



REGENCY REPORTER

Vol. 17, No. 11, NOVEMBER 2020 - PUBLISHED MONTHLY FOR THE RESIDENTS OF REGENCY



The Winners of Regency's Outdoor Trivia Night are, from left: Bart Sterni, Kathy Toth, Susan Kane, Ron Kane, Lynn Stecklow, and Bill Stecklow. See page 2.

Photo by Shelly Senack



Regency residents who are enrolled with Clark Fitness enjoy a work out in Mardi's Cardio Sculpt class on a beautiful Wednesday afternoon. See page 13.

Photo by Mardi Leibowitz



Above: "Alexis Finds a New Friend"... painted by "Grandma Barbie" Bickel.

On right: "A Study of a Water Lily"... painted by Barbara Bickel.

Photos submitted by Ed Bickel



Neil Sohmer submitted this photo that was taken at the Alaska course after he finished the round that completed his dream of Playing Golf in all 50 States. "The photo shows the certificate they gave to me and the shirt as well. We bought the '50' plate to properly memorialize the occasion." See article on page 18.



Skyward by Bharat Doshi. This unusual perspective was taken of a storefront display in a courtyard in Guimaraes, Portugal. See Page 6

Photo submitted by Phil Levy



This photograph captures the action just as a Red Shouldered Hawk takes flight in Green Cay Reserve, Florida. See Page 6

Photo by Phil Levy



Resale remodeling is becoming a home trend. Above is the renovated kitchen of the home at 15 Tamarack. See Home Trends on page 16.

Photo submitted by Cheryl Hand

From the Entertainment Committee



By Shelly Senack

Outdoor Trivia Night

On Tuesday, September 15, The Entertainment Committee was excited to be able to have our semi-annual Trivia Contest Outdoors. Over 140 well studied Regency Residents came to show off their knowledge. Gary



Stephanie Harmon and Gary Roth preparing for Outdoor Trivia Night.

Roth spent many a night looking for the best questions to really test us all. We had tables of six. We had an ice cream

truck for all to enjoy and prizes were given out.

The winners were Kathy Toth, Bart Sterni, Susan Kane, Ron Kane, Lynn Stecklow, and Bill Stecklow. While the Clubhouse is closed, we are now having virtual Entertainment Committee meetings to work on bringing you the best when we can resume our regular entertainment schedule! We would like to thank Stephanie and her Wonderful staff for all their hard work in keeping this going and keeping Regency residents the busiest in Monroe Township!

Thank You Notes

Many Thanks!

To our Dear Friends at Regency, we want to thank all of you for the kind words, condolences, telephone calls, cards, donations and tributes in recognition of the passing of our dear son-in-law, Ron Rosenberg. We know that all of you feel our pain and share in the loss with us. It is comforting to know that so many friends are there for us in this difficult time.

Flora and Marty Feldman

Dear Ms. Wolff and Editorial Board.

On behalf of the entire congregation, I want to express to you our sincere thanks for your very generous donation in memory of Herbert Cohen. Joyce has been notified of this donation. The act of Tzedakah (my note - charity), which is the true tradition of our people, is sincerely appreciated by all. It is heartwarming that people such as yourselves have not forgotten the need to support our Synagogue.

Once again, thank you.

Steven Kass, President

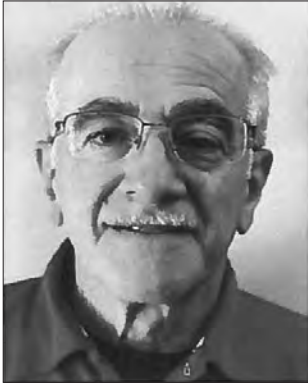
A Note from the Board of Trustees

By Dan Tanzi

Here at Regency at Monroe we seem to have adapted to our current norm. Since being recently elected to the Board of Trustees by this community, I could not have imagined being placed in the situation involving the pandemic along with the normal day to day, and the occasional unexpected, happenings these past few months. Our Regency Management team along with the Board of Trustees, worked together and discussed various issues to ensure how to keep our amenities opened safely and in compliance with governmental mandated announcements. Although the swimming pool season has come to an end, other amenities are still currently operating and we can give a great BIG Thank You for a job well done to the Management team including all the Concierges and the Custodial personnel. The extra efforts put forth by this group continue to be immeasurable.

Continuing on to other unexpected happenings is the failure of the Bulkhead Wall on July 11, along the golf cart path between holes four and five that has rendered hole four unplayable. The replacement of the Bulkhead will commence upon the closing of the 2020 golf season. Everyone has been notified of the extended golf season, now due to end on Sunday, November 29. A special THANK YOU to Applied Golf Inc., for their generosity for the additional month extension of our 2020 golf season. As a golfer I have seen that the overall condition of the golf course has dramatically improved including the carpet-like feel and appearance of the greens and turfs. In addition, the Board and Management continues to work on projects that are all in various stages including the renovation of the indoor pool locker room area, which is scheduled to begin the week of October 12, and currently scheduled to be completed by year's end.

The preparation of the 2021 Budget is well underway along with discussions of the Replacement Reserve Projects that will have been discussed at a recent Budget presentation meeting. Transition 3 is also underway with letters sent to the homeowners requesting



that any issues with common area site problems be shared with Management and the Board. The Board and Management have been working on many other items such as the new guidelines for the installation of Generators, Outdoor Heaters, Portable Generators, Entrance Gate Feature improvement, Enhanced Communication and Technology, and the reopening of the Cafe. Finally, after a long and very lengthy Request For Proposal process, our new Community Management Contract due to begin on January 1, 2021 has been awarded and signed. Many details of the contract will have been discussed with the community at a recently scheduled Zoom meeting.

The beauty of the Fall Season is now upon us and should be enjoyed by everyone. Before we know it, winter will begin and the December Holidays will be here followed by the beginning of a New Year. Time and only Time knows what the New Year will bring. Hopefully we can return to our past normal ways in the very near future. Remember WE ALL need to be aware of the current pandemic situation and adhere to the issued rules, so we can all be safe in this community and everywhere else we may go. It is possible that within the next few months we will learn more news concerning everyone's future welfare and livelihood in dealing with this pandemic situation. Hopefully this news will be a BIG FORWARD POSITIVE step for everyone.

Together, the Regency Board of Trustees along with Management will continue to work for the Regency Community today and every day to ensure its success for tomorrow and the future.



Regency residents waiting for Outdoor Trivia Night to begin. Photos by Shelly Senack

REGENCY REPORTER

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

Please E-mail your materials to:

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

Disclaimer: Unless otherwise stated, the articles contained within this paper are solely the thoughts and opinions of the authors, and do not necessarily reflect the views and opinions of the Regency Reporter's editorial board or Princeton Editorial Services.

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Advertising Deadline: 14th of every month

A Publication for The Homeowners of Regency

*NOTE: Regency Reporter is published on or before the first of every month except for holiday months when the press reschedules to accommodate holiday closings. Issues usually affected are January, July, September, December.

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Fruits of Our Lives
(Not the Pits)

By Christiana Barone

Fall is here! Hope all are staying safe and we have a better fall and winter, only time will tell. However, we have one family that is flourishing with "happy news."

ENGAGEMENT

Helen Spector's grandson, Dr. Stuart Sachs became engaged to Dr. Leah Hallestein in May, 2020. Grandson, Hunter Spector became engaged to Alex Westenook in August, 2020.

ACCOMPLISHMENTS

Helen Spector is proud of



several grandsons moving on with life. Grandson, Jackson Spector graduated from Lehigh College and is working for Jeffrey Bank as a computer engineer. Grandson, Alex Risi graduated from Oceanside High School and will be attending North Eastern in Boston, Massachusetts, (Continued on page 5)

2020 HOA
Public Board
Meeting
Schedule

Currently, all public meetings are held Virtually

Wednesday, November 18, 2020

6:30 p.m. – Budget Presentation if not previously approved in October
Public Board Meeting in Ballroom

SUBJECT TO ADDITIONS AND DELETIONS

Up Close and Personal

By Barbara Bickel (**)

November Birthdays

1 - Elaine Barbakoff/Carol Chodos/Linda Ehrlich/Steve Hammond/Joyce Kaplan/Jerel Levenson
 2 - Shelly Gallanter/Marty Indursky/Kent Roth/Arlene Scher/Rosemarie Spinelli
 3 - Stanley Cramer/Cheryl Frazzini/Bob Mankin
 4 - Pauline Sperling
 5 - Joel Brandt/Lana Perez/Fran Sellitti
 6 - Terri Avallone/Mania DeSantis/Allessandro Farinola/Max Friedman/Gary Roth
 7 - Michael D'Ambrosio/Lynne Unice
 8 - Gloria Berry/Molly Kalomeer/Rolene Magid/Mike Nikitas/Glynis Rich/David Rosenfeld/Lucille Centorize
 9 - Laura Alster/Mickey Zelin
 10 - Jeannie Gersten/Marty Lipchik/Peter Schild/George Troiano/Neil Zipkin
 11 - Jeff Brisman/Gaile Feldman/Dinesh Gala/Rose Grosseto/Mark Kaufman/Melinda McGrory/Alan Summers
 12 - Gene Altbaum/Edwin Espiritu/Rose Marie Healey/M. Esther Johnson/Paul Smith
 13 - Bob Jaclin/Jane Napoletano/Phyllis Poye
 14 - Sue Graham/Marcia Mankin/Goodie Mollen/Harold Starker/Sandy Stollar
 15 - Lloyd Zeitman
 16 - Charlie Nurnberg/Antonio Rizzo/Sy Shuren
 17 - Vivien Karpf/Larry Mazzuchetti/Alan Rockoff
 18 - Christiana Barone/Maryanne DeFeo/Susan Gootnick/Kathleen Muller
 19 - Sharma Nihar/Zachary Shapson
 20 - Caryl Cohen/Barbara Steng/Beverly Stern
 21 - Helene Aquavella/Hal Genkin/Phyllis Orenstein
 22 - Charlie Berhand/Susan Paris/Bob Pincu
 23 - Marlene Kurland/Harold Solat/Karyn Waller-Finkelstein
 24 - Elaine Carrara/Judi DiDonna/Jerry Lubetzki/Robert Weil
 25 - Bari Belosa/Helene Langman/Vivienne Rubin/Steve Schuman

