

Greenbriar at Whittingham PULSE



7 Signed a Contract

By Charlotte Rubin

*7 signed a contract in 1952
7 signed a contract when 7 said "7 do"
7 agreed to perform all duties
Incumbent upon a Jewish wife
The term of the contract 7 signed
was for the rest of my life
Amazingly, 73 years have passed
And the contract still remains steadfast
Although, many days, weariness overtakes my soul
7 will always remain committed to my role
Yes, 7 signed a contract which 7 will never violate
As 7 look forward to another year to hopefully celebrate*

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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**



Good Samaritan

Friday night, coming home from the After Hours Club, one of our neighbors had fallen trying to get her mail. It was freezing outside. A good Samaritan happened to come along and saw the woman lying on the ground. He stopped his car and tried to lift her up. After several tries, he lifted her up, picked up her high heels and then walked the barefoot woman to her house. The poor woman happened to be our neighbor Janet. She would have frozen to death. Janet was very appreciative and bought us a bottle of wine and thanked us for stopping. The good Samaritan was my husband Les Linet.

Irene Linet Trent road.

[Editors note: Les Linet has been a pillar in our community serving many years as a trustee on the WHOA Board]

Sad news.

We mourn the passing of Ed Zinn. Ed served on the WHOA board with great distinction for many years. He was very committed to the responsibility he took on as a board member and worked very hard managing our community. *"May his memory be a blessing."*

Mark Surks Dawson Lane

Specifically What is Considered Ultra Processed Foods

By Michelle Polk

In a previous article it was my suggestion to try to avoid processed foods and attempt to decode food labels and the ingredients a listed first and make healthier choices. The suggestion from my reading suggests checking for sugar, artificial coloring or flavors, hydrogenated oils, fats, and whole grains.

The foods to be avoided include soda, soups, sweets and snacks, sauces and condiments. In addition meat and food mixes, Keep in mind that salt is included in the processed foods in an excessive amount.



GW Ladies Club

By Carrie Ferraro

The GW Ladies Club has begun the new year with many plans for fun activities.

Upcoming events include:

- Bingo
- Paint n Sip
- Kentucky Derby
- Bus trip to the River Lady for a historic water tour
- Lunch at Dough Fathers



The GW Ladies Club meetings are held every second Monday of the month. New members are always welcome. Membership forms are located in the Kiosk in the Ballroom. Membership dues are \$10 annually.

We look forward to seeing everyone and enjoying these great events.

Trash and Recycling Must Be Place *In* The Toters



“Thank you for thinking of us!”



THE GW WOODWORKING CLUB
would like to thank those
residents who recently donated
tools and supplies to the club.

Traveler with a Camera **Golan's Silent Witness**

by Rich Polk

I am bouncing around in the back of a Jeep, what passes as the road our little tour caravan is traveling being little more than a rutted trail crossing Israel's Golan Heights. Nevertheless, we do not venture off it. Our guides assure us the trail has been cleared of explosive mines placed during previous conflicts—while the surrounding area has not, and it would only take one that was missed to ruin this glorious summer afternoon.

The scenery is perhaps underwhelming, reminiscent of the Tehachapi Mountains of California, but less mountainous. The allure lies in the history of conflicts in these hills and the present (1999) contentiousness of Israel's possession of them. Behind us lies the border with Syria, in front of us, in the valley below, we can see kibbutzim that still are occasional targets for military rockets.

On one hill we pass the wreckage of a military Jeep, a war casualty unworthy of reclamation. It requires little imagination to view its headlights as anthropomorphic eyes, wide open to the horrors of the past—and hopefully imploring for a peaceful future.



Abandoned military jeep in the Golan Heights, 1999.

GW Residents Gather For Dinner In Florida

How wonderful is it that our neighbors gather for dinner while residing in Florida. These folks met up at Ruoccos in Boynton Beach in January.



On left from the front to back is: Maria Curro, Diana Weiss, Jeff Weiss, Joey Paradiso and on the right from the front is Mona Paradiso, Christine Perillo, Marion Spano, James Perillo and Filippo Curro

Thanks Christine Perillo for sharing this. We love hearing from the 'Birds, and others, offering to share their travels, gatherings and experiences. Let us know what you are up to.

Health/Fitness and Wellness Club

by *Stephanie Lichtenstein*

On January 21, 2026, we had two presenters: **Stephanie Lichtenstein** and **Terry Haberman**. Their topic focused on **water and the best times to drink it**.



The presenters explained that the ideal time to drink water is **right when you wake up**. After several hours of sleep, the body is naturally dehydrated. Drinking **12 to 20 ounces** within the first **30 to 60 minutes** of waking helps rehydrate your cells and supports gut health. Cold water is especially beneficial because it triggers **induced thermogenesis**, meaning your metabolism briefly increases as your body works to warm the water. This can help you burn a few extra calories, particularly if you eat breakfast within two hours of waking.

Throughout the day, it's important to avoid dehydration. Proper hydration supports metabolism by maintaining normal cardiovascular function, thermoregulation, digestion, nutrient transport, waste elimination, and physical performance. Optimal hydration simply means your intake matches your body's needs, so planning your day and pacing your water consumption can be helpful.

In addition to morning hydration, drinking water **before exercise** is important. After dinner, however, it's best to **taper your water intake**. As bedtime approaches, consuming too much fluid can disrupt sleep, which in turn can negatively affect metabolic health.

In conclusion, drinking enough water is essential for overall well being. It helps regulate body temperature, transports nutrients and oxygen to cells, and keeps joints lubricated and mobile.

Sneak peak at upcoming events:

March 18th : Wellness on skin and hair care .

April 15th: Meditation with Stephanie and nutrition.

May 20th: Tai-Chi with Stephanie

Hadassah News

By *Joanne Sacoff*

"No winter lasts forever, and no spring skips its turn". Let us hope that this is true this year!!

That being said, let's think about all the upcoming spring events we at Hadassah have planned. First, I hope all of you lucky recipients are enjoying your lovely Purim gift bags. This is one of the nicest traditions that we participate in all year, so if you missed out this year, remember to look for announcements next year. It is important to note that all proceeds from this event go to support Hadassah Hospital in Jerusalem. That is combining the sweet with the charitable.

Next upcoming event is our new Chocolate Seder. This will be held at 7pm on March 25th in the Poker Room of the Towne Centre. I personally am looking forward to it very much. Everyone loves chocolate, don't they?? Look for flyers in the rounders for more details.

On April 22nd, Israel Independence Day, Lone Soldier Michael Levin will speak at 7pm in the Poker Room. A lone soldier is a service member with no immediate family in Israel to provide him/her with financial or emotional support. Michael's story should be powerful and insightful. Don't miss this talk.

On May 13th we have our biannual Game Day which always is a great afternoon of lunch and fun games. At the request of many of our members and guests, we are planning a different menu for the luncheon. By that time, the Mah Jongg players will have their new cards, so it should really be a great day.

Do not forget to keep checking your emails and the rounders at the Towne Centre for notices of our wonderful, delicious, and informative Lunch Bunch events. These luncheons have been noteworthy in the past, so please join us.

We are off to a great spring start and look forward to seeing you all at these terrific events.





IAC INDO AMERICAN CLUB



For IAC Volunteering Team – (by Asit Sakaria) / Photo Credits – Lata Shah / Raj Malhotra
FROST OUTSIDE, FEASTS INSIDE!!

As the winter chill wrapped around, we gathered in warmth to celebrate India's 77th Republic Day with hearts full of pride and plates full of street food delights.

After gaining independence from British rule on August 15, 1947, marking a new dawn, 2 years, 5 months, and 11 days later, India became a republic on January 26, 1950. The original constitution, handwritten and calligraphed in Hindi and English, is the world's longest written national constitution, (146,000 words) containing vast details on governance, rights and duties. May India's unity in diversity keep inspiring us.



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Entertaining Greenbriar At Whittingham

By Debbie Harbatkin

2026 is certainly off to an exciting start! Two nearly sold out shows with the soul sensations, The Sensational Soul Cruisers and the timeless songwriting and melodic tunes of multiple Grammy-winning, multi-platinum songstress Carol King as only Alice Leon could perform.

Exciting shows coming up return to our Saturday night performances. Sure to entertain our vast audience of all ages and musical preferences with Rock 'N Roll classics from Foreigner and Journey by the band Foreign Journey on March 21st.

They are followed on April 25th by The Jersey Tenors, a self-described Opera/Rock Mash-up foursome covering the sounds of Queen, Elton John, Bon Jovi, plus highlighting artists from their Jersey roots to include Frankie Valli and The Four Seasons, Sinatra, Springsteen, Kool and The Gang and even Jersey Girl Whitney Houston.

Our showcase to some of music's greatest performers continues with an incredible Billy Joel Tribute on May 16, plus in the coming months after that, more homegrown music from Jersey Sound, songs from across the pond with the music of the Beatles, a summer tribute to Elton John and a little bit of Country with After The Reign. A very popular Rock N Roll band, Vinyl Madness, who we all loved, returns in October and a major surprise announcement for Doo Wop/Oldies fans will be featured at our November show.



Mark your calendars and save the dates

Saturday, March 21 at 7:00PM

Saturday, April 25 at 7:00PM

Saturday, May 16 at 7:00PM

Saturday, June 27 at 7:00PM

Saturday, July 25 at 7:00PM

Saturday, August 29 at 7:00PM

Saturday, September 19 at 7:00PM

Saturday, October 17 at 7:00PM

Sunday, November 15 at 7:00PM

Cribbage Anyone?

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

Contact Phyllis at 609-619-3656

Resident's Civic Club

By Gary Filik

The Resident's Civic Club is on the way to another successful and exciting year. We are happy to announce that In the month of March, Detective Bennett of the Monroe Police Department will be sharing with the community a new program.

The topics in which he will be speaking about are the newest frauds and scams which seem to be the biggest problem facing senior communities.

Many residents have approached the R.C.C. to have someone speak and explain A.I. so that we have a better understanding of what this will mean for the future.

The date of our next meeting is March 11, 2026 at 7:30 pm in the clubhouse ballroom. All residents are welcome to join us for a very educational evening.



Attention Artists

If you have a piece of art that you would like to share in The Pulse, The GW Camera Club has agreed to photograph it for you. If would find that helpful contact Rich Lewis 609-642-6770 or email richlou08831@comcast.net

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GW Wheels Seeks Hidden Gems!

By Ken Wagner

Do you have a “hidden gem”? GW Wheels is looking for you and your gem.

Hidden away in garages all around the community, under tarps, on lifts and racks, out of public sight reside many “hidden gems” that need to be revealed.

The GW Wheels club is focused on all motorized vehicles – classic, sport, special interest cars and trucks. It’s a club for lovers of all vehicles with motorized wheels.

So, what is a hidden gem? In the last two years, since its formation, the club has discovered that many residents have these classic, sport or special interest vehicles hidden away in their garage. These hidden gems only come out when the sun is shining, the weather is good and the roads are dry. Most of the time they live in their protected nest waiting for the next great spring day to go for a ride. GW Wheels offers more opportunities to uncover those hidden gems and share them with fellow enthusiasts!

The club holds events throughout the year with a focus on automobiles. Upcoming events include a meet-up at the Classic Auto Mall, in Morgantown, PA in March. The mall boasts over 800 classic and sport cars on display. A car lovers dream. All of them are for sale, as consignment vehicles. The club will visit the mall together, explore the 338,000 square foot display areas and follow up with lunch at a nearby restaurant. The perfect day out.

At other times in the year the club attends local car shows as a group. This year, for example, they are planning to attend the Friends of the Senior Center and Monroe Township Classic Car & Truck Show on May 23rd. This show, held at the Monroe Senior Center, is one of the largest locally and is an opportunity for many to bring home a trophy.

