

Vol. 2, No. 6 - September 2026

Greenbriar at Whittingham PULSE



"Yesterday's Ladies" by Wintons Way resident Michael Pascucci

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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.

Articles are to be in .doc or .docx (preferred) or email. Flyers .pdf. Pictures .jpg, jpeg.
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We reserve the right to edit all materials.

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

The State of Education

By Herb Saperstein

Another professor has joined the chorus of scholars warning that students' reading skills and attention spans are abysmal.

Writing in the Chronicle of Education, literature Professor Tyler Jagt told of an assignment for his rhetoric and writing class that asked students to read a 20-page paper. Not one student finished the paper.

“It was the same length I had assigned for five years and the same length I had read without complaint as an undergraduate a decade ago,” wrote Jagt, who has taught literature and critical writing at Mercer University, James Madison University, and Wake Forest University.

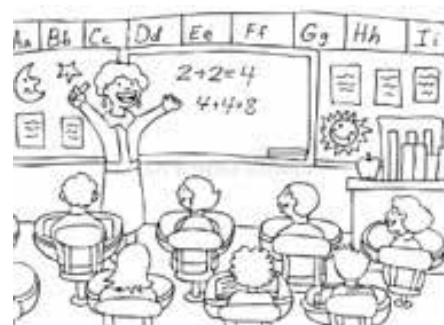
“When I asked why, a student answered honestly: It was too long, and she kept losing track of what the paper was about. This was not a remedial class: These were students who had cleared the admissions process and written essays good enough to get them here. Yet a routine academic reading assignment had defeated them.”

Jagt is not alone in sounding the alarm on students' lack of reading skills and attention spans today. As *The College Fix* has previously reported, some college students struggle to read even a handful of sentences. Some Ivy League students can't finish an entire book. In fact, some students do not have enough of an attention span to finish a movie anymore.

Jagt, in his piece in the *Chronicle*, cited three main problems contributing to the situation: the ramifications of smart phones, AI, and common core.

“My students from districts that protected sustained reading through small class sizes, strict phone policies, and faculty who refused to teach to the test all arrive with their attention relatively intact,” he wrote. “My students from districts that surrendered to devices and standardized testing arrive cognitively winded.”

“A democracy that requires a literate electorate is now training one fraction of that electorate out of literacy while marketing to the other a “deep work” lifestyle as a luxury good. The students who cannot read a 20-page article today are the voters who will not be able to read a bill, or the jurors who cannot follow a closing argument, tomorrow.”



Michael & Terry Satran

David & Larissa Klots

Anita Mathes

Vincent & Mindy Mangia / Patricia Yellin

Sunil & Vipla Kumar

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

**WE HAD THE MINISKIRTS, THE BELL BOTTOMS,
THE MUSCLE CARS, AND THE SOUNDTRACK OF
THE BEST MUSIC EVER MADE.
OURS WASN'T JUST A GENERATION, IT WAS
A VIBE THE WORLD WILL NEVER SEE AGAIN.**



After Hours Club

By Lori Filik

The After Hours Club had a wonderful evening with food catered by B Bistro and entertainment by Touch of Class. We celebrated birthdays, anniversaries and welcomed new members. It is such a pleasure to see our members enjoying themselves by dancing and catching up with old friends while making new friends and lasting memories. We get together the fourth Friday of each month and you can find our flyers in the clubhouse. Give us a try and embrace the journey.



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Another GW Resident Has Book Published

By Mark Surks

No sooner do I write about GW resident Wayne Baruch having a book published when another of our residents has been published.

Westboro Lane residents Anatoly and Gayle Shpirt edited a memoir of Anatoly's father Vladimir Shpirt. Translated from the original Russian by Anatoly, it is the autobiography of a Soviet era scientist and inventor of semi conductors.