26 - Ilene Brudner/Marty Cohen/Jim Florin/Marilyn Jaclin/Marilyn Karben/Karen Mednick/Annette Quinto
 27 - Susan Cohen/Micki Indursky
 28 - David Gellman/Ellen Heitner
 29 - Arthur Rosen/Carl Schwartz
 30 - Ross Goldberg/Susan Post/Annette Szaichler

November Anniversaries

1 - Audrey & Reid Goldman
 2 - Beverly & John Boccone/Tina & Gil Silverstein
 3 - Vicky & Harry Herbst/Eleanor & Joseph Susanno
 4 - Elaine & Robert Bernstein/Geri & Jerry Garfinkle
 5 - Marcy & Emil Berger/Rosemarie & Tom Maltese
 6 - Shahnaz & Abdullah Ali
 8 - Risa & Craig Jarvis/Marlene & Alan Kurland/Gayle Nelson & Jay Lynn
 9 - Barbara & Terry Daly
 10 - Terri & Steve Avallone/Cindy & Jerel Levenson
 11 - Lori & Sheldon Piekny/Renata Rozenfeld & Zachary Shapson
 17 - Judi & Herb DiDonna/Ellen & Bob Rosenthal/Louise & Andrew Sether
 19 - Judy & Stanley Goldstein/Carol & Elliot Kominsky
 20 - Jaya & Prem Gupta/Joyce & Scott Thompson
 21 - Laura & Laurence Alster/Ro & Jack Barton/Linda Lieberman & James Fisher
 22 - Daisy & Joseph Grispon/Linda & Alton Kinsey/Janet & Bob Pincu/Bev & Al Ross/Barbara & Ira Schwartz
 23 - Carol & Kieve Kortmansky/Jackie & Harold Shain
 24 - Nancy & Ronald Lane/Sandy & Bernie Newman/Sheila & Richard Strug
 25 - Carolyn & Howard Bernstein/Faye Katz & Robert Giacomino/Roberta & Philip Rothenstein/Beverly & Ed Stern
 26 - Shelley & Stuart Bernstein
 27 - Fran & Sam Gordon/Stephanie & Fred Hollinger/Ilene & Bill Slater
 28 - Lynn & Irving Eckstein/Anita & Michael Toubin
 29 - Roberta & Alan Gottlieb
 30 - Marilyn & Barry Karben/Harriet & Barrie Levine



(**) Are your dates correct? Are your important dates not listed? If this is true, let me know, and it can be fixed. (barbick132@aol.com)

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What It Takes to Put Out the Regency Reporter

By Cecile Spector

We often tend to take for granted something that is delivered to us at no charge every month, and never fully realize the effort that goes into the creation of the finished product – the *Regency Reporter*. We hope the following will clarify what it takes to provide you with a monthly community pub-

lication.

- A Publisher, in this case, “Princeton Editorial Services, Inc.”
- An Editor-in-Chief
- An Editorial Board
- Contributors of articles and other informational pieces
- Proof readers
- Photographers
- Distributors

The mission of the *Regency Reporter*, an independent publication, is to provide information about the community, the various clubs and committees in the community, and provide articles that inform and/or entertain, on topics of general interest to the members of the community.

Putting out a monthly publication is a daunting job. Many individuals are involved, *all* of whom, just as with club and committee leaders, work on a *volunteer* basis. Heading up these individuals is our Editor-in-Chief, Nina Wolff. Her responsibilities are widespread and take countless hours to fulfill. She edits each article that is sent in or is solicited for the paper. Any community member who wishes to contribute material to the paper can submit it to Nina. New ideas for columns are always welcome. Nina generally discusses these ideas with the Editorial Board. When Nina is away, Cecile Spector fills in for her. The Editorial Board includes Barbara Bickel, Lou Flumen, Laurie Lipper, Sandy Newman, Doug Poye, Elaine Sandler, and Cecile Spector. When various events occur, such as art shows, private musicales, charity events, etc., members of the Editorial Board often act as reporters.

Numerous columns are seen regularly in the *Regency Reporter* each month; some columns are seen from time to time. Many articles are seen on a one-time basis. Keeping these articles on track requires Nina to keep in touch with their contributors. In this way she can determine who is sending an article for the coming month and who is not. Without our contributors and photographers we could not have a paper. We are so grateful that these individuals are willing to give their time and share their talents to make the *Regency Reporter* the high-quality paper it is. When deadlines are drawing near, Nina issues reminders. She coordinates the photos that have been sent in, or solicited, with the related articles. When not submitted with each photo, it is necessary to research the name of the person who took the photo, and the names of each individual shown in the photo. When captions are not included with photos, Nina often writes them. Several volunteer photographers answer the call when asked to cover a specific article. For the most part, however, individuals within the many clubs in Regency submit photos of their events.


The writing style used in newspapers often differs from our everyday written English. Each contributor is provided

with the *Regency Reporter Style Sheet*, which explains the guidelines for submitting articles. Individuals who volunteer to scan the first draft of the paper are made aware of these differences by Nina and Cecile. These proofers spend many hours reading and rereading the first proofs sent by the publisher to correct any errors that may have eluded the first, second, and third editing, or errors made when setting the articles in print. After the proofers have done their jobs, the publisher incorporates changes and sends the corrected proofs of the paper to Nina for a final edit. At this point the paper is gone over with a “fine-tooth comb” to make sure that all typos have been caught, that the articles match up with the photos, and that all photo captions are appropriate.

Throughout the year many residents ask questions or make comments related to the paper, which Nina and the Editorial Board have to address. In addition to numerous emails and phone calls, Nina has to determine the appropriateness of all that is written in the *Regency Reporter* because she is the one who is ultimately responsible for its content. Potentially inflammatory or controversial issues that do not serve the readers in a positive manner are avoided. For this reason, the *Reporter* must remain neutral concerning political matters and does not publish articles supporting any particular political viewpoint. Princeton Editorial is responsible for all of the paid advertising seen in the *Reporter*, pre-press production and printing. All production costs are covered by advertising revenues.

Finally, there is the distribution of the *Regency Reporter* to the community. Elaine Sandler and Lou Flumen coordinate this process. They draw from a long list of individuals who have volunteered to place the papers under the mailboxes of an assigned number of homes in the community. Generally, each volunteer will deliver to the block on which they live. Coordinating the delivery service is often a difficult task. When distributors are ill or away, they have to be replaced, and substitutes have to be found. On numerous occasions, Elaine and Lou cover for distributors when they are not available. The papers usually arrive in the community on the last day of each month. Extra copies of the *Regency Reporter* are placed in the Clubhouse vestibule about the tenth of each month.

All of the jobs mentioned are common to most newspapers, magazines and other periodicals. The *Regency Reporter* may not be *The New York Times* but, under the excellent leadership of our talented Nina Wolff, we make a great effort to provide the community with interesting, balanced, well-written articles, and with as few typos as the most respected publications.



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The Regency Culture Club: Let's Talk Turkey 2020

These past seven months have been an exceedingly difficult time for our country. Our Turkey Drive for the past 16 years has always been important, but this year it is imperative that we feed the needy families of Monroe Township. We are gearing up for our annual Ten for Turkey Drive. As

the holidays draw near, turkeys will be absent from many households. The Regency Culture Club supports our community by assisting the Monroe Township Office on Aging Holiday Food Basket Drive. We are once again turning to our friends and neighbors and requesting each household makes

a minimum donation of \$10 so that we can put a turkey on the table to complete the holiday picture for many township families. One turkey goes a long way in providing a number of meals. And the bones, oh those bones make a great soup. Your generosity over the past 16 years since we have been collecting Ten for Turkeys is much appreciated. Your support is urgently needed once again. Help make a difference in the lives of our township neighbors in need.

Please make your checks payable to the Regency Culture Club and leave them in the mailbox of Milt and Sue Paris (25 Crenshaw), Ken and Joan Kastin (10 Harbor Town), Sue Miller (19 Torrey Pines), Barry and Laura Shandler (10 Hogan), Marsha Krane (16 Country Club), Jim and Sue Graham (13 Ballybunion), or Sandy and Larry Cains (94 Kings Mill). For more information contact Susan Miller. Her number is in the Regency directory.



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The Regency Women's Group



**By Carole Goldman and
Barbara Wilner**

Somehow summer has passed and this year November brings the start of a different type of holiday season. Hopefully this Thanksgiving we can all be thankful for the good health of family and friends and the blessings we are able to enjoy. In this spirit, we want to thank you for your generosity in donating to our 50/50 raffles in the 2019/2020 season. Every spring we ask our members to tell us of causes dear to them and that is how those chosen have been selected. Following is a listing of charities who have greatly appreciated your support.

- Play for P.I.N.K.
- Brain Trauma Foundation
- Crohn's and Colitis Foundation
- Michael J. Fox Foundation
- National MS Society
- Gary Sinise Foundation
- Lupus Foundation of America
- The Birthday Box
- The National Pancreas Foundation
- St. Jude's Children's Research Hospital

- Friends of the Senior Center-Monroe Township Food Pantry
- The ARC

As well, The Needy Families of Jamesburg at the John F. Kennedy School could not be more appreciative for both the warm weather clothing necessities and Holiday toys received this year.

