

Greenbriar at PULSE



Poems by Irwin Dunsky have appeared in most, if not all, of the issues of The Pulse and its predecessor The Voice for many years. The Poet of Green-briar passed away in May. This is Irwin's first po-em he ever wrote shared with us by his family. May his memory be a blessing.

MAKE YOUR OWN BED

By Irwin Dunsky

Have you ever wondered what it would be like, never to be wrong?
Have you ever wondered what it would be like, always to be strong?
Have you ever wondered what it would be like, always to win?
Have you ever wondered what it would be like never to sin?
If you always came in first, it would actually be a curse.
If you won all the time, what would make things sublime?
Having people praise you is a wonderful thing,
but not every songwriter can actually sing.
The most important thing in life, is not always to be the best,
much more important is to enjoy the quest.
So, discover who you are and believe it to be right,
defend your very being with all of your might.
The universe knows you're here and you make it complete,
the answers to your problems will show up at your feet.
Listen for the answers and don't isolate,
all that's at stake is your happiness and fate.
For life waits for no one, it moves straight ahead,
it's up to each of us to make our own bed.

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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

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
Video of open board meetings are available on You Tube. Search for WHOA Recreation

After Hours Club

By Lori Filik

If you haven't been to After Hours, consider giving it a try. Each month on the fourth Friday we invite you to a fun filled night.

This past month we had entertainment by DJ Jeff. As it was Memorial Day weekend, we honored our veterans and thanked them for their service. The catering was done by Tuscany and as always the food was delicious.

We look forward to seeing both old and new friends at future events. Remember our flyers are available in the clubhouse.

See you soon!





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Deadline for material to be submitted for the August issue of **The Pulse** is July 7th.

New Kids on the Block

By Maddi Litoff

After the long cold, snowy summer, we are a club introducing everyone to men women couples. Everyone is welcome to join. We have lots of fabulous activities as you can see in the picture. We just had to make a tree of life, and everyone decorated it and became wonderful artist.

We meet every Wednesday the first Wednesday of the month for a different activity in July 1 Wednesday, July 1 we have a bingo dance with a DJ. Everyone is welcome.

October will be our annual scavenger hunt in the clubhouse looking for all our little ducks please everyone join us. It's a wonderful fun time and we also have lots of goodies and snacks and prizes.

November will have a masquerade dance. Just wear a great mask and a DJ we all look forward to seeing you and meeting each other we also donate money to Make A Wish and we have a plaque in the back patio of Make A Wish you're welcome to see the Name soon. Will come up with a tour again and you'll all be invited. I'll keep you posted so looking forward to seeing everyone at the pool and have a good time

All our best any questions please give me a call Maddie 201-280-3911. Looking forward to hearing from you.



Zoodling a monthly feature

By Linda Wagner

A zoodle is a long, single strip of zucchini that resembles a spaghetti noodle. Zoodling is when long, single strips of thought are twirled together like spaghetti on a fork.

Kismet by Street Address

According to Webster, Kismet is a hypothetical force or personified power that determines the course of events in our lives. As a thought experiment, I decided to do some research and see if Kismet has resulted in any correlations between the street names here in GW, and the people who live on those streets.

(This is all VERY scientific or course!)

For instance, Westboro means generosity of spirit. Do our Westboro Lane neighbors really exhibit the trait of generosity? The scientific method would require us to hit them up for a twenty and see what happens. (I'm guessing there might be some HOA rules against such solicitation.) However, there is a high probability that they were some of the generous folks who dropped off entire cases of pasta sauce for the GW Wheels food drive this month!

Halifax is internationally famous for its Mackintosh chocolate and toffee (now owned by Nestlé). Has fate collected an entire street of chocoholics on Halifax Drive? If so, fate might have missed me. (I may have to move.) Perhaps there is a flaw in the screening process. I don't remember that question on our HOA application.



Ardsleigh is described as meaning “ardent meadow”. “Curiously, I see very few meadows along Ardsleigh Place, let alone an ardent one. (Although, the lawns are especially nice here!) By the way, Merriam-Webster defines “ardent” as characterized by warmth of feeling, typically expressed in eager support or activity. Perhaps this is a street of drama queens...and kings?

The history of Brighton is that of an ancient fishing village which emerged as a health resort in the 18th century. So, are the residents along Brighton Court the most likely to fill the gym, swimming pools and pickleball courts? Are they prone to vegetarianism? If so, are they also prone to warn you all about the dangers of eating meat?

Now Ramsey is a name from Scottish English and Irish origins. In Old English the similar word, “hramsa” is interpreted as 'wild garlic.' Ah ha! This neighborhood must surely be causing the recent rise in the price of mouthwash.

Wellfleet Street. The name may derive from “whale fleet” or from the Wellfleet oyster bed in Blackwater Bay, England. Are these residents good swimmers or seaworthy men and women? Could they be ravenous oyster eaters? Perhaps I can elicit a dinner invitation to get to the bottom of this. (I do like my oysters!)

Of all of our streets, my favorite is Stonewyck Place. It is likely from the name "Stanwick" which suggests "stone village". Though Stonewyck is not a real location in England, it is the fictional Scottish estate and central setting for a series of historical romance novels by Michael Phillips and Judith Pella. Apparently, the saga spans multiple generations, following the aristocratic family associated with the Stonewycke Estate. (Book reviews suggest that the fascinating world of nineteenth-century Scotland will become your home-away-from-home when you enter The Stonewycke Trilogy. Sounds like Downton Abbey. Hmm...maybe Downton Abbey is a rewrite. I am noting this as a “must read.”

Stonewyck Place, as it happens, is my home-sweet-home, and I do feel somewhat aristocratic living here. Note the charming Tutor architecture, well-kept lawns, and high society on my street (wink, wink, neighbors). I do have to admit, that like many aristocrats, I sometimes take my situation for granted. Though we don't have a lot of servants running around, and no one serves afternoon tea, we still live a privileged life. Life is good here, and we're quite comfortable on Stonewyck. Score one for Kismet!



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Lessons From a Weeping Cherry Tree

By Gail Alpern

There was a weeping cherry tree that lined the walkway to our front door. It was the most beautiful part of the landscaping. In the early years, the tree stood small and skinny, with smooth shiny bark that swayed easily in a blustery wind. The roots were scattered lightly in the grass and made their spidery way along the surface of the ground. No one thought much about it but twenty-five years later it was as tall as the second story window. It stood like a sentinel in front of our colonial home.

Every year there was a cycle that the weeping cherry tree followed. In the winter the branches were bare but often covered with ice as they drooped under the weight of winter's woes. The icicles glistened in the morning light and tinkled in the wind of the evening breeze. As the ice and snow melted, and spring peeked out from under its winter covers, the buds appeared along with colored blossoms. The sweet fragrance of these blossoms filled the air with perfume so that old man winter was finally banished.

The blossoms only lasted two weeks, but they gave way to a bower of green leaves that shaded the walkway through the heat of the summer. In the fall, the leaves were golden yellow and acted as prisms to refract the sunshine of the autumn afternoons.

That majestic tree was a haven to nature's creatures. It was home to more than one robin's nest. They built their home there year after year. Twig by twig they wove a lacy basket that nestled in the corner of the tangled branches. The squirrels found entertainment as they played hide and seek, scampering up and down the trunk. The bees sucked nectar from the cherry blossoms and which carried it off to their hives, spreading pollen on their way which resulted in many blooms along the garden path. The weeping cherry tree was a source of wonder and comfort.

In the beginning, the circumference of the tree was only about ten inches and by the time it reached maturity, it was too big to hug. At first roots were shallow, but at the quarter century mark they were tough and gnarly and plunged deeply into the hard earth.

The weeping cherry tree was a nurturing umbrella that spread out over our landscaping and provided continuity. The tree was a source of comfort for it could always be counted upon. Thinking back to the lessons learned from that tree, we realize that we may be rooted to the past but expectant of the future.



GW Veterans Post 609

By Stuart Weinstein, Post Commander

We now meet here monthly the third Sunday of each month in the Towne Centre Card Room. We are seeking new members to join us and participate in our monthly meetings. We share issues that confront veterans, view movies, have interesting speakers as well as take trips to various veteran museums.

We recently visited West Point and shared an evening with some cadets. Having a voice that speaks to Veterans issues is important and we seek to use that voice. Our next meeting is Sunday, July 21st

Please consider joining us for our monthly meeting where breakfast is served at 9:30 AM and our presentations start at 10AM. All veterans are welcome from all services. You all bring experiences and we look forward to sharing stories and fellowship



Health/Fitness and Wellness Club

by Stephanie Lichtenstein

Foods That May Help Fight Cancer

Research shows that certain foods can help lower your risk of cancer, largely because they reduce inflammation in the body. Many of these foods are plant based and rich in **phytonutrients**—natural compounds such as **carotenoids** and **flavonoids** that help protect cells from damage.

These phytonutrients act as **antioxidants**, which neutralize free radicals—unstable molecules linked to cancer and other illnesses. By reducing oxidative stress, antioxidants help prevent cellular damage that can lead to disease.

Plant based foods are also high in vitamins, minerals, and fiber. A diet rich in these foods supports a healthy weight, which matters because obesity is linked to several types of cancer.

While changing your diet can't guarantee cancer prevention, making healthier food choices can reduce your overall risk and support better heart health, lower cholesterol, and improved digestion.

Helpful Food Categories

Fruits and vegetables: Eating a colorful mix—red, green, yellow, orange, and purple—provides a wide range of cancer fighting nutrients.

Mushrooms: Certain mushrooms contain bioactive compounds that may support immune function and have anti cancer properties.

Whole grains: Foods like oats, brown rice, and whole wheat products help you feel full longer and support healthy weight management.

Nuts and seeds: Rich in fiber, healthy fats, and phytonutrients. They're nutritious but calorie dense, so portion control matters.

Beans and soy products: Chickpeas, lentils, and kidney beans are high in fiber and phytonutrients that may reduce colorectal cancer risk. Soy products like tofu provide complete protein and can be a healthy alternative to meat.

Green tea and coffee: Green tea is rich in polyphenols, while coffee contains several antioxidant compounds. Both have been linked to reduced cancer risk.

Seafood and yogurt: Seafood provides omega 3 fatty acids, which help reduce inflammation. Yogurt offers probiotics that support gut health, which plays a role in immune function.

Conclusion

No single food can prevent cancer, but a diet centered on whole, plant based foods—supported by lean proteins, healthy fats, and antioxidant rich beverages—creates an environment in the body that is less prone to inflammation and cellular damage. Over time, these choices contribute to better overall health and may meaningfully reduce your cancer risk. Small, consistent improvements in your daily eating habits can make a real difference in long term wellness.

[Health and medical claims published in The Pulse are strictly the opinion of the author. Authors have diverse backgrounds or perhaps no background in this field. Readers need to consider the source of the information.]



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GW Friends: Even More Great Stuff Ahead

By Mark Surks

We have some great presentations lined up for you in 2026!

If you have not done so already, please put your dues of \$10 pp in box 22 with your name and contact information. GW Friends delivers enormous value for that nominal fee.

Last month GW Friends members were treated to a wonderful performance by virtuoso violinist Luigi Nicolae. It was quite extraordinary. From Beethoven to Elvis, he covered it all. We will HAVE to have him back.

GWF also had their annual “*Dinner With Friends*” at Carlucci’s.



Monthly meeting Monday, July 27th we have the amazing Reginald Proctor returning. We rarely have the same performer two years in a row but we were so enthralled with Reginald that we immediately booked him for a return. Incidentally, we might do the same with Luigi Nicolae.

Monday July 6th Join us for our first Monday breakfast. The always fun *GW Friends Breakfast* is at its new time, 8:45 AM (early birds are expected, late comers are mocked but accommodated) at Christos Kitchen. Price is a ridiculously cheap \$14.00, tax and tip included, exact change preferred. We have our own menu and it is always an enjoyable morning.

Monday July 6th The History Club meets at 4 PM in the Poker Room. This has been a real hit for the community. Pierre Rein will be presenting on Suleiman The Magnificent, the Ottoman Sultan from 1520 to 1566.

Additionally, Pierre chairs this club. Contact him if there is a topic which you would like to present. We can assist you with any technology support you may need.

Friday July 3rd and July 17th The *Chess Club* has expanded to twice per month. The *Chess Club* meets at 2 PM in the former Board Room in the building annex. Contact Anatoly Shpirt at 347-693-8791 or just show up. Beginners are welcome.

Tuesdays July 7th and July 21st 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. *Bring a topic!*

Tuesday, July 14th The Finance and Investing Group will meet at 4:00 PM in the Poker Room. Jerry Gittler and Chester 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.

Wednesday, July 15th 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.

Monday, July 20th 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.

Wednesday, July 22nd Jersey Blueclaws baseball game.

Monday, July 27th The book club will meet at 4PM to discuss "How to Read a Book: A Heartfelt Novel of Redemption and Unlikely Friendships in a Small Town Bookstore" by Monica Wood. The Marvin Bachman Book Club is always expertly facilitated by Harriet Bachman.