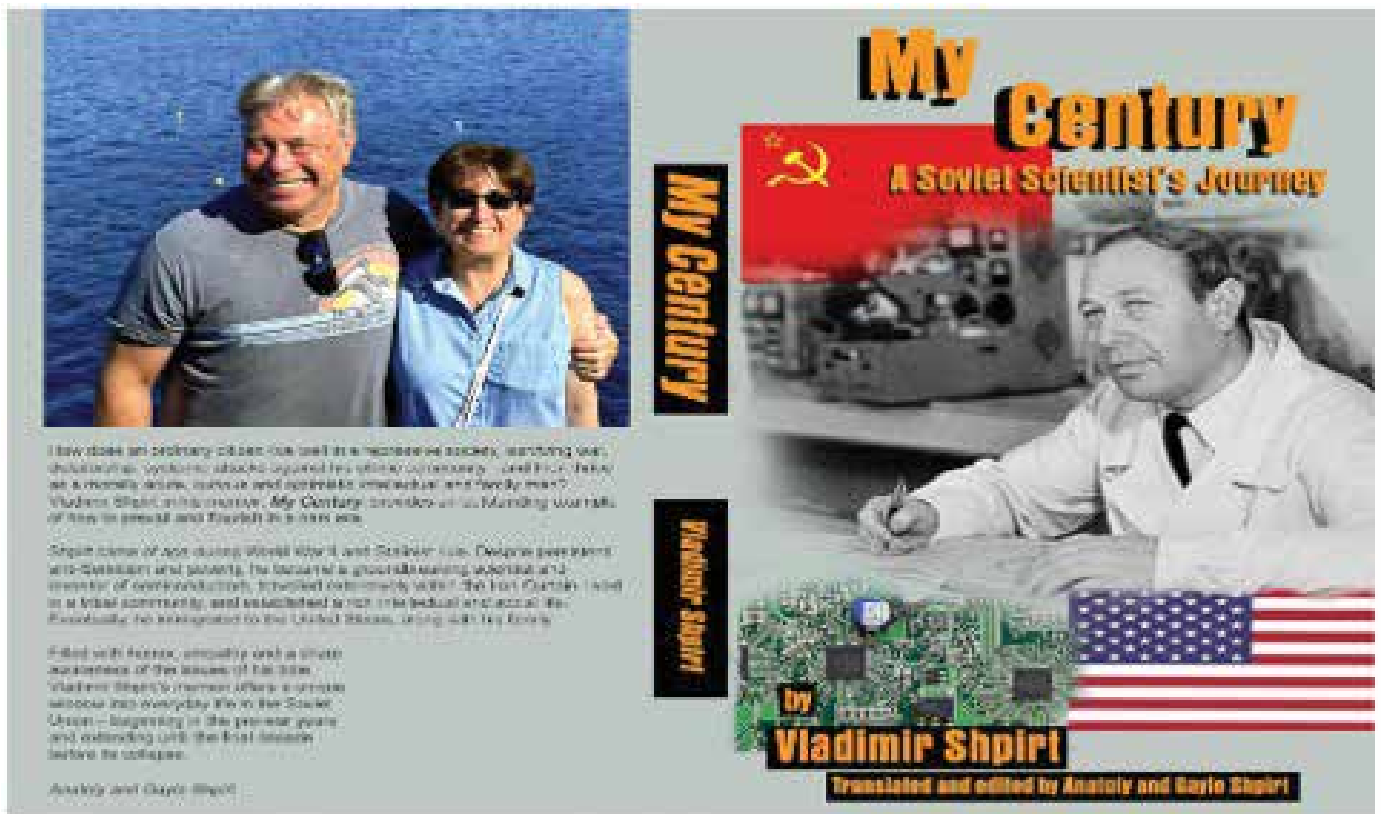
From the publisher: How does an ordinary citizen live well in a repressive society, surviving war, dictatorship, systemic attacks against his ethnic community - and then thrive as a morally acute, curious and optimistic intellectual and family man? Vladimir Shpirt in his memoir, *My Century*, provides an outstanding example of how to prevail and flourish in a dark era.

Shpirt came of age during World War II and Stalinist rule. Despite persistent anti-Semitism and poverty, he became a groundbreaking scientist and inventor of semiconductors, traveled extensively within the Iron Curtain, lived in a tribal community, and established a rich intellectual and social life. Eventually, he immigrated to the United States, along with his family.

Filled with humor, empathy and a sharp awareness of the issues of his time, Vladimir Shpirt's memoir offers a unique window into everyday life in the Soviet Union – beginning in the pre-war years and extending until the final decade before its collapse.

Anatoly is active in many things here at GW including chairing the Chess Club. Gayle as well is involved in quite a few things including being a contributor and editor of *The Pulse*.

The book is available on Amazon. Use the QR Code at the right.



ON THE COVER

THE SCULPTURE "YESTERDAY'S LADIES" BY WINTONS WAY RESIDENT
MICHAEL PASCUCCI WAS PART OF A RECENT EXHIBITION AT ARTWRKD
IN NEWTOWN, PA

All About The Beat Club: Big Things Coming

By Debbie Harbatkin

We have some big news about our September 16th get-together, so keep your eyes and ears open. Due to the early deadline for this issue of the Pulse, we are not quite ready to divulge the details but we can offer it is sure to be a very entertaining evening!

On the inaugural night of July 15, the club sponsored an open house for all Greenbriar At Whittingham residents, which included music by DJ Joey A and dessert with coffee. More than 100 residents came out to mingle, meet and learn what the club has in store and the goals for the future. It was a very successful first evening where so many residents expressed great excitement and desire to be a part of this new experience.

Writing this before the event, but on August 19th the All About The Beat Club sponsored a showing of the documentary "**Standing In The Shadows Of Motown.**" After the movie, members had the opportunity to further investigate the genre and listen and dance to the music that made Motown a favorite of many generations.

On September 16, the club has planned a live performance. Watch for more details about the show, which will be *free* to **All About The Beat Club** members and open to non-members from the GW community for a \$5 ticket fee at the door.

Meeting monthly on the 3rd Wednesday in the Towne Center Ballroom: Members will enjoy live performances by bands and entertainers, movies and media about music and music history, speakers on a range of styles and studies of genres of music through the decades. Group discussions will highlight stories from residents who have studied music, encountered famous musicians and how and what happened, musical education on diverse topics. The stage is set for a world of musical discovery. Each month will be a different theme, and each topic will be varied to appeal to a variety of ages and tastes.

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

Membership in the **All About The Beat Club** is \$20 per person per year. The dues will help offset the costs of live performances, guest entertainers and the cost of materials, snacks and coffee for our meetings. Those who purchased tickets to the **Rockology** show and got the \$5 credit on membership will still be honored when they purchase a ticket to the rescheduled show later this year.