The biggest event for the club this year will be the annual GW Wheels Car Show, held at the Towne Center on June 6th. Last year’s show brought over 50 cars and hundreds of visitors. This year the club has a goal of 70 vehicles and even more visitors. Again this year, they will have live music, a DJ, food, 50/50s, a food drive and line dancing! They will also have an expanded set of trophies to be awarded to more categories. This is a great community event for all of Greenbriar!

GW Wheels is looking for more of these hidden gems to take part in the show this year.

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 join, contact them at gwwheels@icloud.com or visit the club website at <https://gwwheelsclub.godaddysites.com>.



Did you know? The word Nerd first appeared in Dr. Seuss's 1950 book "If I Ran the Zoo"

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The GW Camera Club

By Roy Goldschmidt

The GWCC will begin our 5th year as an official camera club at Greenbriar at Whittingham. The first meeting of 2026 will be March 18th at 7:00 PM in the upstairs meeting room at the Towne Centre.

We are hoping everyone had a healthy and happy winter season. If you are a resident of Greenbriar at Whittingham you are welcome to attend this meeting to get a sense of what we do and who we are within this community.

To make things brief, our club encourages creative picture taking, teaching and learning the techniques of photography, having a lot of fun, and improving our craft. The camaraderie and sharing of ideas amongst our club members is important to our success as photographers. Our club encourages and welcomes members of the camera club who take their pictures with a Smartphone (cellphone), Point-and-Shoot camera, Single Lens Reflex camera (DSLR), or Mirrorless camera. All are welcome. Dues for the year are \$25.00 and are due this month.



Below are famous quotes from famous photographers;

"YOU DON'T TAKE A PHOTOGRAPH, YOU MAKE IT". Ansel Adams

"GREAT PHOTOGRAPHY IS ABOUT DEPTH OF FEELING, NOT DEPTH OF FIELD". Peter Adams

"IF YOUR PICTURES AREN'T GOOD ENOUGH, YOU'RE NOT CLOSE ENOUGH". Robert Capa

"TAKING PICTURES IS SAVORING LIFE INTENSELY, EVERY HUNDREDTH OF A SECOND". Marc Riboud

"YOUR FIRST 10,000 PHOTOGRAPHS ARE THE WORST". Henri Cartier-Bresson

"THE BEST THING ABOUT A PICTURE IS THAT IT NEVER CHANGES, EVEN WHEN THE THINGS IN IT DO". Andy Warhol

"PHOTOGRAPHY TAKES AN INSTANT OF TIME, ALTERING LIFE BY HOLDING IT STILL". Dorothea Lange

"PHOTOGRAPHY CAPTURES A MOMENT IN TIME THAT'S GONE FOREVER, IMPOSSIBLE TO REPRODUCE". Karl Lagerfeld

"THE EARTH IS ART, THE PHOTOGRAPHER IS ONLY A WITNESS". Yann Arthus-Bertrand

"THE PICTURES ARE THERE, AND YOU JUST TAKE THEM". Robert Capa

WHAT MAKES BELONGING TO A PHOTO CLUB GREAT

Inspiration, motivation and ideas can be shared by all. Going solo as a photographer can limit your growth. One, it's easy to get stuck in a rut making the same kinds of photos, sticking to the same subjects, getting comfortable (and lazy) doing things the same way all the time. Yeah, it's safe, but as the saying goes, you can't sail when your anchor is down. Neither can you learn to grow as a photographer when you never try new things.

A real benefit to club membership in GWCC, is exposure to new things. You will find others shooting subjects that never occurred to you or maybe subjects you do shoot, but in ways you never tried.

There is also inspiration that comes from viewing the images of others. When someone brings a beautiful, well-composed, correctly exposed and technically excellent image to print or projected image, it sets the bar higher for fellow club members. Not only are we inspired, but we become eager to learn from that member how such a great image was created.

REASONS YOU SHOULD MAKE MORE PHOTOS WITH YOUR SMARTPHONE

I'll be honest, when I first started taking photos with my phone, it felt a little gimmicky, and not like real art.

I mean, here I was – an experienced photographer with all the bells and whistles – shooting on a device that fits in my pocket. It didn't have the high-tech lenses or all the fancy settings of my beloved gear, so it didn't compare, right?

Actually, to be real with you, since I became more serious about dabbling into phone photography, my humble phone has quickly become a powerful tool for capturing real life in all its beautiful glory.

What's more, it's something I now highly recommend to photographers and artists at all stages of their photographic journeys.

It's potentially a controversial thing to claim, but whether you're an aspiring photographer, a family historian, or just someone who loves capturing life's everyday moments in a way that is artistic and evocative, I put it to you that your phone is currently your biggest and most under-utilized asset.

News from the Golf Course

By Allan Cooper

The Seasonal Opening of the Pro Shop is always the First day of March. The cold weather is just about leaving and the Vernal Equinox is almost upon us. This day of equal light and darkness will occur on March 20. From then to late June each day will get a little longer, and people can play golf a little later.

When the Pro Shop opens it will be fully stocked with golf equipment and clothing. If there is something not seen in the Pro Shop, perhaps our Pro Ian, might be able to order it for our golfers.



The Pro Shop plans to sell snacks such as chips and candy bars, which can be purchased for your round of golf.

Once the Pro Shop opens, Motorized Golf Carts will be available for golfers. Those who played during January and February had to walk the golf course.

Registration for the 2026 Golf season:

Please refer to the 2026 General Information on the reverse side of the registration form. The registration form requires your signature indicating that you have read and understand the General Information including the Refund Schedule and Collection of Fees. Golf Professional, Ian Luberecki, will discuss the rules, regulations, and etiquette of playing golf with all members of the golf course.

Members can access the clubs rules and regulations at the association's **Website – www.greenbriargc.net**.

We encourage our members to bring their friends and guests for the golfing experience at Greenbriar. A \$50 reduction of annual dues is available for a member who brings in a new playing member, someone who has not joined previously. Please feel free to contact our Golf Pro Ian Luberecki, should there be any questions.

All communication from the club will be conducted solely through electronic communication. Therefore, please make sure to provide a current e-mail as requested on the registration form.

Please! No one is permitted to walk on the Golf Course unless they are playing golf. Be especially careful with children who come to visit and wander onto the course. Approximately 40,000 people are injured on golf courses each year. A significant portion are struck by golf balls.

The golf course holds an **Open Meeting on the 4TH Monday of every month, at 11:00 AM in the POKER ROOM OF THE TOWNE CENTRE. Everyone is welcome.**

"A lie doesn't become truth, wrong doesn't become right, and evil doesn't become good, just because it's accepted by a majority" Booker T. Washington

"I intend to live forever. So far, so good." Steven Wright

The Martin Salmanowitz GW Social Club

By Lisa Baruch & Regina Savarese

During the month of March, we will celebrate Daylight Savings Time on March 8th (hooray for longer daylight hours!), St. Patrick's Day on March 17th (be sure to wear your green), the First Day of Spring on March 20th (finally!) and Palm Sunday on the 29th.

Thursday, February 12th @ 1:00 PM in our Ballroom – “London Fog” performed for our club. The group performed all genres of music including but not limited to oldies, British Invasion (Beatles, Searchers, Rolling Stones, Dusty Springfield, Gerry and the Pacemakers). Lunch included: Spaghetti with Garlic & Oil, Potato Croquettes, Glazed Carrots, Chicken Florentine, Oriental Meatballs, Beef with Broccoli, Tossed Salad, Rolls, Valentine Cupcakes, Decaf Coffee & Tea. Everyone enjoyed the luncheon.



Upcoming Shows:

Thursday, March 12th @ 1:00PM in our Ballroom – “John Ciotta” will be performing for us. His high energy and warmth, coupled with unparalleled charisma and general love for his audiences have made him a favorite all around the world. The menu will include: Stuffed Shells, Corned Beef Brisket, New England Potatoes, Steamed Cabbage, Peas & Carrots, Tossed Salad, Irish Soda Bread, Rye Bread, St. Patrick's Green Sheet Cake, Decaf Coffee & Tea. Be sure to wear your green.

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 March 13th. 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 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.

History Club



The History Club attendees listen to Les Linet speak on the Israeli-Palestinian conflict. The History Club meets on the first Monday of the month at 4 PM in the Poker Room.

Topics curated by Pierre Rein are presented by residents. The March topic will be the 1893 Chicago World's Fair also known as The World's Columbian Exposition.

Greater Monroe Chapter

ORT AMERICA Impact Through Education

THE ORT REPORT by Ann Gold

Dear member or not yet members, please read

Ethnic Luncheon in January, held at Mahzu Japanese Restaurant with Fran Gunther telling us about Japanese art form Sumi-e.



For those who didn't attend our February 4th Zoom meeting, hosted by Alex Bebeshko (from ORT America), you really missed a big one. We were privy to an outstanding presentation about ORT's educational work across S. America, including three distinguished leaders from ORT Latin America; Amelie Esquenazi, Gina Abadi, and Orly Picker. Did you know that ORT has schools in Argentina, Brazil, Chile, Colombia, Cuba, Mexico, Panama, Peru, and Uruguay? The school system in Argentina, located in Buenos Aires, has 4 schools with over 11,000 students. Support ORT. BE PART OF THE ORT STORY!

Good times ahead when you add our ORT chapter's upcoming events to your schedule. (We've been working especially hard now to support not only the education of our students in Ukraine, but also their safety – and that of everyone in their schools and families.)

EVERYONE'S WELCOME - UPCOMING EVENTS:

Wednesday, March 4th at 7PM – The interesting story of how Abe Lincoln became “The Face of the Penny” and other unusual highlights of American history. Presenter: **Rabbi Louis Stein**. NO CHARGE. Towne Centre, upstairs Poker Room. Refreshments (of course!) Info: Marcia 609-619-3994 or Lynda 609-409-1099.

Wednesday, March 25th at 11:30AM - GAME DAY. Bring your players to our ever-popular afternoon of lunch, fun, and raffle prizes. Tuscany will cater three kinds of wraps, three types of salads, two dessert offers, and beverages. \$32 per person. The deadline is March 16th. Please place request form (available in the Towne Centre rounder), along with all table partner checks made out to ORT, together in one envelope marked “Game Day” on the outside. Place in Box #18. Info: Barbara 609-642-6523.

Sunday, April 12th at 12:30pm – Trivia Luncheon. What's your “T.Q.” (trivia quotient)? After a tasty, hot lunch by Tuscany, join a team; puzzle out the clues; win a prize. Watch for details.

Monday, June 1st at 7:30pm – Our Annual Musicale. You're more than welcome to participate as the 60 – count-'em 60 musicians of **The Mercer County Symphony Band** entertain us with music from the American songbook. Details to follow.

Wednesday, September 30th 11:30AM – GAME DAY Get out your racks, cards, dominos and repeat the pleasures of March 25th. Watch for details.

As always, thanks to all our volunteers for producing all the enjoyable events...and to all of you who attend and support....to our invaluable worldwide ORT!

Greenbriar at Whittingham Pulse

March 2026 - 17

The Italian American Senior Cultural Club

by Paul Hartnett

As mayor of the greatest city in America, he was fondly known as “the Little Flower.” With an irascible, energetic, and charismatic personality and diminutive, rotund stature, this member of the Republican Party was frequently cross-endorsed by parties other than his own. A panel of 69 scholars in 1993 ranked him as the best big city mayor in American history. He is Fiorello Henry La Guardia.

Born on December 11, 1882 in Greenwich Village, NYC. his Italian immigrant father Achille was born in Foggia, Kingdom of the Two Sicilies, while his Jewish mother Irene hailed from Trieste, Austria. Young Fiorello grew up immersed in the languages and struggles of New York City’s immigrant communities. That heritage shaped his politics: he understood the hopes and hardships of newcomers because he had lived them.

As an attorney, member of the United States House of Representatives and then as NYC mayor from 1934 to 1945, La Guardia became a symbol of honest, energetic leadership. He broke the power of Tammany Hall, modernized the city with federally funded airports, highways, and public housing, and expanded social services during the Great Depression. His warmth—reading comics on the radio during a newspaper strike, comforting New Yorkers during wartime—made him beloved across the city.

