
6:30 p.m. - Public Board Meeting in Ballroom - BUDGET PRESENTATION
 - Wednesday, November 17, 2021**
6:30 p.m. - Budget Presentation if not previously approved in October Public Board Meeting in Ballroom
- SUBJECT TO ADDITIONS AND DELETIONS

REGENCY REPORTER

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Please E-mail your materials to:

NINA WOLFF E-mail: nwoff0325@aol.com

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

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Up Close and Personal

By Barbara Bickel (**)



September Birthdays

1 - Barry Magid/Iris Nagel
 2 - Joyce Fisher/Lance Greenberg/David Mail/Annette Stewart/Myrna Teicher
 3 - Larry Kaye/Leonard Mongelli
 4 - Barbara Cohen/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
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 8 - 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/Irene Weinstein
 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 Maloof/Jack Moss
 18 - Angela Bruno/Al Ross/Davis Smith
 19 - Judith Folkes/Nina Guinello
 20 - Ellen Barrie/Marta Berkowitz
 21 - Ken Adel/Alice Alper-Rein/Haren Master
 22 - Steve Avallone/Paul Barbakoff/Leon 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 Lebwohl/Stanley Levine/Patti Segal/Neil Wendel
 27 - Jerry Berger/Anne Haback/Susan Kane/Eunice Pike/Diane Pladdys/Libby Salvo/Stan

Wallerstein
 28 - Robert Cheret/Arthur Ehrlich/Lloyd Grossman/Randy Horowitz/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 Provda
 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 Rothy
 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 - Bonnie & Steve Girshek/Molly & Bob Kalomeer/Marcia & Mike Midler
 20 - Shay & John Reisert
 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/Rhonda & Barry Weiss
 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)

Thank You Notes



To all my friends in Regency,
 I want to thank each and every one of you, for the tremendous outpouring of good wishes and kind thoughts on the passing of my husband Wally. Reading the cards, letters, and emails have kept me going, I am grateful to all of you for the support I have received.

Thank you so very much.

Jeanette Schoenberg

Barry and I would like to thank all of our friends; neighbors at Regency for their cards, calls, and support during my recent illness this summer. We live in the most wonderful development.

Arleen Panson

Thank you for all that you have done to support us, to

honor our daughter Debra, and to keep her memory alive. The care and outpouring of kindness from our community was overwhelming and greatly appreciated by our family. We are grateful and will always remember your kindness.

Laura and Barry Shandler

A Good Bye to Regency

Well Regency friends, it's time to say a fond and heartfelt farewell to you. Bruce and I are leaving to start a new chapter in our beautiful lives. Good luck to all and we look forward to seeing you in Florida.

Bruce and Rhea Rothenberg



Noah A. Goldman, MD
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Walk to End Alzheimer's

By Geri Garfinkle

I am the Captain of Team "Phil's Fans." Starting with my grandmother Millie Zusman, my life has been impacted by watching loved ones struggle with the difficulties of this disease. Now I have several friends and relatives, including my husband Jerry's brother, Phil, who are facing the challenges of living with dementia. Perhaps some of you here at Regency have or had loved ones who have suffered with challenges of this disease. It affects everyone who loves them as well. And I know many of us wonder when we can't remember something, "is this normal aging brain, or am I facing the beginning of Alzheimer's?" More support for caregivers and survivors and more funds for education and research are needed to help cure Alzheimer's.

Please consider sponsoring my walk by making a contribution to raise funds towards this worthy cause. Make your check payable to Alzheimer's Association and drop it in my lower mailbox. I have forms in the

box that you can complete or there is a website if you choose to charge your donations. Call me, and I will forward that information to you with a link to click. If you feel so inclined to join in person, the Walk for our county is on Sunday, September 19 in Veterans Park, Hamilton Township, New Jersey. I am

walking with my niece, Phil's daughter, in Northern NJ at South Mountain Recreation Complex, West Orange, NJ on September 12. Join us if you are available, or just make a contribution, no amount is too small! Thank you in advance for your support. Geri and Jerry Garfinkle (12 Riviera, 845.706.3355).

Fruits of Our Lives

(Not the Pits)



This month's article features the planning of a grandchild's wedding and marriage of a daughter. It is a pleasure to have happy news during these difficult Covid times. I know you will all join me in wishing happiness to both families.

**Engagements/Marriages
 Flora and Marty Feldman**

are very happy to announce the marriage of their daughter, *Risa* and her fiancé *Bill Glasgow*, on Thursday, July 9, 2021 on the beach on Long Beach Island; with bare feet in the sand and the wind in their hair, along with family and a few close friends looking on.

Toby and Jules Weissman are proud to announce the engagement of their first grandson, *Jonathan William Bernstein* to *Erika Toby Fleisher*. Their wedding date is planned for August 4, 2022.

A Special Note to All Newcomers to Our Community

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

Condolence

The Editorial Board of the *Regency Reporter* and the entire Regency community send sincere condolences to Jeanette Schoenberg and Family on the passing of her beloved husband and our dear friend and neighbor Wally, to Jane Napoletano and the entire Kenoff Family on the loss of her beloved husband and our dear friend and neighbor Gary, and to Colette Mazzucelli and Family on the loss of her beloved mother Adelina Maria DePonte Mazzucelli. We also send sincere condolences to Elissa Chiaia and Family on the passing of her beloved husband and our dear friend and neighbor Nicholas, to Carol Kanthal and Family on loss of her beloved sister Barbara Goldsmith, to the Horowitz Family on the recent passing of our dear friend and neighbor Nancy, and to Marty Kamins and Family on the loss of his beloved mother Harriet Kamins.

Regency Men's Club

By Steve Rich, President

Welcome to September from the Regency Men's Club. It's time to say goodbye to summer and say hello to fall. It's been a challenging start but a successful one for us. We have some difficult times ahead with the pandemic still with us and not disappearing as we had hoped. As mentioned in our *Regency Reporter* article in the August issue, we had a successful start with a trip to a minor league baseball game and our Welcome Back Breakfast. New membership increased by over 70 individuals contributing to a sizable increase to our total membership. On August 6 we had two bus loads attending a Mets/Phillies game in Philadelphia. As usual, our attendees had an enjoyable evening despite the Mets losing. Thanks to Allen Glassman for arranging this event. It is not an easy task to deal with two bus loads. On August 29 we had our end of the month General Meeting with the speaker's topic of Library Services and a 3D Printing Display.

On Saturday, September 18, we will be going to Monmouth Park, beginning with a luncheon and the races to follow. This event was arranged by Charlie Berhang and Jeff Strauss. On Saturday, September 25, we will have our mini golf outing followed by a catered dinner in the Clubhouse and entertainment provided by the Belle Tones - a female group doing favorites of the 50's, 60's and 70's. This event was arranged by Jeff Strauss and Sheldon Piekny. Looking ahead to our preliminary list of entertainment for the rest of this year and early next year, we are working on: the Bronx Zoo, a museum trip to Philadelphia, the Sterling Hill Mining Museum, the Stress Factory Comedy Club, the Thomas Edison Museum, Wayfair,

a Mother's Day Brunch and Entertainment, and a Golf Outing. On the last Sunday of each month with the exception of December, we will continue to have our monthly general meetings in the Clubhouse at 10 a.m. with a continental breakfast and a speaker.

We are always looking for suggestions and many of our events originate from these suggestions, which are very much appreciated. If you are not a member and wish to join, please fill out an application, which is available at the Clubhouse and include a \$30 annual dues check, which should be put in the lower mailbox of our Treasurer Steve Tenzer (9 Masters). Look for our flyers in the Clubhouse, on Ron Post's Saturday community emails, and our periodic Men's Club emails. For questions please contact Steve Rich or Sheldon Piekny. Their phone numbers can be found in the 2020 Regency Directory and in the directory on Ron Post's email. There is a link to



Ron's directory in each issue of the *Reporter*.

Men's Club Mets Trip

By Allen Glassman

On Friday, August 6, the Men's Club traveled to Philadelphia via two luxury buses and a couple of cars. This is the hardest part of organizing the trip for me. The Met loss put the Phillies into first place. Details of the game can be seen on the Internet or in the sports pages. We faced a number of obstacles in putting this event together. Some participants opted out due to hospitalizations, broken bones, and fear of the Delta covid variant. Eight tickets were resold but unfortun-

(Continued on page 6)

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Regina Haimer Broker Associate Cell 732-822-3355		

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[TELEPHONE-DIRECTORY-FINAL-VERSION-LAST NAME-PDF](#)

[TELEPHONE-DIRECTORY-FINAL-VERSION-LAST NAME-EXCEL](#)

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

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

Thank you
The Editorial Board

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Scenes from Recent Regency Women's Group Events

Photos by Barbara Wilner





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Singles Mingle

By Karen Calder

August was a very busy month for Regency Singles. August 4 was the monthly meeting held in the Tennis Pavilion. Members participated in a fun night playing various games of choice and having an ice cream social. Everyone enjoyed meeting in person. This was followed by a Membership Appreciation Barbecue Night on Friday, August 13. The BBQ was catered by Tuscany and served in the Clubhouse Breezeway outside the Grill Room. Everyone had a fabulous time with friends, delicious food, and warm camaraderie. How much better can you get on a Friday night at Regency in the midst of our hot summer. On August 28 a group of Regency Singles went to Monmouth Park Race-track for a buffet lunch and a day watching the races.

September 1 is the next monthly program meeting to be held at 7 p.m. in the Tennis Pavilion. Chefs from a local establishment will be demonstrating

“No-Bake Appetizers” and all will have an opportunity to partake of the delicacies. We are in the planning stages of finalizing some key activities for October and are looking to have an afternoon Tea at Historic Walnford and a Princeton Walking Ghost Tour on October 30.

Have a Happy Labor Day all

and for those celebrating the Jewish New Year, we wish you a Happy and Healthy New Year.

The Regency Singles Schedule

- September 1 - 7 p.m. - Cooking Demonstration, “No Bake Appetizers”
- Tea at Historic Walnford - Date TBA
- October 30 - Princeton Walking Ghost Tour

Men's Club Mets Trip



Murray Cautin snapped this picture of Alan Datz (on right) and his son Jason on the jumbo tron at the Men's Club trip to the Mets-Phillies game. Photo submitted by Rena Cautin

(Continued from page 5)

nately three members got stuck holding unsold tickets. The seating arrangements had to be redone half a dozen times and we sat in three different sections of the field.

A shout-out to Steve Strauss for his computer work, which was also redone several times,

due to circumstances. We dealt with the Delta variant threat by having those who wanted to wear masks on the bus traveling together in one bus and those that did not want to wear masks traveling in another bus. Despite the numerous obstacles we faced, the trip was a success and we have a busy calendar coming up in the next few months.



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The Regency Women's Group

By Carole Goldman and Barbara Wilner

September has come and we had hoped to be back offering interesting events for our members to enjoy. Sadly, the Covid

threat has cancelled our immediate plans. While Bingo did not happen in August, we hope to reschedule the evening soon. When we feel comfortable bringing our members back



There was a full house for the Coffeeshouse on July 12.

