

Vol. 2, No. 3 - June 2026

Greenbriar at Whittingham PULSE



“Lillies” by Harwood Road resident Neil Shapiro

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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 YouTube. Search for WHOA Recreation

Residents Civic Club

By Gary Filik

The Resident Civic Club is happy to announce our upcoming events for June, July and September. Once again we will be sponsoring the annual GW Chorus Spring concert on June 10, 2026 at 7:30 pm.

In July we will be hosting our annual Clubs and Activities night in the ballroom. Applications for this event will be distributed in June. In the month of September we will have Sen. Linda Greenstein speaking on relevant issues in the senior communities.

If anyone has any suggestions on topics of interest please contact Gary Filik at Gary.filik@gmail.com



GW Connections June 2026: A Young Nation Celebrates

By Michele Sandler

If you think you know Betsy Ross, think again. The “real” Betsy Ross, portrayed brilliantly by Alyssa Dupuy, visited the GW Connections audience on May 4. This fascinating historical figure came to life as Ms. Dupuy, in full costume and character, unfolded Betsy’s story before us. We heard familiar tales along with juicy and intriguing lesser-known stories. Never stepping out of character, she continued to amaze the audience during the Q&A with her remarkable depth of knowledge.

As our nation celebrates its 250th birthday this year, there will certainly be many tributes to American history — and GW Connections is proudly joining in. Our trip to the Museum of the American Revolution on June 10 is all set, and space may still be available.

Our next meeting in the GW Ballroom on Monday, August 3, will feature Benjamin Franklin — the wise, witty and entertaining founding father himself (almost). Meetings are free, open to everyone and, of course, always include luscious desserts.

Our spectacular summer luncheon at Knob Hill Golf Club returns on Wednesday, August 12. Passionate and charismatic vocalist Reginald Proctor will perform a variety of musical selections and promises a truly “feel good” afternoon.

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.



GW RESIDENTS’ MEMORABLE EXPERIENCES

Meeting Richard Nixon and Rose Mary Woods

By Ann Gold

In December 1968, for “*Today’s Secretary Magazine*”, I interviewed Rose Mary Woods, the personal secretary to President-Elect Richard Nixon and Mr. Nixon himself, in New York City. He thanked me for giving her public recognition for her invaluable help and spoke glowingly of her. Glowering silently on a sofa near us was his close advisor and soon-to-be Attorney General John Mitchell.

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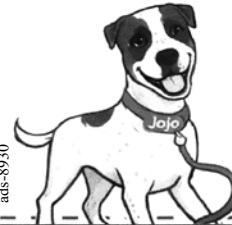
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The Adventure of Photographing the Abandoned

By Roy Goldschmidt

Embarking on a journey as an abandoned photographer, I delve into the silent echoes of forsaken spaces, offering a unique window into the unseen soul. This fascination has profoundly shaped my artistic endeavors and identity.

I became fascinated by that peek into the past and the rugged, simplistic beauty of life that I wasn't familiar with. That same curiosity and fascination have lured me into countless antique stores, historic buildings, tours, and now, into abandoned homes, places and buildings.

I am fascinated by abandoned places, especially abandoned buildings, drawn to their stories and the mysteries they hold. Capturing more than mere images, my lens zeroes in on the essence of forgotten worlds, where the whispers of history and the silent narratives of deserted structures, such as abandoned buildings, resonate profoundly. Each picture is a testament to the poignant, dark beauty of abandonment.

The allure of abandoned places is irresistible to me. I was drawn to the mystery and silent stories of old buildings, houses, schools, amusement parks, trains, buses, and planes, each exploration a new chapter in an ongoing tale of discovery. I often wondered what happened to cause these places to be deserted, piecing together the events that led to their abandonment. Over the years people moved on, leaving these spaces to be reclaimed by time and nature. Among those who actively pursue this genre, some photographers are dedicated to capturing the beauty and melancholy of such forgotten sites. The thrill of uncovering the hidden and stepping through a portal into a long-forgotten past became the cornerstone of an artistic expression.



For me, photographing abandoned places isn't just about documenting what's left behind—it's about finding beauty in the breakdown. Every crumbling house, empty school, or silent church holds a story, and I try to honor that story through my work as a photographer. These places mattered once, and I believe they still do. Through my photography, I aim to spark interest in preservation, memory, and the cultural value of what we discard too easily.

Some of the most powerful images I've captured came from places I probably wasn't supposed to be. Every shoot feels like an expedition, demanding both technical precision and a gut-level awareness of the place's energy. My process doesn't stop once the shutter clicks. Back in the studio, I'll sometimes layer in painterly touches—edits that help shape the atmosphere. It's all about honoring the scene and crafting a story that resonates.

Abandoned sites are not just ruins—they're reminders. They speak to the passage of time, the weight of stories that refuse to vanish, and the strange beauty of what is left behind.

It's always a good idea to bring a flashlight. Light can be scarce in abandoned places and buildings and it may be necessary to illuminate your surroundings. Try to bring as little gear as possible and wear appropriate clothing. If you are using a DSLR or Mirrorless camera use your wide angle lens the majority of the time and a telephoto for some shooting applications. In most cases leave the tripod home. A tripod makes it difficult and sometimes hazardous to maneuver in tight and difficult places.

The next Greenbriar at Whittingham meeting will take place the 17th of June at 7PM in the upstairs poker room. Roy Goldschmidt will introduce the topic of abandoned photography. We will discuss all aspects of this subject in detail advising and instructing in this amazing and artistic specialty art form.

"The surest sign that intelligent life exists elsewhere in the universe is that it has never tried to contact us." - Bill Watterson

GW Friends: 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 the Monroe Township HS Jazz Band. This is the third year we have had them back and it is always a delightful experience. We will surely have them back in '27.



Here is what *our members* will get to do exclusively this month:

Monthly meeting Monday, June 1st Our May meeting moves forward one week due to the Memorial Day Holiday. We will be entertained by an extraordinary violinist named **Luigi Nicolae**. This is something you really won't want to miss. Such a performance may be a Towne Centre first!

Appreciation Night Monday June 23rd Our Annual Membership Appreciation Night will be held on Monday June 23rd at 7:15PM. Our featured musical entertainer is Stella Crispo. You must be a paid up member to attend. Table captains will have to turn in a list of attendees.

Monday June 1st 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 June 1st The History Club meets at 4 PM in the Poker Room. The topic of "Genghis Khan and the Mongolian Empire" will be presented by Pierre Rein. The History Club is very ably curated by Pierre Rein (908-420-4181). Pierre created this club and it has been a real hit for the community. 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 June 5th and June 19th 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 June 2nd and June 16th 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, June 9th 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, June 10th 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, June 15th 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.



INDO-AMERICAN CLUB OF GREENBRIAR AT WHITTINGHAM

PHOTO CREDITS – LATA SHAH, RAJ MALHOTRA, DARSHAN BHATT

PHOTO COLLAGE By -ASIT SAKARIA for The IAC Volunteering Team.

INDO-AMERICAN CLUB Welcomes DR. RAO & LALITA YELAMANCHILI to the GW IAC Community.

June is a Month of Long Days and Golden Sunsets

By Joanne Sacoff

OMG! How did it get to be June already? This can only mean a lot of our great events are now just fond memories. Hoping all of you "gamers" had a great time at our May Game Day. And who did not get positive vibes from our interesting "Wired for Positivity" meeting last month? Fear not because our excellent event-planning ladies have some really good things for us to look forward to.

With the United States celebrating its Semiquincentennial this year, do not miss our June 24th meeting in the Towne Center Poker room at 7 pm. Our guest speaker, Emily Schuman, will speak on the influence of the Torah on the US Constitution. This should be a very interesting and informative meeting and, of course, refreshments will be served.

On July 22 at 7 pm in the Monroe Township Library we will once again hold our VERY popular Trivia Night. Our always entertaining and brilliant clues will continue to be formulated by our two very tricky ladies, Sharon and Suzanne, who do this every year. I am beyond curious to see what they come up with. And of course, besides refreshments, there will be prizes. Last year my team lost the "loser's prize" because I knew Taylor Swift's middle name. Can you believe that???

On to August, and I personally am beyond excited about this event. It's our Book and Author Luncheon that we hold bi-annually alternating with our Fashion Show. This event will be held at Forsgate Country Club. The book, "The Wisdom Whisperers" is being discussed by the author Melinda Blau who is our guest speaker. The book offers an interesting look at "older ladies" who continue to carry on their interesting and very productive lives well into their 90's and beyond. Melinda is a very engaging and humorous speaker, and I think everyone will thoroughly enjoy hearing her. Add to that a really nice luncheon, and it's a plan for a great day.

We are searching appropriate lunch spots for our "Lunch Bunch" series and will send out a notice as soon as we have a date. They are always delicious and very informative.

And do not forget the "Hot Topics and Cool Lemonade" series run by our very own Suzanne. It is a very lively discussion group that is becoming so popular that we might need a bigger room in which to hold. Check with Suzanne for future dates.

Here's to a great summer filled with fabulous events and lots of warm sunny days.



New Kids on the Block

By Maddi Litoff

New Kids on the Block are happy spring is finally here and all our wonderful activities will be starting. We are a very active Club. We have great lectures and entertainment and mostly our fun dances.

We donate to Make A Wish and we will be visiting them again soon. We also put a brick in their backyard. We all donated towards a lovely paver.

Our club has couples singles and is open to everyone in our community.

We hope that you attend our meetings. Our next one will be a music bingo, which should be loads and loads and loads of fun so fill out the application and come along, listen and dance. We will be happy to see you at the start summer. All our best to our great neighbors.

Maddi 201-280-3911



"You know you're getting old when you stoop to tie your shoelaces and wonder what else you could do while you're down there." George Burns

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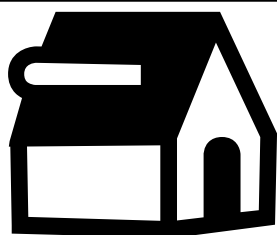
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The Shalom Club went to a great evening at the George Street Playhouse to see “My Lord, What a Night”.



About the show: Princeton, 1937. When world-famous contralto Marian Anderson is turned away from a hotel because of her race, Albert Einstein opens his door. What begins as a simple act of humanity grows into a unique friendship between two brilliant minds—and a story the world still needs to hear.

Never Too Old (NTO) performed at the April GW Music Club event. NTO was joined by professional saxophonist Ryan Anselmi. The band consists of GW residents Shelly Leal (Vocals/Guitar), Jon Leal (Vocals/Guitar), Steve Posner (Vocals/Drums), Frank Genova (Keyboard) and Ed Pilcer (Bass). The band played their usual mixture of 60's/70's rock and pop songs with a little Motown, Standards and Country. GW Residents Ora Shapiro, Carole Mulvey and Tom Clark sang with NTO.



IASCC at Scottos



The IASCC Board enjoys dinner at Scottos in East Windsor

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Ready for Spring Training: (L-R) Jeff Weiss takes on a big task; Nancy Drake tests the wheels on President Linda Wagner's kitchen cart; Carmine Campanella exercises the scroll saw; (Bottom Row, L-R) Berta Ditillo is hands-on; the crew shows off their smiles for photo shoot.

News from the Golf Course

By Allan Cooper

What makes for a good golf course? A place that feels comfortable, interesting but not overwhelming. Too difficult brings a day of torment. Too easy is boring. Part of the problem is solved by having more than one tee box. Greenbriar has five teeing areas on each hole. The distance of the hole from the longest point (black tees) to the forward tees (red tees) can be 60 yards. Hitting from the back tees can require another shot which would make a big difference in the final score a golfer earns. Perhaps a 44 instead of 51 for nine holes of golf. But these figures will vary considerably depending on the kind of game you play-long and wild, short but accurate.

A Pro once suggested that every so often, you should play from a different tee box, just for the fun of a new experience. One man who could only hit a very short ball was hitting from the blue tees. He explained that he liked playing golf and this allowed him to hit more shots each time he went out to play.

There are several tournaments that have been or will be played at Greenbriar this year. They are listed below and a brief explanation about the organization is provided. The golf course brings in some money by holding these events and the organizations make money for their charity.