Historians note that the mayor’s close collaboration with President Roosevelt’s New Deal proved a striking success in linking national money and local NYC needs. La Guardia enabled the political recognition of new groups that had been largely excluded from the political system, such as Jews and Italians. His administration (in cooperation with Robert Moses) gave New York its modern infrastructure. His far-sighted goals and personal success raised ambitions for new levels of achievement for all immigrants.

La Guardia’s legacy endures as the rare leader who blended reform, compassion, and the proud resilience of his Italian/Austrian American roots.

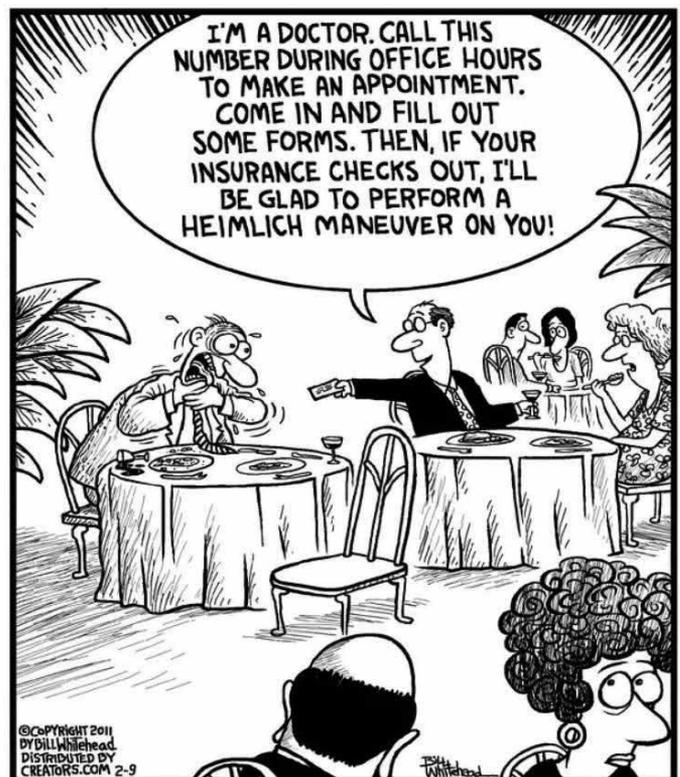
And fittingly, his Queens NY namesake legacy, *La Guardia Airport*, once described as “third world,” was recently transformed by a multibillion dollar rebuild that delivered award winning terminals, modern amenities, and a superior passenger experience.

The Italian American Senior Cultural Club is pleased to offer a night of delicious dining and exciting entertainment on the first Friday of each month. Come join us to dance the night away and spend an enjoyable evening together. Flyers are available in the Towne Centre lobby.

Call Christine (347) 267-7080 or Mona (732) 895-5047 with questions.

Arrivederci per ora amici miei! (Goodbye for now my friends!)

[Ed. Note. Hear Mayor Laguardia read the “funnies” on the radio during a newspaper strike in 1945 https://www.youtube.com/watch?v=DBEKfEs81_I or go to [youtube.com](https://www.youtube.com) and search for Laguardia reads newspaper. Wonderful!]



If your house is cold stand
in a corner. It's 90 degrees
there.

GW Friends Is Coming in as a Lion

By Mark Surks

We are back from our winter hiatus and 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.



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

Monthly meeting Monday, March 23rd We will have the return of Prof. Paul Zigo. Prof. Zigo gave a riveting presentation a few months ago about Germany's unconditional surrender in Reims, France. In March, Prof. Zigo will be back to share with us the facts and images surrounding the surrender of Japan aboard the USS Missouri. I have seen this before and I can assure you it will be equally engrossing.

Monday, March 2nd Join us for our first Monday breakfast. The always fun and frenetic *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 a fun morning.

Monday, March 2nd History Club at 4 PM in the Poker Room. The topic will be "The World's Colombian Exposition of 1893 in Chicago". It will be presented by Mark Surks. I have been told that it will be a fascinating presentation. I am sure Mark will not disappoint.

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 on which you would like to present. We can assist you with any technology support you may need.

Friday, March 6th The Chess Club will meet 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, March 3rd and March 17th 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. Arie Markowitz moderates the meetings when he is not in Florida. Ralph DeVito does the best he can but frankly, he is no Arie Markowitz.

Tuesday, March 10th The Finance and Investing Group will meet at 4:00 PM *now in the Poker Room*. Jerry "Wolf of Wall Street" Gittler and Chester "T-Bill" Trubinski facilitate the discussion about today's markets. You can reach Jerry at 609-642-8929. This is an informative and entertaining group of both men and women. It's a good place to learn financial matters. If you need help understanding just what you own, this would be a good place to find out.

Wednesday, March 11th 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, March 16th The Socrates Cafe will meet at 4:00 PM in the Poker Room. Stimulating topics chosen by the group from a list curated by the facilitator will be discussed. Socrates Cafes began in 1996 as a place for an open exchange of ideas. The GW "Cafe" is hosted by Allan Cooper 609-409-3860.

Monday, March 23rd The Marvin Bachman Book Club will meet at 4:00 PM. The book being discussed is *Anxious People*: A Novel by Fredrick Backman. Information about this book can be found elsewhere in The Pulse

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

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

Meet The Stars: Sensational Soul Cruisers

By Debbie Harbatkin

If there is one kind of music that can lift your mood, get your body moving and singing along to classic tunes, it is the old school soul with a modern twist performed by **The Sensational Soul Cruisers**. They are an 11-man group with horns fronted by four soulful vocalists. This group's distinctive style delivered the ultimate soul experience to our Ballroom on Sunday, January 26. Roseann "Rosie" Charney was the lucky resident randomly chosen for our monthly "Meet The Stars", joined by her friend, Robin Knee, who is the reason Rosie and her husband moved here.

From the Sensational Soul Cruisers' Bio, from their humble local beginnings rehearsing in Freehold Borough at the chicken coops on Route 33 to the basement of the Cycle Shop on Throckmorton Street, this band has come a long way from its "Eddie and the Cruisers" days and are on their way to the list of New Jersey's great recording acts. Soul Cruisers have been under the direction of legendary Jersey Shore sax player Screamin' Steve Barlotta for over 30 years. He has catapulted this band to over 200 performances a year while capturing the true essence of the Jersey Shore sound and its true R&B roots.

Over the past three decades, the Soul Cruisers have been fortunate enough to grace the stage with many great artists from Bruce Springsteen, Little Anthony and The Imperials, Gloria Gaynor, Gary US Bonds, John Cafferty, Southside Johnny, The Emotions, Bon Jovi, Smokey Robinson, Stevie Wonder.

Rosie and her husband Stan have been living in Greenbriar for 7 1/2 yrs. They were both born and raised in Brooklyn, NY and met at 13 years old. Married 48 years, together 59 years, they raised three children in Manalapan, two daughters and a son, who have each given them three grandchildren. All nine grandchildren live nearby, allowing them to be very involved in their lives, going to soccer games, softball games, piano recitals, gymnastics meets, holidays and vacations and the many birthday celebrations they cherish.

Stan was the organ player in the band at Hudde Junior High School where the couple met. Over the years he taught himself to play many instruments including the Banjo while housebound through Covid. Rosie says she has always loved listening and singing to music from the 1960's. Watching Soul Train, listening to Motown such as the Supremes, Temptations, Marvin Gaye, Four Tops, and loves listening to all kinds of music, but "Not Rap!!".

They are quite active in our community and say living in Greenbriar is the best move they have ever made. "It's like living in a day camp with always something to do and of course making new friends." Both are pickleball players and Rosie is the VP of the Pickleball Club. They also play golf, attend the Wine Club, and Rosie does line dancing and plays Mah Jongg.

Her long-time friend Robin Knee who accompanied her to the "Sensational Soul Cruisers" show, has lived here for 13 years. Every time they would visit her and husband Mitch, they knew Greenbriar was the place for them and have "no regrets".





This year, our nation will mark an extraordinary milestone - America's 250th Anniversary. This once-in-a-generation celebration invites us to reflect on our shared past, honor the people and places that shaped our country, and look thoughtfully toward the future we are building together.

Here in Monroe Township, this anniversary holds special meaning. Our community is rich in history, with landmarks and stories that connect us directly to key chapters of America's journey.

To commemorate this historic occasion, Monroe Township is planning a week long celebration beginning in late June and running through Independence Day, filled with events, entertainment, education, and good old-fashioned fun for residents of all ages. This celebration goes beyond traditional Fourth of July festivities, offering activities designed to engage children, families, adults, seniors and veterans alike.

AMERICA 250 – Tentative Event Schedule

Monday, June 29: AM GOLD Yacht Rock Concert at the Senior Center

Tuesday, June 30: Kids Concert and Drone Show at Avenue K/Veterans Park

Wednesday, July 1: Scavenger Hunt Starting at the Library

Thursday, July 2: Cultural Arts Concert at Thompson Park

Friday, July 3: Laser Magic Show at the Community Center

Saturday, July 4: Fireworks at Thompson Park

This special week is truly a community effort. Multiple departments - including Parks & Recreation, Library, Senior Center, Cultural Arts Commission, Historical Commission, Human Relations Commission and others are working hard to coordinate events around this special occasion. Additional activities and details will be announced as plans are finalized, so residents are encouraged to start marking their calendars

Musings of the Editor

By Mark Surks

This March issue marks our twelfth publication of The Pulse. It seems like only yesterday that I sat at my computer in a panic trying to figure out how to put out a 48 page magazine.

I had loved all the time I spent working on its predecessor, **The Voice**. Working with the wonderful editors Alex and Ruth Banks and then Joan Hermelee was just joyous for me. Without their guidance I would not have been prepared to edit this publication.

We have such a great staff of editors that work on all the submissions each month. They add and subtract commas. Bring clarity to some of the confusing material and making sure the product you receive in your mail box is the best it can be.

We have had some real screw ups for sure. Sections of Whittingham did not get their first issue delivered due to an address formatting problem. One month the titles of all the articles were duplicated from the previous month. Articles have been left out altogether. One calendar was off by one day the entire month! I've tried to create a fail safe system to ensure these faux pas are behind us. I am sure some gremlin will find a way to circumvent my elaborate system.

For me, the overall style of the magazine and the fact that it arrives via USPS each month, is the best improvement over The Voice. The color pages really allow us to show off what great things we are all up to here at GW as well as to give the clubs the space to have flyers in everybody's hands. Those flyers should be calling out to you all residents to come down to the clubhouse and experience something interesting or entertaining.

Besides the clubs we feature interesting and well written articles by and/or about members of our community. If you have an interesting story to share about your life, hobbies or brushes with fame or the famous, we really want to hear from you. You can write it yourself or we will have a member of our staff write it for you. These stories really resonate with the folks at GW. We really want articles written by the residents, not just the clubs' news.

While we welcome all your submissions, we do filter out a very small number of items that are political in nature. The GW Pulse is about sharing with neighbors, not about articulating a political position. There are many other avenues for that sort of discourse.

So as we proudly put our twelfth issue to bed, let me remind you that we really, really want your input. We want your ideas and suggestions. We love Letters to the Editor (pertaining to GW matters). We love articles about what you are doing with others from the community. We really love your remarkable artwork to be included on our covers. We have professional photographers ready to photograph your paintings, sculptures, ceramics etc. So share a bit yourself with the rest of us.

On to year two. Please help me with your feedback, suggestions, letters and articles.



Attention all Veterans

You are cordially invited to Join our group. We are Post 609 JVV of Monroe Township and meet here at Greenbriar/Whittingham. All are welcome, we meet the third Sunday of each month for bagels and a schmear and interesting programs concerning veterans. If interested please call our Membership Chair to reserve a spot. Hoping to see you soon at one of our interesting meetings. We welcome all veterans for lively discussions guests and movies.