Photo by Sandy Newman

inside, we hope to be able to host many fun and interesting meetings and eventually bus trips.

We hope you enjoyed our two July meetings, which were the New Resident Tea and our Let's Get Together evening. On both occasions it was our pleasure to introduce our group to our new neighbors and then have 180 members enjoy food, music, and good times together. Additional photos of these nights can be found on page 6.

We hope it will not be too far into the future when we can resume our functions.

Hiking Resumes this Month



By Doug Poye

With the fall season soon approaching the Regency Hikers will be out exploring natural New Jersey. The spring season saw many new members and we look forward to others joining us on our hikes. Hikes usually occur once a week when we gather in the Clubhouse parking lot for a 9 a.m. departure. Many come with spouses while others are quite comfortable coming singly.



Hiking in the fall can be an interesting experience. Photo by Doug Poye

Venues planned for September through November will present a variety of terrains and allow hikers to experience some of the natural features of New Jersey. Nearby trails could include Cheesequake State Park, Allaire State Park and/or the Delaware and Raritan Towpath. Farther a field where there are more challenges and some great views, we may be visiting the Appalachian Trail as we do a hike along the Dunnsfield Creek or climb to Raccoon Ridge, both in the Delaware Water Gap area. These two hikes are two of the best in the club's repertoire but they do require more time to do. With hikers enjoying trails involving rivers or streams, we may likely hike Schooley's Mountain or the Black River, which are both only a short ride west of Chester, New Jersey. Pyramid Mountain with its geological phenomenon "tri-pod rock" could be nice for catching fall foliage. The season will wrap up with a perennial favorite: a walk along the seashore in Island Beach State Park followed by lunch at Klee's Bar and Grill in Seaside Heights.

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BACKGROUND

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

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**We Are MANGRY, Masked and Hungry, as
We Gather for Our Korean Hot Pot and Barbecue!**

By Marty Feldman

Well we made it out of the pandemic, or so we thought. When I planned the August date I felt that we had seen the worst; and hopefully we have. The Regency Ethnic-Restaurant-Eat-Around, EREA, scheduled it's post Covid dinner for August 8 at a Korean Hot Pot and Barbecue restaurant in East Brunswick called KPOT. Fortunately, everyone involved, including the servers and runners at the restaurant, were vaccinated and the participants were asked to be masked when not seated, creating a feeling of well being and safety for all. Signage in the restaurant also requested that diners sanitize their hands at the sanitizer stations and stay masked when approaching the salad and sauce/condiment bars. We also had chosen an early 3:30 p.m. start time for our dinner, which was good for the restaurant, being it's slow period and fortuitous for us not having many outsiders among our group.

On to the food! Each diner was given a choice of seven different soup stocks to use for cooking their food ranging from the spicy Thai Tom Yom or Szechuan to the mild Healthy Herbs or Japanese Miso. To get the ball rolling in this "ALL YOU CAN EAT" restaurant, I prepared a starting order for each table, which was enough to give everyone a taste of a few of the offerings from the dozens available. I

also ordered an already cooked popcorn chicken appetizer and white rice as accompaniments. But before I describe the initial

order let me describe what else had been going on with this dinner. Each diner had gone up

(Continued on page 9)



Enjoying the EREA KPOT dinner are above: Flora Feldman, Harriet Blumenstock, Ted Shuster, Sandy Ruden, Herb Goldstein, and Norm Blumenstock. Below are Ethel Shuster standing, seated are: Harriet Zivin, Toby Weissman, Mario Barone, Allan Ellis, Christiana Barone, Maxine Taskowitz, and Bobbie Waller. Photos by Marty Feldman



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- Maintain AA+ municipal bond rating

3D Art Group

By Renee Horowitz

August was another successful month in 3D Art. Our new members have made great progress with their pictures. Many thanks to our experienced members for guiding our new members. The room is filled with positive energy, which promotes creativity. All of our members are extremely friendly. We are all smiling under our masks! Each 3D artist works at their pace. There is no completion date. You can bring your own picture or use one of ours. We have many pictures and directions available for anyone joining. We also have pictures with no directions for those who want to use their own interpretation. As always we are here to help, guide, and inspire.

Korean Hot Pot and Barbecue

(Continued from page 8)

to the salad and or sauce/condiment bar and assembled one or more dipping sauces to accommodate their individual taste profile. The meats and veggies/noodles they then cook in their broth or barbecue on the grill can then be dipped in one of those sauces. In addition to this, as is customary for Korean dinners, a large variety of 'banchan' or side dishes are placed on the tables. In Korea, I have been to dinners where more than 20 banchan could be counted. We were only given four. Ours included the omnipresent fermented, spicy cabbage kimchee, sweet and sour daikon radish slices, pickled mung bean sprouts and mashed potatoes. Diners were warned to sample the banchan but not to fill themselves - we were here to eat MEAT!

For the hot pot, where each diner cooks the thinly sliced meats and vegetables/noodles in their personal broth, my initial order for each table included: sliced pork, sliced pork belly, prime brisket, Kobe beef, sliced lamb, fried tofu, bean curd stick, shrimp dumplings, shumai, gyoza, jumbo shrimp, bok choy, bean sprouts, king oyster mushrooms, enoki mushrooms, bamboo shoots, lotus root, Napa cabbage, vermicelli, and Udon noodles. The soup bases, in individual pots were heated via infra-red heaters set in the table tops and controlled by the diner. Each person placed the meat or vegetable or noodle in the boiling broth, mine was the spicy Szechuan, many pieces at once, as they cook very rapidly and are eaten just as quickly. When ready the food and broth are ladled out into a bowl and dipped, or not, into the personal dipping sauce individually created by the diner at the sauce condiment bar.

For the BBQ, a communal gas fired barbecue is set into the table and shared by four to six diners. Each person places their food on the grill for the recommended time to get the desired degree of doneness for them. When that food is cooked it is removed from the grill and dipped in a sauce, or not, and then eaten. The theme is "COOK, EAT, REPEAT!" The starter order I had put together included the following: beef bulgogi, spicy beef bulgogi, Angus chuck flap tail, prime brisket, spicy chicken bulgogi, spicy pork bulgogi, pork belly, red wine pork belly, smoked garlic pork belly, jumbo shrimp, spicy tuna, eggplant, king oyster, and shitake mushrooms. Each table was instructed to look over the menu and add any items they might want in addition to the initial order.

Dessert consisted of canned pineapple and peach segments, gelatin cubes and two cold soups: a fungus soup and a coconut milk with tapioca pearls. To be honest I'd had so much to eat by then I had no room for dessert. To sum up the dinner, all of our MANGRY (masked and hungry) diners filled themselves with hot pot and barbecue and I'm certain no one left hungry.



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The final Poker Table - in no particular order - Howard Glauber, Lenny Toker, Joel Scharf, Alan Herman, Fabio Berkowicz, John Davis, and Craig Jarvis. Photo by Shelly Senack

The Regency Poker Group

By Shelly Senack

On Thursday, June 15, the Regency Poker Group was very excited to use the Clubhouse for their first Poker Tournament of 2021. Thirty-one men and one young lady (me) competed for

four hours for the top seven spots for prizes. Real dealers were hired and refreshments were served. The winners were: first: Howard Glauber, second: Lenny Toker, third: Joel Scharf, fourth: Alan Herman, fifth:

Fabio Berkowicz, sixth: John Davis, and seventh: Craig Jarvis. We want to thank Frank Gottlieb for all the hard work he put into making this happen and we all look forward to the next one!

The Regency Car Club

By Mario Lenci

STUDEBAKER a Story of Triumph and Tragedy

Starting as a builder of covered wagons, the Studebaker company experienced more than a century of corporate highs and lows. In 1921 they were the number four automaker in the country; by 1933 they were bankrupt. In 1939 they pro-

duced the car that brought them back, the Champion. They merged with Packard and AMC and almost went bankrupt again. They came back in 1959 with a line of compact cars, led by the Lark and the Avanti. Studebaker produced powerful, tastefully designed cars but by 1970 the Studebaker name was gone for good.

Long before there was a Studebaker car there was a Studebaker wagon. Founded in 1852 Studebaker was the largest vehicle producer in the world. They produced every kind of horse drawn vehicle imaginable - two-wheel carts, farm wagons, freight wagons, road sprinklers, paddy wagons. They also produced every other kind from simple buggies to elegant carriages. There were even Studebakers for children. Most of the covered wagons that went West were Studebakers. Lincoln Automobile is named for one of America's greatest Presidents, yet the vehicle Abraham Lincoln used for conveyance was a Studebaker. Studebaker's vehicles were known and respected around the world where tens of thousands of people purchased Studebaker wagons for use in

their daily work.

The Studebaker car debuted in 1902 and offered electric models only. Studebaker, the major transportation company of that era, produced just 20 cars that first season, while the Thomas Jeffrey Company (Nash Motors) produced 1,500 Ramblers. The Ford Motor company, Oldsmobile, Nash Motors, and Overland Automobile, ancestor of today's Jeep, all entered about the same time as Studebaker. There was one product difference that partially accounts for Studebaker's ultimate failure as an automaker. The other cars had gasoline engines while Studebakers were electric powered. Although Studebaker was the largest vehicle builder in the world it entered the automobile business late and with the wrong product. At that time electrics were not the future of motor transportation. Of course, today it is the future of motor transportation as all manufactures are going to electric. I guess you can say that Studebaker was ahead of its time.

Studebaker finally got into the gasoline powered market in 1904, by 1906 Studebaker was producing horse-drawn vehicles and electric and gas-powered automobiles. In 1913 Studebaker ceased production of its electric cars.



Studebaker Wagon

Clearly, Studebaker's shotgun approach caused it to miss taking an early lead in the auto industry. The early 1920s were golden years. Studebaker focused entirely on the automobile business, increasing production and making money by the barrel. Despite increased plant capacity, demand outpaced production. Studebaker had made its share of mistakes throughout its years of business, but it was during 1953-1958 that the company made fatal errors that in time would force it to abandon the automobile business.

Things got a lot tougher in 1960 because the big three - General Motors, Ford, and Chrysler, had entered the compact market in force. Consequently, the Studebaker dealers were suddenly deserting the company. Scores of their new dealers, primarily dealers who'd signed up to sell the Lark in 1959, dropped their franchises to concentrate on the big three compacts. In the years between 1962 and 1966 Studebaker made a valiant ef-

(Continued on page 11)

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At the Italian American Breakfast, above, were IAC officers, in no particular order: Board Member Rina Rago, Board Member Annette Valerio, Decorating Chair Marilyn Agnetti, Sgt. at Arms Mike Russo, Secretary Louise Sether, Hospitality Chair Teresa Tartara, Treasurer Rosemarie Puma, First Vice President Phyllis Sofo. Right, President Bunny Reddington on stage.

Photos by Steve Gilbert

Italian American Club Membership Breakfast

By Steve Gilbert

On August 7, a beautiful Saturday morning, 178 members of the Regency Italian American Club gathered at the Clubhouse to enjoy a delicious breakfast, which was prepared by Tuscan of Old Bridge. The room was filled with old and new friends, and a fun time was had by all. Thanks to all the members who supported this event, and we hope to see you at our upcoming events.