April 25, - Under Armour

The Under Armour Junior Tour, is one of the fastest-growing junior golf tours in the world. It provides elite competitive opportunities, premier venues, and a pathway for young athletes (ages 6 to 18) to develop their competitive skills. There isn't an organized series of minor league golf events that offers a wide range of tournament play for youngsters.

The tournament at Greenbriar has players up to 16 years of age. All players, even the youngest, play according to PGA rules. The distances from Tee-Box-to-Green are shortened to make play appropriate for younger golfers. Spectators can walk or ride behind the golfers but are not allowed to interfere.

Many residents have come out to watch them play, They either walk behind the golfers as they would at any golf tournament, or they follow in a rented golf cart, or they find a location where they can watch all the Junior Golfers as they play by.

This Tournament Directors and Players love to play at Greenbriar: They find the course conditions great, the layout interesting and challenging, and they feel they are treated very well by our helpful, friendly staff.

May 4, - GW Friends

GW Friends is a large social club at Greenbriar at Whittingham. They bring in interesting Speakers and Performers each month. They organize a monthly breakfast where members get together talk, eat and have fun. The Friends support a Book Club, a History Club, and an interesting Social Discussion Group called Socrates Cafe. They organize a monthly outing of Pizza and Pool.

They make an important contribution to the Greenbriar at Whittingham Community.

May 16, - Esophageal Cancer Education Foundation

The goal of this group is to educate the public about Esophageal Cancer, and offer support to patients. It supports research projects that focus on the development of an early warning tests.

The leader of the foundation, Bart Frazzita, is a survivor who spends considerable time educating the public about this illness, and offers support to its victims. Almost all the funds

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raised by this nonprofit organization (95%) goes directly to the work. ECEF is an all volunteer organization.

June 8, - Monroe Township Library

The Library provides much in the way of valuable materials and services for the community. It lends books, magazines, DVDs, and many other materials along with extensive digital resources. It has computers with internet access available for use by the community. It provides professional services like printing, faxing, and notary services. Membership in the library provides access to on-line movies on the Kanopy website, which features both foreign and domestic films.

The Library serves the community with educational, cultural and recreational materials. It has an enormous variety of programs for both adults and children.

September 14, - GW Friends Fall Golf Outing

Everybody has such a good time in the spring that they want to repeat the experience come fall.

September 19, - Special Olympics

People with special needs play nine holes following the PGA rules of golf. All participants have previously played in several golf tournaments so they could earn an official handicap score. The contestants play nine holes and someone is assigned as their official score-keeper. At the end of nine holes the winners are announced and prizes are awarded.

This tournament has returned to the Greenbriar Golf Course several times.

October 3, - Under Armour #2

The contestants and managers love The Greenbriar Golf Course. They enjoy the layout of the course, the great condition they always find it in, and they like the pleasant and efficient way the staff deals with them.

Health/Fitness and Wellness Club

By Stephanie Lichtenstein

The Health/Fitness and Wellness Club is fortunate to welcome **Debra Taubenslag** as our presenter. Debra is an author, instructor, healer, and intuitive consultant with 35 years of experience in past life regression and trans-personal hypnosis. She holds a doctorate in clinical hypnosis and teaching degrees in speech, theater, and special education.



Debra has maintained a private practice since 1987, dedicating her work to helping individuals discover their soul purpose, life lessons, and personal gifts.

Focus of the Session: Self Hypnosis

Debra guides a session through the practice of **self hypnosis**, a technique that uses a deeply focused, relaxed state to encourage positive subconscious change. The process involves:

- Deep, steady breathing
- Visualization of a peaceful, safe place
- Repeating positive, present tense affirmations
- Closing the eyes softly and allowing the mind to settle

To conclude the session, participants are instructed to gently count upward—from one to five or one to ten—bringing themselves back to an alert, refreshed state.

All attendees are led through a full self hypnosis experience using breath work, meditation, and deep concentration to reach a calmer, more centered state of being.

The session leaves everyone feeling relaxed, refreshed, and renewed.

Upcoming Events

- **May 20** – Self Hypnosis with Debra Taubenslag
- **June 17** – Veronica: Reiki
- **July 15** – Summer Core Workout: Understanding How the Core Strengthens the Body

Meet The Stars: The Jersey Tenors

By Gerrie Pisapia and Joe Atanasio

What a show it was in our Greenbriar Towne Centre on Saturday, April 25, when we were blown away by the fabulous talents of New Jersey's own The Jersey Tenors.

The Jersey Tenors were recently credited with the distinction as "The most versatile and talented tribute act in the nation!" by The Observer. The newest Rock/Opera Mash-up sensation created an explosive blend of the most iconic Opera classics alongside such Rock 'N Roll industry greats as Queen, Journey, Elton John, and Billy Joel to name but a few. But they did not forget where they came from, as they highlighted the best of New Jersey like Frankie Valli and The Four Seasons, and Frank Sinatra. Our audience was treated to songs by them all.



All the members have Broadway or NYC Opera Credits, and many of them have played in Jersey Boys on Broadway. They have opened for Diana Ross, Dionne Warwick, and many others.

Were they great? Let me say it this way. FUHGEDDABOUDIT!!!

Jane and Frank Buccolo were randomly chosen for a photo-op with the Tenors.

Let's meet them.

As Jersey natives my husband Frank grew up in Bergen County, and I was born and raised in Essex County. We have been married for 50 years and before moving to Greenbriar we lived in Bloomfield, NJ which is one of three communities that old New Jersey slang refers to as the Pasta Triangle. Belleville and Nutley New Jersey complete the triangle. This area is noted for great Italian restaurants and small-town shopping areas.

We heard about Greenbriar from my aunt who moved here 21 years ago. We enjoyed our visits and she always shared with us her love for this community. So, when we retired, we knew Greenbriar was for us.

We have been here six years and sometimes feel busier than when we worked full-time. There are so many activities both here and in the surrounding area. We can always find a club to join which matches our interest. Frank has joined Sherlock Holmes Club, 609 Jewish Veteran Association, ORT Bowling League as well as remaining the Corresponding Secretary in his Old Guard of Nutley, NJ veterans' group. I enjoy tap dancing, New Kids on the Block, PAC, exercise classes and various games. We are also members of the Italian American Social Cultural Club, Senior Social Club as well the Monroe Township Senior Center. Working in education as a counselor I am fully aware that both social connection and remaining active are so important to our physical and mental health.

Location was a major factor in relocating to Greenbriar. Since many family and friends live in north Jersey, we did not want to be more than 50/60 minutes away. However, our daughter and son-in-law are considering moving to this area.

In addition to the many activities at Greenbriar, the entertainment events are a highlight. We truly enjoyed the Jersey Tenors performance and song selections. As Jersey natives, hearing music from well-known New Jersey artists brought back great memories. Also, recognizing New Jersey towns, especially old-school places like Rutt's Hut in Clifton, NJ, reminded us of time spent with family and friends. As a long-time Frankie Valli and the Four Seasons fan, I still remember seeing them perform at Bloomfield High School—oh! What a night!

Frank, who's a 50's-60's music fan and started collecting records at 15 years old entertains his Old Guard Veterans group with oldies the vets look forward to hearing. Now he's added Music Bingo as another favorite activity.

We look forward to more great shows!



THE ORT REPORT by Ann Gold

DEAR MEMBER AND NOT-YET MEMBER

So, what else is new in our little corner of the world? Longer, warmer days are good. Let a breeze blow the pages of a book you're reading in a chair outside your house. Go someplace interesting with a friend.

Elsewhere, we still worry about our ORT students, teachers, staff, and families in Ukraine and Israel. How can we affect any of this? You know the answers. We're not going to build drones or take up arms for "our" side. But there are lots of actions we can – and should – take that will support what we believe in. Tell Senators Cory Booker and Andy Kim, and Congresswoman Bonnie Watson-Coleman, what you want to see them fighting for. And, of course, renew your 2026 ORT membership – or join us now (\$36 check to ORT into Box 18).



Your ORT friends and neighbors are looking forward to seeing you. (See opportunities below.)

EVERYONE'S WELCOME

Wednesday, May 6th – ORT/Jewish-Centric Bingo, 7PM Poker Room. Prizes and refreshments, of course. Cards are \$1 and 6/\$5.

Monday, June 1st, 7:30PM, Mercer County Symphony Band entertainment, Monroe Township Senior Center. Tickets still only **\$12** in advance, \$14 at the door. See flyer tear-off. Questions - Lynda at 609-409-1099.

Wednesday, June 3rd, 7PM, Poker Room. Greenbriar at Whittingham mystery writer. Refreshments.

Wednesday, September 30th, 11:30AM, Ballroom. Game Day, a day of food and fun. Questions – Barbara at 609-642-6523.

PLUS: a great big ORT thank you to all the members on the Program and Fundraising Committees who volunteer to organize, set up, and clear up after, our events.

ALSO: A big shout out to all mothers on Mother's Day.

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.

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The Italian American Senior Cultural Club

by Paul Hartnett

Italy in June offers warm weather, long sunny days, lively festivals, and excellent conditions for both sightseeing and coastal trips. It's one of the most popular and rewarding months to visit, with early-summer energy but slightly lighter crowds than July and August. The month marks the transition into full summer without the sometimes oppressive heat of July and August, a time to enjoy outdoor dining and vibrant street life. You'll find locals and travelers enjoying piazzas, beaches, and evening strolls. It's a month where cities, countryside, and coast are all at their best.



June is packed with cultural celebrations. *The Festa della Repubblica* is the Italian National Day and Republic Day, which is celebrated on June 2nd each year. One of the national symbols of Italy, the holiday features parades and fireworks nationwide. *The Verona Opera Festival* marks the start of open-air opera season, featuring performances of *Aida*, *La Bohème*, *La Traviata* and other favorites. The Feast of St. John, celebrated on June 24, honors St. John the Baptist, marking his birth and significance in Christianity. The feast is celebrated in cities like Florence, Turin, and Genoa. The month also brings forth wine festivals, museum nights, and summer cultural programs in Rome and Florence. *Goditi la tua visita in Italia!* - "Enjoy your visit to Italy!"

There's nothing like live music to enhance your dining and dancing experience at a party and our club's May 1st celebration did not disappoint. The Shore Soundz Band rocked and energized the evening with a mix of contemporary and classic songs, ballads for slow dancing and line dancing favorites. The buffet, catered by Tuscany, received rave reviews, with special shout-outs for chicken zingaro, analetti forno (ring pasta with ground sirloin, baby peas and eggplant) and the pepper steak with rice. We began our night with a moment to honor our veterans, and with Mother's Day approaching, a special tribute to moms everywhere.

Come join the fun for our June 5th party, with music by DJ Jeff, and catering by Molinos, featuring a buffet of chicken scarpariello, stuffed shells, sausage and peppers, eggplant parmesan, vegetable sauté and roasted potatoes, followed by coffee, tea and dessert.

The cost is \$36./per person, payable to IASCC. Flyers are available in the clubhouse lobby and the cutoff date is May 22nd. Call Christine (347) 267-7080 or Mona (732) 895-5047 with any questions. Hope to see you in June, *ciao* for now!

Did You Know there are two Types of Chiropractors?

By Michelle Polk

As a former client of a chiropractor in Morris County I never was aware that there exists two types of chiropractors.

Quite honestly I religiously visited my former chiropractor monthly as a patient and for my daughter, Deborah, who I discussed with you in a previous article, as an infant.

Now, realizing how lucky I was to find that my doctor of chiropractic care was the one we both needed.

The difference between the two types of chiropractors is in their respective techniques and philosophy. There exists a muscular skeletal chiropractor that works on symptom relief and a wellness chiropractor who works on structural correction, free fixation and reduction of pain.

Symptom relief of back pain or headaches is the relief we are looking for. Manipulations are done to the spine to decompress joints. At times electrotherapies and ultrasound are incorporated in treatment.

I was fortunate that my chiropractor was also an acupuncturist and was able to eliminate my discomfort due to his training in both disciplines. The type and duration of treatment is dependent on your insurance.

Wellness chiropractic focuses on the correction of the spine. Correct posture can help to maintain optimum health.



Sarge's Corner: Saluting the Military

By *Michael Boxer*

Good day GW Veterans. Monthly I will be writing an article about Veteran's benefits or valuable information.



What is the SF-180?

Every Veteran who has served in America's military, no matter what branch, upon exiting the military is provided with a document labeled DD214.