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Hadassah

By Joanne Sacoff

"July is like the sunniest hour of the day." And before I go on about all of the wonderful upcoming events, I must comment on how grateful we all must feel knowing that the spectacular Israel Day Parade took place without any trauma (or drama). By the time you read this, it will be old news but it cannot go unnoticed that in these times, and with the current antisemitism all around us, this was quite a feat. I think we can thank the New York police commissioner for her outstanding leadership in ensuring that everything went well.

I hope all of you have your calendars marked for July 22 and our annual "Trivia Night" being held at 7pm in the Monroe Township Library. Doors open at 6:30. If you have never come to this event before, be prepared to really put on your thinking caps. Our two presenters, Past Presidents Sharon and Suzanne, always come up with some "beyond" questions. And if you have attended in the past, you know I am not kidding. It is always fun and the teams get very caught up in the competition. Have no fear, everyone will be part of a team. Also, there are always lots of good snacks and drinks to revive your aching brains.

What's in store for August? This is the year for our Book and Author event. This is always a lovely luncheon followed by a talk with the author of the book we have chosen. This year the book is called "The Wisdom Whisperers" written by Melinda Blau. I have seen her podcasts, I have read her books, and I can assure you this will be a very interesting and humorous talk. This all takes place on August 26th at 11:30 am at the Forsgate Country Club. A Luncheon will be served as well as coffee and desserts. We also will have some vendors for your shopping pleasure.

I do not know if any of you have been going to Suzanne's series called "Hot Topics, Cool Lemonade", but if you have not, then you are missing the liveliest most fun discussion group here in GW. You need to check the rounders for upcoming dates. At the June 18th meeting, we will have a discussion of the film "Denial". You can see this movie on Netflix, and it should make for a very interesting discussion. On July 16th, we will discuss the book "The Wisdom Whisperers", mentioned above, which is just before the author comes to speak in August. Should you have any questions or thoughts about the book, you can discuss it with the author herself the very next month. This book may be purchased on Amazon.

On September 23, we will be hosting Mr. Fred Miller, pianist, singer, narrator, who will be focusing on the "other" Jewish song writers. Stay tuned for more info regarding this event.

Keep checking your emails and the rounders for upcoming Lunch Bunch dates. They are always delish, fun and very informative. Everyone enjoys them.

And as a last note, be aware that Ann Matisoff is now selling our beautiful Hadassah cards for any and all occasions. These may be purchased at all of our meetings and events, but if you cannot wait, you may reach Ann at 732 672 6792.

As always I am looking forward to seeing everyone at our wonderful events, Remember, this is not your mother's Hadassah!

"I never said most of the things I said." Yogi Berra

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PAC News

By Gerrie Pisapia

PAC's main goal is to bring joy to our community in the form of Community Theater designed for our Residents. They did just that with Cabaret 2026, a free of charge member appreciation event.

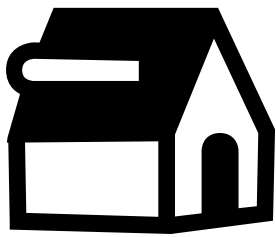
This heartfelt, nostalgic production of Radio Daze successfully captures the magic of the Golden Age of broadcasting, bringing a bygone era of music, comedy, and imagination to our stage. The dedicated ensemble and clever soundscapes combined to create a thoroughly entertaining experience that reaches both older generations and newcomers.

Although the actors had the benefit of scripts, their challenge was to bring the feeling and emotion to the audience that we experienced in a bygone era.

The talent truly shines, balancing humor with heartfelt emotion. The cast demonstrates remarkable versatility, shifting smoothly between frantic onstage sound-effects duties and various speaking roles.

The production team deserves major credit for recreating an authentic, vintage radio studio atmosphere. The use of period-appropriate costumes and glowing "On the Air" signs instantly transported the audience back in time. The sound effect table was fun to watch, making the magic of radio visible in real-time.

This show was a charmer and a love letter to a time when voices in the dark brought communities together. It was a delightfully entertaining and cozy evening out that left the audience reminiscing, smiling and humming the tunes long after the show was over, ending with "Happy Trails", as a farewell song. Add to that the delicious hand crafted desert delicacies and the chocolate fountain, Bravo!



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Meet The Stars: Danny V's 52nd Street

By Debbie Harbatkin

It's Still Rock and Roll To Me all these years later, when some of the best tunes are played right here in our very own GW Ballroom. The sounds of **Bill Joel** from **Danny V's 52nd Street** band brought us back to the time of the great "Piano Man". GW residents Michael and Andrea (Andi) Boxer. were the excited winners to "Meet The Stars" for this show.

Billy Joel's song writing genius, paired with a golden voice, wrote chapters of our lives, and entertained us through some of the best and some of the hardest times. He is a 6-time Grammy winner, has sold over 100 million records and is in both the Songwriters and Rock and Roll Hall of Fame. Danny V is the talented pianist, singer and showman leading a group of fantastic NYC area musicians recreating Billy's music and live stage show. They've played many "A" list venues like Hard Rock Café and Harrah's casinos in Atlantic City and were even honored to open for Billy Joel himself at pre-concert parties including Billy Joel's Broadway smash, Movin' Out.

The entire GW audience was dancing in their chairs (many couldn't resist getting up on their feet) and singing along to such memorable tunes to the band's renditions of ballads like "Piano Man", "I Love You Just The Way You Are" and "New York State of Mind", melodic songs like "Scenes from an Italian Restaurant", "Vienna" And "My Life" and some of the top hits of his era "Tell Her", "Big Shot" and the rocker "Miami 2017", just to name a few. The sell out show was a real treat!

Michael and Andi got to meet the band after the show and take a group photo with them. Michael has lived in Greenbriar for 13 years and Andi for six. They have been married for five years after meeting on a dating site called Our Time right before the pandemic started. Michael said he liked spontaneity and I said OK. Meet me in 15 minutes at Dunkin' Donuts for coffee.

Michael is from New York and Andy from Philadelphia. According to Andi, she raised her three now-grown children in South Jersey, while Michael lived in Staten Island. Coincidentally, they both have sons named Jonathan! Together, they can celebrate three grandsons in their 20's with two in college and their granddaughter Chana who will be six in July, "who is their sweetheart and she just brings us joy every day."

They've been involved in all kinds of clubs at Greenbriar: New Kids on the Block, Italian American, After Hours and the GW Ladies Night Club. Michael loves Pickleball and social activities. Andi says, "my favorite thing about living in Greenbriar is everything. I love the people. I love the activities. I love the way of life."

Michael is a retired combat veteran from Vietnam. He also worked for 20 years in the IT industry. Andi retired from the sporting goods industry. Andi's favorite thing to do is "go to water aerobics at Robert Wood Johnson in New Brunswick. It's the most important thing that I can do for myself to stay fit."

Andi adds, "I've always listened to Billy Joel. He's one of both of our favorite artists. I have all his music on my iPod. I have CDs and I listen to him now on Pandora".



Meet The Stars

A Double Packed Month of Entertainment!

By Debbie Harbatkin

It is always so much fun when our residents get to Meet The Stars after one of our fabulous WHOA Ballroom shows. On May 31, after a snow delay in February, we had an incredible tribute to the fabulous Carole King and GW residents Sandy and Richie Antonacci were the lucky audience members randomly picked to meet the band.

The heartfelt **Carole King Tribute, "Now and Forever"** by the wonderful songstress **Alice Leon** and her all-star band played the timeless music of Rock N Hall of Fame and Songwriter's Hall Of Fame, celebrated 14-time Platinum selling Grammy winning Tapestry Album, making it one of the best-selling albums of all time. Alice shared Carole's greatest songs, along with the stories, inspiration, and personal history that make her music so enduring. A story told by someone whose own musical journey parallels Carole's, Alice grew up in Brooklyn just half a mile from where Carole began her life, started her career as a songwriter before becoming a singer & like her, found her voice behind the piano & guitar.

Alice's connection to Carole King runs even deeper. When she was signed to Sony Records, Carole wrote a song for her that she had the honor of recording. That experience forever linked their paths and gives this show a rare authenticity. These days, Alice tours in the Three Troubadours national touring show, in a Taylor, Simon, King tribute as Carole King.

The GW audience was treated to such timeless classics like "It's Too Late", "Beautiful", "I Feel The Earth Move" and "You've Got A Friend", then a really special set of songs that Carole King had written for other artists like "Chains" recorded by The Beatles, and "Pleasant Valley Sunday", The Monkees' major hit!

Sandy & Richie moved to Greenbriar At Whittingham in December of 2020, the week before Christmas! Sandy says it wasn't the best timing! Originally from Bensonhurst, Brooklyn, moved to Mill Basin and remained there until they moved here. "I didn't want to move, but my kids live in Manalapan with my 5 grand kids so that pushed me to move."

Like many of us who moved in during COVID, they couldn't join anything in the community right away. They eventually joined the Italian American Club and Sandy has since joined the GW Ladies Club and attended many events! She likes to pass the time reading, meeting up with my Brooklyn friends, and enjoying family.

Sandy says that Carole King has been a part of her love for music (which is all types of music). Tapestry was her intro as a young person, identifying with all her lyrics, talent, and great vocals! "She is so talented, not only with her own music, but the songs she has written for some great artists recorded successfully. Every song brings a memory to me!"



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GW Connections: GALA LUNCHEON!!!

By Michele Sandler

WEDNESDAY, AUGUST 12 is the day of the GW Connections **Gala Luncheon**—and this is an event you won't want to miss!

Held at the beautiful Knob Hill Country Club, guests will enjoy a delicious plated luncheon featuring a choice of three entrées, appetizers, and dessert. Dietary needs will be accommodated.

The afternoon will also feature special entertainment by vocalist Reginald Proctor, whose performances are known for their passion, energy, and heartfelt connection with audiences. With a repertoire that spans pop, rock, R&B, soul, country, and alternative music, Reginald believes great music transcends labels. If it sounds good and feels good, he'll bring it to life with enthusiasm and professionalism.

More than just a singer, Reginald strives to create an experience that leaves people feeling better at the end of a performance than they did at the beginning. Through music and song, he brings people together, creating moments of joy, connection, and lasting memories.

Mark your calendar and join us for an afternoon of great food, wonderful entertainment, and the company of friends. The GW Connections Gala Luncheon promises to be a memorable celebration. The fee is \$55 (same as last year). Flyers are in the Clubhouse lobby.

MONDAY, AUGUST 3, at 7:00 p.m., GW Connections invites everyone to a **free Open Meeting** in the GW Ballroom featuring the witty and talented Robert DeVitis, widely recognized as one of the finest Benjamin Franklin impersonators in the Philadelphia area.

Through meticulous research and years of performance experience, Robert brings Franklin to life with remarkable authenticity. From appearance and mannerisms to humor and wisdom, audiences will feel as though Ben Franklin himself has stepped into the room. His engaging portrayal offers a fascinating glimpse into the life, accomplishments, and personality of one of America's most influential Founding Fathers.

Robert's impressive career includes appearances on the National Geographic Channel, The Tonight Show, corporate films, and numerous local and national news programs. His client list includes prestigious organizations such as the Smithsonian Institution, PECO, The Salvation Army, Independence Blue Cross, Eaton, Nest, University of Pennsylvania, Wharton School, Rutgers University, and Live Nation Entertainment, among many others.

Come enjoy an entertaining and educational evening filled with history, humor, and insight. **Refreshments will be served, and everyone is welcome—members and non-members alike.** Bring a friend and discover why Benjamin Franklin remains one of the most fascinating figures in American history.

Also at our **AUGUST 3rd meeting**, we will be collecting **school supplies** for the children at HomeFront, one of our charities. They especially need backpacks which could be a collective donation with friends. All school supply contributions are appreciated. Last year's campaign was a phenomenal success which we hope to duplicate.

Please feel free to contact us about all our ongoing groups, clubs and activities. As always, our dues support the following charities: HomeFront, Women Aware and the Monroe Township Food Pantry. A win-win for all.

Contact: Carol Cooper — 609-409-3860

Dues (May 2026–May 2027) \$15 (single) | \$20 (family) Please make checks payable to **GW Connections** and place them in Box #5 in the Clubhouse Library.







PAC is looking for someone to write an article once a month for the Pulse. We may also ask for an occasional review of our shows.

Contact: Gerrie Pisapia (732) 857- 4939

Letters to the Editor

I would like to notify the community of the passing of my beloved husband of 73 years, Alvin Rubin. We have been living here for 38 years. Some of the older residents may remember the many annual bus trips to Yankee Stadium that he organized. He was a very avid Yankee fan, having been born and raised in the Bronx, and really enjoyed running those trips. He also enjoyed serving on the entertainment committee for many years, and was instrumental in bringing the comedian, Pat Cooper, to our community for

a great evening of fun and laughter. He lived 94 wonderful years, but will be sorely missed by me and my family.

Sincerely, Charlotte Rubin, Rutland Lane

[Editor's note: A poem by Charlotte Rubin appeared on the cover of the March 2026 issue of *The Pulse*. It was in reference to her long marriage to Alvin.]