Car Club

(Continued from page 10)

fort to stay in the automobile business introducing restyled Larks, the Grand Turismo Hawk, and the Avanti. Incredibly Studebaker's own workers were the main cause of the auto business losses. In January 1962 they went on strike, shutting down operations for 38 days. Studebaker had expended sufficient money to turn the auto business around in 1962. But for 38 precious days no cars were built, as inventory stood uselessly waiting on line, and Studebaker

bled. After the strike, thousands of potential buyers stayed away from Studebaker dealers thinking there wouldn't be cars available. Sadly the loss of confidence caused by the strike may have been the straw that finally broke the auto division.

Long live Studebaker!



1955 Studebaker Commander

Photos submitted by Steve Schnell

The Wine Club

By Sheldon Opperman

July-Blind Tasting

The theme of July's wine club was Blind Wine Tasting. Blind tasting is the process of tasting and evaluating wines without any information about what those wines are. Two Sauvignon Blanc wines, two Cabernet Sauvignon wines, and two Sangiovese wines were tasted blindly. One of each of the three sets of wines was at least double the price of the other. Only I knew which wine was more expensive. Could our members tell the difference? Did they prefer one wine to the other? What were our results? Most tasters liked both wines of the pair. Only a few were able to discern the more expensive wine. That begs the question. Would you purchase the more expensive wine of the two? Overwhelmingly the answer was no. Our philosophy has always been, price doesn't always equal quality. The best wines are the ones we like, not the most expensive wines. I have heard from many a wine snob, "I won't drink a bottle of wine that cost less than \$30-

40." I usually refer these people to the website ReverseWineSnob.Com. At this site one can learn about wine and find the "Best Bang for Your Buck."

I quote Mark Twain. "There are no standards of taste in wine. Each man's own taste is the standard, and a majority vote cannot decide for him or in any slightest degree affect the supremacy of his own standard."

Other wines sampled - a 2004 red wine from Cariñena, Spain, made from 100% Garnacha, a Petite Sirah from Napa, and the Prisoner Wine Company "Thorn Merlot." We ended the evening with dark chocolate and a desert wine - a Sauternes from France. It was a fun learning experience and a wonderful gathering of friends and neighbors. Some commented, "This was the best tasting ever." They say that at every tasting.



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Hadassah Highlights



HADASSAH
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By Carol Kortmansky
Karen Ross President

L'Shana Tova! A sweet and happy New Year! Although the year 5781 is not getting off to an auspicious beginning, lets pray that this year brings many good and sweet things to all our families and loved ones. It's so hard to believe that from last month to this the world we live in has changed so much! Everything is fluid. From the programs we thought we were going to be able to hold, to the location of these events, everything is changing at a moment's notice. Thank you, Karen for keeping us all informed through the emails that you send!

We'd like to thank Ellen Epstein, Barbara Milchman,

Robin Smulofsky, Sharon Ben 'Ous, Judith Kay, Rosalie Shuren, Carol Okin, Michele Bogard, Rita Klotz, Keri Koslow, Roz Thurm, Karen Singer, Ann Feibelman, and Shari Weissman for renewing their annual memberships and would also like to thank Melissa Gelfman, Mona Portnoy, Diane Schauman, and Nancy Kramer Young for upgrading to Life Membership. We look forward to seeing you all at our Zoom and in-person functions this year! If you are new to our community or know of someone who has recently moved in and would like to learn more about Hadassah, please contact our president, Karen Ross and our Member-



ship VPs Annette Kushner and Linda Grossman. All phone numbers can be found in the 2020 Regency Directory and the Directory on Ron Post's email. There is a link to Ron's directory in each issue of the Reporter.

On August 16 our Hadassah Book Club met in the breezeway between the gym and café to discuss *Concealed*, by Esther Amini. Ms. Amini grew up in a Persian-Jewish household, during the exciting and transitional days of 1960's. This discussion took place after the newspaper went to print, but I'm sure it was a lively and interesting discussion, as it addressed the age-old topic of tradition vs. modernism in all of its ramifications. For those of you who read the book, and for those who might want to learn more about the Persian-Jewish experience in this country, we are pleased to announce that the author of *Concealed*, Esther Amini, will be speaking with us via Zoom on September 9, at 7:00 p.m. The cost of a ticket to this event

is \$5.00, made payable to **Hadassah**. The check can be put in the mailbox of Genia Beeferman (9 Torrey Pines) or Karen Ross (42 Beth Page) no later than September 3.

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

Because of the timing of the Jewish holidays, there will not be a Book Club discussion in September. Information about the October Book Club, including the book and the location will be forthcoming. For all Book Club meetings, it is necessary to RSVP to either Marilyn Jaclin or Marcia Milgrom if you plan to attend. In addition, if you would like to act as our facilitator or if you have suggestions for a book, please contact them as well. Their phone numbers can be found in the 2020 Regency Directory and in the Directory on Ron Post's email.

As we noted in last month's article, due to the success of the Zoom Book Club meetings during the pandemic, a suggestion was made that during the winter, when people are away, we may once again hold the meetings on Zoom. More information will follow. As of now, all Hadassah meetings, whether they be Book Club discussions or regular monthly meetings are open only to Regency residents. Right now, the annual Fashion Show, one of our most popular events, and largest fund raiser, is scheduled to be held in June 2022. As we get closer, more

information, such as the date, the boutique, etc. will follow.

This year's Matching Fund Campaign, chaired by Helen Spector will once again be held, with the proceeds benefitting Parkinson's Disease Research. Letters will be going out, which will include all information needed on where to drop your donations and other pertinent information.

Because of the new concerns about Covid, plans for the Card and Mah Jongg Party and New Member Tea, which were both going to be held in October, have been put on hold. As things progress, we will have a better idea, and of course will keep the membership informed by email. If you change your email, please contact us and let us know immediately. Send your updated email to kbr1253@aol.com

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 should be made payable to **Hadassah**.

Once again, we wish you a very happy and healthy New Year! L'Shana Tova! Stay safe and stay well! We are looking forward to seeing you soon!

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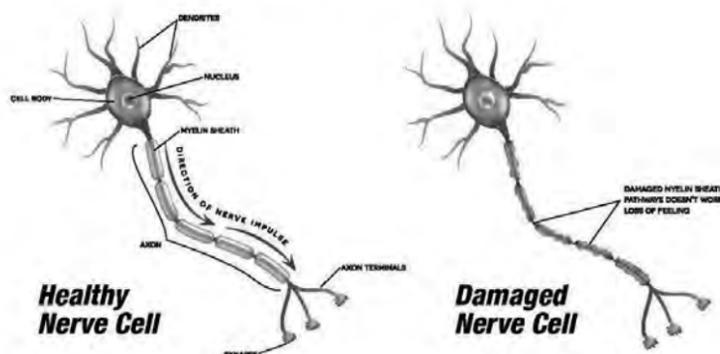
AllCure Spine and Sports Medicine is pleased to announce their new program for treating Peripheral Neuropathy, which includes a combination of advanced FDA-cleared treatments with breakthrough technology that aids in healing the damaged nerves. The effects of this program can be felt on the first few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

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The Regency Book Club

By Nina Wolff

Following new Covid restrictions, the Regency Book Club, after enjoying several in person meetings in the Tennis Pavilion met in person outdoors in the breezeway between the Gym and the Café. While the day was quite hot, the shady breezeway was a perfect place to meet. There, quite a few members discussed Kristin Hannah's runaway best seller - *The Four Winds*. Co-moderated by Lorraine Zimmerman and this writer, we had an excellent discussion of some of the darkest days in American history - the depression and the dust bowl. Ms Hannah said in an interview that, "she was looking for a dark time in American history and

the depression and dust bowl spoke to her." She also wanted to place women in a significant role as most of history is male centric and wanted to return women to the historical narrative. Thus, *The Four Winds* is a female driven account of the years from approximately 1929 to the late 1930's.

Three main female characters take us through those years - Elsa, Rose, and Loreda. Elsa is the unloved child of a wealthy Texas family. She is a bit sickly as a child and, in her family's mind, grows up too tall and awkward for Texas society. She is not pretty and perky, as are her sisters, and is relegated to her bedroom and her books. But Elsa wants more and in a mood of desperation makes herself a red dress and goes to a dancehall. There she meets Rafe and in the classic tale of "looking for love in all the wrong places," becomes pregnant. Thrown out by her family, Rafe takes her home to meet his family - the Martinelli's. Tony and Rosa Martinelli are farmers, who have been working their whole lives to send their only son to college. Surprisingly, despite their heartbreak, they insist that Rafe and Elsa marry - and as a result Elsa finally has a mother and a family that accepts and loves her. But it is not until Elsa gives birth to her daughter Loreda that she finally understands what love is and how strong it can be. Rose tells her to remember that feeling as that love will last a lifetime.

The depression and the dust bowl came together on the great plains of the American west approximately between 1934 and 1940. The farmers of that era did not understand the concept of dry land farming methods, which would have prevented the wind erosion that took their crops, their land, and their lives. That failure, plus severe draught caused catastrophic damage to the land and started an epic migration west to California. It is during this time that we see the Martinelli's desperately trying to save their farm. Rafe, always a dreamer, leaves the family, which now includes son Ant (for Anthony). Ant is often hospitalized from the severe dust and Elsa decides



that she must take her children and go west for a better life. Her strength and her courage belie the fact she was considered "sickly and weak" during her childhood.

Ms Hannah says that characters need to be in conflict to move the story forward. By the time Elsa and her family migrate west, she and Loreda are in constant conflict. Loreda, who as a young child loved her mother now thinks she is a bore. She was extremely close to her father, Rafe, who was a dreamer and she is desperately hurt by the fact that he left them. She is a dreamer as well and is now a teenager and as we all know teenagers are in conflict with everything. Their need to leave the farm and the dire straits in which they find themselves in California shows another way in which the author likes to place her characters in the darkest possible moment and see them thrive and survive. To find out more about the dust bowl, the Martinelli's, the early Labor Movement that rose up to protect the migrant workers from the wealthy landowners, the tragedy of life in California during those heart wrenching years, and Loreda's eventual triumph grab a copy of *The Four Winds*. You will not regret it!

The Regency Book Club will meet next, presumably in the breezeway on Tuesday, September 14 at 4 p.m. We will be discussing *The Henna Artist* by Alka Joshi. The discussion will be co-moderated by Shilpa Doshi and Susan Olan. We thank Nina and Lorraine for moderating *The Four Winds* and Judi Zipkin for sending out reminders. Everyone is welcome even if you have not read the book. Stay well and stay safe!