This document is your military history which is proof of military service. If you have lost your DD214, a replacement is available by submitting a form SF180, available online.

The SF-180 is the official form used to request military service records, including DD Form 214, personnel files, and medical records, from the National Personnel Records Center or military service departments.

The Standard Form 180 (SF-180), titled Request Pertaining to Military Records, is used to request information from military records for veterans, active-duty personnel, or deceased service members. It allows individuals to obtain copies of DD Form 214, Official Military

Personnel Files (OMPF), and Service Treatment Records (STR) for health or service verification purposes.

Who Can Request Records?

Veterans can request their own records. Next-of-kin (NOK) of deceased veterans, such as spouses, children, parents, or siblings, may request records with proof of death (e.g. death certificate or obituary). Authorized representatives, such as Veterans Service Officers (VSOs) or attorneys, can request records with the veteran's signed authorization. Records of veterans discharged more than 62 years ago are generally public and can be accessed without authorization.

Types of Records Available

DD Form 214: Verifies military service and is required for most VA benefits. You can request an undeleted copy (full information) or a deleted copy (some sensitive information redacted).

Official Military Personnel File (OMPF): Includes duty stations, assignments, training, awards, disciplinary actions, and discharge information.

Medical Records / Service Treatment Records (STR): Includes outpatient, extended ambulatory, dental, and inpatient records if specified.

How to Obtain and Submit the SF-180

Download and Print: The SF-180 is available in PDF format from the National Archives or GSA websites. It is a three-page form that can be filled digitally and printed for signature.

Complete the Form: Provide as much identifying information as possible, including full name used during service, Social Security number, date and place of birth, service details, and last duty station. If information is unavailable, mark "NA". Sign Authorization: Section III requires the signature of the veteran or authorized requester. Without it, requests may be denied.

Submit: Mail or fax the completed form to the appropriate address listed on page 2 of the SF-180. Online requests can be submitted via eVetRecs at archives.gov/veterans.

Important Considerations

Processing Time: Requests for recent veterans may take several weeks; medical records may be available approximately 40 days after separation.

Lost or Destroyed Records: A 1973 fire at the NPRC destroyed many Army and Air Force records, which may affect availability for certain periods.

Privacy and Access: Release of information is subject to Department of Defense regulations, the Privacy Act, and FOIA. Only authorized individuals can access full records for living veterans.

Using the SF-180 ensures that veterans, their families, and authorized representatives can access essential military records for benefits, employment verification, or personal documentation. For faster processing, online submission via eVetRecs is recommended when possible.

Also the SF-18 can be used to request a DD215 and a one time replacement award. Continued next month.

GW RESIDENTS' MEMORABLE EXPERIENCES

Editor's Note:

Andy Warhol quipped "in the future, everyone will be famous for 15 minutes". Most would agree there was a great deal of truth to that, especially in our highly connected world where almost daily someone, nobody ever heard of goes "viral", a province once limited only to diseases.

Well even if we never achieve the questionable distinction of having gone viral, many of us have had interesting brushes with famous people or were witness to extraordinary events. We would love for you to share that with us at The Pulse. We can write it for you or you can compose it yourself. Get in touch with us.

Meeting Valerie Bertinelli

By Robert (Bob) Fausak

On Thursday evening, April 9, 2026, I had the pleasure to attend an "In Person Interview" evening with Valerie Bertinelli at the Carteret Performing Arts Theater. I won tickets for this event from the FM radio station NJ101.5 Steve Trevisese Show. Ms. Bertinelli was discussing her new book titled "Getting Naked." Everyone attending received an autographed copy of her book.

At the end of Valerie's on stage interview with a narrator, there was a Question & Answer period with her. She answered any and all questions from the audience. I was fortunate to speak with her about her leading role in the MADE FOR TV Mini Series movie "In a Child's Name" (1991) based on an actual murder case of a Dentist who killed his wife in Manalapan Twp, NJ back on November 11th, 1984.

I told Ms. Bertinelli that I met her, her son Wolfgang and her mother that summer in Wilmington, North Carolina during the filming of the movie. She was very surprised and happy when I told her I was the lead detective on the case. We chatted and she asked me if I knew how the victims family was doing as she had met them. I told her that I have remained close with the family all these years.

She mentioned that after the show, everyone in attendance would have the opportunity to have their picture taken with her in the lobby and we would talk more about the movie and the family. SHE KEPT HER WORD.

In the lobby her staff directed me to wait at the end of the line to meet with her and I did so. Being last in line, when she saw me she said "I've been waiting for you" and gave me a BIG hug. Too bad I couldn't have gotten that picture. We spoke in general then about the family. I have pictures with them taken just the past year and I shared them with Valerie. She immediately pointed to the victim's sister, who she portrayed in the movie. I told her all is well with them and that the baby of the victim who was an integral part of the case, is now grown, married and has children. She thanked me for my efforts to bring the murderer to justice and especially for remaining close to family as that is important.

Ms. Bertinelli is such a wonderful and caring person and it was so good to meet her again. I started her new book that she spoke about and have found it very interesting. She covers her life and many of the issues she faced both good and bad.

It has been a very interesting past 4 years for me. Besides my meeting Ms. Bertinelli this year, I have also been "caught" by the Impractical Jokers TV guys (2023) and had a "Meet and Greet" Italian dinner with 4 cast members of the Sopranos TV series last year. Johnny Sacks and Furio were the 2 most prominent cast members. If any group or organization is interested, I am available to share my experiences, especially the murder case, with everyone. Thank you for taking the time to read my article.





GW Music Club



An Extra-Special Night

By Shelly Leal

The GW Music Club is unique in many ways. For one thing, members can bring non-resident friends for a \$5 per person charge. And you can bring dinner, snacks, and your favorite beverages, as well as partaking in the coffee, tea and cookies that are always served. Most importantly, members are encouraged to perform with the Music Club band, NTO (Never Too Old). It's not like karaoke; it's a chance to perform a song of your own choosing with a live band, a chance to be a rock star for the night. Rehearsals are required so that you sound your very best. It's also a great way to watch your neighbors and friends perform, enjoy the music, sing along and otherwise have a great time.

Our April event featured Carole Mulvey, Ora Shapiro and Tom Clark, all of whom gave

wonderful performances. In addition, we were honored to have Tom's son-in-law Ryan Anselmi perform with us that night. Ryan is a professional saxophonist and ARC recording artist, who has worked with such artists as the Temptations, the Coasters, and has performed across the US and internationally. His sax playing really elevated the songs and made the night special. Jon and I have never played with a saxophone player before, and it was such fun, challenging and uplifting to interact with such a talented musician. We hope to play with him again.

As part of the fun, occasionally songs are presented as part of a theme for the evening. In May the band is presenting Disco and dance songs; for the summer months you can bet on hearing some summer songs from the 50's to 70's and beyond.

If you play an instrument or would like to sing, and you are a member, please contact Shelly at

shelbai@aol.com. If you'd like to check out the club, please join us. If you were a past member, we'd love to see you again. Non-member residents can now attend for \$5 which would be applied to the \$10 annual membership fee. Any questions, please email the club at gwmusicclub790@gmail.com or call Susan at 732-689-1534.



Left to Right – Shelly Leal, Jon Leal, Ryan Anselmi, Tom Clark, Ora Shapiro, Steve Posner, Frank Genova, Carole Mulvey, Ed Pilcer.

I See Your True Colors (Not Really)

By Ken Wagner

I have used this space over the last few months to share many personal things about myself. Those following my columns know that I am a seriously introverted, largely pessimistic, movie-theater-lover with a TV remote stuck firmly to my hand most of the time.

Today, the over-sharing continues...

I want to let you know I am a differently abled individual who suffers from a condition named dyschromatopsia! This is an unfortunate disability which causes major life issues such as mismatching socks, wearing shirts that clash with my pants, putting on ties that make people think the circus is in town, and an inability to choose a new paint color for the upstairs bathroom. This horrendous condition actually affects about one in ten men, and frankly it's not been given the attention it deserves since it can affect every area of a person's life.

Perhaps your more familiar with its more common name - "color blindness".

Wait you say - color blindness, that's not a big problem! Oh yeah, you should try it for a while...

The root cause of color blindness is well known to science. It is caused by a lack of color-detecting cone structures in the retina. Instead of having three different types of cones, like most people, those with color blindness lack one type. Depending on which one is missing, you have problems with distinguishing red, green or blue shades. Some only have issues with one of these colors, others have issues with all three. I'm blessed to be in the "all three" category.

Color blindness is completely misunderstood by the general population. Most of us dyschromatopsialics discover our color blindness not by testing at the optometrist, but through some semi-traumatic event early in life. Mine occurred in kindergarten. I painted a lovely picture of an outdoor scene, complete with purple skies, brown grass, and an orange sun. It looked fine to me - not so much to my slightly older sisters who said I was - "truly weird".

The most common reaction to someone finding out that I am color blind is lots of questions.

"Does everything look like black and white? What color is this?" they'll ask while pointing to some nearby object. My granddaughters literally asked me why I hadn't bothered to learn my colors when I was younger. "Grumpy, YOU don't know your COLORS?" Note: They were pre-school age, so considering how often we were quizzing them about colors, it was a fair question.

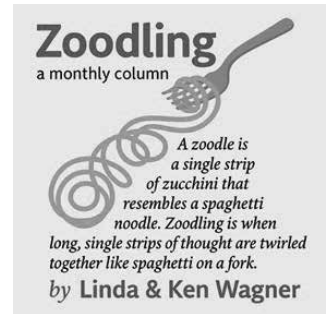
But seriously, being color blind has real world effects on your life. Just about everything is color coded. I was dropped in high school from an electronics class because I couldn't figure out the green wires from the red. (Good thing I've never had to diffuse a bomb!)

I vividly remember getting my driver's license. I didn't know ahead of time that in order to get a driver's license you have to take a color perception test. Basically, you have to be able distinguish red, yellow and green - the colors used in traffic lights. The other thing I didn't know was that you can still get a license, even if you are color blind. When I saw people lining up to be color tested, my heart sank, knowing I would fail.

I got in line, and one by one the motor vehicle employee gave each person the test. Literally he would flip a switch multiple times, light a different colored light in a dark box and ask which color it was. The first person in line took the test, and I heard them say "red, green, yellow". The second person took the test and I heard them say, "red, green, yellow". Everyone in front of me gave the same answers in the same order - red, green, yellow. When it was my turn, I confidently stepped up and answered "red, green, yellow". Nailed it!

In college I got a part-time job just before Christmas at Sears. I worked in the back of the store sorting out orders that had come in from catalog sales. In those days you ordered by phone from the catalog and picked up your order at the retail store. My job was to take packages out of large bins coming from the warehouse and sort them into containers on long rows of shelves. How did we sort them, you guessed it, by color! They never asked me about color blindness during the interview process. I didn't last long in that job. I'm guessing that there are still people trying to find the Easy Bake Oven they ordered that year.

Over time I have learned to live with this affliction. For example, I refuse to be drawn into a conversation with my better half on the merits of Sea Salt green over Oyster Bay green for the dining room. I get approval on all of my going-



out outfits in advance. Clothes shopping - I always bring my trusted seeing eye spouse. And I never get into a situation where I will have to diffuse a bomb!

Married authors Linda and Ken Wagner write Zoodling monthly as an attempt to chronicle their experiences, pleasures and hopefully some of the wisdom of growing older. You can reach them at wagnergroup@comcast.net.

GW Ladies Club

By Carrie Ferraro

Spring has sprung and the GW Ladies Club has sprung into action beginning with our Kentucky Derby!

Our Kentucky Derby event was a huge success and everyone had a great time betting on their favorite horse and watching the live 152nd Kentucky Derby. Everyone looked amazing in their fascinators, fashionable hats, fedora's and bow ties!!

While enjoying Mint Juleps we watched Golden Tempo, a long shot who rallied from last place to beat Renegade, who was the favorite to win. A very exciting race with Golden Tempo winning by a neck! What a surprise historical win for the first female trainer, Cherie DeVaux!

The GW Ladies Club hosted The Advanced Wellness Group who educated us on how to increase our quality of life through multidisciplinary practice. They discussed PT, OT, Pain Management and Chiropractic care.

We have many activities coming up in the next few months, including:

- Lunch at Scotto's restaurant in East Windsor
- A trip to the Working Dog Winery
- Pizza and pool party
- 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. 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. Annual dues are \$10.



