

Greenbriar at Whittingham PULSE



The Alignment of The Planets by Brighton Court resident Frances Gunther

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

On the cover: Alignment of the Planets

By Francis Gunther

“*Alignment of the Planets*” is an artistic rendition based on facts and events that inspired the artist. This painting of our solar system was motivated by actual events that occurred throughout 2024 and specifically, the alignment of all 7 planets in April 2024. They could be viewed from the earth with a telescope, on an App on a smart phone, or with the naked eye. One could see a couple of the planets in the night sky shining brightly.

This exciting and amazing experience, along with the research on the planets and outer space thrust the artist to create this artistic, semi-realistic depiction of our solar system.

The planets closest to the sun are Mercury and Venus. They are very hot and go around the sun, as do the other planets. A viewer on earth had to wait until they were within the right revolution around the sun to see them in 2024 with the other planets.

Our Earth is the 3rd planet from the sun, with a perfect atmosphere to support the abundance of life. Our moon shines and rotates around the earth. There are close to 7,000 satellites that orbit the earth.

Moving away from the Sun, after the Earth comes Mars and Jupiter. Both have many moons. Jupiter has many storms and is the biggest planet. The further from the sun, the colder it gets.

The next furthest planet is Saturn with its famous rings, storms, and a moon called Titan. It gets minus 300 degrees.

The twin planets, Uranus and Neptune, are the coldest and very icy. In the distance is Pluto, now classified as a dwarf planet. It is approximately 2.6 billion to 4.7 billion miles from the earth. Pluto is not even a light year away. One light year is approximately 6 trillion miles away.

Our planets are close to perfect spheres, while the moons and meteoroids are not.

Rockets have been sent to outer space for exploration. Rotating the earth about 250 miles above, is the International Space Station. Further way is the Hubble, launched in 1990, which orbits the earth around 360 miles above. The James Webb Space Telescope, launched in 2021 orbits the sun. It is 930,000-1 million miles from the earth.

There are **shooting stars** (meteors in the Earth’s atmosphere), **meteorites** (lands on the Earth), and **asteroids** (rocky, metallic, or dusty object that orbits the Sun) and distant galaxies.

Our solar system is a small part of our home galaxy, which is called the Milky Way. It contains over 400 billion stars that we know of. This painting hints at what is beyond our solar system with millions of stars and other galaxies.

Home Earth floats silently in space, protected by a thin atmosphere that supports all life. From space our planet looks blue because of its oceans and white clouds. Earth is the only known planet with life, making it extremely rare and precious.

A small world in a huge universe and the only home we have.

Deadline for material to be submitted for the June issue of **The Pulse** is May 8th.

The Pulse is looking for input from GW Residents. In the April issue there was an article entitled “Hey, Let’s See if This is Interesting”. There were anecdotes about peoples brushes with fame. It would be interesting to hear of GW resident’s stories of people they crossed paths with. We really want your input. Make it brief.



“Don't prescribe anything for my memory. I like it when I forget I'm old!”

Kids on the Block

by Maddi Litoff

Happy spring to everybody now that it's getting warmer we will invite you to design your tree of life. Save your old jewelry and come and design your own piece of artwork. On June 1 at 6:30 in the art room please sign up and enjoy the fun.

Our next event will be July 8. That's the first Wednesday. July 8 music bingo and dancing afterwards with our famous DJ please mark your calendars. Also coming up will be of course our Halloween scavenger hunt and masquerade party disco in November with a DJ so everything is good. Hope all everyone is fine so please call and join us.

Our best Kids on the Block 201-280-3911



Car Club Fuels Local Families with Food Drive

By Ken Wagner

As a lead up to their annual June 6th car show, the GW Wheels club is sponsoring a food drive to benefit the Schneider Food Pantry operated by the Monroe Township Senior Center. The food pantry provides monthly support to approximately 53 local families facing food insecurity. Each family receiving aid has met eligibility criteria and face economic hardships. The pantry relies heavily on private food donations and monetary contributions to provide support.



Last year's food drive was very successful. The club delivered a full truck-load of needed food items to the food bank collected in conjunction with the club's annual car show. According to the food bank, the donations helped to fill an early summer gap in donations, as June can be a slow time for contributions.

The club is asking community members to contribute non-perishable food items, paper goods, and personal care items from May 15th to June 6th. A collection box will be located in the Towne Centre lobby for donations during that time. Some suggested foods are peanut butter, canned fruits and vegetables, canned soups, pasta, rice, tuna and low sugar cereals. Non-food items also needed are shampoo, toothpaste, toothbrushes, paper towels and toilet paper.

The food drive will culminate in the big GW Wheels vehicle show on Saturday, June 6th, from 11:00 AM to 3:00 PM at the Towne Center. Show attendees are encouraged to bring their final donations and enjoy a day filled with classic, sport, specialty cars, trucks, and motorcycles. The event will feature live music by the Not Too Old (NTO) Band, a live DJ, line dancing, a food truck, and a 50/50 raffle.

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

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GW IRISH AMERICAN CLUB

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As we pass from our great Irish celebration of March and the St Patrick's parties and parades, we are planning for the next 6 months.

On April 15th, Jane Azuma took us on a tour of Trim Castle, Blarney, Kilkenny and Castle Freke.

There are over 100 castles in Ireland. Trim castle was featured in the movie "Brave Heart". Jane and her husband, Bob visited Trim in the past. Jane is a descendant of a past owner of Trim.

Our next meeting will take place on May 13th, 4PM in the multipurpose room (near the Nurses office). We will discuss Irish Women. 5 members will discuss 5 women who contributes in a special way to Ireland.

On June 17th, we will discuss the great question of the whole of the island. "Should The Republic of Ireland unite with Northern Ireland?" This meeting will be on June 17th in the Dance Studio at 4 PM.

On July 15th, we will discuss the "Starvation of Ireland". Come to the meeting to find out why it is now called "Starvation" and not "Famine". The meeting will be in the Dance Studio at 4 PM.

No meeting in August.

If you have never been to one of our meetings, come in. We can put you on our mailing list to let you know what we are doing.

Slainte

Bob Buckley

732-991-6468

Frank Lynch

848-223-4523

News from the Golf Course

By Allan Cooper

No one is ever permitted to walk on the Golf Course unless they are signed-up to play a round of Golf.

Recently some new residents walked onto the Golf Course and felt they were entitled to walk around because they were members of the community.

It can be dangerous to walk on a Golf Course. Golfers hit the ball a long way, and may not see people standing 150 to 200 yards away, especially when the fairways are curved.

Roughly 40,000 people are treated annually in Emergency Rooms in the USA, due to golf ball injuries.



Please help us keep the Golf Course a Safe Place and obey the rules:

DO NOT WALK ON THE GOLF COURSE UNLESS YOU'RE SIGNED UP TO PLAY GOLF. THANK YOU.

The Golf Course plans to upgrade its driving range this year. We currently have six slots where golfers can practice hitting balls into the net. Each station has its own mat to hit from. Underneath some mats is a concrete slab and a few are resting on the earth. We will replace the individual stations with a foundation of one long concrete path, and all the golf mats will be placed atop the concrete ribbon. The stations are separated by a series of shields so an errant ball cannot hit another golfer.

In the practice area there is a very large practice green, and nearby there is a practice sand trap, and also close by is an area where golfers can practice their chipping and short pitch shots.

Most Golf Professionals recommend that you arrive early for your round of golf and spend a half hour warming. It will probably reduce body strains, and may even reduce your score.

As part of our course improvement we plan to repair and upgrade some of the sand traps around the course. As described previously, a sand trap is more than a hole in the ground filled with sand. Beneath the surface is an elaborate series of drainage pipes that takes water off the traps so they don't wind up being mud puddles.

Sand traps, or bunkers (as they are called) are part of the series of hazards that are added to the Golf Course to make the game more challenging. They increase the need for precision in making golf shots, and if you should land in a trap you need a special technique to hit it out.

The Sand Wedge was invented in the 1930's by Gene Sarazen. It was designed for green side bunkers, and was concealed from the world by him and his caddy. He used the club in the 1932 British and American Open Tournaments. (He won both tournaments) It is said that they took the club home with them at night to keep the secret. By 1933 the secret was out and the Sand Wedge was mass produced, and sold all over the world.

Greenbriar has its own Men's and Women's Golf Leagues. Carmine Campanella has been in charge of the Men's Leagues for the past eight years. He ran both a Nine-Hole and an Eighteen-Hole league for men. In addition to the weekly competitions, there were final contests at the end of the year. Prizes were awarded for the weekly contests and larger awards at the years end. Everyone agreed that the Leagues were well run and if a problem arose, Carmine was there to handle it. He also saw to it that there was a delicious luncheon at the end of every year, where the prizes were awarded.

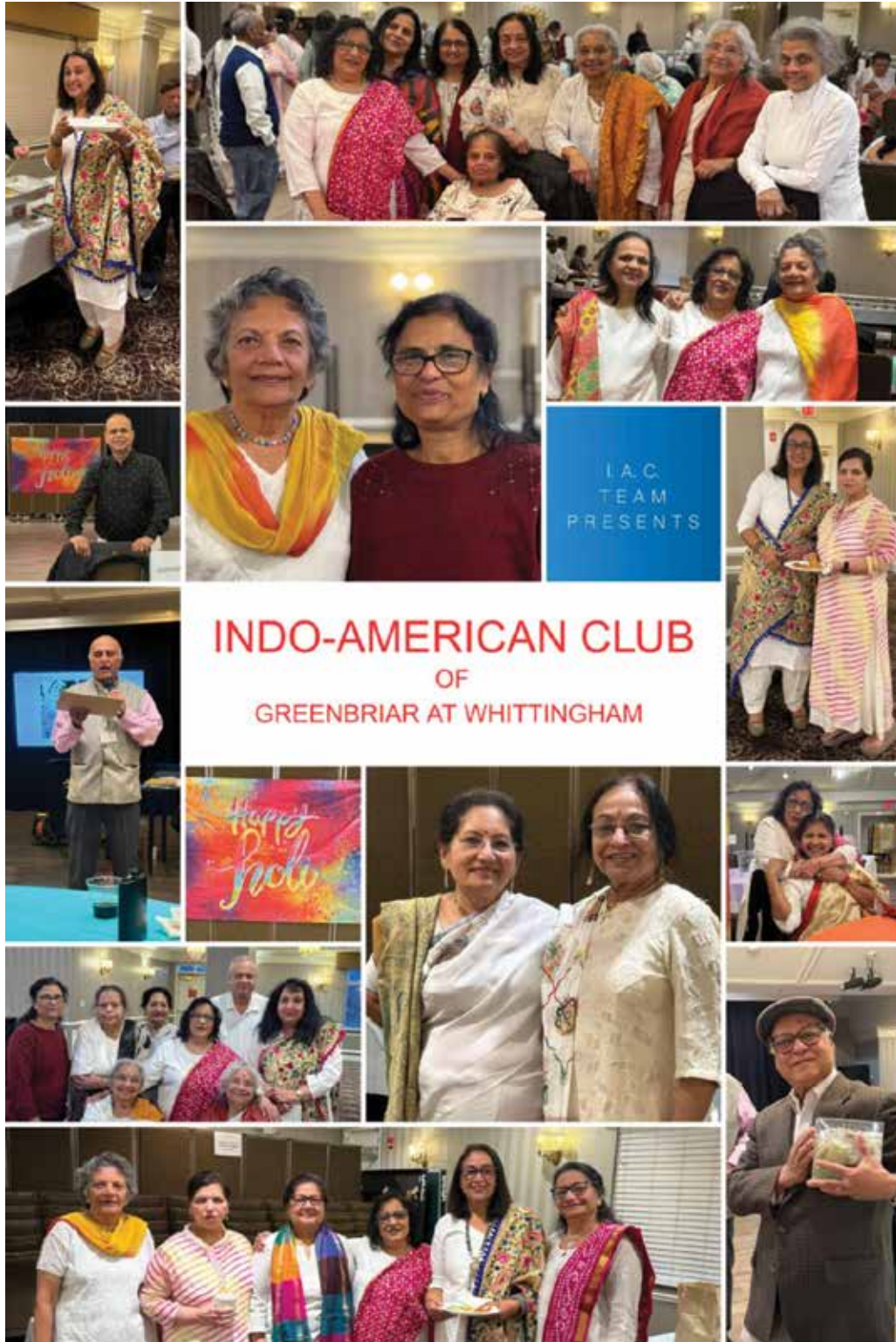
Carmine Campanella has been very active in the community and it's not surprising to see him up at the microphone asking questions or stating his opinion at a WHOA open meeting.