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**Sunday, September 12 Is
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The Zukerberg Yiddish Club of Regency Honors Renea Zukerberg

By Lorraine Zimmerman

The date was July 18, 2021. It was a beautiful summer day. By 10 a.m. the lobby was filled with people who were eagerly awaiting this first Yiddish Club event of the season. It was the first indoor event, post pandemic! It was also the first event with Richard and Hedda at the helm. The doors opened promptly at 10 and people quickly took their seats. There were over 270 people in attendance. An elaborate buffet was placed on each table, prepared by Tuscany. Richard Lans welcomed everyone. He mentioned that he was continuing Renea's hard work and then introduced his wife, Hedda. Hedda began by noting that there would have been other guests at this breakfast honoring Renea but, due to Covid restrictions, no guests were allowed. The Chabad Rabbi would have attended. Hedda mentioned that a plaque honoring Renea is on display at the Chabad. Renea's family would have also attended and would have been able to tell us in person about Renea. Instead, Hedda read from Renea's son Ron's reminisces of his mom, "The Life and Times of Renea Zukerberg."

Renea was born in Paterson, New Jersey in 1928. Her mother was born in the US and her father in Lodz, Poland. He emigrated to the US and fought in WW I. Renea received a bachelor's degree in education from Rider College and briefly taught high school in Clifton, NJ. She met Herb at Rider College. Herb, known professionally as Herb Zane, was the founder of a bar mitzvah and wedding band. The newlyweds resided in Paterson. Soon, they had three sons, a set of twins born in 1952 and a third son, born in 1957. Renea was a proud supporter of all things Yiddish. She was a committed Zionist, always fundraising for Jewish causes. There was always the ubiquitous pushka tin in her home, as well as Shabbat candles reserved for Friday night. Renea kept a kosher home, with dishes and tableware strictly divided, as milchig and fleishig. Renea was very close to her mom. They were superb knitters. This knitting hobby eventually morphed into a business called Charmers, a novelty sock company. The company was eventually sold to a business consultant. In 2001, Renea and Herb sold their home in Mountain Lakes, NJ. and moved to Regency, where they formed the Yiddish Club.

With Renea's passing on December 14, 2020, at the age of 91, Richard Lans, along with his wife, Hedda, have taken the helm of the Zukerberg Yiddish Club of Regency. Hedda then called on me to share some personal recollections of my friend, Renea. After relaying some funny stories, some of the things I said I will always remember about her are: Renea said what was on her mind, she

was "sharp as a tack" (she did not miss a thing), Renea was a "tumbler" (played Sonny and Cher with Herb at a Karaoke event and was a Ziegfeld girl in a Regency show), and she was a perfectionist.

Marty Feldman was called on to tell a joke in Yiddish with English translation. It was the same joke he had told at the first Yiddish Club, with Herb Zukerberg translating it into English. Next, Richard introduced "Soulfarm," a musical group originally from Israel. They have been in the United States for over twenty-five years. The music was very lively. Especially moving was their rendition of *Hallelujah*. Their closing song, sung in Hebrew, was *A Women of Valor*, originally from King Solomon. Richard then announced the 50/50 winners. They were Lenny Rudolph, Ted Shuster, Hy Grossman, Glynnis Rich, and Lila Geller.

Many thanks to Murray

Cautin, Iris and Stu Jason, Steve Farron, and Bob Isaacs for helping with the 50/50. Thanks also to Steve Strauss and Allen Glassman for their help with the lighting and sound system. Thanks to Alan Briskin for photography and to Jeanette Schoenberg for creating the magnificent portrait of Renea. Last, but not least, thanks to Richard and Hedda Lans for agreeing to lead the Zukerberg Yiddish Club. Great job! We all appreciate your hard work!

The Zukerberg Yiddish Club of Regency 2021 Scheduled Yiddish Club Events

October 10

Breakfast Program 10 a.m. TBD

November 7

Breakfast Program 10 a.m. Featuring Johnny Lambert, Comedian



"Soulfarm," a musical group with roots in Israel performed at the Yiddish Club Breakfast. They were outstanding.

Photo by Alan Briskin

Right to Left:
Dr. Gregg Berkowitz,
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Shutterbug Regency Digital Photography Club

By Howard Wichansky

The Regency Digital Photography Club has undertaken a restart after struggling with the limitations of COVID. We are ready to have a combination of face-to-face and Zoom meetings and completed a development of a strategy to invigorate the club. We have seen interest from new residents that have moved into Regency over the last several months. Our recent get togethers have been very productive. First, by discussing the basics of picture taking and composition an effort was made to assure each member had an initial understanding to handle our shooting assignments and projects. Second, by collaborating we developed a plan for the club moving forward.

Certainly everyone that uses a camera should be familiar with the "Exposure Triangle." This use of a geometric analogy refers to the interaction of shutter speed, aperture and ISO or photosensitivity of the film or digital sensor. It is the combination of these camera settings that allows the right amount of light into the camera to obtain a perfectly exposed photograph. Most cameras and Smart Phones can do this automatically. However, if the photographer has control of these three variables they can greatly enhance the artistic appearance of the image.

Another valuable fundamental is a knowledge of composition. This vital ingredient is what makes our images compelling and admired over the casual snapshot. The ability to arrange elements in your image to create excitement can be obtained by mastering a series of "rules" under the banner of composition. There are so many articles written about this subject and are found endlessly on the Internet. We tried to give everyone a short-cut starter course or review on the subject. Those "rules" addressed as summarized from *A Beginner's Guide to Photography Composition* on www.medium.com were:

- Movement of the Eye - How to keep the viewers eye in the scene.
- Rule of Thirds - Placing the main objects in your image at the intersection or along a tic-tac-toe set of grid lines
- Border Patrol - Avoid distractions of unnecessary objects on the edges of your image to draw the eye away.
- Leading Lines - These lines create depth and point your eye to the desired subject.
- Rule of Odd Numbers - Surprisingly, these number of subjects is more pleasing to the observer.

These rules, although they don't always need to be followed, make for a superior image. So we hope to use them and others we will identify during club shooting.

A series of events, learning sessions, and projects were identified. This club agenda will allow members to make better pictures and, ultimately, the best results will be exhibited to the community. Members can expect to improve their photogra-

phy skills and produce images for display as a result of:

- Projects where special topics such as macro, black and white, and night photography are chosen for picture making and subsequent review by the members.
- Field trips with mentoring by senior members will be made. Dey Farm locally and Princeton University with its adjacent garden have been selected from a compiled list.
- A guest speaker to show how to improve photographing and post processing with the iPhone.
- An introduction to Photoshop with actual post processing done on members images as examples.

The results of our photography will continue to be visible in a number of ways such as

hanging on the Art Wall in the Clubhouse, participating in the Inter-Community Competition with five other adult communities, appearing as Photograph of the Month as well as inclusion in the Shutterbug articles in the *Regency Reporter*, and part of a slide show in the Emailer.

If any of these club activities could graciously fill your spare time come join us. We are a group of very friendly people with varying skill levels in photography. We will help you with your camera/Smart Phone and bring you up to speed. Any questions about the club call Howard Wichansky. Howard's phone number can be found in the 2020 Regency Directory and in the Directory on Ron Post's email. A link to Ron's directory can be found in each issue of the *Reporter*.



News and Views

Marcia and Mike Midler,

Bert Busch and Phil Sloan

News and Views, Regency's current events discussion group, is meeting once again on the second and fourth Monday of each month at 7:30 p.m., now in Ballroom 2 of the Clubhouse. Our meetings in September are on September 13 and 27. We welcome new participants. Regency policy initially allowed inoculated residents to enter the Clubhouse without masks. The policy as of this writing has changed. Until further notice, both vaccinated and unvaccinated residents must mask in the Clubhouse at all times.

Mike Midler moderated our July 26 meeting, and some in our very large, vaccinated assemblage were wearing masks. Again, the first item on the agenda was Covid, still resonating with us. Many now know vaccinated friends and relatives who have contracted the very transmissible Delta Covid variant. It's hard not to agree with Stu Kotler, who reminded us that the 30% who remain unvaccinated by choice represent 110 million "bad citizens." Paul Schoen noted that if we'd gotten to 80% herd immunity, our neighbors wouldn't be evolving into carrier/hosts. Instead, it's looking increasingly as if we're heading back to indoor masking, and rapidly changing policy restrictions from multiple states and institutions, including the CDC. Lou Flumen cited French President Macron's decision to make entry to cafes, bars, and restaurants contingent on having a proof of vaccination "health pass." (When one million French citizens applied next day for their shots, Steven Colbert cracked that Macron knew that for the French, a powerful incentive for vaccine would be...cuisine!) Betty Feiffer was concerned that there were fake proof of vaccination cards out

there, and no national registry. Howie Lefkowitz commented that people will always find negatives to justify resisting inoculation, but thought misinformation could be overcome by the power of advertising. (On the other hand, Tennessee icon Dolly Parton rewrote her *Jolene* lyrics to urge her fellow citizens to seek out "Vaccine, vaccine, vaccine," but many took no heed.) Jay Koppelman thought people had to be vaccinated, even though it was human nature for many to resist. David Mail said that people don't always make rational decisions, but those choices should have consequences. Matt Sears drew an analogy to the introduction of auto seat belts, which were resisted fiercely, but ultimately accepted when wearing them was legally mandated. Enforced laws can make people do things they don't want to do, and we may be heading down that path with Covid.

The worldwide weather apocalypse was next on the discussion docket. Record-setting heat, drought, wildfires and floods are being encountered worldwide. We wondered if we could formulate a strategy to combat the problem, or at least to minimize the disasters. Sandy Effron asserted that we have the technology, and beyond a doubt, we need to rethink our carbon-based society. Harry Drum pronounced it all about corporate policy looking at the bottom line, and exhorted us to "follow the money." Izzy Eisenberg said that the science and the cure were pretty clear. He saw an analogy between the Covid vaccination dilemma and the extreme weather deniers out there. Izzy wondered if we could force Europe, China, et al., to do the right thing. Phil Sloan believed we lack the financial will to do what needs

(Continued on page 17)

M&M Movie Minutes

By Marcia Milgrom and Marilyn Jaclin

Last Letter from you Lover
Just when *M and M* were about to venture out to a movie theater a surge of COVID made us change our plans. Instead, on Netflix we saw a British romantic drama based on the book *Last Letter from Your Lover*, written by Jojo Moyes, which we both read. Actually this is a story based on two romances. One takes place in the mid 60's and the other, present day. Unlike present day movies, this film portrays melodrama, amnesia, mixed messages, lavish settings, handsome actors, and the intertwining of the two couples who fall in love.

Initially, we see a flashback in the 60s of socialite Jennifer Stirling (Shailene Woolley) summering in the French Riviera with her handsome, successful husband Laurence (Joe Alwyn). The following scene shows the couple at a formal dinner party. It is there that Jennifer meets foreign correspondent Anthony O'Hare (Callum Turner). He is there to interview Laurence. Jennifer overhears Anthony insulting the Stirlings and the lavish lifestyle that they live. He apologizes to her and invites both husband and wife to dinner

the next day. Laurence is called away suddenly on a business trip, leaving Jennifer and Anthony together. Ultimately, the two develop a love interest and write love letters to each other under pen names J and Boot, or B.

