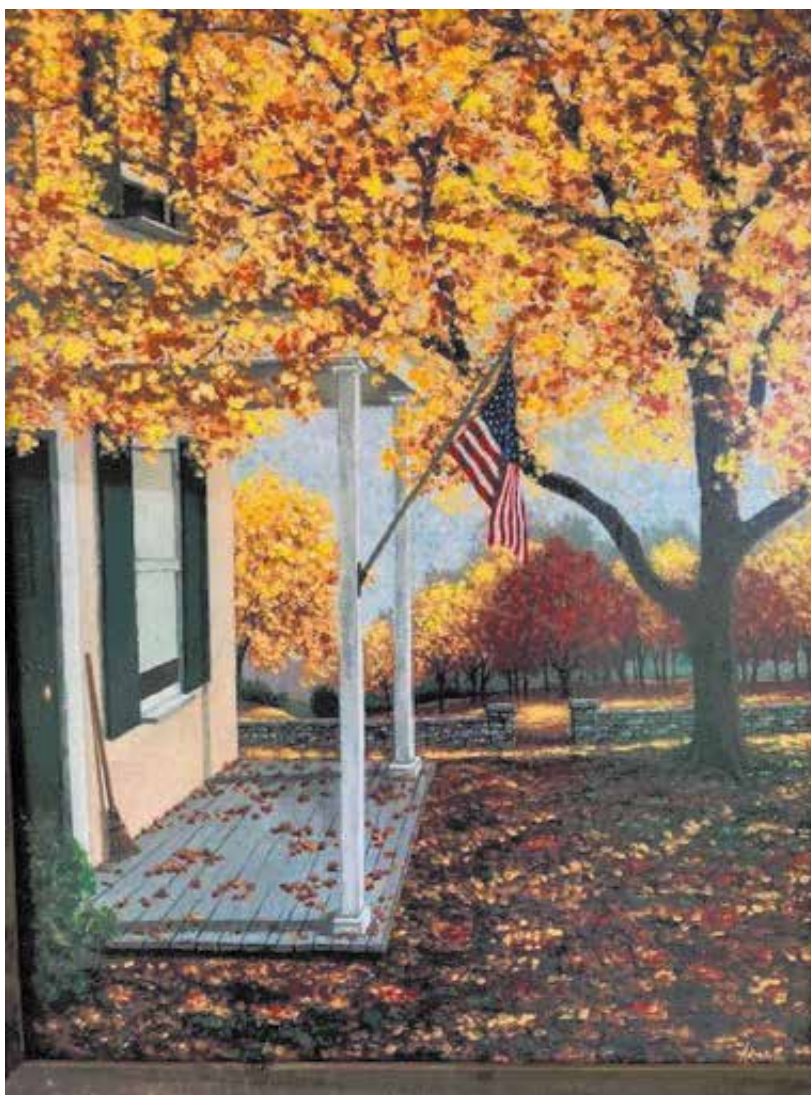


Vol. 2, No. 7 - October 2026

Greenbriar at Whittingham PULSE



"Autumn's Glory" by Leeds Lane resident Patrick Antonelle

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GW Pulse Staff

Mark Surks

Editor-in-Chief 609-655-5065

Editorial staff:

Mimi Gruber, Janet Horowitz,
Phyllis Kundel, Arlene Lazar,
Harvey Lazar, 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.

Articles are to be in .doc or .docx (preferred) or email. Flyers .pdf. Pictures .jpg, .jpeg.
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

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Minutes of open board meetings are available via the resident portal at gwmonroe.net
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OCTOBER 8 & 22
NOVEMBER 4* & 19
DECEMBER 3 & 17
JANUARY 14 & 28

*PLEASE NOTE
THIS IS A WEDNESDAY

Questions? email
bethchaimbingo@yahoo.com

DOORS OPEN AT 6:00PM
GAMES BEGIN AT 07:00PM
LAST ENTRY IS 7:30PM

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Additional book (6 games) \$5.00, Each additional game \$2.00

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GW Residents Civic Club

By Gary Filik

October brings many exciting things to come. Our guest speaker will be Karen Klapperstuck, Monroe Public Library Director. These are some of the programs that will be included in the night's presentation:

- *Computer Classes
- *Technology Assistance
- *Notary Public
- *Outreach Services, which includes the Book Mobile and Book Bike
- *Museum passes and discount tickets



October also includes our annual diaper drive. This drive helps many Central New Jersey families that struggle to provide diapers and wipes for the children. Please help support this charity while representing our great community. We will start collecting items October 1st and continue for the entire month. Drop off will be in the lobby of the front entrance to the GW Towne Center building.

Thank you in advance for supporting this great cause.



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



Aesthetic Places in New Jersey: Make It Picture Perfect

By Roy Goldschmidt

With famous attractions, extraordinary art installations and abundant natural beauty, there's no shortage of aesthetic places in New Jersey. Whether you're a professional photographer, a novice or amateur, these are some of the best photography locations around the state.

Cool Spots to Capture Public Art

Explore photo-worthy murals, sculptures, creative landmarks and iconic local backdrops.

Asbury Park Boardwalk Murals

Known largely for its music scene, AP also embraces its visual arts side. Some of this beach town's most undeniably cool places can be found along the boardwalk, where a collection of eclectic murals plaster the side of the Sunset Pavilion building

Grounds for Sculpture

It's hard to put down your camera when you visit Grounds For Sculpture in Hamilton. The 42-acre park is peppered with more than 300 contemporary sculptures, many of which portray whimsical designs and towering creations you can't see anywhere else.

Haddonfield Outdoor Sculptures

Featured on popular morning show "Good Morning America," Downtown Haddonfield is a magnet for shoppers, foodies and, yes, art lovers too! Snap a picture of Haddy (short for *Hadrosaurus foulkii*), a statue created in tribute to the first nearly-complete dinosaur skeleton ever found.

Jersey City Street Art

Discover one of New Jersey's largest outdoor art galleries. Vibrant murals cover buildings in nearly every neighborhood across Jersey City.

Barnegat Lighthouse State Park

Barnegat Lighthouse State Park is known for its picture-perfect coastal scenes, from sandy dunes to the iconic red-and-white lighthouse affectionately known as "Old Barney." Stroll along the inlet, spotting boats setting a course into and out of the bay or try your hand at bird watching (and wildlife photography!).

High Point State Park

For a change in perspective — and swoon-worthy photographs — head to the highest point in New Jersey, appropriately named High Point. Here, upon the summit of the Kittatinny Ridge (at 1,803 feet above sea level), you can climb yet *another* 220 feet to the top of the High Point Monument. That's where you'll capture sweeping views of the Poconos to the west, Catskills to the north and Wallkill River Valley to the southeast.

New Jersey Botanical Garden

If you love everything that's green and grows, bring your camera to the New Jersey Botanical Garden at Ringwood State Park. No matter what the season, you'll find something to put in frame across its Perennial, Lilac, Italianate, Wildflower, Hosta & Rhododendron and Annual Gardens.

Hoboken Waterfront

An essential photo spot for visitors of both New Jersey and New York City, the waterfront walkway at Hoboken's Pier A Park offers a stunning view of the Manhattan skyline. Grab that iconic shot with the Hudson River flowing behind your subject and the skyscrapers towering beyond.

Lucy The Elephant

Haddy isn't the only larger-than-life animal sculpture on your must-photograph list. Say hello to Lucy the Elephant. The biggest difference between the two? Visitors can climb inside Lucy for a guided tour of this 65-foot-tall pachyderm that also happens to be a National Historic Landmark!

Pendry Natirar

There's a New Jersey resort that made a huge splash across international media in 2025. Pendry Natirar was covered in the most glowing words (and images!) in Rolling Stone, Travel + Leisure, Town & Country, Esquire, Time and other



prestigious publications. Now it's time for your own photographic take on this estate nestled into 500 acres of countryside in Somerset County.

Princeton University

This venerable Ivy League school has produced some of the world's leading scholars as well as some of the most beautiful photographs ever taken.

Victorian Cape May

The town of Cape May is a quaint coastal destination — and America's Original Seaside Resort.

The October Camera Club meeting will be in the upstairs poker room at 7PM on October 21. The meeting presentation will be announced. Bring friends and neighbors.

After Hours Club

By Lori Filik

Good things to come! Join us for the next After Hours event. Great music, enjoyable food and a new and exciting raffle for all to participate in. Dance the night away with old friends while making new friends and lasting memories. We get together the fourth Friday of each month and our flyers are available in the clubhouse. Give us a try and embrace the journey. We look forward to seeing you soon.



News From the Golf Course

Allan Cooper

Meet the Candidates Night was held on Wednesday August 26, in the Multi Purpose Room at the Town Center. Four candidates were running for three positions on the Golf Board: Allan Cooper, Michael Delaney, Robert Fausak, and Bruce Weiner.

Richard Kitts, A Golf Board member not running for office this year, conducted the meeting. Each candidate was given two minutes to present his point of view about the Golf Course, and why he would be a good member of the Golf Board.

After their formal presentations all the candidates added comments about what they would do if elected to the Golf Board. There were about 15 people in the audience and they participated in a general discussion about the Golf Course. Many interesting ideas and suggestions were put forward. People's suggestions, offering their ideas for Golf Course improvement were encouraged by Board Members. The audience was also encouraged to come to the Golf Open Meetings and present their suggestions. The Golf Board Meets at 11:00 AM on the fourth Monday of each month. All Members of the Community are welcomed at these meetings.

The golf course itself remains in excellent condition. Despite periods of very heavy rain storms, the grass on the fairways is lush, and greens are in very fine condition. The fairways are scheduled for aeration in the Fall. This is especially important on a golf course where constant traffic of golf carts severely compacts the earth.

Grass will have a very hard time growing in heavily compacted soil. Water and air will have trouble reaching the roots and the shoots will not be able to push through the compacted soil. It takes several years of deep tine aeration for the tines of the aerating machine to reach its required depth. We typically go down through compacted soil to 9 or 10 inches below the surface.

The Golf Course also does a second type of aeration. That is a core aeration where a hollow core tine removes about 4 inches of soil to decompact and make room for air and water to flow into the soil. So thanks to our superintendent, John Cipriano, the course remains in excellent condition.



Empty Sky

By Marie Monteagudo

"This moment will never come again. It comes, it goes, all in an instant, a life-moment. Because we know how precious that instant is, we press the shutter." Daisaku Ikeda, Buddhist philosopher, photographer and peacemaker.

It was a day of torrential rain and gale force winds in May of 2025. I stepped off the Ellis Island chartered bus and headed for the safety of the red brick Central Railroad Terminal in Liberty State Park. My eye caught sight of the "Empty Sky" 9.11 memorial and I was immediately drawn to it.

Step by step, I started shooting, frame after frame, despite the soaking rain and those who called after me to come to shelter. Only after the trip was over did I notice how the monument reflected itself in the pools of water as if the tears of time were pouring from some unknown source. The image for me captured the feelings of deep sadness as I reflected on the 24 years that had passed since that tragic moment in time.

Every 9.11 I look up at the clear blue sky and find a place of solace, usually a park, some nature, to walk and remember. This too was another unforgettable day, the gusty winds and unforgiving rains an apt metaphor for 9.11.

As a counseling graduate student, I took an art therapy course at Montclair University where

I learned how the subconscious becomes conscious in all art forms, including photography, as depicted in this statement by Judy Weiser, Art Therapist, photo-therapy-center.com. I continue to be informed by it in my work as a member of the Princeton Photography Club and previously of the Cranbury Digital Camera Club.

"Photographs are footprints of our minds, mirrors of our lives, reflections from our hearts,

frozen memories that we can hold in silent stillness in our hands — forever if we wish."



The Marvin Bachman Book Club

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

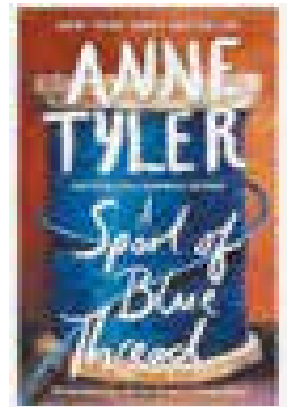
The Club will meet on Monday August 24th at 4 PM to discuss "A Spool of Blue Thread" a novel by famed author Anne Tyler.

From Red's parents, newly arrived in Baltimore in the 1920s, to the grandchildren carrying the Whitshank legacy boisterously into the twenty-first century, the Whitshanks are one of those families that radiate an indefinable kind of specialness, but like all families, their stories reveal only part of the picture: Abby and Red and their four grown children have accumulated not only tender moments, laughter, and celebrations, but also jealousies, disappointments, and carefully guarded secrets

Contact Harriet Bachman for details. 609-409-5464

BOOK CLUB

**"A reader lives a thousand lives before he dies. The man who never reads lives only one."
- George R.R. Martin**



GW Connections: Loverly

by Michele Sandler

"All I need is a room somewhere...oh, wouldn't it be loverly!"

That's the perfect description for the GW Connections Gala Luncheon that was held on August 12, at the Knob Hill Country Club. The room was gorgeous with a view of the spacious golf course, trees and gardens. The tables were exquisitely set and decorated with an atmosphere of friendship and joy. The meal was well prepared and served starting with Crudit , pasta appetizer, choice of entree and that dreamy cheesecake dessert.