He has been on the Site Review Committee, the Covenants Committee, and he has run the Community Garden at Greenbriar at Whittingham. He has been on the Golf Board for eight years and is its current Secretary.

Campanella worked in the pharmaceutical industry. He sold chemicals used in the development of new medicines. He tried golf with a family member in 1969 and really enjoyed it. He took up the game and traveled from Staten Island to New Jersey to play at Forsgate Country Club, and later played at Cream Ridge. He was able to score more than a few rounds in the low 80s and really loved the game.

This coming season will be Campanella's last as head of the Men's Leagues. While he will give up the heavy duty of running the day to day issues of the league, he will still be available for advice and consultation. He is retaining all his other functions at Greenbriar.

It is only a partial farewell to a most competent and active community member.



INDO-AMERICAN CLUB'S MARCH DINNER EVENT - ("HOLI" SPECIAL).

Photos By – Lata Shah & Raj Malhotra.

Photo Collage By – Asit Sakaria for The IAC Volunteering Team.

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Hadassah News

By Joanne Sacoff

"The most beautiful springs are those that come after the most horrible winters!" Who can argue with that?

Here we are finally with winter passed and some truly fun and wonderful events to look forward to. I cannot go forward without mentioning our beautiful Purim bags which were distributed last month. Each bag was filled with an excellent selection of treats and "toys", all beautifully wrapped and bagged. Kudos to the team of ladies who worked so diligently to make this program such a lovely and successful event. Do not miss out on this Purim treat next year!

By the time you read this, you all will have enjoyed our very exciting, very delicious, Chocolate Seder. What a sweet night!

I hope all of you game players have put in your checks and supplied us with your table requests for our always fun Game Day on Wednesday, May 13th, in the GW ballroom. This year, McCaffrey's will be catering the afternoon. There will be a nice assortment of sandwiches, as well as some delicious salads. Coffee and dessert will be served as well, and since I am on this committee, you can bet there will be candy to eat while playing. (My sweet tooth is famous!) The cutoff date to save your place for this event is May 4th. Please feel free to call me or Joyce Gerbman with any questions.

I think it should be noted that profits from our fundraising events are almost always earmarked for the Gandel Rehab Center for all of the excellent rehab work they do in every phase of recovery for affected Israeli and Arab citizens. In fact, Alisa Hadassah was very excited to present to the Gandel Rehab Center in Hadassah Hospital a beautiful mezzuzah with a plaque noting our gift. This was placed on the doorpost of the synagogue room of the Rehab Center when Sharon and Alex Nachimson visited Israel in the fall.

I also would like to mention, in case you did not know this, that if you get a membership renewal notice from National Hadassah you can mail it right back to the Hadassah address given. You do not need to do it through our chapter. Any questions on this please call Sharon at 973-668-1813.

Please watch the rounders for news of an upcoming Lunch Bunch. They are always delicious, fun and beyond interesting and informative. Any questions, call Ellen Panzer Schwartz.

Here's to a wonderful, warm, sunny spring and summer with great events and lots of fun with our wonderful Hadassah sisters. Please join us. Remember, this is NOT your mother's Hadassah!

"The month of May is the gateway to summer". Call me crazy, I loved the wildness of this past winter, but I am also so looking forward to the steamy days of summer.

I cannot go forward with the list of all of the excellent upcoming events without commenting on our fabulous and VERY SWEET chocolate Seder. What a special evening that was! Everyone thoroughly enjoyed the transition to the chocolate Haggadah service which was both funny and delicious. Kudos to the brilliant women of our chapter for their hard work. Excellent job ladies!

On to the upcoming plans. Our April meeting will be a tribute to, and a talk about, the Israeli Lone Soldier program. A lone soldier is any service member in Israel's military who comes from another country and does not have family in Israel. This program supports and helps those soldiers in many ways. This should be a very interesting and informative meeting. Try not to miss it.

On **May 13th** we have our annual Card and Game day. Hopefully, all of you Mah Jongg players have already received your new cards and will be conquering all the new hands at this great and fun event. Lunch this year is being catered by McCaffreys and we think it will be a nice change. We look forward to hearing what you all think.

We wish everyone a very happy and healthy Mother's Day.


At our **June 24th** meeting we will be discussing the influence of the Torah on the Constitution. I am sure this will be a most informative and lively discussion.

JULY gets all caps because it is the month we do our Trivia Night. Our excellent trivia masters have been working all year on fabulous trivia questions. There is nothing like this evening--so inventive, so much fun, and so surprising. Come to the Monroe Twp Library for this wonderful evening on **Wednesday, July 22.**



August is a very special month for our chapter as well. We alternate years between our very popular Fashion Show and our wonderful Book and Author event. This is the book year, so mark your calendars for **August 26th** at the Forsgate Country Club. Our author this year is Melinda Blau, a much publicized writer with more than 15 books and 400 articles in publications, including New York magazine. She also does podcasts and recently interviewed June Squibb, the star of "Eleanor the Great". I listened to the pod cast and it was amazing both because June is so interesting and because Melinda asked great questions. Melinda's newest book, and the one she will be speaking about, is titled "The Wisdom Whisperers". I have read it and it is the perfect book for our "ladies". It is relevant, charming and inspirational, so I hope you will attend this event.

Looking forward to seeing everyone at all of our planned events and always remember "This is Not your Mother's Hadassah". Happy Spring!



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GW Ladies Club

By Carrie Ferraro

We hope everyone enjoyed their spring celebrations and are ready to participate in the fun activities the GW Ladies Club has planned in the upcoming months.

Our members were able to explore their artistic talents and share many laughs during our “Paint n Sip “ event in the Artist-People studio located in East Brunswick.

We also had a fun time playing Bingo at our March meeting. It was our first time hosting this game but it proved to be loved and enjoyed by all.

During our April meeting our members brought their special homemade desserts and shared the recipes . It was a delicious and fun night where the ladies had the chance to play their favorite game and enjoy each other’s company.

Our third Kentucky Derby Party will be held on May 2nd in the Ballroom. It is always a special and fun event marked by the beautiful and dapper outfits that both the ladies and men wear. Everyone can watch the race, place bets and enjoy the traditional Mint Julep and delicious food.

Our future events include:

Lunches and dinners in great restaurants

Pool and pizza parties

New members are welcome to join. The membership forms are available in the kiosk in the lobby of the Clubhouse. Our monthly meetings are held the 2nd Monday in the month at 6:30 PM in the ballroom.



Car Show Returns June 6th! Registration is Now Open

By Ken Wagner

The annual GW Wheels Car Show, returns this year to the Towne Center on Saturday, June 6th. The show is the largest and only classic, sport, truck and specialty vehicle show held at Greenbriar at Whittingham each year. This year the club has a goal to show 70 outstanding vehicles and to provide even more for visitors to experience – including food and entertainment. The show takes place from 11:00 AM to 3:00 PM and has a rain date of June 7th.

Once again this year, the show will feature live music provided by the NTO Band, a DJ, a food truck, 50/50s, a food drive for the Monroe Township Senior Center and line dancing! They will also have an expanded set of trophies to be awarded to even more categories. Visitors to the show will have a chance to vote in the “People’s Choice” award.

The show has become a great community event for all of Greenbriar! Registration is free to show a vehicle. Residents can also invite guests from outside of the community to enter a vehicle for the show. Guests are required to be invited by a resident but are welcome to join.

Those interested in showing their special vehicles – classic, sport or specialty cars and trucks are invited to register as early as possible for the show and join the fun! Registration forms are available at the Towne Center lobby, and also found in this issue of the GW Pulse.

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



In the Spotlight: Barbara Leftow (born May 8th, 1933)

By Marie-france MacDonald

Recently I had the privilege of interviewing Barbara Leftow for a Legacy Video Project which you can view at mariefrancemacdonald.com. I originally met her at an audition for the very first GW PAC production, "The Golden Age of Television."

She mostly kept to herself, patiently waiting for her turn to sing. None of us had any idea what a remarkable talent was in our midst until she quietly sang the most soulful and moving version of "Stormy Weather" since Lena Horne. Few artists are more gifted with the ability to completely embody a song. I can't count the number of people who, after hearing her sing, said "I could listen to her sing all night." I am one of them.

Her mother recognized early on that Barbara was exceptional and did everything she could to nurture Barbara's talent, but her path to stardom was strewn with obstacles.

She flubbed her first radio appearance. She was so young she had to be put on a chair to reach the microphone. Shortly after she started singing, a bit of phlegm lodged firmly in her throat at which point she remembers being briskly whisked back to the floor while the announcer said, "And that was little Barbara Kessler."

Her tap-dancing instructor declared her impossible to teach because of her pigeon toes.

"So," Barbara says, "That was that. I'm still pigeon-toed."

She sang in choruses every chance she got. Once, in high school, she got up the nerve to ask the director if she could sing a solo. He said no, Barbara says, so, I never thought I was anything special.

At seventeen, Barbara met her husband Alvin in Brooklyn just a few blocks away from the house where she lived with her mother. She was only 18 ½ when they married. Alvin was eight years her senior and Barbara's mother was opposed to the marriage but Barbara says it's the best thing that ever happened. "He blessed me with two wonderful, fabulous sons who have in turn blessed me with two wonderful fabulous daughters-in law." "They are," she proudly proclaims, "the center of my life."

In addition to taking care of her family, Barbara worked first as a stenographer in Manhattan and later as a legal secretary/paralegal in East Brunswick but through it all she kept on singing if only in her mind.

It took quite a few years for Barbara to be discovered but finally she was put front and center on the stage where she belonged, first with the Whittingham Drama Club in their 2000 production and and more recently with PAC. She has appeared in almost every PAC production since 2023 as well as representing PAC in two CTAC productions.

Not only can the woman sing, but it turns out she is quite the actress, with a flair for comedy. She also participates regularly in our theater workshops on Wednesday afternoons where her quick witted improvisational skills have left her with the reputation of being a scene stealer. We don't mind a bit. She does it so well.

I asked Barbara the same 10 questions James Lipton used with his guests on the Actors Studio.

- 1 What is your favorite word? B: Love
 - 2 What is your least favorite word? B: Nazi
 - 3 What turns you on creatively, spiritually or emotionally? B: A beautiful day
 - 4 What turns you off? B: Nasty people
 - 5 What is your favorite curse word? B: Giggles, Well, I don't really use it but (Whispers) F--k
 - 6 What sound or noise do you love? B: Beautiful music
 - 7 What sound or noise do you hate? B: grinding, rumbling
 - 8 What profession other than your own would you like to attempt? B: Singer
 - 9 What profession would you not like to do? B: Medical
 - 10 If Heaven exists, what would you like to hear God say when you arrive at the Pearly Gates? B: Welcome
- I just know she'll have a solo in the Heavenly Choir!



The Italian American Senior Cultural Club

By Helen Fross

May is celebrated in Italy with many fun, religious and strange events!

Starting May off with Labor Day (Yes - it's in May in Italy not September!). May 1st started off as an ancient agricultural festival. Then in 1891 it was adopted as International Workers' Day to celebrate the fight to achieve the eight-hour workday! This holiday was abolished and "Christmas of Rome" took over until 1945 when Labor Day was restored as a public holiday. The "Concertone" has been a fixed event in Rome since 1990 created by trade unions and declared the largest free live music marathon in Europe.

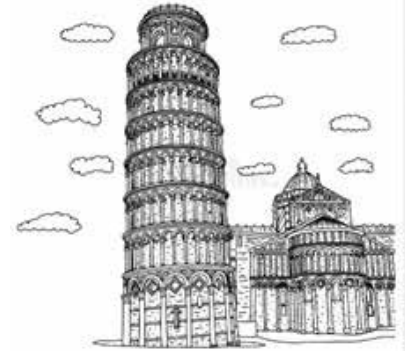
Flora (Floralia), the goddess of flowers is celebrated around May 3rd. The goddess was honored with theatrical performances such as "Ludi Florales" and athletic games at Ancient Roman Festivals.

