

Vol. 1, No. 6 - September 2025

# Greenbriar at Whittingham PULSE



*Watercolor and Collage by Dawson Lane Resident Tobi Ehrlich*

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

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

We reserve the right to edit all materials.

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Minutes of open board meetings are available via the resident portal at [gwmonroe.net](http://gwmonroe.net)  
Video of open board meetings are available on You Tube. Search for WHOA Recreation

# Letter to the Editor

For those of you have lived in Greenbriar Whittingham we are blessed to have Jamie pick up our toters which are our garbage cans both light blue for recyclables and dark blue for trash. We have a contract with Republic and our pick ups are on Wednesday, Thursday and Saturday. I share this information since we are blessed. He is not color blind and picks up what you put out on curbside.

Please place your wheels to the curb as this way all the items in your toter goes into the truck upon pick up. In addition please place all your articles broken down on top of your toter if possible.

Let me share the why and wherefore which is a diversion from my usual articles but necessary. Jamie has been seriously injured and I noticed it when he got off his truck picking up garbage that did not make it in the truck. After a lengthy conversation his legs got caught in the arm of his truck causing serious injury. According to his supervisor, Jason, the doctor cleared him to return to work. However, he cannot and should not deboard his truck to pick up what WE put out. Please be conscious of breaking down cartons and if possible place them on top of the toter.

Just today as walking on Westboro a new resident was moving in and I shared with him what I shared with my readers please share this with your neighbors or do what I do as I walk place your trash on the top of YOUR toter to help Jaime, our wonderful garbage hauler!

Michele Polk

With the failure to obtain a quorum for the consolidation vote, we should seek to determine the price point where financial self-interest is sufficient to motivate residents to undertake the painless process of voting. I propose that a vote on the consolidation question be scheduled each and every month going forward until a quorum is obtained.

At the same time, monthly HOA fees should be increased by \$50—again, each and every month—the additional funds being placed in an escrow account. Once a quorum is reached and this apparently obvious question is answered, one way or the other, residents would receive a full refund, calculated using an easily created table of values. Before the fourth year, when the monthly charge approaches two grand and the refund due each resident is more than \$30,000, I predict enough residents would vote to meet the quorum.

I would also propose that ballot control be moved from ballot issuance to the counting phase. Print ballots in *The Pulse*, leave a pad at the concierge desk, send out printable files via emails, etc. When the polls close, match the tendered ballots against a master resident list, allowing only one vote per household. This way duplicate votes, whether through forgetfulness or through habits developed in statewide elections, could be voided. This would facilitate the dissemination of ballots without the labor intensive interventions we witnessed in the last election.

Rich Polk

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# ORT AMERICA



*Members enjoying their sundaes.*



*ORT super scoopers offer so many choices.*



*Our surprise guests performed traditional dances of India.*

## GW Billiards Team Competes in Mayor's Cup

*By Team Captain Cliff Durlacher*

Our newly formed Mayor's Cup Billiards team was successful at winning their division defeating three other communities in this year's tournament. In the finals our team was defeated by some excellent billiards players from Rossmoor. Greenbriar at Whittingham settled for second place in the eight community competition. Our players showed great skills and sportsmanship and are looking forward to next year now that they have enjoyed this success.



*Left to Right: Mike Dunn, Ralph DeSantis, Rich Klein, James Nowachek, Cliff Durlacher, Paul Schoeb*

*Greenbriar at Whittingham Community Presents*

**the music of crosby stills & nash**



### ***A Tribute to Crosby, Stills & Nash***

The harmonies of Crosby, Stills & Nash like you've never heard them... sung by women!

Take the beauty and intricacy of the vocal harmonies of Crosby, Stills & Nash, add the amazing voices of three women and you get a CSN experience that transcends the typical tribute band.

CSN's iconic harmonies are beyond beautiful—and these women add a unique quality—sweet with just a touch of salty! The alchemy created by Wooden Ships Band is in the commitment to the special tunings, keys and sounds of CSN's iconic songs — perfectly complementing the bewitching vocals.

It's all the songs of peace and love that you remember in a way you've never hear.

Come be inspired by the magic that is **Wooden Ships Band!**

Visit their website for a preview: [www.woodenshipsband.com](http://www.woodenshipsband.com)

**SATURDAY, SEPTEMBER 27, 2025 AT 7:00 P.M.**

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As part of our mission to encourage our residents to fully participate in events that directly impact their lives, we hold a Candidates' Night. We listen, we ask questions, we get to know (on a personal level) all those who seek to represent us both legislatively and/or administratively.

Due to the substantial number of candidates seeking office this year, we believe it's in the best interests of our residents that we convene two nights for this purpose.

We plan to have the first Candidates' Night on our regular meeting night **Wednesday, September 10, 2025 at 7:00P.M.** in the Main Ballroom at the Town Centre, 100 Whittingham Drive, where we will host candidates for:

- New Jersey General Assembly
- Monroe Township Council
- Middlesex County Clerk
- Middlesex County Sheriff

We plan to have the second Candidates' Night the following week on the evening of **Tuesday, September 16, 2025 at 7:00P.M.** in the Main Ballroom at the Town Centre, 100 Whittingham Drive, where we will host candidates for:

- Monroe Township Board of Education
- Middlesex County Commissioner

*The Board of Elections will distribute Absentee mail in ballots on September 20, 2025.*

We seek to ensure that not only are our residents introduced into the procedure at its start; but the candidates who seek to represent us have every opportunity to present themselves in a manner that encourages full and informed participation at the beginning of the decision-making process.

Thank you for your kind attention and thoughtful assistance.

**RESIDENTS CIVIC CLUB**  
*Greenbriar at Whittingham*

# Barry Geffner After Hours Club

by Marilyn Gerber

The months keep moving along with our club parties and we find ourselves in September. We had a great party in July. The group Silver and Gold with Tom and Kelly had the crowd up on the dance floor all evening. The food provided by Tuscany was delicious and a big hit. We also celebrated some birthdays and an anniversary to add to the fun.

In August, we have the group Underwater Airlines who will provide a full evening of music and entertainment. Also, Tuscany will feed us.

The club is constantly looking for new and different entertainment to keep us looking forward to the next party. We also work very hard to keep our cost per person as low as possible given the current economy.

## FUN FACTS

September is the ninth month of the year, known for the beginning of Autumn in the Northern Hemisphere. It is also the month where many countries start the academic year. It is also a popular birthday month. More babies are born on September 26th than any other day of the year.

September babies have two stellar birth flowers, asters and morning glories. Aster originates from Greek and means star-so sweet for a little starlet! Morning glories also have a stellar connection. Their centers are star shaped. September babies excel at school and have an edge in the sports field.

To conclude:

"If you can change your mind, you can change your life." William James

"Life has no limitations, except the ones you make." Les Brown

Until next month. Be well!



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

They will meet on September 29th to discuss "The Lion Women of Tehran" by Marjan Kamali.

In 1950s Tehran, seven-year-old Ellie lives in grand comfort until the untimely death of her father, forcing Ellie and her mother to move to a tiny home downtown. Lonely and bearing the brunt of her mother's endless grievances, Ellie dreams for a friend to alleviate her isolation.

Luckily, on the first day of school, she meets Homa, a kind girl with a brave and irrepressible spirit. Together, the two girls play games, learn to cook in the stone kitchen of Homa's warm home, wander through the colorful stalls of the Grand Bazaar, and share their ambitions of becoming "lion women."

But their happiness is disrupted when Ellie and her mother are afforded the opportunity to return to their previous bourgeois life. Now a popular student at the best girls' high school in Iran, Ellie's memories of Homa begin to fade. Years later, however, her sudden reappearance in Ellie's privileged world alters the course of both of their lives.

Together, the two young women come of age and pursue their own goals for meaningful futures. But as the political turmoil in Iran builds to a breaking point, one earth-shattering betrayal will have enormous consequences.

"Reminiscent of *The Kite Runner* and *My Brilliant Friend*, *The Lion Women of Tehran* is a mesmerizing tale" (*Book-Page*) of love and courage, and a sweeping exploration of how profoundly we are shaped by those we meet when we are young.





# GW Camera Club

*by Roy Goldschmidt*

The Greenbriar at Whittingham Camera Club will have a guest speaker and presenter scheduled for September 17th at 7 PM in the upstairs meeting room. **J.J. Rais** is a very accomplished professional photographer. He will share his various techniques and approaches that he implements to create his amazing and outstanding images, while presenting a selection of his wide-ranging and life's work. Many of his photographs have appeared in the Sierra Club, Audubon, Westcliffe, Browntrout, and Graphic Arts Center calendars. He is also a photographic speaker and educator. His newly published book is **A PHOTOGRAPHER'S JOURNEY**.



## IMPORTANCE OF PHOTOGRAPHY

Every one of us has precious memories captured in images stashed away in our homes and on our portable gadgets. One of photography's key benefits is that it may keep precious memories alive for generations to come. It freezes time so you can look back on it and enjoy it even years after it was taken. If you browse through an individual's photo collections, you'll likely find images of the people and things that mean the most to them, whether that's their family, friends, pets, or special places. You capture the things that are meaningful to your life with photographs. The pictures you shoot will add up to a narrative of your journey.

## AUTUMN PHOTOGRAPHY BASICS

Photographers interested in autumn photography should focus on capturing the vibrant colors and textures of fall. Use overcast days for better color saturation, experimenting with close-up shots of leaves, and utilizing reflections in water or other surfaces. Additionally, incorporating elements like historic buildings or Halloween decorations can add unique perspectives to your fall photos.

**Embrace overcast days:** Overcast skies provide soft, even light, which can enhance the richness of fall colors and minimize harsh shadows.

**Shoot during golden hour:** The golden hour (shortly after sunrise or before sunset) offers warm, directional light that can make your fall photos glow.

**Focus on details:** Don't just focus on wide landscape shots. Capture close-ups of individual leaves, interesting textures like bark or fallen leaves or details of pumpkins and other seasonal decorations.

**Look for reflections:** Water surfaces like lakes, ponds, and even puddles can create beautiful reflections of the fall foliage.

**Experiment with backlighting:** Shooting with the sun behind the subject can create a dramatic effect, especially when the light shines through the leaves.

**Use a polarizing filter (for DSLR or Mirrorless users):** This filter can help reduce glare on leaves and water, making the colors appear more vibrant. This filter also enhances the blue in the sky and water.

**Consider foreground elements:** Including foreground elements like branches, rocks, or even a path can add depth and context to your photos.

**Don't be afraid to edit:** Use photo editing software like Adobe Photoshop, Elements, or Lightroom to fine tune colors, contrast, and other aspects of your images. However, avoid over-editing, as it can make your photos look unnatural.

**Find inspiration:** Look at the work of other photographers, especially those who specialize in fall photography to get ideas and new techniques.

**Practice and experiment:** The best way to improve your photography is to practice regularly and experiment with different settings, compositions, and techniques.

**Close-up of leaves:** Try photographing leaves with a macro lens or using a macro setting on your camera or phone to capture intricate details like veins and textures.

# Meet The Stars

By Debbie Harbatkin

On Saturday evening July 26 our Ballroom and our residents and guests escaped dockside to the sounds of **Ready or Yacht**, a tribute to the beachy vibe of 70's and 80's Adult Contemporary soft rock that has been labeled the newer genre of music called **Yacht Rock**. It includes artists like Orleans, Christopher Cross, Ambrosia, Boz Scaggs, George Benson and so many more who did not quite fit into the molds of rock, disco or folk music of that era. If you want to learn more about this interesting genre, there is a great documentary called **Yacht Rock: A Documentary** available via streaming on HBO Max.

The 5-piece band covered a variety of hit songs like "Still The One", "Turn Your Love Around", "Ride Like The Wind", "Baker Street", "Come And Get Your Love", "Dancing In The Moonlight", the classic summer tune, "The Piña Colada Song" and so many more!

Audience members tapped their feet, danced and sang to the memorable music of a time when we could just sail away, even if only in our minds and let the cool breezes and melodic sounds ease our spirits, even just for a short time. The highlight for me was an exceptionally talented and friendly horns & flute player who wandered off the stage and marched up, down and around the aisles to bring the band out to a very appreciative audience!

**Greenbriar At Whittingham resident Jennifer Iannaccone** was randomly chosen from among resident ticket purchasers, to Meet The Stars after the show. She invited friends **Rosemarie Bellistri** and **Inez Hugel** to join her to meet the band. Jennifer enjoys working out at the gym and belongs to the Italian American Club, The Wine Club, GW Ladies Night Club, The Intuitive Club and recently started taking golf lessons. Jennifer has lived in Greenbriar for just over one year but first moved to Monroe in 1969. She spent most of her adult life in our town, where she raised 3 children and 5 grandchildren with her late husband Jack. She spent her working years as a registered nurse.

Next up on September 27th is **Wooden Ships: A tribute to Crosby, Stills, Nash music** of the 1969 Woodstock era and early 1970's, known for amazing harmonies in classic songs like "Teach Your Children", "Our House" and "Suite: Judy Blue Eyes" to name a few. CSN was formed of several musicians who were already famous on their own and **Wooden Ships** delivers you back to that time of rebellion, love and great music starting the era of the great singer songwriters.



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## Painting Group

The Friday morning Painting Group learned a new technique this week. Gel Printing. The group meets every Friday from 10:30-1pm in the crafts room.