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.

Sunday	Monday	Tuesday	Wednesday
	<p>1</p> <p>9:00 a.m. Ping Pong 9:00 a.m. Pickleball Club Play 9:30 a.m. Golf Closed Meeting 10:00 a.m. Team Weights with Ellen 11:00 a.m. Cornhole 11:00 a.m. Aquacise 11:00 a.m. Golf Open Meeting 11:00 a.m. Line Dancing with Teri 12:30 p.m. Exercise (Instruction on TV) 3:30 p.m. Tap Dancing 4:00 p.m. History Club 4:00 p.m. GW Friends Book Club 7:00 p.m. Intuitive Club 7:15 p.m. GW Friends</p>	<p>2</p> <p>General Election 6a-8p: Ballroom Closed 9:00 a.m. Pickleball Club 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 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 4:00 p.m. Tap Dancing 5:30 p.m. Water Volleyball 6:30 p.m. Poker 6:30 p.m. Billiards</p>	<p>3</p> <p>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 Weights 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. PAC Board Meeting 6:00 p.m. 6:30 p.m. 6:30 p.m. New K 7:00 p.m. C</p>
<p>7</p> <p>9:45 a.m. Shalom Club</p>	<p>8</p> <p>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. Library Golf Luncheon 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. Shalom Club Special Event 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</p>	<p>9</p> <p>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) 1:30 p.m. GW Pulse Editing 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</p>	<p>10</p> <p>9:00 a.m. 9:00 a.m. Pickleball Club Play 9:30 a.m. Computer Club 10:00 a.m. 10:00 a.m. W 10:00 a.m. Chair Yoga 10:30 a.m. Team Weights 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. PAC Board Meeting 3:30 p.m. Irish 4:30 p.m. Indo 4:30 p.m. Y 6:00 p.m. 6:30 p.m. 7:30 p.m. Resi</p>
<p>14</p> <p>1:00 p.m. Shalom Club Movie: No Place on Earth</p>	<p>15</p> <p>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 11:00 a.m. Line Dancing with Teri 12:30 p.m. Exercise (Instruction on TV) 3:30 p.m. Tap Dancing 4:00 p.m. Socrates Cafe 6:30 p.m. WHOA Open Workshop Meeting</p>	<p>16</p> <p>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 Group 3:30 p.m. Tap Dancing 5:30 p.m. Water Volleyball 6:30 p.m. Poker 6:30 p.m. Billiards</p>	<p>17</p> <p>9:00 a.m. 10:00 a.m. 10:00 a.m. 10:00 a.m. Th 10:00 a.m. Chair Yoga 10:30 a.m. 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. PAC Board Meeting 3:00 p.m. Pickleball Club Play 4:30 p.m. Y 6:00 p.m. 6:30 p.m. 6:30 p.m. Health/Fi 7:00 p.m. AI 7:00 p.m. Camer</p>
<p>21</p> <p>9:30 a.m. Monroe Township Post 609 Jewish War Veterans</p>	<p>22</p> <p>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 11:00 a.m. Golf Open Meeting 11:00 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</p>	<p>23</p> <p>9:00 a.m. Pickleball Club Play 10:00 a.m. Line Dancing 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 4:00 p.m. GW Wheels BBQ 5:30 p.m. Water Volleyball 6:30 p.m. Poker 6:30 p.m. Billiards</p>	<p>24</p> <p>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 Weights 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. P 6:00 p.m. 6:30 p.m. 7:00 p.m. Hadass</p>
<p>28</p> <p>1:00 p.m. WHOA Movie: Jay Kelly</p>	<p>29</p> <p>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. Aquacise 11:00 a.m. Line Dancing with Teri 12:30 p.m. Exercise (Instruction on TV) 3:30 p.m. Tap Dancing 7:00 p.m. Shalom Club Program</p>	<p>30</p> <p>9:00 a.m. Pickleball Club Play 10:00 a.m. Line Dancing 10:00 a.m. Shalom Club Board Meeting 11:00 a.m. GW Woodworking Club Workshop 12:30 p.m. Exercise (Instruction on TV) 1:00 p.m. GW Celebrates 250 America! 3:30 p.m. Tap Dancing 5:30 p.m. Water Volleyball 6:30 p.m. Poker 6:30 p.m. Billiards</p>	

2026

Wednesday	Thursday	Friday	Saturday
<p>Ping Pong Pickleball Club Play Ceramics Lunch with Karen & Dave Motion with Ellen Civic Club Board Meeting (Instruction on TV) Acting Workshop Jazz Dance Class Yoga with Avi AC Cast Party Lunch. Bocce Gin Rummy Kids on The Block ART Program</p>	<p>4</p> <p>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 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</p>	<p>5</p> <p>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. Deep Water Aquacise 2:00 p.m. Chess Club 6:15 p.m. Italian American Club</p>	<p>6</p> <p>10:00 a.m. Ping Pong 10:00 a.m. Chair Yoga with Karen & Dave 10:00 a.m. Exercise (Instruction on TV) 11:00 a.m. GW Wheels Car Show (Upper Parking Lot)</p>
<p>Ping Pong Pickleball Club Play Club Meeting (Zoom Only) Ceramics Writing Group Lunch with Karen & Dave Motion with Ellen (Instruction on TV) Acting Workshop American Club American Ladies Yoga with Avi Lunch. Bocce Gin Rummy Student Civic Club</p>	<p>11</p> <p>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 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 6:00 p.m. Stained Glass Group 6:30 p.m. Poker 6:30 p.m. Billiards</p>	<p>12</p> <p>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 7:00 p.m. Bingo</p>	<p>13</p> <p>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. WHOA Movie: Ordinary Angels</p>
<p>Pickleball Club Play Health Fair Ceramics Yiddish Vinkle Lunch with Karen & Dave Team Motion e (Instruction on TV) Acting Workshop Pickleball Club Meeting Yoga with Avi Lunch. Bocce Gin Rummy Fitness & Wellness Club About the Beat a/Photography Club</p>	<p>18</p> <p>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) 1:30 p.m. Hadassah Discussion 2:00 p.m. Painting Group 4:00 p.m. GW Friends Board Meeting 4:30 p.m. Ballroom Dancing with Pam 6:00 p.m. Stained Glass Group 6:00 p.m. Introduction to Family History & Genealogy 6:30 p.m. Poker 6:30 p.m. Billiards</p>	<p>19</p> <p>9:00 a.m. Ping Pong 9:00 a.m. Pickleball Club Play 9:15 a.m. Meditation Class 10:00 a.m. Site Review Committee Meeting 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 6:30 p.m. Canasta Tournament 7:00 p.m. GW Music Club</p>	<p>20</p> <p>10:00 a.m. Tennis Club 10:00 a.m. Chair Yoga with Karen & Dave 10:00 a.m. Exercise (Instruction on TV)</p>
<p>Ping Pong Pickleball Club Play Ceramics Lunch with Karen & Dave Motion with Ellen (Instruction on TV) Acting Workshop Rock Holmes Club Yoga with Avi American Club AC Rehearsal Lunch. Bocce Gin Rummy ah General Meeting</p>	<p>25</p> <p>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</p>	<p>26</p> <p>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</p>	<p>27</p> <p>10:00 a.m. Ping Pong 10:00 a.m. Chair Yoga with Karen & Dave 10:00 a.m. Exercise (Instruction on TV) 7:00 p.m. WHOA Show: Jersey Sound</p>

Snoring is No Laughing Matter; It Could Be Life-Threatening Sleep Apnea

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

If you have trouble falling and staying asleep, you are most certainly not alone. According to the American Academy of Sleep Medicine, 10 to 30 percent of adults suffer from insomnia and people over age 60 are more frequent sufferers of the condition.

In addition to not sleeping well at night, it only makes sense that insomniacs also suffer from daytime sleepiness. This can become a serious, and often dangerous, issue as it's not unusual to have insomnia-induced cognitive impairments and sleep disorders, including restless leg syndrome.

Maybe It's Not Insomnia

It's important to rule out a medical condition that may be impacting your sleep, such as sleep apnea.

Day-time symptoms of sleep apnea may include:

- Excessive daytime sleepiness
- Poor memory, clouded intellect
- Poor concentration and performance
- Fatigue
- Morning headache
- Depression
- Irritability
- Gastroesophageal reflux (GERD)

Night-time symptoms of sleep apnea may include:

- Snoring: intermittent with pauses
- Snorting or gasping while sleeping
- Awaking with gasping or choking
- Apnea, pauses in breathing
- Frequent awakening
- Sweating
- Insomnia

If you find yourself feeling tired all the time, it might be another sign of sleep apnea or another condition that is getting in the way of you getting a good night's sleep.

When to Act

Stop ignoring the symptoms that may be caused by sleep apnea.

- Left untreated, **sleep apnea raises a person's risk of getting heart disease** exponentially (five times greater than those without sleep apnea).
- Further, sleep apnea almost **quadruples the risk of death** compared to those who do not suffer from the condition.

Treatment for sleep apnea is a lifetime process. Even if you had a sleep study five years ago, your condition might be different today.

Perhaps you were cleared then, or maybe you were diagnosed with sleep apnea and are already using a CPAP or BiPAP machine at night.

If you already have a machine, it's important to make sure that the titration levels are appropriate for your current condition. Have your sleep apnea levels tested again and make sure your machine is adjusted if necessary.



Additionally, if you or a loved one is suffering from any sleep disorder, including narcolepsy, restless leg syndrome or sleepwalking, a sleep study can properly diagnose the condition so it can be treated correctly.

The Center for Sleep and Breathing Disorders at Saint Peter's University Hospital has four nicely appointed rooms that provide a comfortable night's stay while you are having the sleep study. Some people may even qualify for an at-home study.

The important thing to know is that you should not be embarrassed or afraid of having a sleep study. Learning more about sleep apnea and whether you suffer from it is a matter of taking care of your body.

If you wake up exhausted and have trouble getting through the day, talk with your doctor about scheduling an appointment for a sleep study with the Center for Sleep and Breathing Disorders at Saint Peter's.

Pickleball Club

By Randy Kahn

It is Springtime, and we all know what that means.....It is time for PICKLEBALL!!! This article is being written during the final days of April, and by the time it hits your mailboxes, we will have had our first social event of the year, on Saturday evening, May 23rd, in the clubhouse. The theme of the party is PEACE, LOVE, DISCO. This will give folks the opportunity to dust off their fondue pots, lava lamps, wide ties and other assorted chazzerai (French for unused junk!!!)

The preparations for an event of this magnitude are considerable, and include such activities as setting up and dismantling the room decorations, contracting with an outside caterer, manning the sign-in table, coordinating seating arrangements, engaging a DJ, creating event flyers, setting up room lighting, running the 50-50 raffle, etc, etc, etc.

The individuals who are responsible for all of the above tasks (as well as some that are NOT listed) include Robin Knee, Rosie Chorney, Rich Flathmann, Deb Wallach, Barbara and Norm Levine, Gail Kingsburg, Maxine Chodroff, Gerrie Pisapia, Cathy Clarcken-Gleason, Margaret Kahn, Janice Groves, Juanita Laraia, Jacki Rein, Stephanie and Jay Lichtenstein, Sarah Berg, Randy Kahn, Gary Brush, Kathy DeDonno.



A quick reminder that OPEN PLAY is from 9-11 AM every day.

The Beginner's Clinic is back for another year, and takes place on Mondays, from 5-6 PM. Instructors for the clinic include Lonnie Mitchel (516-972-5444,) Maxine Chodroff (732-261-0352) and Cliff Durlacher (732-766-9794.) Feel free to contact any of these instructors for more information.

The Monroe Township Inter-Community Senior League began its third year of competition in mid-May. Greenbriar at Whittingham is fielding three teams this year. Captains/Co-Captains are Jeff Weiss/Stam Chorney, Rosie Chorney/Harriet Mitchel, and Robin Knee/Pat Mizerek. Check our new automated Club communication system for match results, and, of course, come on out to support your fellow players, friends and neighbors.

We welcome back our snowbirds and look forward to getting re-acquainted on the courts. We also extend a warm welcome to our new Club members and encourage them to not only play regularly, but to become involved with Club programs and activities. We can use all the assistance that folks can offer.