Meanwhile, present day we watch as another story unfolds. Journalist, Ellie Haworth (Felicity Jones) is assigned to write an article about the editor of her paper, recently deceased. She approaches Rory (Nabhaan Rizwan) an archivist to access his files. In her research she finds a love letter, to J from Boot. Ellie becomes obsessed with finding the identity of this mysterious couple and what became of their love story.

Back to the 60s, Anthony and Jennifer enjoy a whirlwind love affair. When Anthony is called to New York, he wants to take Jennifer with him. After much soul searching Jennifer agrees to meet Anthony at the train station. As luck would have it, on the way to the plane Jennifer is in a car accident, where she suffers amnesia.

Anthony naturally thinks she has rejected him and leaves for New York. Jennifer finds out that Laurence has hidden the last letter she received from Anthony. She



found other letters hidden in her house. Laurence tells Jennifer that Anthony died in the car accident.

Now, present day, Ellie and Rory grow closer as they uncover more of the letters. She finds out that Jennifer and Anthony are alive and visits each of them, he in New York and she in London. After finding out all the regrets the couple went through, Ellie doesn't want that to happen to her, and decides that she wants to be in a relationship with Rory. Ellie encourages Anthony to write one last letter to Jennifer ultimately bringing them together, as the younger couple happily watch the reunion.

M and M thoroughly enjoyed this movie. How rare is it that in modern day it is refreshing to see a movie with two Hollywood endings? We encourage you to turn on Netflix and enjoy this romantic film offering happiness, anger, sadness, emotion, and love. The acting was authentic and we smiled as we watched the love stories unfold.

News and Views

(Continued from page 16)

doing. As a result, he sees us running out of oil, while ocean waters continue to warm, and China gets 60% of the country's energy from coal. Jay Koppelman wondered why climate issues are coming to the fore now. Mike Brown felt we are talking about it now, because wild fires, floods, and related weather extremes continue to arise and worsen.

On to politics, and the question of the bipartisan Infrastructure Bill and its ultimate fate. We were reminded that Mitch McConnell, who once deemed himself the "Grim Reaper" because of his proud obstructionism, has made no secret of his determination to thwart Biden's legislative agenda. Will GOP legislators ultimately use the delay and then vote 'no' tactic for sorely needed infrastructure upgrades, or step up and enable passage? As of this writing, the Senate sent it on to the House, where its chances are considered rocky. Harry Drum felt the urgency of spending the money to make it happen. Alan Chodos likened the US Congress to Nero, fiddling while problems intensify, when doing nothing is unsustainable. Matt Sears mentioned the glaring contrast between magnificent European roads, funded by gasoline taxes, and aging infrastructure at home. Several participants noted the ultramodern airports encountered worldwide, lamenting our lack of same. Howie Lefkowitz thought term limits might help bring new blood to Congress, but Izzy Eisenberger felt the parties would keep undermining each other, with or without term limits. Sylvia Smith lamented the fact that our legislators were doing the same

thing over and over, insanely expecting different results that predictably fail to materialize. Matt Sears added that with Mitch McConnell, the answer always is "no". Sandy Efron saw paying for Biden's popular infrastructure bill through an expanded IRS as the big sticking point, and wondered why asking the rich to pay their fair share was a crazy idea. Ellen Brown had heard a conservative West Virginia legislator say that she didn't trust the IRS, because they only went after conservative non-profits. Kevve Kortmanky cited two statistics. Sixty to 65% of the total population approve of the infrastructure bill. Because of extreme gerrymandering, 80% of House

members will be reelected despite their opposition to popular support of issues. Jay Gartman commented that voters need to show up, because, as Phil Sloan likes to remind us, "elections have consequences."

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). All phone numbers can be found in the 2020 Regency Directory or the directory on Ron Post's email. A link to Ron's directory can be found in each issue of the *Reporter*. Hope to see you at our meetings!



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Beyond Words



By Cecile Spector

One Hippopotamus. Two Hippopotamuses? Two Hippopotami?

If you have a computer mouse and you get another one, do you have computer mouses or mice? I've wondered about

this particular pluralization. My own inclination is to say mouses, because the word mouse, as a computer device, can be used as an acronym for, "manually-operated user-select equipment." Of course, you may think it's called a mouse because it looks like one - with a really long tail. In terms of this computer device, The *Merriam-Webster* and *Oxford* dictionaries say the plural form is mouses, yet many people say mice.

Amongst the many grammatical rules in the English language, there are numerous ways for changing a noun that is singular to make it indicate plurality. The simplest way is to add an "s." If you have one of them, you say *book, tie, bean*. When you have more than one you say *books, ties*

beans. Adding an "s" also is used for some hyphenated phrases, such as *mother-in-law* or *hole-in-one*. Where to put the "s" is the question. If you've been married three times, for example, you could have had three *mothers-in-law*, not three *mother-in-laws*. (e.g., "Chris put all the *mothers-in-law* at the same table.") *In-law* is the description of a type of mother as recognized by law and would not be made plural. There is an interesting exception to the "in-law" phrase. It seems to have morphed into a word, and, as such, can be made plural, as in "My *in-laws* are coming this weekend." If you are one of the lucky few, you would have had two or more *holes-in-one*, not *hole-in-ones*. It's the hole that has been reached that many times in one stroke.

There are nouns that end in -s but are considered singular. For instance, *news, aerobics, gymnastics, economics, mathematics, physics, measles* and *mumps*. There are some nouns without an -s ending that also are considered singular. For instance, *dust, homework, baggage, information, and knowledge*. On the other hand, there are nouns that are only considered plural. They are known as *pluralia tantum* (Latin for "plural only.") We say *congratulations, clothes, jeans, pajamas, shorts, tights, goggles, jitters, blues, suds, scissors*, and many more. "The *scissors are* on the table" not, "The *scissors is* on the table." Hm, it gets curiouser and curiouser.

We'll begin with a box, and the plural is boxes; but the plural of ox became oxen not oxes. One fowl is a goose, but two are called geese, yet the plural of

moose should never be meese. You may find a lone mouse or a nest full of mice; yet the plural of house is houses, not hices. If the plural of man is always called men, why shouldn't the plural of pan be called pen? ...

There are some words that have only one form for both the singular and plural. You must consider the word in context to know which is which. For instance, *shrimp, fish, deer, moose, and sheep*. "The *sheep is* in the barn." "The *sheep are* out in the pasture." "I caught a *fish yesterday*." "There *are* many fish in the sea." In addition to adding an -s to make a singular noun plural, there are many other ways to pluralize. Usually, the correct way to make a noun plural depends on the ending letter(s) of the singular noun.

- If the noun ends in -s, -ss, -sh, -ch, -x, or -z, add -es to make it plural (e.g., *bus - buses, cross - crosses, rash - rashes, church - churches, blitz - blitzes, tax - taxes*.) My preference for the plural of tax is taxi, it just sounds better than taxes. For some singular nouns ending in -s or -z, you must double the -s or -z before adding the -es to make them plural (e.g., *fez - fezzes, gas - gasses*.)
- If the noun ends in -f or -fe, it is often changed to -ve before adding -s to make it plural (e.g., *calf - calves, wolf - wolves, knife - knives*.) However, there are words ending with -f that just use the good old -s addition to pluralize (e.g., *belief - beliefs, chef - chefs, chief - chiefs and roof - roofs*.)
- If the noun ends in -y and the

letter before the -y is a consonant, it's made plural by changing the ending to -ies (e.g., *baby - babies, city - cities, puppy - puppies*.)

- If the noun ends in -y and the letter before the -y is a vowel, add an -s to make it plural (e.g., *day - days, ray - rays, boy - boys*.)
 - If the noun ends in -o, add -es to make it plural (e.g., *potato - potatoes, tomato - tomatoes*.) There are several exceptions to this rule: *halo - halos, piano - pianos, photo - photos*, and *graffito - graffiti*. For the word *volcano* we have *volcanos* or *volcanoes*. Both are correct.
 - If the noun ends in -us, the plural ending is likely to be -i (e.g., *cactus - cacti, focus - foci*.) Exceptions: plural for *octopus* can be *octopuses, octopi, or octopodes*; plural for *hippopotamus* can be either *hippopotamuses* or *hippopotami*. Allan Sherman once sang, "One hippopotami cannot get on a bus, because one hippopotami is two hippopotamus..." "I'd like a bunch of narcissuses, narcissi? Give me a bunch of daffodils."
 - If the noun ends in -is, the plural ending is -es (e.g., *analysis - analyses, ellipsis - ellipses*.)
 - If the noun ends in -on, the plural ending is -a (e.g., *criterion - criteria, phenomenon - phenomena*.)
 - The irregular plural of *biceps* is... *bicipses*! That's right, "bicipses" is a singular word, literally translated from the Latin for "two-headed" (each biceps has two points of attachment.) Many English speakers use *biceps* as a plural, lending further evidence of how our language changes because of popular use preferences.
 - Irregular nouns don't have specific rules, you just memorize them (e.g., *child - children, goose - geese, person - people, tooth - teeth, foot - feet*.)
- The rules and exceptions for plurals must be learned one way or another. Some folks never learn them completely - or is it folk?



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Health Issues Pertinent to Regency Residents Home Trends



**By Sheldon Opperman MD
You Are Wasting Your Money Buying Brain Health Supplements**

All of us wish to improve our memory and cognition. A recent study published September 23, 2020, in *Neurology Clinical Practice* found that 25% of adults over 50 take a supplement that promotes improved brain health.

The problem? There's no solid proof any of them work. "The main issue with all over-the-counter supplements is lack of regulation," says Dr. Gad Marshall, associate medical director at the Center for Alzheimer's Research and Treatment at Harvard-affiliated Brigham and Women's Hospital. "The FDA doesn't oversee product testing or ingredient accuracy." Therefore, the manufacturer does not have to back up claims that the supplement works or that it is even safe. Many of these supplements contain Vitamins, Omega 3 fatty acids, and minerals. But why? There's strong evidence that certain diets — like the Mediterranean diet, the DASH diet, and the MIND diet — can help improve cognitive function, according to Dr. Marshall. Therefore, they are included in brain supplements. There has been limited studies on these individual vitamins, minerals, etc. So far, these studies have found no evidence that they help, with a few rare exceptions. "Still, this doesn't mean that the brain supplements may not work," says Dr. Marshall. "It is just there is no evidence that they do work."

What about ginkgo biloba? Ginkgo has been tested thoroughly for its potential to prevent dementia, and there is strong evidence that it does not prevent memory decline or dementia and therefore should not be taken for that purpose.

Prevagen
Can Prevagen be the miracle drug that can help ward off cognitive decline and Alzheimer's Disease? Almost every day we see scenes on TV of seniors enjoying life. They claim Prevagen improves their memory and helps them think more clearly. In these ads there is a banner in

the lower part of the screen stating: "Prevagen improves memory." There is no scientific evidence that this is accurate. Of course, they fail to mention the class action lawsuit against the manufacturer for alleged false statements regarding Prevagen. (That it improves memory.) The plaintiffs won and could receive up to \$70 refund. The settlement demanded that Prevagen stop making these claims. Prevagen being a supplement and not a drug avoids FDA regulation and rigorous clinical trials. Still, if you Google Prevagen you will see: "Buy Prevagen® Brain Health and Memory Improvement Supplements*" The asterisk at the end of the sentence is a disclaimer. "These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease."

