

# Greenbriar at Whittingham PULSE



## *White Butterfly*

By Irwin Dunsky

*Woke up and saw a white butterfly, flying high in the sky  
Landed on my Shoulder, made me feel high, no lie  
The white butterfly was telling me something I never knew  
Life is for loving, wish it was all, but it's only for a few  
Keep your head high, remember what life is about  
Give away what you have, don't be a burnout  
Life is a gift with precious jewels, to give away  
It's everyone's job to love everyone every day  
It's the truth, I was just sitting in the back of my house  
A white butterfly reminded me to love my spouse  
White butterflies are there even when you don't see them  
Be a good person, live your life, your time will come  
Help a person with a flat tire, open the door  
Be courteous to people, even in a store  
Your day will come when you can pay it forward  
Life is an adventure, live as if yours is sugar coated  
White butterflies represent serenity and love  
Every time you them flying high above  
Love makes the world go round, as simple as a song  
Just listen to it's song, it won't take you long*

Westminster Drive resident, Irwin Dunsky is a published poet.  
Read his story by Pulse editor Gayle Shpirt, in this issue.

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Miriam Lerner, Sharon Nachimson,  
Gayle Shpirt, Linda Surks

The **GW Pulse** encourages residents and clubs of Greenbriar at Whittingham to submit articles, stories, recipes, or photos that would be of interest to the community. Additionally, clubs are welcome to submit flyers for upcoming events.

The deadline for material is the 7th of the month prior to the month of publication. Send .pdf .doc .jpg files to:  
[GWMonroePulse@gmail.com](mailto:GWMonroePulse@gmail.com)

We reserve the right to edit all materials.

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Minutes of open board meetings are available via the resident portal at [gwmonroe.net](http://gwmonroe.net)  
Video of open board meetings are available on You Tube. Search for WHOA Recreation

# Musings of the Editor

by Mark Surks

Well, I had hoped by the third issue my screw ups would have been eliminated altogether. Alas, such was not the case. I am not sure how many folks caught this, but one astute resident brought it to my attention.

In the June issue of the GW Pulse, we published a really well written article by Paul Hartnett for the Italian American Social Club about the great boxer Rocky Marciano. If you missed it, go back and read it, even if you care not one wit about boxing (like me). Now I have been adding logos and bits of clip art to each article to give it added attention and a bit of flair. So I went out to the internet and got a photo of the pugilist to drop in to Paul's article.



Shortly after publication, I got an email advising me that the guy in my picture is Rocky Graziano not Rocky Marciano. Honestly, I didn't even know they were two different guys! I simply Googled the wrong guy! So here is a picture of Mr. Marciano, the subject of Paul's article, with my apologies.

On another matter, I was unaware that last month marked the final "Meet The Stars" column from Gail and Myron Alpern. I found out while banging on their door at midnight demanding their July column, that their 15 year effort had come to a conclusion. They have done such a great job all these years and we are in their debt for all the hours, all the words and all the pictures they contributed. A brief article introducing their successor Debbie Cantor-Harbatkin, is included in this issue. Please look it over and be sure to thank Gale and Myron when you see them.

Also in this issue is a wonderfully crafted article by Pulse editor Gayle Shpirt, about GW resident Irwin Dunksy. Irwin has been one of the contributors of poetry to our paper for many years. Gayle's interview of him gives us some insight on what awakened the creative spirit in Irwin.

Last month we featured a story on artist Annette Newmark. If you would like to share your experience with us let us know. It can be on any topic, not just art.

Finally, a book has been published about one of our most treasured residents. Sol Lurie's daughter Bea has written about about her father's extraordinary life. Check out the article on that. Bea herself will be here November 5th. Be sure to read the article about the book in this issue of The Pulse.

# Greenbriar at Whittingham News

By The WHOA Board

Memorial Day started off as one of the coolest holiday weekends in recent memory with clouds and some rain, but warmer sunny weather has finally arrived, and the sun is back. We are now able to enjoy one of our greatest amenities -- the outdoor pool.



The WHOA Board, working with the Greenery Restaurant, has made some changes to enhance our homeowner's experience around the pool, making it even more enjoyable. The Greenery is now offering pool side service with great food to satisfy your appetite. Homeowners who wish to bring their own food have seating options around the outside of the pool wall and in the picnic grove area.

The flower beds in the community are getting a make-over. Our landscapers will be removing dead shrubs and bushes and replacing them with new plantings throughout the community. In addition, most of the stone beds are being refreshed.

The Board has awarded a contract for the installation of bollards to prevent cars from driving onto the sidewalk area in front of the nurse's office. As you may know, a car drove onto the property in this area knocking down our flagpole and light pole. The board wanted to ensure that if an occurrence like that were to happen again, the vehicle would be stopped before it could reach the area where someone may be walking.

By early July, work should be underway for the reconstruction of Pickleball Courts 4 and 5. Pickleball Club members are anxiously waiting for the completion of the project and the first game that can be played on those courts. It will be a great improvement for our community.

These and other planned projects are in the pipeline to enhance our community and are the result of hard work undertaken by the Whittingham Homeowners Association (WHOA) Board and FirstService Management.

We also want to remind you to vote YES or NO to amend the governing documents to combine the existing WHOA and GWCA boards and form a newly consolidated and unified board called Greenbriar Whittingham Homeowners Association (GWHOA). The threshold for passage is very high, and we need everyone to cast a vote. If you don't vote, it is automatically a NO vote.

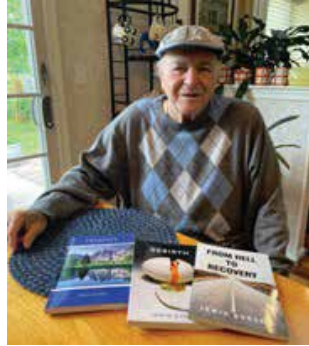
Vacation season is here! Have a safe and enjoyable time in the community or to wherever you may venture out.

# Irwin Dunsky, A Greenbriar Poet-in- Residence

By Gayle Shpirt

*Move forward despite the roadblocks  
If needed slow down and gather yourself  
Reflect on your decided path  
If the road you are on is sound  
Hold your course, steadfast  
And weather the storm*

These are words from “*The Way of the Warrior*”, a poem written by Irwin Dunsky, one of Greenbriar at Whittingham’s most prolific local poets. It’s an optimistic poem that engages the reader in Irwin’s vision of the world and suggests something about his life and his work.



Irwin didn’t write poetry in his early years. As a young person he was always on the go, a “bit of a troublemaker” (his words) who might have picked fights with the kids on the block, might have started arguments for sport (with a strong belief in his essential rightness), might have been a guy with a chip on his shoulder, angry at the world. But something changed a little over forty years ago and since then, he has become increasingly dedicated to spreading hope and gratitude through his poetry. I visited him this month to learn more about what inspires him to write, and how he turned his life around.

When I got to Irwin’s house, after being greeted warmly by his wife, Susan, I was led into the kitchen. On the way there, I noticed how the walls throughout the living and dining room were covered in paintings as well as tastefully framed, well-composed photographs, many of outdoor landscapes. I learned that the photographs were all taken by Irwin’s brother, a successful doctor and one of the major influences in Irwin’s life, who helped him discover his vocation as a poet. The brothers formed a special bond in childhood that lasted throughout life.

Irwin explained that “when I was four, my mother got tuberculosis” and because there was no treatment, he and his brother were sent to a home for Jewish children. Although the family lived in the Bronx, the Jewish home was in Brooklyn. At their temporary new residence, sometimes they were bullied by other kids. The two brothers stuck together and came to one another’s defense when kids picked fights with them. This created a closeness between them. It was a trying time. A year and a half later, when his mother

began treatment for her illness, the boys moved back home. By then, Irwin had changed into a troublemaker, with a rebellious and restless approach to life.

He couldn’t sit still. He couldn’t concentrate. He continued to act out in school. Sometimes, as he got older and his family had moved from the Bronx to Jersey City, he’d drive for hours, through town after town, through traffic lights, without stopping. Now, when he considers his behavior as a youth and young man, he thinks he might have had an undiagnosed learning disability that kept him from paying attention as he should.

Still, despite years of feeling angry with the world, he managed to finish school and considers himself fortunate to have met his wife, Susan. He started college. He and Susan got married and began to raise their two children. Work became central to Irwin’s life throughout this period; he owned and operated a burglar and fire alarm installation company that he ran for thirty-seven years - until he sold it at a profit.

“I worked 70 hours a week, on average. I wanted to make more and more and more money. At some point, my brother started telling me there’s more to life than work. You have to do something else. You have to try new things. And he was right.”

It turned out that Irwin’s brother was diagnosed with ALS, a degenerative disease that eventually stopped him from working. His advice to Irwin was taken as a sign from the universe, “from God,” says Irwin, to stop working so much and to live in a fuller, more meaningful way.

One day about forty years ago, perhaps with his brother’s advice in mind, Irwin picked up a pen and wrote a poem. It was called *Make Your Own Bed*. “It’s about needing to make your own bed – take responsibility. That’s what I first started writing about.”

He’s been writing ever since. Writing, he explained, helped him to be thankful. For example, when he refers to his own health issues, he says, “I feel I was really lucky. With what I have, if I got it fifty years ago, I’d be dead. But now we have many more chances to live. So we should be grateful instead of angry.”

To date, Irwin has written over 4,000 poems and published three books of poetry: *Free Fall*; *Rebirth and From Hell to Recovery*. His early poems, like “*The Way of the Warrior*” focus on the difficult task of taking responsibility for your life; the later ones celebrate the beauty in everyday life and the joy of living in the moment:

*Dance to the miracles, in all that you see  
Life is better than you thought, believe me  
Dancing, dancing, dance the night away  
Hold me in your arms as we just sway  
(from “Dancing, Dancing, Dancing”)*



I asked Irwin what inspires him to write: “I get inspiration from everything – my wife, this table – one day I was sitting outside and a white butterfly suddenly landed on my shoulder. What was that about? I wrote about it. Poetry is the way I give to people. It makes me look at life differently.”

While Irwin has no plans for future books, he has been publishing poems in the GW Voice and will continue to submit his work to The Pulse.

Irwin thinks a lot about how much he’s changed over the years, how he learned to be thankful for all of the people in his life and for every day that he’s been given. “I had a dream that I’m going to live to be 100. But actually, I’m living in the moment. You’re here with me at this moment. Later on I’ll do something else and I’ll be living in that moment.”

*Look for Irwin’s inspiring poems in monthly editions of The Pulse.*

*If you have a life story to share, be sure to let us know at [gwmonroepulse@gmail.com](mailto:gwmonroepulse@gmail.com)*



*Great Blue Heron stealthy poses to catch fish at the Chichester Pond-Ramsey Way resident Charles Laboz*



*Photo by Ramsey Way resident Rich Polk*



*“Nature’s Alley” Pastel by Stonewyck Place Resident Audrey Roth*



*Photo by Harwood Road resident Arie Markowitz*



*Photos by Jay Respler*



*“Farmyard Friend” Pastel by Stonewyck Place Resident Audrey Roth*

# Letter to the Editor

To: Minyan Club,  
Shabbat Club, Greenbriar  
residents,

I want to express my sincere appreciation to those residents of Greenbriar who attended my father, Jack Feigenbaum's funeral, shiva visits to his home, and for taking the time out of your busy schedules to provide me with a shiva minyan to recite the mourner's Kaddish. It is because of your dedication to this mitzvah that I was able to pay tribute to my dad in the manner in which was important to him. I am so grateful to you all.

Respectfully,

Margie Morgenroth

To: Greenbriar at Whittingham residents,

I have talked to several residents about the issue of speeding in our community. They have all agreed it is a problem, but it seems to be pushed aside anytime it is brought up. Emergency vehicles will still be able to get about the community should issues come up even though speed bumps are present.



This issue is a big and common issue people talk about all the time But the board seems to reject it every time. The safety of the community should be the number one priority from the board but politics and community favoritism seems to play out each time this issue is brought up. My feeling is this would take an injury or law suit to change your mind which is too bad for any community members .

Take extra time in deciding this issue as you the board are responsible for our safety . Do the right thing this time and make the correct decision. People's lives are at stake when we walk the roadways and that places it squarely in your laps to make the correct decision.

As I stated before ,when I ask people to slow down I get sworn at or even swerved at during my walks. It is up to you as the board to to make this happen. Put politics and community backlash aside . Those who voted for you expect right decisions to be made. Stand up and correct the issue of speeding or at least have our security team enforce the speeding when it happens.

Right now everyone knows that nobody enforces this issue. If I can detect speeders then your qualified personnel should know what to do . I will even loan my radar gun to your security to use to help stop speeding. Why is this even an issue is strange to me as safety should be the board's first priority.

*Bruce Stanley, Westboro Lane*

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<b>JULY 31</b>	<b>ENJOY!</b> Rock & Roll, R & B and Country - from the 50s to present!	
<b>AUG 7</b>	<b>B. D. LENZ</b> Jazz band plus...Pop, Funk, Motown, R & B, Raggaie & Rock!	
<b>AUG 14</b>	<b>HIDDEN GEMS</b> Singing, dancing & performing talents of India & Bollywood!	

Weather Information for Park Concerts - Decisions for concerts based on weather are made at 2 pm on day of performance. Signs will be posted in the park stating that the concert has been moved to the Monroe Twp. Senior Center, 12 Halsey Reed Road, at the intersection of Applegarth Road. You may also call 732-521-5000 ext. 180 for weather update.

MIDDLESEX COUNTY  
**Culture**  
MTCAC events are posted on  
<https://www.middlesexcountyculture.com>

# GW Camera Club

by Roy Goldschmidt

From your child or grandchild's first breath to the day they say, "I Do", it's a pretty safe bet you've been snapping pictures throughout your life. The reasons may vary from day to day, but the benefits remain the same.



One of the most important benefits of photography is that it can preserve a moment in time. We can revisit photographs for many years after the event occurs and be reminded of the way we felt back then. We can hold onto those who are no longer with us, as well as relive the happy times.

Photography is a great way to document people and events in history. We can also look back and learn a lot about the details of what occurred during a specific moment. In addition, we can record our personal history using photographs, whether with our children, grandchildren or beloved photos of our friends and family.

Once you fall in love with photography as a form of self-expression and creativity, you won't stop taking pictures. Your eyes will open to new places and experiences. Photography can inspire you to travel and try things you've never done before, leading to both beautiful and interesting photos and personal growth.

Greenbriar at Whittingham Camera Club's (GWCC) next meeting is Wednesday, July 16th in the upstairs poker room at 7 PM. We will have a special fantastic program by two of our own members who have chosen to share their personal experiences and skill at taking pictures. Arie Markowitz took a trip to Antelope Canyon on a Navajo Reservation in Page, Arizona. Rich Polk visited Antelope Valley in Southern California. They have co-jointly created a visually stunning display of images that will leave you enthralled.

Looking forward to seeing everyone at the club meeting. Remember to bring your neighbors and friends.

## Did You Realize?

By Michelle Polk

Mangoes are the new miracle fruit. They include potassium and vitamin C. India looks at this fruit as symbols of prosperity, good luck and love. I have a real ripe mango and never realized it freezes well!

Unfortunately they are high in natural sugar. It is also a good source of fiber. Research has suggested that the potassium can lower blood pressure as does the banana. Eat hearty and healthy with fruits.

*Greenbriar at Whittingham Pulse*

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Jeff Zimmerman

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July 2025 - 7



# News from the Golf Course

## July Edition 2025

By Allan Cooper

### Learn to Play Golf

Our Golf lessons continue to encourage residents to take advantage of our Golf Course and learn to play Golf. We offer a small class size, we supply the balls, and the clubs, and excellent instruction. The cost of the course is \$150 plus tax, for ten lessons. We have the entire facility of our golf course to use for instruction.