The Feast of the Ascension (Festa della Sensa) celebrates Venice's "marriage to the sea" from as far back as 1000 AD. The Mayor of Venice does a re-enactment of the ancient rite of throwing a gold ring in the sea followed by a water parade and regatta race.

Then there's Lemuria Day to appease restless spirits. The head of the household would throw black beans behind them to drive away ghosts!

St. Dominic, the protector of snakebites, is honored by draping his statue in live serpents and parading it through the streets on the first Thursday in May.

- One of the world's oldest horse races, Palio di Ferrara, dates back to 1279. It's held on the last Sunday of May. There are grand parades with over 1,000 participants in Renaissance costumes.
- Maggio Musicale Fiorentino began in 1933. It's Italy's oldest arts festival, featuring opera, concerts, and ballet in Florence throughout the month.
- Cantine Aperte (Open Cellars) started in 1993. Vineyards across Italy open their cellars to the public on the last Sunday in May to promote wine culture.
- May in Italy sounds beautiful with less crowds and warm weather. It's also a perfect time for exploring cities and countrysides before the summer heat! Flowers are in bloom, particularly in Tuscany. I'm ready to pack my bags!



"Ooo, I just felt the good cholesterol kick the bad cholesterol."

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Health Fitness & Wellness Club

by Stephanie Lichtenstein

Being Gluten Free

Being gluten free changes daily life in ways that can be both challenging and overwhelming. Celiac disease is an autoimmune condition that can develop at any age. Only about one to two percent of children have it, and many don't realize it because the symptoms they experience feel "normal" to them.



Celiac disease is triggered by specific proteins found in wheat, rye, and barley. Common symptoms include abdominal pain, bloating, nausea, vomiting, and diarrhea. It can also lead to issues such as rashes, migraines, dental problems, and hair changes. In children, untreated Celiac disease may cause poor growth and difficulty gaining weight or height.

In New Jersey, families have access to a dedicated Pediatric Celiac Disease Center within RWJ Barnabas Health. The center provides comprehensive care through a team that includes gastroenterologists, dietitians, social workers, and mental health professionals.

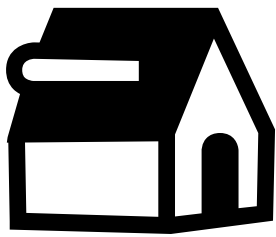
Guidance for Adults Newly Diagnosed with Celiac Disease

- **At restaurants:** Advocate for yourself and ask clear questions about ingredients and preparation.
- **At buffets:** A person with Celiac disease should serve themselves first to reduce the risk of cross contamination.

Support for Children with Celiac Disease

If you have a grandchild with gluten sensitivity or Celiac disease, encourage the parents to request a **504 plan**. Schools are required to provide appropriate accommodations, including gluten free meals.

Because there is currently no cure for Celiac disease, the only effective treatment is a strict, lifelong gluten free diet. With the right support and information, people with Celiac disease can feel healthy, energetic, and in control of their well being.



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“Meet The Stars”: Foreign Journey

By Debbie Harbatkin

Greenbriar At Whittingham residents **Andy and Carol O’Reilly** were the lucky ticket holders randomly chosen for the Foreign Journey band in our Clubhouse on March 21 to “Meet The Stars.” The band was equally impressed with their opportunity to meet these “Stars” of their own, being the parents of an American Olympian!

FOREIGN JOURNEY brings together the anthems, the emotion, and the raw power of two of the greatest rock bands of all time — **Foreigner** and **Journey**. For the past five years, this high-energy tribute band has been delivering pitch-perfect performances

of the songs everyone knows by heart. From soaring vocals and massive guitar hooks to unforgettable melodies that defined an era, Foreign Journey recreates the sound, feel, and spirit of classic arena rock. Whether it’s the sing-along hits or those surprise tracks that take you back, every show is a nonstop journey through timeless rock history. From “Don’t Stop Believin”, “Open Arms” and “I Want To Know What Love is” to “Cold As Ice”, “Wheel In the Sky”, “Hot Blooded” just to name a few from these iconic rock bands. Our audience sang along and were up on their feet singing, dancing, and applauding thunderously at the end of the show!

The **O’Reilly** last name may ring a bell because their daughter **Heather O’Reilly** was a top-level soccer player starting in East Brunswick and reaching the **US Womens National Team**. She was in **three Olympics earning Gold medals for the United States in each**. Heather has three brothers who were also very athletic. The boys, along with Dad, were all runners. Their children live on the East Coast as far south as North Carolina with 4 grandchildren in total. Only one lives in Metuchen, New Jersey, so it has been a lot of travel time to see them and the grandchildren.

The O’Reilly’s moved to our Community almost 2 years ago after almost 50 years in East Brunswick. Andy grew up in Queens and Carol is from the Chicago suburbs. They met on a volleyball court in the late summer 1971 while graduate students in Illinois and were engaged by Christmas. They moved to New Jersey for Andy’s engineering job with Carol forced to learn how to manage traffic circles a Midwesterner had never encountered before!

Both Andy and Carol really like living in Greenbriar. Our friendly neighbors welcomed us warmly and made us feel part of the community. Andy took up pickleball, keeps in shape using the gym and the pool during the summer. Carol has stayed active in charitable organizations in East Brunswick while joining activities here including the Italian

American club, chair yoga and going to shows like today’s. “We enjoy listening to music that we can understand the words to from the Beatles, Phil Collins, Sting and more recently Coldplay as well as Foreigner”, Andy added.

Look for our next “Meet The Stars” article in the GW Pulse May edition for our April 25th show with the Jersey Tenors. Up next is Danny V’s 52nd Street Billy Joel Tribute on May 16th sure to sell out immediately. Tickets go on sale on Monday, April 13 so be ready to get your seats!!

Also in May, is our rescheduled Alice Leon’s Carole King Tribute. At this writing, there are still a few tickets available from those that were returned due to inability to make the new date. They won’t last, so check with the Concierge for your tickets!



THE ORT REPORT by Ann Gold

DEAR MEMBER AND NOT-YET MEMBER

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

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

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

EVERYONE'S WELCOME

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

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

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

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

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

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



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Sarge's Corner: Saluting the Military

By Michael Boxer

[Ed. Note: Michael Boxer is a Viet Nam Veteran and a Purple Heart recipient. He will be writing a column about the military for The Pulse.]

May is Military Appreciation Month, a special time for those in and out of the military. It is a time designated to honor and recognize the contributions, sacrifices and service of the members of the armed forces, past and present.

Not only do we pause on **Memorial Day** to remember the sacrifice and service of those who gave all, but the month also marks several other military anniversaries and events, including **Military Spouse Appreciation Day** and **Armed Forces Day**. Visit Military.com as we honor the service and sacrifice of members of the **Army, Navy, Air Force, Coast Guard, Marines, Space Force** and **National Guard** as well as the contributions of their **spouses** and families.



Congress designated May as National Military Appreciation Month in 1999 to ensure the nation was given the chance to publicly show their appreciation for troops past and present. It serves as a reminder of the profound contributions made by service members.

Loyalty Day: May 1

One of the lesser-known Military Appreciation Month holidays is **Loyalty Day, which is celebrated on May 1**. Officially designated by Congress as “a special day for the reaffirmation of loyalty to the United States and for the recognition of the heritage of American freedom,” Loyalty Day has been marked by every U.S. president since 1958 with an official proclamation.

Fun fact: The first Loyalty Day, then called “Americanization Day,” was celebrated in 1921, but was renamed “Loyalty Day” by President Eisenhower in 1955.

VE Day: May 8

Marking the end of a long, deadly war, VE Day, short for “Victory in Europe Day,” celebrated just that: the end of World War II on the European front. Since this momentous occasion in 1945, much of the world has continued to **celebrate VE Day on May 8** every year. It has since become an official holiday in Military Appreciation Month.

“This is a solemn but a glorious hour,” President Truman said in his 1945 address to the nation. “The flags of freedom fly over all Europe ... [but] our rejoicing is sobered and subdued by a supreme consciousness of the terrible price we have paid to rid the world of Hitler and his evil band.”

This year marks the 81st anniversary of VE Day and special celebrations are planned around the world. In honor of the 81st anniversary of VE Day, the USO is collecting WWII memories and photos from military family members.

Military Spouse Appreciation Day: May 8th (The Friday Before Mother’s Day)

Military Spouse Appreciation Day takes place on the Friday before Mother’s Day and honors the military spouses who sacrifice so much in support of their service member’s mission. President Ronald Regan first proclaimed “Military Spouse Day” a holiday in 1984 before Congress declared it part of Military Appreciation Month in 1999:

“Throughout the years, as the numbers of our married men and women in uniform have grown and as their military missions have become more complex and dispersed, their spouses have made countless personal sacrifices to support the Armed Forces,” President Regan noted in his 1984 proclamation. “In many instances, they subordinated their personal and professional aspirations to the greater benefit of the service family.”

Military spouses play a huge role in not only taking care of things while their loved ones are deployed, but also in providing a backbone of support and care during the tough times. The USO has supported military spouses for many years and in 2016, our organization launched a worldwide initiative focusing on “MilSpouses” through programs such as USO Military Spouse Networking and USO Coffee Connections. These programs have strengthened and empowered military spouses by connecting them to their social, professional and community networks.

Mother’s Day: May 10th (The Second Sunday of May)

Mother’s Day takes place every year in the U.S. on the second Sunday of May and was created in 1908 by Anna Jarvis. It officially became a holiday, as declared by President Woodrow Wilson, in 1914.

Today, children across the country observe this holiday by showing gratitude to the mother figures in their lives, often by sending cards, flowers or other tokens of appreciation to these special women – including our nation’s service members and military spouses. In particular, military mothers – whether they’re a deployed service member, supporting their child who is currently serving, or holding down the fort while their spouse is on the front lines – especially deserve to be acknowledged and remembered on Mother’s Day for the sacrifices they make every day.

Armed Forces Day: May 16 (The Third Saturday in May)

Armed Forces Day is celebrated on the third Saturday in May, and it is the day Americans celebrate their military forces.

Armed Forces Day was created on August 31, 1949, by then-Secretary of Defense, Louis Johnson, to replace separate Army, Navy and Air Force Days. The event stemmed from the Armed Forces’ unification under one Department of Defense by then-President Harry S. Truman when he signed the National Security Act into law on July 26, 1947.

Memorial Day: May 25th (The Last Monday in May)

Memorial Day, which is celebrated on the last Monday in May, honors service members who have died in military service to the nation. The holiday has roots dating back to the post-Civil War era, when citizens would informally create spring flower memorials on the graves of fallen soldiers. In modern history, the holiday is also often cited as the unofficial start to the summer and many families choose to pay tribute to fallen service members by visiting veterans’ cemeteries or memorials, like the Vietnam or World War II Memorials in Washington, D.C.

-This story was originally published on USO.org in 2020. It has been updated in 2022.



GW Music Club



No Lectures, No Movies, Just Music with Friends

By Ed Pilcer

For those of you who are not familiar with us I would like to introduce you to the GW Music Club. The club was started almost 5 years ago to enjoy live music performed by residents. Over the years the club has held to that standard and will continue to hold to that standard. You don’t need a club for a lecture on music, there are 10s of thousands of great lectures on YouTube and if you want to see a great movie there’s Netflix and Hulu, among others.

The club holds monthly events on the third Friday at 7 PM. Membership is still only \$10 per year per person. Coffee and cookies are always served. Members are welcome to bring dinner, snacks, and their favorite beverages. Once a year for Member Appreciation Night the club brings in a soft serve ice cream truck.

It really is as much a social club as it is a music club. The club gives the members the opportunity to hang out with their neighbors and the opportunity to meet other residents. Members can bring their non-resident friends for a \$5 per person per event charge.

What makes the club unique is that members perform with the house band Never Too Old (NTO). Each month up to 5 members sing lead on a song. To sing with the band members you must attend three practices prior to the performance at a band member’s home. The band works with each singer to choose the best song for their voice and the correct key in which to sing it.

