

Vol. 1, No. 7 - October 2025

Greenbriar at Whittingham PULSE



Sculpture "Egos" with artist Wintons Way resident Michael Pascucci

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GW Pulse Staff

Mark Surks

Editor-in-Chief 609-655-5065

Editorial staff:

Mimi Gruber, Phyllis Kundel, Arlene Lazar, Harvey Lazar, Miriam Lerner, Sharon Nachimson, Gayle Shpirt, Linda Surks

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

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

We reserve the right to edit all materials.

Community Information

Greenbriar at Whittingham
100 Whittingham Drive Monroe Township, NJ
08831

GPS 160 Half Acre Road

Matt Lubas
General Manager
609.409.9292 x228
matt.lubas@fsresidential.com

Suzie Weingartner
Property Manager
609.409.9292 x223
suzie.weingartner@fsresidential.com

Kristin Puriza
Lifestyles and Facility Director
609-409-9292 x227
Kristin.puriza@fsresidential.com

Renata Slova
Resident Services
609-409-9292 x231
renata.slova@fsresidential.com

Britani Hatcher
Administrative Assistant
609-409-9292 x259
britani.hatcher@fsresidential.com

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Minutes of open board meetings are available via the resident portal at gwmonroe.net
Video of open board meetings are available on You Tube. Search for WHOA Recreation

News from the Golf Course

By Allan Cooper

The Golf Course has survived another brutally hot summer. There was extreme heat and lack of rain for long stretches of time. The heat was so intense that many golfers could not play. When it did rain the water was often torrential. When the sun reappeared the water-filled-puddles threatened to “cook” the grass and kill it. Indeed, in some places the grass had to be replaced with sod purchased from special sod farms. However, with the arrival of cooler Autumn weather the Golf Course has returned to its pristine condition.

The Golf Course was vandalized during the month of August. Someone went onto the Practice Putting Green and damaged the surface. There were several divots gouged out of the surface. The police were called and a report has been filed with the Police Department. The surface was repaired by our Superintendent, John Cipriano.

The Golf Course will be closed at 6:00 PM. At closing time no unauthorized golfers may be on the Golf Course. The driving range will also be closed. Golf Balls will be brought back into the Pro Shop. The practice Putting Green will be closed and the hole markers will be removed. The “Closed” sign will be placed at the entrance to the walkway leading to the Pro Shop.

The Golf Course allows some organizations to use the grounds when it is not very busy. This allows groups trying to raise money to hold a Golf outing, and, of course, it brings in additional income for the Golf Course. In the past year we have had The GW Friends Social Club, The Esophageal Cancer Foundation, and the Special Olympics, to mention a few.

In October the Golf Course will host the Under Armour Junior Golf Tournament. This tournament allows young golfers from ages six to eighteen to compete within their age category. It provides a venue for competition in the sport of golf that hasn’t previously existed for young people.

Some of the best of these junior golfers will go on to compete in national tournaments. If they are exceptionally good they can go on to the PGA or the LPGA.

The National Junior Tour has established itself as a premier competitive platform. It includes over 7,500 young athletes each year, and operates in 40 states.

Our former Head Professional, Kevin Darlington, has a daughter playing in the tournament. Kevin will be caddying for his daughter.



November 11, 2025 marks the 50th Veterans Day since the end of the Viet Nam War. The November issue of The GW Pulse will mark this day by sharing a photo collage of anyone who wore the uniform of the US Armed Services at any time. If you have a photo of anyone who served in any capacity at any time please send it to gwmonroepulse@gmail.com.

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A Grand Re-Opening!

By Katherine DeDonno, Treasurer, WHOA Board of Trustees

After reviewing the 2025 projects in the WHOA capital reserve study, the WHOA Board committed to the reconstruction of our community's pickleball courts and identified the funding needed. The board worked closely with members of the Pickleball Club and created a committee with representatives from both groups to complete the project for the new pickleball courts.

There were initial discussions, interviews of companies that specialize in the reconstruction of pickleball courts, planning and preparation, six weeks of construction, more discussions about the design and layout of the courts, and we finally reached the goal of re-opening our beautiful community pickleball courts.

The old, worn and tired pickleball court 4 and unused tennis court 5 have been transformed to eight beautifully reconstructed courts with a bright, fresh and regal color scheme. Greenbriar at Whittingham will be the talk of the town and the Monroe Township Pickleball League!

A ribbon cutting event took place on Tuesday, August 19, attended by WHOA Board members, at least 40 Pickleball members and others interested in seeing the new courts. Board President Tom Clark welcomed everyone in attendance and commented, "This has been a long road and we're so glad to see the eight courts completed." Mr. Clark thanked the WHOA Treasurer and pickleball club member, Kathy DeDonno, for all her efforts to make the project a reality. Ms. DeDonno thanked our FirstService management team and all the volunteers who worked to make this possible. Pickleball Club President, Cliff Durlacher, gave everyone in attendance a complete history about the pickleball club and recognized former club board members who worked hard in prior years. All efforts are appreciated by the Pickleball club, which consists of over 190 members and rapidly growing! After the ribbon cutting ceremony, attendees were invited to play and all eight courts were filled! What a sight!

The Pickleball Club has exclusive use of the courts seven days week from 9:00am to 11:00am. Thereafter, members and non-members are invited to play. The Pickleball club members also play in the afternoon between 3:00-5:00pm.

Please note the court rules that will apply to ensure the preservation of these courts, which will be strictly enforced:

- The gate on the end of court 5 is to be used only for emergency purposes only.
- You must wear rubber-soled sneakers to play or walk on the courts.

- No food is permitted on the courts.
- No liquids, other than water, are permitted on the court.
- No metal chairs/benches are permitted on the court except those installed by Management.
- Please always exhibit good sportsmanship.





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Barry Geffner After Hours Club

by Marilyn Gerber

Here we are in October, where has 2025 gone? The After Hours Club parties have been very successful due to the research we have been doing to bring the best entertainment and catering at a reasonable cost. This has been reflected in an increased membership, and we are very grateful for the support.

FUN FACTS ABOUT October

Libra and Scorpio rule October. Opal and Tourmaline are October birthstones. Vibrant Calendula are October birth flowers. October is Pizza month in the USA.

The following is a poem written by long time resident Irwin Montlack who produces our beautiful flyer every month.

Once a month, when the day is done,
We gather together for laughter and fun.
A place to mingle, to meet and to cheer,
With friendly faces and good times near.
The tables are set, the food's catered right,
Plenty for the tummy, from evening till night.
Flavors that linger, a feast to embrace,
Every bite served with a smile on your face.
Then the DJ spins magic, the music flows,
All kinds of rhythms, from jazz to disco.
Feet tap the floor, spirits start to fly,
Dancing together neath the shimmering sky.
So join us, friends, bring your joy and your smile,
Stay for the music, the food, and awhile,
The After Hours Club is where hearts unite,
One night each month, pure delight.
To Conclude:

"I alone cannot change the world, but I can cast a stone
across the water to create many ripples." Mother Teresa

"I didn't fail the test. I just found 100 ways to do it wrong."
Benjamin Franklin

Until next month. Be well!

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Attention Artists

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

***The Marvin Bachman Book Club* meets on the fourth Monday of each month at 4PM in the Library.**

They will meet on Monday October 27th at 4 PM to discuss

“The Thread Collectors: A Novel” by Shaunna J. Edwards and Alyson Richman

1863: In a small Creole cottage in New Orleans, an ingenious young Black woman named Stella embroiders intricate maps on repurposed cloth to help enslaved men flee and join the Union Army. Bound to a man who would kill her if he knew of her clandestine activities, Stella has to hide not only her efforts but her love for William, a Black soldier and a brilliant musician.

Meanwhile, in New York City, a Jewish woman stitches a quilt for her husband, who is stationed in Louisiana with the Union Army. Between abolitionist meetings, Lily rolls bandages and crafts quilts with her sewing circle for other soldiers, too, hoping for their safe return home. But when months go by without word from her husband, Lily resolves to make the perilous journey South to search for him.

As these two women risk everything for love and freedom during the brutal Civil War, their paths converge in New Orleans, where an unexpected encounter leads them to discover that even the most delicate threads have the capacity to save us. Loosely inspired by the authors’ family histories, this stunning novel will stay with readers for a long time.

Contact Harriet Bachman for details. 609-409-5464



LAUGHTER AND TEARS at the GW Shalom Club

By Janet Horowitz

LAUGHTER

The Shalom Club is delighted to present **Alan Zweibel**, an acclaimed American comedy writer, producer, playwright, and author known for his influential contributions to television, theater, and literature. He was an original writer for *Saturday Night Live* and co-created *It's Garry Shandling's Show*. Join us on **Sunday, October 12th at 2:00pm** for this very special show. Tickets can be purchased from the Concierge.



TEARS

The third anniversary of the October 7, 2023, attacks on Israel arrived amid ongoing conflict and unresolved trauma. That day marked the deadliest assault in Israel’s history, when Hamas militants infiltrated southern Israel, killing approximately 1,200 people—mostly civilians—and abducting approximately 250 others. Three years later, the scars remain vivid. The third anniversary serves not only as a day of mourning, but also as a stark reminder of the enduring volatility and human cost of the conflict.

To commemorate this day, the GW community will be showing the movie “**OCTOBER 8**” on Thursday, October 16, 2025, at 7:00pm, in the Ballroom. Debra Messing served as executive producer and appears in the documentary film, which explores the rise of antisemitism in the United States following the October 7, 2023, Hamas attacks on Israel.

Both are important events to attend. We hope you’ll join us!

October 5, 2025 at 9:45am Toby Tobias, takes us through a journey from Johannesburg through music.

October 12, 2025 at 2:00pm , Alan Zweibel, original writer for SNL

November 2, 2025 at 9:45 am Jewish Origins with Walter C

November 5, 2025 at 2:00pm , Bea Lurie who wrote a book about her father, long time GW resident and Shalom Club member, Sol Lurie
--

Meet The Stars

By Debbie Harbatkin

We took a trip back to 1971 and the start of decades of incredible music that entertained multiple generations with **Winslow: An Evening with the Eagles** on Saturday, August 16.

This tribute band with a large following treated our Ballroom audience to a variety of songs from the Rock-N-Roll Hall Of Fame and six-time Grammy winning group, The Eagles, including their five #1 hits on the Billboard charts! **The Eagles** started in Los Angeles when already known musicians worked with Linda Ronstadt on an album and she encouraged them to form their own band.

Winslow Tribute Band delivered their timeless music with precision and passion. This powerhouse ensemble recreated the signature sounds that made **The Eagles** one of the most successful artists in the 70's. Winslow 's multi-lead vocalists authentically capture the soaring 5-part harmonies, precise instrumentation, and stage showmanship as they perform The Eagles music catalog of greatest hits, deep cuts, as well as some of the solo work of Don Henley and Joe Walsh.

Winslow covered a variety of hit songs for us like "Heartache Tonight", "Lyin Eyes", "One Of These Nights", "Hotel California", and all-time favorite "Desperado", with sing alongs, dancing and just pure audience enjoyment

Greenbriar At Whittingham residents Gary and Lori Filik were randomly chosen from among resident ticket purchasers, to **Meet The Stars** after the show. They have lived in Greenbriar since 2019 after 35 years in Old Bridge where they raised their family. They have two Sons and two exceptional Daughters-In-Law, with one couple carrying on the family tradition in Old Bridge and the other in Millington. They are actively involved with their four beautiful granddaughters.

Lori and Gary are very busy in making Greenbriar At Whittingham a wonderful place. Lori is the secretary of the Residents' Civic Club, on the WHOA Towne Centre Committee, in charge of events for PAC board, and on the board of the After Hours and Newcomers' Clubs.