The course is being taught by Kevin Corey (see above). He is a graduate of the US Golf Teachers Federation Certification Program. This means that he has demonstrated proficiency in understanding the golf swing, how to teach people to swing a golf club, and has demonstrated his own ability to play the game. If people would prefer to take a private lesson with Kevin Corey, that can also be arranged.

Playing golf can offer relaxed enjoyment, walking on beautiful grass lawns, learning a new skill, and spending a few hours in nature having fun.

Golf seems to have two distinct origin stories. On the one hand, we've learned that golf started on the coast of Scotland with shepherds hitting rocks. Sand traps and water hazards were later recreated inland to imitate the hazards found with coastal golf.

Pretty soon they perfected their clubs by shaping them for better hitting surfaces. We also found out that the first recorded commissioned golf clubs were made for King James IV of Scotland in the 1500s. According to historical accounts, he hired a bow-maker named William Mayne to craft a set of clubs and eventually made him the Royal Club Maker. The game of Golf just caught on very quickly, and

spread like a wild-fire across the social spectrum from shepherds to Kings.



The Monroe Township Library set up a Golf Tournament for the second consecutive year.

The entree fee was \$100, Breakfast and a Luncheon were included in the price. The Breakfast and Luncheon were catered by the Greenery, which is the restaurant located in the Towne Centre at Greenbriar at Whittingham. Prizes were awarded for closest to the line, closest to the hole, and lowest team score. The teams played in a shotgun tournament. One group won a drawing to come back next year and play for free.

*Greenbriar at Whittingham Community Presents*



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They play the best of: Ambrosia, Pablo Cruise, Christopher Cross, Hall & Oates, Seals & Crofts, Little River Band, Player, Boz Scaggs, Bread, Rupert Holmes, Orleans, Looking Glass, Kenny Loggins, Michael McDonald and many, many more!

So grab your bubbly, your Skipper's cap, bell bottom jeans and sit back and enjoy!

**SATURDAY, JULY 26, 2025 AT 7:00 P.M.**

**in The Towne Centre Ballroom, \$30.00**  
**(Check Only, Payable to WHOA)**

**ON SALE THURSDAY, JUNE 5TH AT 6:30AM**

**OPEN TO NON-RESIDENTS MONDAY, JUNE 9TH**

Call the WHOA Box Office for Ticket information 609-395-0404 Extension 220 or 221.

*\*Refunds only if we are sold out and your tickets are resold.*

## Attention all Veterans

You are cordially invited to Join our group. We are Post 609 JWV of Monroe Township and meet here at Greenbriar/Whittingham. All are welcome, we meet the third Sunday of each month for bagels and a schmear and interesting programs concerning veterans. If interested please call our Membership Chair to reserve a spot. Hoping to see you soon at one of our interesting meetings. We welcome all veterans for lively discussions guests and movies. Next meeting is Sunday July 20th at 0930 in the poker room.  
Kenneth Brettschneider 914-299-3346







### **July 2025 happenings**

Hope everyone is enjoying their summer here at Greenbriar at Whittingham so far. For those that do not know, we have two great options for you outside in the pool area. First you can order and enjoy your food poolside ordering from one of our servers, and your food will be delivered directly to you at the pool. Secondly, we have tables dedicated to the Greenery right outside the restaurant on the patio. Nine tables are reserved for restaurant patrons only. Come enjoy the sun and food at the Greenery. Don't forget we are open Sundays during the summer till 4:30PM.

### **Greenery Events since our last issue**

On Saturday June 14th, we had our first Saturday Soiree in the ballroom. Ventriloquist and Comedian John Pizzi entertained a full house with his act. Before the show a buffet dinner was catered by The Greenery and the show was concluded with an assortment of desserts and coffee and tea.

The Greenery catered several events over the last few months for a number of Greenbriar clubs. In one night, we catered the Pickleball club dinner in the Ballroom and the Wine Club monthly event in the poker room. Both were a hit with the members, and we look forward to catering for all the clubs at Greenbriar. Stop in and we can work with you to cater any event, large or small, you may have coming up. Having a golf outing? We can provide you with box lunches or other ideas for breakfast and lunch the day of your event.

### **Upcoming at The Greenery**

By the time you are reading this at the beginning of July the initial discount offered to residents will have expired. Don't worry we have new and exciting specials for you to enjoy.

- Tuesday Night is Burger Night. Buy 1 get 1 half off.
- Wednesday Night is Pasta Night. Choose your favorite pastas and sauces. Served with a side salad and garlic bread for 14.99. Add-Ons are available at an additional charge.
- Thursday Night is Breakfast Club After Dark. 13.99 Prix Fixe Breakfast for Dinner.
- Friday Night is Pizza Topping Frenzy. Buy any personal pizza and the first topping is on the house.
- Saturday Night is Saturdays on the Town. Buy 2 Entrees get 1 Appetizer or Dessert for Free. If you're a bigger table, buy 4 Entrees get 2 freebies!!

It's going to be a fun summer at The Greenery, we hope to see a lot of new faces, and old friends come and enjoy our new specials. Reservations are not required but are recommended.

## **Cribbage Anyone?**

**Want to learn a "new" 400 year old card game? The cribbage group plays on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of the month, 2:00 to 4:00 PM at the Monroe Township Senior Center. We can arrange time for teachings here in Greenbriar and perhaps start playing here. It is an easy game to learn and one that you can play with your grand kids too.**

**Contact Phyllis at 609-619-3656**

# GW Connections: Summer Lovin'

by Michele Sandler

On May 14th, 54 people boarded a bus for the first part of the GW Connections trip to Ellis Island. The group consisted of members and non-members since the excursion was open to all. Though the weather was rainy it did not dampen the enthusiasm and enjoyment of the trip.



The day was perfectly planned and organized by our GW Connections president, Carol Cooper. First timers and those who had experienced the museum at Ellis Island before were eager to share the day with this wonderful group.

Entering the vast Great Hall one could only imagine the rows of benches and thousands of people waiting there to discover their future. The rooms and exhibits were a testament to the brave immigrants who contributed to our American melting pot. Everyone was so grateful for how easy and rewarding the day was thanks to Carol.

Our summer events are just beginning. The Gala Luncheon will be held at The Knob Hill Country Club on Wednesday, July 30. Always elegant and delicious, the meal will be served at your table in their lovely ballroom. The attendees will be entertained with an encore performance by Rebecca Schorstein. Though her presentation will be new we can count on her "radiant voice and captivating stage presence" to thrill us. Please visit [rschorstein.com](http://rschorstein.com) for more about her amazing talent.

GW Connections welcomes everyone to the general meeting on Monday, August 4, at 7:00 in the Towne Centre Ballroom. Our featured guest will be Bill Agress as Albert Einstein. For over 30 years, Bill Agress has been a re-enactor, actor, planner, and teacher. He has appeared in plays and musicals at the Bucks County Playhouse, the Trenton War Memorial and McCarter Theatre. He is the former president of the Lawrenceville Historical Society. He has appeared as George Washington on the Amazing Race TV show and as Albert Einstein in videos for AT&T and Cognizant. Refreshments will also be served.

Please join us as we tour The Seeing Eye in Morristown NJ on Thursday, August 21. Our group will be bussed to the location for a private tour of the institute. It is a philanthropic organization whose mission is to enhance the independence, dignity, and self-confidence of blind people through the use of Seeing Eye® dogs. Founded in 1929, it was the first guide dog school outside of Europe and is the world's oldest existing guide dog school. The tour will be

followed by a luncheon. Please look for the flyers in our Towne Centre lobby.

Our membership fees cover May 2025 through May 2026. The fees allow the group to continue the many activities and entertainment for our members. They also allow us to contribute to our charities: Homefront, Women Aware and the Monroe Food Pantry. All our groups are welcoming new members. Please look at our opportunities listed below and get in touch.

If you have an idea for a new group to include with GW Connections please contact us. Our current group opportunities are listed below. Looking forward to seeing you. New people are always welcome.

**BOOK CLUBS** (3 groups): 3rd Monday and 2nd Tuesday of every month at 1:00 pm

**DISCUSSION CLUBS**: 1st Monday of every month at 10:00 am, 1st Tuesday of every month at 10:00am Contact Harriet Bachman at [hnmbachman@comcast.net](mailto:hnmbachman@comcast.net)

**POETRY READING**: 1st Monday of every month at 1:30 pm

**PROVOCATIVE THINKING**: 3rd Monday of every month at 10:00

**SHORT STORY CLUB**: 3rd Thursday of every month at 2:30

**MOVIE CLUB**: once a month to discuss movies viewed on Netflix. Call Carol Cooper 609-409-3860 for details.

**WRITING WORKSHOP**: Writing Your Life 2nd Wednesday of every month Contact Gayle Shpirt at [gajocol@gmail.com](mailto:gajocol@gmail.com)

Kindly call Carol Cooper at 609-409-3860 with your inquiries.

Membership fees are \$15 (single) and \$20 (family) with much of that devoted to our charities. The Knob Hill luncheon requires a \$55 fee to attend. There is also a \$60 fee for the Seeing Eye tour and luncheon. Flyers for both events are in the lobby. Make your check payable to GW Connections and place in box #5 (Attn: Sandy Duncan) at the Clubhouse lobby with your contact information.



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# Entertaining Greenbriar At Whittingham

By Debbie Harbatkin

Many residents are unaware that WHOA has an **Entertainment Committee**



made up of your neighbors who volunteer their time to seek out a variety of fabulous entertainment for our monthly Ballroom Shows. The committee's goal is to offer as diverse a variety in our show lineup as our audience will be, with old and new residents and all kinds of musical preferences.

As chairperson of the Entertainment Committee, working with our 2025 committee members (in alphabetical order) **Marcia Bartloff, Larry Betron, Gary Filik, Joan Hermelee, Louise Lewis, James McNulty and Gerrie Pisapia** and our WHOA Board liaisons **Joe Atanasio and Bob Brown**, we work with our Lifestyles Director, **Kristin Puriza** to plan the shows and book the entertainment at the best possible cost. Our committee meets monthly to gather suggestions and review artists to meet our needs. Kristin then works her magic to secure contracts and all other required paperwork,

As a founder of the GW Music Club with my husband Ira Harbatkin and the GW Ladies Night Club, as well as the Greenbriar At Whittingham Neighbors Facebook group, I have had the opportunity to meet many residents over the last 4 years and hear what they like and want for their recreational fun. We realized that our changing resident demographic gives us an audience of varied musical tastes from different genres, decades, and music styles. The one common denominator is upbeat and familiar music that gets you bopping in your seat, singing along and even dancing! No one wants to fall asleep as the music plays.

We seek to book talent directly or utilize agents who directly represent the bands we find so we can negotiate the best costs to WHOA and have more say in what our shows will look like. In the past, a single agent was often used who offered us limited choices for talent among what I considered "leftovers", booking at a late date that no one else had booked. A lot of the shows were in the same genre of music appealing to a limited age group.

The Entertainment Committee also decided to try Saturday evening shows this year which have been very successful. However, in the frosty winter months of January & February, we plan to do Sunday daytime shows because too few residents want to come out at night in the dead of winter.

Adding to our lifestyles, the shows are paying for themselves through ticket sales and bringing money back into

the Community to help fund other recreational programs we all enjoy. With the cost of living and everything else so high, it is nice to be able to sustain our fun nights out in our Towne Centre. Plus, many of the acts we bring in, play other theaters and venues charging 50%-100% more for tickets, allowing our residents to enjoy acts close to home while saving money. Even the acts that play in bars and restaurants around the area put on a very different professional show in a crowded ballroom and the tickets we pay for cover show production and other related expenses of the artists and our HOA.

*Please consider that the first several rows in front of the speakers can be loud at most of the shows, no matter the artist or band. If you prefer, please ask for seats further back so you can enjoy a gentler volume.*

The Entertainment Committee is currently working on a 2026 schedule. If you have any suggestions or music you'd like to see appear, please feel free to mention it to any members of the Committee or you can email me, [DebbieHarbatkin@gmail.com](mailto:DebbieHarbatkin@gmail.com) or [Kristin.puriza@fsresidential.com](mailto:Kristin.puriza@fsresidential.com). We look forward to bringing you the music you love and keeps us all young for years to come!!

Don't forget to make your pre-show dinner reservations at our own restaurant, **The Greenery!**

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## GW Wheels Joins Senior Center Classic Car Show

The GW Wheels club brought their GW pride to the Monroe Township Senior Center's (MTSC) 4th Annual Classic Car Show on May 24th. Members of the club joined over 110 classic and sports cars in raising money for the MTSC Food Pantry. The pantry helps to feed over 50 local families each month through community donations. The annual event, sponsored by the Friends of The Senior Center, has grown in size each year and boasts a great collection of specialty automobiles. This was the first year that the newly formed group attended the event as a club – bringing their own show cars including BMW, Chevy, Ford and MG.



Members of the GW Wheels club show their GW pride. L to R: Linda and Ken Wagner, Paul Lenci, Janet Press, Helen and Don Fross, Mark Press and Sue Lenci. Rear: Don McBain



Joe and Carrie Ferraro show off their 2002 BMW M3 along with grandson Brendan.



Don Fross with his mint 2006 BMW125i.

## GW Friends: An exciting July ahead

*By Mark Surks*

We had two great meetings in June, along with our always well attended, Dinner With Friends.



First we had back the wonderful Two Tones. These harmonious fellows treated us to a delightful performance just as they did two years ago. After the last note rang out, there was a groundswell of interest in having them back next year.

Then we had an amazing meal at The Battleground Country Club in Manalapan. Oversized Salmon Fillets, Chicken Francese and buttery Filet Mignon were enjoyed by all. The meal was topped off with a decadent Sundae Bar. Thank you to Rich Klein and the team for all the hard work putting this great event together.

Also in June we had our annual Membership Appreciation Night with entertainment by London Fogg. Many of us have been entertained by London Fogg in the past. I could tell you it was an extraordinary night to remember but as of this writing it is still weeks away so I would be lying. All I will say is I hope you didn't miss it.

For some reason I regularly seem to mess up these dates. I am apparently Calendarily Challenged. So I asked the President of the GW Friends to supply the dates to me.

Monday, July 7th Join us for our first Monday breakfast. The always fun, frenetic and financially rewarding **GW Friends Breakfast** is at 9:00 AM at Christo's Kitchen.



Price is a very affordable \$14.00, tax and tip included, exact change preferred. We have our own menu and it is a fun morning with announcements and a **huge, potentially life altering** 50/50 payout on the line. Contact Howard Katz at 609-409-8606 for details or just watch your email. Howard sleeps for a good part of the day and doesn't appreciate any interruption.

Monday, July 7th **History Club** will take place as usual on the first Monday of the month. This group meets in the Poker Room. **This meeting will begin at a special time 3:00 PM.** It will run until 5:00 PM as usual. Larry Bartolf will present the film "Paths of Glory" starring Kirk Douglas. It is about the French Army mutiny during WWI. After



the movie there will be a discussion. History Club topics are curated by Pierre Rein (908-420-4181).

Tuesdays, July 1st and July 15th The first and third Tuesday of every month the **Alan Hermelee Current Events Discussion Group** is held in the new upstairs Board Room. We cover many subjects including a gentle handling of otherwise divisive topics. Come share your opinion and intellect with us. It is a wonderful way to give voice to your thoughts and learn so much from others. **Politics is not discussed.** Let me say that again. **Politics is not discussed.** Alan Hermelee set the tone and we honor him by keeping it respectful. If you enjoy a stimulating discussion of topical matters, this is the place for you.