I am calling on all residents of Greenbriar at Whittingham to gather up your arms, your bows and arrows, and fight off the army of squirrels, birds, bunnies, and deer who are trespassing on our property daily. This wildlife has continued to use our lands for their home and desecration of our lawns throughout the community.

If our dogs are subject to trespassing then why not the wildlife living among us. They do far worse damage to our homes, plants, lawn, and gutters.

Who among us has not seen this wildlife traipsing across our lawns and wish we could rid this community of these animals?

The community talks about dogs as being the major trespassers of our lawns but look around and open your eyes to the other trespassers we have living right next to all of us. Now, you could look at this as a spoof to the dog owners of our community but it is more about the community not really being dog friendly or even the owners being yelled at because of this totally stupid rule.

My dog was just resting from heat lately and out burst a home owner to yell at us for trying to cool off. Where is the decency and compassion all should have towards a simple act of kindness to let the animal cool off?

So, in closing I invite all next month to gather up your arms and fight off all this wildlife we have as they do far more trespassing than any dog the exists here. Show some compassion, adjust the ruling, and remember these animals we walk are our family and neighbors that give us love and kindness back but apparently there is none in the management guiding this association.

See you all at the rally to eliminate those pesky wild animals.

Bruce Stanley, Westboro Lane

Response to Pulse Vol. 2, No 2 May 2026 "Living in a Community"

"Do unto others as you would have others do unto you." is a biblical saying that I have abided by my entire life.

The above stated article appears to differ with that by concluding with "If your choice is not to be part of a community, you may want to rethink your choice to live here." Telling anyone to leave because they chose to acquiesced and not actively participate in community affairs, is not nice, in my opinion.

In fact. After 25 years of living here I find that suggestion unconscionable. I abide by most of the community rules and laws. I vote when required and I'm confident that the board is acting in our best interests.

At my advanced age I am still actively engaged in my profession. Additionally I have become involved in political matters and education myself in the teachings of the Torah through Chabad.

Therefore, and due to the fact that I've slowed down somewhat, I allocate my time differently than when my desire was to be actively engaged in goings on in our active adult community.

At this stage in my life, my intentions are to live here until my spiritual soul leaves my body and hopefully no one would want me to rethink that choice and move or for reasons cited in the article, "Living in a Community".

It would be nice if we all lived and let live and helped others in our community and beyond as we practice the Golden Rule.

Sincerely, Jules Scher, Whitehall Road

THE ORT REPORT by Ann Gold

Wishing our community members and our country a very special 250th Anniversary (Semiquincentennial), marking the signing of The Declaration of Independence.



EVERYONE'S WELCOME

Interested in two cool ways to enjoy a hot summer day? Join ORT on an armchair tour of Antarctica or knocking down pins in an air-conditioned bowling alley.

Wednesday, July 1st. "Jews In Antarctica" 7PM, Upstairs Poker Room. We will "visit" the desolate-but-spectacular continent of Antarctica. Refreshments.

And yes, **ORT sponsors a local bowling league.** We play every Monday at 10AM. The cost is just \$10 for three games, including shoes (if you need them), and half the money is a donation to ORT. (There's an end-of-season luncheon with trophies, too.) For information and to sign up, call Rich Gosian at 609-409-7993.

Wednesday, August 5th – 7PM, Upstairs Poker Room. June Mahon will present **"Residents' Rights Bingo"**, a lively way to learn about individual rights of residents in long term care communities – for yourself, loved ones, or friends to empower them.

Wednesday, September 30th, 11:30AM, Ballroom. Game Day, an afternoon of food and fun. Information: Barbara at 609-642-6523.

Wednesday, November 4th, noon, at Forsgate Country Club. "Yearn to Learn" – save the date. More info to follow.

P.S. Sorry if you missed our April ORT Trivia luncheon. We had a really good time on April 19th. Two teams tied for first place and shared the prize; Team 2: Carol Mulvey, Tom Mulvey, Ann Matisoff, and Mark Lindell; Team 9: Ira Silber, Barbara Lindell, and Pierre Rein. The hot lunch was delicious, too. Thanks to our Trivia game-show host Phil Braun and to Georgina Silber and her terrific team for everything.

In May, our first-time ORT bingo was fun, exciting and certainly different. Thank you to all who attended, set up, and prepared the games we played. Also, a big thanks to those who donated the prizes.



A special shout out to Elinor for suggesting the "Holler for Challah" event in May. It was a big success and delicious for all who took part. Be on the lookout for upcoming offerings, later this summer.



ORT scholarship recipient from Monroe Township Senior High School, Raj Vora, with chapter presenters, Muriel Hertan and Barbara Lindell.

Ladies Club

By Carrie Ferraro

Summer is upon us and the GW Ladies Club has begun to plan many activities to enjoy the warm weather and have some “fun in the sun”.

Last month we went to Scotto’s restaurant in East Windsor where we had a delicious lunch and spent a wonderful afternoon chatting with lovely ladies from our club.

Our future activities include: Pizza and pool party, a craft day at the Working Dog Winery, a beach day at Seven Presidents Beach in Long Branch, An ALS (Amyotrophic Lateral Sclerosis) walk to raise awareness, support research, care and advocacy.

New members are always welcome to join the GW Ladies Club. Our annual dues are \$10 a year. The membership forms are available in the kiosk in the lobby of the clubhouse. Our monthly meetings are held the 2nd Monday of the month at 6:30 PM in the Ballroom.

Looking forward to meeting new members.



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The Sherlock Holmes Club

by Paul Hartnett

Sherlock Holmes was not a whole-hearted admirer of women. He disliked and distrusted them. He found them inscrutable, and could not understand their motives. Well, that is until he was beaten by Irene Adler, when his attitude began to change. However, the stories are full of independent, clever women who earn their own living, insist on their right to marry whom they choose (and divorce their husbands too) and are resourceful and brave. Here are five of the many who are the heroines in their Sherlock Holmes stories.

Mrs. Ferguson - *The Sussex Vampire*. We are never told Mrs. Ferguson's name, only that she is foreign, exotic and beautiful. When she is caught seemingly sucking blood from a wound on her baby's neck, everyone's thoughts fly to vampirism. But Holmes refuses to believe in anything so fanciful, and as it turns out, he is right. Mrs. Ferguson wasn't sucking blood; she was sucking poison out of a wound on her baby's neck – a wound caused by her husband's son by his first marriage. Despite the accusations against her, and the real risk of losing both her family and freedom, she refused to tell her husband that his son was trying to kill the new baby, knowing that it would break his heart. She risks everything to save those she loves.

Violet Hunter – *The Copper Beeches*. Violet is an out of work governess who is offered a very unusual job. She is to be governess to a small, and very nasty boy in a house called The Copper Beeches, in the middle of the countryside. She must also wear an electric-blue dress when asked, and cut her luxuriant red hair short. After consulting with Mr Holmes – who repeatedly says no sister of his would take such a job – she does take up the position, whilst saying she will contact Sherlock Holmes if she feels she needs help. As it turns out, Violet is in danger, but she is not intimidated. She starts to investigate for herself, gathering clues, venturing into the forbidden parts of the house, subtly questioning her mysterious employers. Holmes says to her ‘you seem to have acted all through this like a brave and sensible girl’ and calls her a quite exceptional woman – high praise from Sherlock Holmes. Having escaped from this frightening house to consult with Holmes, she is prepared to go back alone, knowing of the danger, to solve the case. Holmes is so impressed by Violet that Watson expects more from the relationship, and is disappointed that he manifests no further interest in her.

Unknown Society Woman – *Charles Augustus Milverton*. Charles Augustus Milverton is a reviled blackmailer. Holmes calls him the worst man in London, and agrees to try to retrieve the letters of a lady that Milverton holds. Holmes gains access to the house, and he and Watson go to burgle it – but they have miscalculated and are on the brink of being caught by Milverton robbing his safe. It would mean the downfall and ruin of both Holmes and Watson. But at that moment a woman enters for a meeting with Milverton. She is a former victim whose husband died with a broken heart after Milverton revealed his wife's secret. She cries ‘I will free the world of a poisonous thing!’ and shoots Milverton several times. Holmes refuses to investigate the case for the police, saying that his sympathies are with the criminal rather than the victim. He later shows Watson a picture of a lady of very high society – she is the shooter. She committed a crime, but in Holmes' eyes she is a heroine who saved Holmes, his client, and dozens of others.

Mrs. Hudson. Poor Mrs. Hudson! Holmes and Watson's long-suffering housekeeper has to deal with a tenant who improvises upon both his violin and malodorous chemistry experiments at all hours, practices target shooting in his living room, has a constant stream of unsavory characters (and also, to be fair, royalty) visiting him, and only eats her excellent cooking about half the time. Plus, there's the fact that people are always trying to kill him, with one semi-successful arson and at least three attempts at murder on the premises, any of which could have rebounded on her. But good old Mrs. Hudson steadfastly sticks with Holmes, even placing herself in an assassin's line of fire in *The Adventure of the Empty House*. This proves Mrs. Hudson is more than just a housekeeper. She is brave and clever enough to be depended on by Holmes, unconcerned by gunfire, and calm under remarkable pressure. What an amazing woman she is!

Violet Smith- *The Solitary Cyclist*. This heroine is “No Shrinking Violet” either. She comes to Holmes because she's being stalked by a mysterious man on a bike during her weekly rides to the train station. And while Dr. Watson uncharacteristically seems to consider this stalking and unwanted attention as a reasonable price to pay for being a pretty woman in the world, Holmes isn't having it—and neither is Miss Smith, who in one memorable scene turns her bike around and rides straight at her would-be pursuer, causing him to flee. Well done, fearless Violet Smith!



The Sherlock Holmes Club will be on summer hiatus during July and August, returning on September 23rd at 4:30 in the upstairs meeting room. Our short story for discussion will be *The Resident Patient*. It is available for free online at: Sherlockian.net> *Investigating*> 60 *Original Stories*> *The Resident Patient*> *Mr Sherlock Holmes*, and other sites.

The Game is Afoot! ??? call Paul (609) 642-6314



Italian American Senior Cultural Club

By Joe Atanasio

What a great time was had by all at our June 5th event. The food was catered by Molino's and the music by DJ Jeff who kept us all on our feet.

Growing up in an Italian household, it was important for us to keep the things that are traditional. One Italian tradition that will always live on is the Italian Sunday Dinner.

So how did this tradition begin in America? Early in the 20th century, when Italians were facing discrimination and insecurity, they soon realized that family was the most dependable source of emotional and material strength. We need to remember that Italian laborers worked long hours, six days a week, and Sunday provided their only opportunity for socializing. The Sunday dinner was a way to celebrate their ability to win over hunger and to display all the food that Italians, in the past, had only seen on the tables of the rich.



For Italians on Sunday, dinner occurs at some time after Mass so the time of dinner can be anywhere between noon and four in the afternoon. Ours was always right about two in the afternoon. What we called Sunday dinner and still call today is meat sauce, or shall I dare say it, (Gravy). My mom used to make hers with bracioles (stuffed rolled thin steaks usually stuffed with a minced cloves of garlic, parsley, and pecorino romano cheese, meatballs, a nice piece of beef round pork shoulder, and Italian sausages both hot and sweet. And OH MY GOODNESS! The delicious smell that permeated the house and all the way out to the front stoop if the windows were open!

We all had jobs when we got back from church. My job was to help my older sisters set the table. It had to be set in a certain way. Big plate on bottom, pasta plate on top, napkin on the left side of the plate, with a knife and fork, and big spoon, optional, if we were having spaghetti. The background music was always Sinatra, Tony Bennett, or Jerry Vale and mom would sing out loud while doing something in the kitchen. It was simply fun. I loved Sundays. We always looked forward to it.

Mom never purchased jarred sauce and always made her sauce from scratch. Living in Brooklyn we didn't always have fresh plum tomatoes on hand so she would use the canned variety of Italian peeled plum tomatoes and tomato paste to start with. This is a basic Sauce recipe that has been passed down to me. Now my wife and I still process farm fresh Jersey plum tomatoes and jar our own tomato puree every year, so I use the jars instead of canned. We use the puree as a base for, Marinara sauce, Sunday gravy, or Bolognese.

I love being an American of Italian descent. I love the culture and traditions that I grew up with. I wouldn't trade anything for the way I grew up. I learned that besides our faith, family, music, culture, and fresh food, is what makes your soul complete. The traditions and recipes I learned from my mother and father are always with me. I love being able to make the same dishes that mom used to make for me, my dad, and my sisters that I can now make for my family and friends.

Sundays were such a wonderful time in my house and nowadays even though we get busy with other things, the closeness we experienced and the traditions that were passed down to us are undeniable. We will always remember Sundays with family and hopefully keep this Sunday Dinner tradition alive and pass it on to our young as an Italian Treasure.

Ciao and Buon Appetito!

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By Joey Atanasio

The Beatles hadn't yet landed in the USA when I first heard "Love Me Do" in October of 1962 and "Please Please Me" in March of 1963 on the radio. Being a lad of 10, I was immediately hooked on their sound and wanted so much to be part of a band. My buddies felt the same way and once we saw them live on "The Ed Sullivan Show", we were determined to start one.