Club dues are \$10 per person/year and should be paid without further delay. Checks should be submitted in an envelope and put into Box #13 in the library. Please indicate the name, street address and e-mail of the individual(s) for whom dues are being paid.

NOT too much on the giggles and chuckles front this month. I promise to do better next month. A healthy, happy and fun-filled Spring to everyone.

"You don't stop laughing when you grow old, you grow old when you stop laughing." George Bernard Shaw

The Martin Salmanowitz GW Social Club

By Lisa Baruch & Regina Savarese

During the month of June we will celebrate Flag Day on June 14th, Juneteenth on June 19th, Father's Day and First Day of Summer on June 21st.

Past Shows

Thursday, May 14th @ 1:00PM in our Ballroom we had a Happy Mother's Day theme with performer Robbie Schumacher who is a well respected singer and entertainer. Our brunch menu included Plain Omelets, Cheese Omelets, Vegetable Omelets – Onions, Peppers, Spinach, Potatoes & Onions, Sausage Links, French Toast, Assorted Mini Bagels, Rolls, Fruit Platter, Orange Juice, Assorted Danish, Decaf Coffee/Tea.

Upcoming Shows:

Thursday, June 11th @ 1:00PM in our Ballroom we will have Dan Stevens, a versatile entertainer. Our theme for this month is Hawaiian Luau. The menu will include Grilled Sweet Chili, Chicken Thighs, Dim Sum-Vegetable, Bar-B-Que Spare Ribs, Coconut Shrimp, Beef with Broccoli, Vegetable Fried Rice, Sliced Watermelon Platter, Kona Salad, Rolls, Decaf Coffee & Tea.

Bingo: The GW Social Club sponsors Bingo on the second Friday of each month, and doors open at 7:00 p.m. Our upcoming Bingo night will be on June 12th. 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!



B I N G O				
7	29	38	49	61
9	30	40	54	70
2	27	FREE	52	62
4	22	31	59	69
10	18	33	56	74



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

We are 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.

Annual Car Show Rolls in on June 6th

By Ken Wagner

The engines are warming up, the chrome is being polished, and the Towne Center is preparing for one of the most exciting events of the summer. On Saturday, June 6th, the third annual GW Wheels Car Show rolls into Greenbriar at Whittingham with more of everything – more cars, more entertainment - with plans to fill the Towne Center parking lot with more than 70 outstanding classic, sport, truck, and specialty vehicles.

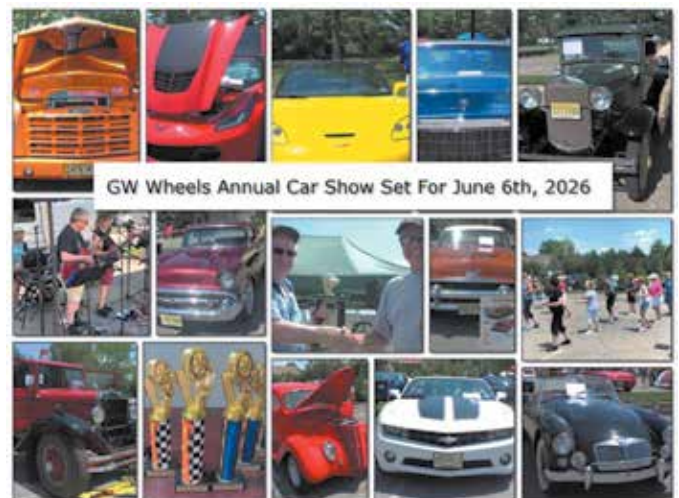
The annual show is the largest — and only — specialty vehicle show held each year at Greenbriar at Whittingham. The show draws hundreds of visitors and an impressive collection of specialty vehicles from both inside and outside the community. Last year's show drew an estimated 350 visitors and over 50 outstanding vehicles.

Residents and their invited guests can show their vehicles without cost, and the show is free to all to attend. (To show your vehicle, use the registration form found in this issue of the GW Pulse.)

The show takes place on Saturday, June 6th from 11:00 AM to 3:00 PM at the Towne Center, with a rain date of June 7th. Once again, drivers and visitors can enjoy:

- Large gathering of specialty vehicles at no cost
- Live music provided by our own NTO Band, with special guest appearances
- DJ Joe Attanasio keeping the music going all day
- Community food drive to benefit the Monroe Township Food Pantry
- Food and drinks available from Gene's Hot Diggity Dogs
- Line dancing led by Teri Fero
- 50/50 raffle – cash prize
- Trophy awards – twice the categories of last year
- The "People's Choice" award that allows visitors to vote for their favorite vehicle

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 or to register for the June show, contact them at gwwheels@icloud.com or visit the club website at <https://gwwheelsclub.godaddysites.com>.



GW Wheels Annual Car Show - classic, sport and specialty vehicles, live music, DJ, food truck, awards, and line dancing! Rain Sunday, June 7th.

GW Wheels annual car show to be held on Saturday, June 6th from 11:00 to 3:00 PM in the Towne Center parking lot. Classic, sport and specialty vehicles, live music, DJ, food truck, awards, and line dancing! Rain date is Sunday, June 7th.

GW's All About The Beat Club

By *Debbie Harbatkin*

Unfortunately, due to a medical issue, our inaugural get-together of **All About The Beat Club** had to be delayed allowing for recovery, and rehearsals of the planned song lists once they are able to get together again. We wanted to give you a little insight into what our friends and members can expect when they attend our shows and join the club.



Our goal for the **All About The Beat Club** is to build a membership who genuinely enjoy good music by showcasing professional musicians, talent and diversity in style and substance. Live band performances will be integrated with actual fun study of the art of music through documentaries, guest speakers, guest performers, trips to concerts and musical events. We will embark on a discovery, as a group, of what makes music essential, enjoyable, and so important to well-being and happiness.

Listening to the same songs time after time leaves a void for the appreciation of really great music. Discovering new venues, new genres, new voices, and new sources of musical entertainment with each get-together will make this more than just sitting around chatting with your friends over music playing in the background. Singing along and dancing to upbeat tunes will create a magical environment where friendships form and/or become more meaningful without the exclusion from cliques, bullies, and someone's inner circle. This happens at any age, thus the important reason for music intervention at any stage of life.

According to an AI Overview of multiple education sources, studying music history and culture is essential for understanding the human experience, preserving cultural heritage, and contextualizing artistic evolution. It connects musical, social, and cultural developments, providing deeper insights into different societies. This study enhances appreciation of music, fosters empathy, informs musical performance, and aids in understanding identity.

Key reasons for studying music history and culture include:

- **Contextual Understanding:** It provides the backstory to musical compositions, helping to make sense of different genres and styles.
- **Cultural Preservation and Insight:** Music serves as a living record of diverse communities, reflecting their values, struggles, and history.
- **Deepened Appreciation:** It enhances the listener's experience and interpretation of music, breaking down barriers between old and new music.
- **Social and Emotional Connection:** Music reflects human emotions and societal norms.

Our inaugural show, rescheduled to July 15, 2026, will feature a band of professionally trained and performing musicians, **Rockology**. They will be playing their set list of **Women In Rock, a tribute to Aretha Franklin, Linda Ronstadt, Stevie Nicks, Carole King, Tina Turner, Carly Simon, Roberta Flack, Heart** and more! There will be something for everyone from their vast musical genres to appeal to an appreciating listening audience. There is a \$5 entry fee to cover the cost of a professional sound technician and working equipment. For those that join the club in the first few months, the \$5 will be credited back to your annual dues as a discount. See more details below. Seating will be general admission with tickets now available at the Concierge Desk.

Also coming up for the club in the coming months, there will be a viewing of a fabulous documentary showing the evolution of a classic and timeless musical era complete with discussion. Then an evening of dancing to tunes highlighted in the film.

Then we will have another live performance in September with an acoustic group playing tribute to two of the most popular and timeless musicians and singers in music. Don't want to ruin the surprise so watch for announcements of our upcoming get togethers each month.

In between, we will go as a group to area parks, venues, and restaurants to see live bands and have more opportunities to create a mutual interest camaraderie. Club members will receive an email every few weeks with upcoming shows that anyone who wants to join us is welcome to attend.

The annual dues of \$20 to join "**All About The Beat**" will cover the costs of our monthly club meetings, while some optional get-togethers might require an extra fee to pay for special events and tickets when necessary. As mentioned, if you attend the **Rockology** show on July 15, keep your ticket, because you will receive a \$5 credit on this year's club

dues, making it just \$15 to join for the year. *To join, print your name, street address and cell phone number on a piece of paper and enclose your dues in a check made out to GW Beat put into Box #20 in the Towne Center Library.*

For more information, contact Debbie Harbatkin at (732) 547-1096 or via email to: AATBGW@gmail.com.

Hey, It's *All About The Beat* GW!

After Hours Club

By Lori Filik

The After Hours Club had another exciting and fun filled event. We were treated to music by Lou Abbato, and a delicious dinner catered by Tuscany. In the Spring and Summer months we will be bringing exciting entertainment and delicious cuisine. We look forward to seeing all of our friends at future events. As always our flyers are available in the clubhouse and new members are welcome.



BARRY GEFFNER
AFTER HOURS CLUB

"Never put off till tomorrow what you can do the day after tomorrow just as well." - Mark Twain

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Honor Flight: A Day of Honor for Veterans of Post 609 JWV of Greenbriar Whittingham

By Stuart Weinstein, Post Commander

Across the country, volunteers and donors make it possible for veterans to visit the memorials built in their honor- often returning home to the welcome they never received. Our post took this trip recently in April. For many veterans, Washington DC is more than a destination- it is a place where the nation's gratitude is carved in stone. An honor flight is designed to bring veterans to those memorials. Surrounded by fellow service members and supported by guardians and celebrated by a community determined to say a simple, overdue message: THANK YOU!



Stuart Weinstein, Charlie Ohn, Jay Sincoff and Charles Rosenblum traveled on that day with a bus that left here at 0445 (Military Time) for the trip to Washington. A welcome breakfast and dinner was provided on a stop at Williamstown High School where thousands of students and faculty turned out to greet us with flags and applause. Then we proceeded to Washington with a police escort for our 3 buses to the turnpike. Honor flights are made possible by private donations and sponsorships and do not receive government funding and honored veterans fly free of charge.

What makes Honor Flight so powerful is not only the monuments, but moments of recognition. Many of us, especially those who served decades ago- learned to carry their stories quietly. When we stood with fellow veterans it opened our space for reflection, pride, grief, and connection that we often didn't feel.

Just as meaningful are the sendoffs and homecomings. Schools, airports, often fill with volunteers, students, service organizations and families holding flags and signs. For some of us that welcome home offers something we missed when we first returned from service- a public acknowledgment that sacrifices we made matter and still do. Honor flight is a reminder that gratitude is not an abstract idea, it is something communities can organize, fund, and show up for.

For veterans who gave years of their lives to service, a single day in Washington can be a lasting, deeply personal tribute: a chance to see their history honored, to stand with our fellow veterans and come home celebrated. I strongly urge whoever might be interested in taking this trip that occurs twice a year to get in touch with me the Commander of Post 609 JWV Stuart Weinstein, and I can give you all details. I can be reached at 631-398-4274



Marcel on the Train

By Richard Weber

My wife and I recently attended “*Marcel on the Train*”, produced by The Classic Stage Company in Manhattan. Starring Ethan Slater (Broadway’s *Sponge Bob* and Hollywood’s Boq), this play allowed us to see another side of Marcel Marceau.

History remembers Marcel Marceau as the world’s greatest mime. Prior to this fame, he was an active member of the French Resistance during World War II. He changed his Jewish last name from Mangel to Marceau as it was more “French” sounding - a matter of survival in Nazi-occupied France. Marcel forged identity papers and smuggled dozens of Jewish children on long train rides to safety in Switzerland. The play focuses on a single train ride, with Marcel escorting four rambunctious 12 year old orphans, each portrayed by an adult. In 1943, they escaped from an orphanage in Nazi occupied France, posing as members of a scout troop going on a hike in Switzerland.

Calm and silence are essential for survival on this train ride. Marcel uses his skills as an entertainer to accomplish this. He puts the children at ease by juggling invisible swords, telling stereotypical Jewish mother jokes, and using some of his most famous routines – *Catching a Butterfly* and *Walking Against the Wind*.