If you have never been to a club meeting, please join us. If you were a member in the past, we would love to see you again. If you have questions, please email us at gwmusicclub790@gmail.com or call Susan at 732-689-1534

A Day at the Nordenschild's "Living Museum"

By Gayle Shpirt

You can tell that it's cold because all of the fishermen wear sweaters and jackets. Also, several of the village buildings along the water still have remnants of snow on their eaves. I notice a dockworker lifting a barrel; the man behind him seems to be providing him with some sort of instruction. A couple of men in a rowboat near the dock lift a net with a decent haul. And the evening light casts a silver glow on the water which seems to ripple with the wind. As I look beyond the dock I see the warm lights of a pub where the men seem likely to retire to at the end of their day. Although I'd like to check out the pub, maybe raise a couple of toasts to these hearty folk, I'm unable to except from a distance because I'm describing one section, the emotional heart, of Ray and Denise Nordenschild's spectacular Christmas village, now on permanent display in their basement in Greenbriar.



The Christmas village takes up an entire corner of the basement. It's three-sided and HUGE (each side is approximately three feet long). At close inspection, you can learn something about Ray and Denise because it's comprised of details that reflect bits of their life histories and hobbies, beginning with the fishing village.

Denise is a fisherman's daughter who grew up on the water. She was born in Gerritson Beach, a Brooklyn neighborhood situated on the Jamaica Bay peninsula with a distinctly nautical character. Ray wasn't "raised on a boat" as Denise remarks, but he's an avid fishing enthusiast - "I love the water; I love fishing." He wanted the fishing village to show his connection to the water, to water sports like scuba diving and to the borough of Brooklyn where he and Denise spent most of their lives.

There's also a frontier section featuring "Ray's Lodge" that pays tribute to Ray's enjoyment of hunting and being out in the woods. A festive Santa's village, and an intricately arranged amusement park complete with merry-go-round, bumper cars, a Ferris wheel, a parachute jump, carnival booths and a popcorn stand, ("our Coney Island!") that pays homage to the Nordenschilds' lasting affinity for Brooklyn and their love for the famous amusement park. A train runs through the entire village like a thread that binds all of it together.

"The Christmas village started", says Denise, "on our first Christmas together, forty-seven years ago. You know how people put up a little village? So, we had a little village, maybe with half a dozen pieces, and every year it grew and grew." They expanded it with pieces they found in catalogs and local stores. Occasionally they'd find pieces while on vacation and sometimes they'd receive gifts from friends and family: "The merry go round was from Ray's mom. It's really old, maybe forty years." Eventually, "It took up almost our whole living room."

As the village grew over the years, Ray and Denise started a yearly tradition in Gerritson Beach where he and Denise bought a house and raised their children. "We'd invite all the neighbors and friends over on the Sunday before Christmas to see the village, have a drink, hang out. They loved it, our kids loved it, having everybody over to see it." That tradition continued when they moved to Greenbriar four years ago.

During their first Christmas season at Greenbriar, they decided to have a party so that people could enjoy the village. "We were only here for a little while, not even a year, but people are so friendly," Denise told me. Ray plays water volleyball so they invited the whole team over along with Denise's canasta friends and several neighbors. All told, about fifty people visited their house to celebrate the holiday and get a look at the village. "We've done it twice now. My daughter and my two grandkids - they're teenagers - did all the serving. And they loved it. Everybody loved it."

After moving to the Greenbriar community, it took Ray three to four months to reassemble the village. He didn't work on it full-time. He was also busy building the walls, floors, ceiling and stairs of their basement, designing the basement bar, and figuring out, with Denise, where to display the several other collections exhibited throughout their home in addition to the Christmas village, the Nordenschild's have sizable collections of decorative plates and mugs from across the United States, a set of wall-mounted, hand-carved fish and an extensive blown glass collection.

There are stories associated with each and every object from their collections. Perhaps the most emotionally charged items are pieces of the World Trade Center that Ray brought home with him on September 11th, 2001 when he worked

downtown, right across the street from the twin buildings. We didn't talk much about those. We stood silent as the memory of that day flashed across Ray and Denise's faces. It's set apart from the other collections that commemorate happier memories.

All of the collections and Christmas village curated by the Nordenschildts were fun and sometimes touching to experience, a living and evolving "museum" of a lifetime spent together.

"Why do you love all this stuff," I asked them?

The reply: "It's just a fantasy we've had in our heart and soul all our married life."



Stronger Mind, Better Life: The Power of Emotional Self-Defense

By Fred Derf

Most people understand what physical self-defense is, but almost no one is taught how to protect themselves emotionally. Yet the threats are constant; negative people, manipulators, chronic complainers and “energy vampires.” These influences don’t just affect your mood; they shape your stress levels, your confidence and ultimately the direction of your life.

Emotional self-defense is the ability to stay in control of your internal state. It means protecting your mindset, setting boundaries and refusing to let others dictate how you think or feel. It’s not about avoiding people, it’s about not absorbing what weakens you.

The impact of negative influence is real. Prolonged exposure raises stress, lowers energy and makes clear thinking harder. Over time, negativity spreads. You begin to adopt the mindset of the people around you, often without realizing it.

Certain patterns show up consistently in people who drain others. Some individuals keep conversations stuck in problems, leave you feeling exhausted after every interaction, they take your attention without giving anything back. There are also those who constantly redirect focus to themselves and react poorly when challenged. The common thread is simple: after spending time with them you feel worse, not better.

The fastest way to identify these influences is to pay attention to how you feel after interacting with someone. If you consistently feel drained, discouraged, or tense, that is a signal, not something to ignore. Your emotional response is reliable data.

Protecting yourself doesn’t require confrontation or conflict. It starts with controlling your exposure. You don’t need to engage in every conversation or stay in every environment. Creating distance is often the most effective move. When interaction is necessary, simple and direct boundaries are enough. You don’t need to over-explain or justify your limits. The key is consistency.

Equally important is refusing to engage in negativity. The strongest response is not participation. Staying neutral, redirecting or ending the conversation keeps you in control. At the same time, your internal strength matters. The more grounded and intentional your mindset is, the less influence others have over you. A positive outlook is not denial, it’s a strategic advantage. It reduces stress, improves resilience, and supports long-term health. People who consistently operate from a constructive mindset think more clearly, recover faster from setbacks and make better decisions.

One principle drives everything: you become the emotional average of the people around you. If your environment is filled with negativity it will shape you. If it’s filled with growth, support and forward thinking, that will shape you instead.

The final piece of emotional self-defense is not just avoiding the wrong people but intentionally including the right ones. Positive people are easy to recognize once you know what to look for. You feel energized after being around them. They take responsibility for their actions and focus on solutions instead of problems. They celebrate your progress, challenge you in a constructive way and genuinely want to see you succeed. Conversations with them move forward, not in circles.

When you deliberately surround yourself with people like this, the benefits compound quickly. Your confidence

grows because you are consistently reinforced instead of undermined. Your stress decreases because you are not constantly defending your mindset. Your standards rise because you are exposed to better thinking and higher expectations. Most importantly, your sense of possibility expands, which directly impacts your decisions and results.

Emotional self-defense is ultimately about ownership. You don’t control other people, but you control what you allow into your mind and who you allow into your circle. Protect that carefully and build it intentionally. Your energy, your health and your future depend on it.



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Breast Cancer Risk Grows with Age! Go Get Your Mammogram!

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

If you think that getting an annual mammogram is for younger women, *think again*. As a matter of fact, aging does not *reduce* the need for breast cancer screening; according to the Centers for Disease Control and Prevention (CDC), the risk of breast cancer increases as we age.

Do any of these common reasons for procrastinating or not getting an annual mammogram ring true to you?

1. **“It hurts!”** Technology has advanced to make mammograms more comfortable for women. Saint Peter's University Hospital uses the Hologic® SmartCurve™ in its Women's Imaging Center for a more comfortable mammography experience. SmartCurve is a curved compression paddle that is shaped more like a woman's natural curves. It is clinically proven to increase comfort and decrease the pain associated with the compression of breast tissue during the procedure.
2. **“I'm afraid of possible bad news!”** When it comes to medical tests, who isn't afraid of what you might find out? Think about it this way: If people weren't afraid of getting a poor reading, there wouldn't be a need for this article!



Getting a mammogram is the most reliable way to screen for breast cancer. Routine mammograms give you the best chance of getting diagnosed at the earliest possible time.

Early detection changes outcomes. Cancers found at an early stage are more likely to be treated successfully, often with less aggressive therapies and fewer long-term effects.

In fact, for many women, screening is the difference between a manageable condition and a life threatening one.

Did you know?

There is a common misconception that screening becomes unnecessary after a certain age. That assumption can be dangerous. Many breast cancers are diagnosed in women over 60. As life expectancy increases, more women are living long, active lives where preventive care still plays a critical role.

Good health in later years depends on continuing the same disciplined habits that supported health earlier in life.

Getting an annual mammogram can provide you and your loved one's peace of mind. Plus, routine screening may reduce uncertainty and allow you to stay in control of your health. And, when you think about it, doesn't having a sense of control feel better than leaving your health to chance? Taking control of your health does matter because it supports confidence, independence, and informed decision making.

Takeaways:

- Breast cancer risk increases with age, making screening more important over time
- Early detection leads to higher survival rates and less invasive treatment
- Many breast cancers show no symptoms in early stages and are only found through imaging
- Continued screening supports long term health and independence
- Decisions can be tailored based on personal health status rather than age limits
- Regular screening builds a consistent medical record, making changes easier to detect
- Mammograms are quick, widely available and covered by most insurance plans

Finally...

Aging brings changes, but it does not remove the value of prevention. Mammograms remain a practical, effective step in protecting health. Staying consistent with screening is not about reacting to illness. It is about maintaining control, preserving quality of life, and making informed choices that are grounded in evidence in cooperation with your physician.