## Am I Going to Play Golf? Nope. But A Japanese Variation Might Interest Me

*By Mark Surks*

I have never been much of a golfer. In fact, sports skills have eluded me my entire life. When I was a teen I would take a ferry to Riis Park in Rockaway and play their Pitch and Putt course. Years later when I lived in Michigan, after work I would occasionally play 9 holes, at the course across the road from my home. The late setting sun at that longitude made that possible. Well, given that like any sport that used a ball, I had zero aptitude for the game, my interest in golf waned.

Once I moved to GW I did put in a request to the Golf Board to make the holes substantially bigger. I found the 4 ¼" diameter holes much too challenging. They just seemed so unfair. I told them I would consider joining if they just made the holes more reasonably sized. They flatly turned down my request and with that I have given up golf forever.

Well that may come to an end. A form of golf called Park Golf is making a name for itself in America. This game originated forty years ago in Japan, where it is huge. There are over 1300 courses in Japan. There are just four courses in America including one in Vernon, New Jersey.

The game uses a single club sort of resembling a croquet mallet. The ball is brightly colored and is 60 mm (almost 2 ½ inches) in diameter. A traditional golf ball is a little under 1 ¾ inches in diameter. Now here is the best part. GW Golf Board members take careful note. The holes in Park Golf are a fair and reasonable 8 ½ inches in diameter!

Now that is a game I can get behind. There are fairways, greens, roughs, bunkers, hazards and all that but at least you have an honest chance to sink the ball.

A round of Park Golf is 9 holes. The longest hole is 100 Meters or 110 yards. The course has a maximum of 550 yards for all the holes put together. A game could take 1-1 ½ hours. It uses the same nonsensical terms as Golf. Par, Birdie, Bogey, Eagle, Double-Eagle. An investigation of the etymology of these terms will support my "nonsensical" claim. As proof, a hole in one can be called an Albatross, a word that is a metaphor for a great burden or shame. Add that to your nutty golf terminology.

Park Golf is being called the 'pickleball of golf' as it provides a version of golf that many more folks can play. They probably should call it Picklegolf. For those people whose physical limitations that no longer allow them to play golf, Park Golf has proven more accessible.



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### Holmdel

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279 S Holland Rd  
**Wednesday, Sept. 10th**  
10:00am | 2:00pm | 7:00pm

### Freehold

Radisson  
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10:00am | 2:00pm | 7:00pm

**You may register by calling our office at  
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Most attendees choose to make an appointment at the end of the presentation,  
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# Check Your Vitamins: How Much is Too Much?

*By Michele Polk*

I will discuss what I recently found out through my reading and did double check my vitamin consumption on a daily basis to determine if I might be taking too much. You might also check or bring this information to your physician to hear his/her opinion.

A

Is for the eyes

B

Is for the heart and metabolism

F

Is folic acid

Is for the immune system

Iron

7-27 mg

Zinc

which enhances immune function

males 14 mg

females 8 mg

Calcium

It is a muscle and cartilage healer

D

It helps in the absorption of calcium

bone strength

E

Delays the onset of alzheimers

Too much is dangerous

Certainly if we all eat correctly we would not need to consume the vitamins that we do on a daily basis.

## *Greenbriar at Whittingham*

### Notice of Annual Meeting and Election of Directors

Candidates Night for WHOA and GWCA will be held on Thursday, September 11 at 6:30 in the Towne Centre ballroom

Nominations forms were emailed and can be obtained from the management office. There are three positions available on the each of the boards. They need to be submitted prior to the meeting.

Elections Night will be October 13 at 6:30

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# SHALOM CLUB

By Richard Weber

*"Did you hear the one about"....*

## *A Brief History of American Jewish Humor*

Jewish people have been telling jokes for thousands of years as laughter has helped them feel strong, connected, and hopeful – even in hard times. This humor is a special kind of comedy that is smart, silly, self-mocking and wise. It is full of jokes about everyday life that comes from Jewish culture, family, food, and being a minority in America. The jokes always have a little twist and a lot of heart.

In the late 1800's and early 1900's, many Jewish Eastern Europeans came to America to escape danger and find a better life. Life was tough as they lived in crowded neighborhoods and worked very hard. Telling jokes and funny stories helped them feel better and stay strong.

Jewish comedians, from the 1920's to the 1950's, ruled Vaudeville (funny stage shows) and the Borscht Belt Hotels in the Catskill mountains, where many Jews went to vacation and laugh. Fanny Brice, Milton Berle, and Jack Benny got their starts during this era.

From the 1950's to the 1970's, Jewish comedians helped develop modern American stand-up comedy on TV and in the movies. Mel Brooks, Joan Rivers and Carl Reiner joked about big families, worrying parents, weird food (gefilte fish) and serious topics using humor to make them easier to understand.

From the 1980's to today, Jewish comedians such as Adam Sandler, Jerry Seinfeld and Sarah Silverman continue to make people laugh on stage, TV, in the movies and on the internet.

**Join the Shalom Club for bagels and some laughs on Sunday, September 7th**, when we host **Sweet and Sour Comedy**. Performing will be Natty Bumpercar and Suzanne Stein, experienced comedians who reside in northern NJ. They have performed at Broadway Comedy Club, Caroline's on Broadway, Bananas Comedy Club, and Levity Live. You don't want to miss this! For more information, contact Robin Zimmerman, (516) 528-2730.

Please join us for breakfast on the first Sunday of the month. If interested, please contact our membership team: Susan Pilcer 732-689-1534 and Janet Horowitz 973-960-6941 to reserve your seat.

## **UPCOMING EVENTS:**

<b>September 7, 2025, Sweet &amp; Sour Comedy.</b> 3 top notch comedians bring us their unique style and hilarious stories to entertain
<b>September 14, 2025.Keeping the Faith</b> (Movie at the Clubhouse). Best friends since kids, Rabbi Jacob Schram (Ben Stiller) and Father Brian Finn (Edward Norton) are a dynamic duo until their friend Anna Reilly (Janna Elfman) re-enters their life.
<b>October 12, 2025, Alan Zweibel , A SPECIAL EVENT.</b> Alan was one of the original writers for Saturday Night Live and has won five Emmys and two Writers Guild of America awards for his work on the Garry Shandling Show, The David Letterman Show and Curb your Enthusiasm. It's an event you won't want to miss! More details to follow
<b>November 5, 2025,</b> Bea Lurie will talk about her father Sol Lurie who lives in Greenbriar at Whittingham and is a Holocaust Survivor. A very fascinating story.

## Cribbage Anyone?

Want to learn a "new" 400 year old card game? The cribbage group plays on the 1<sup>st</sup> and 3<sup>rd</sup> 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



# New Kids on the Block

*By Maddi Litoff*

We are open to all residents to enjoy getting to meet each other in the community.

We meet first Wednesday of the month in ballroom at 7:00. We have all kinds of speakers, trips and activities. We donate to Make a Wish. We even have a brick on their patio that we donated.

We just had a wonderful summer bash party in our club house which over 100 people attended and danced almost all night.

Hope you will come to a meeting soon.

Kindly call or text Maddi Litoff 201-280-3911 with your inquiries.



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# Italian American Senior Social Club

*By Frank Cocilovo*

Why are there so many members seated on the board at the start of every IASCC meeting? Why...? Because putting together the monthly party requires the talents and efforts of all team members (plus many who volunteer for set-up prior to the event) to make it happen! Think of what's required to organize and successfully implement what substantially amounts to planning a wedding for 200 guests...**every month**. The caterer must be contracted and the menu selected. Entertainment must be vetted & booked. Table seating planned. Collection of dues and dinner costs computed down to fresh milk for the coffee and coordinated tablecloths! We will always strive to continue to provide the best dining and entertainment experience to all members and guests.

Frank and Cathy Cocilovo will be leaving the board this month. As President and Vice-President, (and multiple other offices) we learned much from their leadership, example, and agenda for getting things done. Thank you, Cathy and Frank for your years of creative ideas, guidance & overall operations management. You will be missed!

Our August 4th party was a BLAST! There was a delicious buffet catered by Ciro's (Ravioli with Vodka Sauce, Cavatelli & Broccoli, Sausage & Peppers, Meatballs, Chicken Franchise, Tossed Salad, Coffee, Tea and Cannoli), and DJ/ Singer Lou Abbato had us all on the dance floor, playing old favorites and pop songs, topped off with everyone holding hands and circling the dance floor to *The Tarantella*. What fun!

Upcoming parties. SAVE THE DATE FOR:

Friday, September 5TH, Affirmation of new Board Members Catering by The Greenery. Entertainment by Dee Best.

Friday, October 3rd, Catering by Tuscany. Entertainment: by Anthony DiDio

Friday, November 7th, Catering by Molino's. Entertainment by DJ Jeff

Our Christmas Party, always a wonderful occasion will be Wednesday, December 10th at The Battleground Country Club. Entertainment by The Phil Engel Band

Please check your email, *The Pulse*, and flyers in the clubhouse lobby regarding upcoming events.

The Feast of San Gennaro, also known as San Gennaro Festival, is a Neapolitan and Italian-American patronal festival dedicated to Saint Januarius, patron saint of Naples and Little Italy, New York. His feast is celebrated on September 19th in the calendar of the Catholic Church. Saint Gennaro is recognized for his martyrdom and is believed to protect Naples from volcanic eruptions. The celebration of the feast in New York's Little Italy runs this year from 9/11- 9/21. If you've never attended, it's a NYC event you might want to put on your bucket list.

The Italian American Senior Cultural Club is welcoming new members. Please call Christine 347-267-7080 or Desiree 732-672-1438

*Buona Salute! Ciao for now.*



## Attention all Veterans

You are cordially invited to Join our group. We are Post 609 JVV of Monroe Township and meet here at Greenbriar/Whittingham. All are welcome, we meet the third Sunday of each month for bagels and a schmear and interesting programs concerning veterans. If interested please call our Membership Chair to reserve a spot. Hoping to see you soon at one of our interesting meetings. We welcome all veterans for lively discussions guests and movies. Next meeting is Sunday September 21<sup>st</sup> at 0930 in the poker room. Kenneth Brettschneider 914-299-3346 Membership  
Stuart Weinstein 631-398-4274 Post Commander





# Musical Nights Out

*By Debbie Harbatkin*

Our monthly shows have become a very popular outing for the residents of Greenbriar At Whittingham and their guests. The WHOA Entertainment Committee has gotten such wonderful feedback and reviews of the entertainers and bands that have performed in our ballroom, letting us know that we are on the right track with a better variety of music and our Saturday evening shows.

We have repeatedly heard that residents look forward to the gathering every month to not only enjoy good music, but to be among friends and neighbors entertained together, making for the best of community living.

Although not all our shows appeal to everyone because of their tastes in music, many are attending and thoroughly enjoying different genres and bands they would never have thought to listen to before. One person said to me after our Chicago tribute show “I must have been sleeping through the time this music was popular because I’ve never heard it but absolutely LOVE it”. A new fan is born!!

The cost of our concerts this year have generally been much lower than seeing the same bands in concert arenas in the area that you would have to travel to. Even those that play in the parks and municipal sponsored events, are giving us a much different show than those that you may not have to pay for, but the sponsoring organization is paying dearly (from tax money!) for you to see them! The convenience of seeing these acts at home is golden!

The WHOA Entertainment Committee, in cooperation with our Lifestyles Director Kristin Puriza are making some changes to ensure the shows continue to be successful. Please be aware that as of our July show, we started collecting tickets as people enter, to avoid confusion about seats or who has entered the ballroom having not purchased a ticket. We ask for your cooperation by entering though the main entrance only and proceed to the Ballroom entrance where the tickets are being collected. There will be surprise contests and drawings at some shows for which we will use your ticket as your contest entry. You have to be in it, to win it!

As stated before, please be aware of your neighbors also attending the shows. If you don’t like your music loud, please request tickets further in the back away from the speakers. There is no glamour in sitting in front if you can’t enjoy the show and will use the time to complain instead of listen. There are many in our audience who like their favorite tunes loud with great vocals and a strong beat, so please leave the seats for them, so every person attending can enjoy!



## Art Exhibit at the Library: Painter & Sculptor Showcase

### Greenbriar Residents to Exhibit

This fall, the Monroe Township Public Library is proud to present a special exhibition featuring the works of two talented local artists that live in Greenbriar—Frank Genova and sculptor Michael V. Pascucci.

Come visit the Rotunda Gallery at the library and check out the vibrant paintings and expressive sculptures that celebrate creativity, form, and emotion. Each artist brings a unique perspective and medium to the exhibit, offering visitors a dynamic visual experience.

Exhibit runs September through October. Admission is free. All are welcome!

# GW Connections: Broadway Our Way

by Michele Sandler

“Getting to Know You” was the perfect opener for the entertainment at the GW Connections luncheon on July 30. Rebecca Schorstein totally engaged the audience with her magnificent soprano voice and excellent choices of Broadway hits. She embraced the essence of all the melodies and lyrics as she poured her talent into the microphone. From “Someone to Watch Over Me” by the Gershwin brothers to “Popular” from the ever popular “Wicked,” every note and movement hit the mark. Attendees at the event at the Knob Hill Country Club were thrilled with the entire experience. Participation in GW Connections offers such a wide variety of worthwhile activities. From the annual luncheon to the educational trips and all the enjoyable groups, there’s something for everyone.



There’s also the rewarding feeling of knowing that a portion of the membership fee and funds raised benefits our charities, Homefront, Women Aware and the Monroe Food Pantry. This summer the organization was able to contribute funds to send several children from Homefront to summer camp. Can’t you just imagine their joy?