Kenneth Brettschneider 914-299-3346



New Kids on the Block

by Maddi Litoff

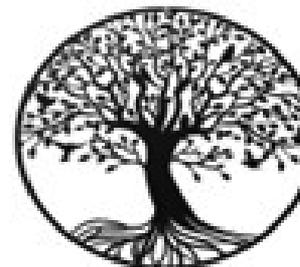
The New Kids on the Block had a wonderful member appreciation evening. We had lots of new members. Our guest speaker was Dr. Ellen Spencer who was just wonderful and gave us good clues on how to survive this snowy winter. Also a shout out to all of our ladies who helped us set up. We had a wonderful evening with all of us together.



We want to welcome all new people to our community. Couples, single women and single men are encouraged to attend our wonderful evenings. We meet on the first Wednesday of the month.

Our next meeting was supposed to be April 1st but that is Passover. The date of the next meeting will be announced! We will be designing a tree of life on a metal frame. Save all your old jewelry or mementos. We will make a collage of this on a metal frame. The cost will be about \$15. Please bring your old jewelry and your items. We will post more in the rounder.

We really look forward to seeing everyone. We will be looking forward to many activities, especially Wednesday July 1st. We will have musical bingo and disco dancing, so please mark your calendars for that event. Hope to see you all soon - stay warm.



All our best, New Kids on the Block.

Asthma and Exercise

By Michelle Polk

As I read an article in People magazine I recalled my daughter, Deborah, having been diagnosed as an infant. The diagnosis by the pulmonologist was “pervasive airway disorder”. I was devastated and felt responsible to locate care. I never gave up! I read through the literature and reached out to my chiropractor which my pediatrician looked at as out of the ordinary. But with the care of both the medical model and the alternate care of my chiropractor I felt I was in wonderful hands.

I followed my chiropractor’s suggestions of Fenugreek tea before bed and b-bites to ward off mucus build up. I brought Deborah to the chiropractor for stretching monthly. Interesting results were that I NEVER GAVE UP!

Playing this forward my daughter was an active participant in sports. She was a member of the bowling club, captain of her softball and tennis teams. She was in the band and performed on the stage for high school productions. Her exercise level was there from middle school to high school and had dance classes privately.

So why am I sharing my journey with Deborah with the readers of The Pulse? Since it was a challenge; however both Deborah and I never gave up. Her pulmonologist was cutting edge with her medication. She never had a life threatening issue and narrowing of the airways that can have serious consequences. Triggers can be pollution, weather causing coughing or wheezing.

Deborah is an active adult and does not limit exercise or sports because of the diagnoses provided as an infant. Interestingly enough, due to early intervention, she might have out grown this disease.



Sunday	Monday	Tuesday	Wednesday
<p>1</p> <p>9:45 a.m. Shalom Club</p>	<p>2</p> <p>9:00 a.m. Ping Pong 10:00 a.m. Team Weights with Ellen 11:00 a.m. Aquacise 12:30 p.m. Exercise (Instruction on TV) 3:30 p.m. Tap Dancing 4:00 p.m. History Club 6:30 p.m. Line Dancing with Teri 7:00 p.m. Intuitive Club</p>	<p>3</p> <p>10:00 a.m. Greenbriar Site Review Committee Meeting 10:00 a.m. Line Dancing 10:00 a.m. GW Ladies Club Board Meeting 11:00 a.m. GW Woodworking Club Workshop 12:30 p.m. Exercise (Instruction by TV) 2:00 p.m. The Alan Hermelee Current Events Discussion 3:00 p.m. PAC Board Meeting 3:30 p.m. Tap Dancing 5:30 p.m. Water Volleyball 6:30 p.m. Poker 6:30 p.m. Billiards</p>	<p>4</p> <p>9:00 a.m. 10:00 a.m. 10:00 a.m. Chair Yoga 10:30 a.m. Resilience Board Meeting 10:30 a.m. Team Meeting 12:30 p.m. Exercise 2:00 p.m. PAC 4:00 p.m. Israel 6:30 p.m. 7:00 p.m. C 7:00 p.m. New K</p>
<p>8</p> <p>1:00 p.m. The Shalom Club Movie</p>	<p>9</p> <p>9:00 a.m. Ping Pong 10:00 a.m. Team Weights with Ellen 10:00 a.m. Entertainment Committee Meeting 11:00 a.m. Aquacise 12:30 p.m. Exercise (Instruction on TV) 3:30 p.m. Tap Dancing 4:00 p.m. After Hours Club Board Meeting 6:30 p.m. GW Ladies Club 6:30 p.m. Line Dancing with Teri</p>	<p>10</p> <p>10:00 a.m. Line Dancing 10:00 a.m. Brain Fitness 11:00 a.m. GW Woodworking Club Workshop 12:30 p.m. Exercise (Instruction on TV) 3:30 p.m. Tap Dancing 4:00 p.m. Finance Committee Meeting 5:30 p.m. Water Volleyball 6:30 p.m. Poker 6:30 p.m. Billiards</p>	<p>11</p> <p>9:00 a.m. 9:30 a.m. Computer Or 10:00 a.m. 10:00 a.m. W 10:00 a.m. Chair Yoga 10:30 a.m. Team 12:30 p.m. Exercise 2:00 p.m. PAC 4:30 p.m. Indo- 6:00 p.m. 6:30 p.m. 7:30 p.m. Resi</p>
<p>15</p> <p>9:30 a.m. Monroe Township Post 609 Jewish War Veterans 1:00 p.m. Shalom Club Craft</p>	<p>16</p> <p>9:00 a.m. Ping Pong 10:00 a.m. Provocative Thinking 10:00 a.m. Team Weights with Ellen 11:00 a.m. Aquacise 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. Health Lecture: Aging & Foot Health 3:30 p.m. Tap Dancing 4:00 p.m. Socrates Café 6:30 p.m. Line Dancing with Teri 6:30 p.m. WHOA Open Workshop Meeting</p>	<p>17</p> <p>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. 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>18</p> <p>9:00 a.m. 10:00 a.m. 10:00 a.m. Greenbriar Co 10:00 a.m. Th 10:00 a.m. Chair Yo 10:30 a.m. Team 12:30 p.m. Exercis 2:00 p.m. PAC 4:00 p.m. Iris 6:00 p.m. 6:30 p.m. Health/Fi 7:00 p.m. Camer</p>
<p>22</p> <p>1:00 p.m. WHOA Movie: Mrs. Harris Goes to Paris</p>	<p>23</p> <p>9:00 a.m. Ping Pong 9:30 a.m. Golf Closed Meeting 9:45 a.m. GW Connections Board Meeting 10:00 a.m. Team Weights with Ellen 11:00 a.m. Aquacise 11:00 a.m. Golf Open Meeting 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. Ladies Book Club 6:30 p.m. Line Dancing with Teri 7:15 p.m. GW Friends</p>	<p>24</p> <p>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 5:30 p.m. Water Volleyball 6:30 p.m. Poker 6:30 p.m. Billiards</p>	<p>25</p> <p>9:00 a.m. 10:00 a.m. 10:00 a.m. WHOA Cover 10:00 a.m. Chair Yoga 10:30 a.m. Team 11:30 a.m. Ol 12:30 p.m. Exercise 2:00 p.m. PAC 4:30 p.m. Sherl 5:30 p.m. Indo 6:00 p.m. 6:00 p.m. Hadass</p>
<p>29</p> <p>1:00 p.m. WHOA Movie: Ticket to Paradise</p>	<p>30</p> <p>9:00 a.m. Ping Pong 10:00 a.m. Team Weights with Ellen 11:00 a.m. Aquacise 12:30 p.m. Exercise (Instruction on TV) 3:30 p.m. Tap Dancing 6:00 p.m. PAC Karaoke General Meeting 6:30 p.m. Line Dancing with Teri</p>	<p>31</p> <p>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) 3:30 p.m. Tap Dancing 5:30 p.m. Water Volleyball 6:30 p.m. Poker 6:30 p.m. Billiards</p>	

Wednesday	Thursday	Friday	Saturday
<p>Ping Pong Ceramics Lunch with Karen & Dave Ident Civic Club Meeting Motion with Ellen (Instruction on TV) Acting Workshop Salsa Dance Class Gin Rummy ART Program Kids on The Block</p>	<p>5</p> <p>9:00 a.m. 3D Art 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 by 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>6</p> <p>9:00 a.m. Ping Pong 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 11:00 a.m. Deep Water Aquacise 12:30 p.m. Scrabble 2:00 p.m. Chess Club 6:15 p.m. Italian American Club</p>	<p>7</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)</p>
<p>Ping Pong Club Meeting – Zoom Only Ceramics Writing Group Lunch with Karen & Dave Motion with Ellen (Instruction on TV) Acting Workshop American Ladies Cornhole Gin Rummy Ident Civic Club</p>	<p>12</p> <p>9:00 a.m. 3D Art 9:00 a.m. Greenbriar Budget & Finance Committee Meeting 10:00 a.m. WHOA Budget & Finance Committee Meeting 10:00 a.m. Chorus 11:00 a.m. Towne Centre Committee Meeting 11:00 a.m. GW Woodworking Club Workshop 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>13</p> <p>9:00 a.m. Ping Pong 9:15 a.m. Meditation Class 10:00 a.m. Greenbriar Executive Board 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 11:00 a.m. Deep Water Aquacise 12:30 p.m. Scrabble 7:00 p.m. Canasta Tournament 7:00 p.m. Bingo</p>	<p>14</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) 6:00 p.m. Wine Club</p>
<p>Ping Pong Ceramics Covenants Committee Meeting Yiddish Vinkle Lunch with Karen & Dave Motion with Ellen (Instruction on TV) Acting Workshop American Club Gin Rummy Fitness & Wellness Club Photography Club</p>	<p>19</p> <p>9:00 a.m. 3D Art 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 4:00 p.m. GW Friends Board Meeting 4:30 p.m. Ballroom Dancing with Pam 6:00 p.m. Stained Glass Group 6:30 p.m. Poker 6:30 p.m. GW Ladies Club Paint & Sip 6:30 p.m. Billiards</p>	<p>20</p> <p>9:00 a.m. Ping Pong 9:15 a.m. Meditation Class 10:00 a.m. Site Review Committee Meeting 10:00 a.m. Beginners Plus Line Dancing with Joan & Sona 10:30 a.m. Yoga with Brian 11:00 a.m. Painting Group 11:00 a.m. Deep Water Aquacise 12:30 p.m. Scrabble 6:30 p.m. Canasta Tournament 7:00 p.m. GW Music Club</p>	<p>21</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. GW Show: Foreign Journey</p>
<p>Ping Pong Ceramics Covenants Committee Meeting Lunch with Karen & Dave Motion with Ellen ART Game Day (Instruction on TV) Acting Workshop Rock Holmes Club Pan-American Club Gin Rummy Lunch General Meeting</p>	<p>26</p> <p>9:00 a.m. 3D Art 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 & Greenbriar Joint Board Meeting</p>	<p>27</p> <p>9:00 a.m. Ping Pong 9:15 a.m. Meditation Class 10:00 a.m. Beginners Plus Line Dancing with Joan & Sona 10:00 a.m. Greenbriar Covenants Committee Meeting 10:30 a.m. Yoga with Brian 11:00 a.m. Painting Group 11:00 a.m. Deep Water Aquacise 12:30 p.m. Scrabble 6:30 p.m. After Hours Club</p>	<p>28</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)</p>

Stress Management: Simple Ways to Support Well-Being at Any Age

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

Stress is a natural part of life, but for older adults it can sometimes feel more challenging to manage. Changes in health, routines, family roles or even the seasons can contribute to tension and worry.

The good news is that there are practical, gentle ways to reduce stress and support both emotional and physical well-being.

At Saint Peter's Healthcare System, we believe that caring for your mental health is an important part of healthy aging.