Hopefully sometime in 2021 we can return to our normal lives. The Women's Group looks forward to resuming all you have enjoyed. In the meantime, we wanted to thank you for the support that has meant so much.

Till next time...

Fruits

(Continued from page 2)
studying engineering.

Helen Spector's great-grandson, **Jace** turned one year old on July 17, 2020. Unfortunately, Helen does not get to see him very often since he lives in Buffalo, New York.

A SPECIAL NOTE TO ALL NEWCOMERS TO OUR COMMUNITY

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

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Singles
Mingle

By Barbara Butchen

As we go about our daily lives running to and fro throughout our local area, most of us have probably noticed signs designating various sites of historical significance. I started to become more curious about them in the aftermath of a program sponsored by the Regency Singles that was presented by the Monmouth County Historical Society last October on local dress and everyday life in the eighteenth century. According to the National Parks Service, due to its central location between the British command post in New York and the rebel colonists based in Philadelphia, New Jersey was . . . “truly the crossroads of the American revolution” and . . . “the scene of more engagements than any other colony.” The battles that were fought here were instrumental to our ultimate victory over the British.



Overlook to the site where the Battle of Monmouth took place on June 28, 1778 at Monmouth Battlefield State Park in Manalapan Township.
Photo by Barbara Butchen

According to the Monroe Township Preservation Commission, in June of 1778, George Washington and his troops marched through Monroe Township on their way to what would become the Battle of Monmouth in the part of western Freehold that would later become Manalapan Township. An eight-mile path that passes through Monroe approximates the path that Washington’s Con-

tinental Army took to get there. The trail contains two historic sites - one that served as the encampment site of the troops prior to the battle located on Gravel Hill-Hoffman Station Road, and the former farm where Washington stayed on Hoffman Station Road. I have driven by this area on a regular basis but have never been able to slow down enough or pull over to read the words on the marker that denotes the site from the road.

I was, however, fortunate enough to recently go hiking with friends in Monmouth Battlefield State Park, the site where the Battle of Monmouth took place. It was a lovely day and the sun shone down on the area near the visitor center that overlooked the ground where the battle took place long ago. Now a meadow that backs up to a treed landscape, this tranquil and beautiful place belies the suffering and loss that took place on this ground in the course of establishing our nation. An annual reenactment takes place here each year in June. It is on my “to do” list for next year. How lucky we are to live in an area so beautiful and full of historical significance!

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Images from
the Regency
Digital
Photography
Club

By Nina Wolff

This month, the *Regency Reporter* is continuing to highlight images submitted to the Regency Digital Photography Club via Zoom. Members met to comment, admire the images, and learn from the critique. Two images can be found on the front page of this issue - *Red Shouldered Hawk* by Phil Levy and *Skyward* by Bharat Doshi. Look for more Photography Club images to be highlighted in future issues of the *Reporter*.

Single Stream
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 Regency Book Club

By Nina Wolff

The Regency Book Club met once again via Zoom on Tuesday, October 13, this time to discuss *The Exiles* by Christina Baker Kline, the author of *The Orphan Train*, which the Book Club had previously read and discussed. This discussion was lead by both Susan Sloan and Sara-Ann Wallerstein, and we thank them very much for the effort they put into facilitating this book. Susan gave us a brief history of Ms Kline who was born in England, raised in the American South, and attended Yale and Oxford Universities. She has always chosen to write about history and brings her carefully drawn characters into the historical narrative. *The Orphan Train* was her first big success and *The Exiles* has been optioned for a TV Series. Susan also talked about Australia during the colonial period. At that time, male British convicts were sent to Australia to work the land and eventually populate Australia, which had a large Aboriginal population, with whites. Curiously, no-one at the book club meeting had ever considered just who the white male convicts were supposed to populate Australia with!

Thus we learn about the female British convicts who are sent on the arduous four-month voyage to Australia, on what came to be known as “brothel ships.”

Sara-Ann talked about the many themes that ran throughout the book - some of which are love, history, the roll of women in the 1840's, friendship, education (or the lack there-of), and the British aristocracy. Sara-Ann also kept the conversation flowing by asking thought provoking questions.

We meet three main characters. Mathinna is a young Aboriginal girl living on Flinders Island, who has had the benefit of some education at the missionary school, but is wise beyond her years. Unfortunately, she has been noticed by Lord and Lady Franklin who reside in Government House on Van Diemen's Land. Lady Franklin has decided to bring Mathinna to Government House as an “experiment,” to see if she (sometimes referred to as “it”) can be further educated and turned into a “lady.” While Mathinna endures a sad and lonely existence, she fully understands the folly of her captors, and their capricious and cruel ways. We remembered her dressed up at a party like a doll in a bright red dress, so that she could show off her newly learned dance skills. When the guests become bored of her she takes a drink from a tray, becomes tipsy and does a native dance — much to the dismay and horror of the Franklins.

Evangeline has been lovingly raised and taught by her father who was a Pastor. Carol Okin specifically mentioned this quote from Evangeline's father, “Women are less than men and we need them to slow us down and bring out our better side.” When he dies she is left alone and takes the only position she can, as a governess to the two young children in the home of the Whitstones, wealthy aristocrats in London. While Evangeline knows the classics and has been well educated in the teachings of the Church, she knows next to nothing about life. She does not fit in anywhere at the Whitstones as she is certainly not an aristocrat and is too lady-like for the other servants. Unfortunately, she has been noticed by the family's older son, a cad to say the least. He plies her with pretty words and loving caresses, which, in her innocence she falls for.

Hazel has been pretty much dragged up by a neglectful and abusive mother who has left her alone to scrounge from a very young age for scraps to keep herself alive. Her mother, however, is a midwife. And while she does not give one thought to her own daughter, she is loving and very careful with the women in childbirth. She has a good reputation and quite by accident teaches Hazel everything she knows about life, child birthing and rearing, as well as medicinal herbs - those that can save a life and those

that can kill. Thus, Hazel is possessed of an important skill and knowledge, which leads her to be noticed by the kind doctor aboard the ship - Doctor Donne.

The Exiles takes the reader on a fascinating journey as Hazel and Evangeline end up on the convict ship and Mathinna – well, I suggest you read the book to find out about Mathinna. These are strong and resourceful women who find themselves in dire circumstances at the beck and call of horrendous men and situations. Most attendees really liked the book and all felt they learned a great deal about this here-to-for little known time in history. Certain scenes from the book stood out – Mathinna dancing in her red dress, Evangeline being

(Continued on page 11)



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There are many causes of back pain. Some people develop it over time, others are injured in sports, work or auto accidents. Most people complain of pain and numbness in their legs, usually the result of spinal conditions such as sciatica, stenosis and herniated discs.

Regardless of the cause, people cope with pain in several different ways. Many people try to wait back pain out only to find that it keeps getting worse. They buy new mattresses, try different stretching exercises, learn new techniques for sitting and standing, yet their conditions do not improve. Some make repeated unsuccessful trips back and forth between their doctor, chiropractors and/or physical therapists. Others opt for surgery, and while it is true that surgery may be the answer for certain types of back injuries, it is highly invasive and not without serious risks.

COMMON COMPLAINTS THAT COME WITH LOW BACK PAIN:

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Hadassah Highlights



By Carol Kortmansky,
Karen Ross, President

Just when we thought the 2020 could not get any worse, on Erev Rosh Hashanah, as I was watching a virtual holiday service my heart was broken and the peace I was hoping for on that day was shattered when I heard the news that Ruth Bader Ginsberg had died. So

many of us hoped and prayed that she would remain on the Supreme Court at least during these tumultuous times. But alas, that was not meant to be! I think it is only appropriate that we at Hadassah use this space to once again celebrate this remarkable woman, and praise her for all that she accomplished throughout her blessed life. Much has been written about her since she passed away, and in case you did not see the article, I would recommend that you download and read an article that appeared in the *New York Times*, written by Jennifer Weiner, an author whose books we have read for our Hadassah book club. The link for the article, entitled *The Very Jewish R.B.G.* is as follows:

<https://www.nytimes.com/2020/09/29/opinion/ruth-bader-ginsburg-jewish.html?smid=em-share>

Ruth Bader Ginsburg earned her “Notorious RBG” nickname through decades of fighting for equality, on the bench and off. First as a trailblazing attorney for women’s rights, and then as the second woman appointed to the Supreme Court, she found humor in her late-in-life fame, like her rapper-inspired moniker.

Throughout history Jewish women have been marked as protectors of Judaism in the home and as pillars of strength for their families and their community. At our first Regency Hadassah Women’s Seder, which honored Jewish women of influence Bonnie Sachs, a former Regency resident, wrote about Justice Ginsburg. She talked about RBG as one who faced gender discrimination throughout her life. Ginsburg was always gender-blind, a supporter of workers’ rights and the separation of church and state. In 1996 she wrote the landmark decision that admitted women into state funded Virginia Military Institute. After her appointment to the Supreme Court, Justice Ginsburg told an American Jewish Committee audience, “I am a judge born, raised and proud of being a Jew. The demand for justice runs through the entirety of the Jewish tradition. I hope, in my years on the bench... I will have the strength and courage to remain constant in the service of that demand.” When asked about her legacy, RBG said “To make life a little better for people less fortunate than you, that’s what I think a meaningful life is. One lives not just for oneself but for one’s community.” It is with certainty that I can state that her legacy is secure and wish was fulfilled! The notorious RBG was surely a woman of valor and her presence on the Court and in our world will be missed for generations to come. May her memory be for a blessing. Rest in peace, Justice Ginsburg.