As attendees sipped their coffee and tea, they were entertained by the incredible Reginald Proctor. He performed a versatile program of pop, jazz and songbook favorites. Some of the highlights were "Just the Two of Us," "Happy Together," "Mustang Sally" and a rousing finale with "New York, New York." Through his performance he created moments of delight and connection for all.

On Monday, November 2, at 7:00, join us in the **GW Ballroom** for an evening with **Jay Daniels**. He is a pianist, vocalist, and musical storyteller with over 30 years of professional experience. He is the host of the nationally syndicated radio program *Simply Timeless* — and that same warmth, wit, and depth of knowledge comes alive at every concert he performs.

Jay's concert programs are unlike anything audiences typically encounter. Each show is crafted as an intimate, narrative-driven performance — part concert, part radio broadcast, part living history lesson. Audiences don't just listen; they sing along, share memories, and leave humming something they may not have thought of in decades.

Critics and audience members alike have compared his performances to an evening at New York's Caf  Carlyle — an intimate room where the music and the moment feel perfectly matched. Whether he's performing for 40 or 400, Jay brings the same commitment to his presentation.

This FREE event is open to anyone and everyone. Delicious desserts, coffee and tea will be served as well. This will be our last big event until May 2027, so be sure to join us.

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

Contact: Carol Cooper — 609-409-3860

Dues (May 2026–May 2027):

\$15 (single) | \$20 (family)

Please make checks payable to **GW Connections** and place them in Box #5 in the Clubhouse Library.



Greenbriar at Whittingham Pulse

Misadventures in Golf at Greenbriar

By Carole Mulvey

Well, here I am, Wiff McDuffer at the first tee. Hoping to hit the ball and stay on the fairway. Is that too much to ask? We shall see.

Thwack. It's going! Going straight!! Straight!!! Straight into that darn trap on the right side of the fairway.

Why does it have to be in that spot? The exact distance I hit my drive?

Alright. Now what club do I need to use to get out of this blasted bunker?

7 iron? Sand wedge? 7 wood? It's too early in the round to be faced with these tough decisions. Ok 7 iron. Still have pretty far to go. I will pick it clean. Here goes nothin'. Don't ground the stick.

Yes! Out of the trap! Hurray for me! We are back on the fairway!! That's good!!!

Now what's the yardage from here? Still pretty far. Is the flag in front, middle or back? Is it uphill? Right. Pretty straight, nothing in the way, pin front, uphill. 7 iron. Hit the ball, head down, hit the ball.

Shoot! Flubbed it! Aargh! How the heck did THAT happen?

Alright, deep breath, regroup. Try again.

Thwack. Oh no. Don't go over there! Oh Gee willikers!

It went down that steep hill. I did NOT want to do THAT!

Holy crow. Now I gotta go up that hill to get onto the green. Man!

Let's get out the pitching wedge. **Whoosh. Bloop.** Only went halfway up.

Sheesh. One more time and **Plunk.** On the green. Hurray!

Let's see now, how many strokes was that? One-in the trap, one-out of the trap, one-to the bottom of the hill, 2 to get up the hill to the green. That's four. Wait. The flub. Do I have to count that? Geez Louise...wait now, that's one in the trap and one out 2. Flub 3. Hit to bottom of the hill 4. Plus 2 to get up the hill onto the green. That's 6.

Ok focus, focus. Steady. Now putt. Nope, Its short. Too little. Gotta hit the ball goin' uphill. Try again. Oops. and now it's past the hole. Alright, Regroup. Breathe. Settle. Keep your head down. Go ball. Oooo, just missed.

Close enough. Only 3 or 4 putts. So, let's see, 6+3 or 4. I'll take a 9.

And the first hole is done for cryin' out loud. We're outta here!



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"Don't get so busy making a living that you forget to make a life."— Dolly Parton

The Birth of BINGO at GW

by Bill Schrimmer

In 1993, after moving into our community, it took me some time before joining any clubs. The main reason was that I felt we were missing a hobby club. So, I began looking around to see if enough people would be interested in signing up. Since 20 members were required to establish a new club, it took some persistence, but eventually enough members were gathered, and the BINGO club was officially created.

In doing my research, I discovered a member named S.K. who had received a state certificate to conduct BINGO. With that information, we collectively decided to pursue starting BINGO.

The group went to the lumber yard and bought a plywood board, roughly 4 feet by 8 feet. It was laid out and divided into squares to form the BINGO board. Letters and numbers were marked, holes were drilled beneath each space, and we attached hooks.

We also collected cardboard boxes, cut them into squares, and wrote the BINGO numbers 1 through 75 on them. Then we painted them. With the board, hooks, numbers, drum and balls ready, it didn't take long before the first BINGO evening was up and running. It drew a good crowd, and became a memorable part of our community life.

Meanwhile, I got word that a nearby Congregation was shopping for a new powered unit to use for BINGO, and that their old one would become available. An electrical engineer friend and I went to look at the available used unit. We found it in good working condition, and with funds made available, we purchased it. As it turned out, it ran for a long time, with only the occasional replacement of a bulb.

One of my personal last acts with the club was not without some general amusement. I had received a full deck of BINGO cards. I was instructed how to use and apply them. So the day approached to use them. They were handed out the usual way, freely, with the understanding that winners would receive one to three next round games free of charge, but this would be dependent upon the amount of actual winners. One lady asked for a new card, which was given to her gladly.

The caller now mentioned the first number (a different but designated one). This method was repeated several times - for example, ball 2 became ball 17, etc. Ball numbers were switched in order to conform to the printed cards. The players were unaware of what we were concocting.

Suddenly, when a final number was called, everyone got up and yelled BINGO at the same time! This was followed by general laughter. Everyone was happy, especially with free cards for another round.

Explanation: somewhere these cards were printed with the maximum variety that included this successful conclusion.

It's great to see that the monthly game of BINGO is still being played in the community, and that so many people are supporting this event.



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

Traveler with a Camera:Fort Mott

by Rich Polk

I recently visited Fort Mott State Park in Pennsville, NJ. Together with Wintons Way resident Wayne Baruch, I photographed the remains of the old fort, attempting to capture photographs of the haunting nature of the abandoned gun emplacements and ammunition bunkers.

On the shore of the Delaware River, Fort Mott was active during the Spanish-American War and World War I, protecting the upstream cities of Philadelphia and Camden. The fort was abandoned before World War II as new weapons made its firepower obsolete.

Not all forts are noteworthy enough to inspire the writing of a national anthem, to withstand a lengthy siege, or to mark a turning point in a war or a nation's history. The fact that Fort Mott saw little action can be credited to its very existence, our enemies having concluded that the risk of sailing near it was far greater than the gains of a potential victory. The soldiers who served here should be remembered—perhaps not for their valor—but certainly for their loyal dedication.



*An observation
turret*



*The remains of an
emplacement
for a 10-inc
"disappearing gun,
which could be quickly
camouflaged after firing.*



*The business end of
two 10-inch guns on
display at Fort Mott*



*Behind the parapets,
the earthen mounds
into which were built
the concrete bunkers.*



*Inside an ammunition
bunker*



*The nuts and bolts
that anchored a
5-inch gun.*

GW Friends: Autumnal Opportunities Abound

By Mark Surks

Monthly meeting October 26th . We will be treated to the unique musical stylings of Joe Grillo. Joe will thrill you with an eclectic performance of Jazz and Creole. He has performed to great acclaim at the Monroe Senior Center. Meeting starts at 7:15PM

First Monday Breakfast October 6th The always delightful *GW Friends Breakfast* is at 8:45 AM at Christos Kitchen. Price is a ridiculously cheap \$14.00, tax and tip included, exact change preferred. We have our own menu and it is always an enjoyable morning.

First Monday History Club October 5th meets at 4 PM in the Poker Room. Larry Bartolf will speak on the Scopes “Monkey” Trial as well as the life and ideas of Charles Darwin and the concept of evolution itself. Pierre Rein expertly chairs this club. Contact him if there is a topic which you would like to present. We can assist you with any technology support you may need.

Chess Club First and Third Friday October 2nd & 16th at 2 PM in the former Board Room in the building annex. Beginners are welcome. This is really growing in popularity at GW

Alan Hermelee Current Events Discussion Group first and third Tuesday of the month. October 6th & 20th in the Board Room. 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. *Bring a topic!*

The Finance and Investing Group October 13th at 4:00 PM in the Poker Room. Jerry “Greed is Good” Gittler and Chester “I’m making a killing” Trubinski facilitate the discussion about today’s markets. This is an informative and entertaining group of both men and women.

Pizza and Pool (or just pizza or just pool). October 14th 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 if you so choose. No reservations required.

Socrates Cafe will meet at 4:00 PM October 19th in the Poker Room. 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. Our “Cafe” is hosted by Allan Cooper.

Marvin Bachman Book Club October 26th at 4PM to discuss “A Spool of Blue Thread” by Anne Tyler. The Marvin Bachman Book Club is always expertly facilitated by Harriet Bachman.

Trip to Silver Ball Arcade We will carpool to the arcade in Asbury Park where we will have hours of fun making the steel ball dance around the pinball machine setting off lights, bells and memories. We will break for lunch and do it all over again afterwards. Watch for the flyer for details.



GW Friends cruise down Tom's River. Photo courtesy of Alan Schwartz

Meet the Commakazzies

By Mark Surks

The *Commakazzies*. That's what I recently named the group of amazing volunteers who each month put the articles submitted for The Pulse through a rigorous editing process. As you would expect, few of the authors of the articles bring to the task any sort of professional writing skills. Certainly, the same can be said about the editors of The Pulse particularly, I can say with absolute certainty, the Editor in Chief.

So here is the process we go through. Articles are submitted via email. They must appear in the body of the email or preferably, as a Word (.docx) attachment. If they arrive in the body of an email, they are then copied and pasted into a Word doc. Attachments in pdf or jpg format can only be used as flyers, not articles.

Articles are all then converted into 12pt Arial so they are identical throughout the magazine. (Submitting them that way would be helpful.) Additionally, they are run through one of the greatest contributions to 20th Century wordsmithing, the spell checker.

Now the real work begins because in order to ensure that the articles that appear in The Pulse are accurate, grammatically correct and most importantly, understandable, each article is read by two editors. The theory is that the more eyes review the material, the more likely it will be worthy of appearing in this storied publication. Consequently, the editors will make whatever changes are necessary to ensure the material presented can be understood.

Over the years it has become obvious that much of this task involves sprinkling about just a small dusting of commas, while at the same time obliterating boatloads of them. This gave rise to the appellation I assigned to our team of editors, the *Commakazzies*.

To this end the *Commakazzies* have had numerous debates about grammar and style. All of us are decades past our middle school English grammar education. I for one recall with clarity that learning grammar to be boring and totally unnecessary back then. After all, I had learned how to speak long before arriving in 7th Grade. My grammar, with its Brooklyn influences, was pretty much locked in by the time I was 13. Having said that I confess that despite my ennui for all things taught in Middle School English class, I think much of it actually stuck with me. I do know what gerunds and adverbs are and when someone says "It was the best of times. It was the worst of times". I know to what they are referring. I guess merely being barely awake that year had a substantial enough impact.

Well the *Commakazzies* have been debating commas for at least the decade that I have been involved in editing the GW publications. Miss DiMonda at Shell Bank Junior High taught us that there is no comma placed just before the "and" in a series. None. Leave it out. It seems the other *Commakazzies* were similarly instructed. So we have been plucking those commas out like crazy. Here are some we removed just from the May issue alone..... Removing commas has become so time consuming that I just had to investigate for myself the use of this comma before a conjunction. I had a suspicion there might be some wiggle room here.

Naturally, I posed the question to the smartest person in the world. If ever, oh ever a Wiz there was, it would have to be the distinguished Professor Google. She kindly directed me to a video on this very subject. From there I learned the term "Oxford Comma" (aka Serial Comma, aka Harvard Comma). This, I was advised, is the comma before the "and" and it is perfectly fine to use or not. We have been excising these commas like nits in a toddler's hair for years here. I was lied to in 1966!

Shortly after this astounding revelation, I was on the phone with one of the editors, who is also a wonderful writer, Gayle Shpirt. As soon as I started telling her what I found she interrupted, "Oh that's the Oxford comma." You knew about this Oxford business all this time? How is it that I didn't get the memo in the mid sixties?

Freed of this constraint, I am advising the *Commakazzies* to ignore its appearance or its absence. Oxford or Harvard or whatever you're called, you are good to go into The Pulse solely at the option of the author.

Now I can add this to the other myths of Middle School English that have, in the intervening years, been busted. With that I will continue to joyfully split infinitives (see what I did there?) and end sentences with whatever preposition I may have thought about. (and again?)



Health/Fitness and Wellness Club:

Caffeine: Good or Bad?

by Stephanie Lichtenstein

Caffeine produces several physiological effects on the body, many of which begin 15–45 minutes after consumption. Its impact on the central nervous system typically peaks within 30–60 minutes. After drinking or eating caffeine, a person may experience an increase in heart rate, respiration, and basal metabolic rate, along with increased stomach acid production and urine output. The intensity and duration of these effects depend on factors such as hormonal status, smoking habits, and medications.