In one scene, a Nazi storm trooper enters the train car to inspect the forged papers and question Marcel and the children. It is a terrifying scene where we are able to feel the fright and fear that these children and Marcel were experiencing. This Nazi took an extremely long time in the train car. When he left, Marcel told them that he purposely took a long time to allow them to continue their journey and prevent another Nazi from entering the car and sending them to a concentration camp. During this scene we saw Marcel use his silent entertainment and communication skills to quiet and calm the children.

In “*Marcel on the Train*”, we saw Marcel Marceau save many children’s lives by helping them escape from the Nazis in France to safety in Switzerland by using his expertise as a mime. This inventive new play showed us how sometimes the loudest resistance begins in the most quiet places.

**** Shalom Club Happenings ****

Sunday, June 7 - Monthly breakfast, Chris Nicola, “*No Place on Earth*” - 9:45am

Monday, June 8 - Bill Schrimmer, “*From Riches to Rags*”, Living History by GW resident - 2:00pm

Sunday, June 14 - Movie, “*No Place on Earth*”, Holocaust survival in underground caves - 1:00pm

Monday, June 29 - Susan Addelston Seminar Series, “*Bambi, A Life in the Forest*” - 7:00pm

Sunday, July 12 - Monthly breakfast, Carmiya Weinraub, Modern Orthodox female comedian - 9:45am

Friday, July 31 - Special Event, Traditional Kosher Shabbat Dinner, 6:00pm (GW Ballroom)



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The American Experiment: Part I

By Herb Saperstein

We are privileged to live in a country this year celebrating 250 years as a democratic republic. The very word for this length of time, semiquincentennial, sounds impressive. The country has survived despite the normal ups and downs we see in every country as well as our present chaotic moment. Such an accomplishment is unique in human history, so we might ask how this came about. It's an important question for America today but is perhaps just as important for any person or any country in the world striving to find a similar path.

Many books, enough to fill a small library, have been written about this history from many different points of view and, as with anything else, there isn't only one way to look at it. I will give one personal perspective and deal with only a sliver of this immense topic.

Let's begin a few centuries back. When we think of the Renaissance that took place over 500 years ago, we could ask how artists as great as Leonardo, Raphael and Michelangelo came to be born at the same time in the same place on this globe we call Earth. We can add artists like Botticelli and the architect Brunelleschi and thinkers like Machiavelli as well as patrons like the Medici. This small group of people came together in central Italy long before Italy became a country, and they moved the entire Western world in a new direction. The word "renaissance" means rebirth and refers here to the rebirth of classical antiquity, but I would argue that it's a birth as well as a rebirth. Something new was birthed in the world, the birth of the individual. Martin Luther lived at this time and when he was accused of being a heretic and brought before the Emperor, his response was "Here I stand. I can do no other." This development of the individual is still unfolding even as we see movements that want to return to the collective. It's no accident that during the Renaissance, artists for the first time began to regularly sign their names to their works. It's also no accident that courageous individuals began to set out on ships to explore the entire world and found the land we know now as America.

During those years leading up to the Revolutionary War and the writing of the Constitution, we saw the birth of Benjamin Franklin, Thomas Jefferson, John Adams, James Madison, George Washington, John Jay, James Monroe (yes, Monroe, New Jersey is named after him) and quite a few other incredibly accomplished people. They were born into a population of little more than a million people, including slaves, and 90% of that population lived as farmers. We now have a population of about 340 million, millions of us with a university education, and we don't have a single political figure with their genius. This was a situation analogous to Renaissance Italy. How do so many extraordinary people who changed world history come to be born in the same place at the same time within a small population? Historians of the materialist type, nearly all of them, either struggle to find the answer or don't bother to ask the question.

Let me put that complex issue aside and try to describe what we might look at and ponder. What we had in early America was an intellectual aristocracy who affirmed that they "mutually pledge to each other our Lives, our Fortunes and our sacred Honor" in order to fight for independence and liberty. This in itself is quite extraordinary. They came together in the service of something that was outside their own personal interest, something greater than themselves, ideas for a country not built upon blood ties but rather upon a creed expressed in the Declaration of Independence. It would be based on the consent of the governed. This was their ideal to be worked towards over the succeeding generations. New immigrants could become American by accepting these principles.

At the end of the Constitutional Convention, Franklin was asked if we have a republic or a monarchy, and he famously answered, "A republic, if you can keep it." He and the other Founders knew that what they were trying had all the odds stacked against them. The Constitution was meant to be the guardrails for the future development of the country. A republic would necessarily be fragile and would require vigilance and virtue, two commodities often in short supply. How can a country maintain a republic over many generations?

The institutions then created were an inheritance, and it was up to the generations who followed the Founders to keep those institutions healthy even as the nation changed, for change is inevitable, and the Founders were acutely aware of this. Those institutions were created out of the wisdom, however imperfect, of that generation of political geniuses who were inspired by others who came before them, philosophers like Locke and Montesquieu. It was up to succeeding generations to build upon what was given to them.

(To be continued in the next issue of *The Pulse*)



Walk, Run, Move

By Steve Flood

Love sunshine and fresh air? We are working to start a club of similar residents who enjoy the outdoors while staying fit. We call it a Walk Run Move club.

A majority of our events will involve walking. We welcome those who walk at any speed, so if your speed is more like jog or a run, you are welcome. If you need the assistance of a mobility device, trike, wheelchair or scooter to move, you are also welcome.

Over 40 residents are interested in the club so far. We have organized more than a dozen walks in the last six weeks and many folks have attended several of them.

Walks have ranged from one-mile, paved and level walks to six-mile hikes through the county trail system. Trail walks have been popular as many have been afraid to visit the trails by themselves. Walks have left through all three community gates, so one is sure to be close to you.

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. Check there for weather delays and cancellations. Some folks prefer an email. You can join our mailing list by sending an email to: WalkRunGW@gmail.com.

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

We are not just about walking. We are planning organized outdoor activities like community scavenger hunts, themed nature or photography walks, fitness challenges, destination and charity walks. We plan to promote the many health benefits of low impact exercise like walking. We also hope to promote improved safety and access throughout the community.

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



Upcoming highlights for the GW Performing Arts Club

Mark your calendars.

July 1, 2026	6 PM	Try-outs for Summer Showcase: GWs Got Talent Open to ALL residents and their families
July 26, 2026	2 PM	Summer Showcase: GWs Got Talent Show
August 12, 2026	7 PM	Karaoke (<i>back by popular demand!</i>)
Date TBA	6 PM	Auditions for Fall Show to be announced
November 7, 2026	7 PM	Fall Show
November 8, 2026	1 PM.	Fall Show

The GW Performing Arts Club invites you to join us by becoming a member and supporting the arts right here in our community - whether you participate in our productions or just attend and enjoy the entertainment.

For more information contact Gerrie Pisapia 732-857-4939

THE SHERLOCK HOLMES CLUB



Young and beautiful Violet Smith appears at Baker Street and implores Sherlock Holmes for help. She is being followed at a distance by a strange bearded man whenever she travels from home. Can Holmes track this creepy stalker and solve the mystery? Join us and the great detective in **The Adventure of the Solitary Cyclist**

The Middlesex Constabulary, the Sherlock Holmes Club of G W, invites you to join us at the Towne Centre on Wednesday, June 24th at 4:30PM

Please read the short story prior to the meeting. It is available for free online at Sherlockian.net > Investigating > 60 original stories > The Solitary Cyclist > Lit2Go and other sites.

??? Call Paul (609) 642-6314

Greenbriar at Whittingham Community Presents

Beatles Tribute Band britishmania



Britishmania Beatles Tribute invites you to take a memorable trip back to the 1960's to experience the wonderful sound and stage persona of **The Beatles!** Re-live what it was like to see them in their epic periods in their career beginning with The Ed Sullivan Show era.

Visit their website for a preview: british-mania.com

**SATURDAY, JULY 25, 2026 AT 7:00PM
IN THE TOWNE CENTRE BALLROOM**

\$30.00 PER PERSON (Check Only, Payable to WHOA)

**TICKETS ARE ON SALE MONDAY, JUNE 22ND,
OPEN TO NON-RESIDENTS MONDAY, JUNE 29TH.**

Call the WHOA Box Office for Ticket Information 609-395-0404 Extension 220 or 221.
*Refunds only if we are sold out and your tickets are resold.



Invitational

CAR SHOW

Saturday, June 6th, 2026

11:00 AM - 3:00 PM @ GW Towne Center

Rain date: Sunday, June 7th



USICI!

Foreign ≈ Domestic ≈ Vintage

All makes, models and years are welcome!
Classic, sport, muscle, trucks and bikes.

AWARDS • LIVE MUSIC • DJ • FOOD • 50/50 • FOOD DRIVE

Residents wishing to register (no fee) a vehicle, or ask questions, contact GW Wheels at gwwheels@icloud.com.
Any non-resident wishing to participate MUST be a guest of a GW resident.)



DISCOVER YOUR FAMILY STORY

Free Genealogy & Family History Seminar

- Have you ever wondered where your family came from?
- Would you like to learn how to trace your ancestors, preserve old photos, and uncover family stories?
- Join us for an enjoyable and easy-to-follow seminar designed for beginners!

You Will Learn How To:

- ✓ Start your family tree
- ✓ Find ancestors online
- ✓ Organize family photos and records
- ✓ Discover forgotten family stories
- ✓ Use free genealogy websites
- ✓ Leave a legacy for future generations

Everyone is Welcome! - No experience needed. Beginners encouraged

Bring a friend, a family name, or an old photo!

Date: Thursday, June 18

Time: 6:00 PM

Location: AC/Dance Room

Come Discover Your Roots - Presented by: Steve Rykus

No Charge - Please sign up with The Concierge.

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Date & Time:

Both days attendance is needed for the certificate:

Thursday, July 16th : 4:30 PM : 7:30 PM
Saturday, July 18th : 1:00 PM : 4:00 PM

Location:

Greenbriar at Whittingham
AC/Dance Room
100 Whittingham Drive
Monroe Township, NJ 08831

Register Now:

Concierge 609-409-0292 x220 or x221

* The Concierge will need your first and last names on your license along with your phone number.

* You **MUST** bring your License with you on both days of class.

CLASSROOM COURSE

\$20 for AARP members
\$25 for non-members

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Call: 1-888-773-7160
Visit: www.aarp.org/driving36

*Your completion may be eligible to receive an auto insurance discount. This information only applies if you are your agent or email.

Greenbriar at Whittingham Community Presents



Jersey Sound singing and performing the hits you all love to hear. The best of the 60's, 70's & 80's music that made us all stay glued to our radios. With exceptional harmonies and a dynamic stage presence, they are generally the musical Sounds of New Jersey. They are known for their versatility and talented members.

Get ready for an eclectic blend of Classic Oldies, Classic Rock, Motown, R&B, British Invasion and Pop recorded by the greatest legends of rock and roll is performed by the band's superb vocalists and a killer rhythm section making the "Jersey Sound" experience one you will never forget!

Visit their website for a preview: www.jerseysound.com

SATURDAY, JUNE 27, 2026 AT 7:00PM

IN THE TOWNE CENTRE BALLROOM

\$30.00 PER PERSON (Check Only, Payable to WHOA)

TICKETS ARE ON SALE MONDAY, MAY 11TH.

OPEN TO NON-RESIDENTS MONDAY, MAY 18TH.

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

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

You are all invited! Live Band in our Ballroom!
Open to the entire GW community and
NO NEED TO JOIN THE CLUB to attend this performance!

Rockology: Women In Rock

A tribute to Aretha Franklin, Linda Rondstat, Stevie Nicks, Carole King, Tina Turner, Carly Simon, Roberta Flack, Heart and more!

NEW DATE: Wednesday, July 15, 2026 at 7:00PM

A \$5.00 per person entry fee is necessary to pay for a professional sound technician and equipment in the Ballroom. The band is donating their time to this performance.

General Admission tickets sold at the Concierge via check only made out to: GWBeat.

The \$5 per ticket will be credited to your club annual dues when joining, because we know you'll want to join after this performance!



Presented by Greenbriar At Whittingham's New Club

All About The Beat is a group to get together and enjoy all types of musical entertainment with your neighbors and friends. The focus will be on live performances and more, bringing music culture, education, history, and variety to our residents. Meeting monthly on the 3rd Wednesday in the Towne Center Ballroom.