Gary is President of the Resident's Civics Club, on the WHOA Entertainment, Budget and Finance and co-chair of the Greenbriar Site Committee. He is an active member of the Music Club and the Chorus.

Lori & Gary say they are enjoying everything Greenbriar has to offer. Gary is a poker player and an avid golfer in his *spare time*! He enjoys singing and performing. Lori enjoys playing Mah Jongg and canasta. "We have met so many wonderful people and have made many special friends."

They have been listening to the Eagles since the early 1970's. Music that has been a staple in their lives so much so that Gary has performed several of the Eagles hits within our community. "We were so very excited to have the opportunity to have been a part of this concert and sing along to so many of their hits."

Next up is our October 18th tribute to Neil Diamond with **The Real Diamond Band**. Tickets go on sale September 4th at The Concierge Desk. Tickets will sell quickly! Then watch for details of a special daytime Brunch & Show on November 16 with music by Barry Jason to end our 2025 season! Take It Easy as we are jam packed with great acts for 2026!



The ORT Report

By Diane Morris-Paff

Wishing all a meaningful Yom Kippur and an easy fast.

Fall has arrived. Where did the summer of 2025 go? The October ORT Report will be short due to the Jewish holidays.

We would like to thank Barbara for putting on a wonderful and successful Game Day that took place in September.

Our September meeting was very different. We had a flower arranger, Madison, from Pop's Farm Market. Madison brought many, many flowers to our event and made some very beautiful arrangements. She gave us a lot of tips on how to arrange flowers. Two lucky attendees won the raffle for a bouquet for each to take home.

ORT is looking for volunteers to assist with all committees. Are you interested in meeting new/more people? This is an excellent way to get involved and meet your neighbors! Call Lollie 609-235-9680.

Upcoming Events:

There will not be a 1st Wednesday of the month ORT meeting due to the Jewish holidays.

November 5th at 7pm in the upstairs Poker Room. Our guest will be a graduate of the ORT school program in Israel. Won't that be interesting for us to hear first hand what ORT, and we as members, have supported?

November 9th A lunch, catered by Tuscany will be served in the Poker Room. We will then head to Kelsey Theater to see "Drop Dead", a comedic murder mystery. Cost \$55/person. Limited seating available. See flyer for details.

December 10th at 7pm at the Senior Center we will host the **ORT Holiday Party**. This event will be an exciting production by Barbara Kravitz, starring members of our ORT organization.



Alyce, ORT member with Madison from Pop's Farm

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GW Camera Club

by Roy Goldschmidt

Greenbriar at Whittingham Camera Club (GWCC) will meet October 15th at 7 PM in the upstairs meeting room. Rich Lewis, who is a founding member and a board member, will introduce us to instant photography that has been with us since the 1940's. Instant photography got its start when a little girl asked her father, Dr. Edwin H. Land of Polaroid Corporation an interesting question. The girl asked why she could not see the photo right away. Instant photography died slowly as digital photography became dominant in the late 1990's and early 2000's. In a world dominated by digital images, instant cameras and photography offer a refreshing, hands-on-alternative that keeps the fun factor alive. Whether you are a seasoned photographer or a novice, that charm of instant cameras is timeless, ensuring they remain popular for years to come.



Put the smart in smartphone photos.

They say the best camera is the one you have with you, and most of the time, that's your smartphone camera. Portable, easy to operate, and with image quality that can give a DSLR camera a run for its money, it's no wonder mobile photography is beloved by pros and casual photographers alike.

But just because phones are an easy and accessible form of photography does not mean every shot you take will automatically be amazing. No matter what camera you shoot with, it's the photographer and not the gear that makes the photo. Learn how to get the most out of your phone's camera with these tips and best practices.

The benefits of smartphone photography.

With smartphone manufacturers making strides in camera quality all the time, the quality gap between DSLRs (and mirrorless digital cameras) and smartphones continues to narrow. But even the most sophisticated smartphones still can't rival the power and control DSLRs offer. Features like a higher megapixel resolution, detachable lenses, and the ability to adjust settings manually to achieve effects are all things phones lack or cannot do as well. In addition, shallow depth of field, motion blur, or bokeh [*see note below*] are a few things that keep DSLRs a notch above smartphones.

That doesn't mean you should overlook your smartphone as a powerful camera. What you sacrifice in control you make up for in convenience and simplicity. Plus, phones are great tools to get you in the habit of shooting every day, which is how you'll improve as a photographer.

Keep your whole kit in your pocket.

For people who frequently use their iPhones for taking pictures, there are even ways to simplify photo storage and consolidate space.

There's a lot to be said for skipping the agony of packing lenses, a bulky camera body, batteries, and a flash into a bag and lugging it around. Sometimes gear can pose a barrier to photography rather than encourage it. Especially when it comes to genres like landscape photography and travel photography, lighter is better.

"I probably take more photos on my iPhone than my DSLR just because I have it on me all the time," says photographer Dan Tom. "You don't need to buy anything else or spend extra money to get into photography." Compact and affordable, your phone is your all-in-one license to capture great photos.

Keep a low profile.

A phone's smaller size lets you stay under the radar in situations where you might not want to draw attention to yourself with a larger camera. "If you do street photography or you want to be more incognito within the scene, it's much easier to be discreet taking photos with your phone," says Tom.

PURPOSE OF PHOTOGRAPHY

Essentially, the purpose of photography is to communicate and document moments in time. When you take a photograph and share it with others, you are showing a moment that was frozen through the picture. Photographs play an important role in everyone's life – they connect us to the past, they remind us of people, places, feelings, and stories.

[Ed note: I asked Roy what word did he mean to type as my spell checker, nor I, had ever heard of bokeh, other than the place in Florida where rich people retire, of course. Roy advised: Bokeh is the pleasing visual quality of a photo's out-of-focus background, particularly the aesthetic appearance of light sources. This artistic effect makes the main subject stand out, adds depth and visual interest and often appears as soft, roundish orbs of light.]

Giving a Classic Sport Car a Lift

By Ken Wagner

The following is one of a series of profiles on GW Wheels car club members and their collectible automobiles.

What do you do when rolling around under your classic sports car on a mechanic's creeper gets to be uncomfortable and inefficient. Simple. If you are GW Wheels car club member Mort Resnicoff, you do the logical thing and install a single post car lift in your garage!



About the car:

Fifteen years ago, Mort brought home a classic 1950 MG TD that he purchased when he found it on eBay. It is one of only about 29,000 TDs ever produced. At the time the car was manufactured the engine was expected to last only about eight years. That was 75 years and over 100,000 miles ago. When he brought it home, the car needed a lot of work, but Mort was familiar with the mark and knew what he had gotten. He had owned his first TD back in 1966 – when he drove one as a daily driver.

This doesn't mean the car was without challenges. There is a saying among TD owners, "If it's not leaking oil, then it's out of oil." That's where the big drip pan comes into play...

The TD was one in a series of body-on-frame open two-seater sports cars produced by MG from 1936 to 1955. The series included the TA, TB, TC, TD and TF. The line was replaced in 1955 with the MGA. The car has a length of just 145 inches and 15-inch wheels. For comparison, the current Honda Civic, a compact car, is 184 inches in length.

About 12 years ago Mort had a single post lift installed in his garage that can elevate the car high enough so that he can walk under it. This made it much easier to make repairs and improvements. The lift, once raised, could also allow for a second car to be parked below – sort of like bunk beds - only for cars. He had the lift installed when it became too problematic to roll under the car, on his back, on a mechanic's creeper. The lift is rated to lift 6,000 pounds. The single post that holds the car in place weighs over 700 pounds by itself, so it's very sturdy. Mort's MG is approximately 1,800 pounds.

The lift was one way of enabling the many changes that Mort has made to the car. Over time he has personally put in the work to make dozens of improvements – some to make it roadworthy on modern highways, some to improve the car, and some – as Mort says, "just because I could." He named the car "Möbius" in honor of the Möbius strip (think infinity symbol) which requires two journeys around a loop to completely travel over the surface. In his words it was Möbius – "because everything takes twice as long to finish."

Some of the updates to the car include:

- Installation of a supercharger, a device that increases the engines power by forcing more air in the engine's cylinders.
- A new transmission – a 1979 Datsun five-speed, replacing the car's original four-speed. Changing the transmission required Mort to make modifications to the entire drivetrain.
- The radiator went from a two-core to a four-core. The core is a series of tubes that circulate coolant and dissipate the heat from the engine. TDs are notorious for producing lots of engine heat. If you combine the heat coming into the passenger compartment through the car's thin firewall, with the summer sun as you drive along it becomes a mobile sauna. The new 4-core radiator fixed this.
- An improvement, not original to the car, are the shiny wire wheels, which really evoke the classic sport car vibe.
- He has also replaced the old canvas and plastic side curtains (windows) with clear-as-glass poly carbonate.

Over the years, Mort's TD has won about 50 awards / trophies at car shows throughout the area. It is a show favorite and draws a lot of attention. Eventually Mort decided to take the car out of consideration for trophies at those shows – to allow others a chance to win as well. He has shelves full of awards – no need for more.

About Mort:

Mort was born and raised in Brooklyn. He attended Samuel J. Tilden High School in East Flatbush. (You may have seen the high school in the classic movie "The Lords of Flatbush.") Mort has been a resident of the community for 23

years. He joined Greenbriar in 2002 – purchasing the last home built in the development. At his closing, U.S. Home (Greenbriar’s parent company) popped open a bottle of champagne to celebrate the event. In the sixties, Mort served in the Army Special Forces. He has two degrees in civil engineering. Later in life he owned and operated a construction supply company in Virginia for eight years serving contractors. Before coming to Greenbriar, Mort was a five-year resident of Marlboro.

Mort is the Treasurer and one of the founding members of the GW Wheels car club. He joined in 2024 with President Tom Mulvey and Vice President Marc Press to form a recognized GW club after holding the community’s very successful first ever car show in June of 2024.

He is also Treasurer of the Greenbriar Performing Arts Club (PAC) as well as the guy helping to manage the stage, create props, redesign lighting, and make stage repairs that enable the club’s four shows per year. (The next PAC show - “At the Oscars” will be October 31st, November 1st and 2nd.)

Mort and his car can be seen at various car shows in the area, as the GW Wheels club participates in local events, and of course, at the annual GW Wheels Summer Show in June. This past summer, the GW Wheels show featured over 50 classic, sport and specialty cars.

About GW Wheels: For more information about the club, or to join, contact them at gwwheels@icloud.com or visit the club website at <https://gwwheelsclub.godaddysites.com>.



Mort Resnicoff and his 1950 MG TD elevated in his home garage on his single post car lift. Fully raised he can walk under the car comfortably for repairs or upgrades.



At home on the lift.



Mort and his 1950 MG TD making an appearance at the GW Wheels Summer car show.

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.

Italian American Senior Social Club

By Joe Atanasio

Our monthly meeting and dinner/dance was held on September 5. Thanks to Dee-Best for keeping the dance floor hopping and special thanks to The Greenery for providing the food which was delicious and plentiful.

Usually at our gatherings we enjoy our entertainment playing a number of Italian songs including a Tarantella or two. Not many of us actually know where the Tarantella originated and how it got its name so I did a little research and thought you might enjoy a few interesting details about the dance.

Tarantella is a group of various folk dances characterized by a fast upbeat tempo accompanied by various instruments. It is among the most recognized forms of traditional southern Italian music. The specific dance-name varies with every region, for instance Tammurriat in Campania, Pizzica in the Salento region, Sonu a ballu in Calabria. Tarantella is popular in Southern Italy and Argentina. The term may also appear as Tarantello. In the Italian province of Taranto, Apulia, the bite of a locally common type of wolf spider, named "tarantula" after the region, was popularly believed to be highly venomous and to lead to a hysterical condition known as tarantism. Tarantism, as a ritual, has roots in the ancient Greek myths. Reportedly, victims who had collapsed or were convulsing would begin to dance with appropriate music and be revived from the effects similar to those common to a tarantula having bitten them.