We’d like to extend a welcome to **Myrna Teicher**, who has recently moved to Regency and transferred her Life Mem-



Carol Kortmansky

bership to our chapter. 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, or our Membership Vice-Presidents, Linda Grossman and Annette Kushner for more information. Their phone numbers are listed in the directory.

On September 21, our book club met to discuss the *Last Watchman of Old Cairo*, by Michael David Lukas. Marilyn Jaclin led the lively discussion, which definitely showed that we all don’t agree on everything. There were a lot of different opinions about the book, but most agreed that it highlighted a period of time and a subject of which most of us were not aware.

On October 19, our book club met to discuss *Becoming Eve*, by Abby Stein, which details the author’s journey from Ultra-Orthodox Rabbi to Transgender Woman. The discussion was led by Phyllis S. Greenberg. Since this was held after the newspaper went to print, we will highlight it in next month’s *Regency Reporter*.

On October 26, also after the newspaper went to print, we were treated to an online discussion with the author Lisa See, whose newest book, *The Island of Sea Women*, offers up an evocative tale of two best friends whose bonds are both strengthened and tested over decades by forces beyond their control. Lisa See is an American writer and novelist. We were delighted to host Lisa See at a Book and Author Luncheon, where she discussed the wonderful *The Tea Girl of Hummingbird Lane*. Look for a discussion of this event in next month’s newspaper.

On November 16, we will be discussing *Florence Adler Swims Forever*, by Rachel Beanland. The story takes place in Atlantic City, and weaves together a family’s traumas, romances, victories and histories through three generations, beginning in 1934. Please RSVP if you wish to attend any of our Book Club discussions or if you would like to act as facilitator. Log in instructions will be sent out in advance of the Zoom meeting. You can contact Marilyn Jaclin or Marcia Milgrom directly with any questions.

Don’t forget to check out Hadassah’s new website, Hadassah@home. You can hear about experiences of some extraordinary Jewish women, or sit in on a chat with a beloved author. Yoga, cooking, there are so many ways to expand your horizons and activate your mind. Look into it!

(Continued on page 9)

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Regency Hadassah Matching Fund Campaign

Every year at this time Hadassah sponsors a Matching Fund campaign, the funds of which are donated to a specific charity. This year the charity chosen is Autism Spectrum Disorders, through Hadassah Hospital. Donations will be accepted through December 15, 2020, and can be left in the mailbox of either Helen Spector (27 Beth Page), Joy Rockoff (41 Country Club), or Sharon Schleifstein (87 Country Club). Our sincere thanks to those listed below for donating to our **Regency Hadassah Matching Funds Campaign** to date. Additional names will be listed in future issues of the *Regency Reporter*.

Nina Wolff in memory of her beloved parents, Maurie and Harriet White
Regina Barofsky
Carolyn Bernstein
Hollis Borak in honor of her grandchildren
Linda Brattner
Bonnie Breinberg
Minnie Burns
Sandy Cains
Phyllis Carlinsky
Rena Cautin
Fran Datz
Fern Drescher
Joan Ehrenworth
Harriet Fabrykant
Betty Feifer in memory of Herb Nassau

Hadassah

(Continued from page 8)

Please watch your emails for updated information on all of our events and programs. If you change your email, please contact us and let us know immediately. Please send your updated email to kbr1253@aol.com

Karen Ross is now collecting money for next year’s Mah Jongg cards. The cost is \$9.00 for the standard size, and \$10.00 for large print. A check payable to Hadassah can be left in Karen’s mailbox (42 Beth Page). If you will be away for the winter, let her know and she will hold the card until you are back.

We would also like to remind our friends in the Regency community that Hadassah sells Condolence and Greeting Cards that can be purchased from Shelly Schwartz, Sandy Mailman, or Marilyn Krawet. If you cannot contact one of our Card chairpersons, please contact Karen Ross. For JNF Trees (now \$18 if delivered in Regency and \$19 if mailed out of the development) and Certificates (now \$10 if delivered in Regency and \$11 if mailed out of the development) contact Karen Ross or Linda Strauss. Contact Helen Spector if you wish to place a leaf on our Tree of Life. Phyllis S. Greenberg is our Simcha Chairperson. At some point, hopefully in the not so distant future, she will be at our meetings and events with our Simcha Basket and for a small donation you will be able to share your Simchas and good wishes.

To all our members and their families, we say stay safe and healthy!

Flora Feldman in honor of Jonathan Koller
Doreen Genkin in memory of her sister Gloria Lundenberg
Bonnie Gessman in memory of Herb Nassau
Marcia Greenberg
Linda Grossman
Janet Gursky in honor of Mason, Isabella and Sophie Allen
Cheryl Hand in memory of Laurence Zinstein
Micki Indursky in honor of Stephanie Berke graduating with a Masters in Education
Phyllis and Howard Javorsky in honor of Jake Wilner
Linda Kaye
Linda and Alan Knepper in memory of Sheldon Knepper
Fran Koppel
Keri Koslow
Wendy Kotula in memory of FDNY FF Alan Feinberg
Carol Langer in memory of Lucy Berlinsky
Hedda Lans
Rose Lavon in memory of Steve Lavon
Loretta Lenner in honor of her grandchildren

Ellie Levene in memory of William S. Levene
Arlene Levine
Marilyn Lipner in honor of Josh Ellentuck
Harriet Ludwig
Rolene Magid in memory of Rosalin and Jack Barash and Ida and Henry Magid

Sandra Mailman
Laura Metz in honor of all those who suffer from this affliction
Carole Miller in memory of Aaron Lederman
Iris Nagel
Susan and Gerry Post in honor of Neal, Erica and Sam Post
Sondra Ravin

Joy Rockoff in memory of her brother Charles Golodner
Bev Ross in memory of Esther Friedman
Shelley Rothy
Maxine Saum
Sharon Schleifstein
Leslie and Paul Schoen

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The Koller Family's Sukkah.

Photos by Karen Koller



Jonathan Koller shaking the lulav during the Jewish Holiday of Sukkot.

**Hadassah
Matching Fund
Campaign**

(Continued from page 9)
Rosalie and Seymour Shuren
Rhoda Solomon in memory of the Weissman/Solomon Families
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Naomi Trachtenberg in honor of the Bat Mitzvah of Ken and Joan Kestin's granddaughters
Neala Vogel in honor of Sam, Allie and Jackson
Roberta Waller in memory of her loving husband Mel
Eleanor Weinstock
Rhonda Weiss in memory of Hannah and Ed Koppelman
Barbara Wilner in honor of her grandson, Jacob Wilner
Lisa Auerbach in memory of Lori Mockson
Norma and Hal Balshem in memory of Donald Goldberg
Marjorie Bixenholtz
Joan Blitz
Joan Boncore
Carol Chaykin in honor of Mark Chaykin
Sandra Cooper
Debbie Etter in honor of Jake Wilner
Linda Gerber
Carol Goldman, Estelle Firestone, Judi Di Donna and Patricia Segal in honor of Adam Harris
Rhoda Hegt
Marcia Hershey in honor of her grandchildren Emily, Anna-belle, Morgan and Ana
Karen Koller in honor of her son Jonathan
Cheryl Murray
Barbara Rosenberg in memory of her son Daniel Rosenberg
Roberta Rothenstein
Karen Singer
Lynn Stecklow in honor of her grandchildren
Ann Weintraub in memory of Sara Latasz
Eleanor Weisenberg
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Genia Beeferman in memory of Harry Faust
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Elaine Freeman in honor of her

(Continued on page 11)

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Beyond Words

By Cecile Spector

A Look at Recent Changes in the English Language

All living things change, some for the better, some for the worse. This is true of language, which is always in flux. Should we be concerned about language changes? Probably. We want our communication with others to be as effective as possible, and new words, different meanings for old words, changes in terminology caused by technology, and so forth, make it necessary to adapt to the current vernacular.

We see shifts in our grammar

1. When relating what we say to each other (he said/she said) there are different ways of imparting this information. Look at the following options:

- “Then Nancy said, I would have picked Paris.”
- “Then Nancy goes, I would have picked Paris.”
- “Then Nancy is all, I would have picked Paris.”
- “Then Nancy is like, I would have picked Paris.”

2. Instead of saying “to...” we are more likely to use the “ing” form. For example, “She never bothered to call” is currently more likely to be, “She never bothered calling” or, “Joe and Joanne like to skate” would become, “Joe and Joanne like skating.”

3. We used to use “he” to represent both genders, then we switched to “he” or “she” or “s/he.” Now “they” and “their” are being used as gender neutral singular pronouns. “Every individual is different. They follow a uniquely different path.” “Nobody would like to think they are not part of the group.” “Fortunately, each person sang in their own key.”

4. Although “whom” is still used in written English, it is slowly fading from conversational language. “To whom were you speaking?” is likely to become, “Who were you speaking to?”

Written grammar changes occur slowly from generation to generation, but verbal grammar changes occur far more quickly. It often takes a while for older generations to become accustomed to the verbal changes wrought by the generations that follow. “Why can’t these youngsters learn how to speak proper English?” The verbal changes have been adopted by so many people that we don’t really have a choice. Think positive - changes add interest and keep our language from becoming stale.

The desire to avoid terms that might offend has caused us to replace many words we’ve used that have negative connotations. We no longer say someone is crippled. Rather, the person has a physical or mobility impairment, or disability. The words retard, moron, idiot, or imbecile are no longer acceptable; they all have negative connotations. It is more positive to say he/she is a person with a mental deficit, impairment or handicap.