To join the club, see the official flyer in this edition of the Pulse and also on the Greenbriar At Whittingham Recreation section of the website or Facebook group, find a copy of the flyer in the rounder in the Towne Center lobby or include your name, address, phone number and email address on a piece of paper and include your check for \$20 per person made out to *GWBeat* and place it in mailbox #20 in the Towne Centre Library.

It's All About The Beat GW!

"It's never too late to have a
happy childhood."

Tom Robbins, Still Life With
Woodpecker



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Street Photography for Beginners

By Roy Goldschmidt

Street photography is about courage, mindfulness, and the ability to see beauty in everyday moments. Unlike landscape or macro photography, the city offers not only opportunities to work with light and composition, but also to connect with people, their stories, and your own boundaries. You'll overcome your fears, photograph people respectfully, make the most of the city's hustle and bustle, and capture images with soul.

Street photography doesn't begin when you press the shutter—it starts with observation. Before you reach for your camera, take a moment to acclimate with your eyes and ears. Try standing still for a while—at a busy intersection, in an underpass, in a bustling square. Watch the rhythm of the place—how people move, where they pause, how the light falls on different surfaces. What's happening in the shop window reflections? Who's standing still, who's running, and who stopped to check their phone?

Notice the different kinds of people you see. Tuck them away for now in your "mental notebook." Don't photograph them yet. Observing first isn't a mistake; it's part of the process. If you start to feel invisible, that's fine. And if you feel like someone is watching you, that's valuable too. You are getting used to the role of a photographer in public spaces. And when something catches your attention, jot down the idea or situation. Observation is the first step toward a great shot.

Choose a theme for your street photography. For example, the color yellow, bicycles, and people with umbrellas. Spend the day photographing only that. This helps you cut through visual clutter and focus your attention.

In many countries, it's legal to photograph and publish images of people without their consent if the artistic intent and purpose are reasonable. In other words, not meant to humiliate, intrude, or degrade. When in doubt, ask. If someone asks you to delete a photo, do it.

Street photography isn't about catching people off guard. It's about the photographer's relationship with the city, with everyday life, and with the people who inhabit it.

September 16th is our next scheduled meeting at 7:00PM in the upstairs card room. Rich Polk will be speaking and sharing pictures about his Great Smokey Mountain Trip.



GW CHESS CLUB

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

Contact Anatoly Shpirt at 347-693-8791

Beginners are encouraged to attend.

GW Artists Recognized

Two Greenbriar residents were proudly recognized and awarded for their artwork! The event was the annual Middlesex County Senior Citizens' Art Show and Contest with a reception for winners and participants hosted by Middlesex County College.



Audrey Roth was honored to win first place in the category of Professional Pastels with her piece “Time for a Break”.



Frances Gunther was awarded first place in the category of Professional Mixed Media. Her collage called “Reading in the Subway before Cell Phones – 1980” won this honor.

First place winners throughout New Jersey will have their artworks displayed in the NJ Senior Art Exhibit at Meadow Lakes Senior Living Community located at 300 Meadow Lakes, East Windsor from Sept 28th through November 4th, Monday through Saturday. 10:00 AM to 4:00 PM. It is open to the public.

“I would much rather people ask why I have no statue than why I have one.” Cato the Elder

GW Connections: See You In September!

By Michele Sandler

Ben Franklin visited the GW Connections meeting in our Ballroom on August 3. It was an amazing evening. At the ripe age of 320 years, he was still able to share many fascinating tales of his youth, successful business ventures, contributions to the common good, and much of the wit for which he is remembered. In fact, it was the talented and well-informed Robert DeVitis who portrayed the famous Founding Father. He captivated the audience with many little-known stories about Franklin's life. It was another wonderful evening to enjoy with friends, savor dessert, and go home with much to ponder.

Another success that evening was the group's annual school supply drive for the residents of HomeFront, one of the charities it supports. Attendees were incredibly generous, and a mountain of donations was received.

Monday, November 2: Save the Date! Our meeting in the GW Ballroom will be a bit different. Jay Daniels, pianist, vocalist, and musical storyteller, will perform. His warmth, wit, and depth of knowledge come alive in each of his performances. The general meetings are FREE and open to everyone. Please invite your friends to participate.

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

Contact: Carol Cooper — 609-409-3860 Dues (May 2026–May 2027): \$15 (single) | \$20 (family)

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



GW Residents Civic Club

By Gary Filik

Once again the Residents Civic Club has an exciting opportunity to bring you new guest speakers and informative topics of discussion.

September 9, we will have the honor of hosting State Senator Linda Greenstein. She will focus on topics related to seniors. The Senator is a leader driven by her passion to serve the people she represents.

In October we will once again begin our annual Diaper Drive to assist families that are in need of help caring for their children. A portable crib will be set up in the lobby of the clubhouse to accommodate all donations.

We will also have a speaker reviewing important information on Medicare and Social Security.

Our meetings take place on the second Wednesday of each month at 7:30 PM. After the presentation, refreshments are served. Keep an eye out in September for our annual holiday fund flyer. This is your opportunity to thank the employee staff members who help us on a daily basis to make living here a pleasant experience.

Please come out and support all the events that the Residents Civic Club has to offer.



Singing is Therapy

By Janet Blau, Director of the GW Chorus

In my biannual articles or my speeches before our performances, I always emphasize that singing with others is much more than just fun. It gives us a sense of camaraderie and fulfillment.