Justus Hecker (1795–1850) describes in his work “Epidemics of the Middle Ages” when a convulsion would affect entire communities of people who would join hands, dance, leap, scream, and shake for hours. Music appeared to be the only means of combating the strange epidemic. Lively shrill tunes, played on trumpets, clarinets, and fifes, excited the dancers. Then, soft, calm harmonies, which graduated from fast to slow, high to low, proved to be an effective means of providing relief. The music was matched to the pace of the victim, and is only weakly connected to Tarantellas written by Chopin, Liszt, Rossini, and Heller that came later. These Tarantellas are most commonly played with a mandolin, a guitar, an accordion, and tambourines along with the original instruments used earlier.

Other forms of the dance were and still are couple dances, as in the Neapolitan Tarantella, danced during a courtship or another dance that mimicked a sword fight. These dances were in no way connected to the effects of a spider bite. The confusion appears to arrive from the fact that the spiders, the condition, its sufferers, known as tarantolati, and the dances all have similar names to the city of Taranto.

The dance spread throughout the Kingdom of the Two Sicilies. The musical rhythms, melodies, gestures, that accompanied these songs are quite distinct featuring faster more cheerful music. Their origins lie in a fifteenth-century fusion between the Spanish Fandango and the Moresque 'ballo di sfessartia' The "magico-religious" tarantella is the solo dance performed supposedly to cure through perspiration the delirium and contortions attributed to the bite of a spider. The dance was later applied as a supposed cure for the behavior of neurotic women “Carnevaletto delle donne”.

So until next time, please remember to keep our traditions of music and dance alive and pass them on to your children and grandchildren. Just “Beware of the Spider”!

Ciao!!

I used to envy people who could do cartwheels. Now I am jealous of anyone who can get up off the floor without making grunting noises and holding on to furniture.

– Neil Down

Music For The Ages

By Debbie Harbatkin

Our community is for people 55+ years old and their spouses/significant others, usually over 48 years of age. Let's take a look at what that could mean musically.



Those residents who are 80 to 90+ years old were likely raised on music popular in the 1940's and 1950's. The music styles included Big Band, Jazz, Bebop, DooWop and the birth of Rhythm and Blues (R&B).



The residents in their 70's were introduced to the evolution of Rock N Roll of the 1960's including Folk Rock, Blues Rock, Surf Rock plus Soul music. R&B developed into the Motown Sound and of course, this era was the rise of the Beatles, Woodstock, and the British Invasion. Disco became an alternative music genre, contributing to the rise of "discotheques", nightclubs, and bars where dancing to the beat became favorite gatherings for the teenagers and young adults.



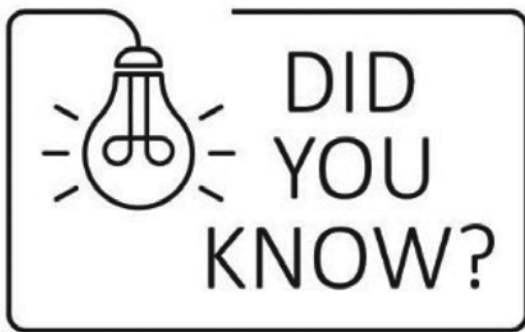
Those in their 60's probably have a taste in far-reaching genres of music. They grew up on Classic Rock-n-Roll, Motown, and The Beatles, and were introduced to the rise of electronic music like bubble gum Pop, synth-pop, new wave, and hip hop. The 1980's also brought about the popularity of soft rock, heavy metal, and punk rock.



Residents in their 40's & 50's had the advantage of exposure to the wide variety of music from the rock n roll past and watched the rise of HipHop's and Electronic Dance Music's golden age. Techno music replaced earlier disco in the club set. The pop scene became a plethora of "boy bands" and "pop tarts" with fancy dress and auto tuners to give the music a certain sound and this eventually spread out to grunge music and pop-punk.

With our diverse demographic, the Entertainment Committee is charged with booking performers & bands each month that will fit into a revolving era of genres & tastes. Tribute bands play the music of a single band or artist, or a specific style of music. Luckily, Cover Bands give us a variety of musical possibilities, and we collaborate with them to create a set list that will entertain multiple musical styles and ages.

The good news is that almost all of us have listened to the varied musical sounds on modern radio. When the band or performer coming to our Ballroom is not exactly your music, chances are you will have heard the songs as you're driving, from raising your children, events and parties you've attended and just because they've become so ingrained in pop culture that you hear them played in the supermarket. Give all the shows a try. You will be very musically surprised, and even an old dog can learn a new dance!



Ben & Jerry originally learned to make ice cream through a \$5 course! Ben Cohen and Jerry Greenfield, the original inventors of the now world-famous ice-cream brand Ben & Jerry's, originally knew nothing about ice cream other than the fact that they wanted to make and sell it. They took a \$5 correspondence

course on the making of ice cream that was offered by Penn State, and the rest is history. The company was valued at around \$500 million in 2021, so it is safe to say that the \$5 investment paid off.

GW Connections: Education and Einstein

by Michele Sandler

Though August isn't officially the end of summer, it always feels like a turning point—a season of preparation for what's ahead. For children, that means getting ready for school.

At GW Connections, one of our most cherished traditions is providing school supplies for the children at Homefront in Trenton. Each year, Homefront shares lists of what their students need, and our members and guests step up to fill the gap. At our first meeting in August, the tables were overflowing with bags and baskets of supplies, possibly the most generous collection we've ever seen.



A Visit from "Albert Einstein"

Adding to the excitement, our August 4 general meeting welcomed a very special guest—Albert Einstein himself! Bill Agress, a re-enactor, actor, and teacher for more than 30 years, brought the legendary physicist to life in the Clubhouse Ballroom. His performance both entertained and inspired, leaving everyone with a renewed appreciation for Einstein's brilliance and humanity.

Giving Back

Beyond the joy of these gatherings, GW Connections is deeply committed to supporting local charities. A portion of every membership fee and the funds we raise benefit Homefront, Women Aware, and the Monroe Food Pantry. This summer, we were especially proud to help send several Homefront children to summer camp—a gift of fun, friendship, and lasting memories.

Looking Ahead: Louis Armstrong Performance

Mark your calendars! On **Monday, November 3 at 7:00 PM**, renowned actor Marvin Jefferson will portray legendary musician Louis Armstrong in the Towne Centre Ballroom. Known as one of the most influential artists of the 20th century, Armstrong's story promises to be both moving and uplifting. This free event is open to members and non-members alike, and refreshments will be served.

Join Our Clubs

GW Connections offers a wide variety of groups where members can learn, share, and grow together. Current offerings include:

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

We're always open to new ideas—if you'd like to suggest a new group, we'd love to hear from you!

Membership Information

- **Fees:** \$15 (single) / \$20 (family)
- **Charities supported:** Homefront, Women Aware, Monroe Food Pantry
- **To join:** Make checks payable to *GW Connections* and place in **Box #5 (Attn: Sandy Duncan)** in the Clubhouse lobby. Please include your contact information. **Inquiries:** Call Carol Cooper at **609-409-3860**



Carol Cooper delivers donations of school supplies to Homefront



Albert Einstein visits GW Connections meeting

INDO-AMERICAN CLUB OF GREENBRIAR AT WHITTINGHAM



By IAC Volunteering Team / (Photos by – Sanchita, Yagnesh, Raj, Rachna)

August dinner event of the Indo-American Club was a joyous celebration of India's Independence Day. Members gathered in Thompson Park, dressed in orange, white and green – mirroring the vibrant colors of the Indian flag. Clear blue skies, mild sunshine and cool breeze perfectly complemented the celebration!!

GW Residents Exhibit at Monroe Township Library

By Linda Shiff

Sculptor Michael Pascucci and painter Frank Genova have their work on exhibit at the Fine Arts Gallery at the Monroe Township Library through October 26.

Michael Pascucci was raised in western PA. After serving in the U.S Army he attended Penn State through the GI Bill where he received his BFA. After graduating Michael was accepted in a two year apprenticeship program at the Johnson Atelier run by Seward Johnson. He completed his studies earning an MFA at Southern Illinois University in Carbondale.

Michael often works in various woods that he collects and cures, sometimes for years. Among his favorites woods are walnut, cherry and oak. He enjoys the beauty that arises from these various hardwoods.

Michael has also run a foundry and worked in metals, primarily casting in bronze using the lost wax method creating magnificent forms of grace and beauty.

He draws his ideas first and then creates clay models. He often works months on his pieces. I've admired his works for years.

He has been the recipient of numerous awards from Phillips' Mill and **the Ellarslie at the Trenton City Museum**. Public art installations of Michael's work can be seen in New Hope, PA as part of the New Hope Public Arts Project as well as the Hamilton Free Library. Visit mvpascucci.com to see his stunning work.

Michael's work appears on the cover of this month's GW Pulse.

Frank Genova is a Brooklyn College Graduate with a strong interest in architectural drawing. His paintings look like photographs! Clear, precise, rich in color and design. Buildings are highlighted with light and shade.

Much of Frank's artwork is inspired by his photographs taken during his frequent European travels. His photos from his recent trip to Ireland featured generations old pub's facades, with draping vines, flowers and ivy. Photos of the countryside, with its magnificent terrain, should inspire some new paintings.

His show will promise to delight and stir the desire to travel to these countries. He has a great eye and it shows in his photography, oils and acrylics which have been displayed in our Towne Centre as part of the GW Camera Club exhibit.

He shares his musical talent playing keyboard with our GW Music Club.

A visit to frankgenova.com will impress you.

Can You Use Some Help Navigating Medical and Insurance issues?

By Richard Sirop, MD

As a retired physician with more than 50 years in both medical practice and healthcare administration I've seen firsthand the many challenges that come with navigating the healthcare system--particularly for those in the 55+ age group. Now in retirement, and living here in Greenbriar at Whittingham, I feel a strong calling to continue using my knowledge and experience to help others. I believe our community can benefit from shared guidance, support and open conversation on these topics.

I can offer insights and provide assistance on a wide range of healthcare related issues such as choosing the right care, understanding insurance and Medicare, navigating hospital systems and addressing the everyday concerns many of us face as we age. My goal is to create a welcoming environment where individuals can ask questions, exchange experiences and feel more confident managing the often complex world of healthcare.

I am available via email (rbs843@gmail.com). Leave me a brief message of your problem(s). Meetings can be arranged via virtual or person to person. I do not charge for my assistance.

A Simple Workout

By Michelle Polk

I truly never realized that simple walking has been known as a Japanese walking. This type of workout has been proven to have great benefits for both your mind and body. It has been suggested that this can have the potential of improving back pain. This method of walking incorporates interval training. It means you have bursts of intense activity and more gentle intervals of rest. It boils down to fast walking and slow walking. You might do longer strides when changing from a leisurely walk. You might also engage your arms in your "fast" interval or bend your arms or merely use your arms.

Why isn't phonetics spelled the way it sounds?

GW Friends October Happenings

By Mark Surks

GW Friends Members were treated to a wonderful presentation by Alisa Dupuy performing as HRH Queen Elizabeth II. We have enjoyed Ms. Dupuy's remarkable re-enactments in the past and she always delivers an amazing experience.

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

Monday, October 27th Prof. Paul Zigo will speak on "Witnessing History-Unconditional Surrender 1945". Paul Zigo, a history professor, author and military historian. He is the founder and director, of the World War II Era Studies Institute.