GW Connections continues to enrich our community with general meetings at the Towne Centre Ballroom. Join us on Monday, November 3, at 7:00, for a portrayal of Louis Armstrong by renowned actor, Marvin Jefferson. This musician was one of the most influential artists of the 20th century. The evening is open to both members and non-members and includes refreshments. There is no admission fee.

All our groups are continuing to welcome new members. Please look at our opportunities listed below and get in touch. If you have an idea for a new group to include with GW Connections, please contact us. Looking forward to seeing you.

**BOOK CLUBS** (3 groups): 3rd Monday and 2nd Tuesday of every month at 1:00 pm

**DISCUSSION CLUBS:** 1st Monday of every month at 10:00 am, 1st Tuesday of every month at 10:00am Contact Harriet Bachman at [hnmbachman@comcast.net](mailto:hnmbachman@comcast.net)

**POETRY READING:** 1st Monday of every month at 1:30 pm

**PROVOCATIVE THINKING:** 3rd Monday of every month at 10:00

**SHORT STORY CLUB:** 3rd Thursday of every month at 2:30

**MOVIE CLUB:** once a month to discuss movies viewed on Netflix. Call Carol Cooper 609-409-3860 for details.

**WRITING WORKSHOP:** Writing Your Life 2nd Wednesday of every month Contact Gayle Shpirt at [gajoco1@gmail.com](mailto:gajoco1@gmail.com)

Kindly call Carol Cooper at 609-409-3860 with your inquiries.

Membership fees are \$15 (single) and \$20 (family) with much of that devoted to our charities.

Make your check payable to GW Connections and place in box #5 (Attn: Sandy Duncan) at the Clubhouse lobby with your contact information.



Rebecca Schorstein performs at GW Connections luncheon on July 30.

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# INDO-AMERICAN CLUB OF GREENBRIAR AT WHITTINGHAM



***By IAC Volunteering Team / (Photo Credits – Lata Shah, Raj Malhotra, Shashi Marwaha)***

The Indo-American Club's monthly dinner events are generally themed around important holidays of the month. The July dinner event was a star-spangled celebration of American Independence, featuring patriotic décor, including Old Glory as a backdrop, tables with red, white and blue coverings, delicious food from Albivi Brick Oven, and members enjoying America's favorite game – Bingo. If only there were July fireworks to crown the perfect celebration!



# News From The Golf Course

By Allan Cooper

## GOLF CARTS MUST BE KEPT 30 FEET FROM THE GREENS. This applies to Motor Carts and Hand Carts.

The first offense will result in a written warning. The second defense will result in a \$25 fine. The third defense will result in a period of suspension of playing privileges.

We all know that keeping Putting Greens in good condition is a crucial and difficult task for any golf course. The Green has to be able to "hold" a golf ball hit accurately from 150 yards with impact speed approximately 70mph. Then putting a 20 foot putt at approximately 5mph, - the roll of the ball has to be consistent on all parts of the green. Variations in speed should be due primarily to angle of the ground and not uneven compaction of the soil beneath the surface. Foot traffic alone represents a serious concern for the maintenance of a smooth, rolling Green. For this reason the location of the flag is changed fairly often. Greens are carefully aerated to allow water to reach the roots, and a sand dressing is applied to help reduce compaction of the soil beneath the surface. The appropriate amount of thatch is removed periodically.

Keeping carts 30 feet away also protects the fringe and apron area around the green. This area must also be in excellent condition so golfers can enjoy playing the "short game". Chipping from a "messed-up" area around the Green is not a good test of a golfers ability to close out a hole.

## THIS IS WHY WE MUST KEEP 30 FEET FROM THE GREEN FOR BOTH HANDCARTS AND MOTOR CARTS.

### OUTINGS SCHEDULED FOR SEPTEMBER

The Greenbriar Golf Course allows various groups to hold outings at a times when the Course is not crowded. This brings income for the Golf Course and provides a location for various Clubs and Organizations to run a Benefit.

**Monday September 8**, the GW Friends will hold a Golf Outing. The GW Friends Club offers interesting, entertaining and educational monthly speakers. A broad variety of activity groups that meet throughout the month including a *Book Club*, *The Socrates Cafe*, group breakfasts, monthly pizza & pool (billiards) lunches, *Finance and Investment Club*, a *History Club*, *Current Events Discussion Group*, and much more - all restricted to paid up GW Friends members.

**Saturday September 13** The golfers from Regency with hold a tournament for members of their community.

### **Saturday September 18**, Special Olympics Golf Contest

The Special Olympics is a global organization that provides year-round sports training and athletic competition for people with intellectual disabilities. It aims to foster physical fitness, courage, joy, and friendship among its athletes. Golfers in the Special Olympics play three rounds of golf to obtain a handicap score. They then play at our Greenbriar Golf Course. An official keeps their score and winners of the matches are announced and prizes awarded. As a group, many observers have reported that while they try to win they are very supportive of their opponent's efforts. Their family members often attend the contest, but must stay a reasonable distance behind the contestants. Greenbriar residents often volunteer to keep score and help the players.



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Selichot		
Sept 13	Service	6:30 PM

Rosh Hashana Serices		
Sept 22	Erev Rosh Hashana	7:00 PM
Sept 23	Morning Service	10:00 AM
	Tashlich	12:30 PM
Sept 24	Morning Service	10:00 AM
	*Children's Service (in person only)	1:00 PM

Yom Kippur Services		
Oct 1	Kol Nidre	7:00 PM
Oct 2	Morning Service	10:00 AM
	*Yizkor	1:00 PM
	*Children's Service (in person only)	3:00 PM
	Mincha/Ne'ilah	4:30 PM
	Blowing of the Shofar	6:38 PM

Non member Adult (under 65) - \$250  
Non member Senior (over 65) - \$200  
Non member Family (2 Adults and children) - \$500  
Member extra ticket - \$80  
Virtual Household - \$250

Active service personnel/Full time college student (under 25) - tickets provided for free upon request  
Tickets are not required for Yizkor or Children's Services  
ad - 8642

# GW Friends: September already???

By Mark Surks

A record crowd appreciated a great presentation we enjoyed in July with Larry Wolfert bringing us the early days of TV Comedy. Even old gags we've seen over and over continue to evoke great laughter. We'll have Larry back. He has other topics he can share with us.

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

The **General Membership** meeting and the **Marvin Bachman Book Club** that normally meets on the fourth Monday of the month, will meet *one week later* in consideration of the Jewish Holiday.

Monday, September 29th Our monthly meeting will begin at 7:15 PM. We will enjoy the return of the wonderful songstress Maci Miller. Maci performed for us last year and was such a hit, we brought her back. You really will not want to miss her performance.

Friday, September 5th The Chess Club will meet at 2 PM in the Ballroom. Contact Anatoly Shpirt at 347-693-8791 or just show up. All skill levels, except Grand Masters, are welcome including novices.

Tuesday, September 2nd Join us for our first Monday breakfast. The always fun, frenetic and financially rewarding **GW Friends Breakfast** is at 8:45 AM (early birds are expected) at Christo's Kitchen. Price is a very affordable \$14.00, tax and tip included, exact change preferred. We have our own menu and it is a fun morning with announcements and a **ginormous, potentially life-altering** 50/50 payout on the line.

Tuesday, September 2nd **History Club** will take place a day late due to Labor Day. This group meets in the Poker Room. The subject will be "**Napoleon**" (the French ruler, not the luscious dessert) presented by Pierre Rein (908-420-4181).

Tuesdays, September 2nd and September 16th The first and third Tuesday of every month the **Alan Hermelee Current Events Discussion Group** is held in the new upstairs Board Room. We cover many subjects including a gentle handling of otherwise divisive topics. Come share your opinion and intellect with us. It is a wonderful way to give voice to your thoughts and learn so much from others. **Politics is not discussed.** Let me say that again. **Politics is not discussed.** Alan Hermelee set the tone and we honor him by keeping it respectful. If you enjoy a stimulating discussion of topical matters, this is the place for you.

Tuesday, September 9th **The Finance and Investing Group** will meet at 4:00 PM in the room opposite the nurse's office. Jerry Gittler and Chester Trubinski facilitate the discussion about today's markets. You can reach Jerry at 609-642-8929. This is an informative and entertaining group of both men and women. It's a good place to learn financial matters. If you need help understanding just what you own, this would be a good place to find out.

Wednesday, September 10th **Pizza and Billiards** (or just pizza or just pool). This is always well attended. We meet at 12:30 PM at Ciro's and then on to the GW Pool Hall downstairs in the Towne Centre. Contact Howard Katz at 609-409-8606, or just show up.

Monday, September 15th **The Socrates Cafe** will meet at 4:00 PM in the Poker Room. Stimulating topics chosen by the group from a list curated by the facilitator will be discussed. Socrates Cafes began in 1996 as a place for an open exchange of ideas. The GW "Cafe" is hosted by Allan Cooper 609-409-3860.

Monday, September 29th **The Marvin Bachman Book Club** will meet at 4:00 PM to discuss "The Lion Women of Tehran" by Marjan Kamali. An "evocative read and a powerful portrait of friendship, feminism, and political activism" (People) set against three transformative decades in Tehran, Iran.

In 1950s Tehran, seven-year-old Ellie lives in grand comfort until the untimely death of her father, forcing Ellie and her mother to move to a tiny home downtown. Lonely and bearing the brunt of her mother's endless grievances, Ellie dreams for a friend to alleviate her isolation.

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

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# Hadassah News

by Joanne Sacoff

"Autumn is the time of year that acts as a transition between summer and winter". Is this really possible? It is also the time for celebrating the new year with hopes and wishes for joy and good health.

This summer flew by and I think it is because we had so many wonderful events. I cannot go forward without recapping the very excellent, very brilliant very fun Trivia Night. OMG, how does the more than fabulous team of Sharon and Suzanne come up with these questions every year?? In case you did not know it, my expertise on Taylor Swift got me the right answers to those 2 pertinent questions. All scores can be read in the Hadassah bulletin.

Also speaking of excellent events, I know that all who attended enjoyed our very stunning fashion show. Besides our very lovely local models; we all enjoyed seeing a spectacular selection of clothing and accessories. And I know everyone enjoyed the shopping experience provided by our vendors. Mark your calendars for August 2027 for our next fashion event.

Ok, so that was the summer but fall is here and we at Alisa Hadassah have been busy planning some wonderful events to look forward to. We can start with our annual mums sale. The pots of flowers will be available for pick up on September 16th from the parking lot near the bocce courts. You must place your order no later than September 10th. See the flyers in the rounder for order forms.

On September 17th, join us at the Monroe Township Library at 7pm to hear speaker Jessica Solomon from the Jewish Heritage Museum speak about "Progressively Passionate Jewish Women in Politics". It should be a most interesting evening and of course, refreshments will be served.

On October 29 we will have our Membership Appreciation night and the Myrtle Wreath Ceremony honoring 2 very special women. Mark your calendars for this evening event in the GW ballroom.

On to November 12th and our always popular game day and luncheon. Bring your Mah Jongg sets, your Rummikub sets, your Canasta cards and your appetite for a great day of fun and food. Call Marilyn Gerstein at 609-409-9176 for details.

Also in November we will be installing our slate of officers for 2026 at the Monroe Township Senior Center. This takes place on the evening of November 19th.

Finally, to end off a spectacular year of interesting and always fun events, we have our annual Chanukah party, also at the Senior Center on December 17th. Stay tuned for updates.

Wishing everyone a very Happy New Year and an easy fast.



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## Plainsboro Library Hosts GW Resident's Art Exhibit

By Mark Surks

Gormley Road resident, and proud centenarian, Annette Newmark had work exhibited during the month of August at the Plainsboro Library. A "meet and greet" reception was held for this multi-award winning artist. Annette's art appeared on the cover of the June 2025 edition of The Pulse.





# The GW Ladies Club

The GW Ladies Club has held some fun events these last 3 months! At our June Membership Meeting we enjoyed appetizers and desserts outside on the Veranda. Our July Pool and Pizza Party unfortunately got rained out but we just moved back into the ballroom where everyone enjoyed salads, pizza and a fun night of catching up with friends, meeting new members and games of choice!

We did have beautiful weather for our Beach Day at 7 President's Beach in Long Branch. August brought us together at the Working Dog Winery in Hightstown for wine tasting, pizza and a night of music!

The GW Ladies Club meets on the second Monday of each month in the Ballroom at 6:30 PM. Our club focuses on bringing GW Ladies together for support, camaraderie, meeting, making new friends and having FUN!

Our membership is growing and we welcome new members. Membership forms are located in the round kiosk in the Clubhouse lobby.

Annual membership dues is \$10 per person. We look forward to meeting new ladies and sharing new adventures!





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Granby	\$395,000	Concord	\$520,000
Concord	\$445,000	Manchester	\$529,900
Fairfax	\$455,000	Manchester	\$530,000
Essex	\$459,900	Danbury	\$625,000
Concord	\$465,000	Danbury	\$649,000



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# PAC SCORES AGAIN!!

By Gerrie Pisapia

On Sunday, August 24, the Town Centre ballroom was the site of the second annual "Summer Showcase" put on by the Performing Arts Club (PAC). What made the event so unique was that all performances were original works created by cast members. Performances included skits, songs, poetry, as well as videos that truly showcased the talents and creativity of PAC members. Judging by the audience reaction, these original works were a huge hit!