Our chorus is like a second family to all of us, 55 folks strong. We become one out of many.

When we sing during our rehearsals, for 1 1/2 hours weekly, we forget our aches and pains, our sorrows, what needs doing and where we're going, and get lost in our music. We are not just a club or group, we are a unified voice. We mourn sad news and celebrate good news together. Like a family, sometimes we argue (about the way a song should be sung) but mostly laugh and the good feeling among all our members remains a wonderful bond.

We also welcome new members with open arms, happy to enfold them into our musical experiences. We meet every Thursday morning in the ballroom from 10:00 - 11:30. We never hold auditions. The only requirement is the love of singing and of music. I always have extra song sheets and binders with me for anyone who would like to join. Of course, each Thursday, everyone needs about 15 minutes to catch up on all the news from the rest of our members. Then it's time to start singing.

What follows below was posted on Facebook and was forwarded by one of our wonderful members, Ora Shapiro. Please take a few minutes to read it and you will understand why we love to sing and what singing does for us. I hope some of you will be inspired to come and join us.

You were taught that singing is a talent, something you either have or you do not. Science says something different: singing is a biological mechanism, one that does something inside your body almost nothing else can.

Much of this research comes from Dr. Daisy Fancourt at University College London, who studied what actually changes in the blood and saliva of people when they sing. She found that singing triggers three separate biological systems at once: endorphins, your natural painkillers; oxytocin, the bonding hormone that lowers stress; and immunoglobulin A, a front line part of your immune defense. Three systems, switched on together, by your own voice. And singing is not just loud talking to the brain, it engages regions tied to emotion, memory, and reward differently than speech, so the same words, sung, travel an entirely different path. Think of your body like a pharmacy: most activities unlock one medicine at a time, while singing opens three at once, all free, no prescription required.

Ancient traditions seemed to know this long before the lab confirmed it, from Gregorian chant to Sufi devotional singing to healers across cultures who used the voice as a primary tool. One honest note, though: most strong studies use group singing in controlled settings, and solo everyday singing has fewer large trials, but across all of them, singing consistently improves mood, lowers cortisol, and activates immune markers.

So use your voice today, and it does not need to be good, your body responds to the act, not the quality. Five minutes, one song, or even a hum, which stimulates your vagus nerve directly.



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Entertaining Greenbriar At Whittingham

By Debbie Harbatkin

As the summer continues to heat up, the WHOA Entertainment Committee and our Recreation guru Kristin Puriza are bringing in some really cool shows to carry us into the fall. We've got Rock & Roll on tap through the decades in the very talented musicians heading our way.



We anxiously anticipate the arrival of Sir Elton, an Elton John tribute of his classic and timeless songs that have endured through the generations since his first hit "Your Song" released in 1970. Unsure whether this Pulse edition will be distributed before or after this show on August 29th, so I hope you enjoyed the show and can't wait to hear the reviews from our residents!

Next up is the fabulous voice of Pop and Country Diva Lauren Davidson, who will be performing her cover of "Mixtape Divas", the most popular songs recorded and performed by Rock N Roll Divas of the 70's, 80's and beyond. From Fleetwood Mac to Linda Ronstadt to Tina Turner to Heart, Lauren mixes in a wide variety of the best tunes, including from Janis Joplin, Blondie and Miley Cyrus. We'll be treated to a few of her own Diva hits as well, as Lauren has recorded and performed her own hits at places like Madison Square Garden, Chelsea Table and Asbury Park's Stone Pony, where some of Jersey's most famous home grown rockers have made their debut.

October brings back a band that our GW audience loved and a Jersey Shore local favorite, Vinyl Madness. This high-energy cover band performing classic rock, pop, and country hits from the 1970s through the 2000s, is most memorable for us for the great musicians led by an adorable and outstanding female voice from singer Alison Madill. Alison gave us all goosebumps with her National Anthem rendition to start the show. The band spent the summer thrilling audiences at sold out shows at some of New Jersey's top clubs, restaurants and outdoor events and we look forward to bringing them to our Ballroom!

We will close out our 2026 season with New Jersey's Favorite Oldies Group, The Cameos, a talented eight-piece Oldies, Doo Wop and Vocal Harmony group who create and perform their own unique renditions of the most popular songs of the 1950's 60's and 70's. This group has performed all over the East Coast for decades to the delight of audiences of all ages! If you know the name, you're going to love the show!

While it will be sad to see the season end but hang on to your winter gear for our ballroom to heat up in January when we will be entertained by a Supreme lady or two and we won't have to go a Bridge Over Troubled Waters to Take It Easy once again and you'll Go Your Own Way just to give a few hints!

Calling for Minyan Volunteers

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

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

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Traveler with a Camera

by Rich Polk

Gondoliers

No one symbolizes Venice more than her gondoliers. Straw hats and red striped shirts identify the city's combination of taxi driver, tour guide, and romantic evening facilitator. On canals that are off the beaten path, catching a passing gondola might require an extended wait, giving the photographer time to plan the shot in advance.



Which silhouette is more iconic: the gondolier with his hat or the chin-on-chest mesmerized stare at a cellphone?

Eyes on the canal, buddy!