The importance of routines

One of the most effective tools for stress management is maintaining a regular routine. Waking up, eating meals, exercising, and going to bed at consistent times can provide a sense of stability and control. Even simple daily rituals, whether it be enjoying morning coffee or tea in your favorite mug or taking an afternoon walk, can be comforting and grounding.

Get moving!

Staying physically active is another powerful stress reliever. Activities such as walking, stretching, chair yoga or light strength exercises can help release tension: improve mood, and support balance and mobility. Always choose activities that feel safe and enjoyable. And, quite importantly, consult your healthcare provider if you are starting something new.

A friend in need...

Social connection also plays a key role in managing stress. Spending time with friends, family or neighbors can reduce feelings of loneliness and provide emotional support. Phone calls, video chats, community activities and group classes are all meaningful ways to stay connected. Sharing stories, laughter and experiences can lift spirits and ease daily worries.

Slow it down

Relaxation techniques can be especially helpful during moments of stress. Deep breathing, gentle meditation, prayer and listening to calming music can help slow the heart rate and quiet the mind. Even a few minutes of focused breathing, inhaling slowly through the nose and exhaling through the mouth, can make a noticeable difference.

Get some zzzzzzz

It is also important to pay attention to how much sleep you are getting and the quality of your sleep. Quality rest helps the body recover and improves mood and concentration. Limiting caffeine later in the day, creating a calming bedtime routine, and limiting your phone or TV screen time before bed can support better sleep.

You are not alone

Finally, remember that it is okay to ask for help. Talking with a healthcare provider, counselor or trusted loved one about stress or anxiety is a sign of strength—not weakness. Support and guidance can make challenges feel more manageable.

As we welcome the promise of spring, it is a wonderful time to focus on self-care. Small, consistent steps can lead to meaningful improvements in well-being. They will help you feel calmer, healthier, and more resilient every day.



Seymour & Angelina's Wedding: THE EVENT OF THE SEASON!

By Marie-france MacDonald

On January 30th, the Godfather's granddaughter Angelina Nunzio, broke the glass (became one) with Biker, Seymour Stein right here in the Ballroom at the GW Towne Centre. The beautiful but hugely pregnant bride, was dressed in white. Seymour wore a do-rag and a Harley Davidson t-shirt accessorized by a Harley-logo emblazoned Tallis.

The Prabbi, Father Patrick Schwartz sported a more traditional tallis, clerical collar and a fez. (interesting choice)

The Godfather Procession, started things off because Don Rocco Nunzio said so. He, his wife/bodyguard, and his entourage made their way to their table to the strains of The Love Theme from "The Godfather" .

Once Don Nunzio was seated and his ring dutifully kissed, the Bridal procession began, as many do, with Pachelbel's "Canon in D Major." It might as well have been a funeral dirge with the mother of the groom, Gladys Stein, weeping and wailing her way down the aisle. She was accompanied by Master of Ceremonies, Vinnie Bellini who did his best to rein her in. She was dressed in black even though she usually wears purple.

Next in line, escorted by the Best Man, Joe Ferraro, was the mother of the bride, Maria Concetta Nunzio. She also was weeping, and also dressed in black.

I should mention that the Mafioso (and there were many in attendance) were also dressed predominantly in black, with their go to accessories, white ties, gold rings, brass knuckles and guns.

The music switched to Bella Ciao with the entrance of Natasha Smirnoff, Maid of Honor and Angelina's best friend. She tried to warn Angelina to see less of Seymour, "But she wanted to see more of Seymour" Natasha confessed. She owned that aisle like a Superstar owns the red carpet, flashing her 1,000 watt smile, murmuring thanks, waving her hot pink boa, and throwing kisses to the crowd. Dressed In black, red and purple, Natasha, as always, was bedazzled from head to toe in sequins and rhinestones.

The "girls just want to have fun," bridesmaids, comprised of Ester Bernstein, Anna Maria Galamad, and the Godfather's Putanne, Anna Maria Strunzo, were over the top tacky! Obviously inebriated, they pranced and gyrated and cavorted their way down the aisle in a wild kaleidoscope of clashing colors and patterns like a crazy carnie act.

The Bride made her entrance to Stevie Wonder singing "Isn't she lovely." She was somewhat subdued, red nosed and sniffing as her father Guido Nunzio walked her down the aisle but he was in great spirits, stopping to high-five guests "Hey let's Party!" He was obviously glad to be giving away the bride who, he said, had a penchant for singing off key in the shower which caused the death of three family cats who jumped to their deaths from the upstairs window to get away from her caterwauling.

The Prabbi, realizing by the Bride's state that there was no time to lose, skipped ahead almost immediately to the vows, not stopping even when Seymour's Aunt Tilly called out "Wait a minute, I have to pee."

"Does anyone here object to this wedding?" asked the Prabbi. Almost everyone in the wedding party said they did. "I'll take that as a no." he said and before you could even sneeze, Angelina Nunzio was Angelina Stein. Mission Accomplished.

Everyone had a great time at the reception. There were toasts and jokes and yummy food, catered by Sir Ives. DJ extraordinaire, Anthony Didio, kept the dance floor full to capacity. Even the bride danced non-stop despite her contractions. (Can you say, "Conga Line!") There was one near-incident when The Godfather's wife, snarling, with claws out, went after his putanne but that just added to the fun.

Thank you PAC for another fabulous event with a special thanks to Wedding Planner, Gerrie Pisapia who made it all come together. Weren't the table settings fabulous?

Also Seymour and Angelina would like to announce the birth of their first child, Iris Bernadette Stein, who was born on January 31st weighing in at 10 lbs. She wore her birthday suit for the occasion.



Traveler with a Camera **Wyoming Great Plains**

by Rich Polk

Standing on a slight rise, the effect of the breeze on this August day is one of refreshment. It is not hard to imagine, however, what a howling wind, uninterrupted in its race across the plains, might feel like on a winter's day. The mountains and the oceans get credit for their enormity, but the vastness of the plains is their match.

We're near the town of Bill, in eastern Wyoming, as close to the middle of nowhere as you can get. In the early 1980's, the population of Bill doubled upon reaching eleven souls. Not long afterwards, the railroad made the small settlement a crew change point, and soon enough a motel was built to house train crews that had "outlawed"—reached the maximum number of hours they could be on duty—where they could get their rest.

Soon thereafter, low-sulfur coal began to be extracted from this area, known as the Powder River Basin. The second stage of the Clean Air Act of 1990 caused the demand for this relatively clean fuel to explode. The railroads in the area rebuilt, extended, and built new rail lines to serve the PRB's fifteen coal mines. Business boomed, and within two decades annual production grew from 19 million tons to a record 325 million tons, being delivered to power plants in all directions, including Georgia, Texas, Washington, Minnesota, and Indiana. To handle this traffic, a second track was added the length of the line. In 2006, the line, operated jointly by the Union Pacific and the Burlington Northern Santa Fe, was expanded to triple track the entire length. Eighty to one hundred trains plied the rails every day.

More recently, even this fuel got a dirty name, and many coal-fired electric generation plants converted to natural gas. Today, the number of trains is about half of the heyday count: still a respectable number, but far below capacity. As one watches an eighty-car train fade into the distance, dwarfed by the endless plains, he must wonder if Bill will someday become more of a ghost than a town.



GW Connections: What IS That?

By Michele Sandler

Connections is an all-inclusive club, open to all residents of Greenbriar at Whittingham. Our many interest groups reflect our core principles of cultural, educational, and social programming, along with a strong commitment to community service.

We offer several lively book groups—last month one group explored *The Thread Collectors*, and this month members are reading *The One in a Million Boy*. Our Provocative Thinking group tackles thought-provoking topics such as *Blind Faith*, *Cultural Changes*, and *Cults*, while the Debatable groups dive into current articles from today's news and information media.

All our groups are listed below, and new ideas are always welcome. **Join us, share your voice, and let's grow together.**



Monday, May 4 • 7:00 PM • Ballroom

Meet **Betsy Ross**, brilliantly portrayed by the talented **Alissa Dupuy** — a chance to step into the Revolution and witness a legend.

Wednesday, June 10

Hop on board for our **bus trip to the American Revolution Museum in Philadelphia** — history, discovery, and great company guaranteed!

Monday, August 3 • Ballroom 7:00 PM

Join us as **Ben Franklin** himself pays a visit — witty, wise, and wonderfully entertaining.

Wednesday, August 12 • Knob Hill Country Club

Our **spectacular summer luncheon** returns, featuring the charismatic and joyful voice of **Reginald Proctor** — a performance to remember.

A Community That Gives Back

A portion of all dues and fundraising continues to support: **Homefront • Women Aware • Monroe Food Pantry**. Your participation truly makes a difference.

Current Clubs Include:

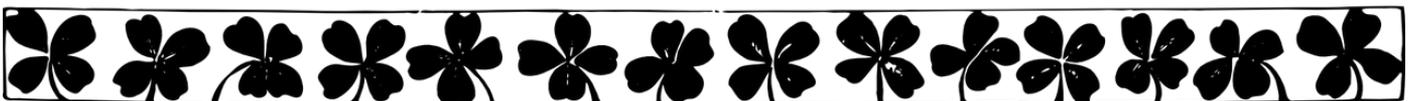
- Three Book Clubs
- Two Discussion Groups
- Poetry Reading Club
- Provocative Thinking Club
- Short Story Club
- Writing Workshop

Membership Information

- **Join for only \$15 (single) / \$20 (family)**
- Donations support Homefront, Women Aware & Monroe Food Pantry
- To become a member:

Make checks payable to **GW Connections** and place in **Box #5 (Attn: Sandy Duncan)** in the Clubhouse lobby. Please include your contact information.

- Questions? Contact **Carol Cooper** at **609-409-3860**



News from the Pickleball Club

By Randy Kahn

In the Spring of 2021, Nancy Hynes, God rest her soul, asked for volunteers to write an occasional article for the GW newspaper, then called "The Voice". I reluctantly raised my hand. This is now my 54th article!!!

Nancy was one of the founders of our Club, back in the days when games were played in the parking lot, with towels and handwritten chalk lines marking court boundaries. We have certainly come a LONG way over the past 12 years or so. I feel safe in saying Nancy would be proud and thrilled to know that our Club is still going strong with roughly 200 members (and growing.)

The Board of our Club is working on lots of ideas for events, matches, programs, etc. Feel free to contact Deborah Wallach, Rosie Chorney, Robin Knee or Rich Flathmann with any suggestions, ideas, thoughts or comments on how to make our Club more effective and/or responsive. They sincerely welcome your input.

It is that time once again for DUES to be paid. If you have not yet submitted your 2026 \$10 annual payment please do so without delay. The Club needs these funds to run all of the programs and events we have all come to appreciate. Checks may be deposited into Box # 13 in the clubhouse library. If you are a new member, please include with your check a note indicating the home address, e-mail(s) and phone number(s) of the new member(s) for whom you are submitting payment.

2026 marks the third year we will be participating in the Monroe Township Senior Inter-Community League. For those new to GW or the League, this is a competitive experience that is expected to run from early May through the end of July. Jeff Weiss is GW's representative on the League Board. While some final details are currently being worked out, we do know that GW will field three teams this year. Matches will be played on Tuesday and Wednesday evenings, as well as on Saturday mornings. Seven other adult communities in Monroe Township are anticipated to field teams. At this time it is expected that each of our teams will include 15 individuals. If the interest level far exceeds that figure, there may be tryouts for team slots, which would take place toward the latter part of April. For further information feel free to contact Jeff Weiss at 732-995-9698 or by e-mail at VSJM@aol.com.

Most of the articles I have written over the years are informative with details on or summaries of parties, events, tournaments, rules, meetings and the like. And, yes, from time to time they do include some witty, perhaps even funny, writing. Below is a piece I originally composed back in the Summer of 2022. Since we have had many newcomers to our Club and to GW since then, I am taking the liberty of re-posting this composition, with a few minor tweaks. It was one of Nancy Hynes' favorites, and mine, as well. If you remember the famous Bud Abbott and Lou Costello comedy routine, this should bring a smile to your face, so here goes.....