Sunday	Monday	Tuesday	Wednesday
<p>3</p> <p>9:45 a.m. Shalom Club</p>	<p>4</p> <p>9:00 a.m. Ping Pong 9:00 a.m. Pickleball Club Play 10:00 a.m. Team Weights with Ellen 11:00 a.m. Aquacise 11:00 a.m. Line Dancing with Teri 12:30 p.m. Exercise (Instruction on TV) 3:30 p.m. Tap Dancing 4:00 p.m. History Club</p>	<p>5</p> <p>9:00 a.m. Pickleball Club Play 10:00 a.m. GW Ladies Club Board Meeting 10:00 a.m. Line Dancing 11:00 a.m. GW Woodworking Club Workshop 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. The Alan Hermelee Current Events Discussion Group 3:00 p.m. PAC Board Meeting 3:30 p.m. Tap Dancing 5:30 p.m. Water Volleyball 6:30 p.m. Poker 6:30 p.m. Billiards</p>	<p>6</p> <p>9:00 a.m. 9:00 a.m. Pickleball Club Play 10:00 a.m. Chair Yoga 10:30 a.m. Team Weights with Ellen 11:00 a.m. Residents Committee Meeting 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. PAC Board Meeting 4:00 p.m. Israel Study Group 4:30 p.m. Yoga 6:00 p.m. Pickleball 6:00 p.m. Ping Pong 6:30 p.m. Billiards 6:30 p.m. New Friends 7:00 p.m. Camera Club</p>
<p>10</p> <p>1:00 p.m. Shalom Club Movie</p>	<p>11</p> <p>9:00 a.m. Ping Pong 9:00 a.m. Pickleball Club Play 10:00 a.m. Entertainment Committee Meeting 10:00 a.m. Team Weights with Ellen 11:00 a.m. Aquacise 11:00 a.m. Line Dancing with Teri 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. Shalom Club Program 2:00 p.m. Health Lecture: Heart Health 3:30 p.m. Tap Dancing 4:00 p.m. After Hours Club Board Meeting 6:30 p.m. GW Ladies Club</p>	<p>12</p> <p>9:00 a.m. Pickleball Club Play 10:00 a.m. Line Dancing 10:00 a.m. Brain Fitness 11:00 a.m. GW Woodworking Club Workshop 12:30 p.m. Exercise (Instruction on TV) 3:30 p.m. Tap Dancing 4:00 p.m. Finance Discussion Group 5:30 p.m. Water Volleyball 6:30 p.m. Poker 6:30 p.m. Billiards</p>	<p>13</p> <p>9:00 a.m. 9:30 a.m. Computer Club 10:00 a.m. Hadassah C... 10:00 a.m. Yoga 10:00 a.m. Chair Yoga 10:30 a.m. Team Weights with Ellen 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. PAC Board Meeting 3:30 p.m. Iris... 4:30 p.m. Indo... 4:30 p.m. Yoga 6:00 p.m. Pickleball 6:30 p.m. Ping Pong 7:00 p.m. Billiards 7:30 p.m. Res...</p>
<p>17</p> <p>9:30 a.m. Monroe Township Post 609 Jewish War Veterans 1:00 p.m. WHOA Movie: Mamma Mia!</p>	<p>18</p> <p>9:00 a.m. Ping Pong 9:00 a.m. Pickleball Play 10:00 a.m. Provocative Thinking 10:00 a.m. Team Weights with Ellen 11:00 a.m. Aquacise 11:00 a.m. Line Dancing with Teri 12:30 p.m. Exercise (Instruction on TV) 3:30 p.m. Tap Dancing 4:00 p.m. Socrates Café 6:30 p.m. WHOA Open Workshop Meeting 7:00 p.m. Intuitive Club</p>	<p>19</p> <p>9:00 a.m. Pickleball Club Play 10:00 a.m. Line Dancing 11:00 a.m. GW Woodworking Club Workshop 12:30 p.m. Exercise (Instruction on TV) 1:00 p.m. GW Connections Book Club 2:00 p.m. The Alan Hermelee Current Events Discussion Group 3:30 p.m. Tap Dancing 5:30 p.m. Water Volleyball 6:30 p.m. Poker 6:30 p.m. Billiards</p>	<p>20</p> <p>9:00 a.m. 9:00 a.m. Pickleball Club Play 10:00 a.m. The... 10:00 a.m. Chair Yoga 10:30 a.m. Team Weights with Ellen 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. PAC Board Meeting 4:30 p.m. Yoga 6:00 p.m. Pickleball 6:30 p.m. Shalom Club 6:30 p.m. Health/Fit... 7:00 p.m. Camera Club</p>
<p>24</p> <p>1:00 p.m. WHOA Movie: Eleanor The Great</p> <p>31</p> <p>3:00 p.m. WHOA Show: Carole King Tribute</p>	<p>25</p> <p>Memorial Day</p>	<p>26</p> <p>9:00 a.m. Pickleball Club Play 10:00 a.m. Line Dancing 10:00 a.m. Shalom Club Board Meeting 10:00 a.m. WHOA Landscape Committee Meeting 11:00 a.m. GW Woodworking Club Workshop 12:30 p.m. Exercise (Instruction on TV) 3:30 p.m. Tap Dancing 5:30 p.m. Water Volleyball 6:00 p.m. PAC Rehearsal 6:30 p.m. Poker 6:30 p.m. Billiards</p>	<p>27</p> <p>9:00 a.m. 9:00 a.m. Pickleball Club Play 10:00 a.m. Chair Yoga 10:30 a.m. Team Weights with Ellen 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. PAC Board Meeting 4:30 p.m. Sherl... 4:30 p.m. Yoga 5:30 p.m. Indo... 6:00 p.m. Hadassah 6:00 p.m. Ladies 6:00 p.m. Ping Pong 6:30 p.m. Billiards</p>

Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>9:00 a.m. Ping Pong 9:00 a.m. Pickleball Club Play 9:15 a.m. Meditation Class 10:00 a.m. Beginners Plus Line Dancing with Joan & Sona 10:30 a.m. Yoga with Brian 11:00 a.m. Painting Group 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>2</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) 5:00 p.m. GW Ladies Club Kentucky Derby</p>
<p>Ping Pong Pickleball Club Play Yoga with Karen & Dave Motion with Ellen Civic Club Board Meeting (Instruction on TV) Acting Workshop Seli Dance Class Yoga with Avi m. Bocce PAC Rehearsal Gin Rummy Kids on The Block SPORT Program</p>	<p>7</p> <p>9:00 a.m. 3D Art 9:00 a.m. Pickleball Club Play 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</p>	<p>8</p> <p>9:00 a.m. Ping Pong 9:00 a.m. Pickleball Club Play 9:15 a.m. Meditation Class 10:00 a.m. Beginners Plus Line Dancing with Joan & Sona 10:30 a.m. Yoga with Brian 11:00 a.m. Painting Group 11:00 a.m. Deep Water Aquacise 12:30 p.m. Scrabble 7:00 p.m. Bingo 7:00 p.m. Canasta Tournament</p>	<p>9</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>a. Pickleball Club Play Club Meeting (Zoom Only) Card & Games Luncheon Writing Group Yoga with Karen & Dave Motion with Ellen e (Instruction on TV) Acting Workshop h American Club -American Ladies Yoga with Avi m. Bocce Gin Rummy PAC Rehearsal idents Civic Club</p>	<p>14</p> <p>9:00 a.m. 3D Art 9:00 a.m. Pickleball Club Play 9:00 a.m. Greenbriar Budget & Finance Committee Meeting 10:00 a.m. WHOA Budget & Finance Committee Meeting 10:00 a.m. Chorus 11:00 a.m. GW Woodworking Club Workshop 11:00 a.m. Towne Centre Committee Meeting 11:00 a.m. Aquacise 12:30 p.m. Exercise (Instruction on TV) 1:00 p.m. GW Social Club Luncheon 2:00 p.m. Painting Group 4:30 p.m. Ballroom Dancing with Pam 6:00 p.m. Stained Glass Group 6:30 p.m. Poker 6:30 p.m. Billiards</p>	<p>15</p> <p>9:00 a.m. Ping Pong 9:00 a.m. Pickleball Club Play 9:15 a.m. Meditation Class 10:00 a.m. Site Review Committee Meeting 10:00 a.m. Beginners Plus Line Dancing with Joan & Sona 10:30 a.m. Yoga with Brian 11:00 a.m. Painting Group 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>16</p> <p>10:00 a.m. Ping Pong 10:00 a.m. Tennis Club 10:00 a.m. Chair Yoga with Karen & Dave 10:00 a.m. Exercise (Instruction on TV) 7:00 p.m. GW Show: Billy Joel Tribute</p>
<p>Ping Pong Pickleball Club Play Yiddish Vinkle Yoga with Karen & Dave Motion with Ellen (Instruction on TV) Acting Workshop Yoga with Avi m. Bocce Gin Rummy Club Special Event nness & Wellness Club /Photography Club</p>	<p>21</p> <p>9:00 a.m. 3D Art 9:00 a.m. Pickleball Club Play 10:00 a.m. Chorus 11:00 a.m. GW Woodworking Club Workshop 11:00 a.m. Aquacise 11:30 a.m. GW Social Club Board Meeting 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. Painting Group 4:00 p.m. GW Friends Board Meeting 4:30 p.m. Ballroom Dancing with Pam 6:00 p.m. Stained Glass Group 6:30 p.m. Poker 6:30 p.m. Billiards 7:00 p.m. All About the Beat</p>	<p>22</p> <p>9:00 a.m. Ping Pong 9:00 a.m. Pickleball Club Play 9:15 a.m. Meditation Class 10:00 a.m. Beginners Plus Line Dancing with Joan & Sona 10:30 a.m. Yoga with Brian 11:00 a.m. Painting Group 11:00 a.m. Deep Water Aquacise 12:30 p.m. Scrabble 6:30 p.m. After Hours Club</p>	<p>23</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. Pickleball Club Party</p>
<p>Ping Pong Pickleball Club Play Yoga with Karen & Dave Motion with Ellen (Instruction on TV) Acting Workshop ock Holmes Club Yoga with Avi -American Club ah General Meeting m. Bocce s Club Book Club AC Rehearsal Gin Rummy</p>	<p>28</p> <p>9:00 a.m. 3D Art 9:00 a.m. Pickleball Club Play 10:00 a.m. Chorus 11:00 a.m. GW Woodworking Club Workshop 11:00 a.m. Aquacise 11:30 a.m. GW Social Club Board Meeting 12:00 p.m. PAC Rehearsal 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. Painting Group 4:30 p.m. Ballroom Dancing with Pam 6:00 p.m. Stained Glass Group 6:30 p.m. Poker 6:30 p.m. Billiards 6:30 p.m. WHOA & GWCA Joint Open Board Meeting</p>	<p>29</p> <p>9:00 a.m. Ping Pong 9:00 a.m. Pickleball Club Play 9:15 a.m. Meditation Class 10:00 a.m. Beginners Plus Line Dancing with Joan & Sona 10:30 a.m. Yoga with Brian 11:00 a.m. PAC Rehearsal 11:00 a.m. Painting Group 11:00 a.m. Deep Water Aquacise 12:30 p.m. Scrabble 7:00 p.m. Wine Club</p>	<p>30</p> <p>10:00 a.m. Chair Yoga with Karen & Dave 10:00 a.m. Exercise (Instruction on TV) 6:00 p.m. PAC Cabaret</p>

The Sherlock Holmes Club

by Paul Hartnett

This month we will circle back to an exciting classic adventure, *The Musgrave Ritual*. It is one of the master detective's first cases and tells us a little about Holmes's early life and beginnings as a detective. The story takes place before Dr. Watson came to share the rooms at Baker Street.

As Sherlock Holmes first embarked on his career as a consulting detective in private practice, his cases were few and far between. He had left college and come to London where he whiled away the time studying all manner of obscure subjects in the British Museum. His third case came to him in the form of Reginald Musgrave, a school friend and wealthy member of the landed gentry.

Musgrave told Holmes a tale which apparently involved not one but three mysteries: a missing butler, a missing waiting-maid and a strange document which had been in the Musgrave family for generations, but which no one could understand. The central figure in all this was the Musgrave family butler, one Richard Brunton. Brunton had been engaged to marry the missing maid, an excitable girl of Welsh heritage named Rachel Howells, but he had broken the engagement in favor of another girl. Musgrave had caught Brunton reading the document after hours one evening, and it cost him his job, because he had been snooping around his employer's private papers.

On the night of the second day after his dismissal, Brunton, who had been given a week to make his departure, vanished. Then, two days later, Rachel Howells also disappeared. Her footprints were found leading up to the edge of a nearby lake but dragging the lake failed to produce her body. Only a linen bag containing some twisted metal and a few rusty disks was found in the lake.

Where were Richard Brunton and Rachel Howells? Can Holmes decipher the meaning of this obscure family document containing an enigmatic ritual that may hold the key to their disappearance and a hidden treasure? Read the short story to discover the surprising answer. The case is available online at Sherlockian.net > *Investigating* > *60 original stories* > *The Musgrave Ritual* > *bibliomania*, as well as other sites.

The Middlesex Constabulary, The Sherlock Holmes Club of Greenbriar at Whittingham, is dedicated to exploring and discussing the adventures of Sherlock Holmes, Dr. Watson and the life and times of Victorian England. One of the 60 original stories by Sir Arthur Conan Doyle is selected for each meeting featuring discussion, film clips and an occasional guest speaker. There are no dues, no obligation, just an opportunity to escape to a simpler time and place and put your own detective skills to work. New members are always welcome! Please read the short story prior to the meeting.

So join the adventure on Wednesday, May 27th at 4:30 in the second-floor meeting room. Deerstalkers are optional. ??? Call Paul at (609) 642-6314. *The Game is Afoot!*



ATTENTION DOG OWNERS

It has been brought to Management's attention on several occasions that residents are still allowing their pets to go to the bathroom on neighbor's lawns, even after being specifically asked not to by the affected homeowners. Management has also sent out many emails on the rules of pet walking, which appears to be disregarded by some.

Walking your dog on someone else's property is trespassing as it is private property. Management should not have to send out repeated emails about



Pickleball Club

By Randy Kahn

It is Springtime, and anyone worth his/her salt knows that means it's TIME FOR PICKLEBALL!!! As our snowbirds gradually make their way back from warmer climates, and our year-round residents begin to spend more time outdoors, we look forward to a lengthy period of time when we all can enjoy this lively, social and fast-paced game.

This is being written during the final days of March, and won't appear until early May. In between, we will have had our first Club meeting, scheduled to take place on Wednesday evening April 8th in the clubhouse. The Board is hard at work developing plans and details for a variety of events, programs, trips, etc for the coming weeks and months. They are anxious and open to hear from members on ideas to help make our Club responsive and representative, so feel free to reach out with any ideas, suggestions, concerns you may have. Deb Wallach (848-482-0556,) Rosie Chorney (732-239-4537,) Rich Flathmann (516-242-8360) and Robin Knee (732-977-5004) all welcome hearing from members on any topic, so feel free to contact any of them at your convenience.