Tuesday, July 8th **The Finance and Investing Group** will meet at 4:00 PM in the room opposite the nurse's office. Generous Grandpa Gittler and T-Bill Trubinski facilitate the discussion about today's markets. You can reach Jerry at 609-642-8929. This is an informative and entertaining group of both men and women. It's a good place to learn and understand about your investments. If you need help understanding just what you own, this would be a good place to find out. Jerry "I'm still bullish" Gittler will lead the discussion but, like always, he will quickly lose control of the meeting.

Wednesday, July 16th **Pizza and Billiards** (or just pizza or just pool). This is always well attended. We meet at 12:30 PM at Ciro's and then on to the GW Pool Hall downstairs in the Towne Centre. Contact Howard Katz at 609-409-8606, or just show up. The food is always good. The company? Not so much, frankly. We had a record setting attendance at our June Pizza luncheon.

Monday, July 21st

The **Socrates Cafe** will meet at 4:00 PM in the Poker Room. Stimulating topics chosen by the group from a list curated by the facilitator will be discussed. Socrates Cafes began in 1996 as a place for an open exchange of ideas. The GW "Cafe" is hosted by Allan Cooper 609-409-3860.

Monday, July 28th

**The Marvin Bachman Book Club** will meet at 4:00 PM to discuss *Seven and a Half Lessons About The Brain*, by Lisa Feldman Barrett. From the author of *How Emotions Are Made*, a captivating collection of short essays about your brain. Have you ever wondered why you have a brain? Let renowned neuroscientist Lisa Feldman Barrett demystify that big gray blob between your ears. In seven short essays (plus a bite-sized story about how brains evolved), this slim, entertaining, and accessible collection reveals mind-expanding lessons from the front lines of neuroscience research.

The Marvin Bachman Book Club is always competently facilitated by Harriet Bachman.



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# Five Surprisingly Civilized Ways to Clean Up Your Dog's Business

*Since they're going to poop in public, we can at least make it easier.*

*By Marc Press*

As I walk our 90 lb. Labrador named Goldie on our daily morning walks - usu-



ally on the grass areas along Whittingham Drive - I've noticed a definite increase in little surprises left by others as they walk their faithful companions. Lately it's a rare week when we don't see a note from our GW property manager on this subject. Because of this, I wanted to offer some suggestions that I have found helpful over time in making it easier to keep things tidy.

Let's face it: scooping poop is the part of dog ownership no one puts in their Instagram story. I think if you checked NCIS' Leroy J. Gibbs' "List of 91 Rules to Live By", (I'm a big fan of the show) you would probably find that cleaning up after your dog would be one of his top five rules. It's that important! So, unless you've trained your dog to use the toilet (in which case, we salute you), it's a basic civic duty to dispose of the brown bomb.

Fortunately, there are ways to make the process smoother, faster, and less likely to end with you muttering "Why do I even have a dog?" under your breath. And for those with mobility issues, who might find it hard to do full "touch-your-toes" bends to pick up things, there are some clever tools to keep you upright and pain-free.

## 1. Choose Bags That Don't Hate You

Not all poop bags are created equal. Some are basically cling wrap in disguise. Others are so thin you question all your life choices.

- Go for **thick, easy-open bags**—your fingers will thank you.
- Look for **bags with handles** so you're not doing an origami routine trying to tie them.
- **Clip-on dispensers** mean you're never bag-less... unless you forgot to refill it. (We've all been there.)

## 2. Set Up a Doggy Departure Zone

Forget scrambling around the house like you're defusing a poop bomb. Create a "walk station" by the door stocked with bags, leash, treats, and maybe a backup flashlight (for those sneaky nighttime poops that vanish into the void).

Pro move: stash extra bags in every coat, glove box, and shoe you own. You'll feel like a poop-cleanup Batman, always prepared.

## 3. Let Your Dog Carry Their Own Crap

Not metaphorically. Literally.

Small dog backpacks exist—and they're adorable *and* practical. Your pup can carry poop bags in, poop bags out. And while it may not be the job they asked for, it's the job they were born for. Plus, it gives them a sense of purpose. You can just see the pride in their eyes as they carry their own... legacy.

## 4. Try the Poop Picker-Uppers for the Upright

If bending down feels like auditioning for a yoga class you didn't sign up for, check out:

- For folks who can't or don't want to bend, enter the long-handled scooper - lightweight, foldable, and surprisingly satisfying to use.
- **Extendable grabbers** – like salad tongs but for poop.
- **Telescoping claws** – because why *not* feel like an intergalactic trash collector?

These gadgets let you keep your dignity (and your spine) intact, while still being the responsible human your dog pretends to respect.

## 5. Make a Trash Plan (Because No One Likes the Swinging Bag)

Walking for 30 minutes with a poop bag flapping like a stinky flag of shame? No thanks. A couple of options:

- Plan the route to make the critical spot closer to the end of the walk. It might confuse your furry friend at first, but they learn quickly.
- **Clip-on sealed containers** that lock in the odor and the judgment.

## Final Thoughts from the Front Lines:

Cleaning up after your dog may never be glamorous—but it can be easier, faster, and slightly less soul-crushing with the right tools and attitude.

Let's be honest: if your dog can drop a steaming gift in front of your neighbor's hydrangeas like it's performance art, the least we can do is clean it up with style.

# Health, Fitness and Wellness Club

by *Stephanie Lichtenstein*

In May 2025, the Health Club welcomed Meredith Levine, a certified Reiki practitioner, for an insightful session on the principles and benefits of Reiki. Meredith provided an in-depth discussion on the meaning of Reiki and its potential role in the healing process.



Reiki is a Japanese technique designed to reduce stress, promote relaxation, and support healing. It is administered through the practice of "laying on hands" and is based on the concept that an unseen "life force energy" flows within each individual, sustaining vitality and well-being. According to Reiki principles, a diminished life force energy may contribute to illness and stress, while a strong life force enhances happiness and health.

The term "Reiki" originates from two Japanese words: *Rei*, meaning "God's Wisdom or the Higher Power," and *Ki*, signifying "life force energy." Reiki is thus understood as "spiritually guided life force energy." During a Reiki session, individuals often experience a soothing sensation, described as a radiant warmth enveloping them. Reiki addresses the holistic needs of the individual—body, emotions, mind, and spirit—creating profound benefits, including relaxation, inner peace, security, and overall well-being. Many have reported remarkable results following treatment.

Attendees had the opportunity to receive individual Reiki sessions, with overwhelmingly positive feedback. Some participants described feeling warmth during the treatment, accompanied by a deep sense of relaxation and contentment. The experience was met with enthusiasm, as many were pleasantly surprised by the outcomes and thoroughly enjoyed the session.

For those interested in connecting with Meredith Levine, please contact Stephanie at (609) 273-6192.

The next meeting is scheduled for June 18th at 6:30 PM in the Dance Room.

Never give up on your dream. Keep sleeping  
- Chris P. Bacon

# Greenbriar at Whittingham Tennis Club

## About the Club

Open to players of all levels, the club offers:

- Access to well-maintained courts
- Group lessons and clinics
- Social events and tournaments
- A friendly, welcoming atmosphere

## Meet the Team

Board Members:

- **Felix Vazquez**, President
- **Ron Sacoff**, Vice President
- **Andy Goodman**, Treasurer
- **Garry Klein**, Secretary

## Join the Club

Annual dues are just **\$10**. Please make checks payable to **GW TENNIS CLUB** and drop them off at **Mailbox #13 in the Towne Centre Library**

Questions? Contact Andy Goodman at [agoodman20@comcast.net](mailto:agoodman20@comcast.net).

## Monthly Meetings

Join us on the **3rd Saturday of each month**

We'll also host round-robin events, instructional sessions, and more throughout the season—open to all skill levels.

## Contact

For info or court scheduling, text **Ron Sacoff** at 917-709-0039.



# Consolidation of the WHOA and GWCA Boards



Several informational sessions have been conducted to present the many benefits of combining the WHOA and GWCA boards and forming a newly consolidated and unified GWHOA board. In the sessions, we've addressed many of your questions. You've heard members from both boards give reasons why they think the proposal to consolidate is best for the community. All board members have expressed that they are in favor of the consolidation, as it will help the community function better administratively.

It is now time to vote **YES** or **NO** to amend the governing documents to form a consolidated and unified **GWHOA** board.



- **Benefits of the newly-created GWHOA Board:**
  - Savings from reduction/elimination of duplicate expenses (ex: election costs, attorney fees)
  - A single board will negotiate all contracts and realize efficiencies of scale for the community
  - More efficient use of management's time and increased productivity (only one set of meetings)
  - Streamline decision making and reduce unnecessary delays to allow important improvements and initiatives to move forward at a faster rate
  - Ensure that all residents are represented under a unified board with one voice, eliminating confusion and fostering a stronger sense of unity
  - Less duplication means more action. More action means a better, more vibrant community
- **Voting for members of the new GWHOA Board:**
  - Whittingham homeowners will vote for all nine (9) GWHOA board seats
  - Greenbriar homeowners will vote for all nine (9) GWHOA seats
  - There will be no incumbents in the first election. All nine (9) seats will be open and filled.
  - Initial seats will be for either one-, two- or three-year terms to allow for staggered future elections. Future elections will be for three-year terms.
- **Financial Matters:**
  - The three entities: WHOA, Whittingham and Greenbriar will continue to maintain separate budgets, separate bank accounts, separate reserve accounts and separate accounting records.
  - At no time will one entity be responsible for the expenses or reserves of another entity.
  - Your maintenance fees will not be affected by the consolidation

Join the current board members to vote YES to eliminate the segmented boards and create a new consolidated GWHOA Board.

If you have any questions or just want clarification on something, feel free to contact Kathy DeDonno at [kdedonno@gwmonroe.net](mailto:kdedonno@gwmonroe.net) or Mark Surks at [mark@surks.net](mailto:mark@surks.net).



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# Italian American Senior Social Club

*By Joe Atanasio*

Because our scheduled monthly event would have been held on July 4th, the board decided not to hold an event. Our June event was held in honor of Father's Day, and I trust you all enjoyed it.

BOOM...BOOM...BANG...BANG... OOOH!!!  
AHH!!! are the sounds we can all relate to when watching a fireworks display so I decided to share with you a little history about America's First Family of Fireworks, The Grucci Family.

Angelo Lanzetta founder and great grandfather to Felix Grucci, started it all in 1870 when he brought his family's pyrotechnic artistry from Bari, Italy to Elmont, Long Island, New York, entering America as an immigrant through Ellis Island. After Angelo's death in 1899, his son, Anthony carried on the family business and in 1925 he brought his nephew, Felix Grucci Sr, as an apprentice. Because of so much competition and a weak market for fireworks, they moved their business to Miami, Florida only to return in 1929, settling their business in Bellport, New York.

The depression years were tough on the family business and forced Felix to work as a drummer for a local band. It is here where he met and married Concetta DiDio. They raised three children who all entered the family business when they got older.

Over the next three decades, Felix gained a reputation as a master of his art by improving safety with his development of the stringless shell, which eliminated burning fallout and thus ending the industry's greatest safety problem. He also developed an atomic bomb simulator for troop training purposes. During the 1960's, demand for fireworks other than the traditional July 4th displays declined which caused many of the fireworks companies to fold leaving only the very best companies still operating.

The Grucci's friendly and professional approach won them many loyal clients and their business prospered. Clients included the states of New York, New Jersey, and Connecticut and in 1976 Grucci received rave reviews for their bicentennial celebration over the Charles River accompanied by The Boston Pops Orchestra. The crown jewel of the family came in 1979 when they were awarded the Gold Medal at the annual Monte Carlo Fireworks Competition.

Then on November 27, 1983 tragedy struck when a series of explosions tore through the Grucci fireworks plant, heavily damaging the nation's largest fireworks factory and 100 nearby homes. Two family members, James Grucci, one of the founder's sons, and Donna Gruber, a cousin, were killed and 24 were injured. The company rebuilt and continued to be the top name in fireworks entertainment and continue to provide fireworks for Presidential inaugurations, which they have done since Ronald Reagan in 1981. Other displays include the Olympic games in Beijing, Salt Lake City, Los Angeles, and Lake Placid. There are many Grand Openings and countless events that can be attributed to their rich history of a family business that balanced technical advancement with age-old values instilled upon them by the previous generations of honesty, integrity, and a passion to family and business.

In 2013 both Felix (Phil) Grucci, Donna Grucci Buller, and Felix J. Grucci Jr retired from their day-to-day management roles with Phil continuing to provide guidance to the family business as president and CEO and is still committed to creating lifelong memories for all they entertain. Fireworks by Grucci already actively involves the 6th generation family members Corey Grucci, Lauren Grucci, and Christopher Grucci who are all certified Pyrotechnicians and are eager to maintain the family tradition of excellence and integrity in the world of fireworks entertainment.

Our next meeting will be held on August 1st.

Ciao and Have a "Bangin" 4th!!



"Spring: a lovely reminder of how beautiful change can truly be." – Unknown





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# The Entire Contents of the Library Can Be Accessed From Home

By Mark Surks

Did you know that much of what is sitting in the stacks in the library is also available on your home devices? All you need is a library card and the knowledge of how to unlock the information. I will show you how to be able to read books and magazines on your phone or tablet or even listen to an audio book.



Once you have a library card, the key to unlock the library's door, while sitting out on your deck, is a program called *Libby*. *Libby* is an app from a company called Overdrive. If you are using a phone or a tablet, go to where you normally download apps and find *Libby*. Its logo is shown on the right. Once downloaded it will step you through the process of registering with your library card. You can also make your way to *Libby* via the MT Library website <https://www.monroetwplibrary.org/>. Look for a link to e-books. You can also do this on a computer by going to [libbyapp.com](http://libbyapp.com). There is another app that does much of the same thing called Kanopy. Either one will work well for you. I just happen to use *Libby* but if you see Kanopy, that will be fine.



Our library is part of a consortium of Central New Jersey Libraries called Sharing and Technologies Enhancing Local Library Access or STELLA.



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When I am reading an autobiography that is narrated by the author, I *always* choose audio books. It is so nice to hear Cher or Tom Selleck telling their own story in their own voice and in their own way.

Whether you read the book on a screen or listen to an audio book, *Libby* keeps track of where you are. It automatically bookmarks where you turned off the app. You can easily page forward or backward if you want to reread a portion or skip to the next story of an anthology. You will always know just how many pages or listening hours are left.

I prefer a tablet and when I go on vacation, I will load a few books into it. That way if I finish one book or I am not enjoying it, I just "return" it and go to the next book. You do not need Wi-Fi in order to read an already downloaded book. You do need it during the download/return.

If you want any help with this, the Library offers some sessions to help you with this or any Tech issue for free. The July schedule is below and you can visit the library website to check out the August schedule. Tech Buddies



is only available during the summer as the “Buddies” are back in school the rest of the year.

There are other apps for books and movies such as Hoopla and, as I mentioned before, Kanopy. All of them are safe and wonderful.

***It's the latest it's the greatest. It's the library.***

© 1967 by Joleron Music Corp. Written by Fred Hertz and Joel Herron

***July 1,8,15,22 and 29 Tech Buddies 2:00 PM-4:00 PM***

Just drop in to get device advice from the experts - teenagers! Our volunteers can help you with your phone, tablet, or laptop. Anything from messaging and apps, to storing and downloading books! Meet at the study tables under the big windows. No registration required but you must bring your device (phone, tablet or computer).