Friday, October 3rd The Chess Club will meet at 2 PM in the Ballroom. Contact Anatoly Shpirt at 347-693-8791 or just show up. All levels of players are welcome.

Monday, October 6th Join us for our first Monday breakfast. The always fun, frenetic and financially rewarding **GW Friends Breakfast** is at 8:45 AM (early birds are expected, late comers are 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 a fun morning with announcements and a **ginormous, potentially life-altering 50/50 payout** on the line.

Monday October 6th **History Club** 4 PM in the Poker Room. The History of Television presented by Larry Bartolf. The History Club is chaired and curated by Pierre Rein (908-420-4181).

Tuesdays, October 7th and 21st The first and third Tuesday of every month the **Alan Hermelee Current Events Discussion Group** is held in the new upstairs Board Room. We cover many subjects including a gentle handling of otherwise divisive topics. Come share your opinion and intellect with us. It is a wonderful way to give voice to your thoughts and learn so much from others. **Politics is not discussed.** Let me say that again. **Politics is not discussed.** Alan Hermelee set the tone and we honor him by keeping it respectful. If you enjoy a stimulating discussion of topical matters, this is the place for you. Arie Markowitz tries his best to maintain control of the meeting. He has actually succeeded once or twice.

Tuesday, October 14th **The Finance and Investing Group** will meet at 4:00 PM in the room opposite the nurse's office. Jerry "Gordon Gecko" 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, October 15th **Pizza and Billiards** (or just pizza or just pool). This is always well attended. We meet at 12:30 PM at Ciro's and then on to the GW Pool Hall downstairs in the Towne Centre. Contact Howard Katz at 609-409-8606, or just show up.

Monday, October 20th **The Socrates Cafe** will meet at 4:00 PM in the Poker Room. Stimulating topics chosen by the group from a list curated by the facilitator will be discussed. Socrates Cafes began in 1996 as a place for an open exchange of ideas. The GW "Cafe" is hosted by Allan Cooper 609-409-3860.

Monday, October 27th **The Marvin Bachman Book Club** will meet at 4:00 PM to discuss "The Thread Collectors: A Novel" by Shaunna J. Edwards and Alyson Richman

1863: In a small Creole cottage in New Orleans, an ingenious young Black woman named Stella embroiders intricate maps on repurposed cloth to help enslaved men flee and join the Union Army. Bound to a man who would kill her if he knew of her clandestine activities, Stella has to hide not only her efforts but her love for William, a Black soldier and a brilliant musician.

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

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The best part about coming home
from vacation, better toilet paper. —
Marsha Mellow



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Hadassah News

by Joanne Sacoff

"Life starts all over again when it gets crisp in the fall." So let's get going, and what a fall lineup we have for you!

October 29th at 7pm is our very special Membership Appreciation meeting featuring stand-up comedian Robin Fox. Robin is known as a one woman sitcom and has performed in many top named comedy clubs and she will be right here in our very own Towne Centre ballroom.

Also on that very same evening, we will be presenting The Myrtle Wreath Awards to two hardworking, delightful and dedicated past presidents of our chapter, **Sharon Nachimson and Suzanne Rosenzweig**. The Myrtle Wreath Award is a prestigious local and regional honor given by Hadassah, and our ladies have certainly earned it. Congratulations both of you. Do not miss this wonderful evening. Reservations are required and the flyer for this event is in the rounders.

There will also be a regional event. The regional Myrtle Wreath ceremony is being held on Sunday, November 16th in Edison, NJ. Invitation and details to follow.

On November 12 from 11:30 - 4:00 pm, we will be having our twice yearly CARD AND GAME DAY. Lunch will be catered by Bagel Bazaar and will include family style platters of salads and plenty of bagels. The cost for this very popular and fun day is \$28. Desserts and beverages are included.

Please call Ellen Panzer Schwartz at 516 672 8180 if you do not have a game and she will try to match you with a group. And speaking of games, all of you Mah Jongg players can start ordering your 2026 cards (wait I don't even know the 2025 card yet) by looking for the application in the rounders. Is it even possible that it's time to order the new cards???

On Wednesday, November 19th at 7pm, we will have the Installation of our 2026 Officers. This will take place at the Monroe Twp Senior Center and, of course, refreshments will be served.

To end this most wonderful and fun-filled year, we will be celebrating Chanukah at the Senior Center. John Kendrick will be performing "Comic Legacy of the Jewish Alps". Come join us and celebrate the season.

Looking forward to seeing everyone at all of the fun activities. If you are not a member, come anyway. You soon will want to join our fun-loving, productive, generous chapter.

HADASSAH

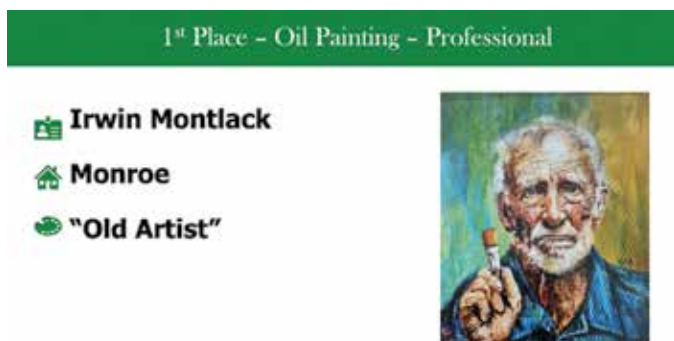
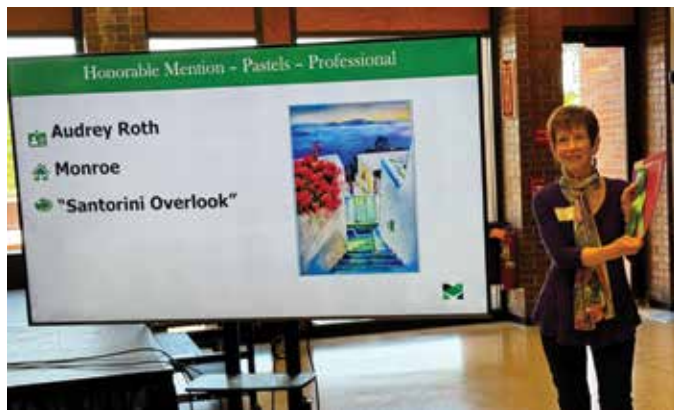


GW Artists Win Awards

By Frances Gunther

The Middlesex County Office of Aging and Disabled Services annually hosts the Middlesex County Senior Art Contest. Awards are given to artists whose art work comes in First Place, and Second Place as well as Honorable Mention.

This year, Irwin Montlack won 1st place in the category of Professional Oil. Audrey Roth won Honorable Mention in the category of Professional Pastels. Frances Gunther won Honorable Mention in the category of Professional Oil Paintings.



THE IRISH AMERICAN CLUB



Our club is off to a good start. The first meeting was 9/8 in the Poker Room. **Over** 40 members attended. The Craic was good. People meeting with a common interest. Come to our next gathering in the Poker Room on 10/8 at 4PM. We will be discussing plans for demonstrations of Gaelic Pipes and Step Dancing. We need your input.

Shuffleboard Olympians



On August 13, 2025, nine Monroe Township senior communities competed for The Monroe Township Recreation Table Tennis Mayor's Cup. Pictured above are the winners! Our very own Greenbriar at Whittingham residents from left to right: Sol Nussbaum, Anatoly Shpirt, Ned Moftah (Captain), Tom Dipaoli & Nathan Wong.

Greenbriar at Whittingham Pulse

October 2025 - 21

GW Ladies Club

By Caridad Milara

During the past few weeks, The GW Ladies Club has enjoyed many fun events.

We had a great time at The Working Dog Winery in Hightstown in August. Not only were the grounds beautiful and weather perfect but the wine tasting, pizza and live music were amazing!

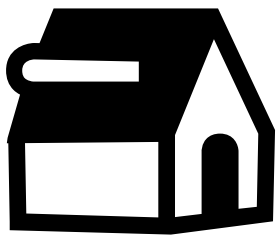
September we participated in a guided walking tour of Princeton and Princeton University which were both fun and informative. We also had a movie night at our September meeting and watched Mamma Mia, enjoyed popcorn and delicious desserts but most of all great company.

October will be a fun month beginning with a field trip to Holland Ridge Farm in Cream Ridge for Sunflower picking and a tour of their Windmill. At the Membership Meeting on October 13th we will test our competitive side with fun and interactive games of Minute to Win It! On October 22nd we will have a dinner night out (restaurant TBD).

At the November Membership Meeting we will enjoy Thanksgiving cultural appetizers and desserts provided by our members and celebrate our various cultures.

The GW Ladies Book Club meets the fourth Monday of every month in the All Purpose room. All are welcome to attend.

We always welcome new members to join. The membership forms are located in the rounder in the clubhouse lobby. Annual membership dues is \$10 per person. We look forward to meeting new ladies and sharing many more adventures!