Coming from humble beginnings, the drum kit I desired was not going to come easy. My dad, knowing I wanted it so bad, made me a deal. If I was able to save up half the cost, \$55.00 at that time, he would put up the other half. So, I got a job at the local butcher as a delivery boy and sure enough, I did it and happily got my first drum kit. We started a band called "The Three J's" (we were all Joes) and my musical journey began.

Many years have passed and I've since retired and switched to playing guitar. My wife and I settled in Greenbriar in 2012 and enjoy the many activities offered here. Then in August 2021, a new club was started that I knew I was going to enjoy being part of. It was called "The Music Club" which featured monthly performances by the band "NTO" (Never Too Old). The band was formed by Greenbriar residents and after a while I got to know them.

One night they announced that if anyone wanted to perform as a guest singer, let them know and they will include you in their rehearsal sessions. I jumped all over that and soon I was invited to rehearse with the band. I remember my first rehearsal with them, and I was a bit nervous to say the least, but after finding how Ed, Shelly, John, Frank, and Original NTO drummer, Ira were so encouraging and easy going, I felt right at home singing with a live band which I had not done in a very long time.

At my first performance I sang two of my favorite Beatles' songs, "Twist and Shout" and "I Saw her Standing There" and I was very surprised at the crowd's reaction and the support I received. I started to encourage people to perform, and soon, more residents were asking to do it. A few did ask why they had to come to rehearsal saying, "I sing at Karaoke". My response was always the same. "With a live band you don't have a bouncing ball".

I've had the pleasure of performing many times with NTO and another iteration of the band "WBT" (Way Back Then) with Sal, Ed, Vince, Bob and current NTO Drummer/ Rhythm Guitarist, Steve. Membership for the club is a bargain at only \$10.00 per person per year with coffee and treats served at every meeting. It's always a fun night

especially the theme nights like "The British Invasion Night" and more recently "Disco Night". It's even more fun when you get the chance to show off your vocal skills.

Rock On!!!!



Our May show on the 15th was a blast, featuring a mix of dance tunes, rockabilly, and Motown, plus some disco numbers that really got everyone dancing! It was our first annual Disco night. Rick Verso, Joe Atanasio, and Carole Mulvey really gave it their all, and Carole and Karen Gonzalez brought us some amazing disco numbers and backup on several songs. This could be the beginning of something amazing! And we saw Gary Filik's funky side as he let loose and showed off his inner disco. It was a fantastic night for everyone, including the band. See photos on the back page.

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GW Walk Run Move

By Steve Flood

One of the questions I hear quite often is “How far is a typical walk?” There really is no typical. On any given day, we cater the walk to the folks who show up. These range from 1 mile (about 30 minutes) to 5 miles (about 2 hours).

But, how do I know if I can make it that far? Most people don’t venture out of the community by foot. So, the included map shows five popular loops inside the community to help you gauge your fitness level and pace. A larger and more legible copy of these maps is available online.

We schedule walks 2 to 3 times a week depending on the weather forecast and community calendar. Weekday evenings and Sunday afternoons have been the most popular although we have held an event on every day of the week. We don’t expect folks to attend all of them, but if the weather is nice and your schedule is free, we hope to have a group of people you can walk with.

Walks, runs, meetings and community events are currently posted to our Facebook page at: www.Facebook.com/WalkRunGW. Starting in July, all notices will be cross-posted to our new web page (www.WalkRunGw.com). By signing up for our mailing list, you can get a copy of these notices in your inbox.

We also post information about similar events in the local area. We hope to attend these community events – which usually support a local cause--as a group.

If this sounds interesting, please check out our pages WalkRunGW@gmail.com or www.WalkRunGW.com or contact Steve at 908-322-3306.



Librarian at GW

By Michelle Polk

You might see me in our gym, always with a book or kindle while I work out. It seems reasonable since the time of my husband and I relocating from Morris to Middlesex County, I would take my joy of reading with me.

Some of my readers might remember Wanda and Joe. It was Wanda who insisted on making the strips when we decided to organize the GW library by genre. Thank you to all who have continued to share your books. When I travel, Carol Levy is my assistant who shares the same passion for reading. We encourage you to borrow and return from the section you found your reading material.

Honestly our shelves are full. We have no space left. We have with permission shared some of our donations with Monroe Township Library. The bin is not for garbage or magazines.

Please do not redecorate our library area with books or magazines it is intended to be a quiet area or a meeting place for us all.

Enjoy the space and happy reading.



“A lie doesn’t become truth, wrong doesn’t become right, and evil doesn’t become good just because it is accepted by a majority.” Booker T. Washington

News from the Golf Course

By Allan Cooper

The Golf Course is in its beautiful late Spring – Early Summer condition. The fairways are lush, the rough is trimmed back and the sand traps are full.

Last month we reported on a slew of outings at the Golf Course. We have two additional outings to report.

On July Third there will be a Resident Guest Tournament. At 8:30 AM bagels and coffee will be served. Play itself will begin at 9:30 AM. It will be a Scramble Format. There will be separate contests for Putting, Closest to the Line and Closest to the Hole. The tournament was organized by Esta Perle, and Sandy Korn.

The Under Armour Tournament organizers liked our course and the way it is run. They decided to hold an additional tournament for the 16 to 18 year olds. These players are very talented and residents who wanted to watch them could follow along. The Tee Off was at 2:30 P.M., on Saturday June 6. Observers were able to rent Golf Carts and could follow the action.



Have you every wondered why a full set of golf clubs is always limited to 14 clubs?

Prior to a 1938 USGA ruling, golfers could carry as many clubs as they wanted. Some golfers carried 20 to 30 clubs in two bags. These clubs included many specialty clubs for difficult situations. Limiting the number of clubs made the game rely more on general golfing skills.

The final number of 14 clubs was said to be a compromise between Bobby Jones who carried 16, and Tony Torrance, (a famous and successful Scottish golfer), with 12 clubs.

Having so many specialty clubs for different difficult golf situations required less talent, and made Golf look like less of a major athletic occupation.

Then too, there was the case of Walter Hagen, who is the third highest winning Golf Champion after Jack Nicklaus with 18 Majors and Tiger Woods with 15 Major wins. Hagen won 11 Majors.

Hagen was said to be the first multi-million dollar professional golfer. He had three things going for him: He was extremely talented - He was extremely flamboyant - He played in tons, and tons of Golf Matches where-ever and when-ever they could be arranged.

When Hagen started his career, golf professionals were not held in very high esteem. When they played golf at a fancy country club, they had to enter the locker room through the side door. Hagen on the other hand pulled up to the front door - in a rented, but chauffeur-driven Rolls-Royce. He changed his clothes from an elegant (rented) evening tuxedo, into his golf outfit.

Walter Hagen played many many golf tournaments around the country, in Scotland and in England. He was born in Rochester, New York and popularized the game of golf in the United States. He came from a working class family and was determined to make money.

He endorsed many different manufacturers' golf clubs by carrying them in his bag - even if he didn't use them in the tournament. He would carry more than one company's golf clubs during any given tournament.

He could be carrying 25 to 30 clubs just to fulfill his endorsement obligations to the golf club manufacturers. It has been said that when the USGA officials watched Hagen's antics, it helped propel them to make the 14 club limit per round of golf.

On the other hand, Walter Hagen was the first international superstar. He was the first full-time tournament professional in golf. He was referred to as the father of professional Golf, and perhaps the final impetus to creating the rule for the 14 club limit.

Calling for Minyan Volunteers

The Shiva Minyan Group of Greenbriar at Whittingham has served our community for over 30 years. We need to ensure the presence of ten Jewish residents – men and/or women - at all Shiva Minyans.

You do not have to be fluent in Hebrew to be a part of our group, but we do need your presence. If you wish to be a Minyan volunteer, please call: Alan Schwartz 609-664-2970
Norman Leiderman at 732-618-6663, or Phyllis Kundel at 609-619-3656.

Sunday	Monday	Tuesday	Wednesday
			1 9:00 a.m. 9:00 a.m. Pickleball Club Play 10:00 a.m. 10:00 a.m. Chair Yoga 10:30 a.m. Team 1 11:00 a.m. Resident Council Meeting 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. PAC Board Meeting 4:00 p.m. Israel 4:30 p.m. Y 6:00 p.m. P 6:00 p.m. 6:30 p.m. 6:30 p.m. New K 7:00 p.m. C
5 1:00 p.m. WHOA Movie: Soul on Fire	6 9:00 a.m. Ping Pong 9:00 a.m. Pickleball Club Play 10:00 a.m. Team Weights with Ellen 11:00 a.m. Cornhole 11:00 a.m. Aquacise 11:15 a.m. Line Dancing with Teri 12:30 p.m. Exercise (Instruction on TV) 3:30 p.m. Tap Dancing 4:00 p.m. GW Olympics Pickleball 4:00 p.m. History Club 7:00 p.m. Intuitive Club 7:00 p.m. GW Olympics Cornhole	7 9:00 a.m. Pickleball Play 10:00 a.m. GW Ladies Club Board Meeting 10:00 a.m. Greenbriar Site Review Committee Meeting 10:00 a.m. Line Dancing 11:00 a.m. GW Olympics Golf 11:00 a.m. GW Woodworking Club Workshop 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. The Alan Hermelee Current Events Discussion Group 3:00 p.m. PAC Board Meeting 3:30 p.m. Tap Dancing 5:00 p.m. GW Olympics Tennis 5:30 p.m. Water Volleyball 6:30 p.m. Poker 6:30 p.m. Billiards	8 9:00 a.m. Pickleball Club Play 9:30 a.m. Comp 10:00 a.m. 10:00 a.m. GW Olympics 10:00 a.m. W 10:00 a.m. Chair Yoga 10:30 a.m. Team 1 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. PAC Board Meeting 3:30 p.m. Irish 4:30 p.m. Y 6:30 p.m. 7:30 p.m. Resi
12 9:45 a.m. Shalom Club	13 9:00 a.m. Ping Pong 9:00 a.m. Pickleball Club Play 10:00 a.m. Entertainment Committee Meeting 10:00 a.m. Team Weights with Ellen 11:00 a.m. Aquacise with Christine 11:15 a.m. Line Dancing with Teri 12:30 p.m. Exercise (Instruction on TV) 3:30 p.m. Tap Dancing 4:00 p.m. After Hours Club Board Meeting 6:00 p.m. Cornhole 6:30 p.m. GW Ladies Club	14 9:00 a.m. Pickleball Club Play 10:00 a.m. Line Dancing 10:00 a.m. Brain Fitness 11:00 a.m. GW Woodworking Club Workshop 12:30 p.m. Exercise (Instruction on TV) 3:30 p.m. Tap Dancing 4:00 p.m. Finance Discussion Group 5:30 p.m. Water Volleyball 6:30 p.m. Poker 6:30 p.m. Billiards	15 9:00 a.m. 9:00 a.m. Pickleball Club Play 10:00 a.m. 10:00 a.m. Th 10:00 a.m. Chair Yoga 10:30 a.m. Team 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. PAC Board Meeting 4:30 p.m. Y 6:00 p.m. 6:30 p.m. 6:30 p.m. Health/Fi 7:00 p.m. Al 7:00 p.m. Camer
19 9:30 a.m. Monroe Township Post 609 Jewish War Veterans 2:00 p.m. GW Friends World Cup Final	20 9:00 a.m. Ping Pong 9:00 a.m. Pickleball Club Play 10:00 a.m. Provocative Thinking 10:00 a.m. Team Weights with Ellen 11:00 a.m. Cornhole 11:00 a.m. Aquacise 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. Health Lecture: Heart Health 3:30 p.m. Tap Dancing 4:00 p.m. Socrates Café 6:30 p.m. WHOA Open Workshop Meeting	21 9:00 a.m. Pickleball Club Play 10:00 a.m. Line Dancing 11:00 a.m. GW Woodworking Club Workshop 12:30 p.m. Exercise (Instruction on TV) 1:00 p.m. GW Connections Book Club 2:00 p.m. The Alan Hermelee Current Events Discussion 3:30 p.m. Tap Dancing 5:30 p.m. Water Volleyball 6:30 p.m. Poker 6:30 p.m. Billiards	22 9:00 a.m. 9:00 a.m. Pickleball Club Play 10:00 a.m. 10:00 a.m. Chair Yoga 10:30 a.m. Team 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. PAC Board Meeting 4:30 p.m. Sherl 4:30 p.m. Y 5:30 p.m. Indo 6:00 p.m. 6:30 p.m. 7:00 p.m. Hadass
26 2:00 p.m. PAC Summer Showcase	27 9:00 a.m. Ping Pong 9:00 a.m. Pickleball Club Play 9:30 a.m. Golf Closed Meeting 9:45 a.m. GW Connections Board Meeting 10:00 a.m. Team Weights with Ellen 11:00 a.m. Aquacise with Christine 11:00 a.m. Golf Open Meeting 11:15 a.m. Line Dancing with Teri 12:30 p.m. Exercise (Instruction on TV) 3:30 p.m. Tap Dancing 4:00 p.m. GW Friends Book Club 6:00 p.m. Cornhole 6:00 p.m. Ladies Club Book Club 7:15 p.m. GW Friends	28 9:00 a.m. Pickleball Club Play 10:00 a.m. Line Dancing 10:00 a.m. Shalom Club Board Meeting 10:00 a.m. WHOA Landscape Committee Meeting 11:00 a.m. GW Woodworking Club Workshop 12:30 p.m. Exercise (Instruction on TV) 3:30 p.m. Tap Dancing 5:30 p.m. Water Volleyball 6:30 p.m. Poker 6:30 p.m. Billiards	29 9:00 a.m. 9:00 a.m. Pickleball Club Play 10:00 a.m. 10:00 a.m. Chair Yoga 10:30 a.m. Team 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. PAC Board Meeting 4:30 p.m. Y 6:00 p.m. 6:30 p.m.