***July 7 and July 20 Device Advice 10:00 AM to 10:45 AM***

Meet with a librarian for one-on-one help with **library resources or basic technology** questions. Open to adult Monroe Library cardholders and residents. Limit one session per cardholder per month. Examples of assistance include:

- Installing Libby, Kanopy, Hoopla, STELLA apps to your device
- Using e-readers
- Using the library catalog and databases
- Email
- Uploading files or photos to email
- Basic smartphone operations
- Internet searches

“Perfection is not attainable but if we chase perfection we catch excellence.” – **Vince Lombardi**

## Meet the Folks Who Write “Meet the Stars”

*By Mark Surks*

For 15 years Gail and Myron Alpern have been inviting GW residents to “Meet The Stars”. In order to accomplish this, the Alperns had to *attend every single show*, on their own dime, I might add. After every show, the Alperns stayed put as the rest of us shuffled out.



They selected a lucky resident, to have a one on one and a photo op, with the entertainers. Then they filed their report and photos for publication in our paper. Every month, every entertainer every show, “Meet the Stars” graced these pages.

During this time they each had many other tasks that they performed in support of our community. Gail had been a WHOA Board Member, President of the Entertainment Committee, and on the Landscape Committee.

Myron had been President of the After Hours Club and Chair of the Landscape Committee.

Clearly these folks have put a lot of time and energy into making this such a great community in which to live. Now it is time to pass that baton to someone else.

Beginning with the August GW Pulse, Debbie Harbatkin decided to add this to the bulging portfolio of things she does. She and her husband, Ira, five year GW residents, founded the GW Music Club, famous for spawning the NTO band, as well as the GW Ladies Night Club. Additionally, Debbie administers the Greenbriar at Whittingham Neighbors Facebook page. If all that seems insufficient, Debbie is currently the Chairperson of the WHOA Entertainment Committee.

Debbie has an expansive background in broadcast journalism, social media and promotions. Her experience writing articles and newsletters will no doubt be useful as she adds “Meet The Stars” Columnist to her resume.

### The Monroe Township Chorus Presents

Their Fourth Annual Hootenanny "A Sing Along For Everyone"  
Saturday August 16, at 2:00 p.m. - Doors will open at 1:30 p.m.

At the Monroe Township Senior Center, 12 Halsey Reed Road, Monroe Township NJ.

\$5.00 Per Person At The Door - Children Through High School Age Are Free

FOR AN AFTERNOON OF SINGING, FUN AND ENJOYMENT COME AND JOIN US

For more information call Sheila Werfel..609 619-3229 Donna Breitowich..732 580-2351

# PAC HAPPENINGS- CLASSIC HITS FROM THE PAST COME ALIVE!

*By Larry Bartolf*

On May 17 the Performing Arts Club thrilled the sold-out audience of over 200 people with Cabaret 2025, a presentation of pop tunes from the Roaring 20s and Thirsty 30s.

The first act was comprised of numbers from the Roaring 20s and was followed by an intermission during which audience members were invited to partake of light home-made desserts beautifully arranged at each table.

Following intermission, Act Two showcased classic tunes from the Thirsty 30s. In both acts performances ranged from individual soloists, group numbers, as well as flappers and tappers gliding across the ballroom stage to the enthusiastic applause of the audience.

Standout performances included, in the first act, Ora Shapiro singing "I Wanna Be Loved By You" and Louise Lewis singing "The Birth of the Blues." In Act Two Jim Brittain won the crowd over with his entertaining rendition of "It's De Lovely," and Barbara Lindell brought the house down with her amusing version of "Sam, You Made the Pants Too Long."

Altogether, it was a memorable evening, showcasing the product of hard work, talent and energy that makes PAC so enjoyable to be part of as it continues to welcome newcomers to join.



## *Help Us Shine a Spotlight on Local Businesses*

Thank you for being a member of our Greenbriar Performing Arts Club. We appreciate your support of our club and while you may not want to be involved in performing we would love to have you join us in promoting our productions in any way you can.

We are looking for a few volunteers to help put our At The Oscars Playbill together. It would not require a big commitment, rather we would ask that your help us collect a few ads. We will target the local establishments around our community. Local restaurants, chiropractors, dentists, florists, etc.

The ads are so inexpensive – it would not be a hard sell or big time commitment on your part. . I bet there are some of you out there that could pretty easily sell a \$25 ad? Think of it as the days when you sold girl scout cookies or fund raiser cookbooks. We really could use your help. Please RSVP to me and I promise to make this an easy and actually fun experience.

If you think you might be able to help us out, Call Ellen Diamond, 732-484-8731 or email her at, [wearegems.ed@gmail.com](mailto:wearegems.ed@gmail.com).



# Creatively Speaking

by Marie-france MacDonald

I know two things about people.

We are each one unique and we are each one programmed to be creative. Before you scoff, “Not me, I don’t have a creative bone in my body.” Let me remind you of the time you took a paperclip and refashioned it into an ornament hook or a thingy to get that grime out of a crevasse or took a bunch of paper clips and hooked them together to make a necklace. All of those things are an expression of creativity, and that my friend, makes you a creative.

Some creatives like to share their creations. “Hey mom, look what I made,” or in Shakespeare’s case, “Hey mom, listen to what I wrote.”

(Long before Hamlet was a classic it was an original work.) We don’t get less creative as we age but we are less likely to share our genius. Some get a little more self-conscious or self-deprecating, “Oh it’s only a little something I do,” so they hold back. But even for those willing to share, it can be hard to find a venue.

There seem to be more opportunities for those in the visual arts to share their work but the performing arts is a whole other thing. Theaters cannot survive without box-office income, and to attract audiences, they often rely on familiar productions or well-known performers. Consequently, the public typically has limited exposure to originals works. Much is the pity.

An intriguing phenomenon occurs when we witness ordinary individuals performing their own creations. We begin to consider the possibility that we too possess creativity and that we might actually find joy in expressing that creativity.

That turns out to be a very good thing. Numerous studies indicate that creative expression is particularly vital to our well-being as we enter our later years. That is why, as the head of the creative committee I am particularly excited that PAC is presenting a Summer Showcase of Original Work, an afternoon of songs, skits, comedy bits, poetry and video shorts including the long anticipated firm noir, “Cluez” And Yes it will feature a murder in the GW Towne Centre’s Library.

PAC SUMMER SHOWCASE Aug 24th 2 pm Town Center Ballroom

\$10 PAC members \$12 non-members



# Friendship

By Regina Savarese

What is Friendship?

Friendship is a deep, voluntary bond between people built on trust, respect, and genuine care. It’s not born out of obligation, but out of choice—a decision to stand by someone, not just in good times, but especially when life gets hard.



At its heart, friendship means being seen and accepted for who you truly are. A friend listens without judgment, speaks truth with kindness, and supports you without expecting anything in return. They celebrate your joys, grieve your losses, and walk beside you through every season.

True friendship is rooted in trust—a belief that your thoughts and feelings are safe. It thrives on respect, even in disagreement, and grows stronger with honesty, loyalty, and empathy. It’s not about how often you talk, but how deeply you connect when you do.

Time may change circumstances, but genuine friendship endures. It weathers silence, distance, and even conflict because the foundation is real. In a world full of change, a true friend is a constant—a mirror, a refuge, and a reminder that you are not alone.



Sunday	Monday	Tuesday	Wednesday
		<b>1</b> 9:00 a.m. Open Pickleball Play 10:00 a.m. Greenbriar Site Review Committee Meeting 10:00 a.m. Line Dancing 10:30 a.m. Yoga with Brian 11:00 a.m. GW Woodworking Club Meeting 11:00 a.m. Fab, Fit & Fun 12:30 p.m. GW Ladies Club Board Meeting 12:30 p.m. Zumba (Instruction by Video) 2:00 p.m. The Alan Hermelee Current Events Discussion Group 3:00 p.m. PAC Board Meeting 3:30 p.m. Tap Dancing 5:30 p.m. Water Volleyball 6:30 p.m. Billiards	<b>2</b> 9:00 a.m. Open Pickleball Play 9:00 a.m. Line Dancing 10:00 a.m. Shalom Club 10:00 a.m. Brain Fitness 10:30 a.m. Yoga with Brian 11:00 a.m. GW Woodworking Club Meeting 11:00 a.m. Fab, Fit & Fun 12:30 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 4:00 p.m. Finance Committee Meeting 5:30 p.m. Water Volleyball 6:30 p.m. Billiards
<b>6</b> 9:00 a.m. GW Olympics Kickoff Breakfast 9:00 a.m. Open Pickleball Play 10:00 a.m. Entertainment Committee Meeting 10:00 a.m. Team Weights with Ellen 10:15 a.m. Pickleball Beginners Clinic 11:00 a.m. Aquacise 12:30 p.m. Zumba (Instruction by Video) 3:00 p.m. History Club 3:30 p.m. Tap Dancing 4:00 p.m. Intermediate & Advanced Pickleball Clinic 5:15 p.m. Pickleball Beginner Clinic 6:30 p.m. Line Dancing with Teri 7:00 p.m. Intuitive Club	<b>7</b> 9:00 a.m. Open Pickleball Play 9:00 a.m. Ping Pong 10:00 a.m. Team Weights with Ellen 10:15 a.m. Pickleball Beginners Clinic 11:00 a.m. Aquacise 12:30 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 4:00 p.m. Intermediate & Advanced Pickleball Clinic 5:15 p.m. Pickleball Beginner Clinic 6:30 p.m. Line Dancing with Teri 7:00 p.m. Intuitive Club	<b>8</b> 9:00 a.m. Open Pickleball Play 9:00 a.m. Ping Pong 10:00 a.m. Team Weights with Ellen 10:15 a.m. Pickleball Beginners Clinic 11:00 a.m. Aquacise 12:30 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 4:00 p.m. Intermediate & Advanced Pickleball Clinic 5:15 p.m. Pickleball Beginner Clinic 6:30 p.m. Line Dancing with Teri 7:00 p.m. Intuitive Club	<b>9</b> 9:00 a.m. Open Pickleball Play 9:00 a.m. Ping Pong 10:00 a.m. Team Weights with Ellen 10:15 a.m. Pickleball Beginners Clinic 11:00 a.m. Aquacise 12:30 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 4:00 p.m. Intermediate & Advanced Pickleball Clinic 5:15 p.m. Pickleball Beginner Clinic 6:30 p.m. Line Dancing with Teri 7:00 p.m. Intuitive Club
<b>13</b> 9:45 a.m. Shalom Club	<b>14</b> 9:00 a.m. Open Pickleball Play 9:00 a.m. Ping Pong 10:00 a.m. Team Weights with Ellen 10:15 a.m. Pickleball Beginners Clinic 11:00 a.m. Aquacise 12:30 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 4:00 p.m. Intermediate & Advanced Pickleball Clinic 5:15 p.m. Pickleball Beginners Clinic 6:30 p.m. GW Ladies Club 6:30 p.m. Line Dancing with Teri	<b>15</b> 9:00 a.m. Open Pickleball Play 9:00 a.m. Ping Pong 10:00 a.m. Team Weights with Ellen 10:15 a.m. Pickleball Beginners Clinic 11:00 a.m. Aquacise 12:30 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 4:00 p.m. Intermediate & Advanced Pickleball Clinic 5:15 p.m. Pickleball Beginners Clinic 6:30 p.m. GW Ladies Club 6:30 p.m. Line Dancing with Teri	<b>16</b> 9:00 a.m. Open Pickleball Play 9:00 a.m. Ping Pong 10:00 a.m. Team Weights with Ellen 10:15 a.m. Pickleball Beginners Clinic 11:00 a.m. Aquacise 12:30 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 4:00 p.m. Intermediate & Advanced Pickleball Clinic 5:15 p.m. Pickleball Beginners Clinic 6:30 p.m. GW Ladies Club 6:30 p.m. Line Dancing with Teri
<b>20</b> 10:00 a.m. Monroe Township Post 609 Jewish War Veterans 1:00 p.m. WHOA Movie: Here Today	<b>21</b> 9:00 a.m. Open Pickleball Play 9:00 a.m. Ping Pong 10:00 a.m. Provocative Thinking 10:00 a.m. Team Weights with Ellen 10:15 a.m. Pickleball Beginners Clinic 11:00 a.m. Aquacise 12:30 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 4:00 p.m. Intermediate & Advanced Pickleball Clinic 4:00 p.m. Socrates Café 5:15 a.m. Pickleball Beginners Clinic 6:30 p.m. WHOA Open Workshop Meeting 6:30 p.m. Line Dancing with Teri	<b>22</b> 9:00 a.m. Open Pickleball Play 9:00 a.m. Ping Pong 10:00 a.m. Provocative Thinking 10:00 a.m. Team Weights with Ellen 10:15 a.m. Pickleball Beginners Clinic 11:00 a.m. Aquacise 12:30 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 4:00 p.m. Intermediate & Advanced Pickleball Clinic 4:00 p.m. Socrates Café 5:15 a.m. Pickleball Beginners Clinic 6:30 p.m. WHOA Open Workshop Meeting 6:30 p.m. Line Dancing with Teri	<b>23</b> 9:00 a.m. Open Pickleball Play 9:00 a.m. Ping Pong 10:00 a.m. Provocative Thinking 10:00 a.m. Team Weights with Ellen 10:15 a.m. Pickleball Beginners Clinic 11:00 a.m. Aquacise 12:30 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 4:00 p.m. Intermediate & Advanced Pickleball Clinic 4:00 p.m. Socrates Café 5:15 a.m. Pickleball Beginners Clinic 6:30 p.m. WHOA Open Workshop Meeting 6:30 p.m. Line Dancing with Teri
<b>27</b>	<b>28</b> 9:00 a.m. Open Pickleball Play 9:00 a.m. Ping Pong 9:30 a.m. Golf Closed Meeting 9:45 a.m. GW Connections Board Meeting 10:00 a.m. Team Weights with Ellen 10:15 a.m. Pickleball Beginners Clinic 11:00 a.m. Aquacise 11:00 a.m. Golf Open Meeting 12:30 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 4:00 p.m. Intermediate & Advanced Pickleball Clinic 4:00 p.m. GW Friends Book Club 5:15 p.m. Pickleball Beginners Clinic 6:00 p.m. Ladies Club Book Club 6:30 p.m. Line Dancing with Teri 7:15 p.m. GW Friends	<b>29</b> 9:00 a.m. Open Pickleball Play 9:00 a.m. Ping Pong 9:30 a.m. Golf Closed Meeting 9:45 a.m. GW Connections Board Meeting 10:00 a.m. Team Weights with Ellen 10:15 a.m. Pickleball Beginners Clinic 11:00 a.m. Aquacise 11:00 a.m. Golf Open Meeting 12:30 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 4:00 p.m. Intermediate & Advanced Pickleball Clinic 4:00 p.m. GW Friends Book Club 5:15 p.m. Pickleball Beginners Clinic 6:00 p.m. Ladies Club Book Club 6:30 p.m. Line Dancing with Teri 7:15 p.m. GW Friends	<b>30</b> 9:00 a.m. Open Pickleball Play 9:00 a.m. Ping Pong 9:30 a.m. Golf Closed Meeting 9:45 a.m. GW Connections Board Meeting 10:00 a.m. Team Weights with Ellen 10:15 a.m. Pickleball Beginners Clinic 11:00 a.m. Aquacise 11:00 a.m. Golf Open Meeting 12:30 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 4:00 p.m. Intermediate & Advanced Pickleball Clinic 4:00 p.m. GW Friends Book Club 5:15 p.m. Pickleball Beginners Clinic 6:00 p.m. Ladies Club Book Club 6:30 p.m. Line Dancing with Teri 7:15 p.m. GW Friends