The bottom line: Prevagen is a supplement that claims to improve mild memory loss. However, there is no evidence to support these claims. There are concerns about whether our bodies can properly absorb its unique ingredient, jellyfish apoequorin. "Lifestyle changes — adopting a healthy diet, getting regular exercise, quitting smoking, and challenging yourself with puzzles, hobbies, or new tasks — are currently the best recommendations available to help keep your mind sharp and brain healthy."

Ref: Christina Aungst, PharmD Genetic Literacy Project Harvard Health Publishing-Harvard Medical School Dr. Gad Marshall, associate medical director at the Center for Alzheimer's Research and Treatment at Harvard-affiliated Brigham and Women's Hospital.

By Cheryl Hand

Autumn Has Arrived

Writing mid-August but this won't be read until September. Honestly, I don't believe how time flies. Where did the summer go? Our Regency real estate re-sale market, as in years past, was extremely brisk in July. Now that it's August the demand seems to have lessened. The buyer's seem a little pickier and not as desperate. There are currently only four homes for sale. Regardless of how August turns out, 2021 will most likely be the year that seller's made history with their sale prices! The amount of sold units may be slightly higher, but the prices have increased since 2019 and 2020.

The real estate market, nationwide, has little inventory and high demand. Little inventory equals higher prices. There is a surplus of buyers. It's been going on since 2020 – if only I



had a crystal ball I would predict the future. But alas, I cannot do that. Bottom line...if you have considered selling your home in the past few years... 2021 just may be the year to do it. Prices are higher than ever and the days on the market have diminished for the sellers. Multiple offer situations are common. Homes selling above their asking prices, also common.

Here's a few quick snapshots of our year to date. As mentioned above, there are currently four active listings for sale. The prices range from \$539,800 -

(Continued on page 20)

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Recycling
Mixed recycling is now collected each Wednesday. All recyclables (paper, bottles, cans, plastic, etc.) can be placed in the same container and put out each week.



The best ticket salespersons in Monroe. From left: Barbara Winograd, Bea Siegel, Helene Acquavella, and Mary Caccamo selling tickets to the Dancing in the Moonlight event that was unfortunately canceled due to Covid.

Photo by Sheryl Siegel

Healing Ourselves Naturally

By Steven Soffer N.D. MH

The Yeast Connection

People come to me for help with many issues. The most common problems I encounter turn out to be digestive issues, gas, bloating, and a desire for weight loss. Approximately 90% of the people I help initially have a common malady called candidiasis, which means yeast overgrowth. This is common in men, women, and children. This comes about because of the typical American diet, which is high in simple carbohydrates, sugars, high fructose corn syrup, and an overabundance of yeast, which is put into all breads, flour products, and baked goods. Most Americans are under the belief that grains or wheat specifically are the staff of life. Nothing could be further from the truth. Grains turn into simple sugars in the body, which feed bacteria and yeast overgrowth. Specifically foods like breads already have yeast in them. Eating these

foods, you consume more yeast.

Most everybody loves pasta. Pasta is made from flour, primarily wheat or white flour. All of this has yeast in it as well. Most people, unless they are lactose intolerant, love cheese and dairy products. All the milk that you drink is high in lactose, a simple sugar, and casein, a difficult to digest milk protein coming from a cow. Most cheeses are highly fermented. Swiss, cheddar, and blue cheese all have high bacteria counts from fermenting processes. It is the bacteria in the Swiss cheese that makes those holes! Better choices are mozzarella, cottage, or goat. Eating dairy products specifically from a cow rather than goats, sheep, and buffalo all contribute to yeast overgrowth. Remember, humans are the only species on the entire planet who drink milk after they are weaned. Fermented foods also create yeast. Vinegar is highly popular as a salad dressing and for a multitude of uses, yet it creates yeast overgrowth as well and makes the system very acidic. Most digestive imbalances in the body come from too acid a condition, not too alkaline. The more alkaline your body is, the healthier it is. Dr. Robert Young wrote a book called *The pH Miracle*, which explains this. Ideal pH should be in the mid 7s. Most people are 6 and under. The use of alcohol, which is all fermented, especially wine and beer, exacerbates this condition even more. The overuse of antibiotics makes the problem even worse. Antibiotics kill all the bacteria in the gut, both healthy and bad. Most people have an imbalance in healthy flora in the digestive system. I like to have a balance of at least 2 -1 healthy bacteria to bad. Most have 15% healthy to 85% bad.

We have all heard of the good bacteria found in probiotics, specifically yogurt. Today you can find many plant based yogurts with probiotics. I suggest probiotics in powder or capsule form because this eliminates any added sugar. People take too many antibiotics unnecessarily. Doctors routinely over prescribe them to keep their patients happy. Yet they only kill bacteria, not viruses. The placebo effect comes into play here. Doctors want to

please their patients. The more you take antibiotics when you don't need them, the less effective they are when you do need them. Remember, 75% of the antibiotics used in this country are injected into our cattle and poultry. If you're not eating organic, antibiotic-free meats or poultry, you are ingesting a tremendous amount of antibiotics from your foods also. This creates a friendly environment for yeast overgrowth to propagate.

Inside your intestinal track, you have a thick mucosal lining. This lining protects you and causes you to break down your food into small food particles. When you have yeast overgrowth, the yeast actually feeds on the mucosal lining in the G-I track. Under a microscope, yeast looks like long finger-like villi. They penetrate the G-I track while feeding on it and create openings compromising this protective lining.

Picture a screen with a few pinholes in it. The more pinholes you make, the bigger the openings in the screen become. A few isolated pinholes don't create a problem. But the more they bunch together, the screen breaks and big holes open up. In medical terms, we call this Leaky Gut Syndrome. Leaky Gut Syndrome causes large food particles to be absorbed into the body, rather than small ones, which are already broken down. This causes excessive toxic overload on the liver. Large, undigested proteins, rather than being broken down, now attach to joints, tendons, ligaments etc., creating an autoimmune response. The body's white blood cells attack it thinking it is an invader. This causes disorders such as rheumatoid arthritis, lupus, scleroderma, allergies, skin problems, and others. The way to combat all of this is not to take antacids; but to stop the cause, which is the yeast overgrowth. I test the people I help to see which probiotics are appropriate for their digestive system, which digestive enzymes work best for them, and specifically

(Continued on page 21)



Healing with Yoga Therapy



By Jaya Gupta

Dear neighbors and friends,

September is here. We are coming out of the heat of August, where afternoons were hot and uncomfortable for any outdoor activity. The September mornings and evenings are cooler and comfortable to walk or to play any sport you enjoy. Hope you all are having a great summer and frequently enjoying it with your grandkids. The summer will be over pretty soon, the grandkids will go back to school or college, and we all will be back to our regular schedule. If you have been trying some of the breathing or meditation techniques and feel good about it, it may be a good time to share them with your grandkids before they leave. Teaching them these techniques while playing with them will be a good start for them and it would help them in the long run.

This month, our meditation will be on expressing "Gratitude" to the world in and around us. Our bodies are not only multi-dimensional, but are also made up of five elements - Earth, Water, Fire, Air, and Space. Expressing gratitude and keeping these five elements inside and outside in balance rewards us with good health and happiness. Let's connect with these five elements outside. Find a quiet place either outside on your patio, where you can feel these five elements, or inside in your home, where you can be alone. Sit comfortably and do a few deep breaths, alternate nostril breathings or Bee breaths (as presented in the previous months' columns) until you feel relaxed. Close your eyes and connect with these elements one by one showing your gratitude saying the following out loud or silently in your mind with pure intentions.

Mother Earth: Thank you for carrying our weight, letting us walk, run, and jump on you. Thank you for blessing us with all the nourishing and healing plants, minerals, and animals, who dwell on you. Thank you for living with you in a partnership, admiring your beauty and wonders and cultivating you. Thank you for your wisdom and joy you give to mankind. Thank you for blessing our homes, friends, and fam-

ily. We honor and thank you for giving us beautiful homes, a secure sanctuary, where all our physical and spiritual needs are met. Thank you for blessing our homes with warmth, love, laughter, and happiness.

Water and all the souls, which live in you: Thank you for always being there for us and quenching our thirst with clean water. Thank you for all the oceans, rivers, lakes, and ponds to fill our lives with your beauty and landscapes.

Fire: Thank you for helping us to get cooked meals. Thank you for changing and reshaping things around us. Thank you for recreating and giving new life to plants and trees.

Air: Thank you for being our life source. Please give us the wisdom not to pollute you or take you for granted. Thanks for flowing around us for giving us cleaner and cooler places. Thank you for flowing in our hearts as love, laughter, and happiness.

Space, the boundless three-dimensional Universe: Thank you for giving us planets, stars, galaxies, Moon, and Sun. Thank you for giving us warmth and coolness. Thank you for giving us day and night. And thank you for balancing our atmosphere.

Mother Nature, which includes all five elements: Thank you for being all around us. Thank you for keeping the balance and filling our lives with an abundance of love, laughter, and happiness. Thank you for making us strong and for supporting our homes and our families.

Thank you, thank you, thank you. Om Shanti/Peace (visualize the world), Om Shanti/Peace (visualize loved ones), Om Shanti/Peace (visualize yourself). Rub your hands together and bless yourselves by touching your face and blessing your entire body and open your eyes gently.

Expressing the gratitude towards the elements and blessing those elements, make us realize many gifts in our life that we take for granted. We can perform this beautiful meditation as often as we like and feel blessed for whatever we have. Each time it will reaffirm and strengthen our connection with all those that protect us, support us, and sustain us.

I am going back to my Zoom classes on Mondays at 11 a.m. and Wednesdays at 10:30 a.m. until the face mask restriction in the Clubhouse is lifted. Next month, we will learn the elements inside us. Until then take care, be well and stay safe. Love - Jaya

Home Trends

(Continued from page 19)

\$1,325,000. We currently have fifteen homes Under Contract. They range in price 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 nineteen days.

To date twenty-eight homes have already sold and closed. The sale prices on the closed properties range from \$440,000 up to \$950,000. What a difference in price for one community. The average days on the market for the sold and closed properties was only twenty-seven days. In conclusion, 2021 is turning into a true seller's market and has become torture for the buyers. It is common to lose out to others. If you have friends or family looking to buy here, let them know to make their strongest offer when they find the right home.

Happy to have suggestions for future topics!

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REASONABLE RATES

School Superintendent Resigns

By Doug Poye

On July 21 the Board of Education and the public learned of the resignation of Superintendent Dr. Dori Alvich who was approaching the end of her second year of a five-year contract. She was the sixth superintendent of the district during the past 12 years; she indicated that the reason for her action was retirement. When questioned by a member of the public why she chose to do so, she responded, "This is the best decision for me and my family at this time." During the public session, several people commented on the good work that she had done, particularly in the area of expanding the curriculum, and expressed confusion over why she was retiring when she had three more years on her contract. One speaker expressed the suspicion that she was "being shown the door," an opinion based on his awareness of the lack of support by members of the Board. Another speaker told the Board, "You need to get your act together."