Internet slang, generally in the form of acronyms, provides many additions to our language such as, LOL (laugh out loud),

YOLO (you only live once) and KISS (keep it simple, stupid). These acronyms have become firmly embedded in English for more than a decade. Newer acronyms have been inspired by the Covid 19 Pandemic such as, WFH (working from home) and PPE (personal protective equipment.)

Punctuation

Hyphens are being dropped in words that indicate dual heritage identities; they are believed to be less biased in any direction. It is now considered proper to write Asian American or African American. Hyphens also are being dropped in words with “double E.” For instance, no hyphens would be needed in “preempt,” “reenter,” or “preeminent.” Texting punctuation has become haphazard - sometimes it’s there, sometimes it’s not.

New words are added out of necessity. There was a time, believe it or not, when there was no cell phone. Just as we have a new meaning for “cell,” we didn’t “text.” In fact, the word “text” was not used as a verb, just a noun - it was what you saw when you read a book.

We shorten words to make them faster and easier to say. For some it’s easy to determine what the original word was, such as “limo” for limousine, “rehab” for rehabilitation, “lab” for laboratory, “movie” for moving pictures, “fan” for fanatic or “legit” for legitimate.

We have portmanteau words, that is, two words that have been combined or blended to make a new one. Many years ago, my fancy was tickled when I heard the blending of “huge” and “enormous” into “humongous.” Some of the following blends you probably know, some may surprise you.

- “snark” came from snide and remark
- “smog” came from smoke and fog
- “emoticon” came from emotion and icon
- “Tanzania” came from Tanganyika and Zanzibar
- “motel” came from motor (or



- motorists) and hotel
- “Microsoft” came from micro-computer and software
- “chortle” came from chuckle and snort
- “pixel” came from picture and element
- “bit” came from binary and digit

We’ve also modernized some of the words we use. With the massive growth in technology no one will call a radio “the wireless.” How often do we hear “shall,” or “ought?” More likely, we hear, “will,” or “should.” Here are some of the latest new terms added to the Oxford English Dictionary

- “lit” - when you say something is “lit” you’re indicating that it is very good, enjoyable, or exciting
- “cap” - is basically to lie. If you’re skeptical about what someone is telling you, you

(Continued on page 13)

Book Club

(Continued from page 7)

found with a ruby ring that was given to her for her favors, the horrible sailor Buck meeting his just rewards, and the birth of baby Ruby. It’s well worth the read just to learn of this very interesting time and the people who, unwittingly, came to call Australia home.

The next Zoom meeting of the Regency Book Club will be on Tuesday, November 10 at 4 p.m., when we will discuss *What Alice Forgot* by Liane Moriarty. Marcia Midler will send out the link. If you are not currently on the Regency Book Club email list, and would like to be, please contact Judi Zipkin or Marcia Midler. Everyone is welcome and you do not need to have read the book to join the discussion.

Keep reading – it’s good for the soul...

Hadassah Campaign

(Continued from page 10)

six grandchildren
 Fran Gottlieb
 Lisa Joskowitz in honor of Alex Delgado
 Carol and Kieve Kortmansky in honor of Matthew Allen
 Sheila Kotler in honor of her children and grandchildren
 Carol Kuntz
 Roberta Nelson
 Maddy Riback in honor of Jolie Hope Bruder’s Bat Mitzvah
 Karen Ross in loving memory of Hank Ross
 Assia Shvartz AKA Harel
 Jacki Shain
 Helen Spector in honor of her children, grandchildren and great grandson Jace
 Ruth Ellen Weiss in honor of her grandchildren
 Rita Zeitman

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Know More About Your Neighbors



Cindy and Harry Drum.

Photo submitted by Laurie Lipper

By Laurie and Stan Lipper

Another month has passed and we are happy to have another couple to highlight. Cindy and Harry Drum moved into 6 Kings Mill Road at the end of May 2019. Before moving to Regency they lived in West Windsor for 30 years. Cindy is originally from South Orange and Harry from Brooklyn. Cindy retired from the West Windsor school system in 2015, where she was a speech pathologist. Harry was the president of three different companies for over 30 years, the last being Russ Berrie Gifts.

One of their toys that you might be familiar with were "Trolls." Before retiring he was a realtor and builder in New Jersey. He currently is an author, having written one book and is now working on another.

They have three children, William, Cara, and Jonathan (who recently got married). William has a 14-month-old son and Cara has two sons ages 9 and 7. They both love the theatre, seeing movies and cruising. They belong to the Italian American Club and Harmony In Motion. They enjoy Couple's Canasta and are currently learning bridge. Cindy belongs to Hadassah, the knitting group, and the

Women's Group. She enjoys sudoku, reading, and Mah Jongg and is looking forward to taking up golf and tennis in the future. Harry enjoys playing poker, doing crossword

M&M Movie Minutes

**By Marcia Milgrom and
Marilyn Jaclin**

The Lost Husband

M and M remembered the times we drove to a movie theater, bought a box of popcorn, sat next to each other, whispering about a scene on the screen, giggling or crying. But instead, we sat in our own living rooms and watched *The Lost Husband* on Netflix, a 2020 romance/drama written and directed by Vicky Wight, based on the book by Katherine Center. We see in the opening scene Libby (Leslie Bibb) and her two children Abby and Tank driving to her Aunt Jean's goat farm. When Libby's husband died in a car accident she lost her home and went to live with her mother Marsha (Sharon Lawrence). When her mother kept criticizing her, Libby had had it and moved out. Mother and daughter never got along well as it was. Now, Libby is seeking a new life style. Upon her arrival, Aunt Jean (Nora Dunn) tells



Libby that she will have to learn about the chores on a farm. Libby is not happy about that but has to learn because she is out of work. Jean also introduces her to James O'Conner (Josh Duhamel), who is her farm manager and very handsome. The house does not have Wi-Fi, TV, or any other comforts of home that Libby and children are used to enjoying.

As the movie progresses we see that the three guests are adjusting to life on the farm. The children like being with the animals. Abby (Cartier Hope Haverdal) however, is being bullied in school because she had a limp, caused by the car accident that killed her father. It is James who scares the boy so he doesn't bully her anymore. He teaches Abby how to defend herself. Tank (Roxton Garcia) also bonds with James. Libby begins to develop farm skills, and she too bonds with the farm manager, especially when the two of them get locked in the farm's refrigerator. The family enjoys meeting Jean's boyfriend Russ McAllen (Isiah Whitlock Jr.) and his granddaughter Sunshine (Herizen F. Guardiola). Sunshine is convinced that she could get Libby to communicate with her husband through a medium. We are now getting the idea that Libby is beginning to come to closure with the death of her husband. We now learn more about James. After five years of marriage his wife asked for a divorce. Soon after that she had a stroke and required full-time care. Her new boyfriend left her and James took responsibility for her care.

Libby finds a deserted house on the farm. She also found out that her mother abandoned her while living in that house. She comes to the realization that

(Continued on page 13)



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Above - Marie from Clark Fitness took her Strong Bones class outdoors on Tuesday, October 6.

Photo by Sandy Newman

Below - Exercising in the fresh air with friends in Jaya's Zumba class feels so great!

Photo by Mardi Leibowitz

Outdoor Parking Lot Fitness Classes

By Mardi Leibowitz

Have you felt a bit isolated while social distancing these past few months? Do you want to feel energized? Be a part of a group while still staying socially distanced apart? Join one of Clark Fitness's Outdoor parking lot classes. Exercising outside is invigorating. It's fun to

workout together safely and effectively. Breathing in the fresh air deeply helps keep your lungs healthy! Boosting your mental state and challenging your body are two more benefits for exercising outdoors. Before the weather changes and it gets too cold and windy, get outdoors as much as you can. In October Clark Fitness offered Strong Bones on Tuesdays at 10:30 a.m., Chair Yoga on Wednesdays at 10:30 a.m., Cardio Sculpt on Wednesdays

at 4 p.m., Walk and Tone on Thursdays at 9:30 a.m., and Zumba on Saturdays at 9 a.m. Many residents are enjoying the comradery of these classes; hopefully they will continue through November.



Beyond Words

(Continued from page 11)

could say," She's capping." If you want to say, "this is the truth," you might say, "No cap." If you're texting, you can even send a baseball cap emoji if you feel that someone isn't being honest.

- "nomophobia" is anxiety about not having access to a mobile phone or mobile phone services.

- "simples" (usually said immediately after a statement giving a solution to a problem) indicates that something is very simple or easy to do.

- "whatevs" used (typically in response to a question or statement) to indicate that the speaker is unwilling or reluctant to engage or is indifferent to the matter.

- "chillax" means to calm down and relax; to take it easy, to chill

- "easy-breezy" (especially of clothing, style, etc.) informal, casual, relaxed, carefree.

Changes in our lives are reflected in changes in our language. Just think, until recently only birds could "tweet."

Movie Minutes

(Continued from page 12)

Aunt Jean raised her until her mother came back and claimed her when she saw what a good job Aunt Jean did with her. At this point Abby goes to her aunt and asks her if she can restore the house and live there with her children as well as continuing to work on the farm. She has found a place to call "home." James comes back and says that his ex -wife is moving in with her parents. He is now free of his responsibility and can help Libby with the restoration of the house. The film ends with a kiss.

Although predictable, there are several themes to this movie. The main one is surviving a death of a loved one and starting over. The movie also proves that old fashioned romantic films are not dead. We felt that 110 minutes was a bit too long but we enjoyed it. *M and M* cannot tell you to run and turn on Netflix to see this movie but, if you have nothing to do and want to see an old fashioned movie with handsome stars there is nothing to lose. Josh Duhamel is not hard to look at.