2026

Wednesday	Thursday	Friday	Saturday
Ping Pong Pickleball Club Play Ceramics Yoga with Karen & Dave Motion with Ellen Civic Club Board Meeting (Instruction on TV) Acting Workshop Eli Dance Class Yoga with Avi AC Auditions n. Bocce Gin Rummy Kids on The Block ART Program	2 9:00 a.m. 3D Art 9:00 a.m. Pickleball Club Play 10:00 a.m. Chorus 11:00 a.m. GW Woodworking Club Workshop 11:00 a.m. Aquacise 11:30 a.m. GW Social Club Board Meeting 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. Painting Group 4:30 p.m. Ballroom Dancing with Pam 6:00 p.m. Stained Glass Group 6:30 p.m. Poker 6:30 p.m. Billiards	3 9:00 a.m. Ping Pong 9:00 a.m. Pickleball Club Play 9:15 a.m. Meditation Class 10:00 a.m. Beginners Plus Line Dancing with Joan & 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 2:00 p.m. Chess Club 6:15 p.m. Italian American Club	4 4th of July! 12PM – 4PM DJ at The Pool
Pickleball Club Play Inter Club Meeting Ceramics Olympics Ping Pong Writing Group Yoga with Karen & Dave Motion with Ellen (Instruction on TV) Acting Workshop American Club Yoga with Avi Gin Rummy Ident Civic Club	9 9:00 a.m. 3D Art 9:00 a.m. Pickleball Club Play 9:00 a.m. Greenbriar Budget & Finance Committee Meeting 10:00 a.m. Chorus 10:00 a.m. WHOA Budget & Finance Committee Meeting 11:00 a.m. GW Woodworking Club Workshop 11:00 a.m. Towne Centre Committee Meeting 11:00 a.m. Aquacise with Christine 12:30 p.m. Exercise (Instruction on TV) 1:00 p.m. GW Social Club Luncheon 2:00 p.m. Painting Group 4:30 p.m. Ballroom Dancing with Pam 5:00 p.m. GW Olympics Billiards 6:00 p.m. Stained Glass Group 6:30 p.m. Poker 6:30 p.m. Billiards	10 9:00 a.m. Ping Pong 9:00 a.m. Pickleball Club Play 9:15 a.m. Meditation Class 10:00 a.m. Beginners Plus Line Dancing 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 4:00 p.m. GW Olympics Shuffleboard 7:00 p.m. BINGO	11 10:00 a.m. Chair Yoga with Karen & Dave 10:00 a.m. Exercise (Instruction on TV) 11:30 a.m. GW Olympics Awards Luncheon 7:00 p.m. GW Wine Club
Ping Pong Pickleball Club Play Ceramics Yiddish Vinkle Yoga with Karen & Dave Motion with Ellen (Instruction on TV) Acting Workshop Yoga with Avi n. Bocce Gin Rummy Fitness & Wellness Club About the Beat Photography Club	16 9:00 a.m. 3D Art 9:00 a.m. Pickleball Club Play 10:00 a.m. Chorus 11:00 a.m. GW Woodworking Club Workshop 11:00 a.m. Aquacise with Christine 11:30 a.m. GW Social Club Board Meeting 12:30 p.m. Exercise (Instruction on TV) 1:30 p.m. Hadassah Book Review 2:00 p.m. Painting Group 4:00 p.m. AARP Driving Course 4:00 p.m. GW Friends Board Meeting 4:30 p.m. Ballroom Dancing with Pam 6:00 p.m. Stained Glass Group 6:30 p.m. Poker 6:30 p.m. Billiards	17 9:00 a.m. Ping Pong 9:00 a.m. Pickleball Club Play 9:15 a.m. Meditation Class 10:00 a.m. WHOA Site Review Committee Meeting 10:00 a.m. Beginners Plus Line Dancing 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 2:00 p.m. Chess Club 6:30 p.m. Canasta Tournament 7:00 p.m. GW Music Club	18 10:00 a.m. Ping Pong 10:00 a.m. Chair Yoga with Karen & Dave 10:00 a.m. Exercise (Instruction on TV) 1:00 p.m. AARP Driving Course 6:00 p.m. Indo-American Club
Ping Pong Pickleball Club Play Ceramics Yoga with Karen & Dave Motion with Ellen (Instruction on TV) Acting Workshop Rock Holmes Club Yoga with Avi Indo-American Club n. Bocce Gin Rummy ah General Meeting	23 9:00 a.m. 3D Art 9:00 a.m. Pickleball Club Play 10:00 a.m. Chorus 11:00 a.m. GW Woodworking Club Workshop 11:00 a.m. Aquacise 11:30 a.m. GW Social Club Board Meeting 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. Painting Group 4:30 p.m. Ballroom Dancing with Pam 6:00 p.m. Stained Glass Group 6:30 p.m. Poker 6:30 p.m. Billiards	24 9:00 a.m. Ping Pong 9:00 a.m. Pickleball Club Play 9:15 a.m. Meditation Class 10:00 a.m. Beginners Plus Line Dancing with Joan & 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. After Hours Club	25 10:00 a.m. Chair Yoga with Karen & Dave 10:00 a.m. Exercise (Instruction on TV) 1:00 p.m. WHOA Movie: The Travellers 7:00 p.m. GW Show: Britishmania
Ping Pong Pickleball Club Play Ceramics Yoga with Karen & Dave Motion with Ellen (Instruction on TV) Acting Workshop Yoga with Avi n. Bocce Gin Rummy	30 9:00 a.m. 3D Art 9:00 a.m. Pickleball Club Play 10:00 a.m. Chorus 11:00 a.m. GW Woodworking Club Workshop 11:00 a.m. Aquacise 11:30 a.m. GW Social Club Board Meeting 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. Painting Group 4:30 p.m. Ballroom Dancing with Pam 6:00 p.m. Stained Glass Group 6:30 p.m. Poker 6:30 p.m. Billiards 6:30 p.m. WHOA & GWCA Joint Open Board Meeting	31 9:00 a.m. Ping Pong 9:00 a.m. Pickleball Club Play 9:15 a.m. Meditation Class 10:00 a.m. Beginners Plus Line Dancing with Joan & 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 6:00 p.m. Shalom Club Shabbat Dinner	

GW Resident's First Hand Account of D-Day Invasion

By Seymour "Sy" Gitlin

Ed. note: What appears below was provided to me by GW resident Lisa Gitlin Hollander. It was prepared by her father, Seymour Gitlin, of blessed memory, in 1995. Mr. Gitlin, an original Greenbriar homeowner, lived on Wellfleet Street until his passing in 2011.

Mr. Gitlin, a Combat Medic, landed in Omaha Beach as part of the D-Day Invasion of Normandy. Omaha saw the heaviest fighting and the costliest casualties of this massive invasion.

Except where noted with brackets and italics, no editing was performed of this account. It appears verbatim as Mr. Gitlin prepared it. This is an extraordinary first hand account of one of the most significant events of the 20th Century.

Seymour "Sy" Gitlin went into service August 1943 at which time I was put into training as a Combat Medic. I received training at Camp Grant Illinois. After about 16 weeks of training I was sent East and then we sailed on the Queen Mary to England. While on the ship we had about 15,000 troops and most of them was with [the] 8th Air Force. For 3 days all I did was give shots. We landed in Glasgow, Scotland. Then on to England for months of training for D-Day.

On about June 3, 1944 we were sent to the coast of England then onto a LST ship.

[Ed. Note. An LST (Landing Ship, Tank) is a class of amphibious warfare vessel first developed during World War II to transport tanks, heavy vehicles, troops, and cargo directly onto unimproved shores. Featuring a flat bottom and massive bow doors that open to deploy a ramp, they allowed for direct shore-to-shore deployment in invasions.]

We started across the English Channel and the morning of the 6th of June we went down the rope ladders onto a landing craft LCI.

[Ed. Note. The Landing Craft Infantry (LCI) were several classes of landing craft used by the Allies to land large numbers of infantry directly onto beaches during World War II.]

This is when I joined the 29th Division, 115th Infantry. The skies were full of aircraft and the large ships were bombing the beaches beyond. The LCI went to the beach and the front of the craft went down and we all started to go off onto Omaha Beach. Water up to my hips, we kept going while all around us were plenty of dead bodies. Then on the shore I started my job caring for the wounded. We were all pinned down by shelling from the top of the cliff that the Germans had. Finally, we broke through and went from hedge row to hedge row caring for many, many wounded. They all did not make it.

Then the big push was to Saint-Lô. *[Ed. Note Following the Invasion of Omaha Beach in Normandy, American forces began their advance toward German occupied Saint-Lô. Although progress was steady, it came at a high cost—an estimated 40,000 casualties for a gain of just 20 miles. Saint-Lô was the primary initial objective for the US forces].* After the third attempt we finally took the town on the day I was wounded, July 19th 1944.

At that time in a street of Saint-Lô near the cemetery, while attending to a wounded soldier, I got wounded myself. I was attended to by fellow Combat Medics. That was 43 days of combat without any rest because we lost many medics. I was sent back to the beaches, then on to to England.

At the 125th Medical Hospital on July 26th, 1944 I overcame death and then I was operated on having my left leg above the knee amputated.

In September I was sent back to the States on the Hospital Ship Westorier.

[Ed. Note I think the ship Mr. Gitlin was referring to was actually called The Wisteria. USAHS Wisteria refers to the U.S. Army Hospital Ship Wisteria, a converted Liberty ship that served extensively in the European, African, and Pacific



theaters during World War II. Originally named the SS William Osler, this 441-foot vessel was built in Brooklyn, NY, and converted into a hospital ship in 1944]

We landed in Charleston, South Carolina and then sent by train to Battle Creek, Michigan, Percy Jones General Hospital. I had a revision operation and then fitted with an artificial limb. One year later in September 1945 I was given a C.D.D. and sent home. *[Ed. Note. Certificate of Disability for Discharge (CDD): Is an older historical military term (primarily used in the 19th and early 20th centuries) indicating a soldier was permanently unfit for service and discharged due to a disability]*

I then joined the Disabled American Veterans National Amputation Chapter #76. In 1946, I went to work for the Veterans Administration. I became a Prosthetic Representative and serviced the most severe types of patients the V.A. had.

In December 1947 I married my wife Marjorie. We had three children and have seven grandchildren. We will be married 47 years.

After 29 ½ years of employment, I finally retired with 31 ½ years of service. All during my employment I was active in the D.A.V. After retirement have been helping amputees and other severely disabled [individuals].

To this day I still keep up with latest and try to help others. I also have been active with the Kings Bay Boys Club since 1956.

A Combat Medic is a very rare type of person. Words cannot describe what I was and did to survive in [the] service. Being an amputee is another hardship to overcome, but I am alive and can talk about it.

[Ed. Note. Mr. Gitlin was awarded the Bronze Star and the Purple Heart for his service. We would welcome publishing anyone's first hand account of their military experience.]

Pickleball Club

By Randy Kahn

The Club's recently created web site can be accessed via Gwpbclub.com Created by Treasurer Rich Flathmann, it contains a host of information such as videos for beginners on game rules, strategies and the like. It also has a calendar of events for the month and information on the Monroe Inter-Community Senior League. Moreover, if residents have a service to offer, ads can be posted. To our knowledge, this is the first Monroe Township senior community club to have such a web site. During its first month of existence, it has already gotten nearly 50 "hits" a day!!! Check it out.....



As described last month, our first social event of the year, with a Peace, Love, Disco theme, was held on May 23rd and was a rousing success. Nearly 100 attendees ate, danced and mingled over a four hour period. Far out, man!!!

The Senior League is off to a great start. Our three teams are competitive, spirited, friendly and talented. Most games are played during the week in the evening with an occasional Saturday morning match. Consult the web site's calendar for up to date info on opponents, location and time.

Upcoming events include our annual Club picnic on Saturday afternoon, August 8th and another social event on Saturday evening October 24th. Mark your calendars and save the dates for more fun and games.