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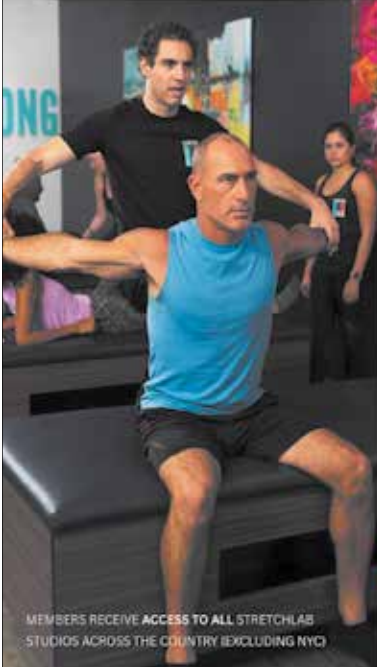
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News from the Golf Course

By Allan Cooper

Most people have a great time when they come to play golf at the Greenbriar Golf Course. Recently a couple, who does not live in our community, took the time to put their feelings into writing and we decided to publish their letter in full.

Dear Greenbriar at Whittingham Golf Course and Club,

We have been members of the club for twelve years, and every time we play there, be it in the men's or women's leagues or at reserved tee times, it's a delightful reminder of why this was the right choice for us.

From the meticulous manicured fairways and greens to the professional and attentive staff, this course plays and feels like a fine private club. There are an inherent warmth and friendliness to the club that starts at the bag drop, extends through the golf shop, and follows through with the starter and course rangers.

Indeed, we have found the Greenbriar at Whittingham Golf Course more than challenging for us, and for that matter, challenging for all levels of play with five levels of tees, from black to red, whether we play nine or 18 holes on this nine hole gem of a part 3, 4 and 5 holes with PGA yardage, handicap, and slopes. It's always great golf!

For us, the combination of the excellent quality of the golf course, the level of play opportunities, the availability of tee times, all come at a very affordable cost. The ambiance is unbelievable.

Our very sincere, thanks to the Golf Board, the Head, Professional, and entire staff of the Greenbriar at Whittingham Golf Course and Club for such a wonderful and fun golfing experience over the years.

Marilyn and Joel Littman

Stonebridge Residents.

The Golf Board, Head Pro, Superintendent, and the entire staff thank the Littmans for their very positive letter. We are very happy to hear about their wonderful experience on our Golf Course for which we are rightly proud, and to share their feelings with the rest of The Greenbriar at Whittingham Community.

In terms of current and future maintenance of the Golf Course, we judge the condition of the Golf Course to be excellent, for this time in the Golf Season. We have survived extremely hot weather, and some extremely heavy rain storms, and remained in excellent condition. This is due to careful and continuous aeration, fertilization, and sanding of the Fairways and Greens by our Superintendent.

This year, we hope to aerate all the greens in one day. This means we'll have the course back in playable shape as quickly as possible. The estimated date for this operation is Monday, October 5. Aeration of the fairways will probably start in the beginning of September.

People playing the course have noticed an unusual sight on the white tee box of Hole Six. There are two ropes delineating a path for the golfers to aim at. The trajectory aims at the center of the sixth fairway. This will prevent golfers on the white tee slicing the ball out of bounds and hitting homes on the extreme right side of the rough.

Some time in the fall, we will move the earth that constitutes the white tee box. This process will change the direction of the entire tee box so that it aims the golfer to the middle of the 6th fairway.

"3 - Fore - 10". The golf course is running a special deal. Residents are permitted to play 10 times as part of their belonging to the community. Any resident who commits to playing all 10 times can do so for the bargain price of \$300 for the 10 rounds plus tax. (Total price \$319.88) To sign up please call the Pro Shop at 609-860-6621.

The Golf Board meets at 11:00 AM on the fourth Monday of the month in the Poker Room of the Towne Centre.



"I was gratified to be able to answer promptly, and I did. I said I didn't know."

— Mark Twain

GW Friends: Summer Entertainment Continues

By Mark Surks

Monthly meeting September 28th We will enjoy a wonderful performance by Chris Roselle. Chris has been performing professionally for over 40 years. You will be thrilled and delighted by his performance.

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



First Monday History Club September 8th meets at 4 PM in the Poker Room. Mark Surks will present on the history of political cartoons. Pierre Rein expertly chairs this club. Contact him if there is a topic which you would like to present. We can assist you with any technology support you may need.

Chess Club First and Third Friday September 4th & 18th at 2 PM in the former Board Room in the building annex. Beginners are welcome.

Alan Hermelee Current Events Discussion Group first and third Tuesday of the month. September 1st & 15th in the Board Room. Come share your opinion and intellect with us. It is a wonderful way to give voice to your thoughts and learn so much from others. *Bring a topic!*

The Finance and Investing Group September 8th at 4:00 PM in the Poker Room. Jerry Gittler and Chester Trubinski facilitate the discussion about today's markets. This is an informative and entertaining group of both men and women.

Pizza and Pool (or just pizza or just pool). September 16th, This is always well attended. We meet at 12:30 PM at Ciro's and then on to the GW Pool Hall downstairs in the Towne Centre if you so choose. No reservations required.

Socrates Cafe will meet at 4:00 PM September 16th in the Poker Room. Topics chosen by the group from a list curated by the facilitator will be discussed. Socrates Cafes began in 1996 as a place for an open exchange of ideas. Our "Cafe" is hosted by Allan Cooper.