Circle your calendars on Friday, Oct.31- Sunday, Nov.2 for attending PAC's tribute to the silver screen, "At the Oscars". This extravaganza will pay homage to Academy Award nominated performances of dance, song, and acting through the years. Audience members will enjoy PAC's treatment of numbers such as "Moon River," films such as "On the Waterfront" and "Moonstruck", all done within a framework of Oscar Night where "presenters" will be handing out awards. Come watch some of your favorites receive their awards!

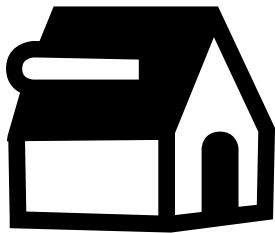


## ATTENTION DOG OWNERS

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

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

Please respect your neighbors and their property by adhering to the pet rules.



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Sunday	Monday	Tuesday	Wednesday
	<b>1 Labor Day</b> 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 10:00 a.m. Entertainment Committee Meeting 10:00 a.m. Team Weights with Ellen 10:15 a.m. Pickleball Beginners Clinic 11:00 a.m. Aquacise 12:30 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 4:00 p.m. History Club 4:00 p.m. Intermediate & Advanced Pickleball Clinic 5:15 p.m. Pickleball Beginners Clinic 6:30 p.m. Line Dancing with Teri 7:00 p.m. Intuitive Club	<b>2</b> 9:00 a.m. Pickleball Club Play 10:00 a.m. Greenbriar Site Review Committee Meeting 10:00 a.m. Line Dancing 11:00 a.m. GW Woodworking Club Meeting 11:00 a.m. Fab, Fit & Fun 12:30 p.m. GW Ladies Club Board Meeting 12:30 p.m. Zumba (Instruction by Video) 2:00 p.m. The Alan Hermelee Current Events Discussion Group 3:00 p.m. PAC Board Meeting 3:30 p.m. Tap Dancing 5:30 p.m. Water Volleyball 6:30 p.m. Billiards	<b>3</b> 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 10:00 a.m. Team Weights with Ellen 10:30 a.m. Team Weights with Ellen 11:00 a.m. Resident Civic Club Meeting 12:30 p.m. Zumba (Instruction by Video) 2:00 p.m. PAC Board Meeting 4:00 p.m. Israel Study Group 6:00 p.m. PAC Board Meeting 6:00 p.m. PAC Board Meeting 7:00 p.m. PAC Board Meeting 7:00 p.m. New K...
<b>7</b> 9:45 a.m. Shalom Club 2:00 p.m. Tennis Club US Open	<b>8</b> 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 10:00 a.m. Team Weights with Ellen 10:15 a.m. Pickleball Beginners Clinic 11:00 a.m. Aquacise 12:30 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 4:00 p.m. Intermediate & Advanced Pickleball Clinic 4:00 p.m. Irish American Group 5:15 p.m. Pickleball Beginners Clinic 6:30 p.m. GW Ladies Club 6:30 p.m. Line Dancing with Teri	<b>9</b> 9:00 a.m. Pickleball Club Play 10:00 a.m. Line Dancing 10:00 a.m. Brain Fitness 11:00 a.m. GW Woodworking Club Meeting 11:00 a.m. Fab, Fit & Fun 12:30 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 4:00 p.m. Finance Committee Meeting 5:30 p.m. Water Volleyball 6:30 p.m. Billiards	<b>10</b> 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 9:30 a.m. Computer Club 10:00 a.m. Team Weights with Ellen 10:30 a.m. Team Weights with Ellen 10:45 a.m. Chair Yoga 12:30 p.m. Zumba (Instruction by Video) 2:00 p.m. PAC Board Meeting 4:30 p.m. Indoors 6:00 p.m. PAC Board Meeting 6:00 p.m. PAC Board Meeting 7:30 p.m. Res...
<b>14</b> 1:00 p.m. The Shalom Club Movie	<b>15</b> 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 10:00 a.m. Provocative Thinking 10:00 a.m. Team Weights with Ellen 10:15 a.m. Pickleball Beginners Clinic 11:00 a.m. Aquacise 12:00 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 4:00 p.m. Intermediate & Advanced Pickleball Clinic 4:00 p.m. Socrates Café 5:15 p.m. Pickleball Beginners Clinic 6:30 p.m. WHOA Open Workshop Meeting 6:30 p.m. Line Dancing with Teri	<b>16</b> 9:00 a.m. Pickleball Club Play 10:00 a.m. Line Dancing 11:00 a.m. GW Woodworking Club Meeting 11:00 a.m. Fab, Fit & Fun 12:30 p.m. Zumba (Instruction by Video) 1:00 p.m. GW Connections Book Club 2:00 p.m. The Alan Hermelee Current Events Discussion Group 3:30 p.m. Tap Dancing 5:30 p.m. Water Volleyball 6:30 p.m. Billiards 7:00 p.m. Resident Civic Club	<b>17</b> 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 10:00 a.m. Greenbriar Site Review Committee Meeting 10:00 a.m. Team Weights with Ellen 10:30 a.m. Team Weights with Ellen 10:45 a.m. Chair Yoga 11:30 a.m. Chair Yoga 12:30 p.m. Zumba (Instruction by Video) 2:00 p.m. PAC Board Meeting 6:00 p.m. PAC Board Meeting 6:00 p.m. PAC Board Meeting 6:30 p.m. Health/Fitness 7:00 p.m. Camer...
<b>21</b> 9:30 a.m. Monroe Township Post 609 Jewish War Veterans 1:00 p.m. WHOA Movie: It Ends With Us	<b>22 Autumnal Equinox</b> 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 9:30 a.m. Golf Closed Meeting 9:45 a.m. GW Connections Board Meeting 10:00 a.m. Team Weights with Ellen 10:15 a.m. Pickleball Beginners Clinic 11:00 a.m. Aquacise 11:00 a.m. Golf Open Meeting 12:30 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 4:00 p.m. Intermediate & Advanced Pickleball Clinic 4:00 p.m. GW Friends Book Club 5:15 p.m. Pickleball Beginners Clinic 6:30 p.m. Line Dancing with Teri	<b>23</b> 9:00 a.m. Pickleball Club Play 10:00 a.m. Line Dancing 10:00 a.m. WHOA Landscape Committee Meeting 11:00 a.m. GW Woodworking Club Meeting 11:00 a.m. Fab, Fit & Fun 12:30 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 5:30 p.m. Water Volleyball 6:30 p.m. Billiards	<b>24</b> 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 10:00 a.m. WHOA Landscape Committee Meeting 10:30 a.m. Team Weights with Ellen 10:45 a.m. Chair Yoga 12:30 p.m. Zumba (Instruction by Video) 2:00 p.m. PAC Board Meeting 4:30 p.m. Sher... 6:00 p.m. PAC Board Meeting 6:00 p.m. PAC Board Meeting 7:00 p.m. PAC Board Meeting
<b>28</b> 12:00 p.m. GW Arts & Crafts Fair	<b>29</b> 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 10:00 a.m. FLU Shots 10:00 a.m. Team Weights with Ellen 10:15 a.m. Pickleball Beginners Clinic 11:00 a.m. Aquacise 12:30 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 4:00 p.m. Intermediate & Advanced Pickleball Clinic 5:15 p.m. Pickleball Beginners Clinic 6:00 p.m. Ladies Club Book Club 6:30 p.m. Line Dancing with Teri 7:00 p.m. Pickleball Meeting 7:15 p.m. GW Friends	<b>30</b> 9:00 a.m. Pickleball Club Play 10:00 a.m. Line Dancing 10:00 a.m. Shalom Club Meeting 11:00 a.m. GW Woodworking Club Meeting 11:00 a.m. Fab, Fit & Fun 12:30 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 5:30 p.m. Water Volleyball 6:30 p.m. Billiards	

<p>Pickleball Club Play Ping Pong Ceramics Motion with Ellen Mt Civic Club Board Meeting (Instruction by Video) Acting Workshop Jelly Dance Class Gin Rummy AC Rehearsal m. Bocce JRT Program Kids on The Block</p>	<p><b>4</b></p> <p>9:00 a.m. 3D Art 9:00 a.m. Pickleball Club Play 10:00 a.m. Chorus 11:00 a.m. Aquacise 11:30 a.m. GW Social Club Board Meeting 12:30 p.m. Zumba (Instruction by Video) 6:00 p.m. Stained Glass Group 6:30 p.m. Billiards</p>	<p><b>5</b></p> <p>9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 9:15 a.m. Meditation Class 10:00 a.m. Beginners Plus Line Dancing with Joan &amp; Sona 10:30 a.m. Yoga with Brian 11:00 a.m. Painting Group 12:30 p.m. Scrabble 12:30 p.m. Deep Water Aquacise 2:00 p.m. Chess Club 6:15 p.m. Italian American Club</p>	<p><b>6</b></p> <p>9:00 a.m. Zumba with Diane 10:00 a.m. Chair Yoga with Karen &amp; Dave 10:00 a.m. Zumba (Instruction by Video)</p>
<p>Pickleball Club Play Ping Pong er Club (Zoom Only) Ceramics Writing Group Motion with Ellen ga with Karen &amp; Dave (Instruction by Video) Acting Workshop American Ladies Gin Rummy AC Rehearsal m. Bocce ident Civic Club</p>	<p><b>11</b></p> <p><b>Patriot Day</b> 9:00 a.m. 3D Art 9:00 a.m. Pickleball Club Play 9:00 a.m. Greenbriar Budget &amp; Finance Committee Meeting 10:00 a.m. WHOA Budget &amp; Finance Committee Meeting 11:00 a.m. Towne Centre Committee Meeting 11:00 a.m. Aquacise 12:30 p.m. Zumba (Instruction by Video) 1:00 p.m. GW Social Club Luncheon 4:00 p.m. Shalom Club Program Committee Meeting 6:00 p.m. Stained Glass Group 6:30 p.m. Billiards</p>	<p><b>12</b></p> <p>9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 9:15 a.m. Meditation Class 10:00 a.m. Beginners Plus Line Dancing with Joan &amp; Sona 10:30 a.m. Yoga with Brian 11:00 a.m. Painting Group 12:30 p.m. Scrabble 12:30 p.m. Deep Water Aquacise 6:30 p.m. Canasta Tournament 7:00 p.m. BINGO</p>	<p><b>13</b></p> <p>9:00 a.m. Zumba with Diane 10:00 a.m. Chair Yoga with Karen &amp; Dave 10:00 a.m. Zumba (Instruction by Video) 1:00 p.m. WHOA Movie: Almost Family</p>
<p>Pickleball Club Play Ping Pong n. Ceramics ar Covenants Committee Meeting e Yiddish Vinkle ga Motion with Ellen ga with Karen &amp; Dave JRT Game Day (Instruction by Video) Acting Workshop Gin Rummy AC Rehearsal m. Bocce tness &amp; Wellness Club a/Photography Club</p>	<p><b>18</b></p> <p>9:00 a.m. 3D Art 9:00 a.m. Pickleball Club Play 10:00 a.m. Chorus 11:00 a.m. Aquacise 11:30 a.m. GW Social Club Board Meeting 12:30 p.m. Zumba (Instruction by Video) 6:00 p.m. Stained Glass Group 6:30 p.m. Billiards</p>	<p><b>19</b></p> <p>9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 10:00 a.m. Site Review Committee Meeting 10:00 a.m. Beginners Plus Line Dancing with Joan &amp; Sona 10:30 a.m. Yoga with Brian 11:00 a.m. Painting Group 12:30 p.m. Scrabble 6:30 p.m. Canasta Tournament 7:00 p.m. GW Music Club</p>	<p><b>20</b></p> <p>9:00 a.m. Zumba with Diane 10:00 a.m. Tennis Club 10:00 a.m. Chair Yoga with Karen &amp; Dave 10:00 a.m. Zumba (Instruction by Video) 5:30 p.m. Indo-American Club</p>
<p>Pickleball Club Play Ping Pong Ceramics ovenants Committee Meeting Motion with Ellen ga with Karen &amp; Dave (Instruction by Video) Acting Workshop ock Holmes Club Gin Rummy AC Rehearsal m. Bocce Golf Election</p>	<p><b>25</b></p> <p>9:00 a.m. 3D Art 9:00 a.m. Pickleball Club Play 10:00 a.m. Chorus 11:00 a.m. Aquacise 11:30 a.m. GW Social Club Board Meeting 12:30 p.m. Zumba (Instruction by Video) 1:30 p.m. Hadassah Meeting 4:00 p.m. GW Friends Board Meeting 6:00 p.m. Stained Glass Group 6:30 p.m. WHOA/GWCA Joint Open Board Meeting 6:30 p.m. Billiards</p>	<p><b>26</b></p> <p>9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 9:15 a.m. Meditation Class 10:00 a.m. Shalom Club Board Meeting 10:00 a.m. Beginners Plus Line Dancing with Joan &amp; Sona 10:00 a.m. Greenbriar Covenants Committee Meeting 10:30 a.m. Yoga with Brian 11:00 a.m. Painting Group 12:30 p.m. Scrabble 12:30 p.m. Deep Water Aquacise 6:30 p.m. After Hours Club 7:00 p.m. Wine Club</p>	<p><b>27</b></p> <p>9:00 a.m. Zumba with Diane 10:00 a.m. Chair Yoga with Karen &amp; Dave 10:00 a.m. Zumba (Instruction by Video) 7:00 p.m. WHOA Show: Wooden Ships – Crosby Stills &amp; Nash Tribute</p>

# Don't Let Your Guard Down: Now Is the Time to Get Checked for Skin Cancer

*By Lisa DiGiovanni, EdD, MSN, RN, MEDSURG-BC, CHSE and Elizabeth Caruso, MSN, RN, COHN-S*

Summer may be winding down, but your risk of skin cancer hasn't taken a vacation. In fact, the weeks and months after high sun exposure are a critical time to be proactive about your skin health.