Sadly, we recently learned of the passing of two of our Club members. Kamal Malak died as a result of a serious auto accident in Florida, from which his wife is slowly recuperating. Kamal did not always know the score of his games, and some of his line calls were questionable, but he was a long-time Club member who played regularly and very much enjoyed the game. Additionally, a fairly recent resident, David Colgan, passed away suddenly. During his few months here David and his wife Rosemarie had made several new friends and were starting to become quite involved in community activities. We will miss Kamal and David, and our thoughts and prayers go out to the Malak and Colgan families during this difficult time.

Beginners Clinics continue on Court # 3, Mondays from 5-6 PM.

Open play runs every day from 9-11 AM.

Remember to submit your \$10 annual dues and place checks in box # 13 in the clubhouse library. Include names, street address, e-mail and phone number of those for whom dues are being paid.

Happy July and enjoy your pickleball games, friends.

Greenbriar at Whittingham Pulse

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Car Show Drives the Entertainment!

By Ken Wagner

We call it a car show, but in reality, it's a big community event centered around an amazing display of classic, sport, specialty cars and trucks – wrapped in music, food, dance and a chance to socialize with friends and family.

The GW Wheels Annual Invitational Car Show is the largest — and only — specialty vehicle show held each year at Greenbriar at Whittingham. This year the show brought over 50 outstanding vehicles to the Towne Center, and drew hundreds of spectators. Many brought their own tents and turned the event into an advanced form of tailgating.

Returning this year was the very popular NTO Band providing live music. DJ Joe Attanasio kept the music going all day. Teri Faro brought her line dancers to perform for the crowd. New this year was Gene's Hot Diggity Dogs and Goldy's Ice Cream very popular – given the warm weather!

This year the show awarded twice as many trophies as last year – and there were lots of deserving entries which competed for recognition.

This year's winners:

- **Best in Show:** Bob Russo, 2018 Chevy Corvette Z06
- **Best Classic:** Walt McMillan, 1931 Ford Model A
- **President's Award:** Joe Paradisio, 1974 Porche Targa 911
- **Top Five in Show:**
 - David Piscadlo, 1957 Chevy Belaire
 - Freddie Mule, 1937 Ford Coupe
 - Dennis Cataldo, 1949 Studebaker Pickup
 - Pat Vetrano, 2014 Chevy Corvette Stingray
 - Bob Russo, 2018 Chevy Corvette Z06
- **Driver's Choice:**
 - Judy & Joe Barcellona, 1971 Chevy Corvette
 - Bill Countess, 1985 Porche 930
 - Eric & Mary Pilaar, 1938 Chevy Master Sedan
- **People's Choice:**
 - Ken Freedman, 2014 Bentley Continental GTC
 - Don & Desiree McBain, 2020 Chevy Camaro SS
 - Peter Tufano, Cadillac Eldorado

About GW Wheels: The club's focus is on motorized vehicles with wheels – sport, classic, muscle and special interest cars and trucks. For more information about the club contact them at gwwheels@icloud.com or visit the club website at <https://gwwheelsclub.godaddysites.com>.



The third annual GW Wheels Invitational Car Show – once again a great community event – cars, music, food, dance and lots of trophies!

Food Drive Really Delivers This Year!

“It was humbling to see just how generous folks were with donations to this year’s GW Wheels Food Drive,” said club Secretary Ken Wagner.

“We had many whole cases of non-perishables donated. More than a few people said they had done special shopping trips just to buy food to donate!”

“By the time the food drive finished on June 6th, we had more than twice as much donated this year vs. last year!” he said. “It was truly heartwarming, to see how our community stepped up to help provide for those in need.”

The food drive was one element of the annual GW Wheels Invitational Car Show. The food drive ran from May 15th until the Car Show held on Saturday, June 6th. Throughout those three weeks donations just kept coming. The very large collection box in the Towne Centre lobby had to be emptied multiple times to accommodate the overflow.

The food drive was held to benefit the Schneider Food Pantry operated by the Monroe Township Senior Center. The pantry operates out of a building to the rear of the Senior Center building and is supported by The Friends of the Senior Center.

The food pantry provides monthly support to approximately 53 local families facing food insecurity. Each family receiving aid faces economic hardships and has met strict eligibility. The pantry relies heavily on private food donations and monetary contributions to provide support.

In addition to the pickup truck overflowing with non-perishables, residents donated over \$200 in cash. The pantry uses the cash to supplement the non-perishable items they distribute. According to the food pantry, the donations received in June help to fill an early summer gap in donations, as this time of year can be a slow time for contributions.

For more information about the food pantry, including information about applying for assistance or making donations call the Senior Center at 609-448-7140.

About GW Wheels: The club is open to anyone with an interest in motorized vehicles – sport, classic, specialty cars, trucks or bikes. For more information about the club, drop them a note at gwwheels@icloud.com



Ready for delivery! The GW Wheels food drive to benefit the Monroe Township Senior Center Pantry resulted in an overflowing load of non-perishable food donated by residents – more than double what was donated last year at this time!

The American Experiment: Part 2

By Herb Saperstein

[Ed note: Part one of this article appeared in the June issue of *The Pulse*]

People who think that a society's institutions can be torn down and rebuilt are apt to create a nightmare rather than the intended utopia. The French Revolution was an example of this kind of thinking. Their motto of Liberty, Equality, Fraternity sounded so impressive but led to heads on pikes and the guillotine. What they tried to do was to cut off centuries of traditions of French society and build a new society based exclusively on reason. Therefore, religion had to go, and the revolutionaries wound up murdering thousands of priests and nuns. An excellent example of their thinking was that because the calendar had Christian elements, it had to be redone rationally. They tried to decimalize it with ten day weeks and ten hour days. Explaining why this bit of engineering failed within a very short time would take an entirely different essay, so we will leave that aside.



On this side of the Atlantic, the experiment proved to be a success. Why? The Constitution, fathered mainly by James Madison, held the country together. No Constitution has lasted for so long a time, in large part because the American constitutional architecture was built with an understanding that people were not angels, that there would be factions and fights over power. Those Founders had profound insight into human nature, and each new generation held fast to the genius of this document. Of course, it was not perfect, and changes were enacted by amendment, beginning with the first ten amendments that we know as the Bill of Rights.

As it turned out, there was a major impediment to the survival of the new republic, the issue of slavery. Soon after Abraham Lincoln took office as America's new president in 1861, war broke out between the North and the South. Lincoln had warned about this in his House Divided speech of 1858 where he told the nation that a house divided against itself cannot stand, a phrase he took right out of the Bible. Lincoln had about one year of formal education. He was a totally self-educated man whose life growing up was spent doing farm work, not schooling. His education was as an adult and consisted of reading whatever he could get his hands on, and this included the Bible, Aesop's Fables, Pilgrim's Progress, biographies of famous individuals and Shakespeare. One could argue that his choices made him a more educated man than today's Harvard graduates.

In the midst of the war, Lincoln gave his Gettysburg Address where he quite specifically pointed to the Declaration of Independence as the key document in America's founding. It had been written four score and seven years earlier, as Lincoln so elegantly put it. America was therefore a nation where people are "endowed by their Creator with certain unalienable rights, that among these are Life, Liberty, and the pursuit of Happiness." In other words, the Founders and Lincoln thought that God created us to enjoy those rights, that they were not given by government because if they were given by the government, then the government could take away those rights. This is another topic that needs its own essay.

We are now 161 years past the end of the Civil War. We have seen the catastrophes of the 20th century with its two world wars and the rise and fall of Nazism and communism. More recently we have seen radical Islam become yet another challenge right alongside the rise of a despotic China. The West has lost confidence in itself and America, being a part of the West, has not been an exception. Division and chaos have become symptoms of our time.

What have young people been taught about the 250 years of American history as well as world history? To judge by the evidence, not much, and a great deal of what they have been taught has been through a glass, darkly. Lincoln closed his First Inaugural address with these eloquent words:

The mystic chords of memory, stretching from every battlefield and patriot grave to every living heart and hearthstone all over this broad land, will yet swell the chorus of the Union, when again touched, as surely they will be, by the better angels of our nature.

Our republic still stands, but who speaks today of mystic chords of memory and better angels? We are long overdue for teaching this again to our younger generations, for they are the future, and the concerns of the Founders remain true for us to this very day.

"You can do anything but not everything." David Allen

Women In Rock Show By Rockology

By Debbie Harbatkin

Join us on Wednesday, July 15, 2026, for a special performance right here in our Ballroom. Greenbriar's own **Ira Harbatkin** is back and will be playing with a talented group of musicians and singers in their group "**Rockology**", performing their show "**Women In Rock**", a cover of some of the greatest music from female artists in the music industry over the decades. A tribute to Aretha Franklin, Carole King, Stevie Nicks, Linda Ronstadt, Carly Simon, Tina Turner, Stevie Nicks, Roberta Flack, Heart and more, will have you singing to favorite songs and dancing to a wonderful beat! This show is open to the whole community and only \$5 a ticket, necessary to pay for a professional sound technician and equipment.



Tickets are available for purchase right now at the Concierge Desk.

Speaking of the beat, this show is the inaugural performance sponsored by Greenbriar At Whittingham's new **All About The Beat Club**. The club will meet on the **3rd Wednesday of each month in the Ballroom**, and the focus of the club will be on more than just live performances, and will feature music culture, education, history, and variety for the members, with documentaries, speakers, activities, and musical trips.

The annual dues are just \$20 per person, to help offset the costs of live performances and guests, and anyone purchasing a ticket for the July 15 inaugural show will get a \$5 credit on their first year's annual club membership, making it just \$15 for the year. To join the club, put your check and enclose your name, address, cell phone number and email on a piece of paper in the envelope and drop it in mailbox #20 in the Library or for more information, email the club at: AATBGW@gmail.com or call Debbie at (732) 547-1096.

It's **All About the Beat** GW!

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GREENBRIAR AT WHITTINGHAM



Jewish American Support for the American Revolution 1776

By Richard Weber

On July 4, 2026, the United States celebrates the semi-quincentennial, its **250th anniversary**. In 1776, Jews made up a very small part of the population, with only about 2,000 to 3,000 people.

During the American Revolution, many Jewish Americans supported and made important contributions to the Patriot cause. For them, the Revolution was not just about independence from Britain, but also about the hope for greater religious freedom in a new country as they faced religious discrimination.

Jewish Americans participated in political and civic life. Francis Salvador, a Jewish political leader in South Carolina, served revolutionary governments to help shape the emerging nation.

Winning a war required lots of money. Haym Salomon was a Polish-born immigrant who played a key role in financing the war. In addition to using his own personal funds, he worked with leaders like Robert Morris to raise money and secure loans for the struggling Continental Army. His financial support came at critical moments and helped keep the revolutionary effort alive.

Did you know that there is a *Star of David* (6 pointed Jewish star) on the back of our \$1 bill? One story goes that George Washington asked Haym Solomon what he would like as a personal reward for his services to the Continental Army. Solomon replied that he wanted something for his people. The Star of David was the result.

Jewish Americans also served in the military and militia alongside their fellow colonists. Francis Salvador, the political leader in South Carolina, became the first known Jewish American to die in the Revolution. Another figure, Mordecai Sheftall was a commissary officer who helped supply troops with food and equipment.

After the war, the new nation gradually expanded religious freedom. In 1790, President George Washington affirmed that the US “gives to bigotry no sanction” in a letter he wrote to the Hebrew Congregation in Newport, RI. This expresses a vision of a country where people of all faiths could live freely.

Although small in number, Jewish Americans played an important role in supporting the Revolution. Their efforts - through financial support, military service, and civic involvement - helped make American independence possible and shaped the nation’s commitment to religious liberty.



Robert Morris, George Washington, Haym Salomon

*** **SHALOM CLUB HAPPENINGS** ***

Sunday, July 12 - 9:45am Monthly breakfast meeting - Carmiya Weinraub, one of the few Orthodox Jewish female comedians in the country.

Friday, July 31 - 6:00pm A traditional Kosher **SHABBAT DINNER**, served at your table, in the Greenbriar Ballroom; entertainment included.

Sunday, August 9 - 9:45am Monthly breakfast meeting - *A History of NJ Diners*, presented by Michael Gabriele



The Marvin Bachman Book Club

The book club meets on the fourth Monday of each month at 4PM in our own Library.