Marvin Bachman Book Club September 28th at 4PM to discuss *Eminent Jews: Bernstein, Brooks, Friedan, Mailer* by David Denby. The Marvin Bachman Book Club is always expertly facilitated by Harriet Bachman.

River Lady Cruise September 3rd See flyer for details and reservations.

Golf Outing September 14th at 9:30 AM One of the premier events of GW Friends will once again take place. See the flyer for details.

Health/Fitness and Wellness Club

by Stephanie Lichtenstein

Why do people gain weight as they get older?

You're not alone. After age 35, women in particular lose roughly a third of a pound of muscle each year, and that lost muscle is often replaced by body fat. With less muscle, your metabolism slows down, making weight gain more likely. Strength training is the most effective way to counter this. Lifting weights three times a week for 20–30 minutes, along with about 20 minutes of cardio, can help you shed an average of 9 pounds of fat—especially when paired with meaningful improvements to your diet. Choose a weight that feels challenging and aim for 1 to 3 sets of 15 repetitions for each exercise.

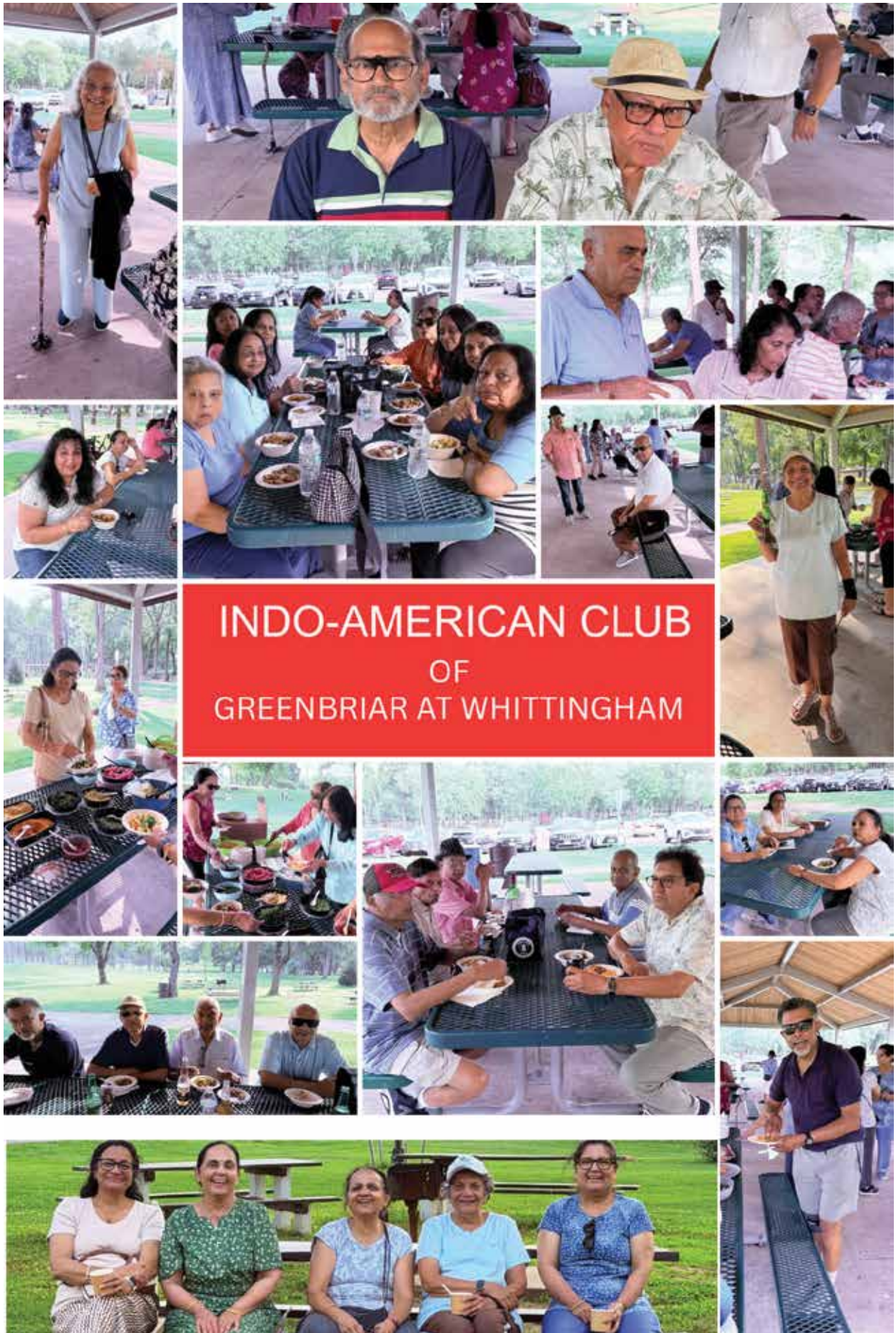


Aerobic exercise alone won't keep extra weight off. Building muscle is essential. Strength training increases your metabolic rate, meaning your body burns more calories even when you're sitting at your desk. A pound of muscle burns more than nine times as many calories as a pound of fat. Try to strength train at least three times a week to help keep those extra pounds away.

Upcoming events:

Sept 16 – Nutrition Oct 14 – Scan the body Nov 18 – Veronica Reiki Healing

Dec 16 – New You, New Year. Nutrition and exercise



GW Irish American Club

By Jane Azuma

The Irish Club Picnic is coming up on September 16, 2026 at 5:00 pm outdoors in back of the clubhouse restaurant! The picnic is for all Irish Club members to enjoy free pizza. Everyone is asked to bring their own beverage. There will be music and games.