## Take Action This Fall

If you've spent time outdoors this summer walking, at the pool, gardening or enjoying family picnics, don't assume you're in the clear now that the weather is cooling off.

*Think of September as your annual skin awareness check-in.*

Call your doctor to make an appointment for a skin check if you haven't had one recently. Encourage your friends and loved ones to do the same. And going forward, make sun protection a year-round habit. That includes wearing hats, using sunscreen, and avoiding tanning beds.

Your skin has worked hard to protect you all these years. Take a moment to return the favor. A simple checkup now could give you peace of mind—or help identify something important before it gets more serious.

## The Sun's Impact Doesn't End in September

It's easy to think your skin is in the clear once you pack away the beach chair and sunscreen. But the truth is, skin damage from the sun can take years, or even decades, to show up. That means the sunburn you got in July might lead to a problem that doesn't become visible until fall or even later.

Seniors are more at risk because skin becomes thinner with age and less able to repair itself from UV exposure. That means the damage builds up over time and can lead to actinic keratosis (precancerous spots) or forms of skin cancer like basal cell carcinoma, squamous cell carcinoma or melanoma.

## Skin Cancer Is More Common Than You Think

Skin cancer is the most common cancer in the United States, and older adults are more likely to be diagnosed. But here's the good news: if caught early, most types of skin cancer can be treated successfully.

That's why we urge you not to wait for a suspicious mole or spot to suddenly appear. Now is the perfect time to schedule a full-body skin check with your primary care physician or dermatologist.

## What to Watch For

If you do notice something new or changing on your skin, don't ignore it. The signs of possible skin cancer include:

- A sore that doesn't heal
- A new growth or bump
- A mole that changes shape, size, or color
- Scaly patches that itch or bleed

Remember, skin cancer can show up anywhere on your body – not just your face and arms! Ask someone to help you look at the places that don't get a lot of sun and be sure to check your scalp, back and even the soles of your feet.



## WE WANT YOU!

To send us your personal stories or recipes

- To send us pictures from your GW events
- To let us know what you would like to see in The Pulse
- To share you artistic talent with the community



# Pickleball Club

*By Randy Kahn*

As I write this article in the early days of August, it has been a VERY busy few weeks. Construction on our new courts continues and we are hopeful that before too long, we will have the playing surfaces completed and ready for action.

Our annual Summer picnic social event on Saturday, August 2nd, was a smashing success, with some 91 attendees, more than half our Club membership. Quite a few individuals contributed to make this event as successful as it was, particularly Deborah Wallach, the overall chair person. Food was provided by The Greenery and arranged through Stephanie and Jay Lichtenstein. We lunched on hot dogs and burgers, chicken, pasta salad, coleslaw, traditional salad, watermelon, cookies, etc. etc.



Rich Flathmann and his wife Kathy DeDonno lent their tent for coverage of the raffle table. Raffle tickets and apparel sales were handled by Margaret Kahn and Janice Groves. The green jello shots, made by Deborah Wallach, certainly did the job.

A host of folks coordinated a wide variety of games, including Linda Shiff, Cliff Durlacher, Robin Knee, Maxine Chodroff, Kathy DeDonno, Rich Flathmann, Jeff Weiss, Barbara Wolff, Rosie Chorney, Norm and Barbara Levine and Bart and Janet Kronish. Deborah Wallach arranged the raffled gift basket.

Our heartfelt thanks to all attendees and coordinators who helped to make this event a continued success and we anxiously look forward to next year's edition.

A special thank you to Kathy DeDonno and Rich Flathmann who created, built and paid for a beautiful equipment rack that now adorns court # 3. The Club has decided to commission them to do additional racks for our new courts and will be reimbursing them for their out-of-pocket expenses.

The inter-community senior league has completed its regular season and playoffs began on August 9th. Our B team was just edged out of the final playoff spot, finishing their season in 5th place. Our A team did reach the playoffs, as the # 4 seed. Division A standings were Regency in 1st place, followed by Venue, Stonebridge and Greenbriar. Division B standings were Renaissance in 1st place, followed by Venue, Regency and Concordia. Final results of the playoffs will be reported in the October Pulse. A year end league party is scheduled for Friday eve, September 12th.

Both teams made a point to comment that regardless of wins, losses or standings, the socialization and camaraderie that resulted from this two-month experience was TREMENDOUS. Everyone greatly enjoyed having participated and all of us look forward to continued and enhanced relationships with fellow players going forward.

The four captains/co-captains were Jeff Weiss/Stam Chorney and Cliff Durlacher/Rosie Chorney. The roster of ALL 34 players, alphabetically by last name, include the following individuals: Tom Aiston, Mitch Alboum, Dave Blumenthal, Victor Bychik, Steve Cherches, Rosie Chorney, Stan Chorney, Kathy DeDonno, Mike Dunn, Cliff Durlacher, Karen Ellis, Rich Flathmann, John Garbarino, Bob Gardell, Fernando Gonzalez, Tim Groves, Jenn Hyjack, Randy Kahn, Mitch Knee, Robin Knee, Bart Kronish, Norm Levine, Janice Liquori, Les Linet, Sam Meytus, Lonnie Mitchell, Carole Mulvey, Charlie Ohn, Ken Saniego, Ron Sucher, Larry Turkel, Yakov Uchitel, Deborah Wallach, Jeff Weiss.

Our second annual Club tournament was held on the morning of August 2nd, coordinated by Jeff Weiss and Deborah Wallach, capably assisted by Norm Levine, who handled scoring and point tabulations.

Some 36 individuals participated in this tournament, randomly broken down into two groups. The first place winner in one group was Mark Mittleman, followed by John Garbarino and Les Linet, in 2nd and 3rd place, respectively. The first place winner in the other group was Steve Preville, followed by Stan Chorney and Dave Blumenthal, in 2nd and 3rd place, respectively. The overall male winning player was Les Linet and the overall female winning player was Elyse MacGuire.

As the weather moderates, we look forward to continued play for several more weeks and hope folks continue to come out to play this thoroughly enjoyable and fast-growing game we all have come to enjoy so much. Adios until next month, friends.

# Tennis


## **GW Olympic Tennis 2025: A Smashing Success!**

The GW Olympic Tennis 2025 event served up a spectacular evening of spirited play, community connection, and high-energy fun on August 5th, at the GW Tennis Courts.

Hosted by Karen Ellis and Felix Vazquez of the Greenbriar at Whittingham Tennis Club (GWTC), this social Mixed Doubles Round Robin brought together 12 enthusiastic residents who competed in a friendly, fast-paced format that showcased both skill and sportsmanship. A special thank-you goes to David Cogley, who did an outstanding job serving as the official match scheduler and scorer, ensuring smooth rotations and balanced match ups throughout the evening.

This year's participants included:

Karen Ellis, Felix Vazquez, Paula Fox, Andy Goodman, Chuck Highstein, Mindy Highstein, Gary Klein, Ken Vy, Debra Schoenogood, Linda Shiff, Diane Vernickas, Nathan Wong.

 Pictured below: Our 2025 Tennis Olympians proudly repping their commemorative GW Olympic T-shirts after a fantastic night of tennis and camaraderie!



This exciting tennis event was part of the broader GW Olympic 2025 celebration, which also featured a Welcome Breakfast on August 3rd and will conclude with an Awards Luncheon on August 9th.

Thanks to all players and volunteers who made this a memorable event. The GWTC looks forward to many more successful tournaments that bring neighbors together in the spirit of fun, fitness, and fellowship.

**GW TENNIS AND PICKLEBALL CLUB MEMBERS**

**WATCHING USOPEN TENNIS 2025 Men's FINALS**



**SPONSOR BY:**



**Where and When:**

**September 7th, 2025 from 2pm to 6:00pm  
GW Towne Centre Ballroom Big TV Screen  
\$15 per person (paid in cash at the door)**

**Menu:**

**Deli Sandwiches (Variety)  
Salad  
Snacks (Pretzels / Chips)  
Soft Drinks, BYOB, Water  
Desserts**

**Please RSVP by August 15th via email ([agoodman20@comcast.net](mailto:agoodman20@comcast.net))**



# The Martin Salmanowitz GW Social Club

By Mary Laresch

We begin September with Labor Day on Monday, the 1st. What a summer we've had with 90 degree temperatures, and extreme flooding in many parts of our country. We are lucky living here in Monroe Township where that has not been an issue. The first day of autumn begins on the 22nd, and the Jewish New Year of Rosh Hashanah starts on the 23rd. A Very Happy New Year to all our Jewish friends.

On July 10th we had an "Appreciation Luncheon and Entertainment" for our paid-up members. The Greenery provided a variety of finger food, including desserts, and beautiful music to enjoy. All this was provided free to members in good-standing, with our membership year starting July 1st through June 30th. Thanks to all our members who joined us.



## Upcoming Shows:

*Thursday, September 11th @1:00 p.m. in our Ballroom – "Rhythm and Sound."* A classic cover band that performs music from the 50's through the 80's. They perform with high energy, and just love getting the crowd involved. They have been performing in the Metropolitan area for the past 15 years. Lunch will consist of penne pasta primavera, garlic mashed potatoes, glazed carrots, rolled eggplant parmigiana, champagne chicken, meatballs, American pot roast, tossed salad, rolls, coffee, tea, and dessert. \$33 PP/Members, \$35 PP/Non-Resident Guests.

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

## 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 September 12th. All are welcome. Come and enjoy playing the games with your friends, and you may win a few bucks!

## Membership:

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

We are still in need of volunteers to help maintain our club and help with the various planning for luncheons, trips, speakers, etc. If interested, please call me at 609-409-1007 or email me at [marylaresch@comcast.net](mailto:marylaresch@comcast.net). Stay well and safe!

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## Photos from the Pickleball Tournament & Bar-B-Q



I can tolerate Algebra and Trigonometry. Maybe even Calculus but Geometry is where I draw the line.

- Justin Case



# Health/Fitness and Wellness Club

by *Stephanie Lichtenstein*

On July 16th 2025 the Health/Fitness and Wellness club Irv Urken presented “*A Guide For The Future*”, offering valuable financial tips tailored for seniors. His talk focused on planning for long-term financial security including strategies to ensure a steady income during retirement.



One highlighted option was **annuities**, a financial contract between you and an insurance company. You either make a lump-sum payment or a series of contributions. In return, the insurer provides regular income payments, starting either immediately or at a future date. Annuities help mitigate the risk of outliving your savings.

Irv emphasized that annuities are not one-size-fits-all; it's important to consult a financial advisor to determine if they're the right fit for your goals.

He also introduced “*A Guide For The Future*”, a personal organizer to help seniors document critical information for their beneficiaries such as banking details, legal documents, advisors and burial arrangements.

## Upcoming Health Club Events

- **August 20:** *Terri Haberman* – Nutrition talk on vegetables and vitamins
- **September 17:** *Stephanie* – Guided workout session
- **October 15:** *Yoga & Physical Therapy* presentation
- **Coming Soon:** *Self Defense – Part 2, Tai Chi – Part 2*

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## Exercises for Specific Body Parts

By **Michelle Polk**

Please be certain to warm up prior to tackling any of the exercises below. Equally important is to cool down after you have exercised. This means to stretch your muscles out. You want to release tension without feeling pain or discomfort. Hold your stretches for a slow consistent count.

**Hamstrings:** Place your leg in front with your toes toward you and lean forward gently. You can have your body going forward to your right and left. Alternating legs and extend your waist.

**Inner thighs:** Sit on the floor with your back against a wall and place your feet together in a butterfly position. Grasp your ankles and stretch your knees downward gently.

**Thighs and hip flexors:** Stand with right hand against a wall and grab your left foot and press toward your glutes (buttocks). Avoid if you experience knee pain. Reverse your right leg towards you left hand extended.

**Sides of legs:** Use the roller on your hips or stand with your right or left arm extended and cross your right leg over left and left leg over right.

**Shins:** Place One leg in front of the other holding a chair in front of you and bend.

**Calves:** Face a wall and place your knee alternating against the wall with your heel down.

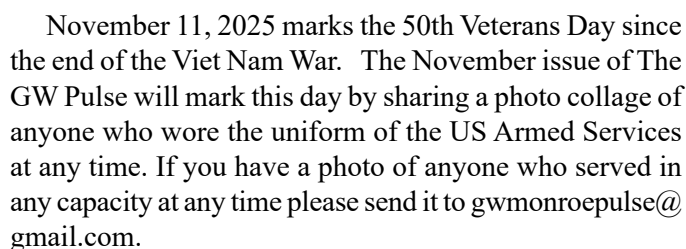
**Back:** Stand straight facing a wall and allow your hands to crawl the wall individually right hand, left hand and both hands.

**Lower back:** Lie flat on your back and place your both knees to your chest and hold the position grabbing your thighs gently

**Chest:** Stand with your back to the wall and gently turn right and left with your head and chest.

Identify the body part that is in need of attention and try the exercise gently at first. Then do repetitive motion to strengthen and tone.