They will meet on Monday July 27th at 4 PM to discuss “How to Read a Book: A Heartfelt Novel of Redemption and Unlikely Friendships in a Small Town Bookstore” By Monica Wood

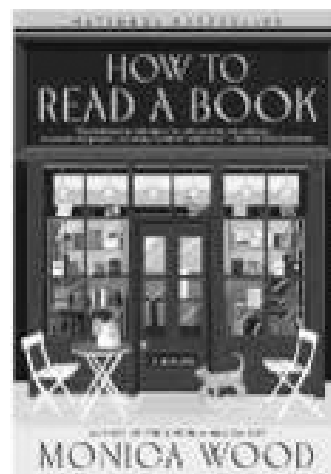
“A young female ex-con, a widower who was collateral damage, and a woman who runs the prison bookclub—three indelible voices (and let’s not forget one extraordinary parrot’s), remind us that life is full of mysteries, and sometimes the ones we believe are unsolvable as the ones that might save us. About second chances (our lives need not be apologies), the weight of forgiveness, our bond with our books, and the stubborn way love can make us see a world shining with mercy, Wood’s new novel is both incandescent and unforgettable.” - *Caroline Leavitt, New York Times bestselling author of With or Without You and Pictures of You*

“What a master of plot and character Monica Wood is. I love the various worlds How to Read a Book took me to: a prison, a bookshop, and a laboratory, all in Portland, Maine. And I love how hopefully Wood writes about grief and second chances on behalf of her three protagonists. Surely everyone who reads this novel will want to offer Ollie, a voluble African grey parrot, a home.” - *Margot Livesey, New York Times bestselling author of The Boy in the Field and The Flight of Gemma Hardy*

"I laughed and wept my way straight through How to Read a Book. What a beautiful, big-hearted treasure of a novel!"

Contact Harriet Bachman for details. 609-409-5464

BOOK CLUB



Ways to Help Yourself Stay Healthy

By Michelle Polk

As I approached a birthday this past week end I suspect I have become even more vigilant as related to my overall health and well being. With that said, I will try to share my latest with my community. Certainly this is not to say that we all are visiting our doctors with the encouragement of our children but we can always do a tad better.

Our environment is not always the healthiest. We pass by pollution on our roads and byways. Be observant and pick up the litter you pass on your walks. Model a tobacco free environment in your homes to send a positive role model to your grandchildren. Wash your hands well by singing Happy Birthday at least 2 times or 20 seconds. This will hopefully prevent the spread of diseases, By all means avoid touching your eyes, nose and mouth.

Test your home for radon. Recognize the warning signs of lung disease. If so diagnosed, work with your health provider to manage it. Try to stay up to date with your vaccines and immunizations. If you have a predisposition to diabetes, stroke or other maladies be certain you are vigilant in the treatment and care related to these risk factors. Get the necessary screenings and if you are in the early stages of diagnosis, there is always hope for curability. Learn more and get second opinions.

By all means live a healthy life style. Try to get involved in support groups and listen to others and their strategies that were successful. Reach out to Karen, our lead nurse for suggestions and directions. Become a volunteer or an advocate for the laws to protect us all, share your story and make donations that support the continued research for the maladies you have a passion for so you make a difference for us all.

[Health and medical claims published in The Pulse are strictly the opinion of the author. Authors have diverse backgrounds or perhaps no background in this field. Readers need to consider the source of the information.]



Sarge's Corner: Saluting the Military

By Michael Boxer

To all Veterans: Direct Scheduling is now available.

Veterans who need evaluation of canes, walkers or wheelchairs may contact the clinic directly.

NO REFERRAL OR CONSULT NEEDED

CALL 973-676-1000

For evaluation, walk in or call to schedule. (canes, walkers or standard wheelchairs only)

* East Orange: Physical therapy- Main Building 13th Floor RM 191

* Lyons: Physical Therapy, Building 143 RM East 195

* Toms River: Physical Therapy Gym

For evaluation regarding Scooters or Specialized Wheelchairs call for appointment

* East Orange: 973-676-1000 x 201364

* Lyons: 908-647-0180 X 214500



The Martin Salmanowitz GW Social Club

By Lisa Baruch & Regina Savarese

During the month of July we will celebrate Independence Day on July 4th (250th birthday of the USA). There will be all kinds of celebrations here.

Upcoming Shows:

Thursday, July 9th @ 1:00PM in our Ballroom we will have Moreno Fruzzetti, who has been awarded the prestigious honor of “Ambassador of Italian Music to America”, and is a truly gifted performer. He receives rave reviews at concerts throughout the world. As his loyal supporters can attest to, he brings a sense of flare and personality to his performances. Not only does Moreno have a golden singing voice, but he has an onstage presence that cannot be learned.

Our menu will be a Country Style Picnic including Bar-B-Que Spare Ribs, Sausage, Potatoes & Onions, Honey Dipped Fried Chicken, Steak w/pesto Pomodoro. Cole Slaw, Pasta Salad, Oven Roasted Potatoes, Boston Baked Beans, Rolls, Cupcakes (red, white, blue icing).

Bingo: The GW Social Club sponsors Bingo on the second Friday of each month. Doors open at 7:00 p.m. Our upcoming Bingo night will be on July 10th. All are welcome. Come join us for an evening of fun and laughter as you play Bingo with friends and neighbors. Enjoy the excitement, the camaraderie, and maybe even win a few extra dollars along the way!

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/singles.

We are always looking for volunteers to help out with various committees such as Catering, Entertainment and Setup. Please get in touch with us if you are interested.

Please note that due to rising costs of food and entertainment, we have had to make a necessary adjustment to our event pricing. This decision was not made lightly, and we truly appreciate your understanding and continued support as we work to provide enjoyable and quality events for everyone.

We look forward to seeing you in the near future.



PAC: Radio Days



A Little Safety Preparation Goes a Long Way

By Mark Harris

For many adults 55+, staying active is one of the most important parts of maintaining health, independence, and happiness. Simple activities like walking through our neighborhood, shopping, exercising, visiting friends, or attending GW events can improve balance, strength, heart health, and overall quality of life. Unfortunately, many people begin avoiding these activities because they no longer feel confident and safe.

Some worry about falling. Others worry about crime and being targeted because of their age. Over time, this fear can lead to isolation, less movement, and a loss of confidence. The good news is that staying safe does not mean staying home. With a few smart habits, you can enjoy an active, independent life while dramatically reducing risk.

One of the biggest misconceptions about safety is that it requires physical strength or self-defense ability. In reality, everyday awareness and preparation are often far more important. People who move confidently, stay alert, and appear aware of their surroundings are far less likely to be targeted. Confidence alone can discourage potential problems before they ever begin.

Walking is one of the best activities for adults 55+ because it improves balance, circulation, strength, and mental health. There is no reason fear should take that away.

A few simple precautions can make walking in GW safer:

- Always walk towards oncoming traffic.
- Walk during daylight when possible.
- Always wear reflective clothing at dusk and when it is dark.
- Stay in populated, well-lit areas.
- Avoid using headphones at high volume.
- Walk with a friend or group when possible.
- Stay aware of uneven sidewalks and wet surfaces.

Always trust your instincts. If something feels wrong, leave. Too many people worry about appearing rude. Your safety matters more than politeness. If a person, area, or situation makes you uncomfortable, change direction, enter a public place, or call someone.

A small safety whistle can be one of the simplest and most effective safety tools available. A loud whistle immediately draws attention and can scare away someone with bad intentions or alert others that you need help. It can be easily attached to your keys, a zipper, a lanyard, or a purse. It is lightweight, inexpensive, and easy to use. I have an Acme Thunderer whistle on my keychain. They are inexpensive and available online or at local sporting goods stores. It is loud and is the type used by many lifeguards.

Another important safety tip is to know your phone's emergency features. Most smartphones have built-in emergency tools that many people never use. iPhones allow users to quickly contact emergency services by pressing the side buttons at the same time, Android phones have similar emergency SOS features and most phones even allow you to share your location instantly with family members. Remember to carry your phone somewhere easy to reach, not buried in a bag. A phone is not just for communication. It is one of the best personal safety tools you already own.

Good awareness is one of the best forms of self-defense. Staying active, social, and engaged is critical for both physical and mental health. Your goal is not to live in fear, it's to live smart. With awareness, preparation, and confidence, you can continue enjoying the activities you love while staying safer and more independent every day.

[Health and medical claims published in The Pulse are strictly the opinion of the author. Authors have diverse backgrounds or perhaps no background in this field. Readers need to consider the source of the information.]



"A true friend is someone there for you when they'd rather be anywhere else." — Len Wein



A Song Of Love In The Tune You Choose

By Bill Friedman

My knee was black and blue,
cause I couldn't stop reaching for you.
If you had seen the tears in my eyes, before you kicked me,
you might have chosen not to restrict me.
You're still a missing part of my heart,
that constantly aches when we're apart.
Rather than see our relationship crumble,
I'd be happy to offer another tumble.
No need to fear unwanted groping,
id be happy to be with you and deep down hoping.
It's not far fetched to dream we'll tether,
and spend our remaining years together.
Wow! I just received your text apologizing for making me
noticeably vexed.
You say you'd be willing to try,
to make me the apple of your eye.
Who would have thought a kick in the knee,
would unlock the door between you and me.

From Rags To Riches!!

By Bill Friedman

They were a family of disfunction
that lived near a desolate junction.
No neighbors no mail,
of course no phone, surrounded by acres long overgrown.
Kids home schooled, all nobody's fool,
totally on board with following rules.
Quite often their cubbard was bare,
leading to a trek to town to see if their welfare checks were
there.
Their appearance left locals in shock,
many pointing fingers at this downtrodden flock.
Then at their door they were shocked to see ,
a white bearded old man seeking a place to pee.
On the way out he offered to pay,
if they found him a spot for a short term stay.

All at once a warm family greeting ,
and he stepped out to his old car for what he'd be needing.
He introduced himself as just San-T,
and hoped to extend their family tree.
After a few weeks, out of the blue,
he offered to return their home too new.
Contracts signed, work moved fast,
final results left all aghast.
Then new wardrobes for the entire clan,
and a shiny new nine passenger van.
For years he guided his new family with pride,
willing them his fortune on the day that he died.
Funeral arrangements made without pause,
and the name on his tomb stone was SAN T CLAUS !!

**Below is a poem by Irwin Dusky, of blessed memory,
that was published in the very first edition of The Pulse**

The Boys

by Irwin Dunskey

When they were three they use to run and hide
Under the pillows on the couch, they would slide
Their butts were hanging out, thought we couldn't see them
Grandma and Poppy had so much fun, they were both gems
As they got older we took them everywhere we could
We took them to Disney World, Turks and Caicos, Atlantis
Club

Washington DC, and Virginia, what a time we had
Long Beach Island, always so much fun, and never sad
We love Edan and Alon so much, they live deep in our soul
If we didn't have them in our lives, we wouldn't be whole
It's so sweet when you love two boys so much
When we think of them it makes us just want to gush
We are so lucky to have two boys in their twenties
Did so much with them, they love us even though we're In our
seventies
So when you have grandchildren, love them and hold on tight
When they grow up, their love will never be far out of sight

**"It is not the strongest of
the species that survive... but
the one most responsive to
change." — Charles Darwin**

From the Editor:

I am thrilled to report that submission of material by GW residents to be published in *The Pulse* has really blossomed. In addition to all of the clubs we have a great deal of original content submitted. That is really great news. In light of that, we have had to suspend the inclusion of the Nurse's article and the flyers this month. While I love having added the flyers to the magazine, what our community has to say is much more valuable. Flyers will return once space allows.



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Spotlight on Harlan Tuckman Born Feb 23,1943

By Marie-france MacDonald

Harlan Tuckman is an actor's actor. Those of you who attended PAC's 2025 Summer showcase had the opportunity to watch some of Harlan's best work when he performed a monologue from "Uncle Philip's Coat," a brilliant performance of a brilliant piece of work which Harlan adapted specifically for our GW stage. I recently sat down with Harlan to talk to him about that performance (which you can link to from my website) as well as his personal history in the performing arts

. Harlan spent his youngest years in College Point, New York, a richly diverse community and later moved to Bayside, Queens where he met his wife Ann when he was fifteen years old. Five years later, with his parents' written consent they married and have remained so to this day.

"I wanted to write, like my Uncle," Harlan said. His Uncle, Mel Goldberg, (a very successful screen-play writer) suggested Harlan learn all he could about acting before attempting to write for actors. In the process, Harlan fell in love with the craft. "I was a natural," he said and with his first taste of applause, his writing ambitions fell by the wayside, replaced by a hunger to become a professional actor. His early days in live theater included a role in "There Must Be a Pony," starring Myrna Loy, (Nora Charles, "The Thin Man") but his uncle suggested there were more prospects for a serious actor in film, so young Harlan and Ann crammed all their worldly possessions into their yellow Chevy Corvair Monza and drove almost 3,000 miles to Los Angeles, California to take up residence in Uncle Mel's pool-house and watch their future unfold.

Harlan was as successful as any newbie to Hollywood can hope to be and landed roles in numerous projects including the film, "Hang 'em High" starring Clint Eastwood. He also secured a recurring role on the television show, "Mr Novak" with James Franciscus and Burgess Meredith. Had he continued, Harlan Tuckman might have become a household name but after three years in California, he and Ann returned to New York and made the hard decision to change career paths and take up permanent residence on the East Coast. He says it was one of the best decisions of his life.

After securing a steady source of income, Harlan was free to indulge his passion for acting in the world of Community Theatre, which he did with gusto for over thirty years before moving to Monroe Township. During that time he was able to portray a wide range of characters including Fagan (Oliver) and Tevye (Fiddler on the Roof) who he personified in multiple productions. He is doubtful that the professional world would have afforded him as many opportunities to stretch his wings and showcase his abilities.