Many people report that caffeine gives them a noticeable “lift.” They feel less drowsy and more alert. This is because caffeine stimulates the central nervous system, temporarily raising heart rate, breathing rate, and metabolism. Some individuals even find that caffeine improves performance in certain manual tasks, such as driving. However, when consumed in high doses, caffeine can produce several unwanted side effects.

Common side effects include restlessness, nausea, headache, muscle tension, sleep disturbances, and irregular heartbeats. Coffee oils may irritate the gastrointestinal tract and lead to diarrhea, while the high tannin content in tea can contribute to constipation.

Research shows that caffeine can significantly affect sleep. Studies indicate that coffee may cause restlessness, difficulty falling asleep, increased body movements, a higher likelihood of being awakened by sudden noises, and an overall decrease in sleep quality. These effects vary depending on whether a person is a habitual caffeine user. Non users often experience greater sleep disruption after consuming caffeine, while heavy users may sleep for shorter periods and report ongoing disturbances. If you have trouble sleeping, it is best to avoid caffeine for 5–7 hours before bedtime.

Caffeine can also worsen certain health conditions, including heartburn, ulcers, and cardiac arrhythmia's. Some studies suggest that pregnant women should reduce their caffeine intake.

There are ways to lessen caffeine's negative effects. Diluting coffee or tea with soy, rice, or almond milk after a meal can help coat the stomach and reduce irritation. Brewing coffee at half strength or mixing regular coffee with decaf can also help. Switching to decaffeinated coffee or alternative beverages is another option.

New Kids on the Block

By Maddi Litoff

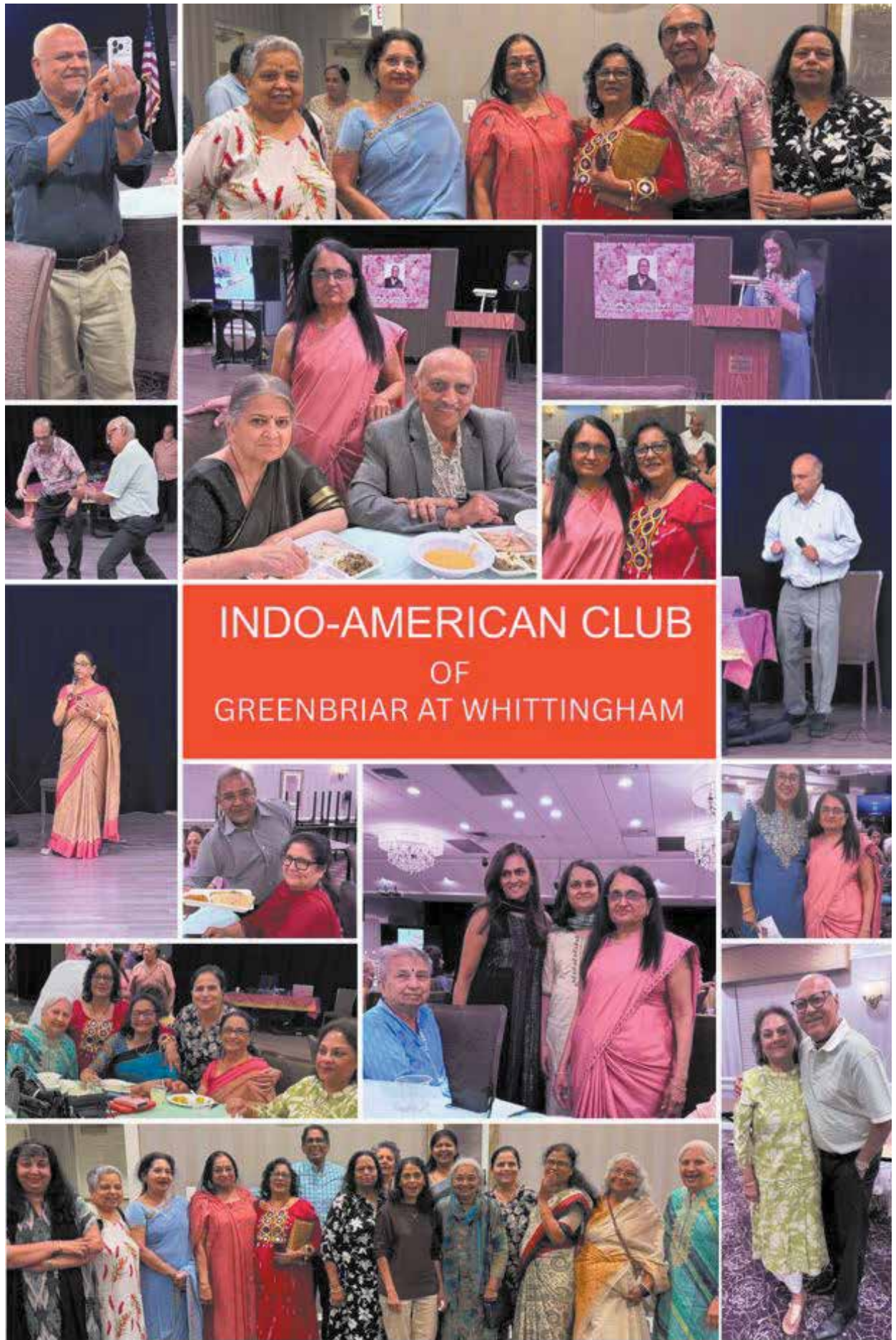
We welcome all our residents and all our new residents. We meet the first Wednesday of the month to make friends in our community. We have been going strong for 17 years. We meet in the Greenbriar ballroom with members and non-members to make friends. We have speakers, performers, dancers, lots of trips, and we look forward to meeting everyone. We give contributions to Make A Wish in Monroe New Jersey.



Exciting news! We will be having a masquerade party on Wednesday, November 4 from 7:00 to 9:00PM. You just have to wear a mask and all are invited. It's \$20 for DJ, who is fabulous, and dessert. You can pick up a flyer in the Towne Centre rounder. Be sure to include your name and a check to Make A Wish for \$20 and place it in the library in Box 26 New Kids on the Block.

We look forward to seeing and meeting all of you and especially at this masquerade party. We look forward to meeting new friends and seeing all of you in the community.

All our best from the committee of New Kids on the Block. Any questions, call Maddi at 201-280-3911 and we can help you out. See you all soon. Don't forget November 4. Fun fun fun.



Italian American Senior Cultural Club

By Joe Atanasio

Our celebration of Labor Day was one of this year's best events. Catered by Molinos Italian Kitchen, with entertainment provided by "The London Fogg Band" who played a variety of songs from the "British Invasion Era" along with American Rock Tunes from the same era.

Although the IASCC does vary away from the usual Italian fare we like to focus on the traditional foods of Italy as celebrated by many famous Italian Chefs. One of my favorite chefs and I'm sure many of yours as well is the beautiful and talented Giada DeLaurentis.

Born in Rome, Giada grew up in a large Italian family where the culture of food was a staple in and of itself. As the granddaughter of film producer Dino De Laurentiis, Giada consistently found herself in the family's kitchen and spent a great deal of time at her grandfather's restaurant, "DDL Foodshow".

After graduating from the University of California in Los Angeles with a degree in anthropology, Giada's passion for cooking remained. She eventually made the decision to commence a culinary career and began her professional training at Le Cordon Bleu in Paris, specializing in both cuisine and pastry. She subsequently returned to Los Angeles, where her training included positions at the prestigious Ritz-Carlton Fine Dining Room and Wolfgang Puck's Spago in Beverly Hills. She later founded GDL Foods, a catering company in Los Angeles.

Giada's career started on Food Network in 2002 when she was discovered by a network executive upon reading an article about her and the De Laurentiis family in Food & Wine magazine. Since then, Giada has earned an Emmy for Outstanding Lifestyle Host and has become one of Food Network's most recognizable faces. Her Emmy Award-winning, daytime cooking shows have earned her a following of "Foodies" from around the globe. Giada can also be seen on the Food Network in Giada Entertains, Giada's Holiday Handbook, and the Daytime Emmy Award-Nominated "Giada" in Italy, as well as judge and mentor alongside fellow chef Bobby Flay on the highly popular series Food Network Star.

The foray into cookbooks was an obvious decision, allowing Giada's loyal viewership to reference, prepare and share their favorite recipes. Giada's first book, "Everyday Italian," showcases many of the delicious recipes from her cooking show of the same name. Her second book entitled, "Giada's Family Dinners," quickly became a New York Times best-seller as did her third cookbook, "Everyday Pasta," which was released in April 2007.

In June 2014, Giada opened the doors to her first restaurant, Giada, on the Las Vegas Strip. The restaurant is located on the second floor of the first ever boutique hotel on the strip, The Cromwell, and features breathtaking views of the Bellagio fountains and Caesars Palace. The menu features authentic Italian cuisine with a refreshing California flair.

In 2012, Giada partnered with The Kitchen Community, a nonprofit whose mission is to connect children to nutritious food, to install a Learning Garden at Foster Elementary School in Compton, California. Along with students, teachers and members of the local community, Giada planted numerous vegetables and herbs throughout the garden. The school continues to maintain the plants and regularly incorporates them into the students' meals. She also pays regular visits to the school and stays engaged in the garden's long-term sustainability.

Giada is also an ambassador for Stand Up 2 Cancer and the Melanoma Research Alliance and is involved in Alex's Lemonade Stand which raises money and awareness of childhood cancer causes.

Grazi Giada.



"Age is an issue of mind over matter. If you don't mind, it doesn't matter."—Mark Twain

Hadassah

By Joanne Sacoff

"October air, complete with dancing leaves and sighing wind". And just like that, the summer is gone and we begin a whole new year. Wishing and hoping that everyone enjoyed the holidays and that the coming year is peaceful, healthy and prosperous.

We are looking forward to all of our upcoming events starting with our Oct 23rd meeting in the Towne Centre in the poker room. We will be presenting a talk on Jews in Sports and a discussion of the Maccabi games. I personally am looking forward to this as I was a host when the Maccabi games came to Staten Island many years ago. Please join us for this very interesting discussion.

Also in October is our always interesting and very lively discussion group "Hot Topics & Cool Lemonade" being held in the upstairs conference room on Tuesday, October 8 at 1:30 in the afternoon. This might be the most interesting and lively discussion group in our community at this time. Join us and see for yourselves.

Our October Lunch Bunch is being held at Good Eats. This luncheon will not only be very tasty, but also informative with lots of news about what is happening with medical research in Israel. It is exciting to hear about all the progress being made with regard to some of the most difficult and life threatening illnesses. See the rounders or call Ellen Panzer Schwartz for information regarding the Lunch Bunch series.

Please mark your calendars for our always very popular game day on November 11th at 11:30am in the ballroom. Any game you love to play is a game for game day. You do not need to be a Hadassah member to come to game day and we would love to have you join us. Our lunch this time is being catered by Tommy's Bagels. Watch the rounders for all information regarding this event.

November is the month we celebrate all of our wonderful members and we will be hosting our Membership Celebration on November 16th in the ballroom at the Towne Center at 7pm. At this time we will also be honoring Esther Swier with the Myrtle Wreath award for her outstanding work in our chapter. Congratulations Esther on a well deserved honor. That evening, we also look forward to our wonderful entertainer, Ellen Karis, the comedian known as the Greek Goddess of Comedy. Dessert will be served. This event is for members only and is free, but you must register. See the flyer in the rounders.

Please note that it is always necessary to sign up for our events. And also please note that if you are reading this column and you are not a member of Hadassah, let this serve as an open invitation to join us. At this time just reach out to Sharon Nachimson at nachim311@yahoo.com for more information. We would very much love to have you join us.

HADASSAH





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Karaoke Moves to the Ballroom!

By Ken Wagner

Due to the overwhelming success of the second Performing Arts Club (PAC) Karaoke Night in August, it has been announced that the next Karaoke Night will move into the Towne Center Ballroom. The larger venue will accommodate the large crowds that have made these events must-attend evenings at Greenbriar.

There were over 25 “stars” who took to the stage to demonstrate their talent to a standing-room-only crowd of more than 75 guests at this latest event. And it wasn’t just the performers who sang, but a very enthusiastic audience joined in on many numbers. Singers performed a wide variety of music including pop, rock and folk.

A special “thank you” goes out to the event’s DJ Joe Atanasio and sound technician James MacDonald for their efforts in bringing each performer’s music to the stage.

Based on popular demand, PAC will hold another Karaoke Night next year, now with the added benefit of the Towne Center Ballroom’s additional space and tables. The move will allow more people to attend, sing along and participate. Be sure to check the PAC schedule for the next Karaoke Night.

Karaoke Night is just one of the ways that PAC brings opportunities to the Greenbriar community to enjoy and participate in the arts. The group endeavors to foster an appreciation for all forms of arts through performances, classes, workshops, and community events. Special events, open to all such as Karaoke Night, help to expand opportunities for people to perform.

In addition to these community events, PAC produces four major shows per year, one each season. The next production, *Exit Stage Left*, is an original musical written by PAC Creative Director Marie-France MacDonald.

Art plays a central role in the show, with original artwork created by GW residents surrounding the audience for an immersive experience. The artwork will create a type of temporary gallery that is an integral part of the show.

Exit Stage Left is scheduled for Saturday, November 7th at 7:00 PM, and Sunday, November 8th, at 1:00 PM. Doors will open 45 minutes before each performance, giving ticket holders an opportunity to view the original artwork before the show.