Plans are well underway for a Club website with a viewable calendar, so that events can be checked easily on-line. More on this as the year unfolds.

Beginner clinics will resume sometime in early May, so watch for e-mails with regard to dates and starting times.

Annual dues are \$10/year and are due NOW. If you have not yet submitted your money for 2026 kindly put your check into Box #13 in the clubhouse library. New members should attach a note with their street address, e-mail and phone number for the individual(s) for whom dues are being paid.

The Monroe Township Senior Inter-Community League will begin its third season in May. This is a competitive experience involving roughly eight Monroe Township communities, with play expected on Saturday mornings and one or two evenings during the week. Each team will likely have roughly 15 individuals. One does NOT have to be a Club member to participate in this league, though, of course, we encourage those who are interested in the League to join our Club. GW will probably field three teams with the exact number of participants to be determined based on the interest level of our residents. For further information on this feel free to reach out to Jeff Weiss at 732-995-9698 or via e-mail at VSJM@aol.com

Happy Spring, everyone. See you on the courts!!!

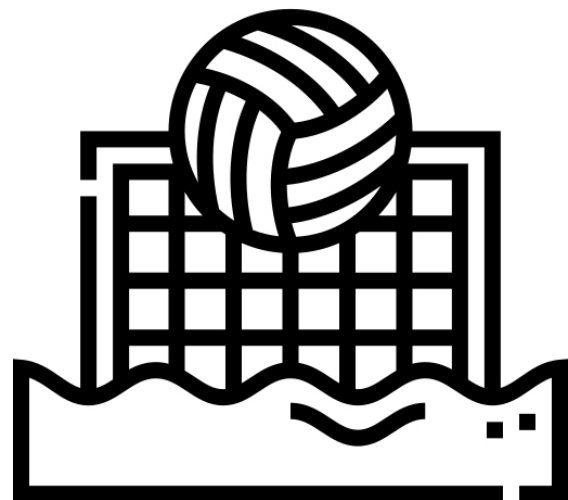


Water Volleyball

We are the water volleyball group of Greenbriar at Whittingham. If you like to have fun while exercising you can join us.

We play every Tuesday from 5:30 PM to 7:00 PM. We enjoy music while we play. We play in outdoors when the pool is open. Otherwise we play in the indoor pool. No dues are collected. Just come and enjoy. Once a month we meet for pizza, usually on the first Monday of the month.

If you are interested call Jay Respler at 609-662-7438 or Charles Ohn at 845-270-9218 or just show up at the pool on Tuesday at 5PM Hope to see you soon.



Designed by Freepik

Shavuot: A Holiday of Learning and Delicious Traditions

By Richard Weber

Shavuot is a holiday that celebrates when the Jewish people received the Torah at Mount Sinai. The Torah is a collection of teachings, laws, and stories that guide how Jews should live their lives. Shavuot takes place seven weeks after Passover. During Passover, the Jews gained their freedom and through the Torah, they learned how to live with strong values, responsibility, and community.

Shavuot is known for dairy meals and this is one of the most fun parts of this holiday. Cheesecakes, kugels and blintzes (thin pancakes that are filled with sweet cheese and then rolled up), are popular dishes. One explanation for this tradition is that the Torah includes dietary laws that separate milk and meat, leading to the custom of eating dairy.

Today, many people celebrate Shavuot by going to synagogue, where the Ten Commandments are read out loud. A special tradition is staying up late, or even all night, to learn and talk about important ideas from Jewish teachings. Homes and synagogues are often decorated with flowers and plants, to remind people of the spring season. Shavuot is celebrated over 2 days and begins at sundown on May 21, 2026. Jewish holidays start at sundown because the Torah states that “for each day there is an evening and then there is a morning”. Many feel that this symbolizes that light can come after darkness.

Shavuot combines meaningful traditions with foods that people love to share. Whether it’s through learning, spending time with family, or enjoying a special meal, the holiday offers a chance for everyone to connect, reflect, and celebrate together.



SHALOM CLUB HAPPENINGS

Sunday, May 3 - 9:45am Monthly breakfast meeting - *Way Past Midnight*, Music and Dance,

Monday, May 11 - 2:00pm *Susan Addelston Seminar Series*, Part 2 - Groucho Marx,

Wednesday, May 20 - 7:00pm Special Event - *History of Sephardic Jewry with Shalom Camhi*,

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

Monday, June 8 - 2:00pm Special Event, *Bill Schrimmer: From Riches to Rags*,

Friday, July 31 - 6:00pm Shabbat Dinner - Traditional Kosher meal served at your table



NO MATTER WHAT THE MONTH ALWAYS THINK "NOVEMBER"

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GW Connections: Commemorating America's 250th Anniversary

by Michele Sandler

Join us on Wednesday, June 10, 2026, for a fabulous trip to the Museum of the American Revolution in Philadelphia PA. Registration is \$60 which covers the bus, admission and tips. Flyers are available in the GW Clubhouse lobby.

The Museum of the American Revolution uncovers and shares compelling stories about the diverse people and complex events that sparked America's ongoing experiment in liberty, equality and self-government. Through the Museum's unmatched collection, immersive galleries, powerful theater experiences and interactive elements, visitors gain a deeper appreciation for how this nation came to be and feel inspired to consider their role in ensuring that the promise of the American Revolution endures.




 **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**



Exhibit at the Museum of the American Revolution

Living in a Community

By Debbie Harbatkin

It seems in talking to people here that we each came for varied reasons with different ideas and different wants and needs. That is human nature for each of us to be individuals, or it would get pretty boring if we were all the same.

That said, it doesn't mean a thing what YOUR backgrounds are, what needs YOU feel must be met, what YOU want to happen on ANY subject and certainly not getting your way over anyone else when you *CHOOSE TO LIVE IN A COMMUNITY*. The good of the Community as a whole entity is paramount. Financially, aesthetically, and operationally, to cater to the majority, are what shapes the decisions and determine the rules.



We elect a Board of Trustees to lead us in making decisions for the community. We must put our trust in “The Board” to act on our behalf as a Community. In addition, it is the responsibility of the Board to measure decisions based on the wishes of the majority of the community. That means reaching out with transparency in surveys, votes, articles of information and in talking to the residents. However, as we've seen in past surveys and votes, “The Board” can only act on those that respond, and response has been anything but stellar here in Greenbriar at Whittingham! If you don't answer, you cannot expect your voice to be heard or get your way because no one may know what you are thinking! Posting it on social media might get your opinion heard by fellow residents, but being that is a voluntary and unofficial form of communication, “The Board” and Management may read it but are not compelled to act on your behalf.

In talking to residents in Greenbriar At Whittingham and other 55+ Communities here, in Florida and pretty much everywhere else, the rules are the same and not so popular. Sometimes the “rules” are outdated based on when they were adopted. Sometimes the “rules” and obligations are brought on due to emergency or changing situations, like the snowstorm created this winter. Other times, the rules that long existed do need to be re-examined to the best of our abilities to make changes. It takes a village (Community), to evolve to current standards. If you don't make your opinion known, you have no opinion officially. EVERY VOTE must be acted upon, meetings attended and emails responded to in order have your input. Response from only 40% or even 60% of homes does not constitute the majority of homeowner feelings, but only those that actually respond can be considered as part of any majority.

Also living in a Community means that if you don't like the new fences put in, but there are bona fied financial and aesthetic reasons the choice is made, you abide by it. If the community wants a restaurant and it adds to the amenities and conveniences that are seen to add to your life and home value, you abide by it. If a show or event is not to your liking, but is an opportunity for others to enjoy, you abide by it, but you don't have to partake in it. If a club is not friendly or does not make a resident feel comfortable, or serve their needs, they are free to not be a part of it and find another to meet their needs. If there is an amenity you do not use, but others do, you have no choice but to support it. If Mother nature throws us a curve, you have no choice but to abide by it.

If your choice is not to be part of a Community, you may want to rethink your choice to live here. Your choice cannot infringe on anyone else that also did choose to live here in our Community, your wishes and desires are not paramount to the whole and you are no more entitled than anyone else who pays to support this community no matter how important you believe you are.

If you want to be a part of a thriving Community like ours, your attitude towards your neighbors, volunteers, and staff and how you treat them, make the biggest impact on the feel of a “Community” so think about your actions.

My fake plants died
because I did not pretend to
water them. - Mitch Hedberg

All About The Beat GW!

By Debbie Harbatkin

Enjoy live music Wednesday, May 20th at 7:00PM. GW's new club, *All About The Beat* will kick off with live music from the band **Rockology**, featuring women in rock and the songs of the 70's from artists like **Fleetwood Mac, Linda Rondstat, Heart, Carole King and more!** We invite everyone in the community to join us at this event!



Greenbriar At Whittingham's own **Ira Harbatkin** will be playing drums with a full band of talented and professional musicians from the Central Jersey area. The band is donating their time to perform for our residents and a \$5 per person entry fee is necessary to cover the cost of an independent sound technician, because our Ballroom does not have sufficient sound technology.

The \$5 fee will be credited to everyone who joins the *All About The Beat* Club. Your annual dues will become \$15 instead of \$20 per person when you join. The first two meeting of the Club will be free and open to all residents (no guests), but membership in the club will be required to attend our third meeting and going forward, which will again be live music performed by the acoustic musical group "**Post Modern Quartet**" featuring the greatest songs by the greatest piano men, Billy Joel and Elton John. There will be no fee to members for this show on

Greenbriar At Whittingham newest club is for those with a passion and interest in all thing's music! **All About The Beat** is a group to get together and enjoy all types of musical entertainment with your neighbors and friends. The focus will be on more than live performances, bringing music culture, education, history, and variety to our residents.

Meeting monthly on the 3rd Wednesday in the Towne Center Ballroom, members will enjoy live performances by bands and entertainers, movies and media about music and music history, speakers on a range of styles and studies of genres of music through the decades. Group discussions will highlight stories from residents who have studied music, encountered famous musicians and how and what happened, musical education on diverse topics. The stage is set for a world of musical discovery. Each month will be a different theme, and each topic will be varied to appeal to a variety of ages and tastes. Some 3rd Wednesdays in the Ballroom were already booked, but we are scheduling different dates for the club for those months and will announce the meeting dates as we get closer.

As the club evolves, there will be special events and even group road trips to see concerts and shows, especially the wonderful outdoor venues at the many parks and towns that New Jersey has to offer. You'll be surprised at how entertaining our area is.

If you have any questions, or would like more information, please feel free to email the club at AATBGW@gmail.com or contact Debbie Harbatkin at (732) 547-1096.

It's All About The Beat GW!

GW CHESS CLUB

The GW Chess Club meets on the first and third Friday of the month in the former Board Room in the building annex.

Contact Anatoly Shpirt at 347-693-8791

Beginners are encouraged to attend.



PRESENTED BY WHITTINGHAM

Invitational CAR SHOW

Saturday, June 6th, 2026

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

Rain date: Sunday, June 7th



Foreign ≈ Domestic ≈ Vintage

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

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

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

Vehicle Registration: Drop in Box 32 in the Towne Center for GW Wheels.

Name: _____

(If Guest – Inviting GW Resident): _____

Make / Model / Year: _____

Phone / Email : _____

GREENBRIAR AT WHITTINGHAM COMMUNITY PRESENTS

A 2026 CASINO BUS TRIPS SAVE THE DATES!

JANUARY 7 * WIND CREEK CASINO * ON SALE 11/25

FEBRUARY 4 * AC RESORTS * ON SALE 12/23

MARCH 4 * AC TROPICANA * ON SALE 1/27

APRIL 15 * AC RESORTS * ON SALE 2/24

MAY 6 * AC RESORTS * ON SALE 3/24

JUNE 3 * WIND CREEK CASINO * ON SALE 4/28

JULY 1 * AC RESORTS * ON SALE 5/26

AUGUST 5 * AC RESORTS * ON SALE 6/23

SEPTEMBER 2 * PARX CASINO * ON SALE 7/28

OCTOBER 7 * AC RESORTS * ON SALE 8/25

NOVEMBER 4 * WIND CREEK CASINO * ON SALE 9/22

DECEMBER 2 * AC RESORTS * ON SALE 10/20

DECEMBER 25 * AC RESORTS * ON SALE 10/27

\$30.00 each, checks payable to: WHOA

Bus Leaves GW at 9:00 a.m., please arrive to the bus at 8:45 a.m.