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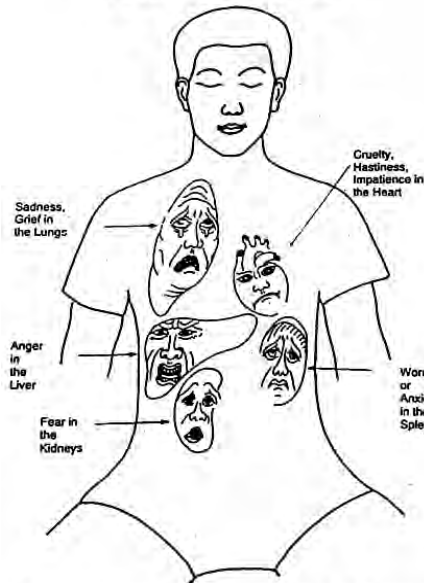
Healing with Yoga Therapy

By Jaya Gupta

Dear neighbors and friends,
Hope you all are doing well and staying healthy. Summer is gone and winter is almost here. I hope you are enjoying your crisp, beautiful morning walks as much as I am. Last month, we talked about how yoga considers us as multidimensional beings - our five yogic bodies:

1. Annamaya Kosha - the physical body
2. Pranamaya Kosha - the pranic, energy or breath body

NEGATIVE EMOTIONS AND THE ORGANS



Our emotions hide in our body for years and attack when we are vulnerable.

3. Manamaya Kosha - the mind or knowledge body
4. Vijnanmaya Kosha - the wisdom body
5. Anandmaya Kosha - the bliss body

Fortunately, medical science has recognized this and has classified these same “beings” into four bodies: physical, mental, emotional and psychological. Let’s see how an accident affects all four bodies. Immediately after an accident or bad experience, one goes through an initial trauma. When this happens, the physical body feels acute pain. The mental body wonders, “Will I be the same?” Emotions run high and the fear of the unknown sets in. If this condition persists for more than three months, it becomes chronic pain and seeps into one’s psychological body. Medicines and physical therapy are wonderful initially to heal our physical body, but the effect on our emotions, mind and psyche will not disappear.

The memory is saved in our knowledge yogic body and will remind us again and again not to do what is causing pain or discomfort. This becomes a fear or limitation and can cause blood pressure or breathing issues, headaches, migraines, etc. This emotional memory can even show up later in life, as Fibromyalgia, cancer or heart disease, triggered by another traumatic experience, such as loss of a loved one, losing one’s job, etc. We take medications to heal one part of our bodies and the side effects of these medi-



cines can take a toll on another part. Then you might take another medication to heal that part of your body and this vicious cycle never stops. This can lead to a breakdown - physically, mentally, emotionally or psychologically. You may take these medications all your life and yet, you will still be asked to change your lifestyle. Well, why wait to change your lifestyle?

Develop a practice with yoga therapy, coupling it with what you love most - sports, the gym, walking, etc. Challenging and calming your mind will heal all five bodies completely. A lifestyle change can reduce or even eliminate the need for some medications. No one ever has to live in pain or fear. Pain of any kind is simply your body’s way of telling you to stop, listen to your body and take good care of the temple you have been given. As winter is approaching, some of you will be leaving for Florida and many of us will stay here. No matter where you will be this winter, make sure to keep yourself active and healthy. Send an email to Jayagupta.lotus@gmail.com and join our Zoom lessons on Monday or Wednesday to learn yoga to keep yourself healthy and happy. Next month we will talk about how to take care of your eyes. Until then stay safe and be well. Love - Jaya

Tech Trends

By Don Haback
Computer Bugs and the Problems they Can Cause

This month, we take a look at the fact that – in spite of extremely good design engineer-

ing – even our best IT companies can somehow miss perfection. Consider that today’s computers (right down to our cell phones, iPads, PCs and Macs) all contain the equivalent of billions of electronic switches, connected by miles of wiring and run millions of lines of software code. It’s inevitable that there will almost always be some errors (tiny to very large) in those designs. Those errors came to be called “bugs.” If you look up “computer bug,” you’ll find that the word actually originated back in 1945. Engineers at Harvard University, while testing one of the first computer systems, actually found a dead moth in their system. Its wings had prevented a switch from closing. Interestingly, it was the famous computer pioneer Grace Hopper who publicized the incident. By the way, fixing these issues came to be called “debugging.”

Just about every computer company is subject to bug issues – and the need to constantly debug their products. Microsoft is one such company. We’re all familiar with Windows, the hugely popular operating system that manages most of our personal computers (and most of those in commercial use


(Continued on page 15)

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The Pet Corner

By Bea Siegel

**Phoebe’s Silent World
(a true story)**

I’ll never forget that 100 degree day in Phoenix, Arizona, where we lived for 16 years. I was work-



Happiness is Carole Speert and her seven-year canine companion, Zel, spending time together. Zel is a Shih Tzu/Yorkie-mix with lots of love and fun to give. At five years old Zel was in an animal shelter (3 Hearts, 4 Paws) waiting for a home, when in walked Carole. They captured each other’s heart, and the rest is history. Carole says, “Who rescued who?” Maybe Zel is eight years old, but only she knows for sure.

Photo submitted by Bea Siegel

ing in an animal hospital/animal shelter as a volunteer (for 15 years), and that one day began as a horror. As I entered the main area, I came upon a big enclosed carton. When I opened it, there lay a little white puppy that looked like a rolled-up sock, but there was no whimpering and no movement, except for her little body shaking like a leaf. I picked her up and rushed into the clinic. We all had tears in our eyes because just when you think you’ve seen it all this cruel, unfounded “thing” happens. She was about eight weeks old, dehydrated, hungry, and just needed to be held. What a trooper she was to withstand an IV stuck in her tiny body to give her the essential fluids that were needed. When this puppy started coming around, we immediately transferred her to our isolation room where she would remain for two weeks, so she could get healthy, vaccinated, and handled by many at the shelter. We named her Phoebe. We fell in love with her. Phoebe had beautiful blue eyes, and by three months old, her perky personality began to develop. But when no one was around, she was sad. At one point we realized that the sounds of the shelter dogs didn’t affect her although when someone spoke to her, she would tilt her head trying to listen, but she



heard nothing. After many different tests we knew Phoebe was deaf. Phoebe was what humane societies call “a special needs dog,” which of course means a very special person could adopt her. By six months old, Phoebe went through many specialized dog trainers, and all of us had to learn how to communicate with a deaf dog. We had four big play-yards on the premises. Phoebe was always the first dog out to be socialized, handled, to meet other dogs, and learn how to behave in many different situations. She was smart and quickly learned the ropes, but most importantly, before being adopted, we would have to train the person interested in adopting her in communication systems.

Animals have their own body-language, and part of training is not only vocal, but also hand-signals, and lots of reassurance and love. There are many dogs and cats that are brought to animal shelters by people who will tell you their animal is dumb, stubborn, and just won’t listen. Instead of trying to find out if there is a medical issue, it’s easier for them to just give the animal up. Phoebe was pure white with blue eyes, an indicator that a dog or cat could be hearing impaired, or sight-impaired, and in that case should be examined by your veterinarian or specialist. For instance, beautiful Australian Shepard’s that are of the color “merle” and have blue eyes have a genetic disposition of possibly being deaf. Many breeds of dogs are prone to eye problems or hearing problems - Dalmatians are especially prone, white German Shepard’s, occasionally white Dobermans, and more. The big problem is when dogs and cats are constantly bred indiscriminately. With inbreeding, problems continue through the genetic line, and the more popular a breed becomes, there’s no balance in the genetics. Breeds that become popular as “designer dogs” might have behavior problems because of their growth in popularity, and wind up in animal shelters, because they’re difficult to handle, and on-and-on it goes.

Anyway, back to Phoebe.... She was at the animal shelter for two years until her forever person adopted her. The family spent four months with a special trainer before Phoebe went home. She was a healthy 45 pounds, full of spirit and love and lived eight years. Indications of hearing-impaired dogs - tilting of the head, bad balance, constant circling, and of course learning difficulty, and color of the animal. Hearing impaired puppies are the result of pigment-related deafness. If you have any questions about canine deafness, contact The Dalmatian Club of America.

How about a picture of your pet appearing in the *Regency Reporter*. Just call me. I’m in the book, and am camera-ready.

Tech Trends

(Continued from page 14)

around the world). We, almost constantly, are faced with “automatic updates” to Windows. These are generally distributed to correct bugs in their designs. Apple is also subject to regular updates to its operating systems (MacOS and iOS) – and for the same reason – to fix bugs.

Beyond operating systems, most of our generally used applications (like, for instance, Microsoft Office) are updated regularly. Computer games are always improving – making use of the newest computer technologies (especially those for

and can even do virtual dog-fights with both the computer and any friends who also have the app. However, it’s not totally bug-free! Apparently due to a “typo” in the coding of the game, a 212-story building – perhaps originally intended to be a 21-story edifice — appears in the northern suburbs of Melbourne, Australia. Here’s what The Melbourne Monolith looks like (or certainly did before it was debugged out of the program). This is an actual Flight Simulator image. There was a mistake in the coding for what obviously should have been a much shorter building.



video display and 3D rendering) to provide real-live (OK, almost) images for users to “play” in. Microsoft recently released its newest version of Flight Simulator. This “game” has been around for 28 years - and continually gets better. It now can generate beautiful video displays of almost everywhere in the world. You can actually fly over an excellent video rendering of your house! You can “pilot” a wide variety of planes, from single-engine Cessna’s through fighter jets and the largest passenger and cargo planes -

It’s especially hysterical if you’ve ever tried this delightful program. There are, apparently, a few more strange bugs in the program too.