Tickets to “Exit Stage Left” are now on sale.

For more information about PAC and upcoming events, contact Gerrie Pisapia at 732-857-4939 or Marcia Bartolf at 732-580-5448.



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Ladies Club

By Stephanie Lonsdale

We are looking forward to our planned Fall activities, including: A walk in Mercer Park to enjoy the beautiful fall colors and an evening at the Working Dog Winery, featuring live music and great company.

Membership Information

We warmly welcome new members to join us. Our meetings are held on the 2nd Monday of each month at 6:30 PM in the Ballroom. Annual dues are \$10 per year.

Membership forms are available in the Kiosk located in the Clubhouse lobby.

We look forward to meeting new members, enhancing our group of absolutely fabulous women, and seeing familiar faces as we continue to grow and enjoy our time together.



GW CHESS CLUB

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

Contact Anatoly Shpirt at 347-693-8791

Beginners are encouraged to attend.

GW Music Club

By Gary Fillik

This month's GW Music Club article was written by Gary Fillik who has been a guest singer for 4 years:



Being of Polish descent I learned how to play the accordion at a young age. By the age of 10, I was performing polkas for family holiday functions. Sitting around the table, my sister would play the flute as I accompanied her on the accordion. We still reminisce about the joy it brought to our family.

When I entered high school, they were recruiting drummers for the marching band. I joined never having played the drums but figured I would give it a try because I could keep a beat. This was the beginning of my adult musical journey.

In my senior year in high school, the drama class was putting on the play "Damn Yankees." My best friend and I wanted to attend the cast parties. All we wanted was to be behind the scenes. A requirement to be part of the production was that everyone had to try out for an acting role. For the first time, I sang in front of people and was cast as the lead singer for "You Gotta Have Heart". I was hooked!

After high school graduation I was asked to join the Irish American Association which was the other half of my heritage. While singing as part of their chorus, I was asked to sing a solo. As nervous as I was it turned out to be a great experience. The Irish American Association was invited to perform at PNC Arts Center. To my surprise I was asked to sing a solo. I sang "O Holy Night" and brought my grandmother to tears. From then on, I participated in many of their productions. I continued to sing with them until I left the area.

Then life happened. I married Lori and sang "Three Times a Lady" to her as a surprise during our wedding reception. There wasn't a dry eye in the room. We worked hard and raised a family. My singing career was put on hold.

After retiring we moved to GW. Six years ago, I joined the GW Chorus and returned to my love of singing. I have performed at every spring and winter concert. Recently I started playing the bongos in addition to singing.

A few years later a new club was forming called GW Music Club featuring Not Too Old (NTO) band. When I first had the opportunity to meet with the band they made me feel comfortable knowing that I was nervous and unsure of how I would be accepted by others. For my first song I sang "You Belong To Me". It was extremely emotional because it was a favorite of my parents and it was the last song my parents ever danced to. When I finished singing, I looked over at the band, and they gave me a thumbs up. I knew this was something I would always enjoy!

Ed, Shelly, John, Frank and Steve have become special people in my life. They make me feel like my singing matters. I'm doing what I love and have even started playing the bongos with the group. Every third Friday, my friends join Lori and me at the monthly Music Club meeting, where we get to hear NTO and enjoy the evenings guest singers. I will continue my love of singing with a great group of musicians and friends.

The Club, especially the members of NTO, encourages residents to perform alongside them. Come out and give it a try. You won't be disappointed

The picture is of NTO band members and the performers from the August Music Club meeting:

(left to Right) Jon Leal, Shelly Leal, Gary Filik, Charlie Ohn, Karen Gonzalez, Steve Posner, Diane Stanley, Joe Atanasio, Ed Pilcer, Frank Genova.

Photo by Andrea Monick



Fascinating Facts about the U.S. Constitution

The U.S. Constitution has 4,400 words. It is the oldest and shortest written Constitution of any major government in the world.

Of the spelling errors in the Constitution, “Pensylvania” above the signers’ names is probably the most glaring.

Thomas Jefferson did not sign the Constitution. He was in France during the Convention, where he served as the U.S. minister. John Adams was serving as the U.S. minister to Great Britain during the Constitutional Convention and did not attend either. The Constitution was “penned” by Jacob Shallus, A Pennsylvania General Assembly clerk, for \$30 (\$726 today).

Since 1952, the Constitution has been on display in the National Archives Building in Washington, DC. Currently, all four pages are displayed behind protective glass framed with titanium. To preserve the parchment’s quality, the cases contain argon gas and are kept at 67 degrees Fahrenheit with a relative humidity of 40 percent. Constitution Day is celebrated on September 17, the anniversary of the day the framers signed the document.

The Constitution does not set forth requirements for the right to vote. As a result, at the outset of the Union, only male property-owners could vote. African Americans were not considered citizens, and women were excluded from the electoral process. Native Americans were not given the right to vote until 1924.

James Madison, “the father of the Constitution,” was the first to arrive in Philadelphia for the Constitutional Convention. He arrived in February, three months before the convention began, bearing the blueprint for the new Constitution.

Of the forty-two delegates who attended most of the meetings, thirty-nine actually signed the Constitution. Edmund Randolph and George Mason of Virginia and Elbridge Gerry of Massachusetts refused to sign due in part to the lack of a bill of rights. When it came time for the states to ratify the Constitution, the lack of any bill of rights was the primary sticking point.

The Great Compromise saved the Constitutional Convention, and, probably, the Union. Authored by Connecticut delegate Roger Sherman, it called for proportional representation in the House, and one representative per state in the Senate (this was later changed to two.) The compromise passed 5-to-4, with one state, Massachusetts, “divided.”

Patrick Henry was elected as a delegate to the Constitutional Convention, but declined, because he “smelt a rat.”

Because of his poor health, Benjamin Franklin needed help to sign the Constitution. As he did so, tears streamed down his face.

Gouverneur Morris was largely responsible for the “wording” of the Constitution, although there was a Committee of Style formed in September 1787. The oldest person to sign the Constitution was Benjamin Franklin (81). The youngest was Jonathan Dayton of New Jersey (26).

When the Constitution was signed, the United States’ population was 4 million. It is now more than 309 million. Philadelphia was the nation’s largest city, with 40,000 inhabitants.

A proclamation by President George Washington and a congressional resolution established the first national Thanksgiving Day on November 26, 1789. The reason for the holiday was to give “thanks” for the new Constitution.

The first time the formal term “The United States of America” was used was in the Declaration of Independence.

It took one hundred days to actually “frame” the Constitution.

Information taken from ConstitutionFacts.com

<http://www.constitutionfacts.com/?section=constitution&page=fascinatingFacts.cfm>



“Growing old is not a disease, it is a triumph.” — Milton Berle

Spotlight on Barbara Kravitz

By Marie-france MacDonald

Barbara is a mother, grandmother, great grandmother and one of the four “Founding Mothers” of PAC. She is earthy and elegant, wise and very very funny. She loves her family, shoes and making people laugh.

She grew up in Brooklyn. Her family was poor but she didn’t know that because, “everybody else was.” The security she felt living in a “conventional family” was shattered when her father died. She was only seven. As much as she loved her mother, brother and *Bubbe*, {Yiddish for Grandmother} she longed for her family to include a Daddy, like the ones on T.V. or those of her playmates. Barbara remembers school days starting with the Pledge of Allegiance followed by singing “My Country ‘tis of Thee.” Every day she had to sing, “Land where our fathers died” and that hit her hard.

Barbara married young, at eighteen and a half, driven in part by her drive to live a typical, nuclear family dream. A year later she gave birth to her first child. Of her first marriage Barbara says, her husband gave her two beautiful daughters (and through them wonderful sons-in law, three granddaughters, one grandson grandchildren and two great granddaughters, AND a love of football.

She was still in her twenties when Barbara became a divorcee and a single mom. She managed to make a good living employed by an OTB, first as a “bookie” where I’m sure she honed her comedic talents and later rising through the ranks.

In her forties, Barbara married for the second time to David Kravitz, the love of her life. He worked as a locksmith and was both kind and quirky, evidenced by the gum ball machine on the front stoop.

David adored Barbara and her daughters. Though he knew little about football, he knew a lot about attending *Shul*, (Synagogue) which Barbara did not. They came to an agreement, Love every day, *Shul* on Saturdays and Football on Sundays. A recipe for success.

Sadly, after too short a time, Barbara was widowed. Still, with an indomitable spirit and supported by wonderful memories and a loving family, she turned her attention to others in need. “Do you need a ride?” “Do you need someone to talk to?” “Do you need a laugh?” (We all need to laugh.)

Barbara Ruth Kravitz is a true “*berye*” {a Yiddish word describing a skillful, highly efficient, and energetic person—often an active woman who manages a household well} a talented comedienne, writer, dancer, and raconteur extraordinaire. Her story is best told by her. She has done just that in her video for The Legacy Project. Please check it out at mariefrancemacdonald.com You will also find Barbara K’s Poetry Corner where she shares some of her favorite original poems. They will bring you joy, which is after all, what Barbara best represents.



“She’s one of the kindest most giving people I’ve ever known and the best friend anyone could have” - Freda Fine

Barbara’s answers 9 out of 10 of a variation of James Lipton’s famous Actors’ Studio Questions.

Favorite word, *Kindness*: Least Favorite word, *Cruelty*: What turns her on, *Family*: Favorite curse word: *F-word*: Sounds she loves, *Music*: Sounds she hates, *Chalk on blackboard*: What profession, *Writer*: What profession she would hate, *Garbage collector*: What would she say to God. *Thanks for inviting me... given the alternative*

“Beautiful young people are accidents of nature, but beautiful old people are works of art.” — Eleanor Roosevelt

Sunday	Monday	Tuesday	Wednesday
4 1:00 p.m. WHOA Movie: Pressure	5 9:00 a.m. Ping Pong 9:00 a.m. Pickleball Club Play 10:00 a.m. Team Weights with Ellen 11:00 a.m. Cornhole 11:00 a.m. Aquacise with Christine 11:00 a.m. Line Dancing with Teri 12:30 p.m. Exercise (Instruction on TV) 4:00 p.m. History Club 7:00 p.m. Intuitive Club	6 9:00 a.m. Pickleball Club Play 10:00 a.m. GW Ladies Club Board Meeting 10:00 a.m. Line Dancing 10:00 a.m. Strength Training 10:00 a.m. Greenbriar Site Review Committee Meeting 11:00 a.m. GW Woodworking Club Workshop 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. The Alan Hermelee Current Events Discussion Group 3:30 p.m. Tap Dancing 5:30 p.m. Water Volleyball 6:30 p.m. Poker 6:30 p.m. Billiards	7 9:00 a.m. 9:00 a.m. Pickleball Club Play 10:00 a.m. 10:00 a.m. Chair Yoga 10:30 a.m. Team Weights 11:00 a.m. Resident Council Meeting 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. PAC 3:30 p.m. Irish 4:00 p.m. Israel 4:30 p.m. Yoga 6:00 p.m. 6:30 p.m. 6:30 p.m. New K 7:00 p.m. C
11 9:45 a.m. Shalom Club	12 9:00 a.m. Ping Pong 9:00 a.m. Pickleball Club Play 10:00 a.m. Entertainment Committee Meeting 10:00 a.m. Team Weights with Ellen 11:00 a.m. Aquacise with Christine 11:00 a.m. Line Dancing with Teri 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. Emergency Preparedness Presentation 4:00 p.m. After Hours Club Board Meeting 6:00 p.m. Cornhole 6:30 p.m. GW Ladies Club	13 9:00 a.m. Pickleball Club Play 10:00 a.m. Line Dancing 10:00 a.m. Strength Training 11:00 a.m. GW Woodworking Club Workshop 12:30 p.m. Exercise (Instruction on TV) 3:30 p.m. Tap Dancing 4:00 p.m. Finance Discussion Group 5:30 p.m. Water Volleyball 6:30 p.m. Poker 6:30 p.m. Billiards	14 9:00 a.m. Pickleball Club Play 9:30 a.m. Computer C 10:00 a.m. 10:00 a.m. V 10:00 a.m. Chair Yoga 10:30 a.m. Team Weights 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. PAC 3:30 p.m. Irish 4:30 p.m. Y 4:30 p.m. Indo 6:00 p 6:30 p.m. 7:30 p.m. Res
18 9:30 a.m. Monroe Township Post 609 Jewish War Veterans	19 9:00 a.m. Ping Pong 9:00 a.m. Pickleball Club Play 10:00 a.m. Provocative Thinking 10:00 a.m. Team Weights with Ellen 11:00 a.m. Cornhole 11:00 a.m. Aquacise with Christine 11:00 a.m. Line Dancing with Teri 12:30 p.m. Exercise (Instruction on TV) 4:00 p.m. Socrates Café 6:30 p.m. WHOA Open Workshop Meeting	20 9:00 a.m. Pickleball Club Play 10:00 a.m. Line Dancing 10:00 a.m. Strength Training 11:00 a.m. GW Woodworking Club Workshop 12:30 p.m. Exercise (Instruction on TV) 1:00 p.m. GW Connections Book Club 2:00 p.m. The Alan Hermelee Current Events Discussion Group 3:30 p.m. Tap Dancing 5:30 p.m. Water Volleyball 6:30 p.m. Poker 6:30 p.m. Billiards	21 9:00 a.m. 9:00 a.m. Pickleball Club Play 10:00 a.m. 10:00 a.m. Chair Yoga 10:00 a.m. Team Weights 10:30 a.m. Team 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. PAC 4:30 p.m. Y 6:00 p.m. 6:30 p.m. 7:00 p.m. All 7:00 p.m. Camera
25 1:00 p.m. WHOA Movie: The Fabulous Four	26 9:00 a.m. Ping Pong 9:00 a.m. Pickleball Club Play 9:30 a.m. Golf Closed Meeting 9:45 a.m. GW Connections Board Meeting 10:00 a.m. Team Weights with Ellen 11:00 a.m. Aquacise with Christine 11:00 a.m. Golf Open Meeting 11:00 a.m. Line Dancing with Teri 12:30 p.m. Exercise (Instruction on TV) 4:00 p.m. GW Friends Book Club 6:00 p.m. Cornhole 6:00 p.m. Ladies Club Book Club 7:15 p.m. GW Friends	27 9:00 a.m. Pickleball Club Play 10:00 a.m. Line Dancing 10:00 a.m. Shalom Club Board Meeting 10:00 a.m. Strength Training 10:00 a.m. WHOA Landscape Committee Meeting 11:00 a.m. GW Woodworking Club Workshop 12:30 p.m. Exercise (Instruction on TV) 1:00 p.m. St. Peter's Flu Clinic 3:30 p.m. Tap Dancing 5:30 p.m. Water Volleyball 6:30 p.m. Poker 6:30 p.m. Billiards	28 9:00 a.m. 9:00 a.m. Pickleball Club Play 10:00 a.m. 10:00 a.m. Chair Yoga 10:30 a.m. Team Weights 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. PAC 4:30 p.m. Sherl 4:30 p.m. Y 5:30 p.m. Indo 6:00 p.m. 6:30 p.m. 7:00 p.m. Hadassa