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Sunday	Monday	Tuesday	Wednesday
			1 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 10:00 a.m. Team Weights with Ellen 10:30 a.m. Team Weights with Ellen 10:45 a.m. Chair Yoga 11:00 a.m. Resident Meeting 12:30 p.m. Zumba (Instruction by Video) 2:00 p.m. PAC Board Meeting 6:00 p.m. PAC Board Meeting 6:00 p.m. PAC Board Meeting
5 9:45 a.m. Shalom Club	6 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 10:00 a.m. Team Weights with Ellen 11:00 a.m. Aquacise 12:30 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 4:00 p.m. History Club 4:00 p.m. Intermediate & Advanced Pickleball Clinic 4:30 p.m. Pickleball Beginners Clinic 6:30 p.m. Line Dancing with Teri 7:00 p.m. Intuitive Club	7 9:00 a.m. Pickleball Club Play 10:00 a.m. Greenbriar Site Review Committee Meeting 10:00 a.m. Line Dancing 10:30 a.m. Yoga with Laura 11:00 a.m. GW Woodworking Club Workshop 11:00 a.m. Fab, Fit & Fun 12:30 p.m. Zumba (Instruction by Video) 12:30 p.m. GW Ladies Board Meeting 2:00 p.m. The Alan Hermelee Current Events Discussion Group 3:00 p.m. PAC Board Meeting 3:30 p.m. Tap Dancing 5:30 p.m. Water Volleyball 6:30 p.m. Billiards	8 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 9:30 a.m. Computer Class 10:00 a.m. Team Weights with Ellen 10:30 a.m. Team Weights with Ellen 10:45 a.m. Chair Yoga 12:30 p.m. Zumba (Instruction by Video) 2:00 p.m. PAC Board Meeting 4:00 p.m. Irish Dance 4:30 p.m. Indo-Thai 6:00 p.m. PAC Board Meeting 6:00 p.m. PAC Board Meeting 7:30 p.m. Resident Meeting
12 1:00 p.m. The Shalom Club Special Event	13 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 10:00 a.m. Team Weights with Ellen 11:00 a.m. Aquacise 12:00 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 4:00 p.m. Intermediate & Advanced Pickleball Clinic 4:00 p.m. Socrates Café 4:30 p.m. Pickleball Beginners Clinic 6:30 p.m. WHOA & GWCA Annual Meeting 6:30 p.m. Line Dancing with Teri 6:30 p.m. GW Ladies Club	14 9:00 a.m. Pickleball Club Play 10:00 a.m. Line Dancing 10:00 a.m. Brain Fitness 10:30 a.m. Yoga with Laura 11:00 a.m. GW Woodworking Club Workshop 11:00 a.m. Fab, Fit & Fun 12:30 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 4:00 p.m. Finance Committee Meeting 5:30 p.m. Water Volleyball 6:30 p.m. Billiards	15 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 10:00 a.m. Team Weights with Ellen 10:00 a.m. Team Weights with Ellen 10:30 a.m. Team Weights with Ellen 10:45 a.m. Chair Yoga 12:30 p.m. Zumba (Instruction by Video) 2:00 p.m. PAC Board Meeting 6:00 p.m. PAC Board Meeting 6:00 p.m. PAC Board Meeting 6:30 p.m. Health/Fitness 6:30 p.m. Health/Fitness 7:00 p.m. Camera Club
19 1:00 p.m. WHOA Movie: Moving On	20 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 10:00 a.m. Provocative Thinking 10:00 a.m. Team Weights with Ellen 11:00 a.m. Aquacise 12:30 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 4:00 p.m. Intermediate & Advanced Pickleball Clinic 4:00 p.m. Socrates Café 4:30 p.m. Pickleball Beginners Clinic 6:30 p.m. Line Dancing with Teri	21 9:00 a.m. Pickleball Club Play 10:00 a.m. Line Dancing 10:30 a.m. Yoga with Laura 11:00 a.m. GW Woodworking Club Workshop 11:00 a.m. Fab, Fit & Fun 12:30 p.m. Zumba (Instruction by Video) 1:00 p.m. GW Connections Book Club 2:00 p.m. Alan Hermelee Current Events Discussion Group 3:30 p.m. Tap Dancing 5:30 p.m. Water Volleyball 6:30 p.m. Billiards	22 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 10:00 a.m. Team Weights with Ellen 10:00 a.m. Team Weights with Ellen 10:30 a.m. Team Weights with Ellen 10:45 a.m. Chair Yoga 12:30 p.m. Zumba (Instruction by Video) 2:00 p.m. PAC Board Meeting 4:30 p.m. Sheraton 5:30 p.m. Indo-Thai 6:00 p.m. PAC Board Meeting 6:00 p.m. PAC Board Meeting
26 11:00 a.m. Family Fun Day 3:00 p.m. PAC Rehearsal	27 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 9:30 a.m. Golf Closed Meeting 10:00 a.m. Team Weights with Ellen 11:00 a.m. Golf Open Meeting 11:00 a.m. Aquacise 12:30 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 4:00 p.m. Intermediate & Advanced Pickleball Clinic 4:00 p.m. GW Friends Book Club 4:30 p.m. Pickleball Beginners Clinic 6:00 p.m. Ladies Club Book Club 6:30 p.m. Line Dancing with Teri 7:15 p.m. GW Friends	28 9:00 a.m. Pickleball Club Play 10:00 a.m. Line Dancing 10:00 a.m. Shalom Club Meeting 10:00 a.m. WHOA Landscape Committee Meeting 10:30 a.m. Yoga with Laura 11:00 a.m. GW Woodworking Club Workshop 11:00 a.m. Fab, Fit & Fun 11:30 a.m. PAC Rehearsal 12:30 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 5:30 p.m. Water Volleyball 6:30 p.m. Billiards	29 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 10:00 a.m. Team Weights with Ellen 10:30 a.m. Team Weights with Ellen 10:45 a.m. Chair Yoga 11:30 a.m. PAC Board Meeting 12:30 p.m. Zumba (Instruction by Video) 2:00 p.m. PAC Board Meeting 6:00 p.m. PAC Board Meeting 6:00 p.m. PAC Board Meeting 7:00 p.m. Hada Apprentice

Wednesday	Thursday	Friday	Saturday
Pickleball Club Play Ping Pong Ceramics Motion with Ellen Yoga with Karen & Dave Ant Civic Club Board Meeting (Instruction by Video) Acting Workshop Gin Rummy PAC Rehearsal m. Bocce	2 9:00 a.m. 3D Art 9:00 a.m. Pickleball Club Play 10:00 a.m. Chorus 11:30 a.m. GW Social Club Board Meeting 12:30 p.m. Zumba (Instruction by Video) 2:00 p.m. Painting Group 6:00 p.m. Stained Glass Group 6:30 p.m. Billiards	3 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 9:15 a.m. Meditation Class 10:00 a.m. Beginners Plus Line Dancing with Joan & Sona 10:30 a.m. Yoga with Brian 11:00 a.m. Painting Group 12:30 p.m. Scrabble 12:30 p.m. Deep Water Aquacise 2:00 p.m. Chess Club 6:15 p.m. Italian American Club	4 9:00 a.m. Zumba with Diane 10:00 a.m. Chair Yoga with Karen & Dave 10:00 a.m. Zumba (Instruction by Video) 11:00 a.m. GW Parking Lot Trunk Sale 5:30 p.m. The Greenery Saturday Soiree
Pickleball Club Play Ping Pong er Club (Zoom Only) Ceramics Writing Group Motion with Ellen Yoga with Karen & Dave (Instruction by Video) LU Shot Clinic Acting Workshop American Group American Ladies Gin Rummy PAC Rehearsal m. Bocce ident Civic Club	9 9:00 a.m. 3D Art 9:00 a.m. Pickleball Club Play 9:00 a.m. Greenbriar Budget & Finance Committee Meeting 10:00 a.m. Chorus 10:00 a.m. WHOA Budget & Finance Committee Meeting 11:00 a.m. Towne Centre Committee Meeting 11:00 a.m. Aquacise 12:30 p.m. Zumba (Instruction by Video) 1:00 p.m. GW Social Club Luncheon 2:00 p.m. Painting Group 4:00 p.m. Shalom Club Program Committee Meeting 6:00 p.m. Stained Glass Group 6:30 p.m. Billiards	10 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 9:15 a.m. Meditation Class 10:00 a.m. Beginners Plus Line Dancing with Joan & Sona 10:30 a.m. Yoga with Brian 11:00 a.m. Painting Group 12:30 p.m. Scrabble 12:30 p.m. Deep Water Aquacise 6:30 p.m. Canasta Tournament 7:00 p.m. BINGO	11 10:00 a.m. Chair Yoga with Karen & Dave 10:00 a.m. Zumba (Instruction by Video)
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8 Surprising Tips for Healthy Aging You Might Not Think About

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

Aging well isn't just about avoiding illness. It's about living the life you love! To do this, you must stay strong and independent for as long as possible. While most people know the basics like eating well and staying active, there are some less obvious steps that can make a big difference in how you feel and function as the years go by.



1. Challenge Your Balance Daily

As we age, balance naturally declines. This increases the risk of falling. You have the power to strengthen your own balance every day. Try standing on one foot while brushing your teeth or practicing simple yoga poses. Small, daily challenges can make a big difference in maintaining stability and confidence.

2. Keep Hydrated

Dehydration is more common in older adults because the sense of thirst tends to diminish with age. Water plays a key role in everything from joint health to memory. A good rule of thumb is to drink even when you're not thirsty. This is especially true during warm weather or taking certain medications.

3. Keep Learning New Things

It's not just about crossword puzzles. Whether it's learning a new language, taking up digital photography or mastering a new card game, mentally stimulating activities can help preserve brain health. Studies show that learning new skills creates new neural connections, which helps maintain cognitive function over time.

4. Don't Overlook Oral Health

Gum disease and tooth loss aren't just about smiles; they're linked to heart disease and diabetes. Brush and floss daily but also keep up with dental cleanings and visits to the dentist are still important for oral and overall health.

5. Nurture Your Purpose

Having a reason to get up in the morning has been linked to longer life and better physical health. You don't have to take on the world. How about volunteering, caring for a pet or mentoring a young person? Just be active – mind, body and soul.

6. Protect Your Sleep Like You Did in Your 30s

Sleep patterns often change with age, but good rest is still essential for memory and mood. A good night's sleep can boost your body's immune function. Some other tips: Avoid large meals, alcohol, and screen time before bed. If you wake up frequently or feel tired during the day, talk to your doctor. Sleep apnea and other conditions are often overlooked in older adults.

7. Train Your Muscles, Not Just Your Heart

While walking and swimming are excellent for cardiovascular health, strength training is essential, too. It helps maintain bone density and helps you to manage weight. You don't need to lift heavy weights. Use resistance bands, do squats and learn more about how wall pushups can be effective.

8. Review Your Medications Regularly

Many older adults take multiple prescriptions, but medications that once worked well might not be necessary, or safe, over time. Some can affect balance, memory, or hydration. Ask your doctor for an annual medication review to ensure your prescriptions still make sense for your current health.

Remember, aging well isn't just about eating right and staying active; it's also about adapting, staying curious and paying attention to things that often get overlooked. Small steps can lead to big benefits over time. Here's to living well at every stage!

Pickleball Club

By Randy Kahn

It has been a VERY busy month for our now nearly 200 member Club. On Monday, August 4th, we held our Pickleball Olympics with 19 participants playing five rounds of matches. First Place winner was Jeff Weiss; Second Place winner was Ken Sariego; Third Place winner was a tie between Tom Aiston and Kathy DeDonno. This fun-filled event was coordinated by Norm Levine, capably assisted by scorekeeper Phil Goldman. Participants included Sam Meytus, Charlie Ohn, Kathy DeDonno, Deb Wallach, Randy Kahn, Larry Turkel, Mike Dunn, Jenn Hyjack, Karen Ellis, Rich Flathmann, Ken Sariego, Tom Aiston, Les Linet, Nathan Wong, Alan Rattiner, Andy O'Reilly, Phil Mazor, Rich Sperling, Jeff Weiss. It was QUITE the event!!! Thank you to all the participants.



At long last, our new courts have arrived!!! We held a ribbon cutting ceremony on Tuesday August 19 attended by a large number of Club members. We look forward to enjoying the new playing area for many years to come. Please note that **food, beverages other than plain water, pets and portable chairs are prohibited** on the new court areas. Please adhere to these rules so that our new courts remain in top notch shape going forward.

The Senior Inter-Community League season concluded with four communities slugging it out in the semi-finals and finals of the A division. In the semis, Regency edged out our Greenbriar team in an extremely close contest, and Venue beat Stonebridge. In the finals Regency triumphed over Venue. We look forward to next year's season for both our A and B teams.

As a quick reminder open play is from 9-11 AM daily on Courts 4 and 5, using the paddle system for those waiting to play. Beginner and intermediate level clinics should continue into the Fall on Monday afternoons. Check Team Reach for more details on that.

On Saturday night, October 25th, the Club will hold its annual Fall party, with a country/western, hoe down theme and live music. Dust off your 10-gallon hats, cowboy boots, bandannas, spurs, lassos, etc for what is sure to be a rip-roarin' evening. Unfortunately, we will NOT be able to accommodate any resident wishing to bring a horse to this event. So, please tie up your steed at home before entering the clubhouse. We MAY, however, be able to provide oats in doggy bags for those wishing to reward their riding companions. It must be noted, though, that the Club assumes no responsibility whatsoever for anyone injured wearing saddle bags over their shoulders while dancing. Please check your personal liability and/or homeowner's insurance policies for coverage, limitations, exclusions, etc. More on this event will follow in next month's Pulse.

By the time this article appears we will have had our Club elections. Nominees include Deb Wallach for President; Rosie Chorney for Vice-President; Robin Knee for Secretary; Rich Flathmann for Treasurer. Final results will be noted in next month's Pulse.

Apologies for this month's article NOT having the usual quota of humor, but I will conscientiously strive to come up with at least something for next month. For those of you actively considering a comedic career, all I can say is that it is NOT easy being funny!!!

For those residents about to get an early jump on wintering down South, stay safe, enjoy yourselves and looking forward to your return in the Spring.

See you on the courts soon, my friends.



Greenbriar at Whittingham Pulse

Tennis Club hosts a Successful GWTC US Open Men's Finals Watch Party

By Felix Vazquez

The Greenbriar at Whittingham Tennis Club hosted an exciting afternoon on Sunday, September 7, 2025, bringing members together to enjoy the electrifying US Open Men's Finals featuring Jannik Sinner and Carlos Alcaraz.