More info on joining the club available on the membership form in the lobby rounder or to receive a copy by emailing AATBW@gmail.com



Greenbriar at Whittingham Community

Celebrates

UNITED STATES OF AMERICA'S

250th Birthday!

TUESDAY, JUNE 30, 2026

in The Ballroom

12:30 pm: GW Chorus

1:00 pm: George and Martha Washington

2:00 pm: Refreshments

There is no charge for this event. Space will be limited. Please register with The Concierge.

Wear your red, white and blue!

REFRESHMENTS WILL BE PROVIDED





Can we Overcome?

By Bill Friedman

Russia, USA, China, France, England, Pakistan, India and
Israel,

the world's only known nuclear powers.

Some triggers in the hands of ruthless marauders,
responsible for millions of unprovoked slaughters.

If one should provoke us as a simple test,
I'm sure we'd respond with our very best.

The threat of nuclear war will hover,
with absolutely no do-overs.

No white flags will be unfurled
once the initial salvo is hurled.

The world would be forced to rue,
the devastation that ended WWII.

First a flash often hotter than the sun,
nowhere to hide, too late to run.

Only shadows remained where people had stood,
burned to charcoal, as if they were wood.

If we're unable to bypass the depths of doom,
the world may end in a lethal mushroom.

The fat lady's song should end it all,
but there will be nobody left to make the call.

A Lucky Strike

By Bill Friedman

They met at a bowling alley the night of the Gutter Ball.

With no time to spare, they rented shoes,
and soon were making fancy moves.

The Pin Boys quartet, as good as it gets,
non stop blasting set after set.

The couple danced on, never splitting,
or even giving a thought to sitting.

Eye opening moves moving lane to lane,
the pace had become insane.

Double and triple spins,
they almost fell like bowling pins.

When the clock struck 12,
still standing tall,

they remained hooked up after the Gutter Ball.

I Saluted Your Fingers

With Stories

By Herb Saperstein

I saluted your fingers with stories,
dressed you up in sighs
and bells and birds,

a thousand eyes

and then disguised my love
with a sleepless page.

I found the riddle
that stopped you short

Your lover and your crooked hated master
lashed you to the moon

so heavily armed

with blue stones and alabaster.

The priest awaits us.

We have our virgin fear in common
like those soldiers and carnival barkers

who severed limbs

among the apple fields and beaches,
then turned to clay.

There's a Time That's Made For Heaven

By Herb Saperstein

There's a time that's made for heaven.

There's a time that's made for earth.

Then the in between time

To the moment of our birth.

There's the hour of our bedtime.

There's the daylight of the sun.

The reflection of the moonshine,

The moments lost and won.

There's the circle of infinity,

The cloak of the divine.

The darkness that lies hidden

Below the water line.

The lightning shocks the darkness,

There's color in the blast.

We awaken in the shadows

While looking through the glass.

There's a time that's made for heaven.

There's a time that's made for earth.

The repeat of in between time

Brings us to another birth.



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- You can protect your hard-earned assets from your children's spouses.
- You can protect your loved one with substance abuse issues.
- You can avoid the common missteps by families raising children with challenges, disabilities, or special needs.

Now is the right time for you to get your affairs in order with an up-to-date Estate Plan!

Morganville
Levine, Furman & Rubin
1116 Campus Drive
Tuesday, June 9th
2:00pm | 7:00pm

Monroe
Courtyard Marriott
Cranbury South Brunswick
420 Forsgate Drive
Wednesday, June 10th
10:00am | 2:00pm | 7:00pm

Freehold
Radisson
50 Gibson Place
Thursday, June 11th
10:00am | 2:00pm | 7:00pm

ads-1551

You may register by calling our office at (732) 238-6000 or online at www.levinefurman.com/seminars.

Most attendees choose to make an appointment at the end of the presentation, so please bring your calendar with you.

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6608-spb

Food Drive Takes Its Final Laps This Week!

By Ken Wagner

It's not too late to make contributions to the food drive currently underway to benefit the Schneider Food Pantry operated by the Monroe Township Senior Center. The food drive, being held by the GW Wheels car club, is open for donations – cash or non-perishables -until Saturday, June 6th.

As a lead up to their big annual car show, the GW Wheels club is sponsoring the food drive. The Schneider Food Pantry provides monthly support to approximately 53 local families facing food insecurity. Each family receiving aid faces economic hardships and has met eligibility criteria. The pantry relies heavily on private food donations and monetary contributions to provide support.

There are two ways to make donations. Cash or non-perishable food items will be collected in the Towne Center lobby from now until June 6th. Then, on Saturday, June 6th the collection will move outside to the Annual GW Wheels Car Show taking place that day. Those attending the show can bring non-perishable items, or make a cash donation. All proceeds go directly to the food pantry.

This is the second year that GW Wheels has held the food drive in conjunction with their car show. Last year the club delivered a full truck-load of needed items to the food bank, along with a large cash donation, after the show. According to the food bank, the donations helped to fill an early summer gap in donations, as June can be a slow time for contributions.

The club is asking community members to contribute non-perishable food items, paper goods, and personal care items. Currently the pantry has an increased need for coffee – regular, decaf or instant, paper towels, toilet paper, canned peas, canned chicken, instant potatoes, and any type of crackers. Other suggested foods are peanut butter, canned fruits and vegetables, canned soups, pasta, rice, tuna and low sugar cereals. Non-food items also needed are shampoo, toothpaste, and toothbrushes.

The GW Wheels car show will be held on Saturday, June 6th, from 11:00 AM to 3:00 PM at the Towne Center. Rain date is Sunday, June 7th. Show attendees are encouraged to bring their final donations and enjoy a day filled with classic, sport, specialty cars, trucks, and motorcycles. The event will feature live music by the Not Too Old (NTO) Band, a live DJ, line dancing, Gene's Hot Diggity Dogs food truck, trophies for winning cars, and a 50/50 raffle.

Still open - All residents are invited to register and show their special vehicles, without cost, as part of the show!

About GW Wheels: For more information about the club, the food drive, or to register a vehicle for the June show, contact the club at gwwheels@icloud.com



Cars and Canned Goods - Kicking off the GW Wheels food drive are Ken Wagner, GW Wheels Club Secretary, and Kristin Puriza, FirstService Director of Lifestyle and Facilities. Donations will be collected through Saturday, June 6th.

GW Irish American Club

“Mothers all want their sons to grow up to be President, but they don’t want them to become politicians in the process.” John Fitzgerald Kennedy.



We are celebrating the month of May by honoring Irish Women Heroes. Five members selected five heroes to honor with a presentation for each and why they are heroes.

HERO

Mary Robinson
Countess Markievicz
Grace O’Malley, Pirate Queen
Mary Elmes
Sonia O’Sullivan

PRESENTER

Betty Lonagan
Janet Donnelly
Carole Mulvey
Linda Skupp
Frank Lynch



This meeting was Wednesday, May 13th at 3:30PM in The Multi-Purpose Room.

Our next (2) meetings will each be at 3:30 PM in the Dance Studio.

June 10th subject will be “Republic of Ireland/Northern Ireland Debate”. Should they be united?

July 8th subject will be “The Starvation of Ireland—1845 to 1852”

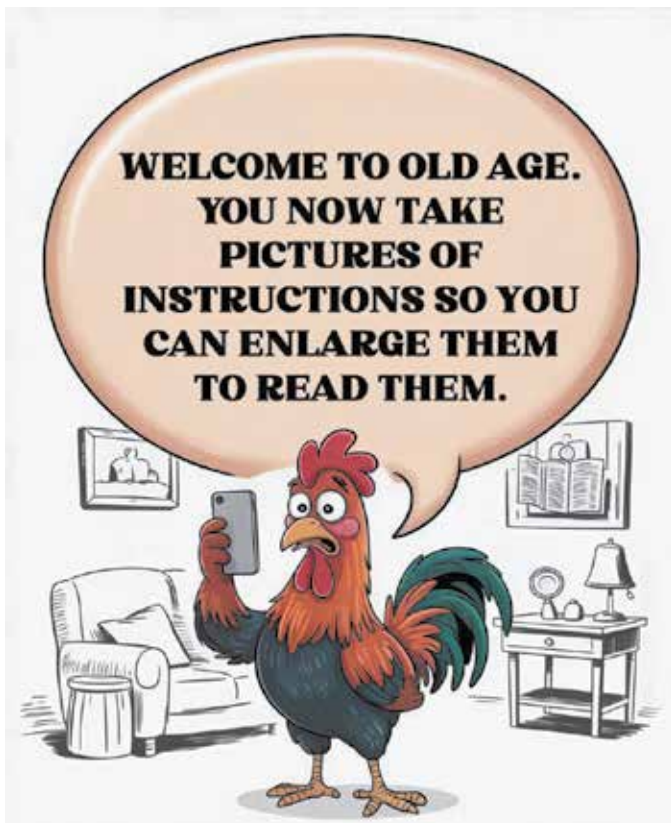
We will take a Summer break in August

Bring a friend!!

SLAINTE!!

Bob Buckley 732-991-6468

Frank Lynch 848-223-4523



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Sounds of Spring And Summer

By Debbie Harbatkin

Bright sunshine. Cool spring breeze. Comfortable beach chair. People fill up the space all around you. Food trucks, a snack stand, or a packed basket for a homemade picnic. The sun begins to set...the breeze gets a little cooler. Firepits light up. And the music begins!

Everyone who knows me knows my passion for live music. My favorite activity in the spring and summer is to listen to live bands at the many parks, on restaurant's patios, on the boardwalk or anywhere musical instruments and a microphone can be plugged in al fresco. Our area has so many fabulous outdoor stages where the offerings are for all different eras, tempos, and genres of music. Always something for everyone, at any time, on any night.

Why stay inside? Get a fix of Vitamin D by getting there early to get your best spot, then marvel at the sites around you. Grab your sun block, bug spray, a light jacket, your favorite food, and drink, and your significant other, or some fabulous friends, and be prepared for a night of singing along, dancing, reminiscing, and thoroughly enjoying the wonderful weather, especially after this extremely hard winter many of us suffered through.

Our favorite venue is **Mercer County Park**, which has fabulous shows and events from June through September. The Main Stage in the park opens on Friday evenings with beyond extraordinary cover bands. As of this writing, we are patiently awaiting the release of their 2026 summer series schedule. Last summer, we were treated to, to name just a few, Best Of The Eagles, Billy vs. Elton, Yacht Rock Gold, and Earth Wind & Fire Tribute. We have heard that some will be back again for 2026. Mercer County Park is also host to many great summer cultural festivals that include live music, which in past years have included the Italian Festival and Fiesta Latina. We await the schedule which will probably be announced by the time you are reading this article, because the Pulse deadline is weeks before the actual publish date. You can also check out the happenings on their website: <https://www.mercercounty.org/departments/mercercounty-park-commission/recreation-events>.

Admission is \$5 per show, and a summer season pass is available for \$25. Some venues like Mercer County Park do not allow you to bring your own food, so check their website before you go.

Another favorite in Mercer County Park is Happy Hour on Thursdays from 5-8PM at the **Mercer County Boathouse**. A huge picnic area lies in view of the stage for anyone to grab a picnic table which fills up fast or bring your own chair to sit on the lawn at no charge. We like to have dinner at the **Boathouse Restaurant** with a second-floor patio above the stage, and delicious food from a great menu, making for a truly enjoyable evening.