Wednesday	Thursday	Friday	Saturday
	1 9:00 a.m. 3D Art 9:00 a.m. Pickleball Club Play 10:00 a.m. Chorus 11:00 a.m. GW Woodworking Club Workshop 11:00 a.m. Aquacise with Christine 11:30 a.m. GW Social Club Board Meeting 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. Painting Group 4:30 p.m. Ballroom Dancing with Pam 6:00 p.m. Stained Glass Group 6:30 p.m. Poker 6:30 p.m. Billiards	2 9:00 a.m. Ping Pong 9:00 a.m. Pickleball Club Play 9:15 a.m. Meditation Class 10:00 a.m. Beginners Plus Line Dancing with Joan & Sona 10:30 a.m. Yoga with Brian 10:45 a.m. Deep Water Aquacise with Christine 11:00 a.m. Painting Group 12:30 p.m. Scrabble 2:00 p.m. Chess Club 6:15 p.m. Italian American Club	3 10:00 a.m. Ping Pong 10:00 a.m. Chair Yoga with Karen & Dave 10:00 a.m. Exercise (Instruction on TV)
Ping Pong Pickleball Club Play Ceramics Yoga with Karen & Dave Motion with Ellen Civic Club Board Meeting (Instruction on TV) Acting Workshop American Club Eli Dance Class Yoga with Avi m. Bocce Gin Rummy Kids On The Block ART Program	8 9:00 a.m. 3D Art 9:00 a.m. Pickleball Club Play 9:00 a.m. Greenbriar Budget & Finance Committee Meeting 10:00 a.m. Chorus 10:00 a.m. WHOA Budget & Finance Committee Meeting 11:00 a.m. GW Woodworking Club Workshop 11:00 a.m. Towne Centre Committee Meeting 11:00 a.m. Aquacise with Christine 12:30 p.m. Exercise (Instruction on TV) 1:00 p.m. GW Social Club Luncheon 1:30 p.m. Hadassah Discussion Group 2:00 p.m. Painting Group 4:30 p.m. Ballroom Dancing with Pam 6:00 p.m. GW Chorus Celebration 6:00 p.m. Stained Glass Group 6:30 p.m. Poker 6:30 p.m. Billiards	9 9:00 a.m. Ping Pong 9:00 a.m. Pickleball Club Play 9:15 a.m. Meditation Class 10:00 a.m. Beginners Plus Line Dancing with Joan & Sona 10:30 a.m. Yoga with Brian 10:45 a.m. Deep Water Aquacise with Christine 11:00 a.m. Painting Group 12:30 p.m. Scrabble 1:30 p.m. GW Pulse Editing 7:00 p.m. Bingo	10 10:00 a.m. Ping Pong 10:00 a.m. Chair Yoga with Karen & Dave 10:00 a.m. Exercise (Instruction on TV)
Pickleball Club Play Club Meeting (Zoom Only) n. Ceramics Writing Group Yoga with Karen & Dave Motion with Ellen e (Instruction on TV) Acting Workshop h American Club Yoga with Avi -American Ladies m. Bocce Gin Rummy ident Civic Club	15 9:00 a.m. 3D Art 9:00 a.m. Pickleball Club Play 10:00 a.m. Chorus 11:00 a.m. GW Woodworking Club Workshop 11:00 a.m. Aquacise with Christine 11:30 a.m. GW Social Club Board Meeting 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. Painting Group 4:00 p.m. GW Friends Board Meeting 4:30 p.m. Ballroom Dancing with Pam 6:00 p.m. Stained Glass Group 6:30 p.m. Poker 6:30 p.m. Billiards	16 9:00 a.m. Ping Pong 9:00 a.m. Pickleball Club Play 9:15 a.m. Meditation Class 10:00 a.m. WHOA Site Review Committee Meeting 10:00 a.m. Beginners Plus Line Dancing with Joan & Sona 10:30 a.m. Yoga with Brian 10:45 a.m. Deep Water Aquacise with Christine 11:00 a.m. Painting Group 12:30 p.m. Scrabble 2:00 p.m. Chess Club 6:30 p.m. Canasta Tournament 7:00 p.m. GW Music Club	17 10:00 a.m. Ping Pong 10:00 a.m. Chair Yoga with Karen & Dave 10:00 a.m. Exercise (Instruction on TV) 7:00 p.m. WHOA Show: Vinyl Madness Returns
Ping Pong Pickleball Club Play Ceramics Yoga with Karen & Dave Yiddish Vinkle Motion with Ellen (Instruction on TV) Acting Workshop Yoga with Avi m. Bocce Gin Rummy About The Beat w/Photography Club	22 9:00 a.m. 3D Art 9:00 a.m. Pickleball Club Play 10:00 a.m. Chorus 11:00 a.m. GW Woodworking Club Workshop 11:00 a.m. Aquacise with Christine 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. GW Social Club Speaker 2:00 p.m. Painting Group 4:30 p.m. Ballroom Dancing with Pam 6:00 p.m. Stained Glass Group 6:30 p.m. Poker 6:30 p.m. Billiards	23 9:00 a.m. Ping Pong 9:00 a.m. Pickleball Club Play 9:15 a.m. Meditation Class 10:00 a.m. Beginners Plus Line Dancing with Joan & Sona 10:30 a.m. Yoga with Brian 10:45 a.m. Deep Water Aquacise with Christine 11:00 a.m. Painting Group 12:30 p.m. Scrabble 6:30 p.m. After Hours Club	24 10:00 a.m. Ping Pong 10:00 a.m. Chair Yoga with Karen & Dave 10:00 a.m. Exercise (Instruction on TV) 11:00 a.m. GW Family Day 2026
Ping Pong Pickleball Club Play Ceramics Yoga with Karen & Dave Motion with Ellen (Instruction on TV) Acting Workshop Rock Holmes Club Yoga with Avi -American Club m. Bocce Gin Rummy ah General Meeting	29 9:00 a.m. 3D Art 9:00 a.m. Pickleball Club Play 10:00 a.m. Chorus 11:00 a.m. GW Woodworking Club Workshop 11:00 a.m. Aquacise with Christine 11:30 a.m. GW Social Club Board Meeting 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. Painting Group 4:30 p.m. Ballroom Dancing with Pam 6:00 p.m. Stained Glass Group 6:30 p.m. Poker 6:30 p.m. Billiards 6:30 p.m. WHOA & GWCA Joint Open Board Meeting	30 9:00 a.m. Ping Pong 9:00 a.m. Pickleball Club Play 9:15 a.m. Meditation Class 10:00 a.m. Beginners Plus Line Dancing with Joan & Sona 10:30 a.m. Yoga with Brian 10:45 a.m. Deep Water Aquacise with Christine 11:00 a.m. Painting Group 12:30 p.m. Scrabble 6:00 p.m. Pickleball Party	31 10:00 a.m. Chair Yoga with Karen & Dave 10:00 a.m. Exercise (Instruction on TV)

GW Wheels Answers Your Burning Questions!

By Ken Wagner

This month we answer some of the most common questions about the GW Wheels car club, and some that no one has ever asked...



Q. What is GW Wheels?

A. GW Wheels is a club for people who love classic, sport, or specialty cars, trucks or motorcycles. Some of our members are true “motorheads” – folks who always seem to have a faint odor of transmission fluid about them. The rest of us are just people who like to socialize with like-minded people.

Q. Do I need to own a classic or special interest car to join?

A. No. But if you have one, we’d love to you drive it with us over the weekend.

Seriously, you don’t need to own a specialty car to join GW Wheels. All you need is an interest in cars and spending time with people who share your enthusiasm for motoring.

Q. What kind of activities does the club organize?

A. It’s a pretty wide range – from our big car show in June, to our annual New Year’s Day parade. We take group drives to interesting places (somehow, they always involve lunch), and occasionally show off at local car shows held by other organizations. We’ve even been known to visit car museums as a group. In September we went for ice cream.

Q. Can my significant other participate in club activities?

A. Absolutely. In fact, for most of us, our significant other is the better-looking one, so we’re happy to see them take part. You’ll be glad to hear our memberships are applied to “households”. One annual fee covers everyone.

Q. Does the club support any charities?

A. Besides providing emotional support to each other, we have a track record of supporting two important charities each year – the Marine Corps Toys for Tots program and the Food Bank at the Monroe Township Senior Center. Over the last few years, the residents of Greenbriar have generously supported our efforts for these worthy causes.

Q. Does the club have regular meetings?

A. The club generally meets on the third Thursday evening of the month at 6:00 PM in the Towne Center. Meeting at 6:00 gets us all home in plenty of time to catch a *Matlock* rerun.

Q. Is there a club website?

A. We have a great website! Visit <https://gwwheelsclub.godaddysites.com> to see what we’ve been up to, and a whole lot of great photos from our events. We also have an email address. Send us a note at gwwheels@icloud.com. We’d love to hear from you.

(The kids never write.)

“Fight for the things that you care about, but do it in a way that will lead others to join you” – Ruth Bader Ginsburg

The Martin Salmanowitz GW Social Club

By Lisa Baruch & Regina Savarese

During the month of October we will celebrate Indigenous Peoples Day on the 12th, and Halloween on the 31st. We are all looking forward to the Fall season and cooler weather.

Past Shows

Our September 10th ballroom luncheon was canceled due to the Jewish holiday of Rosh Hashanah and of course in remembrance of those lost in the September 11th attacks. On September 24th, Wayne Baruch presented "Safety in Your Home".



Upcoming Shows:

October 8th @1:00PM in our Ballroom we will have Solo Joe. Joe boasts over 2500 songs in a rotation consisting of hits culled from six decades and many musical genres/styles. He is a one man band who caters to all. He also owns/manages/performs with, 6 tribute bands.

Other upcoming events: On October 22nd Charles Clarkson will discuss Medicare changes for 2027. On November 12th we will have Broadway Nights, and on December 10th Magical Matt Torres, will entertain. That will close out our season for 2026. We are looking forward to more great entertainment 2027. If you have any suggestions, please let us know. They are always welcome. Please see flyers in the rounders in the Towne Center for details about all of these presentations.

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 October 9th. All are welcome. Come join us for an evening of fun and laughter as you play Bingo with friends and neighbors. Enjoy the excitement, the camaraderie, and maybe even win a few extra dollars along the way! If you enjoy Bingo why not become a member of the GW Social Club.

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

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

We look forward to seeing you in the near future.

Jewish War Veterans

By Stuart Weinstein, Commander, Post 609, JWV Monroe Township

As we approach November and veterans day I want to expand the connection of our organization and the function of our group.

JWV Post 609 and all of our fellow posts represents Americas oldest active veterans organization. Founded in 1896 to honor Jewish service members and safeguard their place in American military history. Today Post 609 continues that mission with dignity and a deep commitment to our community of Monroe Township.



Post 609 members served in every branch of the armed services and across many major conflicts. Their service reflects courage, sacrifice and devotion to country. Through ceremonies, educational programs and community partnerships the post ensures that the contributions of veterans are remembered and shared with future generations.

While rooted in Jewish tradition Post 609 welcomes ALL veterans. Service to the U.S. is the only requirement. Our inclusive spirit creates a supportive strong community where vets can share experiences and stand together.

JWV Post 609 remains dedicated to honoring the past, supporting today's veterans and the next generation with the values of service and patriotism and unity. We hope you will join us in our journey and honor our veterans, participate in our activities, and make our post the pride of your community.