Wednesday	Thursday	Friday	Saturday
<p>Open Pickleball Play Ping Pong Ceramics Civic Club Board Meeting Motion with Ellen Yoga with Karen &amp; Dave (Instruction by Video) Acting Workshop C Board Meeting Jeli Dance Class Gin Rummy AC Rehearsal m. Bocce PORT Program</p>	<p><b>3 INDEPENDENCE DAY</b></p> <p>9:00 a.m. 3D Art 9:00 a.m. Open Pickleball Play 10:00 a.m. Chorus 10:30 a.m. Team Body with Ellen 11:00 a.m. Aquacise 11:30 a.m. GW Social Club Board Meeting 12:30 p.m. Zumba (Instruction by Video) 6:00 p.m. Stained Glass Group</p>	<p><b>4</b></p> <p>Happy Fourth of July!</p>	<p><b>5</b></p> <p>9:00 a.m. Poker 9:00 a.m. Zumba with Diane 10:00 a.m. Chair Yoga with Karen &amp; Dave 10:00 a.m. Zumba (Instruction by Video) 1:00 p.m. WHOA Movie: I Still Believe</p>
<p>Open Pickleball Play Ping Pong Club Meeting (Zoom Only) Ceramics Writing Group Motion with Ellen Yoga with Karen &amp; Dave (Instruction by Video) Acting Workshop American Ladies Gin Rummy AC Rehearsal m. Bocce Ident Civic Club</p>	<p><b>10</b></p> <p>9:00 a.m. 3D Art 9:00 a.m. Open Pickleball Play 9:00 a.m. Greenbriar Budget &amp; Finance Committee Meeting 10:00 a.m. WHOA Budget &amp; Finance Committee Meeting 10:00 a.m. Chorus 10:30 a.m. Team Body with Ellen 11:00 a.m. Towne Centre Committee Meeting 11:00 a.m. Aquacise 12:30 p.m. Zumba (Instruction by Video) 1:00 p.m. GW Social Club Luncheon 4:00 p.m. Shalom Club Program Committee Meeting 6:00 p.m. Stained Glass Group 6:30 p.m. Billiards</p>	<p><b>11</b></p> <p>9:00 a.m. Open Pickleball Play 9:00 a.m. Ping Pong 9:15 a.m. Meditation Class 10:00 a.m. Beginners Plus Line Dancing with Joan &amp; Sona 10:30 a.m. Yoga with Brian 11:00 a.m. Painting Group 12:30 p.m. Scrabble 12:30 p.m. Deep Water Aquacise 7:00 p.m. Bingo 7:00 p.m. Canasta Tournament</p>	<p><b>12</b></p> <p>9:00 a.m. Poker 9:00 a.m. Zumba with Diane 10:00 a.m. Chair Yoga with Karen &amp; Dave 10:00 a.m. Zumba (Instruction by Video) 12:00 p.m. GW Olympics Awards Luncheon</p>
<p>Open Pickleball Play Ping Pong Ceramics Covenants Committee Meeting e Yiddish Vinkle Motion with Ellen Yoga with Karen &amp; Dave (Instruction by Video) Acting Workshop Membership Committee Meeting Gin Rummy AC Rehearsal m. Bocce Fitness &amp; Wellness Club a/Photography Club</p>	<p><b>17</b></p> <p>9:00 a.m. 3D Art 9:00 a.m. Open Pickleball Play 10:00 a.m. Chorus 10:30 a.m. Team Body with Ellen 11:00 a.m. Aquacise 11:30 a.m. GW Social Club Board Meeting 12:30 p.m. Zumba (Instruction by Video) 4:00 p.m. GW Wheels BBQ 4:00 p.m. Shalom Club Program Committee Meeting 6:00 p.m. Stained Glass Group 6:30 p.m. Billiards</p>	<p><b>18</b></p> <p>9:00 a.m. Open Pickleball Play 9:00 a.m. Ping Pong 9:15 a.m. Meditation Class 10:00 a.m. Site Review Committee Meeting 10:00 a.m. Beginners Plus Line Dancing with Joan &amp; Sona 10:30 a.m. Yoga with Brian 11:00 a.m. Painting Group 12:30 p.m. Scrabble 12:30 p.m. Deep Water Aquacise 6:30 p.m. Canasta Tournament 7:00 p.m. GW Music Club</p>	<p><b>19</b></p> <p>9:00 a.m. Poker 9:00 a.m. Zumba with Diane 10:00 a.m. Tennis Club 10:00 a.m. Chair Yoga with Karen &amp; Dave 10:00 a.m. Zumba (Instruction by Video)</p>
<p>Open Pickleball Play Ping Pong Ceramics Covenants Committee Meeting Motion with Ellen Yoga with Karen &amp; Dave (Instruction by Video) Acting Workshop o-American Club Gin Rummy AC Rehearsal m. Bocce ah General Meeting</p>	<p><b>24</b></p> <p>9:00 a.m. 3D Art 9:00 a.m. Open Pickleball Play 10:00 a.m. Chorus 10:30 a.m. Team Body with Ellen 11:00 a.m. Aquacise 11:30 a.m. GW Social Club Board Meeting 12:30 p.m. Zumba (Instruction by Video) 4:00 p.m. Shalom Club Membership Committee Meeting 6:00 p.m. Stained Glass Group 6:30 p.m. Billiards</p>	<p><b>25</b></p> <p>9:00 a.m. Open Pickleball Play 9:00 a.m. Ping Pong 9:15 a.m. Meditation Class 10:00 a.m. Shalom Club Board Meeting 10:00 a.m. Beginners Plus Line Dancing with Joan &amp; Sona 10:00 a.m. Greenbriar Covenants Committee Meeting 10:30 a.m. Yoga with Brian 11:00 a.m. Painting Group 12:30 p.m. Scrabble 12:30 p.m. Deep Water Aquacise 6:30 p.m. After Hours Club</p>	<p><b>26</b></p> <p>9:00 a.m. Poker 9:00 a.m. Zumba with Diane 10:00 a.m. Chair Yoga with Karen &amp; Dave 10:00 a.m. Zumba (Instruction by Video) 2:00 p.m. Wine Club Picnic Area 7:00 p.m. WHOA Show: Ready or Yacht</p>
<p>Open Pickleball Play Ping Pong Ceramics Motion with Ellen Yoga with Karen &amp; Dave (Instruction by Video) Acting Workshop Gin Rummy AC Rehearsal m. Bocce</p>	<p><b>31</b></p> <p>9:00 a.m. 3D Art 9:00 a.m. Open Pickleball Play 10:00 a.m. Chorus 10:30 a.m. Team Body with Ellen 11:00 a.m. Aquacise 11:30 a.m. GW Social Club Board Meeting 12:30 p.m. Zumba (Instruction by Video) 6:00 p.m. Stained Glass Group 6:30 p.m. WHOA/GWCA Joint Open Board Meeting 6:30 p.m. Billiards</p>		

# Nurse's Report: Measles & Senior Citizens: Don't Ignore the Risks

By Lisa DiGiovanni, EdD, MSN, RN, MEDSURG-BC, CHSE, and Elizabeth Caruso, MSN, RN, COHN-S, Saint Peter's University Hospital

When you think about measles, memories of making sure your children were vaccinated years ago surely come to mind. Measles isn't a thing now, is it? Yes, it is.



But isn't measles a childhood disease? And didn't the World Health Organization (WHO) announce that the disease was "eliminated" in the U.S., thanks to those very vaccination efforts. Again, yes, you are correct.

However, measles, a highly infectious rash with severe fever, remains a serious health concern in many countries throughout the world. This means that when someone returns from global travel, they may be bringing home more than memories and souvenirs.

Most of these cases have been diagnosed in younger people, but the Centers for Disease Control and Prevention (CDC) and WHO warn that seniors should be vigilant when they travel and when they associate with friends and family who have been outside the country.

The main reason to be concerned is that when an older person contracts measles, it's more than a mild illness. Measles in seniors can bring on serious complications and even can be fatal.

## Why is Measles Spreading?

Dr. Brian Ward, associate director of the JD MacLean Tropical Disease Center at McGill University, said cases of measles are being "imported" by travelers. He was quoted in a recent *CNN.com* article where he explained why Americans shouldn't ignore the risk of contracting measles.

"Each one of those imported cases now is like a match being thrown into a bit of forest," said Dr. Ward. "The susceptible people in our communities now are like that accumulating fuel in a forest."

"Aging is not lost youth but a new stage of opportunity and strength" – **Betty Friedan**

Another expert, Dr. Matthew Ferrari, director of the Center for Infectious Disease Dynamics at Penn State University, concurred with Dr. Ward. The disease is being spread "because a U.S. resident goes outside of the U.S. and is exposed and brings measles back," Dr. Ferrari said, noting an upward trend in measles diagnoses around the country in the past few years.

## Why Seniors Should Take Note

Above, you read about making sure your children were vaccinated; the measles-mumps-rubella (MMR) vaccine was first offered in the 1960s. Here's a question to ask yourself now: Were you vaccinated?

It's very possible you were not vaccinated against measles. And, even if you were, the medical community reports that you may still be vulnerable since immunity may wane over time. There are blood tests available to check your immunity.

Further, as we age, our immune systems naturally weaken, and this makes it more difficult to fight off infections like measles. Senior citizens with pre-existing conditions, including heart disease and diabetes, are at an increased risk of contracting measles.

## Preventing Measles in Older Adults

Vaccination is the primary way to prevent measles. If you are unsure about whether you have received the measles vaccine, it's not too late! Talk with your physician.

There are a few other common-sense things you can do, as well.

- Avoid contact with infected individuals.
- Practice good hygiene, such as frequent handwashing.
- Stay up to date on all vaccinations, including flu and pneumonia shots, to prevent additional complications should you contract measles.

Bottom line: Measles is not just a childhood illness; it is a serious health threat for senior citizens. Given the increased risk of complications, seniors and their families should take proactive steps to protect their health.







# PAC CABARET





# July 2025

*by Kristin Puriza, Lifestyle/Facilities Director*

## Happy Fourth of July:

**Friday, July 4, 2025**

**12:00PM – 3:00PM**

*\*See flyer for details.*

## Movies in The Ballroom:

**Saturday, July 5, 2025 at 1PM:**

**Here Today – PG-13 – 1h57m**

**Sunday, July 20, 2025 at 1PM:**

**I Still Believe – PG – 1h56m**

## Casino Bus Trips:

**Wind Creek Casino**

**Wednesday, July 2, 2025**

**\$30 Per Person (on sale now)**

*\*\$25 Slot Play*

**Atlantic City Resorts**

**Wednesday, August 6, 2025**

**\$30 Per Person (on sale now)**

*\*\$10 Slot Play*

**Atlantic City Resorts**

**Wednesday, September 3, 2025**

**\$30 Per Person (on sale July 22<sup>nd</sup>)**

*\*\$18 Slot Play*

## Health Lecture:

**See Flyer for Date & Topic**

## GW Olympics:

**Opening Day: Monday, July 7<sup>th</sup>**

**Awards Lunch: Saturday, July 12<sup>th</sup>**

*See flyer for complete details!*

## Ballroom Shows:

**YACHT ROCK**

*A genre of soft rock ~ smooth, breezy vocals,  
see the flyer for more information!*

**Saturday, July 26<sup>th</sup> at 7PM**

*Tickets are on sale now.*

**WINSLOW: An Eagles Tribute**

**Saturday, August 16<sup>th</sup> at 7PM**

*Tickets are on sale July 3<sup>rd</sup>.*

**SAVE THE DATES:**

**9/27/2025: Music of Crosby, Stills & Nash**

**10/18/2025: Neil Diamond Tribute**

**11/16/2025: Barry Jason Brunch**

## NYC Theatre District Bus Trip:

*Have tickets for a show or would you  
like to just explore NYC for the day?*

**July 16 \* Sept 17**

*(\$30 per person, on sale now)*

## NYC Broadway Show Bus Trip:

**JUST IN TIME**

**Wednesday, August 20, 2025**

*Sold out – wait list only!*

# PICKLEBALL CLUB

*By Randy Kahn*

Our Club, 170+ members strong, held its Spring Pickle Ball on Friday night, May 30th, attended by 81 individuals, including members and guests. DJ Jeff provided the tunes and quite a number of folks danced the night away, swaying to such tunes as My Paddle has a Hole, Don't Serve to Me, This Ball is Holey, Who Knows the Score and I Lost My Dink.

An event such as this does not happen without the time, dedication and skill of a LOT of folks. In no particular order, table center pieces were beautifully done by Robin Knee and Rosie Chorney. Food catering and program flyers were flawlessly handled by Barbara and Norm Levine. The Greenery did a superb job with the food.

Seating arrangements were coordinated by Barbara Wolff. The room set-up was done by Maxine Chodroff, Cliff Durlacher, Norm Levine, Debbie Wallach, Kathy DeDonno, Robin Knee and Rosie Chorney.

Debbie Wallach took care of the buffet décor and the gift basket. Maxine Chodroff did the "pickle" props.

Food servers were Debbie Wallach, Linda Shiff, Robin Knee, Norm Levine, Rosie Chorney, Barbara Wolff and Maxine Chodroff.

Our Senior Inter-Community League is going at full swing, with our A and B teams battling it out against other Monroe Township developments evenings during the week as well as on weekends. The players greatly appreciate residents showing up to cheer us on. We are doing our best and your support inspires us. Play runs until early August.

We still have some folks with unpaid annual dues balances. A quick point on that- -if for any reason you are unable to play, and feel that you must drop out, DO NOT FRET- - quite a number of residents are Club members for the social aspects and, of course, that is perfectly fine. If you are holding off putting your \$10 check into Box 13 in the library because of a recent health challenge, drop your money in the Club slot and once your health improves, come on out to the courts, or not.....social members are full Club members and we certainly look forward to seeing you at one of our upcoming events, if not actually on the courts.



If you have decided to drop out altogether, we will miss you and encourage you to re-join in the future. If you have not yet paid for 2025 just touch base with Debbie Wallach, Club Treasurer, re your status going forward. She can be reached at 848-482-0556.

Several individuals approached me at our last event to let me know how much they enjoy my monthly scribbles in the Pulse. I sincerely appreciate that. Some folks even said they anxiously look forward to receiving the publication so as to get their monthly chuckle.

While I am NOT actually available in person for weddings, Bar Mitzvahs and the like, I do enjoy sharing my moderate sense of humor with fellow neighbors and residents. Don't worry, if you are concerned about missing me on Jimmy Kimmel, let me put your fears to rest- -the producers never came close to meeting my appearance demands. I asked for 1000 new Franklin X-40 pickleballs. The best they could do was 7 used balls, a broken paddle, half a roll of duct tape and one sneaker!!! I told them they should be ashamed of themselves and to forget it- -I never accept less than a full roll of duct tape.....(I do have my standards.)

Have a great summer and keep on PICKLING, friends.

---

## Identifying Ultra processed Food and Healthy Snacks

*by Michelle Polk*

Certain ultra processed foods are linked to certain health problems. Ultra processed foods are those that we are unable to make in our own kitchens. These foods contain high fructose, corn syrup, artificial flavors, colors, and sweeteners and hydrogenated oils. Some of the foods that we eat include chicken nuggets, hot dogs, flavored yogurts, sodas, many breakfast cereals, packaged breads and snacks. These foods have been a part of our diets for years and they all taste good.

How these foods effect our health is important. These health issues could include

heart disease, diabetes, obesity, and some types of cancer. Behavioral issues surfacing might include depression and anxiety.