Residents gathered in the GW Towne Centre Ballroom, where the big screen created a stadium-like atmosphere right here in our community. Attendees enjoyed a delicious spread of deli sandwiches, salads, snacks, desserts, and refreshing beverages. The event was also BYOB, which made for an even more festive and relaxed environment.

From the very first serve to the last point, everyone was captivated by the match. Watching Sinner and Alcaraz battle it out was truly a treat, and the camaraderie among our members made it all the more special.

A special thanks goes to event coordinators Felix Vazquez, Emily Donado, and Andy Goodman, whose planning and efforts ensured everything ran smoothly. Their dedication made the day enjoyable for all.

Thank you goes out to Mindy Highstein and Linda Shiff who helped with cleaning up.

The event was more than just about tennis—it was about community. Friends shared laughs, swapped predictions about the outcome, and savored good food and drink while being part of a memorable afternoon.

The photos attached capture the spirit of the day: smiling faces, great company, and unforgettable tennis moments. This event was a wonderful reminder that while the US Open is played in New York, the heart of the game beats just as strongly right here at Greenbriar at Whittingham.



The Martin Salmanowitz GW Social Club

By Mary Laresch

With October we get to enjoy all the bright fall colors on the different trees. On October 2nd our Jewish friends will be observing Yom Kippur, a day of repentance, with prayers and fasting.

Columbus Day is celebrated on Monday, October 13th, and is a federal holiday. The very last day, October 31st, is Halloween and a fun day for all with costume parties, and kids going from door to door getting free candy.

On August 14th we had our luncheon show, "Underwater Airlines." The group had a four-piece band - two guitars, drums, and a synthesizer, and the performers made beautiful music with them. We enjoyed Jimmy Buffett's Margaritaville, Ride Sally Ride, Sugar Pie Honey Bun, and lots more. We also had many dancers doing the Twist and the Electric Slide. We enjoyed lunch with baked ziti, oven roasted potatoes, broccoli sauteed with garlic, rolled eggplant parmigiana, grilled sweet chili chicken thighs, short ribs of beef, and steak with pesto pomodoro. Great afternoon was had by all.



Upcoming Shows:

Thursday, October 9th @1:00 p.m. in our Ballroom – "Lou Orrichio." Lou is a male vocalist/vocal impersonator. He sings the greatest songs of the past by artists such as Elvis Presley, Frank Sinatra, Neil Diamond, Bobby Vinton, and more. Lunch will include stuffed shells, oven-roasted potatoes, string beans almonidine, chicken parmigiana/w vodka sauce, Tuscan chicken, beef bourguignon, tossed salad, rolls, coffee, tea, and dessert. \$33 PP/Members, \$35 PP/Non-Resident Guests.

Thursday, November 13th @1:00 p.m. in our Ballroom – "Just Friends" have been together since 1986. They perform classic hits from the 50s through the 70s. Lunch will include butternut squash ravioli, potato croquettes, mixed vegetables, chicken parmigiana, chicken w/artichokes, sun-dried tomatoes, meatballs, beef w/broccoli, tossed salad, rolls, coffee, tea and dessert. \$35 PP/Members, \$37 PP/Non-Resident Guests.

Speaker: *Thursday, October 23rd in our Ballroom*
Charles Clarkson, Senior Medicare Patrol Director. Learn how to protect yourself against Medicare fraud. Also learn about the different plans available with Medicare for 2026.

Bingo: The GW Social Club sponsors Bingo on the second Friday of each month, and doors open at 7:00 p.m. Our upcoming Bingo night will be on November 14th. All are welcome. Come and enjoy playing the games with your friends, and you may win a few bucks!

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

A hacker called me a said he had all my passwords. I got a pen and paper and said, thank God, let me write them down.



By Kristin Puriza, Lifestyle/Facilities Director

WHOA Movies:

Thursday, October 16, 2025 at 7PM:
October 8 – 1h40m – Ballroom

Sunday, October 19, 2025 at 1PM:
Moving On – R – 1h45m
AC/Dance Room

Casino Bus Trips:

PARK Casino
Wednesday, October 8, 2025
\$30 Per Person (on sale now)

Wind Creek Casino
Wednesday, November 5, 2025
\$30 Per Person (on sale now)

Atlantic City Resorts
Wednesday, December 3, 2025
\$30 Per Person (on sale October 21st)

Atlantic City Resorts
Thursday, December 25, 2025
\$30 Per Person (on sale October 28th)

Ballroom Shows:

REAL DIAMOND:
A Neil Diamond Tribute
Saturday, October 18th at 7PM
Tickets are on sale now.

Special Brunch with Barry Jason
Sunday, November 16th at 11AM
Tickets are on sale Thursday, October 2nd.

Bus Trip to NYC:

Wednesday, October 15, 2025
MAMMA MIA!
At Winter Garden Theatre

Family Fun Day:

Sunday, October 26, 2025
11:00AM – 3:00PM
See flyer for details!

FLU Shots:

Wednesday, October 8th 2PM-6PM
in The Towne Centre Ballroom

Parking Lot Yard Sale:

Saturday, October 4, 2025
11:00 a.m. – 2:00 p.m.
in The Towne Centre Upper Lot

Healthy Living

by Michelle Polk

As a TBI (Traumatic Brain Injury) survivor I continue to read articles about nutrition, the brain and lifestyle that can contribute to overall health and well-being. I also write about these articles to share my knowledge with my GW friends and soon to be acquaintances. My latest finds discuss the effects of ultra-processed foods and the importance of their elimination and turning to healthier options.

Let it be known I have not been clueless over the course of my life; however, I can and must, do better. Some readers are aware that I recently returned home from a lovely Viking River Cruise on the Duoro River in Portugal and Spain. Unfortunately, I also returned home with swollen feet and calves, to the point that support hose did not do the trick to become "unswollen". My son used his medical knowledge to paint a bleak picture of deep vein issues. Thrombosis could lead to heart issues if not treated. I could have a floating blood clot which needs immediate attention and by that I mean, Emergency Room attention.

I went to my primary care physician and received a Stat for a scan to eliminate the potential life threatening possibility. In my heart of hearts I predetermined my swollen ankles were the result of the salt I had been consuming. Now I received bottled water at each excursion and yes, it was natural and contained salt. I know the chef tenderized my fish, vegetables, and meat with salt, I ate loads of salads and did try to eliminate breads and items that were processed. But who would have thought?

Now let me discuss what many of us need to do related to consuming minimally processed foods at home or on vacation. Yes, fruits, vegetables, meat, poultry do not contain additives. None of these items have anything added and are in their natural state. Processed foods are often packaged in cans (and boxes), while ultra-processed foods have added colors and flavors. These include many canned soups, flavored yogurts and ready to heat meals.

Now I will segue into the impact of eating ultra-processed foods and brain health. In my opinion, we can and must decrease the likelihood of this happening. The impact these foods have on our well-being include the inability to pay attention, make decisions, and execute goals. It has been suggested that these foods might damage blood vessels in our brain.

Adjusting our diet and making small changes can help us all. A real life changer for me is to make my own hummus which is healthy, but can be ultra-processed when bought in stores (read the label). So today I am buying a machine to process chickpeas in a can and make my own. The same holds true with dressings for my salads. I make my own using olive oil and balsamic vinegar and keep away from the unhealthy additives. I advise you to do the same.



Cribbage Anyone?

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

Contact Phyllis at 609-619-3656

Health/Fitness and Wellness Club

By Stephanie Lichtenstein

Our August meeting featured a dynamic presentation by Dr. Terri Haberman. Though Dr. Haberman specializes in ophthalmology, she also brings a wealth of knowledge on nutrition and holistic health. Her talk focused on the vital role vitamins and minerals play in maintaining balance and overall wellness.



Dr. Haberman emphasized the importance of sourcing vitamins and minerals through whole foods. These essential nutrients are found across a variety of food groups:

- **Vitamin A** – eggs, liver
- **Vitamin C** – citrus fruits, berries
- **Calcium** – dairy products
- **Iron** – red meat, eggs, leafy greens

A diverse, balanced diet rich in fruits, vegetables, lean proteins, dairy, nuts, and whole grains is the most effective way to support your body's nutritional needs.

She also introduced us to Dr. Michael Greger's Daily Dozen—a practical guide to incorporating key health-promoting foods and habits into your daily routine.

We gather every third Wednesday at 6:30 PM in the Dance Room. Mark your calendar and join us next month!

Upcoming Events

October 15, 2025 – Marzena presents on yoga and physical therapy

November 2025 Preview

- Self-Defense (Part 2)
- Tai Chi (Part 2)
- Stretching techniques
- Healing Crystals
- ...and more wellness surprises!

Award Winning GW Artists Accepted Into Juried Art Show

Both Audrey Roth and Frances Gunther were happily accepted into the juried art show at The Gallery, Thompson Park Creative Arts Center. The theme is "*Botanical Musing*."

The exhibit runs from September 26th through November 14th. This gallery is part of the Monmouth Country Park System and is located at 805 Newman Springs Road in Lincroft.

Elsewhere in this issue of The Pulse appears an article and photo of these extraordinarily talented residents.

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*"Hollyhocks " by Brighton Court resident
Frances Gunther*

Photos by Ramsey Way Resident Charles Laboz



Close Fish Friends-Tin Foil Barbs



Luna Moth



Oh, Deer! - Woodworking Club member Carmine Campanella is raising a team of nine reindeer which he hopes to have completed by the time Santa needs them.



Your Health
Our Expertise

Greenbriar Medicare Support Team

BIG Changes are Coming in 2026 with Medicare
Health & Drug Plans...

COSTS ARE GOING UP!

We offer unbiased, no-cost help with your
Insurance Plans and Nonprofit programs.

**Ask about our local diner meetings
or one-on-one home visits.**



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view my website!



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**Robert Nicholas Frank
"Nick"**

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For Night & Weekend
Appointments Please Call:

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AD-7572

"We do not offer every plan available in your area. We can discuss the plans that we represent and are contracted with in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program to get information on all of your options."

PAC Packs Them In!

By Larry Bartolf

The 2nd annual PAC (Performing Arts Club) show on August 24 was a smashing success. A huge turnout of GW residents and friends, was treated to an afternoon of original works performed by PAC members that was truly impressive in its variety and creativity.

The program included poetry, songs, skits, as well as film shorts. All were original works from an extremely talented group who spent endless hours preparing for this showcase.

Kudos to the technical wizardry of filmmaker James MacDonald as well as the help from the Sherlock Holmes Club and the Greenbriar Camera Club. A true showcase of talent, indeed!



The Greenbriar Performing Arts Club (PAC) Needs YOU!

Love theater but not the spotlight?

Join our **behind-the-scenes** team and help bring our productions to life!

We're looking for volunteers to assist with:

Sound • Lighting • Stage Effects • Video & Projection

No stage experience needed—just enthusiasm and a willingness to learn.

Be part of a creative, fun group that makes the magic happen.

Join PAC today and help keep the arts alive at Greenbriar!

Contact James MacDonald

jdmac1234@gmail.com

551-276-9689



Golf Course Rules

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

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

Thank you for your cooperation. The Golf Board

A Pitch for our Post

By Stuart Weinstein, Post Commander Post 609 JWV

Honoring veterans and their service to our nation is a noble task, and one of our club's primary functions. In addition to our social events, we seek to be an information gateway and support mechanism for Veterans and their concerns. Our team is available to get answers on Veterans' issues for our members. In addition, we plan interesting social events such as trips, movies, speakers and attendance at Military events.