With commitment and pride.

GREENBRIAR AT WHITTINGHAM TENNIS CLUB

By Felix Vazquez President GWTC

US OPEN TENNIS SOCIAL



Tennis • Friendship • Fun • Community

GWTC SERVES UP A WINNING US OPEN TENNIS SOCIAL!

GWTC celebrated the excitement of the US Open with its own US Open Tennis Social, held September 1 at the GWTC Courts and Gazebo.

With temperatures around 75 degrees, it was humid, but the rain stayed away.

Players enjoyed four rounds of Men's, Women's and Mixed Doubles, with changing partners and opponents.

Congratulations to Paula & Sandi!

Paula Fox and Sandi Korn accumulated the most points and each received a gift card.

A special thank-you to Karen Ellis, Andy Goodman and Felix Vazquez for organizing the event.

GWTC TEAMREACH APP — MEMBER INSTRUCTIONS

GWTC uses TeamReach to communicate and coordinate court time. Check it regularly for updates and conflicts.

MESSAGES

1. Open TeamReach and select GWTC — Group Code 0075.
2. Tap Messages.
3. Read recent posts.
4. Type your message and tap Send.

Use Messages to find players/substitutes, report cancellations, share information and respond to announcements.

Keep messages brief, courteous, and tennis-related.

SCHEDULING COURT TIME

1. Open TeamReach and select GWTC — Group Code 0075.
2. Open Calendar/Schedule.
3. Select date/session.
4. Enter court, time and players.
5. Save.

Check the schedule first and avoid overlapping reservations. If plans change, cancel or update promptly.

COURT COURTESY

CHECK • SCHEDULE • UPDATE • BE COURTEOUS

Meet The Stars

By Debbie Harbatkin

A show so fabulous that words can do no justice better than the sights and sounds of **Lance Millard** and an impressive band of super talent in a visit from “**Sir Elton**”. On Saturday, August 29th in our Greenbriar At Whittingham Ballroom, they presented us with multiple sets of songs from the incomparable Elton John! **Greenbriar Residents Mark and Barbara Lindell** were chosen from among our sold-out audience to “Meet The Band” after the show.



“Sir Elton” did a wonderful job of making our stage look so beautiful and so professional! The piano man dressed the part, complete with feathered wings, while they serenaded us with such lifetime hits of “**Goodbye Yellow Brick Road**”, “**Your Song**”, “**Crocodile Rock**”, “**The B*tch Is Back**”, “**Philadelphia Freedom**”, “**Saturday Night’s Alright For Fighting**”, “**Can You Feel The Love Tonight**”, “**Candle In The Wind**”, and I could go on and on, just naming my favorites they played! In fact, I would have to believe that it would take multiple shows to play the greatest Elton John catalog of music, so we must look to bring them back in the future. The band even expressed and wanted me to relay that the audience inspired them with their energy, enthusiasm and participation and asked when they could return!

Mark and Barbara Lindell, who met the band, moved to GW in 2015 after 38 years in Manalapan. Married 52 years, Mark worked in corporate accounting, retiring in 2013. Barbara retired from a 25-year commendable career as a Middle School Guidance Counselor.

Also commendable is the impact they have made in our Community. Mark has been Treasurer of the GW Friends Club for the last 8 years. Barbara is an active member of ORT and The After Hours Club, as well as the Performing Arts Club (PAC), having performed in several of their shows. Mark plays golf and canasta, while Barbara is a Mah Jongg player. They love to travel and go to the theater. They say their favorite part of living here is meeting the many wonderful people in the community. “Our friendships have gone beyond the community as we have traveled across the country, Europe, South America and the Caribbean with friends from GW”.

They have been fans of Elton John since the ‘70’s. They said that the band was spot-on performing Elton John’s playlist. They especially liked “Candle in the Wind”, “Your Song” and “Circle of Life”. They added “Keep bringing quality entertainment to the community.”

Thank you Mark and Barbara. That is our #1 goal of the Entertainment Committee! Do not miss the awesome return of Vinyl Madness on October 17 at the request of our residents! **Vinyl Madness** brings an incredible variety of classic rock, pop, and country artists to life, while delivering a musical experience that transcends generations. Fronted by the incredible voice of **Allison Madill**, who wowed us with her National Anthem rendition that people still talk about, we are in for a real treat! They are on sale now so go to the Concierge Desk to get your best seats. Then in November, we welcome the timeless memories of **The Cameos**! Stay tuned!



The Sherlock Holmes Club

by Paul Hartnett

60 Sherlock Holmes stories, the “Casebook” by Sir Arthur Conan Doyle, is made up of 4 novels and 56 short stories. Each tale presents a unique case, a new set of villains and rascals, and a new mystery to solve. New locations and characters are wonderfully illustrated by Dr. John H. Watson, narrator of all but 4 of the master detectives adventures. Red herrings abound, but enough clues are put forth for the reader to follow the action and get an inkling of what Holmes has in mind. And we readers love it: justice is served, the stories deliver a uniquely satisfying blend of intellect, atmosphere, character chemistry, and narrative reassurance. The core appeal comes from Holmes’s dazzling deductive mind, the comforting structure of the mysteries, and the human warmth provided by Watson.



With Halloween coming at month’s end, our short story for October’s meeting will be “The Adventure of the Creeping Man,” a weird and suitably, well, “creepy” macabre tale. Trevor Bennett, professional assistant and personal secretary to Professor Presbury, the famous Camford University physiologist, a man of European reputation whose life had been entirely academic, visits Sherlock Holmes to enlist his help with a unique problem. The aging professor has begun treating himself with a mysterious serum, which causes him to undergo a startling transformation! What in a strange wooden box causes the bizarre nighttime metamorphosis of a noted university professor into a terrifying fiend? Join us as we follow Sherlock Holmes and Dr. Watson on the trail of Professor Presbury in this thrilling case.

This month’s case is available for free online at https://www.beaconsociety.com/uploads/3/7/3/8/37380505/the_complete_canon_--_60_stories.pdf and other sites. Please read this short story (only 12 pages) prior to the meeting.

The Middlesex Constabulary, the Sherlock Holmes Club of Greenbriar Whittingham, is a meeting of friends and neighbors who enjoy a good mystery detective story. We share the adventures of Sherlock Holmes, Dr. John Watson, and the life and times of Victorian England. One of the original 60 tales by Sir Arthur Conan Doyle is selected for discussion, featuring film clips, an occasional guest speaker, and fun! No dues, no obligation, just join in as we put down our phones and leave the cares and worries of our modern world behind for a while to escape to a simpler time and place.

Our October meeting is set for the 28th in the second-floor meeting (poker) room at 4:30. Deerstalkers are optional. 😊

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

Calling for Minyan Volunteers

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

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

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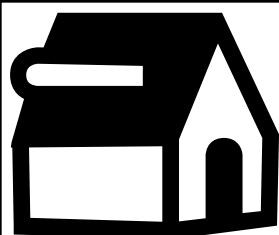
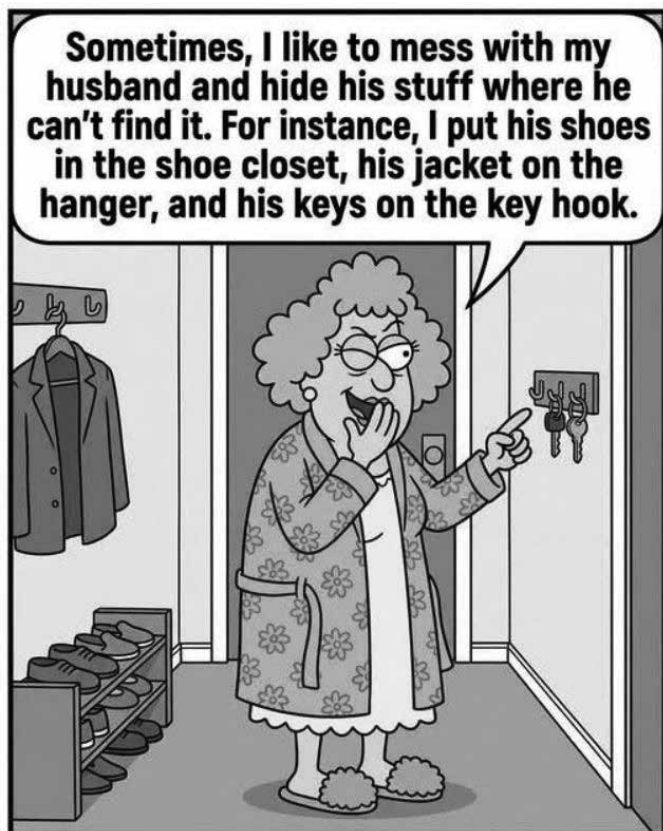
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The Ort Report

by Ann Gold

250 years old: Now is a time for all of us to celebrate the creation of the United States of America in 1776.



146 years old: For ORT members worldwide, we honor the founding of ORT in St. Petersburg, Russia in 1880. (Don't ask what O-R-T stands for; it is three words of many syllables each in Russian.)

28 years old: For local ORT members, we applaud ourselves for having started and still nourishing the Greater Monroe Chapter of ORT America since 1998.

5787: For our Jewish members and neighbors, we wish you Shanah Tovah, a healthy and sweet new year.

Daily: Thanks to your participation and generosity, for 80,000 students of all ages, religions, and ethnicities in 30+ countries, ORT is providing an education for life-long independence and for the Jewish values of learning, kindness, and making the world a better place. Here's just one example: an all-girls robotics team from Dimona, Israel (The Powder Puff Team #900) won first place for innovation among 100 teams of 9th graders worldwide at The First Lego League Int'l competition.

MARK YOU CALENDAR

Game Day: Wed, Sept 30th _11:30am – Ballroom – Open to All Tasty lunch. 50/50 raffle. Attractive greeting cards for sale. \$32 check to Box 18. Info: Barbara/609-642-6523

How to be Safer at Home: Wed - Oct 7th – 7pm - Poker Room – Open to All Practical tips from a Monroe Township Emergency Medical Technician. Plus Q&A

Yearn to Learn: Wed - Nov 4th – noon- Forsgate Country Club – Open to All How Artificial Intelligence already affects you. Luncheon choices. \$55 check to Box 18. Info: Alyce/609-409-9545

Holiday Party: Wed – Dec 2nd – 7pm – Poker Room – Members Only Our mystery auction is a hoot. The snacks are yummy.

Our Member Appreciation Party in Sept was most enjoyable, especially the unusual snack box. ORT member Terri Haberman serenaded us followed by games led by Diane and Alyce.



Tickets are Now on Sale for PAC's Fall Production!

By Ken Wagner and Marie-France MacDonald

Rehearsals are underway, set designs are being created, lighting and sound are being tested and most importantly, tickets are now on sale for the Performing Arts Club's (PAC) original musical production – *Exit Stage Left*.

Tickets can now be purchased at the Concierge Desk located in the Towne Center lobby. Tickets are \$12 for PAC members, and \$15 for non-members. Checks only, payable to PAC.

Exit Stage Left is an original musical written by PAC Creative Director Marie-France MacDonald. It is an impressionistic journey inspired by legendary composer and lyricist Stephen Sondheim.

When Sondheim's musical *Merrily We Roll Along*, flopped royally at the box office, he seriously considered throwing in the towel. Fortunately, he was greatly inspired by Georges Suratt's painting *A Sunday Afternoon on the Island of La Grande Jatte*. The result was Sondheim's *Sunday in the Park with George*. This award-winning musical became the inspiration for PAC's new production *Exit Stage Left*.

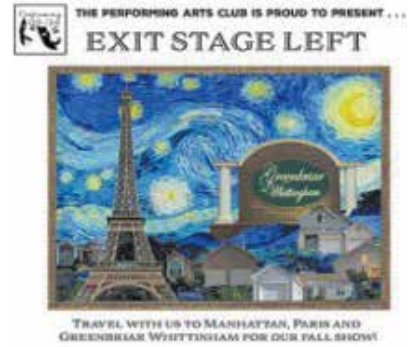
The show, PAC's largest of the year, explores the arts in both a poignant and light hearted way. There is something for everyone -- New York, Paris, Monroe -- with show tunes, standards, pop, jazz, solos, choirs and more ("Oh My!"). There are ooh-la-la showgirls and an opportunity to see the legendary Harlan Tuckman perform a Salieri monolog from *Amadeus* accompanied by Wolfgang Amadeus Mozart.

In addition to performances on the stage, the audience will be surrounded by a temporary art gallery displaying the works of Greenbriar residents. Art plays a central role in the show, with the gallery creating an immersive experience for the audience.

Exit Stage Left is scheduled for Saturday, November 7th at 7:00 PM, and Sunday, November 8th, at 1:00 PM. Doors will open 45 minutes before each performance, giving ticket holders an opportunity to view the original artwork before the show.

Note: Playbook ads are also available – including booster ads(e.g. Congratulations on a great show!) starting at just \$10.

For more information about *Exit Stage Left*, PAC or Playbook Ads, contact Gerrie Pisapia at 732-857-4939 or Marcia Bartolf at 732-580-5448.



Art is central to the show - Carol Selick and Ora Shapiro rehearse for the upcoming PAC show *Exit Stage Left* in front of Vincent van Gogh's *The Starry Night*.