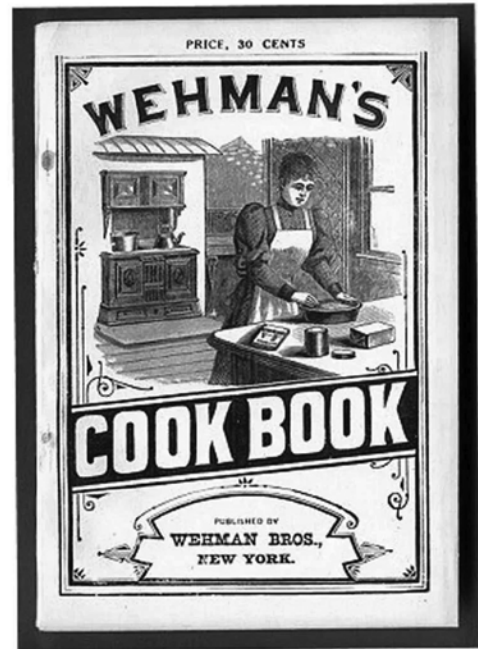
In conclusion try to alter your eating habits and substitute more healthy options to eat for your

health and well being. Healthy snacks when a craving hits includes walnuts, fruit or carrot sticks or popcorn, shredded wheat cereal, or special K cereal or granola bars.

The Performing Arts Club (PAC) is inviting all chefs and culinary gurus in Greenbriar at Whittingham to contribute to our upcoming cookbook, "Our Family Favorites," which will highlight favorite recipes that have been passed down through the generations, as well as recipes that are simply hits among family and friends.

Contributors can simply email recipes to Joan Hermelee at [jphermelee@gmail.com](mailto:jphermelee@gmail.com) or hand write/ copy them and drop them in the "Recipes" box in the Towne Centre. A collection of sure "winners" is always welcome in any kitchen!

Since there will be a limited number of books printed, we will be taking preorders.



*Community curated cookbooks are always wonderful.*



**Barry Haimer**  
Broker Associate  
Cell 732-238-6100



**Regina Haimer**  
Broker Associate  
Cell 732-822-3355

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# The ORT Report

by Ann Gold

Greater Monroe Chapter

If you just saw the headline - ORT - and wondered what it meant, thank you for giving us a chance to proudly tell you.



Today, ORT is educating more than 350,000 people of all ages, in 40-plus countries, for careers in STEAM (science, technology, engineering, the arts, and mathematics) and in the trades their country needs.

In 1880, ORT was founded to raise people out of poverty by teaching about 25,000 of them artisanal skills such as sewing and cabinetmaking.

In 78 Displaced Persons camps after World War II, ORT taught about 85,000 survivors the academics and vocational skills they needed for the jobs that would rebuild Europe.

In the future, will everyone need a degree in Artificial Intelligence? Computers? Robotics? What will we do for electricians and plumbers? Whatever the answer, ORT will create the necessary classes...and instill good values as well. Join with us in supporting a better future (while having fun, of course). For more information, just call me (609-409-0668).

## Upcoming Events:

**July 14th Sundaes on Monday** Membership Appreciation Evening.

Free to all **2025 paid-up members**. A yummy pleasure. Choose your ice cream flavor(s) and all the tasty toppings you can manage!

7pm at the Monroe Township Senior Center (If you haven't already paid the 2025 dues, please place your membership check of \$36, made out to ORT, in Box 18)

**RSVP is required** with either Carole or Eileen

Questions: Carole (609-409-3819) or Eileen (609-409-4366)

## **August 6th What Would You Do....?**

Did you ever dream about being an advice columnist? Do people ask you for advice? Now's your chance.

7pm Towne Centre Poker Room. Free. Open to All. Refreshments.

Questions: Marcia (609-619-3994) or Lynda (609-409-1099)

## **September 17th Game Day**

Enjoy another afternoon of good fun, good food, raffles, and socializing. Bring your group (open to all) and your cards, mah jongg set, dominos, etc.. Place your group's checks, \$32 per person, made out to ORT in Box 18. 11:30am in the Ballroom.

Questions: Barbara (1-732-771-7793)

For those of us living alone and knowing next to nothing about cars...the May meeting was especially worthwhile. Roberto, from Auto Authority in Jamesburg, gave us valuable tips on keeps our cars in good condition and safe. Important info for staying mobile.

Our annual Mercer County Symphonic Band performance was a joyful pleasure. Lots of toe-tapping to Sousa's marches, Offenbach's can-can and the music of Glenn Miller and Benny Goodman.



*Mercer County Symphonic Band performance*

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## *Traveler with a Camera* **Munich: Tomb of the Unknown Soldier**

by Rich Polk

One of the most moving moments I have experienced in Europe occurred at the Tomb of the Unknown Soldier in Munich. Unlike ours in Washington, this one "invites" you in, a symbolic descent into the grave to join the statue of a generic German, who, despite his life-size depiction, feels larger than life, much as I imagine he appeared to our soldiers when they faced ones like him on the battlefield.



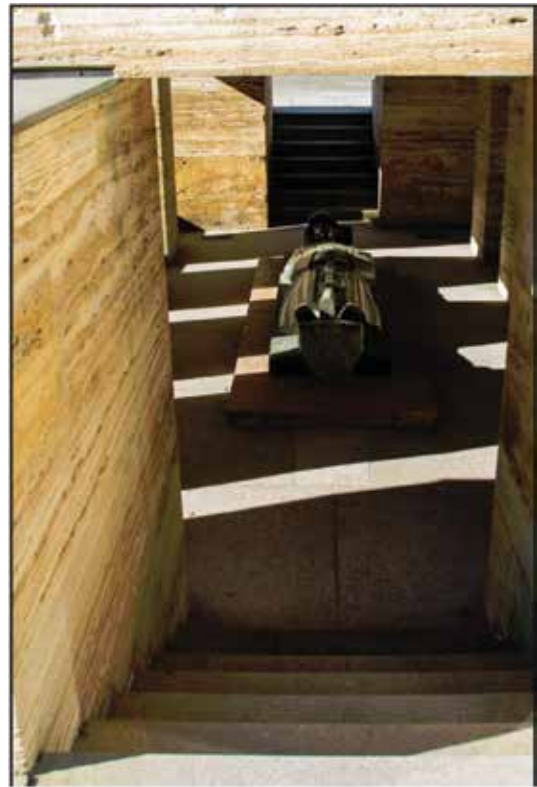
Am I a Nazi sympathizer? Of course not. But I am capable of understanding that National Socialist victims were not limited to Jews, gypsies, homosexuals, handicapped, and Communists, but included German citizens as well-people led into a war of aggression that lasted long after it was clear it was unwinnable. I can condemn those who chose to follow Hitler, even as I can appreciate that desperate times have often pushed people to seize upon scapegoats and follow empty-headed but charismatic leaders.



Historically, the uneducated as well as some who profess to be intellectuals have proven to be equally foolish. Run-away inflation and what was perceived as national embarrassment were enough to make many Germans abrogate their rights, embrace censorship, and treat their neighbors in ruthless and inhumane ways, as they followed dubious leaders making speeches filled with blatant falsehoods and simplistic “solutions.”. (Why does this sound familiar?)

To the Germans’ credit, they have preserved the record of the black spot on their history: as an example, the site of Gestapo Headquarters in Berlin now houses a museum documenting the horror of Nazism, within walking distance of the memorials to the murdered Jews and Sinti and Roma victims. Their preservation efforts demonstrate how people who were cock sure they were right can learn that they were tragically wrong. A sobering thought as humanity continues to travel down the same, rutted road.

“If you want to lift yourself up, lift up someone else.” – **Booker T. Washington**



*Tomb of the Unknown Soldier, Munich, Germany.*

### GW Woodworkers

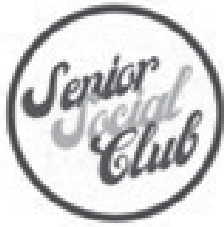
(L-R) Aloha Holloway tames a rare, blue duck; Berta Dittlo and Russ Munson rip hardwood; Cathy Clark precuts patterns; Allison Larson squares off with Dennis Marshall, club VP; Carmine Campanella's bird wing factory in progress.



# The Martin Salmanowitz Senior Social Club

By Mary Laresch

We are in the middle of summer, and on Friday, July 4th, we will celebrate America's Declaration of Independence. We won our independence from Great Britain on this date in 1776. Happy 4th of July as we celebrate with friends and family in the great outdoors, and God Bless America!



On May 8th we presented "The Tomardo Luncheon Show" in our ballroom. Tomardo was a great entertainer, singing songs made famous by such artists as Frank Sinatra, Dean Martin, Bobby Darin, Neil Diamond, and many others. Our luncheon was a little different this time. We celebrated Cinco de Mayo with foods such as quesadillas, pulled pork and beef sliders, guacamole and chips, rice and beans, salsa, with churros and tres leche cake for dessert. Our luncheon and show was a different treat, and it was a fun afternoon for all.

## Upcoming Shows:

July 10th at 1:00 p.m in the Ballroom: Appreciation Luncheon and Entertainment – **Free to Members with Paid Up Membership Dues.** The following food is provided by The Greenery: Appetizers -- Shrimp Cocktail, Eggplant Sliders, Pigs in a Blanket, Pepperoni Bread; Dessert – Chocolate Brownies, Cheesecake, Rice Pudding Cups. Please bring your own beverages. Cut off date July 5th.

## Bingo:

The GW Social Club sponsors Bingo on the second Friday of each month, and doors open at 7:00 p.m. Our upcoming Bingo night will be on July 11th. All are welcome. Come and enjoy playing the games with your friends, and you may win a few bucks!

## Membership:

Our membership year is July 1st - June 30th. If your membership is not current, please make your separate dues check out to the "GW Social Club" and deposit it into our Box #1 in the clubhouse. Our dues are \$20/couple, \$10/all singles.

We are still in need of volunteers to help maintain our club and help with the various planning for luncheons, trips, speakers, etc. If interested, please call me at 609-409-1007 or email me at marylaresch@comcast.net. Stay well and safe!

# The Sherlock Holmes Club

by Paul Hartnett

Sherlock Holmes...the man and the myth. Sir Arthur Conan Doyle authored the original 60 stories featuring the master detective over a 40-year period. However, the popular perception of Holmes often differs from his written word.



Let's begin with "Elementary, my dear Watson!" We all know this signature phrase used by Holmes as he explains his deductions to a baffled Dr. Watson. Trouble is, it was never said by Sherlock Holmes in any of the stories. The line was first used by author PG Wodehouse in an affectionate parody, and thereafter in cinema and by pastiche writers.

Draw a mental picture of Sherlock Holmes. Clad in an Inverness cape, wearing a deerstalker hat, smoking a large calabash pipe with magnifying lens in hand as he searches for clues at the scene of a crime. Well, aside from the lens, you'd be all wrong! The cape and "deerstalker" are never mentioned by Conan Doyle, but were added and popularized by artist Sydney Paget, who illustrated the stories first published in *The Strand* magazine. A Victorian gentleman would never be wearing a deerstalker hat in London, scene of the action for most of the stories. And while Holmes smokes cigarettes, cigars and a variety of pipes (including cherrywood, briar and clay pipes), he never smoked a large, bent calabash pipe. This was likely introduced by actor William Gillette, who portrayed Holmes on stage in the early 20th century.

Dr. Watson was much older than Sherlock Holmes, right? Not so. The good doctor is only 2 years older, and their association starts while in their twenties and continues into their forties. Nigel Bruce, who portrayed Dr. Watson to Basil Rathbone's Holmes in the popular movies of the 1940's, probably contributed to this notion, since the actor appeared to be much older than Rathbone.

Poor Sherlock, a hopeless cocaine addict, correct? Wrong! In fact, his use of cocaine is directly observed in only two of the cases. The reader learns that, with Watson's help, Holmes kicks his cocaine habit fairly swiftly. The drug became synonymous with Holmes in part because of Nicholas Meyer's 1974 novel and movie *The Seven-Per-Cent Solution*, in which Sigmund Freud helps the detective through rehab.



Every protagonist needs a major villain, and so Sherlock Holmes battled his arch enemy Professor Moriarty throughout his career. Not really. Moriarty was an evil genius who masterminded a large criminal organization. However, Holmes locked horns with the Professor in only one story, *The Final Problem*, where they battled to the death at the Reichenbach Falls.

Sherlock Holmes was in love with Irene Adler, true? Well, modern script writers feel the audience would like Holmes to have a romantic interest in the enchanting "adventuress", Irene Adler. However, "*The Woman*", as Holmes refers to her, appears in but one story, *A Scandal in Bohemia*. If Sherlock Holmes had had one relationship, it likely would be with this woman. Irene is seen to be the only woman to challenge the detective intellectually. And Holmes tells Watson "She was a lovely woman, with a face that a man might die for." The story clearly shows that Holmes holds her in a high regard. What he feels towards her is not love – but it is strong enough to make her "*The Woman*" in his eyes.

The Sherlock Holmes Club is dedicated to exploring and discussing the adventures of Sherlock Holmes, Dr. John Watson and the life and times of Victorian England. One of the 60 original stories by Sir Arthur Conan Doyle is selected for each meeting, which feature film clips, discussion, and an occasional guest speaker. No dues, no obligation, just fun!

The Sherlock Holmes Club (aka *The Middlesex Constabulary*) will be on summer vacation for the months of July and August. Our next meeting will be on Wednesday, September 24th at 4:30 pm in the 2nd floor meeting room of the Towne Centre. Our short story for discussion will be *The Adventure of the Dancing Men*, available for free online at: [Sherlockian.net](http://Sherlockian.net)> *Investigating*> *60 Original Stories*> *The Dancing Men*, and other sites

See you then. *The Game is Afoot!* ?? Call Paul (609) 642-6314



Richard Polk, Ramsey Way

*Greenbriar at Whittingham Pulse*

## Barry Geffner After Hours Club

by Marilyn Gerber

July is the sweet spot, the oasis of the calendar, when days at the pool, lake, or ocean are common, and summer entertainment is in full swing. It's also a great birthday month, with no major holidays to overshadow your party except for our nation's birthday on the 4th.



The color of love and passion, the ruby is the July birthstone that gets its name from the Latin word rubu, meaning red. Rubies are the most valuable variety of corundum, the same mineral family as sapphires, and generally command the highest per carat price of any colored stone.

The July birth flowers are delphinium and water lily. Water lilies were named after a Greek nymph and said to symbolize purity, unity and finding peace and balance. Delphiniums are very happy flowers to brighten up someone's day!

Our club is constantly looking for new and exciting talent to entertain our members to keep our parties fresh and exciting. We are very grateful to all of you who support us throughout the year!

In conclusion:

"The two most important days in your life are the day you are born and the day you find out why". Mark Twain

"Life is ours to be spend, not to be saved". D.H. Lawrence

Until next month, be happy!



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**October 31**  
**7:00 pm**

**November 1**  
**7:00 pm**

**November 2**  
**1:00 pm**

**Support the GW Performing Arts Club with an ad in our upcoming fall program!**

Please enclose a copy of your ad with this form. (Do Not Staple). If you do not have a copy of your ad, please write the text you wish to include below and we will complete your layout. Take the size of your ad into account. If you have a graphic you would like to include (e.g. business card, logo, etc.), please enclose it with this form. We will try to adhere closely to your submission, but will edit as necessary. Thank you for your support!

☐ **Booster \$10** (i.e. "Wishing you all the best, Sally Fields")

☐ **Quarter Page \$25**

☐ **Front Inside Cover \$100**

☐ **Half Page \$45**

☐ **Back Inside Cover \$100**

☐ **Full Page \$80**

☐ **Back Outside Cover \$125**

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Please make all checks payable to PAC and place completed form in PAC Box #25

## Introducing ...

## Greenbriar Chess Club



Join us to play and to connect with fellow chess enthusiasts!