Board members Rupa Siegel, Paul Rutsky and Andy Paluri praised Alvich for her dedication and work in the district and were joined by Peter Tufano in saying that they would vote not to accept her resignation. However, when the vote was taken, Tufano voted to accept. Other members of the Board made little, if any, comment in praise of Alvich, which was not surprising in light of their past lack of support for her. Michael Gorski, the district's Business Administrator, spoke of how well he had worked with the superintendent and of her expertise in knowing all the workings of the Monroe school system. He went on to say that her resignation will be "catastrophic" for the district and will likely push the development of a referendum to expand school facilities farther into the future. During her President's Report, Michele

Arminio asked that the focus be on the students in spite of "tensions" present within the Board and among the community. She mentioned her awareness of speculations about who the Board might select to replace Dr. Alvich and seemed to belabor mentioning the timing of the resignation and the delivery of the evaluation of the superintendent. Please note that Alvich received her written evaluation after submitting her resignation.

On July 29, hardly a week after the prior meeting, the Board held a special meeting to begin the process of searching for the next superintendent. Prior to going into closed session, I asked the following two questions: (1) Could the president provide more information on why the discussion of the superintendent's search required that the Board meet in closed session? (If specific individuals were not being discussed, there seemed to be little reason for the discussion to be closed to the public.) and (2) If there are members of the Board who are close friends with any internal candidates for the superintendent's job should those members participate in the discussion? (It seems that at least one member of the Board is a close friend of a potential candidate who is currently working in the district.) With the board attorney not being present during this portion of the meeting, President Arminio indicated that she was not certain as to the answers to those questions. I, in



turn, requested that she please ask the attorney those questions during the closed session since she had mentioned that he would be speaking with them via a speaker phone. When the closed session began, I left and waited to see the outcome from a video tape of the meeting later that week. Watching that video, I did not hear whether my questions had been asked and I did not hear that there was much necessity, if any, for the discussion to have been in closed session. The Board did vote to advertise for an acting/interim superintendent as well as a permanent one. Dr. Alvich's retirement will become effective November 1; thus, the district will have a chief school administrator for the opening of the new school year.

Correction to last month's article: In last month's article, I incorrectly indicated that the students in fifth grade would be moved from the Middle School to their neighborhood schools. It should have stated that it will be students in the sixth grade, not the fifth.

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

Tech Trends

By Don Haback

High Technology for Golf

One of the reasons that 'drove' our decision to move to Regency back at the end of 2003 was the availability of our golf course – as well as several other nearby courses – and the foreknowledge that many other golf lovers were also moving here. OK, our course is relatively short, and it didn't take long before we could easily figure out exactly which clubs would be needed for each shot. However, other courses were both longer and less frequently played. This has led us and myriads of golfers around the world to continuously seek new technologies to help us figure out the various distances for each shot on each hole and to estimate changes that might be needed to accommodate elevation changes as well as weather and course conditions. At the tee box for each hole, most courses provide distance information from the middle of the teeing ground to the middle of each green, along with markers at 150 yards from the middle of the longer-hole greens. For other distances, we had difficulties!

What did we do? Pros and members at some private clubs were given detailed yardage books for each hole – along with caddies. The rest of us had to find other ways. By ourselves, we could estimate distances visually (with greater or lesser accuracy). Our home course, being all par three holes, gives us most of what we need, but longer courses and longer holes were a problem until technology came along.

Global Positioning (GPS) Systems (here is a very short history) came into being following the 1957 launches of the first artificial satellites orbiting earth. Scientists found that they could measure the distance between any point on the ground and any satellite by using signals transmitted by the satellite and the 'Doppler shifts' caused by its motion across the sky. Some smart guys figured out that by measuring those distances from several satellites to a ground station, they could calculate the precise location of the ground station. In 1959, the U.S. Navy's TRANSIT system was the first practical one – used by submarines (when they surfaced) to calculate their precise positions. Through the mid-80s, more and more GPS systems were developed for our military services – leading to (you may remember the name) NAVSTAR. Developments never stopped. By 1995, the 'global' dream was fully realized, with a 'constellation' of 27 GPS satellites in orbits that provided for at least four of them to be visible from anyplace on earth at any time. These were still available only for military applications.

GPS III, announced in 2000, included additional signals for civilian applications. Finally (for our purposes), the system was upgraded again in 2014 – and this was the time that golf GPS became economically feasible and usable. I must note that our golf units are still far less accurate than the military versions. Our units provide accuracy of about plus or minus five yards. Military systems are FAR MORE ACCURATE! Garmin was an early participant in GPS units for golf players. Its first wrist device, the S1, was actually introduced in 2000, following the announcement of GPS III. Garmin's devices continued to evolve until its S60 was announced in 2014. It was the first wristwatch with the capability to display hole by hole information for more than 30,000 golf courses along with the location of the user as he (or she) moved along the course. As an engineer and technology consultant, I was able to convince Garmin to send me an early sample of this product for evaluation. I wrote a detailed – and positive – report on it and was delighted when the company told me to keep it. I use it for just about every round of golf – both at Regency and at many other courses. I would note that designs have continued to evolve, with Garmin's line now up to the S62.

Think about this: The unit contains a rechargeable battery and a small – but easily usable in daylight conditions – display. It has microwave radios capable of finding and interfacing with several of those 27 satellites. It has enough built-in memory to be able to select maps for each of the 30,000 courses in its system. Of course, it has a special purpose computer capable of quickly taking the data from its radios and calculating the precise position of the user – silently and quickly. There are now several competitors in the marketplace, but all have similar operational capabilities and it's up to the buyer to decide which better meets his personal preferences.

This article is a shortened version of my previous report (updated as necessary for *Regency Reporter* readers). My first use of the Garmin unit was right here at Regency. It's small and light, about one inch in diameter by one-quarter inch high and weighs less than one ounce – and does not interfere at all with my swing (probably won't interfere with anybody's). The device immediately found our course in its course list, giving me hole-by-hole distances along with notifications of the sizes and distances to each of our many water hazards and bunkers. I have since used it all around both our region and the US in general – along with a few excursions to Europe. While not being quite as accurate as current laser rangefinder devices, it's more than adequate for most players – it's nice to know the distance to the center (plus front and back) of each green to an accuracy of plus or minus five yards – well within my usual span for each club in my bag (at least when I hit them properly). The rechargeable battery is adequate for play on any 18-hole track, and the unit comes with a plug-in charger, which fully charges the unit overnight. Overall, the Garmin S60 is a perfect example of just what technology could do seven years ago – making it a great example of where tech is still going!

Pet Corner

By Bea Siegel

Tidbits of Information

'Tis the season for ticks. Oh my God, what's that crawling on my dog or cat, what should I do? With tweezers in hand, remove the whole body of the tick, drop it in a bottle of rubbing alcohol, and bring it to your veterinarian to determine the type of tick it is. Do not flush the tick down the toilet, since enzymes can spread. Never apply oil, matches, gel or anything like that, those are "old wives tales." Grasp the tick as closely as possible. Don't grab just the tick's body, you need to get down close to the skin so you get it and remove it intact. Pull straight back slowly and steadily, and again put it in a bottle of rubbing alcohol to kill it. Check the spot where you removed the tick, it will clear up over time, hopefully within two weeks. Apply some antibiotic ointment or hydrocortisone to treat redness and inflammation. You can clean the spot with three percent hydroxide (just a little works) then clean the spot with warm soap and water, and apply needed ointment. Call me if you're finicky about doing this, or just bring your dog or cat to the vet. Don't get "ticked-off," because using preventatives makes a big difference in getting Lyme Disease.

The Companion Animal Parasite Council says "to expect an increase in Lyme disease, Ehrlichiosis, and Anaplasmosis this year." Heartworm will also be on the rise since mosquitoes are



expected in large numbers this year due to the amount of rain we have had. Go to the website, petdiseasealerts.org/forecast-map to see the expected surge in your area. Again, if you are not sure how to apply dog/cat preventatives, call me, or go to your veterinarian.

Dog Finds Missing Woman

A missing elderly woman from New Jersey was found by police dog, Rico, who followed her scent and led rescuers to the woman, who had fallen down a steep embankment.

After the Pandemic

People's behavior toward their dogs has changed, with many walking their canine companions more frequently, socializing, enjoying the outdoors. Now the world is opening again (we hope). It's a great thing, but don't forget life's daily routine will have changed for our dogs too. Readjust your dog or cat gently, giving her lots of special attention so that the change doesn't seem cold-turkey. It didn't just change our lives, but also your canine and feline companions. Any questions – I'm in the book and in the Directory on Ron Post's email.

Healing Naturally

(Continued from page 20)

one of many different formulas to kill the yeast itself. If you don't kill the yeast, you don't get to the cause. A modified yeast-free diet and avoiding these offending foods is also beneficial. 80% of your immune system lies in the mucosal lining in your intestines. When this is healthy with the proper balance of good bacteria, not bad, you will digest foods better, have less gas, bloating, burping, lose weight, and fight infections. It all begins in the gut. By not treating yeast overgrowth initially, the body will not absorb the other vitamins, nutrients, and herbs I may want to suggest for other problems.

Fix your outlook on life, your moods, your digestion, and your immune function by getting to the cause. Rid your body of excess yeast overgrowth and everything else will get better exponentially. A journey of a thousand meals begins with healing the gut. Steve welcomes questions and comments from free thinking individuals.

"You can't have sweet thoughts with a sour stomach." Bernard Jensen

Regency Tennis Club



By Steve Brody

Breakfast at Wimbledon and the Dog Days of Summer
The Regency Tennis Club's big event for July was our annual Breakfast at Wimbledon. This coincided with the men's final that was played on Sunday, July 11. Breakfast at Wimbledon is one of the clubs' favorite events. We started the morning off with Mimosas, then onto the courts for causal tennis games (although I did notice some of the competitive juices becoming apparent in some matches), followed by a rather expansive brunch. Brunch consisted of bagels with numerous types of cream cheese and various salads (Tuna, Egg, Chicken, Whitefish). We also had a delightful fruit platter and let's not forget a Wimbledon favorite, strawberries and cream. It truly was a feast. Let me not forget that we had the Pavilion's TV tuned into the men's final so we were able to watch the match live as well. An event like this is successful because of member support, first to the nearly 50 participants and secondly and most importantly to those members that worked hard in planning and organizing the brunch. In particular a hardy thank you to Betty Feifer, Mary Caccamo, and Helene Acquavella.

July's temperatures were exceedingly hot with many days reaching into the 90's. This made it difficult to play tennis outdoors, for that matter any outdoor activity became a health risk for many of us. Even I scaled back on my outdoor activities. We did have two tennis and pizza nights on the schedule one went off quite well, the other was a rain out. By the time you read this the dog days of August will be behind us and hopefully a cooler fall will be in sight. Reminder our last big club event for the 2021 season will be our year end barbecue scheduled for Sunday, September 11. Till next time see you on the courts.