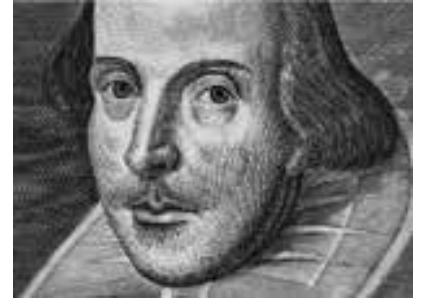


Music, dance and art - Marcia Bartolf, Shari Ferber, Kathy DeDonno, and Georgann Silber rehearse for the PAC fall production of *Exit Stage Left*, November 7th and 8th, 2026.

Shakespeare

By Herb Saperstein

Many of us like to go to the theater or a movie. Movies are, of course, relatively new, going back to about 1900, but theater began with the ancient Greeks of 2600 years ago. English theater began to thrive at the end of the 16th century, right around the time that William Shakespeare made his way from provincial Stratford to London. This was a lucky thing for both theater and young Shakespeare. Indeed it was a lucky thing for the English language.



What was it like to go to theater in Shakespeare's London, circa 1600? It certainly wasn't Broadway and Times Square. When you got close to Shakespeare's Globe Theater, you would see a bear baiting ring where the peasants would have a grand time watching dogs fighting a chained bear. The bear had the advantage of size, strength, claws and large teeth. The dogs had the advantage of number. There was betting where people could bet on the bear or the dogs. Some of the dogs were trained to attack the lower parts of the bear and others were trained to jump and attack the head of the bear. If you bet on the dogs attacking low, you were betting on the underdog, a term we still use to this very day.

But let's pass by the bear baiting and get to the theater. As you might tell from the bear baiting, this was a rough neighborhood where you had to watch out for pickpockets and petty thieves. There would be men collecting the admission fee and putting the money in a small metal box. When the box was full, they took the money to an office backstage where they would empty it and take another empty box. This room was called the box office. Yes, that's where the name comes from. Why not have larger collection boxes, you ask? Thieves were much less likely to risk trying to steal a small amount of money in that small box. The penalty for theft was severe.

Theater was cheap back then. Poor people could afford the penny it cost to get in, but if you paid only a penny, you didn't get a seat. You had to stand around the stage for the entire two, three or even four hours. Wealthier patrons paid two or three pennies and got a seat. Those who had to stand for the show were called groundlings, and they were a rowdy bunch. They brought food to the performance and would eat and drink right through the show. If you were a playwright or an actor, you had to be good to hold the attention of that audience. If you didn't, the groundlings would hiss and boo or throw rotten fruit at the actors, and Shakespeare was one of those actors. When I first read about that, I understood why so many of Shakespeare's plays had a first scene or first act that pulled you right in. Macbeth begins with the witches, and who wouldn't want to know what happens next? Hamlet begins with the night watch and a ghost, the ghost of the murdered king, Hamlet's father. Lovely. We are in for a play of revenge, blood to follow.

The stage was sloped down from the back to the front. The front of the stage was therefore called "downstage," another term used to this very day. Are you getting the point that a great deal of the language invented in Shakespeare's time is with us 400 years later.

Shakespeare himself contributed more to the English language than any other person in history. He invented or used in his plays about 1700 new words and also invented many idioms that are still used. Here is a sample: we have seen better days, too much of a good thing, neither rhyme nor reason, the clothes make the man, in my heart of hearts, it's Greek to me, sterner stuff, a blinking idiot, all that glitters isn't gold, wild goose chase, break the ice, star crossed lovers, brave new world, melted into thin air, and the list goes on. Any of us would be thrilled if we came up with a phrase that the whole English speaking world began to use, but the Bard can claim dozens. Shakespeare's plays have been translated into over 100 languages, and tens of thousands of books have been written about the writer and his works. We native English speakers should be grateful that we can read him or see his plays with no translation needed.

"For the unlearned, old age is winter;
for the learned, it is the season of the
harvest." —Hasidic saying

Jews and the World Series

By Richard Weber

When we think about October, we think about the baseball World Series. When we think of Jews and the World Series, one name usually comes to mind: **Sandy Koufax**.

In 1965, Koufax was the Los Angeles Dodgers' ace and one of baseball's greatest pitchers. But when the World Series opened on October 6, the first game fell on Yom Kippur. This holiday, The Day of Atonement, is the holiest day on the Jewish Calendar. Koufax chose not to pitch, as he put his faith ahead of one of the biggest games of his career. The Dodgers lost Game 1, 8–2. His replacement, Don Drysdale, struggled badly in Game 1. When Dodgers manager Walter Alston came to the mound to remove him, Drysdale reportedly joked, "I bet right now you wish I was Jewish, too!"



Koufax returned for Game 5 and shut out the Minnesota Twins, 7–0. Then, with the Series tied at three games apiece, he took the mound for Game 7 on only two days' rest. He threw a three-hit shutout, striking out 10. The Dodgers won 2–0 and won the championship. Koufax was named World Series MVP (Most Valuable Player).

His decision resonated far beyond baseball. Koufax showed that a Jewish athlete could stand at the center of American sports and openly place Judaism first. His choice became a defining moment not only in his career, but in the story of Jews in American sports.

Sandy Koufax was not the only Jewish player who chose to observe Yom Kippur. In 1934, Hank Greenberg did not play a crucial game during Detroit's Pennant race. Ken Holzman, in 1966, sat out as a rookie immediately following Koufax's decision. Shawn Green and Kevin Youkilis also chose not to play on Yom Kippur. In 1934, Hank Greenberg initially said he would not play on Rosh Hashana (Jewish New Year). After consulting his Rabbi, he decided that because Rosh Hashana is a festive holiday, he could play. He hit two home runs, including the game winning homer in the ninth inning.

Koufax's 1965 decision remains very powerful. It was not simply about a pitcher missing a baseball game. It was about a Jewish American athlete, deciding on a very public stage, what came first, his faith or his career.

If you would like to learn more about Jewish players, executives and others who have made an impact on baseball, you can visit jewishbaseballmuseum.com.



*** SHALOM CLUB HAPPENINGS ***

Sunday, October 11th - 9:45am Monthly breakfast meeting – Benyamin Cohen gives us a sneak preview of his new book

Wednesday, October 21st – 10:00am Monthly **VINKLE** meeting – Keep Yiddish alive!

Sunday, November 1st - 9:45am Monthly breakfast meeting – Dr. Bert Mitchel, *The Haavara Agreement - How the Nazis promoted Zionism in the 1930's*.

Sunday, November 8th - 1:00pm Movie in the Clubhouse – "You are So Not Invited to my Bat Mitzvah"

Sunday, December 6th - 9:45am Annual Chanukah breakfast!

For more information about the Shalom Club at Greenbriar at Whittingham, please email shalomclub0224@gmail.com.

"Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young." — Henry Ford

Pickleball Club

By Randy Kahn

This article is being written in the latter part of August, and though it will not appear until early October, the past month has been quite busy with tournament matches. On the morning of Saturday August 8th, we held our annual in-house GW tournament prior to the picnic later that afternoon. Some 40 Club members participated, broken down into two groups. In Group 1, capturing 3rd place, were Lonnie Gross and Lonnie Mitchel; in 2nd place were Larry Turkel and Norm Levine; the winners of this group were Steve Preville and Jenn Hyjack.

Group 2 results were Les Linet and Marc Mittleman in 3rd place; Rich Flathmann and Gary Brush in 2nd place; and the Group 2 winners were Tim Groves and Albert Amao.

The picnic was attended by approximately 90 individuals. The prior month's article described the activities and event coordinators, but an unexpected surprise was ukulele music provided by Norm and Barbara Levine's son, Sam, who serenaded us with a wide selection of foot-stomping music, accompanied from time to time by our own Charlie Ohn, who sang his heart out on several popular songs. Well done, Sam and Charlie.

The Monroe Township Mayor's Cup team, captained by Jeff Weiss, was held Tuesday, Wednesday and Thursday, August 18th, 19th and 20th, at Clearbrook. Our Women's Team took 1st place in their division, competing against Rossmoor, Stonebridge and Concordia. Hearty congrats to Joan Cuccolo, Suzanne Sesta, Harriet Mitchel, Karen Ellis, Kathy DeDonno and Jenn Hyjack. Well done, ladies!!!

The Mayor's Cup Men's Team finished in 3rd place out of five very strong teams, battling it out with some thrilling and intense games against Rossmoor, Regency, Venue and Falcons. Participants included Jeff Weiss, Guy Ohn, Don Godinez, Lonnie Mitchel, Larry Turkel and Bob Gardell.

Our Mixed Doubles Team took 1st place, smashing, dinking and lobbing their way to victory against Venue, Regency, Clearbrook and Falcons. This group consisted of Jeff Weiss, Karen Ellis, Guy Ohn, Jenn Hyjack, Don Godinez and Harriet Mitchel. Way to go, men and women of this group.

Tournament play is now about to start with our second annual GW Intra-Community League, and we anticipate roughly 40-50 Club members will compete as part of four teams. Captains will include Lonnie Mitchel, Larry Turkel, Norm Levine and Jenn Hyjack. Subsequent Pulse articles will summarize results of this League.

Remember to save the date of Friday evening, October 30th, for our Club's Fall party in the clubhouse. More details will be provided as we approach the party time, so check your e-mails on this.

We are keeping alive the idea of a social afternoon on a weekend, at a nearby winery, and that event will hopefully be commented on at a later date.

Beginners clinics continue Monday in the latter part of the afternoon so watch Team Reach and the Club web site for more information. Again, the **Club web site is GWPballClub.com**.

Happy Fall to all Pickleball Club members!!!



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POETRY CORNER



Success is Earned

By Bill Friedman

The ability to find a niche
may be the key to becoming rich.
If true diligence comes up short,
"Try again..Do not abort!"
If you believe in what you have within, success and talent
should prove akin.
What you espouse may not seem contrite,
but two wrongs are never right.
Alas you are the CEO now.
Those who failed can't understand how.
The bottom line will continue to grow, with you finally leading
the show.
It seems a long time ago,
but you've earned the right to be rolling in dough!!

Que Sera Sera

By Bill Friedman

Sneakers without laces,
are not conducive to winning races.
Up the creek without an oar,
you'll definitely need a tug to shore.
If you know you have brittle bones,
never challenge sticks and stones.
Running in circles can confound
and usually end up a run a round.
A sudden craze may last for days,
but ultimately be a passing phase.
Winning with a Royal flush
may precipitate a pompous blush.
Alarm clock buzzes fail to rise,
may be forced to improvise.
Its often been said that opposites attract,
why waste time trying to be exact.

Make a public plea to throttle the bottle and end up a true role
model.

Be the one to prevent a brawl,
by honoring the golden rule.
If floss and brushing fail to get tooth ache to pause,
visit your dentist for the root cause.
When ice cream pops start dripping off sticks,
the fastest tongues will get last licks.
Bet your entire wad, end up rolling craps,
bow your head it's time for taps.
Things may seem swell. Things may seem great.
Everything can change with a slight twist of fate.

Grandma Would Be Proud

By Bill Friedman

Patricia made an appointment with a physician named Dr.
Lucas
hoping he could cure her chronic mucus.
First he X rayed her lungs and chest
with the results luckily proving best.
Next result relieved to hear,
sputum and saliva clear.
She actually felt he was on track,
and not some flim phlegm quack.
The choked up slime stayed as gooey as ever
in spite of each intense endeavor.
Then out of nowhere a sort of regroup after 2 cups of home-
made chicken soup.
With her new hope she persevered
and within 3 weeks the mucus was cleared.

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Does Aging Make One An Adult?/Unacceptable Behavior by GW Resident

By Jules Scher

I have been living in our active adult community for more than 25 years. For 100% of that time it was a warm, friendly, compassionate, helpful community. Lately, not so much, and a recent occurrence confirmed what I have been feeling for a while.

I was driving home from an informative discussion group meeting when I saw a young woman standing by a car, crying and trembling, causing me to stop and stupidly ask, "Are you OK?" She looked at me glassy eyed and shook her head no.

I got out of my car and asked what's going on. After composing herself, this is what she told me.

She parked in front of a house other than the one that she was going to clean. No sooner had she entered that house when this outraged man rang the bell and when she opened the door, he screamed in her face, using curse words, and demanding that she move her car from in front of his house and park it elsewhere.

"No one ever cursed me or talked to me like that before" is what she sobbed.

I was consoling her and telling her that she did nothing wrong, that the streets are public property, and that she can park wherever she wants, as long as she's not blocking the mailbox or the driveway.

She calmly told me that she was no way near either one when suddenly, the man in his late fifties or early sixties comes out screaming again now in my presence telling her, "If you don't leave, I'm going to smash your face in and punch you in the jaw."

I couldn't believe what I was seeing and hearing, so I just stared at him and told him to leave. He mumbled something derogatory and went back into his house.

I watched the cleaning lady go back into the house and then drove away reliving what had just happened. I kept thinking that this is the behavior of a juvenile delinquent living in an adult community.

What sane adult traumatizes a woman about 30 years younger than him, and threatens a man about 30 years older than him? I kept thinking that maybe he was having a bad day. But I dismissed that, concluding that this couldn't be a first time incident, but something that was brewing for a while; all over cars parked in front of his house!