I would never have met this tremendously talented, dedicated, seasoned actor had we not both joined PAC. I'm so glad I did. We do not pay the man who I call, "Sir," but Harlan is a professional in every sense. He is humble and gracious and nuanced in artistry and wonderful to work with and learn something from him each time he performs. I am thrilled to announce, Harlan Tuckman has agreed to perform for the first time, the once in a lifetime role of Salieri from "Amadeus." Right here in our GW ballroom for PAC's fall show, "Exit Stage Left." (Nov 7 and 8, 2026)



I have no doubt that show will sell out well before the deadline to buy tickets.

Here's how Harlan answered James Lipton's exit questions from The Artists' Studio.

1. What is your favorite word? *"Toots"*
2. What is your least Favorite word? *"I really don't have a least favorite word."*
3. What turns you on? *"The chance to play a role that's not myself, that I can really sink my teeth into"*
4. What turns you off? *"People with no talent who get on stage but think they are the most talented people in the world."*
5. What is your favorite curse word? *"F—k!"*
6. What sound or noise do you love? *"I don't know. That's a good question."*
7. What sound or noise do you hate? *"Slamming doors"*
8. What profession other than your own would you like to attempt? *"House Painter"*
9. What profession would you not like to do? *"Car mechanic"*
10. If God exists what do you want him to say at the Pearly Gates? *"Up here you can play any role you want."*

Please find video of full interview on my website at mariefrancemacdonald.com See: Legacy Project

*You can also find links to Harlan's performance of Uncle Philip's Coat And an interview with his uncle, the late Mel Goldberg, whose work included Studio One, Playhouse 90, Bonanza, Six Million Dollar Man, Switch, Hawaii 5-O, The Virginian, The Big Valley. If you grew up watching T.V., you probably saw some of his work.



Traveler with a Camera

by Rich Polk

Up Against It in Alaska

Much of the appeal of Alaska's natural beauty is that it is untamed. Where man has settled there, his tenancy appears temporary, his structures tenuous. In a land where horizontal land is a rarity, lakes and rivers are used for seaplane airports, and even the commercial landing strips, like the one in Sitka, consist of artificial causeways long enough to accommodate an Alaska Airlines Boeing 737.

This was nowhere more apparent than in the capital city of Juneau. From the deck of our cruise ship docked in the Gastineau Channel, I beheld a vertical vista: the buildings of the town appeared above the dockside structures, and beyond them was a wall of conifers backed by Mt. Juneau. As if that were not enough for the eye, a multi-staged waterfall sprang from the mountain's cliff face, cascading downward several hundred feet before disappearing behind rocky rubble and fir trees. The scene appeared so compressed, experiencing it might be possible in the time granted to us.

The walk into town was uphill, and the grade only increased with each step. Before long, the sidewalks had changed to staircases, complete with handrails for those icy mornings when a misstep might have you sliding on your backside all the way down to the docks.

Bear-proof garbage containers were abundant, indicating once more that this was more wilderness than city. In short order, the road and sidewalk ended abruptly, the latter transforming into a dirt path, relentlessly climbing upward. Not a hundred yards up that trail the waterfall I had seen from the ship was revealed, close enough to fill my viewfinder. Finding this vantage point was simultaneous with the arrival of misgivings about undertaking this venture alone. While it was most likely that grizzlies would prefer the deep woods to city life, the garbage canisters no doubt were bear-proofed for a reason, and I was in no mood to exemplify the exception to the rule.



Camera Club: Smartphone Camera Basics

By Roy Goldschmidt

Yes, today is the day to stop worrying and start clicking great snaps with your phone. Whether you're using an Android or iPhone, these practical tips will help you capture frame-worthy photos that'll make your friends wonder if you secretly hired a professional photographer. Spoiler alert: it's just you and your trusty smartphone!

Master these basics: Use natural lighting (golden hour is best), enable grid lines for better composition, get physically closer instead of using digital zoom, and hold your phone steady with both hands.

Pro techniques: Tap to focus and adjust exposure manually, use Portrait mode for background blur, shoot in highest resolution, and take multiple shots of important moments.

Avoid these mistakes: Don't use digital zoom, built-in flash, or rely only on auto settings. Skip cluttered backgrounds and remember that editing is half the process.

Bottom line: Great phone photos come from understanding light and composition, not having the latest device. Practice consistently and your smartphone can capture professional-quality images.



Essential Phone Photography Tips

1. Golden Hour? Learn and Practice

Natural light is your best friend in phone photography. The “golden hour” (one hour after sunrise and before sunset) provides warm, soft lighting that flatters subjects and creates stunning backgrounds. Avoid harsh midday sun that creates unflattering shadows. On overcast days, clouds act as a natural soft box, providing even, diffused lighting perfect for portraits and close-ups.

2. Use the Rule of Thirds Grid

Enable gridlines in your camera settings (available on both Android and iPhone). This divides your screen into nine equal sections. Place important subjects along these lines or at their intersections rather than centering everything. This creates more visually interesting and balanced compositions that naturally draw the viewer's eye.

3. Get Closer to Your Subject

Most beginner photographers stay too far from their subjects. Don't rely on digital zoom, which reduces image quality. Instead, physically move closer or use your phone's ultra-wide lens if available. Close-up shots reveal details, textures, and emotions that wide shots often miss. This technique works especially well for portraits, food photography, and detail shots.

4. Hold Your Phone Steady

Camera shake is one of the biggest culprits behind blurry photos. Hold your phone with both hands, keep your elbows close to your body for stability, and gently tap the shutter button rather than jabbing it. For extra stability, lean against a wall or rest your phone on a stable surface. Consider using your phone's timer function to eliminate movement from pressing the shutter.

5. Experiment with Different Angles

Most photos are taken from eye level, making them predictable and boring. Try shooting from low angles (getting down on the ground), high angles (holding your phone above your head), or side angles. Each perspective tells a different story and can transform an ordinary subject into something extraordinary.

6. Focus and Exposure Control

Tap on your subject on the screen to set focus and exposure. On most phones, you can then drag up or down to adjust brightness manually. This ensures your main subject is sharp and properly exposed, even in challenging lighting conditions. Don't let your phone's auto settings make all the decisions.

7. Utilize Portrait Mode Effectively

Portrait mode (available on most modern smartphones) creates professional-looking background blur (bokeh). It works best with clear separation between subject and background, good lighting, and when you're 2-8 feet from your subject. While designed for people, it also works well with pets, flowers, and objects.

8. Avoid Digital Zoom

Digital zoom crops and enlarges the image, resulting in pixilated, low-quality photos. Instead of zooming, move closer to your subject or use optical zoom lenses if your phone has them (telephoto, ultra-wide). If you must crop, do it during editing when you have more control over the final result.

9. Shoot in Good Resolution

Always shoot in your phone's highest resolution setting. While these files are larger, they give you more flexibility when editing and printing. You can always compress photos later, but you can't add detail that wasn't captured originally. High-resolution photos also look better when shared on social media or printed.

10. Use HDR (High Dynamic Range) Wisely

HDR mode takes multiple exposures and combines them to capture detail in both shadows and highlights. It's excellent for landscape photography, backlit subjects, and scenes with extreme contrast. However, HDR can make moving subjects appear ghostly and may over-process some photos, so use it selectively.

11. Pay Attention to Background

Before taking a photo, scan the entire frame for distracting elements like telephone poles "growing" from someone's head, cluttered backgrounds, or unwanted objects. A clean, simple background makes your subject stand out. Sometimes moving a few steps to the left or right completely changes the background composition.

12. Learn Basic Editing Skills

Shooting is only half the process. Learn to use your phone's built-in editing tools or apps like Snapseed, VSCO, or Lightroom Mobile. Basic adjustments like exposure, contrast, highlights, and shadows can dramatically improve your photos. Start with subtle adjustments – over-editing is obvious and unappealing.

13. Take Multiple Shots

Don't settle for one photo, especially with moving subjects or group shots. Take several shots with slightly different compositions, expressions, or timing. This gives you options when reviewing your photos later and increases your chances of capturing the perfect moment.

14. Practice the Fundamentals Consistently

Great phone photography comes from understanding light, composition, and timing rather than having the latest phone model. Practice these techniques regularly, experiment with different subjects and conditions, and study photos you admire to understand what makes them effective. Consistency in practice leads to consistently better photos.

Both Android and iPhone cameras excel for beginners. iPhones offer consistent processing and intuitive controls, while Android phones provide more manual control options and varied price points. Focus on learning fundamentals rather than obsessing over specs.

In the event that a resident of the community is interested in additional information or help in learning how to use their smartphone, the Greenbriar at Whittingham Camera Club can be your answer. Annual membership is \$25. Our next meeting will be July 15th in the upstairs Poker Room at 7PM. The July meeting will feature Ron Wyatt, a self-taught photographer who has covered the NBA, NFL and Major League Baseball. He also covered two Summer Olympic Games and his photos appeared in the following publications: USA Today, Time Magazine, Rangefinder Magazine, Popular Photography, Newsweek and others. He is a truly accomplished photographer, and you surely don't want to miss this one. Bring your friends and neighbors.



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Women of the Workshop: Ahead of Her Time, Time and Time Again

By Linda Wagner

When we think of woodworking and woodshops, we don't typically think of it as a place where you would find a lot of women. It has always been a man's domain. But that is changing.

In the past year, more women have joined the GW Woodworking Club and have been a driving force in making it one of the fastest growing clubs here at Greenbriar at Whittingham. Current make-up is about 30 percent women.

This article is the 4th in a series focusing on the women who have joined the GW Woodworking Club. It explores the influences that brought them to the club. This month, we meet Aloha Holloway.

Aloha Holloway has the distinguished honor of being the oldest member of the woodworking club at 98 years old. She has been working with the club for over a year.

Aloha started law school after college. Then, after passing the challenging financial licensing process with only one incorrect answer, she was hired by a brokerage firm. When the head of the firm introduced her to her peers as a new broker, he noted that she was the only person, man or woman, who passed the three-hour test with only one incorrect answer. She had her stockbroker's license (FINRA) before there were any women in the field. Later in life she owned and managed two small apartment buildings.

Aloha first came to the woodworking shop hoping someone could repair a piece of her jewelry. She has returned again and again since joining last April. She credits the excellent camaraderie of the club's members for her desire to become a member herself.

Though she is averse to using the power tools, she has made great contributions in the woodworking finishing processes. Early on, she secured a guarantee that she would never have to use the power tools.

"I plan, others use the tools, and I decorate the finished project," Aloha said with a smile.

She selects her projects from both the club's in-house project book and from items she discovers in her own catalogs. Though her personal catalog objects may not be made of wood, she cleverly converts the ideas into woodworking pieces.

Aloha has fashioned multiple projects in wood. "My proudest accomplishment is the lovely Christmas tree that was featured on the concierge desk at Christmas time. (See photo.) I am now about to finish a child's savings bank in the shape of a bunny rabbit ---what fun!"



Shades of Christmas Past – Aloha Holloway trims a wooden tree with a unique collection of decorative items she selected specifically for this Christmas project. The tree design was adapted from a photo in one of her favorite catalogs.



DUCK-DUCK-DUCK? – Woodworker Aloha Holloway puts finishing details on this winged creature, one of her earliest workshop projects.

The Christmas tree was a project she originated and was copied by others. Aloha also participated in the Glimmerwyck Castle project creating a colorful “Ye Old Sweets Shop” with miniature cakes, donuts and pastries.

Widowed twice, Aloha has four children, six grandchildren and 6 great-grandchildren. When she is not at the wood shop, she busies herself at home on Dawson Lane.

The club offers a Beginners Workshop every Tuesday morning designed for anyone new to woodworking. Beginners can select from over a dozen starter projects which will expose them to the shop and its equipment as well as club safety protocols. Anyone interested can stop by on a Tuesday morning about 11:00 to see the team at work. For more information contact Club President, Linda Wagner at 609-273-4998, or Club Vice-President, Dennis Marshall at 908-705-3678.

GW Residents Civic Club

By Gary Filik

In May the Residents Civic Club enjoyed an evening with the Middlesex County Sheriff’s Office. Officer Gorr and Officer MacRae spoke about scams, artificial intelligence, and frauds that are affecting senior communities. Handouts were supplied by the Sheriff’s office along with pamphlets on what you may need to look for.

On July 8 from 7-9 PM, we look forward to having clubs and activities night. This is for all residents to be able to explore and speak to representatives of each of the many clubs that are available in our community.

In September, we will be featuring Senator Linda Greenstein.

On October 1, we will begin our annual diaper drive. Stay tuned for information regarding this program.

On October 14th at 7:30 PM, we will have a speaker come in and discuss changes and updates to Medicare and Social Security.

Please come out and support all the events that the Residents Civic Club has to offer.



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sneak out of our house to go
to parties. Now that we're old,
we sneak out of parties to go
home

GW CHESS CLUB

*The GW Chess Club meets on the first and third Friday of the month in the former Board Room in the building annex.
Contact Anatoly Shpirt at 347-693-8791
Beginners are encouraged to attend.*

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GW Music Club