Bus leaves AC & Wind Creek at 5:00 p.m., leaves Parx at 4:00 p.m.

Refunds only if the trip is sold out and seats are resold.

All trips are sold at The Concierge Desk 609-409-9292 x220 or x221.

Shalom Club

of Greenbriar at Whittingham

Sunday, May 3, 2026

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

WAY PAST MIDNIGHT

Presents

A morning of Music, Joy and Togetherness

Join us for a spirited celebration featuring the talented ensemble of vocalist Sarah and musicians Melody and Evita performing beloved Hebrew classics, Hora dance tunes and Jewish favorites. Sing along, clap your hands and join in the dancing as we celebrate Israel's Independence Day with music that brings us together.

.....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 May 3, 2026, WAY PAST MIDNIGHT and place envelope in Lock Box #6 no later than April 27, 2026 Questions?? Call Robin Zimmerman @ 516-528-2730.

NAME: _____
PHONE: _____ EMAIL: _____

RESCHEDULED SPECIAL EVENT

Shalom Club

of Greenbriar at Whittingham

MONDAY JUNE 8, 2026

Poker Room 2:00 PM

FROM RICHES TO RAGS

BILL SCHRIMMER



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

Don't miss this living history event.

.....cut.....
RE-REGISTRATION for this limited seating event is required by June 1st. In lieu of payment we ask for a food donation to Jewish Family Service. Collection box is outside of Poker Room. Mark envelope "June 8, 2026: BILL SCHRIMMER" and place in Shalom Club lockbox #6. Questions call Janet Horowitz @ 973-960-6941. MEMBERS ONLY

Name: _____ Phone: _____

THE SHERLOCK HOLMES CLUB



ne of Sherlock Holmes first cases involves three mysteries. a missing butler, a missing maid and an obscure, centurie id family document that no one understands. Can Holme: ecipher the enigmatic ritual that holds the key to their isappearance and a hidden treasure? Join us and the great detective in the case of *The Musgrave Ritual*

The Middlesex Constabulary, The Sherlock Holmes Club of Greenbriar Whittingham, invites you to join us at the Towne Centre on Wednesday, May 27th at 4:30

Please read the short story prior to the meeting. It is available for free online @ Sherlockian.net - Investigating - 60 Original Stories - *The Musgrave Ritual* and other sites. ??? Call Paul (609) 642-6314

Shalom Club

of Greenbriar @ Whittingham

Sunday, June 7, 2026

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

CHRIS NICOLA



In the spring of 1943, the odds of Ukrainian Jews surviving World War II were less than 5%. There was no place else to hide except below ground in a cave. This is the story of how several families chose this option. Following a decade of research by American caver, Chris Nicola, this story is now told in his book, *The Secret of Priest's Grotto* and a film documentary "No Place on Earth".

cut.

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

NAME: _____
Phone: _____ EMAIL _____

MAY 2026

BY KRISTIN PURIZA, LIFESTYLE/FACILITIES DIRECTOR

BALLROOM SHOWS:

Saturday, May 16th:
BILLY JOEL TRIBUTE
Tickets are on sale now!

Sunday, May 31st:
CAROLE KING TRIBUTE
See flyer for details.

Saturday, June 27th:
JERSEY SOUND
On sale Monday, May 11th.

NYC BROADWAY:

6/17/26: Beaches
On sale now!

8/6/26: Les Miserables
On Sale Monday, May 4th

MEMORIAL DAY:

MONDAY, MAY 25, 2026
SEE FLYER FOR DETAILS.

CASINO BUS TRIPS:

ON SALE NOW:
May 6th: AC Resorts
June 3rd: Wind Creek Casino

ON SALE 5/26:
July 1st: AC Resorts

WHOA MOVIES:

1PM - AC/DANCE ROOM
NO SIGN UP NEEDED
May 17th: MAMMA MIA!
May 24th: ELEANOR THE GREAT

HEALTH LECTURE:

MONDAY, MAY 11TH
2PM - AC/Dance Room:
HEART HEALTH
NO CHARGE - SIGN UP WITH THE CONCIERGE




ARTS & CRAFTS FAIR:

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

GW CONNECTIONS

Invites You to Join Us for a Visit to

THE MUSEUM OF AMERICAN REVOLUTION

★ EXPERIENCE HISTORY LIKE NEVER BEFORE! ★

Explore the story of America's founding with immersive exhibits and rare artifacts of the Revolutionary War!

- ★ See George Washington's War Tent
- ★ Discover the Birth of a Nation
- ★ Engage in Interactive Displays

★ EVENT DETAILS ★

- ★ Date: June 10, 2026
- ★ Departure: Bus leaves from upper lot at 8:30 AM
- ★ Cost: \$60

Complete form below and submit, with check, to Mailbox 5 in the Towne Centre.
Questions? Call Carol Cooper: (609) 409-3860

★ REGISTRATION FORM ★

Name: _____
Phone: _____
Bus Buddy: _____

GW Friends Welcomes Back the ‘Birds

By Mark Surks

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

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

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

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

Monday May 4th is our annual **golf outing**. See flyer for details

Tuesday, May 5th Join us for our first Monday breakfast except that this month it will be held on Tuesday due to the Golf Outing taking place on Monday. The always fun **GW Friends Breakfast** is at its new time, 8:45 AM (early birds are expected, late comers are mocked but accommodated) at Christos Kitchen. Price is a ridiculously cheap \$14.00, tax and tip included, exact change preferred. We have our own menu and it is always an enjoyable morning.

Monday May 4th The **History Club** meets at 4 PM in the Poker Room. Larry Bartolf will present on the subject of General George Custer meets Sitting Bull. Larry's presentations are always interesting and remarkably detailed.

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, May 1st and Friday May 15th The **Chess Club** has expanded to twice per month. 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 May 5th and May 19th The first and third Tuesday of every month the **Alan Hermelee Current Events Discussion Group** is held in the new upstairs Board Room. We cover many subjects including a gentle handling of otherwise divisive topics. Come share your opinion and intellect with us. It is a wonderful way to give voice to your thoughts and learn so much from others. **Politics is not discussed**. Let me say that again. **Politics is not discussed**. Alan Hermelee set the tone and we honor him by keeping it respectful. If you enjoy a stimulating discussion of topical matters, this is the place for you. **Bring a topic!**

Tuesday, May 12th **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, May 13th **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, May 18th 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.



I usually take a two-hour nap from 1
to 4. - Yogi Berra

The Martin Salmanowitz GW Social Club

By Lisa Baruch & Regina Savarese

During the month of May we will celebrate Cinco de Mayo on May 5th, Mother's Day on May 10th, Armed Forces Day on May 16th, Memorial Day on May 25th, and Eid al-Adha on May 26th at sundown.

Thursday, April 9th @ 1:00 PM in our Ballroom – “**John Ciotta**” performed for our club. He is an entertainer, singer, and percussionist. His theme was “Singing in the Rain”. He has repeatedly been called a “Master Showman.” Performing for millions of people all over the globe. John Ciotta has introduced his inimitable style, personality and charisma to audiences of every language and culture.

The menu included: Sandwich Lunch Buffet that had Roast Beef with Cheddar on Rye with Lettuce & Tomato, Corned Beef on Rye, Tuna Salad on Rye with Lettuce & Tomato, Egg Salad on Rye with Lettuce & Tomato, Turkey with Provolone Cheese on Kaiser Rolls with Lettuce & Tomato, Pickle Platter, Pasta Salad, Potato Salad, Cole Slaw, Spring Cupcakes – Yellow/Purple/Pink Icing, Decaf Coffee & Tea.



The theme for this month was April showers and you should all know what that brings. May flowers and allergies!

Upcoming Shows:

Join us on *Thursday, May 14th at 1:00 PM* in our Ballroom for “Happy Mother’s Day” with Robbie Schumacher. He performs doo wop, oldies, as well as the classics.

This will be a Mother’s Day Breakfast with the menu as follows: Plain Omelets, Cheese Omelets, Vegetable Omelet-Onion, Peppers, and Spinach, Potatoes & Onions, Sausage Links, French Toast, Assorted Mini Bagels, Rolls, Fruit Platter, Orange Juice, Assorted Danish, Decaf Coffee & Tea,

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 Bingo, 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.

Laughter is timeless, imagination has
no age and dreams are forever. - Walt
Disney

GREENBRIAR AT WHITTINGHAM COMMUNITY

WE HAVE JOINED MONROE
TOWNSHIP'S 3RD ANNUAL
**YARD/GARAGE
SALE!**

LOCATION: UPPER PARKING LOT
SPOTS WILL BE ON A FIRST COME, FIRST SERVE BASIS.
SIGN UP WITH THE CONCIERGE, NO FEE
BRING YOUR OWN SETUP (TABLES, RACKS, ETC.)

**SATURDAY, MAY 16, 2026
& SUNDAY, MAY 17, 2026
9:00 AM – 2:00 PM**

NO TABLES OR EQUIPMENT WILL BE PROVIDED
REGISTRATION IS REQUIRED TO PARTICIPATE
QUESTIONS: CONTACT KRISTIN 609-409-9292 X227
OR KRISTIN.PURIZA@FSRESIDENTIAL.COM

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.*



Cameron Mackintosh's production of Boublil and Schönberg's **LES MISÉRABLES: THE ARENA CONCERT SPECTACULAR** has captivated audiences around the globe for more than a year. With more than 1 million tickets sold across 30 cities, this groundbreaking, arena-scale production will make its North American premiere at the legendary Radio City Music Hall in New York City beginning in July 2026.

RESIDENTS ONLY—ON SALE BEGINNING MONDAY, MAY 4TH AT 6:30AM.

***ONLY 2 RESIDENTS PER CHECK WILL BE ACCEPTED.**

YOU MAY PURCHASE FOR YOUR HOUSEHOLD AND A NEIGHBORS HOUSEHOLD.

If you are purchasing for a neighbor, you MUST have their check.

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



GREENBRIAR AT WHITTINGHAM COMMUNITY

★★★
**MEMORIAL DAY
2026**

**JOIN YOUR FRIENDS & NEIGHBORS
FOR AN ENJOYABLE AFTERNOON!**

**MONDAY, MAY 25, 2026
12:00PM - 4:00PM**

***SEE UPDATED FLYER ON THE
WEBSITE OR IN THE LOBBY!**



MONROE TOWNSHIP'S
HUMAN RELATIONS COMMISSION
CORDIALLY INVITES YOU TO JOIN
COMMUNITY MEMBERS AND LEADERS
IN AN INTERFAITH GATHERING IN
OBSERVANCE OF THE

National Day of Prayer

May 7, 2026 3:00 P.M.

Monroe Township Senior Center
(No Registration Necessary)

COME TOGETHER AS NEIGHBORS FOR
A SPECIAL TIME OF REFLECTION &
UNITY TO SEEK HOPE,
ENCOURAGEMENT, AND STRENGTH
FOR OUR TOWN AND NATION

GW FRIENDS PRESENTS A

Violin Recital

Performed by
LUIGI NICOLAE

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



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

In 2012, Nicolae also performed as the youngest musician on stage at The Festival de San Remo in Italy. He has performed at concerts, weddings, charity events, restaurants, and private events both large and intimate. His repertoire includes classical music, dance music, reggaeton, movie themes and popular songs from the sixties and seventies.

Hot Coffee and Snacks served

Questions: Contact Mark Surks at msurke@comcast.net

Performing Arts Club
Membership Appreciation Event

May 30
6:00 pm
TOWNE CENTRE BALLROOM

ENJOY...
Homemade Desserts
Chocolate Fountain
Coffee
BYOB



Cabaret

This limited **FREE** event is open to **150** members of the Performing Arts Club only

SEATING IS LIMITED TO THE FIRST 150 MEMBERS WHO SIGN UP

DECLINE TO REGISTER IS **May 1st**.
NO LATE SIGN UPS WILL BE HONORED AFTER THIS DATE.
PLEASE FILL OUT TABLE REQUESTS ON SEPARATE FORM...

GW Music Club

On Friday, May 15th, 2026 at 7:00 PM, please join us in the Club House Ballroom for the First Annual Disco Night with Never Too Old (NTO). The second set will be dedicated to Disco and dance music. Grab your friends and get ready for a night of fun and great music with NTO!