Just existing on Planet Earth for a certain amount of years doesn't make you an adult. Behaving as an adult by respecting others with compassion, and not behaving as a bully, makes one an adult. Hopefully no one will ever encounter such disgusting behavior, at least not in our peaceful adult community.

By the way, I bumped into the cleaning lady and her conclusion was, "His actions and disrespect don't define my worth or me as a person, that's a reflection of who *he* is."



*Members of the Shalom Club attended a performance of
"Come From Away" at The Bell Works in Holmdel, NJ
Greenbriar at Whittingham Pulse*

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Please list who you would like to sit with

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OPEN to ALL - members, non-members, friends, relatives

Menu:
Caesar Salad with Parmesan cheese
Choice of one entrée:
Tilapia in saffron tomato cream sauce
Chicken in white wine sauce
Mushroom Ravioli
All entrees are served with seasonal vegetables and potatoes
Dessert: French Apple Tart Beverages: hot and cold
Questions: contact Muriel 609-860-1740 or Alyce 609-409-9545

Name: _____
Phone #: _____
Seat Mates: _____
Menu choice: Tilapia _____ Chicken _____ Mushroom Ravioli _____

DEADLINE TO PAY IS FRIDAY, OCTOBER 23RD

Shalom Club

at Greenbriar @ Whittingham

Sunday, October 11, 2026

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



Journalist **Benyamin Cohen** will give us a sneak peek into his new book: A century-old synagogue closed down in Pennsylvania and it donated all of its sacred objects — ark, Torah, prayer books, even its

stained glass windows — to a young Jewish farmer named Nik Jakobs who is building a synagogue in rural Illinois in a two-acre cornfield. Benyamin has been reporting this story for more than a year and has traveled with the farmer all across the globe, picking up more items and uncovering Nik's family's Holocaust history.

.....cut.....

For those wishing to sit together, place names and checks, made out to SHALOM CLUB, in same envelope. (Maximum 10 people per table). Mark envelope October 11, 2026 Breakfast and place envelope in Lock Box #6 no later than October 5, 2026 or mail to Shalom Club, Box #6, 100 Whittingham Drive, Monroe Twp., NJ 08831 Questions ?? Call Robin Zimmerman @ 516-528-2730

.....cut.....

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Greenbriar At Whittingham's Newest Club!



Greenbriar At Whittingham

Meeting on third Wednesday of every month in the GW Ballroom.

A group to get together and enjoy all types of musical entertainment with your neighbors and friends. The focus will be on more than live performances, bringing music culture, education, history, and variety to our residents. Meeting monthly on the 3rd Wednesday in the Towne Center Ballroom, members will enjoy live performances by bands and entertainers, movies and media about music and music history, speakers on a range of styles and studies of genres of music through the decades.

Don't Miss A Beat! Join the All About The Beat Club
Annual dues \$20 per year
Membership has benefits!!!



Covers costs for entertainers, speakers, professional technicians & club expenses. Members will always get priority admission to all club events, will not be charged for many live performances and professional fees, while non-members who are invited to club events will always be charged a fee and get delayed entry to all gatherings.

Name(s): _____

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Email: _____ Cell Phone: _____

Make checks payable to **All About The Beat**. Put in an envelope with the above information included in Mailbox # 20 in the GW Library.

Everything is in Butter

By Ken Wagner

Have you ever had an argument with your significant other about how to load the dishwasher? I have.

The argument centers around loading the dishwasher the “right way” or loading it the “wrong way”. To have this argument of course, someone has to believe that there is actually just one “right way” to load the dishes. Unfortunately, I’m that guy.

I’m one who believes that there is a right and a wrong way to load this important home appliance. Thousands of hours and multiple lives have been sacrificed to determine the exact angle for coffee cups, or just how much space can be allowed between the stacked plates. It took over five years alone just to solve the dried egg covered dish debate. Who are we to question this massive body of knowledge?

A quick word of caution, if you take the position that you are the only guy in the room who knows how to correctly load the dishwasher, it’s probably going to become your permanent job. (Don’t ask how I know...)

Of course, this approach to life goes way beyond just the dishwasher. Believing that there is a right and wrong way to do things extends to many areas.

For example, the way you treat your shopping cart after you’ve offloaded your groceries into your trunk at the super-market. There are those who return the cart back to one of the cart corrals, and then there are those who just randomly leave their cart somewhere in the parking lot. Usually, they try to wedge it into a spot where multiple cars can back into it. At a minimum it’s parked where it will block two spots from further use.

I don’t believe in a literal Hell, but if there is one, I’m guessing they don’t even have cart returns. No one would use them. You just have thousands of shopping carts left randomly around the parking lot, and the guy who is supposed to collect them is on permanent break.

For a while, the phrase “make your bed” got some traction. The idea was that if you controlled small things in your life, then bigger things became much easier to manage. This is a bit of a non-negotiable for me. There were six kids in my family, and Mom knew the power of delegation. Before we came in for breakfast, we all had to make our beds. It was rough at first on the two-year-olds, but we all learned to “make our bed” long before the rest of the world caught on to this character builder. It’s a habit that has stayed with me ever since.

And don’t get me started on hanging the TP the right way! Hanging paper off the back of the roll is a plot hatched by those who love inefficiency and paper strewn across the floor. On this point, I have a terrible confession. When I encounter a roll hung the “wrong” way, I fix it. It doesn’t really matter where I am, or who’s bathroom. It could be Martha Stewart’s house - that roll is getting fixed!

Some of this approach to life may be cultural – like when a German marries an Italian. (Guilty.)

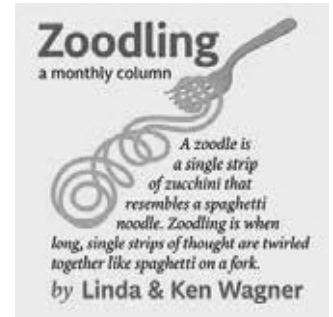
The Germans, my tribe, have a phrase “Es ist alles in Butter”- meaning literally everything is in butter. They use this phrase to say that everything is exactly as it should be. Historically, delicate items (like glass) were packed in melted butter that hardened to protect them during transport—meaning when they arrived, things were exactly as they should be. It’s not that things are running well or things are just OK. No! Things are EXACTLY as they SHOULD be.

The Italians, my wife’s gang, on the other hand, they also have a phrase. “Tutto finisce a tarallucci e vino” – literally “everything ends with biscuits and wine”. It’s another way of saying that everything works out in the end, so don’t worry about the details! If you’ve ever rented a hotel room in Italy, you may have seen this approach in action. “You were expecting the air conditioning to blow cold air? In August??”

Clashing cultures can make for an interesting life...

With an increase of wisdom over the years, and a greater fear of death, I’ve learned that there are things much worse than coffee cups in the wrong spot. For example, telling your wife that she has placed the coffee cups in the wrong spot. Now there is an event you really want to avoid. It’s a lot easier to just smile and put the cup where it “belongs”. Voilà – everything is in butter.

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



Walk, Run, Move

By Steve Flood

Hopefully, 100° temperatures, 95% humidity and suffocating wildfire smoke are all behind us. It has been a difficult summer to get outside, even to sit leisurely by the pool. Actively exercising in the heat was a step too far (pun intended) for a lot of us.

September should bring some cooler weather and comfortable walking while still having plenty of daylight. That will allow us to plan more walks in the middle of the day and more events overall.

JERSEY HAS A TICK PROBLEM

One nuisance that is sticking around for another couple of months is ticks. The warming climate has caused a notable increase in ticks and other pests. New Jersey is now one of the top-ten states (yeah?) for reported tick bites.

The worst months for tick bites are April and May where the newborn ticks are looking for their first meal. But our recent hot, wet weather has allowed those baby ticks to blossom into hungry adults looking to make more babies before winter sets in. The good(?) news is that the adults are larger and easier to spot.

Ticks have the natural desire to move upwards and find a warm moist place to have their meal. Wearing shorts in the hot weather exposes a whole lot of personal, private space. But as fall arrives, long pants tucked into socks and shirts tucked into pants helps to secure those private areas.

Not all ticks carry disease and a bite does not always cause an infection. After tick bites, it may suck on your blood for 3 to 6 days before falling off on its own. The quicker you get it off, the less likely it is to transmit an infection.

Shower as soon as possible after returning from outdoor activities to potentially wash away unattached ticks. Then, conduct body checks. Use mirrors if necessary, but a partner is the best. Especially examine behind the ears, back of the neck, around the waist, arm pits and along the hairline.

To stay safe, check thoroughly. While you check, you can play the Brad Paisley song *Ticks* (2007, Sony Music Entertainment.) If you finish before the song does, you might want to look closer.

WE HIGHLIGHT HIKES IN THE WOODS

Our walks, runs, meetings and community events are posted to our web page (WalkRunGw.com) and to our Facebook page at ([Facebook.com/WalkRunGW](https://www.facebook.com/WalkRunGW)). We label every event with a symbol to indicate a sidewalk walk or a hiking trail. If you are frightened by the ticks, you might want to avoid the activities marked with a Pine Tree.

By signing up for our mailing list, you can get a copy of these notices in your inbox. These emails also include nearby and community events.

DID YOU KNOW ...

The hiking trails in Thompson Park were mapped out with the help of the *Explorers Hiking Club of Greenbriar-Whittingham*. Former club president Alvin Hauser (age 110) was instrumental in the design and marking the initial trail system. The bench at the beginning of the Red Trail (near the dog park) is named in his honor.

Does anyone have any experience with or stories about the old Explorers Hiking Club? If so, please reach out to me. I want to include them in a future walking column. (908-322-3306 or WalkRunGW@gmail.com)



"The way I see it, if you want the rainbow, you gotta put up with the rain!"—Dolly Parton



GW MUSIC CLUB



6th Annual Halloween Bash

DATE	TIME	VENUE
Fri, October 16	7:00 PM	GW Ballroom

FEATURING: NEVER TOO OLD (NTO)

Please join us in the Ballroom for the 6th annual Halloween get together. Bring a bag of candy for our trick or treat around the tables. If you would like to be more festive, wear your favorite Halloween costume!

- Terri Haberman
- Victoria Ponte
- Gary Filik
- Sal Levatino/Janet Blau
- Dave Ponte

REFRESHMENTS

- Complimentary coffee and cookies served to sweeten your night.
- BYO - Everything: bring your own favorite food, snacks, and drinks!

ADMISSION INFO

- Club Members: Free with membership.
- Non-Member Residents: \$5.00 entry (applies toward the \$10.00 annual membership!).
- Non-Resident Friends & Guests are welcome to join you at \$5.00 per person.

ATTENTION CLUB MEMBERS

Want to share the spotlight? Members are invited to sing or play an instrument live on stage with NTO at an upcoming show — reach out below to lock in your spot.

We look forward to celebrating and rocking out with you!

Email: greenbriarclub@gmail.com | Text: 732-408-1134
Facebook: Greenbriar at Whittingham Music Club



The GW Residents' Civic Club is proud to support the Central Jersey Diaper Bank by sponsoring a community wide...

DIAPER DRIVE

Many Central New Jersey families struggle to provide diapers and wipes for their children. Please help represent the Greenbriar Whittingham community by making these items available to those families in need.

We will be collecting these items from October 1 to October 20. Drop off will be in the lobby of the front entrance to the GW Towne Centre building.

Every diaper and wipe donated will help to make a baby healthier and happier.

Thank you for your support.



GW WHEELS

EST. 2024

For Residents of GREENBRIAR AT WHITTINGHAM

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EST. 2024

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EXIT STAGE LEFT



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1:00 PM**

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THE SHERLOCK HOLMES CLUB



It is in the strange wooden box causes the bizarre nighttime information of a noted university professor into a terrifying d? Join the action as we follow Sherlock Holmes and Dr. Watson in the mystery in **The Adventure of the Creeping Man**

at the Middlesex Constabulary, The Sherlock Holmes Club Greenbriar Whittingham invites you to join us on the 2nd floor of the Towne Centre on **Wednesday, October 28th at 4:30**

Please read the short story prior to the meeting. It is available from @ Sherlockian.net > Investigating > 60 Original stories > The Creeping Man, as well as other sites. ?? Call Paul (609) 642-6314
The Game is Afoot!

Shalom Club

Movie in the Clubhouse

At 1:00PM Sunday, November 8, 2026

"You Are So Not Invited to My Bat Mitzvah"

Best friends plan epic bat mitzvahs, but middle school drama and a boy ruin their plans!



Everyone is welcome!

There is no charge & membership is not required

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Talk about our heritage!

Celebrate the holidays!

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Next meeting,
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Come one, come all!

Do you want to *spea*k or understand Yiddish?
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If so, join us at the

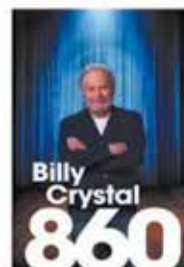
SHALOM CLUB'S MONTHLY VINKEL!

RSVP TO:

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Helen Borowik
718-825-4070

Greenbriar at Whittingham Community Presents



Wednesday, December 16, 2026

\$215 per person, checks payable to WHOA
(Price includes show ticket, bus and driver gratuity.)

Bus leaves GW Community at 9:45 a.m.

Show starts at 2:00 p.m.

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