Good Luck



# Hack My Life Lessons

By Ken Wagner

Esquire magazine used to have a very popular feature they called “What I’ve Learned”. Each month they would ask remarkable people – politicians, entertainers, scientists, athletes, moguls – all sorts of leaders, to provide a list of important things that they had learned during their lives. Each lesson learned was given as a couple of simple sentences. The lists were fascinating as they always provided a unique insight into the lives and minds of these public figures.

I was so inspired by the wisdom of these lists, that I decided a while back that I would make my own. These are things that I have learned firsthand from experience and have shaped much of my thinking. Some sound like the wisdom you get from a fortune cookie (like “look both ways”). Others are truly life changing. I would like to share some of that list:

Given the opportunities of our modern times, you can do anything you want, but you can’t do everything you want. It’s pretty much impossible to be a brain surgeon and pop star. You have to choose.

If you want to make someone your friend, ask them for help. Nothing breaks down walls and build bonds quicker than asking for help. On the other hand, if you want to keep a friend, don’t ask them to help you move furniture.

Money and time are like distant cousins that rarely meet. If you have a lot of money, you don’t usually have a lot of time. If you have lots of time, you won’t have a lot of money. It’s rare to have both, but hopefully they will meet in retirement.

The more you listen, the smarter you seem. I made a pretty good career being a good listener. It got me through a lot of long meetings.

There are two kinds of people in the world. Those who look for areas of agreement, and those who look for differences. Guess which ones get invited to more parties.

There is nothing wrong with pessimists. If I were hiring a risk manager, I’d look for a pessimist every time. They will think of everything that might go wrong. On the other hand, I’m not sure I would want a real big optimist managing my investments.

When I find myself feeling generally angry at the world, it’s usually because I’m feeling guilty about something. It’s that old joke about when you point a finger at someone, there are three fingers pointing back at you. As I have been told more than once, I’m the problem.

Nothing changes your world faster than forgiveness. Forgiving someone is actually a gift to yourself. “Let it go” is not just a great song.

No one is coming to rescue us. No one. You need to rescue yourself. Put your boots on.

No one is going to care about your problems as much as you do. Consider this when sharing your problems.

Anger is a big motivator. If you want to change something, get angry at it – like the next time you trip over that wrinkle in the carpet.

People will cut you a surprising amount of slack when you have a problem, but not forever. They expect you to pick yourself up and get going again – usually a lot sooner than you would like.

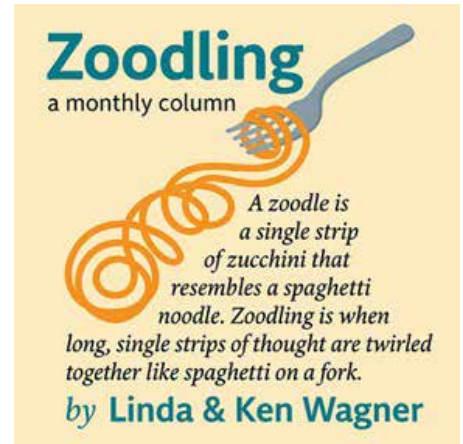
Never trust someone who is willing to cut corners on your behalf. If they will do it for you, they will do it to you.

If you can’t control it, and you can’t influence it, then don’t waste time worrying about it. It’s a huge waste of energy.

Don’t start negotiations until you are ready to commit. That’s called “tire-kicking” and it’s annoying to everyone.

So, that’s a glimpse into my list. I created it over a long period of time. I always keep it in my “back pocket”. I know I’m not the first to think of these things, but as I experienced them first-hand, they got added. I’m still adding to it. Hopefully the list will be a lot longer by the time I move on from this world. Oh, that reminds me of a really important item:

Keep learning – If you think change is hard, just try obsolescence.







## CLUB NIGHT PHOTOS COURTESY OF THE CAMERA CLUB



# Behind the Scenes: The Making of The Film Noir Mockumentary, “Cluez”

by Marie France MacDonald

It started with a trailer.

Usually it is after a film is completed that a trailer is released, a snippet of scenes artfully arranged to whet the appetite and draw the public to the box office. Cluez, on the other hand began with a trailer promising the release of a film not yet even written. I know because I’m the one who wrote it.

Before the trailer there was an idea. My husband James’ idea. He had just discovered film noir and he was excited in the way that only new converts can be. “Let’s make a film noir,” he said. That sounds time consuming, I thought. (being in the middle of producing and directing two major shows.) “That would be fun,” I said, because I love my husband. Besides, what’s not fun about one of those melodramatic black and white murders complete with a surly detective and a sultry femme fatale? But I honestly didn’t have any spare time to put towards the making of a film no matter how much fun it promised. “Of course we’ll set it at Greenbriar at Whittingham,” he continued, “and we’ll need a really good voice over artist”.

The next afternoon I heard the doorbell ring. “Oh I forgot to tell you,” James called out from somewhere in the house. “I’m auditioning voice over artists for the film noir. Can you quick write a little audition script while I set up a microphone? And also, can you get the door?”

In very little time James, with help from Larry Bartolf, Bill Golda, Karen K and Jim Brittain, had completed the trailer and shortly after that showed it to the public with the promise, “Coming soon... Cluez.” “Now...” my husband said, “You just need to write it.”

The trailer made some things very clear. The concierge was very upset. Bill Golda was discovered dead in the library at the GW Towne Centre. It was the fourth murder at GW in only a few months, possibly at the hands of a serial killer. As Larry says at the end of the trailer. “Another candlestick job. Looks like our boy is at it again.”

Okay so it’s obviously a who dunnit. Only I, the writer, had no idea who dunnit which inspired me to make the film about speculation of that very thing with multiple detectives. It sounded like a good start for a silly Christopher Guest Mockumentary.

Well, I’m no Christopher Guest but I am silly so I forged ahead, pausing from time to time to ask, “What would Christopher Guest do?”

The final script ended up being 20 plus scenes. Now we just had to cast it, coordinate the schedules of thirty plus participants and the availability of multiple locations and of course, film it. (video)

As of yesterday, over a month before you read these words, all scenes have been filmed with only a couple of hitches. Thank you to everyone for your patience and apologies for interrupting a GW Friends Book Club meeting in the Towne Centre Library. It’s in the “can”, as they say. Now we are on to the editing. This is a laborious and sometimes hair-pulling task but also a joyful one. James and I got to laugh quite a bit reviewing the footage. I must confess, it’s fun and I am I’m grateful to my husband for tricking me into his project.

Hopefully you have all had seen Cluez at the PAC Summer Showcase of original work in August but in case you missed it you can watch it on YouTube. Ask any PAC member for a link. Feel free to share with your friends.

And check out these films by master mockumentarian Christopher Guest

This is Spinal Tap

Waiting for Guffman

Best in Show

A Mighty Wind

For Your Consideration (Home for Purim)

Mascots

And if you’re interested in helping us with future film projects please contact James at 551-276-9689



*From the Jewish Congregation of Clearbrook  
On Rosh Hashanah, it is written.  
On Yom Kippur, it is sealed.*

*May you have a new year that brings fulfillment  
and happiness, peace and prosperity.*

*L'Shana Tova Tikateyvu!*

**High Holy Day Services 2025**

Family, Friends and guests - all are welcome!  
High Holy Days Tickets -\$36 per person



**ROSH HASHANAH**

Monday, September 22nd	Erev Rosh Hashanah	6:30 pm
Tuesday, September 23rd	1st Day of Rosh Hashanah	9:30 am
Wednesday, September 24th	2nd Day of Rosh Hashanah	9:30 am

**YOM KIPPUR**

Wednesday, October 1st	Kol Nidre	6:30 pm
Thursday, October 2nd	Shacharis	9:30 am
	Yizkor	12:00 pm
	Neilah	6:30 pm

For more Information Call: Michael Katz (609) 619-3762.

**Service Locations:**

Clearbrook Cultural Center, located on the Clearbrook Community Campus  
1 Clearbrook Drive, Monroe Township, NJ 08831

\*\*\*Tickets for the holidays are on sale now.\*\*\*

\*\*\*

*Join us to Celebrate*

**The Jewish Congregation's  
50th Anniversary Spectacular!**

*Sunday, October 12 at 6 p.m. in the Clearbrook Cultural Center.  
A Full Buffet will offer a variety of hors d'oeuvres, delectable dishes, desserts,  
and a wine bar. Music by a live band.*

**\$40 per person**

**Reserve now by calling Michael Katz (609) 619-3762**

ads-8627



# SPECIAL EVENT

## Shalom Club

of Greenbriar at Whittingham

Is delighted to present comedic writer, Broadway playwright, author



### Alan Zweibel

An original "Saturday Night Live" writer, Alan has won five Emmys and two Writers Guild of America awards for his work in television which include "It's Gary Shandling's Show" (which he co-created and produced), "The David Letterman Show" and "Curb Your Enthusiasm". Alan has written eleven books including the Thurber Prize winning novel "The Other Shulman". He is currently writing a Broadway show about the life and comedy of Rodney Dangerfield.

**SUNDAY, OCTOBER 12, 2025 at 2:00 PM**

The Towne Centre Ballroom

**TICKETS ON SALE at the Concierge desk**

Checks payable to **SHALOM CLUB**

**MEMBERS ONLY \$18.00 AUGUST 9, 2025**

**NON-MEMBERS \$25.00 SEPTEMBER 5, 2025**

Questions: call Judy Bauer @ 609-658-3751

### Woodwork at the Arts & Crafts Fair

Sunday, Sept. 28, 12-3pm; Towne Center Ballroom

Now working on our display of woodcrafts! Join us!



Every Tuesday, at 11:00 in the Arts & Crafts Room, Towne Hall, Downstairs



### GW Woodworking Membership Form

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Place your dues (\$10 cash or check) in an envelope with your name on it in Box #21 in the Towne Center Library. Write checks to Russell Munson.

# GREENBRIAR AT WHITTINGHAM

Greenbriar at Whittingham Community

## FLU SHOTS

BY



Monday, September 29, 2025

10:00 a.m. - 2:00 p.m.

AND

Wednesday, October 8, 2025

2:00 p.m. - 6:00 p.m.

Ballroom

### FLU VACCINE INFORMATION

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

### How to make a flu shot appointment

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

<https://tinyurl.com/5buhbd3m> or scan the QR code



or

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

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

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

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



## GW Wheels

A Club For Lovers of Motorized Vehicles



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

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

Get in touch: [gwwheels@icloud.com](mailto:gwwheels@icloud.com)

# Take the Test- the Sweet Smell of Sawdust

*By Linda Wagner*

**The photo to the right is a test:** What do you see when you look at this photo? To some, it's just a pile of wooden boards, but to a certain type of artisan it looks like a treasure trove of possibility. That's how you tell true woodworkers from ordinary people.

If you are not one of those smitten by the lure of fresh wood, you may not realize what a true woodworker experiences when exposed to such a haul. Heartbeats rise as the sweet smell of sawdust fills the nostrils. Hands itch for the feel of that wood grain in the palms. Eyes jump around looking to identify items such as sandpaper, varnish and power tools. Oh, yes, this is a chronic condition.

A true woodworker has a heart of oak, sanded to a smooth finish and oftentimes routed with decorative grooves.

In reality, the photo above is of a recent generous donation from Northeastern Lumber & Millwork in Millstone. In total, Northeastern Lumber donated about 350 board-feet of lumber – a small treasure of wood in various dimensions. Included were pieces ranging from 1”X1” all the way to 1” X 10”. This donation is sure to spawn numerous projects in the near future, and keep everyone busy for months to come.

The GW Woodworking Club has grown in recent months from just a few members to a group of about 30 residents. The club meets every Tuesday morning at 11:00 AM downstairs in the Towne Center wood shop. Club membership is about 30% women, which is a bit surprising for an area typically thought of as a man's domain. In this shop, all are welcome. The output from club members ranges from wooden jewelry to large outdoor constructs, with things like ping pong paddles, whirley gigs and home furniture in between.

The club offers a Beginners Workshop every Tuesday morning designed for anyone new to woodworking. Beginners can select from over a dozen starter projects which will expose them to the shop and its equipment as well as club safety protocols.

Anyone interested can stop by on a Tuesday morning about 11:00 to see the team at work. For more information contact Club President, Linda Wagner at 609-273-4998, or Club Vice-President, Dennis Marshall at 908-705-3678.



## Calling for Minyan Volunteers

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

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

Greenbriar at Whittingham Community Presents:

## 26th Annual ARTS & CRAFTS FAIR

Sunday, September 28, 2025  
12:00 p.m.—3:00 p.m.

Towne Centre Ballroom  
~FREE ADMISSION~

Join Us, Show Your Talent!  
Pick up your application  
at The Concierge Desk.

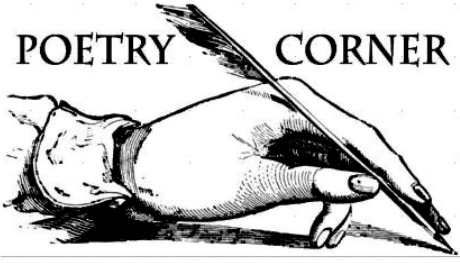
Any Questions ???