Your following neighbors will be performing:

- Carole Mulvey
- Karen Gonzalez
- Rick Verso
- Gary Filik

Coffee and Cookies will be served. Feel free to bring your own food, snacks and favorite beverages! We look forward to seeing you there.

Your non-resident friends are welcome to attend at \$5.00 per person.

All members of the club are invited to sing or play an instrument with NTO at an upcoming performance. If you're interested in participating, please reach out using the contact information below.



If you have questions, please email us at gwmusicclub790@gmail.com or call Susan at 732-689-1534

SAINT PETER'S HEALTHCARE SYSTEM

HEART TO HEART: A CONVERSATION ABOUT CARDIOVASCULAR HEALTH

Join us for an honest conversation about simple lifestyle changes and medical insights that will keep your heart strong.



2PM - 3PM



Monday, May 11, 2026



Greenbriar at Whittingham AC/Dance Room

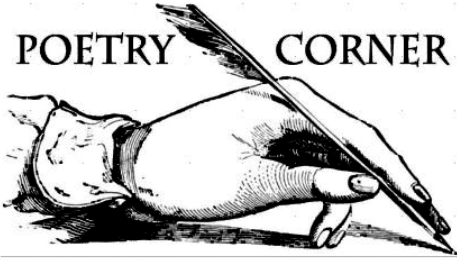
Taryn Webber, RN, BSN
Community Health Nurse
Saint Peter's University Hospital



Registration Required

Please call/visit Concierge Desk to sign up!

POETRY CORNER



It Was Worth The Wait

By Bill Friedman

He's a dapper guy oozing style,
with a magnetic smile.
Known to bring on gushing swoons,
when pretty women enter a room.
Never married, steady dating
as well as some cohabitating.
Cordial breakups, remaining pals,
still the target of single gals.
Now back in the loop,
joined active singles group.
Parties, dances weekend dates,
still seeking the perfect mate.
The lap he landed on in musical chairs,
was a prom date he hadn't seen for years.
Pretty as ever, single as well,
both with endless stories to tell.
A date was arranged, no time to waste,
at the venue where the prom took place.
Slow dancing, some romancing,
leaving other couples glancing.
A date was set to become man and wife,
beginning their dream of a wonderful life.
The perfect fit after so many years,
the result of their reunion in musical chairs.

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ad-8815

He Tried to Hide a Little on the Side

By Bill Friedman

The law practice of Alphonse Demeur
has continued to grow, since he opened his doors.

He built a stellar reputation
based on successful litigation.

With 2 offices and a third in the works,
including 10 attorneys and 15 clerks.

Married for 25 years,
he's been involved in numerous affairs.

His meek wife chose not to divorce,
but instead elected to stay the course.

No paternity suits, numerous fears,
left many mistresses frustrated in tears.

Subpoenaed by the ethics committee, he bared his soul,
promising to get his love life under control.

At last sighting, he's actually a one gal guy,
who's been successful controlling his zippered fly.

I Saluted Your Fingers With Stories

By Herb Saperstein

I saluted your fingers with stories,
dressed you up in sighs
and bells and birds,
a thousand eyes
and then disguised my love
with a sleepless page.
I found the riddle
that stopped you short
Your lover and your crooked hated master
lashed you to the moon
so heavily armed
with blue stones and alabaster.
The priest awaits us.
We have our virgin fear in common
like those soldiers and carnival barkers
who severed limbs
among the apple fields and beaches,
then turned to clay.

Women of the Workshop: Raising the Bar

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 3rd 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 Allison Larrain.

Allison started out at the workshop with one of the most difficult projects for a new woodworker. She wanted to build a jewelry box for her granddaughter. Actually, since she has two granddaughters, she endeavored to build two jewelry boxes. She was jumping way ahead of her woodworking skill level, but with a little help from V.P. and Programs Manager for the club, Dennis Marshall, she's all caught up.

"Allison's choice of a jewelry box for her granddaughter was a very aggressive leap into a difficult and advanced skill project for a rookie woodworker, but she was determined to see it through," Dennis said.

"The jewelry boxes are my favorite project so far," Allison said.

"As you would expect, for a small, delicate piece like a jewelry box, the joints need to be finely crafted to fit snugly together. Corners need to be sanded smooth and glue-joints need to be meticulously straight," Dennis said. "Beyond the cutting difficulties, glue joints must be precisely clamped to achieve the desired results," he continued.

From project conception, selection of wood, hinges, latches, painting and decorative ornamentation, Allison's dedication to these tedious elements never dampened her commitment to creating uniquely personal gifts for her granddaughters. She certainly is raising the bar for any newbies that come after her.

"Allison is now moving on to creating a wooden piggy bank, although it's in the shape of a dog. Somehow, calling it a "doggy bank" wouldn't conjure the proper mental image, but it is definitely a very unique creation. It is modeled after her granddaughter's pet pug. Allison's choices for woodshop projects have certainly stretched the imagination of what can be done with wood crafting," Dennis said.

Her biggest surprise, Allison said, is how much she enjoys making things with wood.

Her favorite tool is the hand-held Dremel. In fact, she was the pioneer of the group in learning to use the Dremel for engraving. On the other hand she is not yet ready to work on the radial arm saw, a massive woodworking tool consisting of a circular saw mounted on a sliding arm. She has learned to use the spindle sander and has shown great skill with the Dremel engraver.

Allison is a very kind-hearted daughter devoted to assisting her mother in enjoying her elder years. Together she and her mother, Aloha, participate in numerous creative clubs in Greenbriar and are regular participants in woodshop projects. Before retiring she worked at Webber Scientific for 12 years as a Cleanroom Tech where she performed quality control on bottled water. She has two children and five grandchildren.

Allison lives on Dawson Lane here in Greenbriar.

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



Why buy good luggage? You only use it when you travel.
- Yogi Berra

Photography Club Adventure: New Jersey's Niagara Falls, The Great Falls

By Richard Lewis

Seeing Niagara Falls is basically a universal must see — everybody wants to witness the famous waterfall for themselves. But you don't actually have to travel to Canada to see a jaw-dropping waterfall.

New Jersey actually has a Niagara Falls of its own: one of the greatest natural wonders in the US, It's the Great Falls on the Passaic River in Paterson New Jersey. It has the kind of waterfall that will make your jaw drop. I promise.

My visit to the Great Falls a couple of years ago was well worth the trip for a few reasons. The history of Paterson, which goes back to colonial days, was exciting to learn about. The contribution The Great Falls played in building our young nation was inspiring.

The history of the City of Paterson has its beginnings as the ambitious project of Alexander Hamilton and the Society for Establishing Useful Manufacturers (S.U.M.) in 1792. The Great Falls was an early development of water power systems for industrial use, and the various types of manufacturing that occurred in the district's mills into the 20th Century. These included cotton fabrics, railroad locomotives, textile machinery, jute, and silk spinning, weaving, and dyeing, among many others. The Great Falls also represents compelling stories of the lives of immigrants who labored in the mills, those who owned and operated manufacturing concerns and became wealthy, and the quest of laborers and the labor movement for better working conditions and pay.

Spring is a terrific time to enjoy the good weather and start your photographic adventure by enjoying the majestic and inspiring waterfall – The Great Falls of Paterson.

For more information and to plan your trip:

<https://www.patersonnj.com/attractions/paterson-great-falls>

Paterson Great Falls

(973) 523-0370

72 McBride Ave Ext, Paterson, NJ 07501



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



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ads-4755

Being a “Grampy”; Is there a Test for This?

By Ken Wagner

I’ve often mused about the lack of requirements for becoming a parent in our world. If I want to drive a car, I have to take lessons, pass a test and carry insurance. If I want to open a restaurant, there are all sorts of licenses and safety inspections. But to bring a child into the world – to become a parent and be responsible for producing a functioning adult - doesn’t even require completing a questionnaire! Not even a short one.

It’s pretty much the same for being a grandparent. I don’t remember there being any tests or training, not even a certification. I think I just fell into the job.

I think back to the day after my granddaughters, my first grandchildren, were born. I stopped by the hospital to see my daughter and her newborn twins – two tiny little peanuts! I was coming from a formal event, so I had my best suit on and my shoes were polished. My daughter took a picture of me, all decked out, holding those two little bundles.

To this day, whenever she shows that picture to anyone, she says, “He was interviewing for the job of Grampy”. Needless to say, I got the position. It’s the best I’ve ever had.

Which brings me back to my original point, what exactly are my qualifications to be a Grampy? Should there have been some sort of screening process? Sometimes I feel like I got the job simply based on nepotism...

When I brought this up with my “better half” she suggested that maybe I should create a resume to detail my qualifications. It’s an interesting concept. What exactly are my skills, experience, education, and achievements that make me a good match for this important position? Where do I see myself in five years? In ten years? Do I want to move into management?

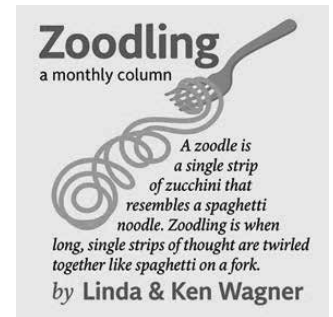
Also, do I have a salary requirement – other than the occasional homemade chocolate chip cookie?

It’s all very subjective, but I would say that some of my outstanding qualifications that might make it onto my resume are:

1. Strong leadership in the “Let’s not tell your mom about this” discipline. I’m very experienced in explaining why mom really wouldn’t want to hear about this anyway... for everyone’s sake.
2. Formerly an expert “Who’s got your nose?” practitioner. Now that my granddaughters are fifteen it’s not as big a hit as it once was. Maybe, who’s got your phone?
3. Outstanding pancake artist – especially the ones that look like malformed bunnies with big chocolate chips for eyes. Bats are also very popular.
4. Advanced skills in diverting everyone towards the ice cream stand. Someone has to take charge and get us to the Kohr Bros on the boardwalk. Left to parents alone, we might never land there.
5. Mastered the critical difference between a “snack” and a “treat”. One has lots of sugar. I get points from the kids for serving “treats”, not so much for “snacks”.
6. Awarded the Nobel Prize for exaggerating and making up stories. (Wink.)
7. Highly skilled in reading bedtime stories using a full range of voices, accents and sound effects.
8. Deep expertise in talking about “the old days” to make an unimportant point.
9. Always ready to pass out small amounts of cash to be “the fun grandparent”.
10. Working knowledge of current music. I can confidently pretend that I know who Charli xcx and Benson Boone are. I can even sing a Chappell Roan song.
11. Renown for extreme flexibility in allowing screen time.
12. Skilled bedtime negotiator.

As you can clearly see, I have a strong and diverse skill set.

In summary, I think to be a truly outstanding Grampy you have to be willing to be more of a kid than your grandkids – that might include rarely being serious, and occasionally encouraging a bit of naughtiness – in limited, supervised amounts of course.



To be serious, I think the key qualification to be a Grampy is simple: loving your grandkids unconditionally. They need adults in their lives who allow them to be themselves and are always in their corner. Hopefully I'm qualified for that.

BTW – there has been lots of on-the-job training with this position. I'm still practicing spending time with them - without embarrassing them – especially when I drop them off in front of their friends. It's a work in progress, but I'm willing to learn.

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.

Lead us not into temptation.
Just tell us where it is; we'll
find it - Sam Levinson

Calling for Minyan Volunteers

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

You do not have to be fluent in Hebrew to be a part of our group, but we do need your presence. If you wish to be a Minyan volunteer, please call: Bob Levine at 609-395-9325, Norman Leiderman at 732-618-6663, or Phyllis Kundel at 609-619-3656.



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Attention all Veterans

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Kenneth Brettschneider 914-299-3346



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We have some activities starting this month (May). Call or email for information. We will have even more details in the June Pulse.

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Please contact Steve at 908-322-3306 or WalkRunGW@gmail.com

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The Way Band Then (WBT) Band performed at the March GW Music Club event. The band consists of GW residents Steve Posner (Vocals/Guitar), Sal Levatino (Keyboards/Vocals) and Ed Pilcer (Bass) with local residents Vince Torre (Lead Guitar) and Bob Kasubinski (Drums/Vocals). The band played a mixture of songs from the 60's and 70's. (Drums/Vocals). The band played a mixture of songs from the 60's and 70's.