Who serves first?

Yes.

That's what I am tryin to find out. Who serves first?

Absolutely, he makes the first serve.

Who?

Certainly, I just said that.

Do you want me to serve first?

No, like I said, Yu serves first.

What are you telling me that for? I am asking you.

This is silly. I just told you, Yu serves first, Joey Yu.

Is he goin to hit his serve to someone in particular?

Naturally, most likely Dink.

I'm askin you, Who is he gonna hit it to?

Yu is gonna serve, but I don't know for sure who is gonna hit it back.

Well if Yu serves, I wanna know who's gonna hit it back?



If Yu serves, he can't hit it back. How can he return his own serve? It will probably be Dink.

So, you think it will be a dink?

No, he's gonna hit a baseline shot.

But, you just said it's gonna be a dink.

No, I just said it's gonna be a baseline shot, most likely to Dink.

If he's gonna hit a baseline shot, how can it be a dink?

I said he's gonna hit a deep shot, to the baseline, to Dink.

So, in other words, Yu is gonna hit a baseline shot to dink?

Absolutely, a long baseline shot, to Johnny Dink.

Now you've finally got it.

Who's got it?

Yu. He's got the ball cause he's gonna serve.

I don't got it at all. I'm just trying to find out who's serving and what kind of shot it's gonna be.

Yu's gonna serve it to Dink. Why can't you understand that?

What about the lob?

What about it?

Is a lob gonna work?

Oh, he's a great player, he is constantly working, he's out there working all the time. One of the hardest workers there is.

Who?

Yes, terrific player.

Who is a terrific player, he's one of the best there is?

Of course, and Lob, too.

What lob?

It's not a what, it's a who.

Lob is a who? How can lob be a who?

Of course, and boy, can he make some beautiful shots.

Lob makes great shots? I don't understand.

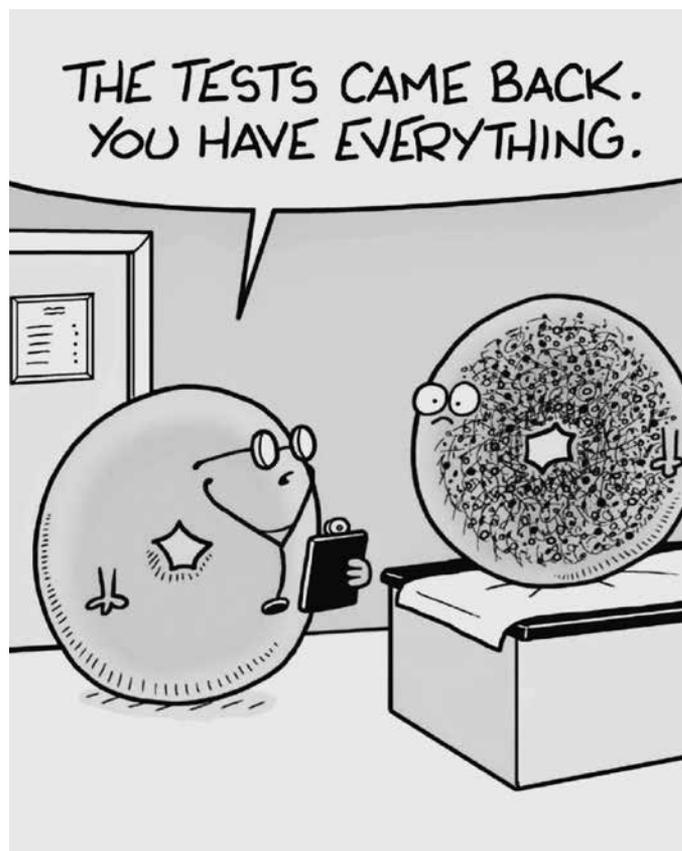
Of course, he's a very highly skilled player, Larry Lob.

So, let me get this right.....Yu serves, to Dink, while Lob plays great? But, what about the net?

Oh, she's the lines person.....Linda Nett.

HAPPY MARCH, FRIENDS!!!

"I must confess. I was born at a very early age."
Groucho Marx



MARCH 2026

BALLROOM SHOWS:

SATURDAY, MARCH 21:

Foreign Journey

Tickets are on sale now!

SATURDAY, APRIL 25:

The Jersey Tenors

On sale Monday, March 16th.

SATURDAY, MAY 16:

Billy Joel Tribute

On sale Monday, April 13th.

NYC BROADWAY:

4/22/2026: Ragtime
Wait List Only

6/17/2026: Beaches
On Sale Friday, April 3rd.

8/6/2026: Les Miserables
On Sale Monday, May 4th.

CASINO BUS TRIPS:

ON SALE NOW:

March 4th: AC Tropicana
April 15th: AC Resorts

ON SALE 3/24:

May 6th: AC Resorts

WHOA MOVIES:

1PM IN THE AC/DANCE ROOM:

Sunday, March 22nd:

Mrs. Harris Goes to Paris

Sunday, March 29th:

Ticket to Paradise

HEALTH LECTURE:

Aging & Foot Health

MONDAY, MARCH 16th

2PM - AC/Dance Room

*Sign up with The Concierge

Shalom Club

of Greenbriar at Whittingham

SUSAN'S 2026 SEMINAR SERIES SUSAN ADDELSTON

April 13, 2026 7:00-9:00 pm

What History Lurks in Your Kitchen that You Knew

Nothing About?

Let's learn about common items that reflect human ingenuity, adventure, imperialism and slavery.

May 11, 2026 2:00-4:00 pm

Groucho Marx

The improbable but true story of a school dropout who kept America laughing for seven decades. What was so special about this man and his brothers? How did they affect American culture?

June 29, 2026 - 7:00-9:00 pm

BAMBI: A Life in the Forest

Not a children's story at all, but a deep parable of pacifism, ecology, vegetarianism, anti-Semitism and not a Disney cartoon! He got it all wrong!

Admission fee: \$36.00. Series not sold individually.

Poker room Open seating Limited space...

Deposit check, made out to Shalom Club, in Box 6 or mail to Shalom Club, 100 Whittingham Drive, Monroe Twp., NJ 08831

Name: _____

Phone Number: _____

Greenbriar at Whittingham Community Presents



FOREIGN JOURNEY will bring you the best of Foreigner and Journey.

They will cover the music of the 70's and 80's with hits that include "Don't Stop Believin'", "Who's Crying Now", "Open Arms", "I Want to Know What Love is" and so many more!

Visit their website: www.foreignjourneyny.com

SATURDAY, MARCH 21, 2026 AT 7:00PM
in The Towne Centre Ballroom

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

TICKETS ARE ON SALE MONDAY, FEBRUARY 16TH.

OPEN TO NON-RESIDENTS MONDAY, FEBRUARY 23RD.

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.

SAINT PETER'S
HEALTHCARE SYSTEM

Aging & Foot Health: Common Conditions to Know

Learn from local podiatrist, Dr. Crider, about common conditions of the foot, preventative measures, symptoms and more!



2PM - 3PM



Monday, March 16,
2026



Greenbriar at
Whittingham
AC/Dance Room

Nicholas Crider, DPM

Caring Podiatry

18 Centre Dr, Monroe, NJ 08831



Registration Required

Please call/visit Concierge
Desk to sign up!

GW FRIENDS PRESENTS

Hot Coffee and Snacks served

WORLD WAR II

WAR IN THE PACIFIC • UNCONDITIONAL SURRENDER, 1945

MONDAY, MARCH 23 AT 7:15PM
IN THE GW TOWNE CENTRE BALLROOM



PAUL ZIGO,

PAUL E. ZIGO, a history professor, author and military historian is the founder and director of the World War II Era Studies Institute. The Institute is dedicated to furthering one's knowledge and understanding of the WW II era and its impact on history.

WW II Era Studies Institute
The Institute is dedicated to stimulating and fostering the study of the historical, political, social, economic and military aspects of World War II in order to provide an understanding of the impact of the war on world history and help future generations avoid armed conflict in the resolution of global problems. The Institute is a resource open to all. It educates the community about key events of WW II, the political and military leaders who waged the war and made peace, and those who served on the battlefield as well as on the home front. The ultimate goal of the Institute is to utilize the lessons learned from World War II to prevent the recurrence of global armed conflict in a world of sovereign states with divergent interests, wants and needs.

QUESTIONS: CONTACT MARK SURKS AT msurks@comcast.net.
The GWFF Business meeting will begin at 7:15PM, followed by our speaker's presentation. This event is open to 2025 paid-up members of GWFriends. If you have not joined yet, bring a check with your 2026 annual dues.



Performing Arts Club
Membership Appreciation Event
"CABARET"
May 30, 2026

This limited free event is open to **150 members of the Performing Arts Club only**. If you would like to attend, please ensure that your **\$10 annual dues and completed membership form** are received no later than **March 15, 2026, in Box 25**.

Additional details about this special event will be published in the **April issue of The Pulse** and flyers will be available in the **Towne Centre rounder**.

Please note that **seating is limited to the first 150 people to sign up**.

Membership forms are available in the rounder in the **Towne Centre lobby**.

We hope you will be able to join us!



GW Wheels

A Club For Lovers of Motorized Vehicles



Foreign ≈ Domestic ≈ Vintage
All makes, models and years are welcome!
Classic, sport, muscle, trucks and bikes.

Shows, rides, meetups, charity drives, community and social events.
Monthly meetings at Towne Center.

Get in touch: gwwheels@icloud.com

Shalom Club

of Greenbriar @ Whittingham

Sunday, April 12, 2026

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



**Remembering the
Borscht Belt
With Donald Kaplan**

There was no vacation place like the Borscht Belt, a Catskills vacation destination 90 minutes from NYC. For much of the 20th century, New York's Catskill Mountains served as a refuge for millions of urban dwellers. That refuge most often came in the form of grand (and less than grand) hotels and many bungalow colonies. Don will speak about the Borscht Belt Museum and about his wonderful memories of the Borscht Belt.

.....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 April 12, 2026 breakfast and place envelope in lock box #6 no later than April 5, 2026 or mail to Shalom Club, 100 Whittingham Drive, Monroe Twp., NJ 08831. Questions?? Call Robin Zimmerman 516-528-2730

NAME: _____
Phone: _____ EMAIL _____

Boredom is Boring

By Herb Saperstein

Language tells us much about history and the changes in human consciousness. For example, the word “boredom” does not exist in any pre-modern language. That’s curious, isn’t it?

The word first appeared in English in the 19th century, and that’s a hint as to why we found it necessary to create a word for a feeling that apparently didn’t exist or existed in a different form before that time. Its first use in literature was when Charles Dickens used it in his novel, *Bleak House*, in the context of the English court system and aristocratic life. The plot involves a court case that goes on and on for years, something that would bore all its participants. It seems that our own court system has something of that English court system where the bureaucracy must be served. One character, Lady Dedlock, (love that name) is described as suffering from the “chronic malady of boredom”. In other words, Dickens portrays it as not merely a feeling, but rather more importantly, as a chronic disease, a sickness.



It’s hard to get a precise definition of boredom, but we might sum it up as a lack of interest, a lack of interest in the world, of daily life, of just about anything and everything. It therefore seems to be adjacent to depression. When I think about the 19th century, what immediately comes to mind is the Industrial Revolution, another topic of interest for Dickens. Most people lived in agricultural areas before the machine age began. They worked on farms or at a particular craft. The Industrial Revolution moved people to the city and into factories, working long hours with these new machines. You didn’t get bored on the farm with your family and friends. You didn’t get bored working on your craft. Working at a machine for most of your waking hours was an altogether different matter. Working in a dirty, crowded city was a far cry from working in the natural world. So we develop boredom among the working class to complement that of the privileged aristocracy and intellectuals.