Yes, bugs are not unusual – and are generally found and corrected quickly. In the case of the “monolith,” a huge number of early users of this program found and reported these issues to Microsoft. We’d note that it’s the user community that generally finds and reports bugs (the ones that get out) – but not before sometimes creating a few laughs about them.

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The Editorial Board

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Dining Room

By Cheryl Hand

Re-Sale Re-Modeling Becoming a Home Trend

More and more re-sale buyers are renovating the homes they purchase. Wendy and Howie Kracoff bought 15 Tamarack Road in 2018 for \$525,000. It is a Bayhill model with a loft and a basement; a home that would normally sell much higher than what they paid. This property had been on the market for some time and rented for two years. The former owners, artistic by nature, created a modern home with a Stainless Steel staircase and mantel, which dominated the décor of the house, along with a wide variety of colors in every room. When they lived in the house, it worked beautifully, but when their personal belongings left New Jersey with them, this popular model became difficult to sell. Until the Kracoff's came along! Wendy, who is the proud owner of All About Windows and Walls, had a vision when she walked into this house. She knew she could make it her own and truly wanted a house that she could change. This one had a large open floor plan and bones in the right places. Howie went along with her urge for a project and now this home is a showcase. Being in the business, Wendy did have some experience with buying and flipping homes. Unfortunately, their previous home in Manalapan had a devastating fire. They re-built giving her even more experience at renovating. I hope you can see from the pictures that her taste is impeccable and that Wendy literally transformed this home into a showcase valued much higher than their original purchase price. Wendy's company, All About Windows and Walls, is listed in our preferred vendor list. If you are seeking some professional and neighborly advice, she'd love to hear from you.

Describing what the Kracoff's did to this home is not easy. They changed so much. The wide-plank Cali Bamboo floors run throughout. Custom molding is everywhere, but just the right amount. The archway in the entry, the column in the dining room, the wall up the staircase, which brings your eyes up to the coffered ceilings in the Great Room. The Great Room has a gas fireplace surrounded by the quartzite that is in the kitchen. The Dining Room is awesome and pictured here. Several rooms are faux painted to such perfection that you have to touch them to convince yourself it is not wallpaper. Her faux painter is Debbie Fassi of Fassi Designs and she is quite talented. The window treatments finish the rooms and Wendy did those herself.

The kitchen is the center of



Photos by Cheryl Hand



Great Room



Bar

attention. An oversized low center island is topped with quartzite and has a six-burner cooktop. The sink is on the opposite side. The center island is covered in grey stacked stone, which matches the bar that she created when she opened the wall from the Great Room to the Kitchen eating area – in that eating area are built-in's along with a mounted TV. The working kitchen (pictured on the front page) has a full refrigerator and full freezer, a vented hood made from decorative molding and matching stacked stone. Wendy is particularly proud of her Baker's oven. The rooms blend together perfectly.

The Master Bedroom, which they saved for last, is expanded and of course, tastefully decorated. The Master Bath has an oversized shower, double sinks on one side, and a built-in vanity on the other side. The main guest bath has one-half of a clear glass shower insert and a strip of accent tile along with faux painted walls. They recently added a porcelain patio with built-in BBQ. The transformation on this home is unbelievable. With some creative thinking, a few good contacts and of course a good eye for color and design, you too, can re-create

(Continued on page 17)

Healing Ourselves Naturally

By Steve Soffer N.D. MH

The Choice of Freedom

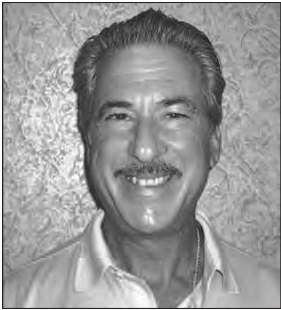
The day of this writing is October 4. The president has been hospitalized with Covid 19 for two days now. He has been given very potent anti-Covid 19 drugs. This is a high dose of an experimental drug that is a cocktail of monoclonal antibodies and Remdesivir, which are both very potent medicines for serious Covid 19 complications. We all wish the President well and a speedy recovery. Regardless of our political affiliations, we want him to successfully recover. Mixed signals are coming out of the White House. His chief physician Dr. Sean Conley has minimized the severity, while his chief of staff Mark Meadows has been straight shooting with the public as to its possible serious complications.

These are most difficult of times to say the least. Thirty-three states are seeing dramatic increases in cases, many in the North Midwest, just like we saw in the South and Southwest months ago. Even in New York and New Jersey, cases are on the rise. Just today the mayor of New York City has closed schools in nine neighborhoods with rising Covid cases in Brooklyn and Queens. We really need to be smart about this. Florida just opened up the state completely including bars, restaurants, and gyms. All indoor facilities are completely open now with no restrictions whatsoever. How long that remains is anybody's guess. We are really dealing with the unknown here. The real question we are dealing with is the price we are willing to pay for our freedom. Freedom is such a powerful subject throughout human history. Libraries are filled with the histories of the struggle for freedom in nearly every culture and every era of human history. Much of that history is external. There are divides between groups, nations, philosophy and even religion versus science. What price are we willing to pay for our freedom?

New Hampshire's motto is "Live Free or Die." That is not my philosophy. If we really want to understand what freedom is all

about, we need to start to look inside. True freedom is neither a gift our governors can bestow upon us nor is it one that weapons or ideology can protect. What we are seeing on the outside is but an expression of what is happening on the inside. In other words, freedom is a state of mind. When we look at freedom this way, our convictions turn attention to our deepest held beliefs about both ourselves and this most unsettled world we currently live in. Many of us equate freedom with a desire and ability to do whatever it is we choose. But, over the years, and especially now, looking at this more closely during Covid has taught me that true freedom is more closely related and associated with our relationship to responsibility.

The life of Nelson Mandela is a true example of this principle at work. While in jail, he demanded to be free in his mind and be responsible for his experience. So, we can look at freedom many different ways. Everything is how we look at it. Two different people seeing the



same situation through their eyes comprehend it differently. For example...a young couple moves into a new neighborhood, and at breakfast one morning, the wife notices that the neighbor's wash, which is hanging in the back yard, is not clean. She says to her husband, "Maybe they need to use better soap." This conversation happens several more times until one morning when the neighbor's wash is out looking clean and bright. The woman comments to her husband, "The neighbor must have changed her soap." He replies, "No, I got up early today and washed our windows." That is how life is. What we see when we are watching others is filtered through the clarity with which we look.

The Evolution of the Year 2020

By Kathy Sisler Soffer

Let's go back to New Year's Eve! A new decade...2020! When I was a little girl that was always so far away from my reality and here we were embarking on the adventure of a new decade. My birthday is mid-January and my son Mike came with my daughter-in-law Alex and my grandchildren, Elliot and Poppy. It was such a mild winter that on the twelfth, we were able to be outside in the backyard taking pictures and playing. The end of January was Poppy's first birthday so we went to Brooklyn and enjoyed an oh-so-sweet party with family and friends.

In 2019, two big tumors were discovered in our cat G. He had been given a month to live in April and here we were going into February with G still with us. We felt so blessed and hopeful and grateful to enjoy him. In February, I would see pictures coming out of China with everyone wearing a mask and I said to myself, "Wow. That must be so hard," and I felt compassion that illness had caused the Chinese people to have to wear them to prevent disease. Mid-February we had a nice gathering in the Clubhouse for Harmony In Motion with dancing and laughing and sharing and enjoying each other and being together in a fun way. On February 24, G passed away and we were numb at the loss of his furry presence.

March! My two sisters, one from Denver and the other from North Carolina, were coming to visit me from the tenth through the fourteenth and I was so excited. We are very close but geography has kept us apart physically. The weekend of March 7 and 8, I had to call my sisters and postpone our being together because there was this virus that people were catching at an alarming rate and for them to fly through Newark with international travelers as well made me feel vulnerable because of my

heart situation. I couldn't chance getting sick. Postponing our visit made me so sad. On March 9, we had Bingo in the Clubhouse, which was always fun although I didn't win anything. By then, it was becoming apparent that this virus was unusual and contagious and many people were getting sick. They named it Covid 19.

On March 12, the Clubhouse shut down and activity here at Regency stopped cold. This invisible virus was affecting people at an alarming rate. We were told to stay home and avoid even grocery stores, being encouraged to stock up and hunker down. In March, April, and May we would go at 6 a.m. for senior hours to get groceries and supplies. No toilet paper? No paper towels? Rations on frozen vegetables and milk? What was happening to our lives? Being home I did projects like cleaning out closets and cleaning the blinds and looking through old folders and my things I had collected through the years. The winter had been mild so we were able to take walks but by then, we were wearing masks and avoiding one another. No hugs or getting together nor visiting each other at our homes.

In June, July, and August we ventured out more as the local numbers for this virus had diminished...always with caution and hand sanitizers and being careful not to touch things and wearing masks with still very little social contact. The hardest part was not seeing my sons and grandchildren and not doing exercise or being able to play bocce. Before all this weird change, I had my routine. Teach canasta on Thursdays at the Clubhouse. Do my Dancefit exercise class with women who had become like a family of friends. I played bocce and even made the bocce team playing in the Senior Olympics. My bocce friends were also like a family. I sang in the chorus and regularly visited friend's homes for game night. Suddenly, all that was gone.