Last season's highlights were a trip to West Point to visit with cadets and experience dinner with a group and learn from their experiences. In addition, we had speakers from "The Four Chaplains Memorial" and learned of the museum.

In October, we will be attending the "Honor Flight" celebrated yearly in Washington to honor Veterans at the various memorials. Plans are being made to visit the Lawrenceville Museum soon. Speakers throughout the year have been a West Point Graduate, VA Administrator, NCO recently serving, and others.

Please consider joining us at our monthly meeting here at your Greenbriar at Whittingham Towne Centre and experience the comradeship of fellow Veterans, Our next meeting is in the Poker R

oom on Nov 16 at 9:30 AM. Come for coffee and Bagels with a schmear. Please contact our Membership Chair Ken Brettschneider at 914-299-3346 to reserve a spot at our meeting. I hope you will find it as gratifying as I do in being a commander of this post



GW Computer Club

GW has a Computer Club that meets via Zoom on the second Wednesday of each month at 9:30 AM. It is a great place to learn about how to use and understand your computer. Email gwmonroepulse@gmail.com in order to be added to the mailing list for the Zoom link.

Greenbriar at Whittingham Community Presents

PARKING LOT ★ ★ TRUNK SALE

SATURDAY, OCTOBER 4, 2025
11:00AM - 2:00PM

In the event of rain this event will be cancelled.

**RESERVE A PARKING SPOT
TODAY WITH THE CONCIERGE!**

\$5.00 PER PARKING SPOT
**We encourage you to
bring your own table.**

If you need us to provide a table,
they are \$5.00 each. A limited
number of tables are available.
CHECKS ONLY, payable to WHOA.

Towne Centre Parking Lot
166 Whittingham Drive
Monroe Township, NJ



Greater Monroe Chapter

ORT AMERICA Impact Through Education

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

ORT Israel school graduate speaks



1st Wednesday, November 5, 2025 7:00PM

Greenbriar at Whittingham Towne Centre

Poker Room (upstairs)

**Come meet Shimon Klein, a man who has
experienced and graduated from ORT schools in
Israel. Hear first-hand of his impressions. See what
the program you support is all about through the
eyes for a former student.**

Open to all - no charge
refreshments & sociability always

Greenbriar at Whittingham Community Presents

REAL DIAMOND

A TRIBUTE TO NEIL DIAMOND



Real Diamond stars award-winning singer, songwriter & producer : Curtis Di Domizio

Shoe Neil Diamond's retirement from performing, **Real Diamond** has become the most
requested Neil Diamond Tribute Band in the country! They are a professional
12-piece band dedicated to the faithful re-creation of the live Neil Diamond experience.

Join your neighbors and friends to sing along to the songs you know and love!
Cherry Cherry, Love On The Rocks, Sweet Caroline, America, I'm a Believer,
You Don't Bring Me Flowers, Hello Again and many, many more!

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

SATURDAY, OCTOBER 18, 2025 AT 7:00 P.M.

in The Towne Centre Ballroom, \$30.00

(Check Only, Payable to WHOA)

ON SALE THURSDAY, SEPTEMBER 4TH AT 6:30AM

OPEN TO NON-RESIDENTS MONDAY, SEPTEMBER 8TH

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

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

Greenbriar at Whittingham Community Presents A Trip to

parx casino®

Located in Bensalem, Pennsylvania

WEDNESDAY, OCTOBER 8, 2025

\$30.00 per person, check payable to WHOA

Bus Leaves Community at 9:00 a.m.

& Leaves Parx Casino at 4:00 p.m.

*** On sale: Tuesday, August 26th at 6:30 a.m.***

NO REFUND UNLESS THE BUS IS SOLD OUT & YOUR SEAT IS RESOLD.



Star Woodworker Tops the Cake

By Linda Wagner

Much like a cherry placed on top of a cake, the new pickleball courts have a nice fresh accoutrement. Courtesy of Ken Sariego, a member of both the Woodworking and Pickleball Clubs, Court 4 now has a nice new paddle rack to go along with the other court improvements.



What was the Inspiration?

“I felt we needed to have some sort of order to make sure everyone gets a chance to play,” the former electrician explained. “It is done like this in some form in many other communities and pickleball clubs or venues. There are 16 paddle holes for up to 16 people who may be waiting to play,” Ken said.

How It Works

Before entering the courts, each player adds their pickleball paddle to the rack in sequence. As the games are played, players simply take their paddles from the rack in order – front to back.

The 16 paddle holes are divided into four groups of four holes. The groupings allow for transparent court management. Some players use the holes as a way to set up groups of players - putting the next four players on the court after each game. That is, when the first four players have finished, the next four take over the court.

“The way we typically play at Greenbriar is for the winning team to retain the court for a second game and two new players pick up their paddles from the rack and enter the court. Either way, the rack helps to sequence the players,” said Ken.

Since the dynamic growth of the Pickleball Club, more players have entered the game. Especially considering the added volume, this rack facilitates more streamlined court changes.

How It Was Constructed

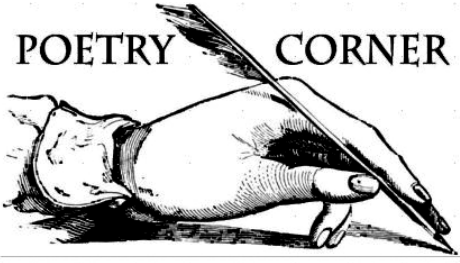
The rack was built in our own GW Woodworking Shop in the lower level of the Towne Center. It is about 42” long, with two extensions of 60” used to hang the rack off the chain link fence surrounding the courts. The project took Ken two or three days just to build. After another three days for the polyurethane coatings, the job was complete.

“The most challenging task was figuring out which way to build it,” Ken said. In the end, he produced a rack that is both functional and beautiful – putting the final “cherry” on this cake.



Rack Them Up! Pickleball Paddles, That Is --- Ken Sariego displays the new pickleball paddle organizer he served up.

POETRY CORNER



Free Speech

By Irwin Dunsky

Thoughts, thousands of thoughts,
rush into the space between my ears.
Not all of these thoughts must find
their way out of my mouth.

Thinking and speaking,
are two separate and different things.

Thinking is a very private event.

Speaking, showers my thoughts on whoever is present.

The question is,
does every thought I own need to be verbalized?
Obviously not!

Somehow, the world has survived, so far, without
all of my opinions.

Actually, there are times when what I am thinking
should not be shared.

Most arguments are an endless bombardment,
of needless and painful verbalizations.

Over the years, I have learned to think
before I speak.

Is what I am about to say going to help?
Is it in my best interest to say what I am thinking?

If emotion gets attached to my thoughts,
reason, logic and good sense cannot be found.

The path between brain and mouth,
become a greased slide ready to deliver my foot into my
mouth.

Free speech is actually not always free!
The price we pay, for what we say, may be very costly!

If you don't read the newspaper you
are uninformed. If you do read the news-
paper you are misinformed.

- Mark Twain

The Picture

by Irwin Dunsky

Picture sitting out in front, with my wife and I there
We were so much younger then than now, I fear
Both smiling, me in my suit her in an orange dress
My hair was full back then, hers was beautiful like all the rest

A picture to remind us of days gone by long ago
A moment to remember when my wife and I were aglow
Even though it's been a while, I still remember those days

I'm not so old, it simply hasn't all become a haze
She's still besides me young and beautiful as ever
To be the man that makes her happy is my only endeavor
I'll be with her to the end, whenever it shall be done
Then we'll turn around and do it all over, one on one

That's what happens when two are really one
First the wife has a girl then she produces a son
For all the good and bad things, just let me sway
I'd do it all again, "just sitting on the dock of the bay"

Transposed

By Herb Saperstein

Whenever we look behind the eye
We see the soul entire.

The camouflage does tricks for you
And hides behind the world's desire.

The caterpillar upon the leaf
Eats until it overflows
And spins and spins around and round
Through vast expansive meadows.
Darkness rules as all becomes enclosed.

It finds itself alone.
And then it flickers, meets the light,
Suddenly dethroned. That self-sown
Thing, the butterfly, awakens all transposed.

Askew

By Herb Saperstein

His aim was off, askew
From where he set his view.
The target moved and then anew
He followed eye to eye until
A shot was blown and away it flew.
This was not a day to kill.



FAMILY FUN DAY

AT GREENBRIAR AT WHITTINGHAM!

Cost: \$10.00PP - Checks Only, Payable to WHOA
LAST DAY TO PURCHASE TICKETS: 10/19/25



SUNDAY, OCT 26TH
11:00AM - 3:00PM



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- ✓ Music
- ✓ AND MORE!

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ALL AGES

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GREENBRIAR AT WHITTINGHAM

Greenbriar at Whittingham Community FLU SHOTS

BY
 **SAINT PETER'S
UNIVERSITY HOSPITAL**
A DIVISION OF SAINT PETER'S HEALTHCARE SYSTEM
Monday, September 29, 2025
10:00 a.m. - 2:00 p.m.

AND
Wednesday, October 8, 2025
2:00 p.m. - 6:00 p.m.

Ballroom

FLU VACCINE INFORMATION

The flu clinics will be by appointment.
Walk-ins may be accommodated based on availability.

How to make a flu shot appointment

1. (Preferred Method) Use the link below or the scan the QR code. Select an appointment time. On the day of your appointment you will receive a text message. Follow the link on the text message to sign the consents prior to your appointment time. This will expedite the check-in process.

<https://tinyurl.com/3buhbd3m> or scan the QR code



or
2. Come to the Healthcare Center to fill out the pre-registration paperwork. An appointment time will be arranged with you.

• If you have any questions or issues, please call 732.395.1010. Please leave a message. Message call backs will be within 24-48 hours. Messages left after 3pm on Thursday, will be answered on Monday.

• Please bring your current health insurance cards (primary and secondary) and your identification card with you at the time of your appointment.

Home visits are available to homebound residents. Please call the Health Care Center at 609.395.7554 to make arrangements.



Fine Arts Gallery Exhibition

Featuring the works of Two Monroe Township Artists

September 8 through October 26, 2025

FRANK P. GENOVA

Oil, Watercolor, Acrylic



MICHAEL V. PASCUCCI

Sculptures in Wood, Metal, Steel



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innovation, preparing people and communities for meaningful self-sufficient futures

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Lunch & BROADWAY



November 9, 2025

Lunch will be catered by Tuscany at 11:30 AM
Assorted Sandwiches and salad buffet, fruit & dessert
In the Poker Room at Towne Centre to be followed by a performance of

Drop Dead

A potboiler comedic mystery that will have you laughing throughout,

Kelsey Theater

Mercer County College, 1200 Old Trenton Road, West Windsor, NJ

Price \$55

For more information call: Sheila Friedlander (732) 930-7504 or Miriam Devan (973) 460-6063

Open to All
Registration deadline is October 10, 2025. Make checks payable to ORT, put all checks in one envelope and place in box 18.

Please cut here and return

Name: _____ Phone: _____
Email address: _____ Number of tickets requested: _____
Names of all guests in your party: _____

Greenbriar at Whittingham Community Presents



SEPTEMBER 3 - ON SALE NOW
DECEMBER 3 - ON SALE 10/21
DECEMBER 25 - ON SALE 10/28

\$30.00 each, checks payable to: WHOA
Bus leaves GW at 9:00 a.m., please be at the bus at 8:45 a.m.
Bus leaves Atlantic City at 5:00 p.m.
Refunds only if the trip is sold out and seats are resold.