Our Club has made progress in getting the club off to a good start as we now have By-Laws and Articles of Incorporation which has allowed us to set up a Provident Bank account as a new club recognized by the IRS. The Irish Club's official box number is #2 in the clubhouse library for members and new members to join or to ask any questions.

Please let us know by calling Bob 732-991-6468 or Frank 848-223-4523 if you are interested in joining the Irish Club so we can add you to our mailing list.

Ladies Club

By Carrie Ferraro

Our GW Ladies Club is more than just a group of women who get together. It's a community built on friendship, laughter, support and creating lasting memories. Throughout the month, we engaged in a variety of activities that brought us together. Our pool parties are always a favorite filled with great conversations, delicious food and plenty of laughter.

We also spent a lovely, relaxing day at Seven President's Beach in Long Branch, NJ where we enjoyed the ocean breeze, walks along the shore, and wonderful conversations. One of our most meaningful activities was participating in the ALS walk. Walking together allowed us to support an important cause while honoring those affected by this terrible disease. It reminds us that as a club we can make a positive difference.



Future activities include: Bingo nights, educational lectures, a night out at the Working Dog Winery, dinner at Clubhouse Cafe and a Mercer County Park walk.

We welcome new members to join us. Our meetings are held on the 2nd Monday of each month at 6:30 PM in the Ballroom. The annual dues are \$10 a year. Membership forms are available in the rounder located in the Clubhouse lobby.

Looking forward to meeting new members and enhancing our group of wonderful women.



Hadassah

By Joanne Sacoff

"September is just fall in a soft launch". And just like that summer is almost over. Too soon for me, but then again there are so many great activities coming up for not only our great Hadassah sisters but for everyone interested.

First is our annual Mums sale. Every year we sell the most beautiful pots of mums at exceptional prices in gorgeous colors such as white, red, yellow, purple and bronze. We sell these beautiful blooms for \$8 each or 3 for \$21. The last date to order these flowers is September 9th and you will be able to pick up your order in the upper parking lot of the Towne Centre on September 15th. Having purchased these flowers over the past several years, nothing is easier and they are beautiful. You drive up and the ladies put them right into your car. You absolutely must do your fall flower shopping with Hadassah. Any questions call Cheryl at 732 718 2247.

Next on our calendar is our September 23 meeting at 7pm in the upstairs poker room. We will be featuring Mr. Fred Miller who will be speaking about "The Other Jewish Song Writers". We all know about Irving Berlin or George Gershwin but who are these others?? Come join us and find out. Add to that, we are also featuring our first annual **Kugel Cook Off**. Note to my readers, rest assured this writer is NOT one of the kugel contributors. That being said, it should be a most delicious evening. Registration is a MUST.

As a former Maccabi games host, I am beyond excited to meet Mr. Jeff Bukantz, President of Maccabi USA. Jeff will share his experiences at the Maccabi games, the Olympics and the impact of Jewish athletes in sports. This will all take place on October 28th in the poker room. Many here in GW might find this interesting, so please know that everyone is welcome. We also will be putting out some very nice "nosh".

Please mark your calendars for November 16th and our Member Celebration evening. This is a **members only event** and we will be awarding Esther Swier with the Myrtle Wreath award for this year. The Myrtle Wreath Award is the highest honor bestowed upon individuals who make profound and lasting contributions to Jewish life, Israel, and their local communities. We will also feature comedian Ellen Karis, the "Greek Goddess of Comedy." We look forward to seeing you there to honor Esther and all of our Alisa members. If you would like to become a member of Alisa Hadassah, call Sharon at 973-668-1813.

I cannot end this article without making mention of our very funny, creative fabulous July Trivia night. We all had so much fun and I have been told our very terrific Sharon and Suzanne are already working on next year's questions. It will be hard to outdo this years game!

I hope to see you at all of these enjoyable evenings to share a laugh, maybe hear something new, and have a cup of coffee and some dessert.

"The longer I live the more beautiful life becomes." -
Frank Lloyd Wright

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Letter To The Editor

Due to the Editor's error, this article appeared in the July issue in draft form. It never had gotten proofread. Consequently it was riddled with errors none of which were the fault of the writer.

Response to Pulse Vol. 2, No 2 May 2026 "Living in a Community"

"Do unto others as you would have others do unto you" is a biblical saying that I have abided by my entire life.

The above stated article appears to differ with that by concluding with, "If your choice is not to be part of a community, you may want to rethink your choice to live here." Telling anyone to leave because they chose to acquiesce and not actively participate in community affairs, is not nice, in my opinion.

In fact, after 25 years of living here I find that suggestion unconscionable. I abide by most of the community rules and laws. I vote when required and I'm confident that the board is acting in our best interests.

At my advanced age I'm still actively engaged in my profession. Additionally I have become involved in political matters and educating myself in the teachings of the Torah through Chabad.

Therefore, and due to the fact that I have slowed down somewhat, I allocate my time differently than when my desire was to be actively engaged in goings on in our active adult community. At this stage in my life, my intentions are to live here until my spiritual soul leaves my body, and hopefully no one would want me to rethink that choice and move for reasons cited in the article, "Living in a Community".