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Regency Tennis Club 2021 Schedule

- Sunday, September 4 - 10 a.m. - 2 p.m. - End of Season Barbeque

Regency Golf Schedule 2021

September 10
Nine and Dine at Regency 5 p.m. shotgun start

September 22
Play for Pink Golf Event 8 a.m. and 10 a.m. shotgun starts

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

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

October 25
Last Ladies League Day

October 26
Ladies League Lunch

October 28
Last Men's League Day

October 31
League Awards at Regency Golf Course Closes

Schedule Subject to Change

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If you live in the Fairways and are experiencing newspaper delivery problems Please call Lou Flumen 732-641-2495
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Do not call the concierge at the Clubhouse.
Do not call or email Barbara Bickel.
Do not call or email Nina Wolff.
Call Lou Flumen for Fairways issues: 732 641-2495.
Call Elaine Sandler for other Regency delivery issues: 732-605-9373.
Elaine and Lou handle all Reporter delivery issues.

Preparing for September 2021 School Year

By Dr. Dori Alvich, Superintendent of Schools

Throughout this summer, representatives of our district's administration, staff members, school nurses, bus drivers, and counselors have spent many hours meeting and planning to ensure that we are ready for a full day reopening of schools for September 2021. We look forward to welcoming back our students in person. Our plans include protocols for the health, safety, and emotional well-being of our students and staff members; continuity and advancement of student learning; ongoing training and support for staff; research-based practices to support the social and emotional learning of students; and protocols and processes to mitigate the transmission of COVID-19.

In response to the New Jersey Department of Education and New Jersey Department of Health's guidance document "The Road Forward" (released June 2021), the district has developed a reopening plan to provide for a return to in-person education for the fall 2021. As

you read through the Monroe Township School District Reopening Plan, it is important to understand that the document serves to provide a high-level overview of our district's strategies. The Reopening Plan is a living document that will be modified as health circumstances, guidance, and conditions shift within our communities, the state, and nation. Throughout our planning, every effort has been made to ensure the health, wellness, and safety of our students and staff.

Some highlights of our plan include:

- Daily screening for all staff and students
- Proactive planning for all students to have access to technology if a class or the district must move to a remote schedule due to a health concern.
- Social distancing in all locations within our school buildings and cohorting of students as much as possible to assist with contact tracing efforts. This may include updating lunch schedules to have more

space between students while eating.

- Protocols for virtual home instruction learning for students who may require quarantine due to exposure to a person with a positive COVID-19 result or a positive COVID-19 result for the student.
- Ongoing education on proper hand washing techniques and hygiene.
- Ongoing cleaning and disinfecting of all school buildings and buses.
- Communication of vaccine availability for students and staff.

Every aspect of the plan is flexible and dependent on health conditions. The district will continue to monitor all updates and adjust as needed. This challenge has definitely shown the creativity of educators across the country and here in Monroe Township. As always, we will continue to update information to our district website (<https://www.monroe.k12.nj.us>) regarding this topic and all matters related to our school district.

September at the Monroe Township Public Library

The Monroe Township Public Library (4 Municipal Plaza, Monroe Township, NJ 08831) is open to the public Monday through Thursday: 9:30 a.m. to 8 p.m., Friday: 9:30 a.m. to 5 p.m., Saturday 10 a.m. to 5 p.m. and Sunday: 10 a.m. to 2 p.m.

Late Fees

On August 1, 2021 late fees were reinstated for overdue American Girl Dolls, DVDs, Museum Passes, Tablets, Video Games and WiFi Mobile Hotspots. We no longer charge late fees on printed materials, audiobooks, or music CDs.

Drive-Thru Window

Pickup service through the Library's Drive-Thru Window remains available by appointment for those who prefer it. Place items on hold with your library card and pick them up when they're ready.

Schedule your appointment on our website at www.monroetwplibrary.org/ curbside or by calling (732) 521-5000.

Returning Materials

Return library materials to the book drops at the Library's Drive-Thru Window or in the parking lot of the Senior Center at any time, as they are accessible 24/7. The book drop at the Rec Center is now open. Return library materials to the book

drop at the Rec Center during the building's operating hours.

Electronic Resources

Download and stream a variety of media, like audiobooks, ebooks, magazines, music and movies, at any time of the day, from wherever you are! Our digital library is available 24/7. All you need is your library card number. Visit our website at www.monroetwplibrary.org/resources/digital to get started.

Bookmobile

The Bookmobile is on the road with our bus full of books, bringing the Library to you! Visit our website at <https://www.monroetwplibrary.org/bookmobile> for a schedule of stops and for information about requesting materials.

Sunday Music-Live on the Library Lawn

Sunday, September 12 at 12 p.m.

Longtime friends and fellow singer songwriters Sharon Goldman and Carolann Solebello return to our library to swap songs, tell stories and share harmonies in a performance filled with sharp lyrics, beautiful vocals, unforgettable melodies and plenty of laughter. This is an outdoor event, attendees must bring their own chairs and/or blankets. *Registration is required. Register in advance at

the Reference Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Monday Meditation

Mondays, September 13, 20 & 27 at 9 a.m.

Grab a chair or mat and enjoy guided breathing exercises, meditation, and simple stretches to start your day! We will not meet on Monday, September 6. This program will be held via Zoom. Registration is not required. Please visit the Library's website at www.monroetwplibrary.org/virtual-programs for meeting ID and password information.

Bookmobile Visit to Thompson Park

Tuesday, September 14 from 2:30 p.m. to 4:15 p.m.

The Bookmobile will be at Thompson Park alongside representatives from the Jamesburg Public Library for a library card sign up event. Browse for materials on the Bookmobile and play lawn games. We will be located in the parking lot across from Grove 3A near the gazebo. Everyone is welcome!

Page Turners

Thursday, September 16 at 11 a.m.

Looking for something to read or add to your reading list?

(Continued on page 23)

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Navigating Your Health Over 65

Taking care of your health, especially over age 65, requires an understanding of your personal needs. Proper medical care isn't one-size-fits-all, so finding the right services and providers may take some research and thoughtful consideration as it relates to your unique circumstances.

Consider these tips from the Centers for Medicare & Medicaid Services to find the right care for you:

Stay on top of your health. An important part of managing your health is being aware of any current medical concerns or those that might affect you in the near future. That's why it's important to stay on top of your health care needs – like preventive services that could help identify any issues early. Arming yourself with knowledge can help you be better prepared to make decisions about the type of doctors or health care providers you need and how they work with your health insurance.

Shop around. Choosing a health care provider can be time consuming and confusing. Medicare.gov makes it easy to find and compare providers like hospitals, home health agencies, doctors, nursing homes and other health care services in your area that accept Medicare. On your laptop, tablet or mobile device, enter your location to search for local health care providers and services. A clean and uniform design makes it easy to review and compare providers.

Know what to look for. It's important to understand everything you're considering when searching for care for yourself or a loved one. Search filters allow you to personalize your search based on what's most important to you, like services offered, quality ratings, inspection reports and doctor affiliations. Other features include suggested next steps and checklists to help choose the best provider for you. Knowing what providers accept Medicare can also give you peace of mind.

Plan ahead. Don't put off researching your health care provider options. When you're feeling well is typically the best time to consider your health care needs. With a clear mind, you'll be able to thoroughly explore pros and cons about providers and facilities and get the information you need to find the best fit for you, such as practice locations, specialties, contact information and more. You can also save your favorite health care providers to refer to later when you're logged into your online Medicare account.

Make your wishes known. Whether you're planning ahead for yourself or finding care for a loved one, it's important to share your preferences with others who are part of your care team. This might include sharing which doctors you like, what hospital you prefer or selecting a nursing home close to family and friends.

Planning for medical care can seem like a challenge. By keeping tabs on your health and using available tools to research your options and compare providers, like the resources at Medicare.gov, you can create a plan that best fits your needs.

From the U.S. Department of Health & Human Services.

Photo courtesy of Getty Images (Family Features)

Sing with the Monroe Chorus

If you are a Soprano, Alto, Tenor or Bass and would like to join the Monroe Township Chorus, we sing four part harmony and rehearse at the Monroe Township Senior Center, at 12 Halsey Reed Road on Tuesday mornings from 9:00 a.m. to 11:30 a.m. You do not need to be a senior citizen to participate

and everyone is welcome. Come join the fun and camaraderie of a wonderful group of men and women and share "The Gift of Song." 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!

Monroe Library

(Continued from page 22)

Library staff will present and recommend a variety of titles pertaining to a different topic, both new and old titles. The theme for this session is Stories of Note (books about music). This program will be held in person. *Registration is required. Register in advance at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Friends of the Library Membership Drive

Saturday, September 18 from 2 p.m. to 4 p.m.

The Monroe Township Friends of the Library will be holding a membership drive on Saturday, September 18 from 2 p.m. to 4 p.m. Come join in the fun as we are entertained by jazz guitarist Gustavo Carballo. Complimentary refreshments may be enjoyed outside. We hope you will join us as you renew or start a new Friends membership on this day: Individual Membership is \$15, a Family is \$25 and Premier is \$50. Thanks to your support the Friends provide wireless and remote printing, fund the museum passes, award scholarships to outstanding students, fund summer programs for young readers and offer various programs throughout the year for your enjoyment and education. We hope to see you there!

Non-Fiction Book Discussion

Monday, September 20 at 2 p.m.

Please join us for a discussion of Say Nothing: A True Story of Murder and Memory in Northern Ireland by Patrick Radden Keefe. Reserve a copy of the book through the library's online catalog, by phone or at the Welcome Desk. This title is also available in ebook and audiobook formats in the Libby app. This program will be held

in person. *Registration is required. Register in advance at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

International Book Club

September 21 at 10:30 a.m.

Join a book discussion about *What We Were Promised* by Lucy Tan. Reserve a copy on the library website or by calling the library. This is a hybrid event. *In-person participation requires registration. Register in advance at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000. Registration is not required to participate via Zoom. Please visit the Library's website at www.monroetwplibrary.org/virtual-programs for ID and

password information.

Genealogy Club

Wednesday, September 22 at 2 p.m.

Beginner and experienced genealogists welcome. This program will be held in person. *Registration is required. Register online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Short Story Discussion Group

September 23 at 2 p.m.

We will discuss the next two titles in *The Best American Short Stories of the Century*, "A Jury of Her Peers" by Susan Glaspell and "The Other Woman" by Sherwood Anderson. This program will be held in-person at the Library. Register in advance at the Welcome Desk, or call (732) 521-5000.

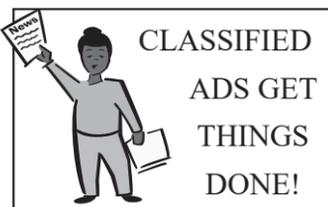
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AAA TRANSPORTATION— Monroe area. (Encore resident.) Transportation to airports, trains, piers, NYC, and I will drive your car to and from Florida. Reasonable rates. Call Howard (732) 979-3085.

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