The 19th century was also the time when religion began to lose its grip on people, when materialism was becoming the foundation for the lives of most people. For millennia, people lived in communities where there was a communal religious life that gave their lives meaning. When Darwinism came along and told us that human beings came from animals and were a result of random chance, a blow was struck against both religion and meaning. If we are animals and are on this earth by accident, then what was the meaning of life? There was none. Gradually people began to even forget to ask the question. Boredom ensued, but now attached to boredom was alienation and unhappiness. Was this one reason we began to see violent revolutions like we saw with communism and Nazism?

Our entire culture has changed. For example, when I googled songs about boredom, the first thing to come up was a lengthy playlist on Spotify, but I won’t bore you with the list. It’s enough to know it’s a popular song topic.

The poet Richard Wilbur wrote a couple of books for children that he called “Opposites”. They are delightful for both children and adults. For example:

What is the opposite of flying?

For birds, it would be just not trying.

Perhaps the opposite for us

Would be to take a train or bus.

So I ask myself:

What’s the opposite of boredom?

For lowlifes it could, alas, be whoredom.

For one aghast at modernism

It might just be enthusiasm.

When I was a teacher, enthusiasm was a very important element in working with children. If you could impart your own enthusiasm to your students, their enthusiasm would lead to taking joy in learning, to enjoying whatever the subject may have been. This can sometimes be a challenge, but every subject is interesting when viewed in the right light. If we can have this enthusiasm in our own lives, boredom will flee as if from a plague.

What, you may ask, is the derivation of the word enthusiasm? An excellent question. It’s from the Greek and means “divine inspiration” or being “possessed by God”. Enthusiasm could be at least the first step back to a meaningful world where boredom is abolished.

Jewish Connections to the *WIZARD of OZ*

By Richard Weber

“The Wizard of Oz” (1939) remains one of the most influential musical films ever made in Hollywood. But did you know just how many “Jewish connections” there are in this story? Let’s explore.

Many of its creators were Jewish immigrants who escaped the pogroms of Eastern Europe, or their children. They often put ideas from their own lives – hope, kindness and finding your place in the world – into the stories they told.

Dorothy wants to return home more than anything. This can be related to the Jewish value of cherishing family and belonging to a community, as Jews were often forced to flee their homes. Some interpret this as a yearning to return to the Land of Israel.

Dorothy’s special shoes can help her get home, but she does not know this at first. This is like a Jewish teaching that says: “you often already have what you need inside you, even if you don’t realize it yet”. The Scarecrow, Tin Man and Lion seek qualities that are important Jewish teachings: learning, kindness and bravery. And the story shows they already had these qualities inside of them all along.

The Wizard looks scary and powerful, but he’s just a regular person behind a curtain. This reminds people of a Jewish idea: don’t believe everything just because it looks impressive. Truth and honesty are what matter.

The famous song “Over the Rainbow” was written by two sons of Jewish immigrants from Europe. They escaped the pogroms of Eastern Europe to a land “they only imagined in their dreams”. Many Jewish people had to flee Europe into a land where dreams really do come true.

PLEASE JOIN US FOR THESE UPCOMING EVENTS:

Sunday, March 1 = Monthly breakfast program - “A Multicultural View of Passover” - 9:45am

Sunday, March 15 = Arts & Crafts Special Event - **Book Folding Class with Madison Becker** - 1:00pm

Sunday, April 12 = Monthly breakfast program – **Remembering the Borscht Belt with D. Kaplan** – 9:45am

SPECIAL EVENT: Susan Addelston Seminar Series (3 Sessions)

Monday, April 13 (7-9pm); **Monday, May 11** (2-4pm); **Monday, June 29** (7-9pm)



GW CHESS CLUB

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

Greenbriar at Whittingham Community Presents

FROM FRANK SINATRA TO FRANKIE VALLI TO FIGARO.

THE JERSEY TENORS



The Jersey Tenors are the newest Opera/Rock Mash-up sensation, creating an explosive blend of iconic Opera classics alongside Rock 'N Roll greats like Queen, Elton John, and Bon Jovi—to name but a few.

Visit their website: www.thejerseytenors.com/media/

SATURDAY, APRIL 25, 2026 AT 7:00PM
in The Towne Centre Ballroom

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

TICKETS ARE ON SALE MONDAY, MARCH 16TH
OPEN TO NON-RESIDENTS MONDAY, MARCH 23RD.

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.

SPECIAL EVENT

Shalom Club

of Greenbriar at Whittingham

March 15, 2026 1:00 - 3:00 PM Poker Room
Members-\$18.00 Non-Members-\$20.00



Arts and Crafts Book Folding Class
Presented by Madison Becker

Book folding is a craft where each page of a book is carefully folded following a pattern. When the book stands up, the edges of the pages form a picture or word.

All of the materials needed to make your Magen David book are included in the class and will be yours to take home.

.....cut.....
Checks payable to Shalom Club. Mark envelope March 15, 2026 Special Event, place envelope in Lock Box #6 no later than March 8, 2026 or mail to Shalom Club, Box #6, 100 Whittingham Drive, Monroe Twp., NJ 0883 Questions?? Call Robin Zimmerman @ 516-528-2730.

Open seating. Space limited

NAME: _____ PHONE: _____

EMAIL: _____

Greenbriar at Whittingham Community Presents



Thursday, August 6, 2026

\$180 per person, checks payable to WHOA
(Price includes show ticket, bus and driver gratuity)

Bus leaves GW Community at 2:00 p.m.

Show starts at 7:30 p.m.
RADIO CITY MUSIC HALL
1260 6th Ave, New York, NY 10020

ORCHESTRA SEATING

*Tickets will be distributed on the bus.
Bus departs New York after the show.



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How did Abraham Lincoln's face land on the penny?
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1st Wednesday, March 4, 2026 7:00PM

Greenbriar at Whittingham Towne Centre
Poker Room (upstairs)

Rabbi Louis Stein will present his take on this
and other interesting looks at American history.

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



WHERE: STONEBRIDGE CLUBHOUSE BALLROOM

WHEN: Sunday, March 22 at 2:00 pm (Doors open 1:30 pm)

COST: \$10.00 No assigned seating. First come, first serve.

Tickets go on sale February 1, 2026... Tickets must be pre-ordered and pre-paid.
Tickets are limited to 100. Wait list will be created if necessary.

Please submit your order form and check, payable to PAC and place in Box #25
Any questions, call Gerrie Puopis (732) 857-4939

Name _____	Phone _____	Email _____
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Total # of Tickets _____		x \$10.00 _____

Greenbriar at Whittingham Community Presents

MARCH MOVIES



Mrs. Harris Goes to Paris
SUNDAY, MARCH 22, 2026

1PM in The AC/Dance Room—1h 55m

In 1930s London, a widowed cleaning lady falls madly in love with a couture Dior dress, deciding she must have one. She embarks on an adventure to Paris that will change not only her own outlook—but the very future of the House of Dior.



Ticket to Paradise

SUNDAY, MARCH 29, 2026

1PM in The AC/Dance Room—1h 44m

A man and his ex-wife race to Bali to stop their daughter from getting married to a seaweed farmer and wind up rekindling their own romance.

Free entry, no sign-up required ~ bring your own snacks!

Have a movie your interested in seeing? Let me know: stein.purita@pac-southcentral.com

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Welcome!



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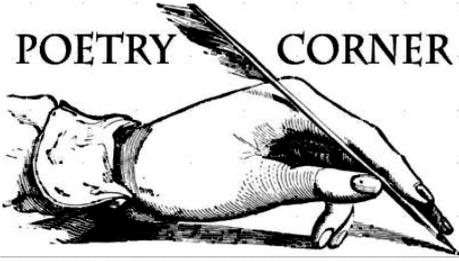
Monday, March 30, 2026

6:00 pm

Meet us in the Poker Room upstairs in Towne Centre
for an entertaining night of Karaoke and refreshments,
following a short general meeting
to share our vision for this year's shows.

If you have any questions...
Contact Gerrie (732) 857-4039 or Marie-France (201) 926-2069





Not a Pipe Dream

By Bill Friedman

Hired a plumber to check a steady leak,
promised to be here in an hour to take a peek.

Arrived 2 hours late with a lame excuse,
his brother's monkey had attacked his goose.

He introduced his helper, a husky gal,
who was the sister of his best friend Al.

Spent 20 minutes bending ears,
actually forgot why he was here.

Then to the basement to locate the leak,
explaining it would take more than a tweak.
It seems a few pipes have seen their better day,
and a few others were on their way.

Agreed to a price to get the job done,
and within minutes the work had begun.

By the end of the day the job was complete,
yes more than a tweak but it ended the leak.

Frugal customer, money not loose not only paid in full,
but included a quart of berries for his goose.

It's Lucky Frank Didn't Fill His Tank

By Bill Friedman

Cranky Frank robbed a bank.

Would you believe he forgot to fill his tank?

It's hard to imagine the heist went swell,
but running on empty he didn't fare too well.

Stalled at a light a mile from the bank,
he was surrounded by the law on every flank.

Calmly surrendered realizing defeat,
with the loot recovered from the front seat.

Sentenced to 4 years, released after 3,
no relatives or friends, what would his future be.

Landed in a shelter, got a job sweeping streets,
just about making ends meet.

By chance met an old pal who introduced him to a lovely gal.

She'd had her ups and downs as well, making it easier for them
to jell.

In an attempt to get him off the mat,
he was invited to share her flat.

Little by little life was getting better,
then she received a registered letter.

She was invited to attend the reading of the will,
of her long infirmed Uncle Bill.

She entered the court to a somber quell,
along with the 2 long lost relatives as well.

She listened to the reading word by word,
and was nearly floored by what she heard.

Uncle Bill's \$3,000,000 estate to be equally divided,
among the 3 nieces and nephews that have been invited.
The next day she donated \$100,000 to a charity dedicated to
fighting youth hunger including teens and younger.

She's been overwhelmed by the hundreds of thank you's she
continues to receive.

The couple continue their frugal life,
not yet ready to become husband and wife.

Most of her inheritance is safely put away,
and is actually not in a play.

They bought a new home on a hill and proudly display a
monument honoring Uncle Bill.

Friendship of the Heart

By Irwin Dunsky

There are so many hazards in life

Better watch out for them, or you'll fall in a whole

Maybe you won't get out, unless a friend lends you a hand

Isn't that what friends are for, to lend a hand

Life has good and bad always happening

I've got friends in my life, when I need them they come to me

I return the favor when they need me

That's what friends are for, not just during the good, but the
bad

True friends are always there to help you

The friends that I have today all showed up in life

The relationships that I've made are more like brothers and
sisters

They touch me, and we love each other

Nobody's looking for anything from me

Only what they can give me, or I can give them

A free giving of thoughts, and help

A free giving of love is always involved

In the end you will make a difference
Arriving only means you're less lost
There is always more work to do
The path of enlightenment is cluttered
With hollow shells of your old self

My Brother

By Irwin Dunsky

Eliot was my older brother, only by two years
Even when he was younger, he had to hold my hand
When we went to the beach, he was truly my big brother
Eliot you were born a big brother, and you died one
Somehow you always felt responsible for me, and you were
I don't know why you were that way but you were responsible
For everyone, Talia, your children, your grand child, everyone
Some people are just responsible, everyone needs someone like
you
When you were younger, you bought and flew model airplanes
When you couldn't get into medical school you went to New
York
Went to the Embassy applied to Bologna, Italy and was
accepted
Spent two years there, learned Italian and graduated from Israel
You were wise and I always needed your advise
Helped me build electronic parts for my alarm systems
Without knowing, you just took it apart, then we went to radio
shack
Bought the parts and built it, somehow you managed
everything
It was in your makeup, you were old before your time
I benefited because I had you in my life
Eliot I will never forget all you did for me, my older brother
You were special, and it made my life very special

Enlightenment

By Irwin Dunsky

If one happens to find
Their way on life's journey
Doubt will disappear
And instincts will hit their mark
You will begin to understand
Your values will be rearranged
Your purpose will make sense
Learning will become obvious
Finding your way
Requires abandonment of fear
And surrender to acceptance
Less defense and more loving
To enlighten means your path will be better lit
The complicated will become clearer
You will see with a new pair of glasses
You will regularly break out in a smile
Your mind will demand more of you
Each plateau is only a steppingstone
Your evolution is ongoing

A Pinch of Salt

By Herb Saperstein

A pinch of salt eludes
The sweetness of the land.
The sound of Glass etudes
Is water in the sand.
A crystal marks the earth
As light within the dark.
What enters with the birth
Of heaven's gentle spark?
A child comes upon us
As questions on the froth
Of oceans deep and wondrous
In the tree of Sephiroth.