Woodbridge Township is another destination offering sensational lineups of free concerts at the various outdoor venues around town on the different nights each week. From the **Woodbridge Township Summerfest** on June 6 in **Merrill Park** with a full lineup of live bands and stage shows: <https://woodbridgeartsnj.org/summerfest-2026.html> to the fabulous 2026 schedule of **Tuesday Tributes** outdoors at **Woodbridge High School** <https://woodbridgeartsnj.org/tribute-tuessdays.html> to **Fun Fridays** on the water at **Anchors Tiki Bar** to **Oldies Mondays**, **Woodbridge Wednesdays**, **Local Band Thursdays** and **Country Sundays**, you are bound to find your favorite night, or all of them! Find the full offerings at: <https://woodbridgeartsnj.org/>

Princeton has so much happening all spring and summer long, but I am partial to the schedule of free shows at Palmer Square on Saturday afternoons. Shopping and snacks can be found all around the Square, as well as live music for the afternoon. Reservations at one of many favorite restaurants right in Princeton will cap off a fabulous day: <https://palmersquare.com/series/summer-music-series/>. The **Princeton Shopping Center** also offers Friday night concerts: <https://princetonshoppingcenter.com/event/40th-summer-concert-series/2025-08-01/>

Many great restaurants with patios have live bands for spring and summer and many going into the fall. You must check out the schedules online for music nights on the terrace. There are too many to mention, but some of our not too far from home favorites for a casual evening out with rock 'n roll, funk or oldies music are:

- ◆ **Coopers Riverview** in Trenton: <https://www.coopersnj.com/>
- ◆ **Mainbrook Tavern Patio Bar** in Manalapan: <https://www.mainbrooktavern.com/>
- ◆ **The Cabin in Freehold**: <https://www.thecabinnj.com/>
- ◆ **Moore's Tavern** in Freehold: <https://www.moorestavern.com>
- ◆ **Our House** in Farmingdale: <https://www.ourhouserestaurant.com/>



- ◆ **Hudde's Inn** in Colts Neck: <https://www.huddysinn.com/events>

Middlesex County sponsors a lot of different music in the parks and locations around the County, Check out their website for your choice of shows, some with a cover charge and some are free: <https://www.middlesexcountynj.gov/find-programs-and-resources/parks-and-recreation/music-in-the-park>.

Head down to the shore for the:

- ◆ **Point Pleasant Beach Summer Concert Series:** <https://oceancountytourism.com/event/point-pleasant-beach-summer-concert-series/2026-08-25/>
- ◆ **Barnegat Concert Series:** <https://oceancountytourism.com/event/barnegat-2026-summer-concerts/2026-06-06/>
- ◆ **Long Branch Summer Concert Series:** <https://www.longbranch.org/283/Programs-Events>
- ◆ **Asbury Park Summer Concert Series:** <https://asburyparkmusiclives.org/asbury-park-live-boardwalk-shows>

There are so many more offerings that I don't have space for. Check around your favorite towns and parks online to find local offerings of bands, festivals and entertainment including **Downtown Freehold**, **Etra Park** in **East Windsor**, **Robbinsville**, **Lawrenceville** and of course, local bands right here in **Monroe at Thompson Park**.

As we discover more places we can share, keep an eye out on the Facebook page for Greenbriar At Whittingham Neighbors for event suggestions and concerts not to be missed!

<https://www.facebook.com/groups/3874883072615479>

See you on the road, chair in hand!

The Sherlock Holmes Club

by Paul Hartnett

Detective fiction has a long, layered history that stretches from ancient storytelling traditions to the polished mysteries we read today. At its core, the genre evolved from humanity's fascination with puzzles, justice, and the unknown.

Detective fiction didn't begin in the 19th century—its foundations appear in much older texts. Ancient narratives show early examples of investigative reasoning, though some scholars argue these are more “puzzles” than true detective stories. Early Arabic literature, especially *One Thousand and One Nights*, contains some of the earliest true detective stories. *The Three Apples* is often cited as the oldest known detective story: a murder mystery complete with plot twists and reverse chronology—techniques still used today. Modern detective fiction emerged in the mid 1800s, shaped by urbanization, rising crime rates, and the creation of modern police forces.

Edgar Allan Poe is widely credited with creating the first modern detective story with *The Murders in the Rue Morgue* (1841), introducing C. Auguste Dupin and key genre elements like the analytical detective and the locked room mystery. Wilkie Collins followed with *The Moonstone* (1868), considered the first full detective novel. It established many classic tropes and was inspired by real Scotland Yard detectives. Charles Dickens and Émile Gaboriau also contributed to shaping early European detective fiction.

The rise of the iconic detective was created by Sir Arthur Conan Doyle, whose Sherlock Holmes debuted in *A Study in Scarlet* (1887). No figure shaped the genre more than Sherlock Holmes. Doyle modeled Holmes partly on his medical school professor Dr. Joseph Bell, known for his keen observational skills. Holmes's popularity helped cement the detective as a cultural archetype. The genre continues to evolve across media and cultures. Detective fiction now incorporates forensic science, psychological depth, and global settings. Adaptations in film, television, and digital media keep the genre widely accessible and culturally relevant.

56 short stories + 4 novels= a friendly and thought-provoking discussion group celebrating the great detective and his faithful partner, Dr. John Watson. Join us on the gaslit, foggy streets of late 19th century London where “the game is afoot” as we follow in the footsteps of our heroes on their exciting adventures.

Our next get together is on Wednesday, June 24th at 4:30 in the 2nd floor meeting room. Please read the short story for discussion, *The Solitary Cyclist*, prior to the meeting. It is available online at Sherlockian.net > *Investigating* > *60 original stories* > *The Solitary Cyclist* > *Lit2Go*, as well as other sites.

??? call Paul (609) 642-6314

The Game is Afoot!



**RESCHEDULED
SPECIAL EVENT
Shalom Club**

of Greenbriar at Whittingham
MONDAY JUNE 8, 2026
Poker Room 2:00 PM
**FROM RICHES TO RAGS
BILL SCHRIMMER**



Bill will tell us about his journey from war torn Germany to England and then to the United States. Hear the extraordinary story of his pre-war youth and of his family. He will tell us about finding refuge in England and his life in the United States.

Don't miss this living history event.

.....cut.....
RE-REGISTRATION for this limited seating event is required by June 1st. In lieu of payment we ask for a food donation to Jewish Family Service. Collection box is outside of Poker Room. Mark envelope "June 8, 2026: BILL SCHRIMMER" and place in Shalom Club lockbox #6. Questions call Janet Horowitz @ 973-960-0941.
MEMBERS ONLY

Name: _____ Phone: _____

Shalom Club

of Greenbriar @ Whittingham

Sunday, June 7, 2026

Doors open at 9:45 AM \$12.00 per person Members only

CHRIS NICOLA



In the spring of 1943, the odds of Ukrainian Jews surviving World War II were less than 5%. There was no place else to hide except below ground in a cave. This is the story of how several families chose this option.

Following a decade of research by American caver, Chris Nicola, this story is now told in his book, *The Secret of Priest's Grotto* and a film documentary "No Place on Earth".

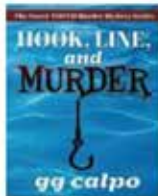
.....cut.....
For those wishing to sit together, place names and checks made out to SHALOM CLUB, in same envelope. (Maximum 10 people per table). Mark envelope June 7, 2026 breakfast and place envelope in lock box #6 no later than June 1, 2026 or mail to Shalom Club, 100 Whittingham Drive, Monroe Twp., NJ 08831. Questions?? Call Robin Zimmerman 516-528-2730

NAME: _____
Phone: _____ EMAIL: _____

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Mystery Author in our Midst



1st Wednesday, June 3, 2026 7:00PM
Greenbriar at Whittingham Towne Centre
Poker Room (upstairs)

Gisella Rivera, a Greenbriar at Whittingham resident, recently published her first novel. Come hear how our neighbor came up with her mystery.

Open to all - no charge
refreshments & sociability always

If you have questions, please call:
Marcia at (609) 619-3994 or Lynda at (609) 409-1099

Greater Monroe Chapter
ORT AMERICA

ORT America transforms 200,000 lives yearly through education and training in 40 countries

ORT invites you to....

Jews in Antarctica

Along with Penguins, Whales, Seals, and more Penguins



1st Wednesday, July 1, 2026 7:00PM
Greenbriar at Whittingham Towne Centre
Poker Room (upstairs)

Barry Safeer will share his adventures in the Falkland Islands, South Georgia and Antarctica.

Open to all
refreshments & sociability always

If you have questions, please call:
Marcia at (609) 619-3994 or Lynda at (609) 409-1099

GREENBRIAR AT WHITTINGHAM

Community Health and Wellness Vendor Fair

Greenbriar at Whittingham
 Adult Community
 Wednesday, June 17, 2026
 10 am - 1 pm
 Ballroom

Meet with health and wellness vendors.

All attendees will be entered into a free drawing for gift cards and gift baskets.



The Performing Arts Club 2026
 Summer Showcase

GW's GOT TALENT

The Performing Arts Club is excited to announce its 2026 Summer Showcase, **inviting all GW/Whittingham residents and their family members** to participate in a celebration of talent and creativity.

- **Date:** Sunday, July 26, 2026
- **Time:** 2:00 PM
- **Eligibility:** Open to all GW residents and family members
- **Try-outs:** Wednesday, July 1, 2026, 6 PM

Showcase Your Talents

We encourage everyone to come and show off their unique talents. Whether you love to sing, dance, perform magic, or make people laugh, this event is your opportunity to shine.

Performance Categories

Singers	Dancers	Jokesters	Skits
Magicians	Musicians	Impersonators	Videographers
Yodelers	Rappers	Bird Callers	And more.....

We know you are out there! Come join in the Fun!



Remember the date for try-outs - July 1, 2026 at 6 PM

In the Dance Room

Call Gerrie for more information at 732-857-4939

JUNE 2026

BY KRISTIN PURIZA, LIFESTYLE/FACILITIES DIRECTOR

BALLROOM SHOWS:

Saturday, June 27th:
JERSEY SOUND
 On sale now.

Saturday, July 25th:
BRITISHMANIA
 On sale Monday, June 22nd.

Saturday, August 29th:
SIR ELTON
 On sale Monday, July 20th.

NYC BROADWAY:

6/17/26: Beaches
 On sale now!

8/6/26: Les Miserables
 On sale now!

GW OLYMPICS:

SAVE THE DATES:
July 6th - 11th, 2026

A flyer with detailed information will be available soon.

CASINO BUS TRIPS:

ON SALE NOW:
June 3rd: Wind Creek Casino
July 1st: AC Resorts

ON SALE 6/23:
August 5th: AC Resorts

WHOA MOVIES:

1PM - AC/DANCE ROOM
NO SIGN UP NEEDED
June 13: ORDINARY ANGELS
June 28: JAY KELLY

HEALTH FAIR:

Health and Wellness
VENDOR FAIR
Wednesday, June 17th
10AM - 1PM * BALLROOM
 NO REGISTRATION REQUIRED

ARTS & CRAFTS FAIR:

SUNDAY, SEPTEMBER 27TH!
 Registration forms are available with The Concierge.
 SEE FLYER FOR DETAILS.

GW FRIENDS PRESENTS A

Violin Recital

Performed by

LUIGI NICOLAE

MONDAY, JUNE 1, AT 7:15PM
IN THE GW TOWNE CENTRE BALLROOM



Hot Coffee and Snacks served

Internationally known violinist, **LUIGI NICOLAE** was born in Romania and grew up in Italy (from the age of 9). A former student of the prestigious Giuseppe Verdi Music Conservatory in Milan, Luigi gained recognition performing in 2018 on "Romania's Got Talent" and in 2019, performing in Los Angeles, CA at Tengo Talento Mucho Talento.

In 2012, Nicolae also performed as the youngest musician on stage at The Festival di San Remo in Italy.

He has performed at concerts, weddings, charity events, restaurants, and private events both large and intimate. His repertoire includes classical music, dance music, reggaeton, movie themes and popular songs from the sixties and seventies.

Questions: Contact Mark Surks at msurks@comcast.net

This event is open to all 2026 past, present and future residents of GW Towne. It is not an exclusive place being a club for 200+ years residents becoming residents "GW Towne".

Golf Course Rules

As per our rules and regulations the Golf Course is only open for play or practice *when the Golf Pro Shop is open for business*. When the Golf Pro Shop is closed, so is the golf course itself and the practice areas (putting green, sand trap and practice area net).

No person is permitted to be on the golf course property for any reason during times when it is closed. It is trespassing to be on golf property when it is closed unless otherwise advised.

Thank you for your cooperation. The Golf Board

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Woodworking Club



Puzzling Situation – Allison Larraine smooths out a puzzle piece using her newly acquired skills on the Dremel. A Dremel is a popular brand of handheld, high-speed rotary power tools designed for detailed DIY, hobby, and craft projects.

Doggy Bank? – Allison Larrain makes some final touches on the Piggy Bank for her granddaughter. The bank is in the shape of her granddaughter’s pug.



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

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.