Chairman Dale Blum: 609-409-6705

*\*Any non-resident wishing to participate MUST be a guest of a resident.*



## POETRY CORNER



### Catch Me If You Can

*By Bill Friedman*

Revered for his ease on the flying trapeze,  
able to make the audience queueze.

This carefree guy who showed no fear  
would immediately accept any dare.

Once he leaped down 24 stairs  
and finished with a cartwheel over 7 chairs.  
Last week he crashed a speeding toboggan  
and did serious damage to his noggin.

Doctor could promise no quick cure  
and the constant pain he'd be left to endure.

Months passed and doubts didn't end,  
would he ever mount the trapeze again.

Eventually he rigged a tight- rope 4 feet high  
and soon decided to give it a try.

The first attempt proved unsteady,  
but within a week knew he was ready.

Next, he gave his partner a call  
and asked if she'd be willing to risk it all.  
She explained they were a remarkable tether  
and insisted they perform together.

Before long the platform came into play  
leading to stretching and catching for hours each day.

Within months confidence was high  
and they knew they were set to fly.

Tour tickets were valued like gold  
and within hours, all seats were sold  
The initial performance, a death- defying test,  
drew rave reviews, who'd expect less?

Within a year, accolades in tow  
they opened their own Las Vegas Show

## FRIENDSHIP OF THE HEART

*By Irwin Dunsky*

There are so many hazards in life  
Better watch out for them, or you'll fall in a whole  
Maybe you won't get out, unless a friend lends you a hand  
Isn't that what friends are for, to lend a hand  
Life has good and bad always happening  
I've got friends in my life, when I need them they come to me  
I return the favor when they need me  
That's what friends are for, not just during the good, but the  
bad

True friends are always there to help you  
The friends that I have today all showed up in life  
The relationships that I've made are more like brothers and  
sisters

They touch me, and we love each other  
Nobody's looking for anything from me  
Only what they can give me, or I can give them  
A free giving of thoughts, and help  
A free giving of love is always involved

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### Their Path

*By Irwin Dunsky*

Not all achievement requires massive force  
Sometime ability is rewarded at a slow pace  
More important than reaching goals quickly  
Is a stress less accent going up the mountain  
Support the people you love with the trust  
That you believe in them and their pace  
Their path may be the correct path for them  
Even though it's not the path you choose

If asked for  
Your advice can be invaluable  
They should request it prior to your volunteering it  
Trust in their ability and allow them to grow  
Self dependence is their birthright  
In the end it's their path  
What's more important than finding their path?  
Certainly not following yours!



# The Light of Insignificance

*By Irwin Dunsky*

In the grips of love, logic vanishes like a rabbit in a top hat.  
Love reaches in, pulls your heart out of your chest,  
and plays with it as if it was a tennis ball,  
bouncing it on the ground and serving it at over 100 miles an  
hour.

Amazingly your body continues,  
even though your heart is under the control of love.  
Love must have been designed by naughty angles  
intent on tempting you with the greatest of all gifts,  
while making you pay the highest price for the experience.  
When you find it, love becomes a treasure above all,  
and when it disappears you wish you were never born.

When love awakes in you,  
everything takes on new meaning and grows.  
Colors become brighter; sensors are heightened,  
personal flaws awake and stand ready.

Tunnel vision becomes your only way to see,  
and the world's population is decreased to one.

You can not fight love and win.  
Love is the heavy weight champion of emotions.  
If you make it through the early stages of love,  
and your love is given the chance to mature,  
it can evolve into a life changing event.

Two people meeting, falling in love,  
and sharing that love  
is one of the great miraculous masterpieces of the universe,  
reserved for dreamers and romantics with open hearts.

Love nurtures, makes whole, heals,  
and illuminates the light of insignificance on all other things.

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## The Spoken Word

*By Herb Saperstein*

The spoken word is blue and red.  
Write it down and see it dead.  
The flower depends upon the root.  
Cut it off and see it mute.  
The bird that flies upon the wing  
In swooping arcs or on a string  
Turns our heads by any route  
And how our hearts do sing.

## Never Give Up

*By Bill Friedman*

My buddy began as a sanitary engineer, driving a huge garbage  
truck.

Too many on and off jumps, too much time in the dumps.

Led a railroad crew replacing ties with cracks,  
eventually became quite off track.

Became a waiter in a classy joint,  
non-stop complaints, poor pay finally led to the tipping point.  
Chicken farming not what it was cracked up to be. So much  
scrambling and losing stealth, started to become a shell of  
himself.

Driving a hearse leading the procession, constantly handing out  
tissues,  
no end to dead issues.

Wow! Elected to the town council, too many side chats ending  
in tit for tats,  
decided to hang up his hat.

Became a successful head-hunter using his vast resume,  
helping hundreds find their way.

We recently spoke, he's happily married with 2 kids. Very  
active in a wonderful church,  
while in the midst of his latest job search.

### TRAFFIC SAFETY ANNOUNCEMENT

***Please drive slowly and carefully  
within our community making sure  
to come to a full STOP at stop signs.  
Use your directions signals and  
please obey the Greenbriar at Whit-  
tingham SPEED LIMITS.***

***Our streets are our sidewalks!  
Everyone who lives here is upset  
with the speeding on our streets and  
yet the vast majority of those who  
speed LIVE HERE!***

**GW FRIENDS PRESENTS...**

# Maci Miller Jazz

**MONDAY, SEPTEMBER 29**  
**AT 7:15PM IN THE**  
**TOWNE CENTRE BALLROOM**

**Long Story...**  
"Miller is one of those singers they say has something... Indeed she does: talent" — "well worth making an effort to hear"  
— Richard J. Schwartz, All About Jazz

Somewhere near the intersection of Norah Jones and Billie Holiday, you will find Philadelphia's soulful and stylish singer, Maci Miller. Whether she's interpreting the Great American Songbook or her own compositions, Maci captivates and entertains around the globe with her unique vocal blend of jazz, pop, and blues.

On recordings and live stages, Maci has worked with some of the greatest in the business, including trumpeter Steve Jankowski (Nile Rodgers, Chicago), saxophonist Larry McRenne (Woody Herman, Buddy DeFranco), Dr. John (Mac Miller), and the late Dianne Carroll (Dimitrios). Pappas (Celine Dion's Musical Director), and the late, great George Moustakaz (Shirley Horn), to name just a few.

Maci has sung in legendary venues such as the The Jazz Room and Benny's Skylight Room in NYC, Orloff's and Chris's Jazz Cafe in Philadelphia, Caesar's Palace in Las Vegas, and Billy's Harrah's and the Casbah in Atlantic City. Her travels have also taken her to the iconic Bamboo Bar in Bangkok, Thailand for several extended runs. Adding to her extensive musical experiences, Maci is a featured guest vocalist with numerous notable symphonic orchestras, big band and pop concerts, and cruise ships.

The GW Friends membership meeting will start at 7:15PM, followed by our guest entertainers. This special musical event is open to all paid-up GW Friends members. If you are not a paid-up member, bring a personal check with you, payable to "GW Friends." 2025 membership is \$10 per person.

**Hot Coffee and Snacks served**

**QUESTIONS? CONTACT MARK SURKS AT MSURKS@COMCAST.NET**



## The Performing Arts Club

will be releasing the "Cooking with PAC" recipe book very soon, filled with tried and true recipes from your friends and neighbors. The book is being offered at a price of \$12.00. If you are interested in pre-ordering a copy, please enter your name, address and cell phone number in the space provided below. Checks should be made out to PAC and dropped in box #25.

Name (First Last) \_\_\_\_\_ Address \_\_\_\_\_ Cell No. \_\_\_\_\_

### Cooking with PAC

Greater Monroe Chapter

## ORT AMERICA

A global education network driven by Jewish values and traditions, promoting people and communities for meaningful and authentic success.

**Come Play with Us!**

### ORT GAME DAY

(Canasta, Mah Jongg, Bridge, Poker, Dominoes, Scrabble, etc.)



September 17, 2025  
All are welcome

Greenbriar Ballroom - 11:30 AM  
\$32/person  
Lunch will be catered by:  
**Tuscany - Old Bridge**

Assorted wraps: Grilled Chicken, Turkey and Eggplant/Grilled Veggies  
Salads: Greek Salad, Farro and Pasta Bruschetta  
Desserts: Fruit Salad and Cookies  
Coffee, Tea and Water



For more information call: Barbara at 609-642-6523

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Please list all those that will be at your table: \_\_\_\_\_

Please request form and all checks (made out to GWT) together in one envelope and place in box 18 by September 19, 2025

EVERY THURSDAY

## BREAKFAST CLUB AFTER DARK

**\$13.99 PRIX FIXE BREAKFAST FOR DINNER\***

TOAST, FRUIT CUP, CHOICE OF ENTREE, AND CHOICE OF SIDE

\*CANNOT BE COMBINED WITH OTHER OFFERS

### PAJAMAS ENCOURAGED

800 Whittingham Blvd., Monroe Township, NJ 08821  
Reservations accepted at Whittingham and the 800 Ball Room NJ ballroom  
Open 10:00 AM to 1:00 AM, Monday through Saturday  
Call us to reserve a table 732-338-4300

Thursdays  
Starting at 4 PM

# Windows Pain: Windows users pay close attention!

by Mark Surks

If you are a user of an Apple computer, you are in luck. This headache doesn't apply to you. You can turn the page and read something else or relish in the misery PC owners are about to face. If you are a Windows user, you must pay close attention.



Windows 10, which is what you are likely using, has entered its 10th year of service and it is exhausted. It is counting its days until retirement, just like we all did! The world's most popular operating system is about to join all of the other obsolete Windows iterations taking its place alongside Windows 3.1, Windows 95, Windows Me, 98, XP, Windows 7 and (ugh) Vista, in the fictional Museum of Obsolete Operating Technology or MOOT. MOOT by the way, is running out of space trying to collect 50+ years of old operating systems. Remember Unix? Well, come October 14th 2025, Microsoft will no longer push security patches to Windows 10 users.

So what does that mean? If you type "Windows Updates" in the Search Box on the bottom left corner of the screen at the top of the column, it will provide you with a link to your Windows Update Page called "Check for Updates". Here's a portion of mine.

At the top of the page you see the date the last time Microsoft automatically updated your Operating



System (which is the vital task Windows performs. Windows is, in fact, your Operating System). The date should be quite recent. Mine is today, but it may show a short time earlier, but not months or years earlier.

Security patches are sent to us invisibly when the computer is on and connected to the internet. If your Windows Update is not recent, your computer is set to deny Microsoft the ability to push patches to you. Get someone to correct that for you. It is not good for your computer not to be getting these updates.

Even 10 years of W-10 and thousands of patches, the bad guys constantly find security holes and Microsoft constantly fills those holes. When they do, they send out a patch thus keeping Windows strong and muscular and

standing ready to face the next challenge from some creep in his Mom's basement in the former Soviet Union. After October 14th, Microsoft will no longer send patches to Windows 10 users. The world's most popular Operating System will no longer be supported by Microsoft.

So what does that mean? While your computer is always vulnerable to those wishing to do harm, the security support that Microsoft provides does all it can to minimize that risk. Keeping your computer up to date is really an important part of responsible computer use. Your computer came with "Accept Microsoft Patches" as its default setting, so unless someone changed it, these patches have been updating your computer silently while you stare endlessly at Tik Tok videos.

In consideration of Microsoft's decision to drop support for Windows 10, for some time now they have made Windows 11 free to download for all owners of Windows 10. Cool, let's all do that and keep the party going. Well, for some of us, there is a catch.

Some Windows 10 computers are unable to run Windows 11. It depends on which version of the Trusted Protection Module (TPM) you are using. The TPM is part of the security system of the computer. Only more recently sold Windows 10 computers have the necessary TPM in order to run Windows 11.

Luckily Microsoft made it easy to find out if your computer is compliant without actually opening the hood. Look at that Windows Update page you opened from the search box and you will see "Click on the check hardware requirements" over on the right. This will report back to you if your computer is Windows 11 compliant. If it is, there you can download Windows 11 for free and the rest of this article is of no value to you.

Don't count on it though. Less than half the computers running Windows 10 have the appropriate TPM version and therefore cannot be upgraded to Windows 11. These PC's are just waiting their turn for a spot in a landfill. Having said that, if your computer is not Windows 11 compliant, you do have some options.

**First off, you can do nothing.** Say you never read this potentially Pulitzer Prize winning article and know nothing about the October surprise, or say you just don't care. Your computer, operating under Windows 10, will continue to do everything it currently does without interruption well into the future. October 15th will look just like October 13th and the thousands of days before it. Know this though, come October 14th those security updates will

*Continued on Page 42*



indeed cease, thus putting your computer at risk as you go about your day looking at what other people had for lunch yesterday on Facebook.

**The next option is to buy a new Windows 11 computer.** It will come with many years of free security patches as well as all the new AI features, whatever they are. This is already happening. Computers loaded with Windows 11 operating systems are flying off the shelves and come October, sales will explode as we are obviously evolutionarily prone to procrastination. Nothing else can possibly explain why waiting in line at a Post Office at 11:45 PM on April 15th For a postmark is a thing.

A word about Windows 11. It does have few new features, but largely it will act like your old familiar W-10 machine. Even many serious computer users have found little motivation to outright replace their computers if they were not eligible for the free download. These folks will surely be doing something now as they will not allow themselves the security exposure.