**When:** First Friday of the month at 2 p.m.

**Where:** Clubhouse Ballroom

## Everyone welcome!!

For more information call Anatoly Shpirt at  
347-693-8791

*Greenbriar at Whittingham Community Presents*

# Just in Time

BROADWAY | MUSICAL | ORIGINAL



**Wednesday, August 20, 2025**

**\$160 per person, checks payable to WHQA**  
*(Price includes show ticket, bus and driver gratuity.)*

**Bus leaves GW Community at 8:30 a.m.**

Show starts at 2:00 p.m.

**At CIRCLE IN THE SQUARE THEATRE**

*\*Tickets will be distributed on the bus.*

**Bus departs New York at 5:30 p.m.**

Look out, Jonathan's back! Tony Award® winner **Jonathan Groff** (*Merrily We Roll Along*, *Hamilton*) returns to Broadway this spring as Bobby Darin, the legendary singer whose short but remarkable life took him from teen idol to global sensation. Developed and directed by Tony Award winner **Alex Timbers** (*Moulin Rouge*), *Just in Time* is an exhilarating new musical that immerses audiences in an intimate, swinging nightclub complete with a live band, a stellar ensemble cast, and iconic Bobby Darin hits including "Beyond the Sea," "Mack the Knife," "Splish Splash," and "Dream Lover." Discover the man behind the music – a once-in-a-lifetime talent who knew his time was limited and was determined to make a splash before it was too late.

**Tickets on sale beginning Monday, May 12th.**

*No refunds unless the trip is sold out and your seat is resold.*

GREENBRIAR AT WHITTINGHAM COMMUNITY

## SAVE THE DATES BALLROOM SHOWS 2025

**28**  
JUNE

**CHICAGO TRIBUTE**

*Tickets on sale now.*

**26**  
JULY

**YACHT ROCK**

*Tickets on sale June 5th.*

**16**  
AUG

**EAGLES TRIBUTE**

*Tickets on sale July 3rd.*

**27**  
SEPT

**MUSIC OF...  
CROSBY, STILLS & NASH**

*Tickets on sale August 7th.*

**18**  
OCT

**NEIL DIAMOND TRIBUTE**

*Tickets on sale September 4th.*

**16**  
NOV

**BARRY JASON BRUNCH**

*Tickets on sale October 2nd.*

*\*Separate flyers available as the sale date approaches.*



**Hot Coffee and Snacks served**

**GW FRIENDS PRESENTS**

**CLASSIC COMEDY of EARLY TELEVISION**

**MONDAY, July 28 at 7:15PM in the G.W. TOWNE CENTRE BALLROOM**

The GW Friends Business Meeting will start at 7:15PM followed by our guest speaker.

**Classic Comedians From Early Television** ALLEN is said, Langford is the best comedian. So come and learn about the people who made America laugh in the 1940s-1950s including Milton S. Eisenhower, Sid Caesar, Lucille Ball, Karl-Ludwig, Carol Burnett, Joan Rivers, Woody Allen and many to follow. The program is free will be a sampling of what they have been a members and donors.

**Larry Wolff, Our Guest Speaker** Larry goes up to the 10th floor to learn a special program will be held. He has been a member since 1991. He has been a member since 1991. He has been a member since 1991. He has been a member since 1991.

This special event is open to all paid-up GW Friends members. If you are not a paid-up member, bring a personal check with you, payable to "GW Friends." 2025 membership is \$10 per person. Questions? Contact Mark Sachs at mark@sachs.com.

Ellen Rubin presents:

## "MOTION IS LOTION" Flexural Healing

Come join me as we help manage our aches and pains through MOTION.

**\*Wednesdays at 10:30 a.m. - 11:30 a.m.**  
in the Towne Centre

Using either the weight of our arms, free weights, bands or balls we will stretch and flex helping our arthritis, joint replacements and our BACKS!! (free weights optional).

**\* CHAIRS will be used as one of our many tools to help us manage our movements!**

I will provide bands and balls as needed. Just bring free weights (optional), water and your sense of humor!

**Please wear sneakers, cost is only \$10 per person.**

If you are interested please contact Ellen Rubin at 917-751-3085.

**Saturday Soirees at THE GREENERY**

**August 25**  
*a Saturday Beyond the Veil*  
**The Jersey Shore Medium**  
Join Linda Shields, as she brings messages and connections of love and hope from your family and loved ones in spirit for this mediumship demonstration.

**September 15**  
*a Saturday on Stage*  
**Emma Davis and Joe Conceison**  
From soaring solos to show-stopping duets, Emma and Joe bring Broadway's magic to The Greenery. Whether you love musicals or just live for the drama, this is your night to shine.

**October 4**  
*a Saturday at the Soda Shop*  
**Occasionally Five**  
Put a quarter in the jukebox and dance the night away— it's all diner hits, sweet harmonies, and retro vibes you won't want to miss.

Please see event poster for details.  
Covers can be combined with other discounts.  
Non-resident ticket sales begin three weeks prior to the event.

## Greenbriar at Whittingham Community 2025 Bus Trips to NYC Theatre District



**\*July 16th**  
**\*September 17th**

**BUY YOUR SEAT TODAY!**



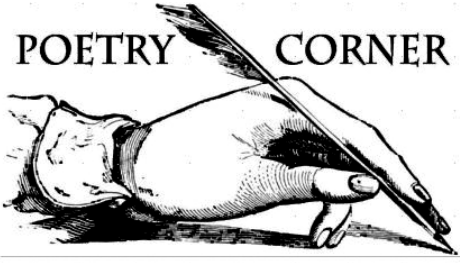
Departs Community at 8:30 a.m.  
Departs NYC at 5:30 p.m.

**\$30.00 Per Person, Checks to WHOA**  
**Sign up with The Conclerge**

Non-residents are welcome.

**REFUNDS ONLY IF TRIP IS SOLD OUT & SEATS ARE RESOLD**

## POETRY CORNER



### Words of Wisdom from Your Father

*By Tom Clark*

I have been with you many years.

Through the sweltering heat of the summer, and bitter cold days of winter.

You have been with me during some of my most happy and joy filled days, and some of my most sorrowful and depressing times.

I have cared and nurtured you, and watched you grow to become beautiful and a magnificent example of all that is good in life. But now you have grown sick, your luster and brilliancy has dulled to reflect your deteriorating condition. It saddens me to see you in this condition. I am deeply troubled, and seek solitude so I may be able to deal with this dilemma. I speak with the person who I have relied on for most of my life, so I may be able to face the enviable when it arrives.

"You must be prepared" I'm told. Most of all "you must have closure". I must be prepared to give dignity and proper care, so when the end comes, you'll know you did all you could do. I'm advised to take a fine cloth and wrap the loved one. Take time to make sure it is done with heartfelt remembrance of all the wonderful times you shared.

I now take time to close my eyes for a moment of silent thought. Once I've concluded, I lift my loved one in my arms and slowly walk to the nearest garbage can and dispose of my loved one. After all, my father say's "dead plants bring bugs"

---

### WHAT MY GRANDCHILDREN SEE

*By Charlotte Rubin*

When my grandchildren look at me, I wonder what they see  
Can they even imagine the young girl I used to be  
The one who loved school and strove to do well

The one who always had a strong need to excel  
Who washed her hair every Thursday night  
And slept in curlers to make waves that were just right  
Who went to the movies every Saturday with her friends  
And was there for hours and hours on end  
To watch two movies, one A and one B,  
A newsreel, cartoons, and eat six cents candy  
Who roller skated down the Bronx hills  
And once in a while would take a spill  
Who traveled all over by bus and subway  
All that was needed was a dime to pay  
Who, at age 12, became a young Aunt  
To a nephew and then to a niece  
As her loving family began to increase  
Who walked to the stadium many a day  
To watch her beloved Yankees play  
Whose father's death, shocking and unforeseen  
Occurred when she was only sixteen  
Whose life was irrevocably changed  
And whose goals were rearranged  
Who graduated high school in 1952  
And began her working career to pursue  
I don't think they could imagine the girl I used to be  
But, when they call me "Grandma," that's good enough for me.

---

### Running

*By Irwin Dunsky*

Running to the front of the line that's what I always did  
Waiting to always be first, that's what I always wanted  
Low self esteem drove me to do that, always first  
Crazy in my head, always believing I had to be first  
Slow down I thought, but I kept running to the front  
Even though I ran, being slower than most, I didn't get there  
I kept running most of my life, because I want to get to the front

Until, I finally realized, I didn't have to rush  
I slowed down and let God heal me, life began to develop  
Slowly I began to grow into a healthy human being  
Now years later, I've reached a beautiful space  
Living my life as it was planed, with God running the show  
Being so grateful God is in my corner, and I believe in him  
Life is much easier this way, I'm comfortable where I am  
It took me so long, to get from where I was to where I am  
This is such a wonderful way to live, It's beautiful

## Wait 'til the Next Reunion

*By Bill Friedman*

Liz Liota from Sarasota bought a Toyota  
and moved to North Dakota.

She rented a room in a new hotel,  
the amenities were even better than swell.  
Within a week she landed a great position,  
head bookkeeper for a renowned physician.

Before long she had a group of pals,  
all single professional gals.

Liz eventually dabbled in dating,  
none earned a favorable rating.

Soon she entered a well-earned path,  
when chosen to manage the office staff.

As part of her job she'd review new patient's history,  
one in particular led to some mystery.

The man's name rang a bell,  
as did his picture as well.

She dug up her yearbook she hadn't opened in years,  
sure enough his picture was there.

Suddenly recalling that they had actually dated,  
but cut ties when his family relocated.

She was there to greet him the next time he arrived,  
sure enough the memory had survived.

He was single and successful and suggested a meeting,  
before long they were texting and tweeting.

Within 6 months, with the yearbook on display,  
they were joined in marriage in the middle of May.

Life is sweet with a daughter, son and 2 23 year old  
grandchildren

God had blessed me, I'm living a life, one in a million  
I want you, I need you, I love you, now 3 out of 3 ain't bad  
Loving you has given me a life worth living, that's not sad  
I fell for you almost 60 years ago, when I was quite young  
Couldn't get you out of my life, like a magnet I just clung

---

## No Doubt It Was Meant To Be

*By Bill Friedman*

She refused to sign a pre-nup, he agreed to continue dating.

she soon would be referred to as his bride in waiting,

Maybe weeks, maybe months maybe even longer,  
as time passed, their love would grow even stronger.

So many question about walking the isle,  
their pat answer was not for a while.

All things were going great  
and they actually agreed to cohabitate.

With minor changes the pre-nup would stand  
and finally a fabulous wedding was planned.

They walked the isle, the party was great  
and both agreed it was worth the wait.

Within a year, what a surprise,  
The stork delivered a daughter with baby-blue eyes.

---

## Three out of Three ain't Bad

*By Irwin Dunsky*

I want you, I need you, I love you, now 3 out of 3 ain't bad  
Loving you has given me a life worth living, that's not sad  
I fell for you almost 60 years ago, when I was quite young  
Couldn't get you out of my life, like a magnet I just clung  
I had a lot of girlfriends, when I met you, I knew you were for  
me

We went out two times, I told you I was going to marry, you'd  
see

I never saw anyone after you, All I thought about was you  
Fell in love with you 60 years ago, you'll always be "my girl  
Sue"

Life is beautiful with a wife like you, more of my care giver  
Now that I'm eighty, your my wife, you'll always be my lover



Join us on the 2<sup>nd</sup> Friday of each month  
7 PM in the Towne Centre Ballroom

*Non-resident guests are welcome!*  
*Bring snacks*

*Your \$5 admission includes 1 book of all the  
games. Markers \$1 each.*



# DEAL DAYS at GREENERY



*Tuesdays from 4pm*  
**Burger Night**  
**Buy One Burger, Get One Half Off**  
 Make it a date—or just double up! Enjoy one burger and get the second for 50% off. Bring your appetite (and someone to share it with!)



*Wednesdays from 4pm*  
**Midweek Pasta Party**  
**\$14.99 Pasta Night + Add-Ons**  
 Carb up and cozy in! Choose from a variety of pastas and sauces, served with a side salad & garlic bread.



*Thursdays from 4pm*  
**Breakfast Club After Dark**  
**\$13.99 Prix Fixe Breakfast for Dinner**  
 Toast, fruit cup, choice of entree, and choice of side. Pajamas encouraged!

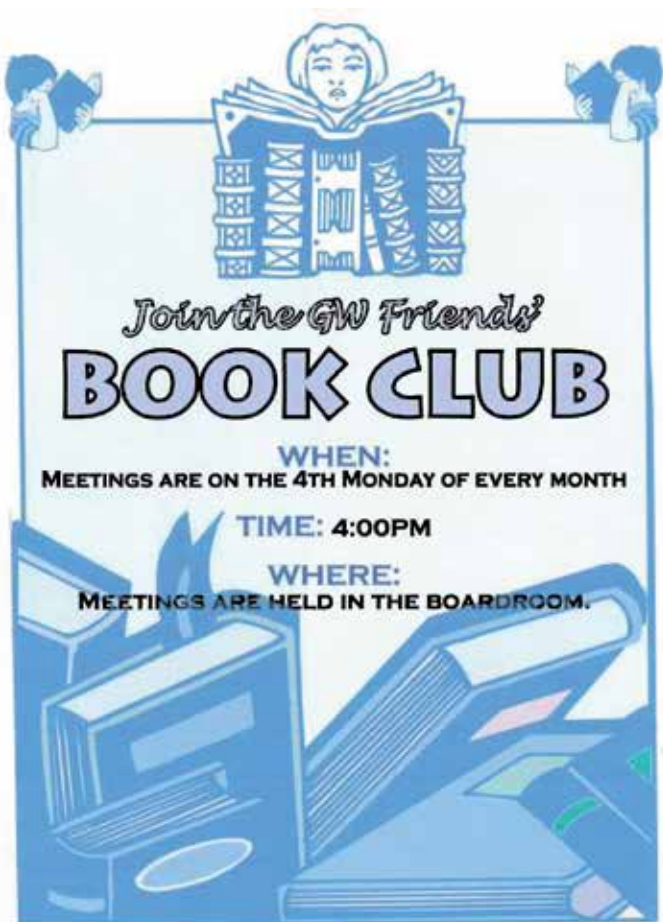


*Thursdays from 4pm*  
**Pizza Topping Frenzy**  
**Pizza Night — 1 Free Topping**  
 Any pizza — your first topping is on the house. We'll bring the crust, you bring the crowd!



*Saturdays from 4pm*  
**Saturday On The Town**  
**Buy 2 Entrees, Get 1 App or Dessert**  
 Double up and we'll treat you. Buy any two entrees and receive one appetizer or dessert for free! (4 entrees = 2 freebies!)

Cannot be combined with other discounts. Please see event poster for details.



## Join the GW Friends' BOOK CLUB

**WHEN:**  
 MEETINGS ARE ON THE 4TH MONDAY OF EVERY MONTH

**TIME: 4:00PM**

**WHERE:**  
 MEETINGS ARE HELD IN THE BOARDROOM.

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**Led by Joan and Sona**



**Learn the latest dances  
 Challenge yourself with some  
 dances, a little bit harder**

For further information,  
 call Joan at 609 664-2271 or Sona at 201 981-6072



# Zoodling

By Linda Wagner

Many of us here in the “briar” are very busy people. We have our clubs, our hobbies, our card games and our parties. There’s only one thing that takes priority over everything else ---Grandchildren. No matter what we are doing, no matter the time – day or night, if the call comes in, we are on our way for the grandkids!