Here we are now into the au-

umn. It has been difficult for us all to adapt to this change of routine. There has been a chance to soul search and get to know ourselves better as we spent more time with ourselves. People have done puzzles and watched more TV than they ever thought they would. The world internalized and it took a daily inner strength to get through with good spirit and please, not to get sick. The weather is changing and getting colder. We must still be vigilant and careful and aware that it still is easy to get sick. Who knows what will be anymore? November, December, January...we just don't know what will be in our lives or if we will have the ability

to get together and share once again. I have begun writing personal cards to people to express and share memories with them or just tell them how much I care for them. We need to be creative and we need to be positive.

Life has changed for sure. Let us not take for granted the little things and become more aware of the wonderful person that lives within each one of us. Become friends with ourselves and know that when we come out again and laugh and dance and share, we will be different people...more grateful to enjoy and begin to appreciate more our lives here at Regency. That is my prayer for us all.

Board of Education To Appeal to Developers

By Doug Poye

During its regular monthly meeting in September the Monroe Township Board of Education approved a motion to appeal to the major developers (Toll Brothers, Lennar, JMS, and K. Hovnanian) in our township to provide financial donations to the district. Board President Steve Riback asked the Board to approve sending a letter inviting representatives of those companies to meet with members of the Board to discuss donating "the resources needed to help our school district meet our needs." In his letter Riback pointed out that the district has added more than 1000 students over the past seven years yet the amount of state aid remains at the same level as it was 12 years ago, \$873 per pupil. He also mentioned that in an effort to provide adequate classroom space for the increased growth the Board held two referenda but both were defeated. Additionally, Riback shared with the developers that the Applegarth Elementary School was built in 1936 and the cost of repairs and mandated upgrades would cost more than that of a new school. It should be mentioned that "impact fees" for developers are prohib-

itive thoughts and images can be our piece of bamboo that can center our attention and calm our wandering and concerning mind. With a strong focus on clear positive thinking, rather than the distractions of the virus, peace and calm can be ours. All we need to do is trust that same force that keeps our heart beating, our lungs breathing, the planets in motion and our lives unfolding without our ever thinking about it; divinely guided as it is intended to be with peace, integrity and love. This is a marathon, not a sprint. A long inning game and we are only in the early innings. Please remember, a journey of a thousand miles begins with a single step. Travel well. Steve welcomes questions and comments from free-thinking individuals.

"When one door closes, another opens; but we often look so long and so regretfully upon the closed door, that we do not see the one which is open for us." Alexander Graham Bell

"The greater part of happiness or misery depends on our dispositions, not our circumstances." Martha Washington

ited under state law.

In the discussion of Riback's motion by the members of the Board, Michele Arminio spoke of the "hundreds of millions of dollars" that the developers are making from the residential housing being added to Monroe. She pointed out that the Municipal Planning Board recently approved more than 900 housing units to be built at the southern end of Perrineville Road and that the developer stated that the project would be completed within the next five years. After unanimous approval of the Riback's motion, Peter Tufano made a motion that the letter be sent to the Mayor and Town Council for co-signing. He felt that such ac-



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Home Trends

(Continued from page 16)

your home. If you don't have the imagination on your own, there are professionals to help, Wendy Kracoff being one of them.

Just as a quick mention, there is another home in the community that was purchased a few years back for \$560,000. Also a Bayhill with loft and basement. The purchaser knew when he bought the home he was going to re-make it and he did. It re-sold this year for \$806,000. I'd say that was a good investment. Both seller and buyer are happy. Any follow up questions or information you'd like to obtain from reading this article, don't hesitate to contact me. I tried something different – if you enjoyed it and you see me, please let me know.

Happy Thanksgiving to everyone – my wish is that you are surrounded by good food, family and friends. Stay Healthy – Wear Your Masks!

SPORTS

Playing Golf in 50 States

By Neil Sohmer

About 20 years ago, I was in the car with my wife and daughter coming home from the shore where we had spent a week on vacation. We were stuck in traffic and having nothing to talk about after a week of family togetherness, I started to think about golf, one of my passions. Somehow, I came up with the novel thought of how cool it would be to play golf in all 50 states. I was brave enough to broach the topic to the family. My wife, Diane, who has always supported my ideas, joined in on the conversation. My daughter was caught up in her CD player and could not have cared less. Diane and I began to propose different scenarios, but none of them were going to accomplish such a lofty and near improbable goal.

Of course, I captured New Jersey and went to New York and Pennsylvania to play. My daughter, Lauren became involved in a worldwide project called Odyssey of the Mind and qualified for the World Finals on two separate occasions, which were held in Maryland and Colorado. The Colorado game was lucky. Lauren had to be at the University of Colorado for her tournament on the Friday before Memorial Day. We decided to leave on Wednesday so that I could play my round before the tournament. I was

fortunate to play my round on Thursday because it poured all that evening and when we woke up on Friday, we had four inches of snow!

Lauren went to Penn State at University Park so before I picked her up to come home, I was able to capture Ohio and West Virginia. She was on the bowling team and we went to some of the tournaments to support her in Illinois and Kansas, which allowed me to capture those two states along with Wisconsin. I now had ten states with a long ways to go, but with a lot of hope.

We went to Disney and Myrtle Beach for vacations, so I was able to capture Florida, North Carolina, South Carolina and Georgia. Along the way with varying vacations, anniversaries, golf trips, college graduations and birthdays, I was able to pick up Connecticut, Rhode Island, Nevada, Tennessee, Mississippi, Missouri, Massachusetts, New Hampshire, Vermont, Maine, Arizona, Hawaii and Delaware. Any trip to a state that I had not played meant that my clubs were coming with us! I now had the entire east coast of the country and I had captured twenty-seven states - MORE THAN HALF OF AMERICA! With this goal in mind, I got to play a course in Washington, DC. I felt that if I ever completed the cycle of

playing in all fifty states that I should have DC to complete it.

In 2012 retirement was on the horizon with only twenty-three states left. I got up the nerve to suggest to Diane that we go on a cross country trip. She agreed and it took until 2017 before it actually happened. It was going to be just the two of us 24/7 for two months. It was all planned and included twenty-eight hotels, twenty-two states and of course, seventeen golf courses. My most frightening thought was will we get through the whole trip and still be married. We completed an amazing trip, still married and I had now captured a total of forty-six states. All that was left was Utah, Iowa, Nebraska and Alaska. We planned a separate trip to Utah and a separate one for Iowa and Nebraska together. This left Alaska. We did a land and sea trip there. As a memento, the people at the final course in Alaska gave me a logo ball, shirt with their logo on it and a certificate for playing their course, which was the farthest north course in North America (Fairbanks).

Twenty years later, I have completed the circuit. I bought a logo ball from each course that I played at and have them on display in my home. This dream had its challenges such as time, weather and cooperation from my wife. She usually went to a spa or a coffee shop until I finished my round. Frankly, without her help and patience to plan this out so that the round did not interfere with our sightseeing, none of this would have happened. The thought started as a fun idea and over time, little by little, the dream came into focus until it became a reality!

Board of Ed

(Continued from page 17)

tion on their part would add weight to the request for the meeting between the developers and the Board. This motion was also approved.

Prior to writing this article I reached out to Riback to see if he had heard from the Township government; he said that he was hoping to have a response from them before the monthly meeting on October 16. Based on the past several years of my attending Board meetings, I am not hopeful that the Township will agree to co-sign the letter. I base this lack of hope on hearing members of past Boards, some of whom are on the current Board, and the public question of the influence of the Township over the Board; however, I have not seen any evidence of such influence. On the other hand, I have witnessed the Township assisting in securing lands for future schools as well as covering the cost of an expensive refurbishment of the high school tennis courts, which are open to the public when not in use by high school students.

Superintendent Dori Alvich mentioned in her report to the Board that the district is anticipating students returning to the

classroom on November 16. Such a return would take the form of a blend of remote learning and in-class sessions. Subsequently during one of the public sessions when members of the public can raise questions or share comments, many callers expressed that the remote learning being provided to their children was much improved over what occurred back in the spring when the schools closed. One parent stated “it was a difference of night and day.” Another said that her child was “becoming more independent in reaching out to the teacher instead of to mom.” Others commended teachers for the hard work and dedication that they are doing in light of the current health crisis. There were several parents who expressed concerns about the adequacy of remote learning for their children who have special learning needs. Admittedly, parents are usually not equipped to provide the appropriate assistance for their children’s special educational needs.

This article is written by a former member of the Board of Education and has not been written at the request of the Board. It is provided for informational purposes to the members of this community.

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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.



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STOP signs in the
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for everyone's
safety!

Thank you!

Shuffleboard Schedule

Shuffleboard will be played every day from 11:00 a.m. to 1:00 p.m. though November 8

Any questions please contact George Steinberg



Awards and Accolades for Monroe's Bravest

By Lieutenant Mike Daley

On July 11, 2019, Engine 5 and Rescue 11 responded into the neighboring town of Englishtown for an extrication involving a commercial box truck and a minivan. The commercial vehicle struck a two-foot diameter tree and had the driver pinned, resulting in severe injuries to his legs, midsection and pelvis. The driver was experiencing severe blood loss as well, and time was of the essence. The crew that responded controlled the bleeding with a tourniquet, utilized hydraulic power tools, chain saws, chains,

and a chain hoist to displace the vehicle components and multiple trees away from the driver, freeing him and transferred him to a medical helicopter that took the driver to a trauma center. After almost 14 days, the victim left the hospital and went on to make a full recovery.

For actions taken on that day during that incident, the crew of Engine 5 and Rescue 11 from Platoon Bravo were awarded the 2019 Saint Barnabas Valor Award, and the 2019 Michael O. McNamee Award of Valor. Congratulations to Lieutenant Mike

Daley, Firefighter Kenneth Bartok, Firefighter Dennis Koch and Firefighter Sean Macri on this well-deserved professional honor!

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