"Nothing so needs
reforming as other people's
habits" Mark Twain



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Women of the Workshop: Creativity Blooms from the Sawdust

By Linda Wagner

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

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

This article is the first in a series focusing on the women who have joined the GW Woodworking Club. It explores the influences that brought them to the club. This month, we meet Berta Ditillo, the Club Administrator.



Berta's creative roots go back to her childhood.

"I was raised in my family's florist business. I was a key player. So much so that on holiday weekends when I was off from my full time IT job, Grandma would call and wake me up, desperately asking me to hurry and get to the store," Berta said.

Working in the family business gave Berta early experience in leadership, creativity, and customer service. – skills that would stay with her throughout her career.

"Wherever I was I always managed to bring in color and creativity. If it was spreadsheets I had to build, they had to be color enhanced. It made the work more fun and lightened the atmosphere," Berta added.

"I always entered work contests and won several, either coming up with a tagline for our volunteer improvement group or creating posters to demonstrate support for our company-sponsored Olympic sport.

"I also suggested and participated in hosting art shows at work, which led to displaying photos at Nabisco headquarters. I volunteered as often as possible to do fun fairs at work to raise money for disadvantaged kids." Berta also helped organize the company's annual United Way campaigns.

Berta joined the club because it seemed like a new creative outlet.

"It is great to try new things, and I'm so glad I did. I knew nothing about woodworking."

Her favorite thing about the woodworking club, is the membership.

"Besides the fun woodworking, I like the people, the camaraderie of working on big creative projects together (like the castle), and the happy positive atmosphere. The experienced members are always eager to teach us, putting their own projects down to prioritize new members like me."

One surprise Berta noted about the Club was how other members are incredibly helpful and knowledgeable.

"They don't hesitate to drop what they're doing and help."

Among the many things she has learned about working with wood she said, "I've learned to measure once, measure twice, then measure again; and when using the electric saws go nice and slow."

Asked about her favorite project she said, "I love the cute little table I'm making for my grandson, Jaxson. I'm almost done! I can see the light at the end of the tunnel now."

Berta and her husband, Tom, have been residents at Greenbriar for three years, after living in Union and Essex counties.

"We've always lived up north, so we are used to being in more of a city atmosphere. We're still getting used to the quietness, fresh air, and longer distances to stores," she said.

The Ditillo's daughter, Jennie-Ann, is Jaxson's mom, and is expecting once again. Berta and Tom are gleefully awaiting a second grandchild.

Berta graduated with a B.S. in Computer Science and followed it up with a long career at UPS (United Parcel Service) and Prudential Insurance. Her forte was in Computer Based Training (CBT).

“One of my favorite projects at work was coordinating all of our region and district consolidations, which involved every IT group; a very long and complex project.”

To better her work skills, Berta joined Toastmasters International and earned the Distinguished Toastmaster award, the highest achievable level.

“It was a great experience in gaining leadership skills, public speaking and mentoring new members. It was a great way to build good friendships,” she said.

Berta is also a member of the Intuitive Club and Art Group.

One of her favorite childhood memories is of playing in the ‘greens’ in the floral shop storage area. The family business stored bundles of green branches that reached the roof of an oversized garage.

“We would climb up, then slide down as far as we could – such great fun! One time my entire leg got caught. I felt myself sinking down and I couldn’t get out, so we screamed for dad. He came to my rescue, pulled me out and saved the day! The only thing lost was my shoe; luckily dad saved me there too. He reached down and pulled it out for me.

The GW Woodworking Club invites any woman, or man, interested in joining to contact Linda Wagner at wagner-group@comcast.net, or Dennis Marshall dmarshall3@aol.com.



Table for Two? – Berta Ditillo takes measurements on a table she is building for her grandson Jaxon and his soon-to-arrive new sibling.



Skills Bloom in the Woodshop - GW Woodworker Berta Ditillo pre-drills a whirley-gig part prior to assembly.

“Always go to other people’s funerals, otherwise they won’t come to yours.”
Yogi Berra

Zoodling: The Show Must Go On!

By Ken Wagner

A couple of months back I wrote about things that we grew up with that no longer exist, like reel-to-reel tape recorders, dial phones and basic table manners. I failed to mention one item that is still around today, but won't be for long.

I'm going to predict that in five years, we'll be able to say to our grandkids, "There used to be a place where you could go and watch a movie, on a screen that was 50 foot wide, with hundreds of other people. It was called a movie theater."

In return, they will tilt their heads and ask, "Why in the world would you want to do that?" Given the state of the movie business, it's a valid question.

Personally, I grew up on movies. I came to love movie theaters. I love everything about them - the smell of popcorn, the slightly musty carpets - my shoes sticking to the floor as I try to crawl over other patrons.

Even when I go on vacation, I make it a point to visit the local theater because I love the experience. There is something special about sitting in a dark auditorium, with nothing but screen in front of you and sound so loud that your ears bleed.

When I was in college, I actually worked at two movie theaters as something called an "usher". I wore a bright blue blazer and snappy black bow tie. It was my job to guide the smokers into the sections where they were allowed to light up, because yes, you could chain smoke your way through the entire length of *Funny Lady*. If you ran out, not to worry, there was a cigarette machine in the lobby!

Unfortunately, I think movie theaters will soon go the way of Blockbuster Video – all being turned into Starbucks coffee shops. I don't think this should be a surprise for a few reasons.

First, in order to see a movie in a theater today, you might have to take out second mortgage on your home. Fortunately, jumbo mortgages are at a pretty good rate at the moment. I can see a time coming when theaters start offering financing options for family outings. The kid at the concession stand will run your credit check.

Without exaggeration, I checked the prices at a national chain theater in our area, and for a senior ticket, popcorn, candy and soda it was \$48. I'm sure I could do without a \$7 box of candy, or an \$8 drink, but I certainly can't go without the \$11 box of popcorn. For this kind of money, movies have to be pretty special...which brings me to the second issue -the movies themselves.

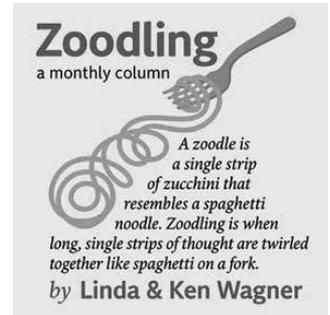
Have you seen what passes for new movies these days? At some point Hollywood gave up on anything new or original. Those movies were too risky. Today, we get the "movie franchise" – sequel after sequel, recycling the same stale premise and five actors over and over. On the other hand, I am looking forward to seeing the new Jurassic Park #31 this summer. The question isn't if we should beat a dead horse, but how many times should we beat a dead horse?

And, when these story lines run dry, (maybe after the eighth or ninth sequel) we now jump to the "multi-universe" concept where we pretend that all the previous movies and storytelling never happened. For example, Superman, Batman, and the Hulk all had more than one origin movie complete with reboot. Spiderman has three different origin movies. I feel like most of us got it after just two Spiderman origin movies – spider bite, radioactive, superpowers – got it!

I have to admit, the experience of going to a movie theater, even for me, isn't what it used to be. Somewhere along the line, people starting confusing their living room with theaters, which has led to a number of bad behaviors. For example, full blown phone conversations during the movie. The last time this happened, the guy in front of me kept taking calls, but was careful to say (loudly), "yeah I'm in a movie theater, so I'll have to keep this short." Really?

And when did it become a thing for teenagers to go to the movies in their pajamas and bathrobes? Not to mention slippers, blankets, and their entire collection of stuffed animals.

But movie goers aren't all to blame. Theaters are doing a pretty good job of making the experience painful themselves. Take, for instance, what they show before the movie. In the old days they showed "coming attractions", basically movie previews. We enjoyed those. Today, you get a full ½ hour of commercials. Seriously, did I just pay \$18 to see a GEICO commercial? Of course, what theaters are really doing is training people to come late to movies, so they can crawl over you to their seat once the movie actually starts. Yeah, so this also happens at home when the grandkids are over, but with strangers it's different.



I give it about three to five years until movie theaters go the way of the dinosaur, then we'll have another story about the good-ole-days for the grandkids. Yes kids, they were called "movie theaters"!

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.

The Sherlock Holmes Club

by Paul Hartnett

"It was a wild morning, and the last remaining leaves were being whirled from the solitary plane tree which graced the yard behind the house. Holmes was in a good mood, with that somewhat sinister cheerfulness characteristic of his lighter moments. After a month of trivialities and stagnation, he had a case."

This is from the opening scene of this month's short story, *The Problem of Thor Bridge*. Written by Dr. John Watson, Sherlock Holmes' longtime friend, partner, companion and biographer, Watson narrates 56 of the 60 original Sherlock Holmes stories. Virtually all we come to know about the great detective- his appearance, background, character, methods, finances, attitudes, etc.- are learned through Watson's words.



Watson once characterized his friend as "the most perfect reasoning and observing machine the world has ever seen." For Holmes, mental exercise was life itself. Idleness or lack of work usually put Holmes into a foul mood. Sometimes it made him short tempered while other times it led him into depression. And when things were particularly slow, Holmes turned to drugs. "My mind rebels at stagnation," he explains to Watson when the doctor objects to his cocaine use. "Give me problems, give me work, give me the most abstruse cryptogram, or the most intricate analysis, and I am in my proper atmosphere. I can dispense then with artificial stimulants."

This need for mental stimulation is a common condition of Holmes throughout the stories. He states in one case "I abhor the dull routine of existence. I crave for mental exaltation," and in another "My mind is like a racing engine, tearing itself to pieces because it is not connected up with the work for which it was built."

Sherlock Holmes without a case is restless and irritable, with the good doctor worried about his possible relapse into drug use. However, a new and exciting case ("the game is afoot!") will put Holmes in a cheerful and buoyant mood, about to embark with the good doctor on another fascinating adventure.

The Problem of Thor Bridge is just such an adventure. The story opens in the sitting room of 221B Baker Street. The client is J. Neil Gibson, the "Gold King", an extremely wealthy American. Once a Senator for some Western state, he is now better known as a great gold-mining magnate. Gibson's wife Maria was found dead on a bridge on the grounds of their estate late at night, clad in her dinner dress, with a shawl over her shoulders and a revolver bullet through her brain. Immediate suspicion falls upon Grace Dunbar, the beautiful family governess. Gibson wants Holmes to find his wife's killer, but seems equally concerned with proving the innocence of Miss Dunbar, who has now been arrested for the crime. What follows is a tour de force by the master detective. This is Holmes at his best, combining crime scene investigation with brilliant deductive reasoning to solve the mystery.

So, turn off the news, put down the phone and journey to a simpler time and place- Victorian England. Join us as we follow Holmes and Watson through a maze of false clues and misdirection to puzzle out *The Problem of Thor Bridge*.

The Sherlock Holmes Club is meeting on Wednesday, March 26th at 4:30 on the second-floor meeting room at the Towne Centre. No dues, no obligation, and new members are always welcome. Deerstalkers are optional.

Please read the short story before the meeting. It is available online at: Sherlockian.net> *Investigating*> *60 Original Stories*> *Thor Bridge*, along with other sites.

Call Paul at (609) 642-6314 with any questions. *The Game is Afoot!*

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