**PAC
AT THE OSCARS**

October 31	November 1	November 2
7:00 pm	7:00 pm	1:00 pm

Join us for the Performing Arts Club Fall Show
in the Towne Centre Ballroom, Greenbriar at Whittingham

Tickets go on sale September 15, 2025
Members **\$12**
Non Members and Guests **\$15**

Tickets may be purchased at the Concierge Desk located in Towne Centre
Checks only, payable to PAC



For more information, please contact Gerrie Pisapia 732-857-4939 or Marcia Bartol 732-580-5440

Shalom Club

of Greenbriar at Whittingham

Sunday, November 2, 2025

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

"Jewish Origins" with WalterC



Walter Choroszewski
presents the story of the Jewish people who emerged in southern Levant around the 12th century BCE from their ancestral kingdom of Israel and Judah up to the present time. Whether you are curious about historic, genetic or religious routes, this is a unique opportunity to explore the rich history and enduring legacy of Judaism

.....CLUB.....
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 November 2, 2025 breakfast and place envelope in Lock Box #6 no later than Oct.29.2025 or mail to Shalom Club, Box #6, 100 Whittingham Drive, Monroe Twp., NJ 08831. Questions Call Robin Zimmerman @ 516-528-2730

Name: _____ Phone: _____ Email: _____

Seat me with: _____



Every **Thursday 2:00-4:00** (New DAY ADDED ON)

Every **Friday 11:00-1:00**

In the AC/Dance Room

Bring your art projects for creative comradery!



If interested, call or text:
Audrey 267-467-5694 Or
Fran 646-327-8067

Control is a Remote Possibility

By Ken Wagner

I can remember back as a teenager having a lot of interest in the whole subject of secondary sex characteristics. I was a teenage boy, so of course I was interested. I discovered that boys got broad shoulders and girls got curves. Boys grew beards and girls discovered shopping. Everything was pretty clear.

As we get older, the differences between the sexes tend to be less distinct. Men have less hair, and women have more. Deep voices are no longer the exclusive domain of the male. Body shapes also tend to move to a common ground somewhere in the middle. Everything moves to the middle, unfortunately.

But in my mind, there is one characteristic of the male that is rock-solid and unchanging. Holding the TV remote.

I remember the first remote we ever had. It was life-changing. Before we had TV remotes you actually had to get up out of your chair and walk across the room to change the channel or adjust the volume! I have no idea how we watched television under those extreme conditions.

That first remote had just five buttons. There were two for the volume, two for the channel and one for the power. I just checked my current remote and it has 78 buttons and two dials. Apparently, I can not only control the channel and the volume, but I can also land an aircraft if necessary. It is also possible some of these are the controls to America's nuclear arsenal. Not sure. I do know that I once opened the garage door by pressing the little "up" arrow button. I'm guessing the guy across the street is wondering why his garage door keeps popping open when I press this button twice in a row.

At the same time, there are buttons on this remote that I have never pressed. Many of them have symbols that I think might be Egyptian hieroglyphics. There are buttons with arrows, with geometric shapes, some with actual numbers. There are squiggly lines and my favorite is a button with something that looks like a baby's face. The baby looks unhappy...

There are a couple of buttons I do recognize. One is labeled "VOL" and one is labeled "CH". The one labeled "VOL" is for the volume. The funny thing, of course, is that we actually have a separate remote for the add-on sound system. That remote, the one that controls only the sound, has 31 buttons. I'm not even sure if all of the options on the remote are related to sounds that can be perceived by humans. I did notice when I press one of the big buttons, the dog across the street barks a lot. Unfortunately, the mute button doesn't seem to work on him.

I know it's cliché, but I have to admit, I've become too attached to my remote. I'm a man and it's just genetic. It's as if it's a part of my hand at this point. I have visions of me in my coffin, being laid to rest, arms crossed on my chest with one hand holding the remote. I can hear people remarking, "He looks so natural!"

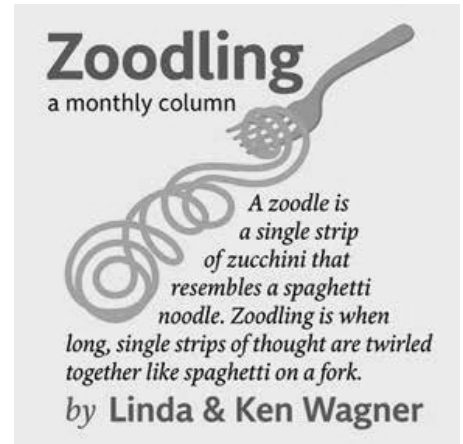
It's not lost on my wife that the person with the remote has a lot of power. It's the ultimate control. That's why we have two remotes – one for her, and one for me. So, you may ask, if we both have remotes, who's making the decisions? It's complicated. All I can say is that this is what led to the great remote-control war of March 16th, 2022. The TV violently fluctuated between home decorating channels, and Star Trek for hours. Not our proudest moment. The war ended when she made the mistake of going to the bathroom during a commercial. No batteries, no problem...

Actually, I jest about the remote war. The second remote became a thing when we lost, at the time, our only remote. We searched everywhere - under the sofa, between the cushions, in the console – all to no avail. Obviously, we were forced to use Amazon's emergency overnight delivery of a new remote. I waited on the front steps for it – from 5:00 to 7:00 AM. (Note, delivery people don't like it when you pop out of the bushes unexpectedly.)

Eventually, we found the lost remote. It was in the refrigerator in the garage. I can't say for sure, but I believe what happened was that someone, not naming names, went to get a snack around 2:00 AM and had the remote in their hand. To get the cake out of the fridge that unnamed person had to set the remote down for a minute – and there it stayed. The funny thing is that it took us months to find it. Maybe we should clean the fridge more often?

As proof of my claim that remote control is a genetic trait of males, I offer my eight-year-old grandson. Not having ever seen our remote before, he was able to navigate easily – locating every Dog Man cartoon in existence in just minutes. Thankfully he was willing to give us lessons on some of the advanced features – like choosing a channel without clicking through the full list.

Still no clue on the baby's face. Some mysteries are better left unsolved.



The Sherlock Holmes Club

by Paul Hartnett

Sherlock Holmes was the court of last resort for the most perplexed people in England. Perhaps they were the victim of a crime, like robbery or fraud, or maybe they had an utterly inexplicable experience that left them frightened and confused. Sometimes they just needed advice from someone well known for “knowing things that others don’t.”

Holmes’ clients are an eclectic array, coming from every spectrum of society. In the early days, Holmes’ clientele came mostly from the lower and middle classes, but as his fame and reputation grew, so did the status of those who came to Baker Street for help. Throughout the stories Holmes occasionally name-drops Kings and Dukes, the Pope, government officials, and the government itself. And although wealthier clients often bestow great rewards upon him, the Great Detective does not take these cases for the money. Nor does he turn away a poor man or woman. “I play the game for the game’s own sake,” he says. If your problem presents a strange puzzle that needs the application of a great mind to solve, then Holmes will take your case.

In this month’s short story, such a case is presented by Helen Stoner, a young woman who arrives unannounced at Baker Street trembling in fear, begging Sherlock Holmes for help. She has restless, frightened eyes, like those of some hunted animal. Her features and figure were those of a woman of thirty, but her hair was shot with premature gray, and her expression was weary and haggard.

Strange goings-on at Stoke Moran, the ancient manor of one of England's oldest Anglo-Saxon families, bring Miss Stoner to see Sherlock Holmes. The recent mysterious death of her sister and an impending sense of doom are all that is needed to attract Holmes and Watson to the case.

Follow the action as we accompany them to the lonely English countryside, where baboons and cheetahs roam freely, mysterious whistles are heard in the night, and...The Game is Afoot! Please read the short story, *The Adventure of the Speckled Band*, prior to the meeting, held on Wednesday, October 22nd at 4:30 in the 2nd floor meeting room. It is available for free online at: Sherlockian.net > Investigating > 60 Original Stories > *The Speckled Band*, and well as other sites.

The Middlesex Constabulary, the Sherlock Holmes Club of Greenbriar Whittingham, is a gathering of friends and neighbors who share an interest in the adventures of Sherlock Holmes, Dr. Watson, and the life and times of Victorian England. Most every month we select one of the original 60 tales (56 short stories, 4 novels) by Sir Arthur Conan Doyle for discussion, film clips, and fun! All are welcome. No dues, no obligation, so turn off that cell phone and join in as we leave the cares and worries of our modern world behind for a while and escape to a simpler time and place.

??? Call Paul (609) 642-6314





GW Resident Michael Boxer, Highly Decorated Army Vet Included in Military History Book

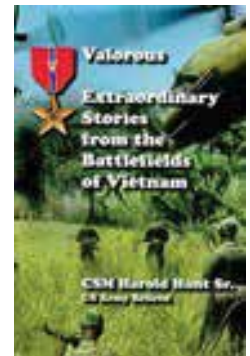
By Michael Boxer, US Army Retired

[Ed note: Mike Boxer wrote the article. We supplied the title.]

“Valorous: Extraordinary Stories from the Battlefields of Vietnam” was written
by CSM Harold Hunt Sr. US Army Retired.

Command Sergeant Major (CSM) Hunt Sr. called me, maybe 10 years or so ago and told me
he wanted to include me in his above titled book.

This is my story serving with Company D, 3rd Battalion, 8th Infantry, 4th Infantry Division
October 1968-October 1969. This story takes place 5-7 March 1969 during Operation Wayne Grey
/ Battle for Hill 947.



Private First Class Michael A. Boxer
Headquarters 4th Infantry Division
General Order No. 6083
September 24, 1969

The President of the United States of America, authorized by Executive Order 11046, 24 August 1962, takes pleasure
in presenting the Bronze Star medal with "V" [for Valor] designation to Private First Class Michael A. Boxer, United
States Army, for heroism in connection with military operations against an armed force in the Republic of Vietnam.
Private First Class Boxer distinguished himself while serving as a rifleman with Company D, 3rd battalion, 8th Infantry,
4th Infantry Division.

On 5-7 March 1969, Private First Class Boxer's unit came under a continuous heavy attack from an estimated bat-
talion size enemy force. The enemy utilized a combination of B-40 rockets, M079 grenade launchers, 82mm and 60mm
mortars, claymore mines and automatic small arms weapons in attempting to breach the perimeter.

During the 3 day contact, Private First Class Boxer repeatedly risked his life by continuously exposing himself to
enemy fire while giving aid to his wounded comrades. Wounded himself on the second day of the contact, Private First
Class Boxer refused medical evacuation, and returned to his position on the perimeter.

Undaunted by extreme pain, he continued to provide suppressive fire against the enemy, and successfully deterred
their advances on his sector of the perimeter.

Private First Class Boxer courageous actions, fortitude and exemplary devotion to duty are in keeping with the highest traditions of the military service and reflect great credit upon himself , his unit and the United States Army.

SSG Michael Boxer other awards while serving in Vietnam included the Purple Heart, the Air Medal and the coveted Combat Infantryman Badge, among others.

In the memory of those killed in action March 1969 including:

1LT George A. Callan, 1LT William D. Mc Allister, SSG Efrain Figueroa-Melendez, SGT Carlton L. Johnson, SGT Gary F. Rolfe, SP5 James E. Ramsby, SP4 Wayne G. Bernoska, SP4 Steven W. Dundas, SP4 Antonio Garcia, SP4 Alfred Lallave, SP4 Kenneth Martin

SP4 Juan Ayala-Mercado, PFC Wilfred Perez, PFC Joseph J. Strucel

Note: a copy of the book is available for viewing





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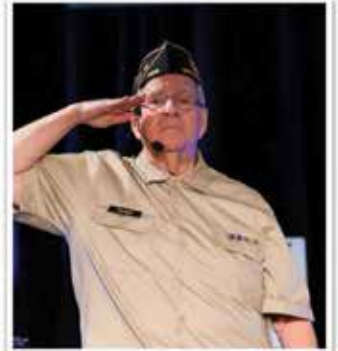
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PAC Summer Show