We wear it like a badge of honor – “My grandchildren need me!”

Why is this such a common and powerful drive? In pondering this, I’ve come to think it is the reward for raising teenagers. Talk about a trial by fire. Not one of us would decline this hard-earned payback for the years of self-sacrifice that ultimately allowed our children to survive long enough to give us our gift – GRANDCHILDREN.

I remember the stress and worries each time the family car pulled out of the driveway with one of our brand-new drivers at the wheel. I remember the calls in the middle of the night when something went wrong. Once my husband ended up driving to TCNJ at three in the morning on a cold winter’s night to move our son’s car so it wouldn’t get towed. Our son had inadvertently parked in a fire lane and since he didn’t answer his phone, security called us as a courtesy before the car was towed. When my husband arrived at the school 40 minutes later, the car was gone. Apparently, the party had ended, our son got the car and went home – none the wiser that he had been rescued. In case you are wondering, yes - he survived. Ergo, two fascinating grandchildren.

I have also observed that there is a bit of a difference between being a grandmother and being a grandfather. We women are ready to become grandmothers early in life. Something about a nurturing nature. Men come to it a different way. Grown men, who as young fathers were only vaguely aware that they had children, openly brag about babysitting their grandchildren. They trade babysitting stories with their golf buddies. They trade babysitting stories during halftime. I’ve seen grown men wear princess crowns and allow their toes to be painted – just because their granddaughter asked. Tea with the stuffed animals and dolls – sure!

I once confessed to my doctor that my granddaughters were the most beautiful babies on Earth. “Is that possible” I asked, “or am I just really biased?” Her reply was full of wisdom. She told me that when you look at your grandchildren, you’re not just seeing their outward appearance, but you are seeing them through the lens of all the love and experiences you have had with them. How could they not be the most beautiful kids in the world?

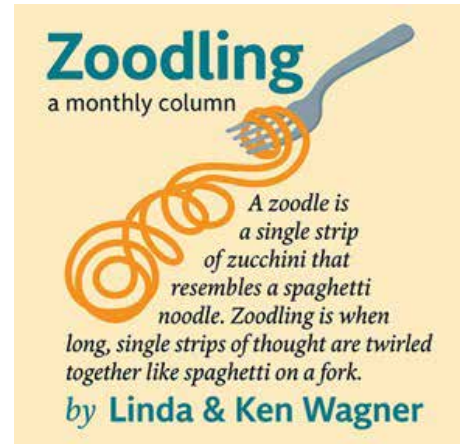
When my first grandchildren were born - twin girls no less, I felt like I was the Queen of the World. If I were on the Titanic, that would have been me shouting over the bow.

When our daughter told me that I would be a grandmother, something she had to spell out for me after she told me she was pregnant, the first thing I said was, “Now I have a reason to live.” We still look back at that with some amusement. (My husband is less amused...) We’re still not sure where that came from. I’ve always been a pretty happy person. I guess what I was thinking was our kids were raised, we had our successful careers, so what’s left? Ah-ha – it hit me - grandchildren!

Another thing I love about being a grandparent is how our grand kids educate us. For instance, did you know there is a difference between a snack and a treat? This was explained to me by my then six-year-old grandson, when he caught me trying to pawn off an apple as a treat. He made it clear, a snack is something like an apple, or a bit of cheese – you know, healthy. A treat, on the other hand, means sugar!

You know that saying, “what happens at Grammy’s, stays at Grammy’s.” That’s a good thing for us, since Grampy often confuses treats for snacks. Also, sometimes we don’t limit the screen time with the same diligence as their parents. If they’re not telling, we’re not telling.

There are so many proud grandparents in Greenbriar that perhaps we should establish a “grandchild drop-off zone”. It would be something like the “kiss and go” at the bus station. Parents could feel free to bring the little ones and make a quick get-a-way. Knowing the grandparents here at GW, it wouldn’t even matter who the kids belong to. Someone would whisk them away for a weekend of “snacks and treats.”



# The Greenbriar Wine Club

by Alan Greenberg

The Greenbriar Wine Club formed close to a year ago with the goal of holding at least 6 “meetings” per year. Our meetings may seem different than other clubs since each meeting features a four course menu catered by The Greenery, along with four wines expertly paired with each course along with a guest speaker from the winery or distributor. Each evening is a little educational, a little social and whole lot of fun.

These are the dates of our upcoming wine dinners, typically held in the ballroom.

June 30th - Keith from Lauber Selections

August 29th - Kat from Balletto Vineyards, California

September 26 - Rob from Allied Beverage Bourbon night

October 15 - Daniel from Vintage Imports

December 1 - Yvonne from Broadbent Selections

We planned a paid up membership event on Saturday July 26th in the picnic grove with Sunday August 3rd reserved as a rain date. If you’re attending Yacht Rock in the Towne Centre come early for some wine and snacks and then dinner at The Greenery. If you’re at the pool come in your bathing suit and join us.

Membership in the club is only \$10 per person per calendar year and dinners vary depending on the wine and food costs. Typically around \$49 per person which includes four courses, four wines, taxes and server gratuities. Join us at as many events as you can. Start a table with old friends or join one to make new ones. The Greenery always does their best to accommodate all food issues and prepares alternatives when you let us know in advance what your needs are.

For more information, email Alan at [GreenbergAlan@yahoo.com](mailto:GreenbergAlan@yahoo.com) or call 732-861-8433. If you want to join the club, leave a check made to “cash” in mailbox 30. Be sure to include a note with your name, email and phone number so we

can stay in touch with you about upcoming events. We promote events on the GW webpage, Facebook and flyers in the lobby spinner rack as well as by email.

This is a lively group and is always a good time!

Cheers!



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# SHALOM CLUB

*By Marcia Sincoff*

Please join us at a breakfast on the first Sunday of the month. If interested, please contact our membership team: Susan Pilcer 732-689-1534 and Janet Horowitz 973-960-6941 to reserve your seat.



## JOIN US FOR UPCOMING EVENTS

**SUNDAY, JULY 20, 2025**, Breakfast featuring Diane Cypkin, "A Salute to Molly Picon". This presentation, part cabaret, part lecture, will trace the highlights of Molly's lengthy career from the Yiddish stage to English language films. Place \$12.00 check made out to Shalom Club in Box #6.

**SUNDAY, JULY 20, 2025**, Movie in the Clubhouse, Avalon. This drama is based on the family history of director Barry Levinson. All are welcome.

**VINKLE GROUP** – Meets every third Wednesday of the month from 10-11:15 in the conference room across from the nurse's office. They have a small group of residents that are interested in expanding their understanding and or ability to speak Yiddish. Any questions, call Harriet Weitzner (609) 860-1929

*Please be sure to check out our flyers in the Town Centre rounder*

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## Hadassah News

*by Joanne Sacoff*

"July is a blind date with summer". And yay it is summer finally!! Looking forward to wonderful busy months ahead with great, interesting, and delicious events to attend all the while supporting Hadassah.

First we are happy to welcome all of our new members who joined us on June 18th at our membership "Meet and Greet". We look forward to sharing good times with all of you. For anyone who missed the event please contact Sharon Nachimson at 973-668-1813 for membership registration forms. Our membership is open to all who are interested.

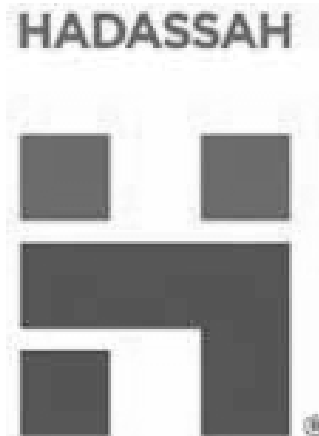
Looking forward to seeing everyone at our very popular Trivia Night being held at the Monroe Township Library on Wednesday July 23 at 7pm Put your thinking caps on and let's see who knows what. This is always a very fun but definitely challenging event with lots of good snacks and beverages to go along with the fun.

Every other year we have our excellent fashion show and this year we expect it to be even better. Fashions will be by Macy's with lots of surprises. We are holding this event at Forsgate Country Club on Wednesday August 27 There will be many vendors for your shopping pleasure, an excellent luncheon and stunning fashions. Check the rounders for flyers and sign up sheet.

So to recap, anyone who missed the membership "Meet and Greet", can still join up.

Everyone start practicing for Trivia Nite 7/23 Library 7pm

Fashion Show 8/27 Forsgate Country Club





# Biography of GW Resident Sol Lurie is Published

By Mark Surks

In what may be a first, and I urge anyone to otherwise enlighten me, a GW resident has had a biography published about him. Chichester Road resident Sol Lurie's biography, "Life Must Go On: The Remarkable Story of Sol Lurie, the Kovno Ghetto, and the Tragic Fate of Lithuania's Jews "



written by his daughter Bea Lurie and Dr. Steven Leonard Jacobs, was published by Pegasus Books and is distributed by Simon and Schuster. Dr. Jacobs is an historian and university professor who specializes in Genocide and Holocaust Studies, Religion, History of Judaism, and Politics in the Middle East.

From the publisher: *The remarkable story of Sol Lurie, a child survivor of six concentration camps during the Holocaust, who continues to be a beacon of hope.*

*After a bucolic childhood in Kovno, Lithuania, Sol was just eleven when the Nazis invaded and he and his family were forced to move into the Kovno Ghetto. The Kovno Ghetto was one of the only ghettos to later become a concentration camp, and Sol was among just a few Jewish survivors from Kovno.*

*In this inspiring story of tenacity, character, faith, love, and forgiveness, we follow young Sol through heartbreak and fear, torment and torture. Through Sol's eyes, we learn the history of the communities in Eastern Europe, especially Lithuania, which has long been a gap in the wider history of the Holocaust. Along the way, we meet the righteous few who helped save young Sol's life. After being imprisoned in five other concentration camps for a total of four years, Sol was liberated from Buchenwald on his fifteenth birthday. To this day, he still joyfully celebrates every year the day he was born and liberated.*

*Despite the horrors of youth, Sol never lost his determination to live life to the fullest. He embarked on a new life in the United States and would thrive as a husband, father, grandfather, business owner, and an inspiration*

*for the thousands who have heard Sol share his incredible story—and the lessons he has to share.*

*We can all learn from Sol at a time when divisiveness reigns. Despite all that he suffered and all those he lost, Sol's courage and positive attitude continues to inspire as he actively seeks out and sees the good in others. He wholeheartedly believes in bashert, a Yiddish word that means "destiny," which gave him his "mission to educate others to love, not to hate." Life Must Go On is a moving and vital new addition to the history of the Holocaust and the chorus of survivor stories that resonate throughout the generations.*

*Publisher's Weekly reported: "In this poignant account, Lurie and Holocaust scholar Jacobs (Antisemitism) retrace the steps of Lurie's father Sol, who survived six different Nazi concentration camps. He narrowly escaped death on multiple occasions, sometimes due to luck, but often, as Sol would stress later in life, due to the unexpected kindness of others. It makes for an informative contribution to Holocaust studies."*

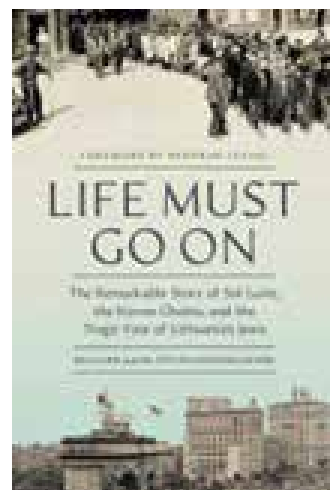
What is not reported above by the publisher is that a few years after arriving in America, despite what he had already been through, Sol volunteered to serve in the Army of new homeland during the Korean War. Sol's picture adorns the poster board in the Towne Centre lobby each year on Veterans Day.

Sol's health has not been great lately, but in the past he was a fixture at many events at GW including the Shalom (nee Yiddish) Club breakfasts where he aided in the set up and break down of the room.

Sol also spoke to groups of adults and children about his experience in The Holocaust. In November of 1998, his testimony was memorialized by recordings made by The United States Memorial Holocaust Museum in Washington DC. Anyone, anytime, anywhere can hear Sol's story on the Museum's website, as part of their Oral History collection.

Author Bea Lurie will be in the Towne Centre Ballroom to talk about her father and her book on November 5th. Save the date. More details will of course follow.

Meanwhile you can purchase the book from Amazon and other booksellers. You can visit [lifemustgoon-book.com](http://lifemustgoon-book.com) for more details and links.





**GW FRIENDS PRESENTS**

**JERSEY SHORE BLUECLAWS**

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AT THE

# BASEBALL PARK

**THURSDAY, JULY 22**

at SHORETOWN BALLPARK, 2 Stadium Way, Lakewood, New Jersey 08701

to see **The Jersey Shore Blueclaws** (Single A affiliate of the Philadelphia Phillies)  
Vs. **The Wilmington Blue Rocks** (Single A affiliate of the Washington Nationals)

**TICKETS: \$32/PERSON**  
Includes admission, reserved seat and all you can eat picnic dinner.  
(hamburgers, hot dogs, macaroni & cheese, baked beans, soft drinks and much more.) Picnic area is on the left field side.

**First Pitch is 6:00PM**  
Gates open at 5:00PM for Picnic Guests

Questions: Contact Rich Klein at [raukj60@yahoo.com](mailto:raukj60@yahoo.com)

**ORDER FORM**  
for 2025 Jersey Shore Blueclaws Picnic & Baseball

To Attend the GW Friends Baseball Game at Shoretown Park, fill out this form and drop it off with your check (payable to "GW Friends") in Box 22 located in the GW Towne Center Library or mail to Mark Lindell, 15 Trent Road, Morristown, NJ 08831.

Name(s) \_\_\_\_\_ # of Tickets \_\_\_\_\_ Total Cost (# of tickets x \$32) \_\_\_\_\_

E-mail \_\_\_\_\_

☐ Please indicate if you are unable to drive to the ballpark and would like to carpool with another attendee.

Greenbriar at Whittingham Community Presents:

# 26th Annual ARTS & CRAFTS FAIR

**Sunday, September 28, 2025**  
**12:00 p.m.—3:00 p.m.**

**Towne Centre Ballroom**  
~FREE ADMISSION~

**Join Us, Show Your Talent!**  
**Pick up your application**  
**at The Concierge Desk.**

**Any Questions ???**

Chairman Dale Blum: 609-409-6705

*\*Any non-resident wishing to participate MUST be a guest of a resident.*



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enjoyed and approved by your family and friends.  
Your recipe(s) will be collected and placed in a  
timeless recipe book with your name underneath it.  
The book will become available to purchase  
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Venture into a new world of culinary delights and  
enjoy a variety of cuisines. This book will also make  
an appetizing gift for family members!

Please submit your recipe by July 15 to:  
[jphermelco@gmail.com](mailto:jphermelco@gmail.com)  
or put your recipe in the box at the Concierge desk.

*My Very Best Recipe*

Greenbriar at Whittingham Community Presents



Catered by:



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FOR AN ENJOYABLE AFTERNOON!**

**\* Music provided around the pool  
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**FRIDAY, JULY 4, 2025**

**TICKETS ARE \$20.00 \* CHECKS ONLY: PAYABLE TO WHOA**  
**PURCHASE YOUR TICKET TODAY AT THE CONCIERGE DESK.**  
**LAST DAY TO PURCHASE TICKETS: WEDNESDAY, JULY 2ND.**

**FOOD WILL BE IN THE BALLROOM FROM 12PM — 3PM**

*You are welcome to take your food poolside if you wish.*

**Buffet Menu: Build your own Hot Dogs, Hamburgers,  
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# Memorial Day 2025