You may be able purchase to an Extended Security Update (ESU) package for \$30.00 for just a single year. After that year, you are again exposed and must choose one of the other alternatives. With this ESU though, Microsoft will continue to supply your Windows 10 computer with security patches until October of 2026. You really have to look at this as an extended warranty. Microsoft warranted the product for many years now and if you want to continue the warranty service, there is a fee. If your computer is ESU eligible, it will offer you that option on the Windows Update page. Now this may not happen until late August. If that offer is available to you either for free or \$30 you can enroll on that page, at that time.. If come the end of August no ESU offer shown, none is available for your particular device.

So, to recap.

- *You should see if your computer is compatible with Windows 11. If so, download it for free and you are good to go.*
- *You can replace the computer with a new one which will automatically come loaded with Windows 11.*
- *You can purchase the ESU from Microsoft for just a year, if your computer is eligible.*
- *You can do nothing and just run the risk of something bad happening.*

- *There is actually one more option. Many computer savvy folks are leaving Windows altogether in favor of a free public domain operating system called Linux. It is not likely a good option for most of us, but a lot of computer geeks are breaking ties with Microsoft this way.*

So what can really happen if you are not receiving the Microsoft security patches? Maybe lots, maybe nothing. Increased vulnerability to malware, cyber attacks and stolen financial information could result. Not having the latest security updates is kind of like leaving your front door unlocked. It doesn't mean someone will walk in, it just means if they try to, they will succeed.

Now you may say I have Anti Virus software and Malware protection. This is a good time to advise that *you really really really need both of those AND* up to date Operating System patches from Microsoft in order to be properly protected. All three of these services are vital to your computer security and in the world in which we live, computer security and personal security intersect to a frighteningly great extent. Furthermore, free Anti Virus and Malware protection is not enough. Pay the annual fees to get the robust versions of these enemies of evil.

According to Zac Hoffman in an article in the March issue of Forbes *"The nightmare scenario of hundreds of millions of PCs all falling off support on October 14 is certain to be exploited. Cybercriminals are a crafty bunch, and they're always on the lookout for outdated systems to exploit. An unsupported OS (Operating System) is like an open invitation for these attackers. Once they're in, they can steal sensitive information, install ransomware, or use your system for their own nefarious purposes."*

There is nothing here to panic about, but you do have to act in order to minimize your risks. If you want help, we do have a computer club. It meets on the second Wednesday of the month via zoom. There you can get some questions answered.

I have been following this matter and have researched it. I asked computer experts to look over what I have proposed but I am far from expert in this matter. I think I have the basics right though. That is, come October you should either buy a new computer or purchase the ESU from Microsoft if you are eligible. If you have a computer guru in your life, reach out to them for more information.

Email [gwmonroepulse@gmail.com](mailto:gwmonroepulse@gmail.com) and we will get you a zoom invite link for the next meeting of the computer club. Better yet, forget the computer club. Just ask your grand kids to take care of all of this nonsense for you while you are out at the pool sipping Chablis.

# The Sherlock Holmes Club

by Paul Hartnett

Sherlock Holmes and Dr. Watson go on a camping trip, set up their tent, and fall asleep. Some hours later, Holmes wakes his faithful friend. "Watson, look up at the sky and tell me what you see." Watson replies, "I see millions of stars." "What does that tell you?" Watson ponders for a minute. "Astronomically speaking, it tells me that there are millions of galaxies and potentially billions of planets. Astrologically, it tells me that Saturn is in Leo. Time wise, it appears to be about a quarter past three. Theologically, it's evident the Lord is all-powerful and we are small and insignificant. Meteorologically, it seems we will have a beautiful day tomorrow. What does it tell you?" Holmes is silent for a moment, then speaks. "Watson, you idiot, someone has stolen our tent!"

In the Sherlock Holmes Canon (4 novels, 56 short stories) written by Sir Arthur Conan Doyle, Holmes would never call the Good Doctor an "idiot" or any other condescending name. Please do not be misled by the bumbling Nigel Bruce portrayal in the 1940's Basil Rathbone as Sherlock Holmes films. Dr. John H. Watson was a University of London graduate, a courageous British Army doctor, who was wounded in action in the Afghan War. Watson was a Victorian gentleman in every sense of the word, a steadfast friend and companion who would drop everything at a moment's notice to accompany Holmes on one of his often-dangerous cases.

This month's short story for discussion, *The Adventure of the Dancing Men*, begins as what would appear to be a childish prank that soon develops into one such dangerous case. Hilton Cubitt consults Holmes regarding the meaning behind a series of stick figure messages that terrify this Norfolk squire and his American wife. This story has it all: mysterious codes, gangsters, a love triangle, murder, and one of Holmes's greatest crime-scene investigations.

The *Middlesex Constabulary*, The Sherlock Holmes Club of Greenbriar at Whittingham, will meet on Wednesday, September 24th at 4:30 in the second-floor meeting room. No dues, no obligation, just fun! Join us and learn about the Great Detective and his trusty companion, Dr. Watson. The fireplace is lit and the Victorian era awaits...it is always 1895...and it's time to turn off that cell phone and drift away to a simpler time and place.

Please read the short story prior to the meeting. It is available for free online at: *Sherlockian.net* > *Investigating* > *60 Original Stories* > *The Adventure of the Dancing Men*, as well as other sites. New members are always welcome.

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

## "SUMMERTIME AND THE LAUGHING COMES EASY!"

**The Performing Arts Club (PAC)** will be presenting its first annual "Summer Showcase" on August 24 at 2pm in the ballroom. Come and enjoy original skits, poetry, videos, and music by many of your creative friends and neighbors who make up PAC. We are continually amazed at the talented group of performers who grace our stage. Come see for yourself!

Tickets are on sale as of July 1st. \$7 for PAC members and \$10 for nonmembers.

**BUT WAIT, THERE'S MORE!** Tickets for the much anticipated PAC production, "At the Oscars," on Oct. 31, Nov 1 and 2, will go on sale Sept 15. \$12 for PAC members and \$15.



#### Board Members:

- Felix Vazquez, President [f.vazquez151@verizon.net](mailto:f.vazquez151@verizon.net)
- Ron Sacoff, Vice President [havv088@icloud.com](mailto:havv088@icloud.com)
- Andy Goodman, Treasurer [agoodman20@comcast.net](mailto:agoodman20@comcast.net)
- Garry Klein, Secretary [garryaklein@yahoo.com](mailto:garryaklein@yahoo.com)

#### Join the Club:

Annual dues are just \$10. Please make checks payable to GW TENNIS CLUB and drop them off at Mailbox #7 in the Towne Center Library.

Questions? Contact Andy Goodman at [agoodman20@comcast.net](mailto:agoodman20@comcast.net)

#### Monthly Meetings:

Join us on the 3rd Saturday of each month, at the Towne Center

#### GWTC Scheduler:

Feel free to reach out to our Tennis Club Scheduler, Ron Sacoff, via text at 917-709-0039 for more information or if you have any questions

#### Upcoming Highlight:

Tennis and Pickleball Club Member's watching USOPEN 2025 matches in September

# PAC

## AT THE OSCARS

*October 31*

7:00 pm

*November 1*

7:00 pm

*November 2*

1:00 pm

Join us for the Performing Arts Club Fall Show  
in the Towne Centre Ballroom

Tickets go on sale September 15, 2025

Members **\$15**  
Non Members and Guests **\$17**

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

For more information, please contact Gerrie Pasquin 732-837-4939 or Maria Barthel 732-580-5488

*Greenbriar at Whittingham Community Presents*

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BUS TRIP FROM GW TO

# NYC

*The Theatre District*

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**Do you have tickets to see a show?**  
**Do you want to enjoy a day out?**  
**Join us & bring your friends!**

\*

**Wednesday, September 17, 2025**

**Departs GW at 8:30 a.m.**  
**Departs NYC at 5:30 p.m.**  
**\$30.00PP, Checks Only Payable to WHOA**  
**SIGN UP TODAY WITH THE CONCIERGE**  
**Non-residents are welcome!**  
Refunds only if the trip is sold out and seats are resold.

# MOTION

## is LOTION with ELLEN

*Join me as we help manage our aches and pains through MOTION!*

**TEAM WEIGHTS:** Mondays at 10AM (Ballroom)

**TEAM MOTION:** Wednesdays at 10:30AM (Ballroom)

Using either the weight of our arms, free weights, bands or balls we will stretch and flex helping our arthritis, joint replacements and our backs! (Free weights are optional.)  
\*Chairs will be used as one of our many tools to help us manage our motion.

**NEW CLASS\***

**TEAM BODY:** Thursdays at 10:30AM (Poker Room)

We will be using ONLY our BODY WEIGHT and balls. Challenging our cores and stretching while using **MATS** and or a chair. These motions are to strengthen our backs and core. Using a Pilates style training making TEAM BODY different from my other two MOTION programs.

**I will provide bands and balls as needed.**  
**Just bring free weights (optional), water and your sense of humor!**  
**For only \$10.00 per class you get to join TEAM BODY with me,**  
**Ellen Rubin Trainer and TEAM Program Creator.**  
*Listening to fun music, making friends while getting healthy!*  
**Don't say "you're too old"! MOTION is LOTION**  
**Please call Ellen for more information at 917-751-3085.**



Looking to form a new club!

# IRISH AMERICAN CLUB

**MONDAY, SEPTEMBER 8TH**

**Come to see if you'd be interested in  
being part of The Irish American Club.  
We will meet at 4PM in The Upstairs  
Poker Room on 9/8/2025.**

**EVERYONE WELCOME!**  
**QUESTIONS? CALL BOB 732-991-6468  
OR FRANK 848-223-4523**

## Introducing ... Greenbriar Chess Club



Join us to play and to connect with fellow chess  
enthusiasts!

When: First Friday of the month at 2 p.m.  
Where: First Floor Boardroom (main floor)

**Everyone welcome!!**

For more information call Anatoly Shpirt at  
347-693-8791

## Holiday Greetings 2025-2026



This year we are once again collecting \$10 per person to list your name in  
our bulletin **for both** the Rosh Hashanah and Passover Holiday Greetings.

Rosh Hashanah begins the evening of Monday, September 22, 2025. High  
Holiday greetings submitted by August 9<sup>th</sup> will appear in the September  
bulletin. Those greetings that are submitted after August 9<sup>th</sup> will appear in  
the November Bulletin.

The greetings for Pesach, which begins the evening of Wednesday, April 1,  
2026, will appear in the March 2026 bulletin.

Questions: Linda Surks, 908-307-4380

Please mail information below with a \$10 check payable to Hadassah. Mail to:  
Greenbriar at Whittingham, 100 Whittingham Drive, Monroe Twp, NJ 08831 - Attention:  
Lockbox 24-Holiday. You can also place it in Lockbox 24 at the GW Towne Centre.

Please list me in the Bulletin Greetings for the High Holidays & Passover.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Name as to appear in the bulletin: PLEASE PRINT CLEARLY

HADASSAH



Net proceeds will support Hadassah's Gandel Rehabilitation Center in Israel.

## September 2025

by Kristin Puriza, Lifestyle/Facilities Director

### Movies in The AC/Dance Room:

Saturday, September 13, 2025 at 1PM:  
Almost Family – TV-PG – 1h21m

Sunday, September 21, 2025 at 1PM:  
It Ends with Us – PG-13 – 2h10m

### Casino Bus Trips:

Atlantic City Resorts  
Wednesday, September 3, 2025  
\$30 Per Person (on sale now)  
\*\$18 Slot Play

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

Wind Creek Casino  
Wednesday, November 5, 2025  
\$30 Per Person (on sale September 23rd)

### Ballroom Shows:

Music of Crosby, Stills & Nash  
Saturday, September 27<sup>th</sup> at 7PM  
Tickets are on sale now.

The Real Diamond Band:  
A Neil Diamond Tribute  
Saturday, October 18<sup>th</sup> at 7PM  
Tickets are on sale Thursday, September 4<sup>th</sup>

SAVE THE DATE:  
11/16/2025: Barry Jason Brunch

### NYC Theatre District Bus Trip:

Have tickets for a show or would you  
like to just explore NYC for the day?  
September 17, 2025  
(\$30 per person, on sale now)

# We Are a Vibrant Community

By Michelle Polk

This statement has a different meaning to different people. It could mean that we have a lot of activities to participate in. It means that are community is well kept. It could mean that we each maintain our property and our resale value is high. It could mean that we look out for our neighbors.

Last week I met up with a gentleman who did not remember me. As it turns out he has a lot on his plate. But not food. In fact he has lost approximately 20 pounds recently. Unfortunately his wife is ill and he now has to step up to the plate and accomplish all those things that his wife did. BUT he is not experienced in doing so. Sound somewhat familiar where the woman in the household and marriage does it all and when illness sets in the male needs to assume the responsibilities but he does not know where to begin?

Those of you who know me know that it gave me the opportunity to step in and provide resources. A former school counselor and social worker I can provide phone numbers and resources immediately. Our first stop was Karen, our lead nurse from St. Peter's, who had brochures available for options for the necessary help.

Monroe Township has a handicap accessible bus to transport seniors to shopping or doctor appointments. Our own Lifestyle and Facilities Director, Kristin Puriza, provided a Health Fair recently and I attended for viable resources. Tom Morris, Owner and Eldercare Advisor, was there and will assist at no cost to locate a senior a placement service simply by contacting him. In addition a couple was following us down the hall and overheard our conversation and reached out to my friend and asked if he liked noodles.

WE ARE A VIBRANT COMMUNITY here to help our neighbors.

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

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