It would be nice if we all lived and let live and helped others in our community, and beyond, as we practice the Golden Rule.

Sincerely, Jules Scher, Whitehall Road

Signs of a Stroke and How to Prevent One

By Michelle Polk

[Health and medical claims published in The Pulse are strictly the opinion of the author. Authors have diverse backgrounds or perhaps no background in this field. Readers need to consider the source of the information.]

By now my readers know I am a stroke survivor and work each and every day at maintaining my independence and level of performance. I could have had a long term disability due to not dealing with the medical model immediately. I could have a recurrence of another incident.

The month of May was stroke prevention month. It passed and so better late than never let me share some of my symptoms that were real and how I was fortunate to have my colleagues in school recognize that I was not myself.

I truly did diagnosis diagnose wrongly and did not get the help immediately. Yes, I had the symptoms. I was driving and was instructed by my husband, to pull over as I was driving erratically. Now I realize how lucky I was. Once I shared the situation with my son, he met me at the hospital and I was admitted for testing.

My road to recovery involved many roadblocks which included relocation, selling our home and out patient treatment 3 times a week in Edison with luminosity at home and a support group for me and one for my caregiver.

Stroke symptoms include: loss of balance, blurred vision, face issues, difficulty raising arms, speech difficulty and headaches. I had no symptoms so I did not think I had had a TBI (traumatic brain injury). In fact, my husband and I just played tennis in Atlantic City and we were traveling home to Mountain Lakes, N.J.

F.A.S.T. is the acronym that sums up what YOU should do, NOT what I did.

Control your blood pressure by proper medication and eat correctly. Remember fruits and vegetables and limit the carbohydrates. Manage pre existing conditions such as diabetes, heart issues or anything else that can impact your risk.

Continue to exercise and stay physically active. Walk, bike, swim or play a sport while being conscious of hydration and the conditions.



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The Martin Salmanowitz GW Social Club

By Lisa Baruch & Regina Savarese

During the month of September we will celebrate Labor Day on the 7th, Patriot Day and National Day of Service, and the 1st night of Rosh Hashanah (at sundown), Grandparents Day on the 13th, Yom Kippur on the 20th (at sundown), and the first day of Autumn on the 22nd. Cooler days are ahead and the outdoor pool will be closed for the season.

September 10th @1:00PM in our Ballroom. Unforgettable Fall Feast will be our theme for this month. Tomardo, the man with 1,000 voices, will be our performer. Our menu will include: Macaroni & Cheese, Bar-B-Que Spare Ribs, Smoked Texas Style Beef Brisket, Slow Roasted Pulled Pork, Pulled Chicken, Baked Beans, Buttered Corn, Potato Salad, Rolls, Tossed Salad, Corn Bread, Home style Cookies, Decaf Coffee & Tea.

Other upcoming events: Wayne Baruch – September 24th, Safety in the home, Solo Joe – October 8th, and Charles Clarkson will discuss Medicare changes for 2027 – October 22nd. Please see flyers in the rounders in the Towne Centre for details about these presentations.

Bingo: The GW Social Club sponsors Bingo on the second Friday of each month, and doors open at 7:00 p.m. Our upcoming Bingo night will be on August 14th. All are welcome. Come join us for an evening of fun and laughter as you play Bingo with friends and neighbors. Enjoy the excitement, the camaraderie, and maybe even win a few extra dollars along the way! If you enjoy Bingo why not become a member of the GW Social Club.

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

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

We look forward to seeing you in the near future.



The Housewives Underground

by Susan Kaplan

Last year, Kaitlyn Tiffany, shown here, a writer for the Atlantic, contacted my sister Diane Vernickas, to confirm if we're Sylvia Meagher's nieces. Our aunt Sylvia was a liaison officer for the World Health Organization at the United Nations. Kaitlyn was interested in Sylvia and two other women, Shirley Martin and Maggie Fields who became friends and formed an information network because of their mutual interest in the assassination of President John F. Kennedy.

Kaitlyn was particularly interested in Sylvia because she undertook the herculean task of indexing the 26 volumes of the Warren Commission Report on the assassination of President John F. Kennedy which were published without an index. Sylvia spent her nights and weekends creating one. She did this in the days before she had a computer and she worked on a manual typewriter. She liked to pose the question of what it would be like if the Encyclopedia Britannica had been published randomly, and not alphabetized. Her index is 435 pages long, and it was followed by “*Accessories After the Fact*” in which she details the omissions, contradictions and distortions that she found in the Report.

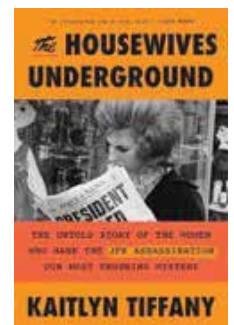
Kaitlyn was interested in these three women, from different parts of the country, each with a different lifestyle and the friendship that developed. She was drawn to how the male “critics”, of the Report, were dismissive of these women, calling them “kooks”. One reporter mocked them by calling them “the housewives underground”. Great title for a book! Kaitlyn brings out the sexism and condescension they endured, but she got hooked on the assassination evidence or lack thereof. Her book is a story of friendship, the historical mystery and what can divide society with strong diverging viewpoints.

Diane and I are thrilled with *The Housewives Underground* as a tribute to our aunt. Sylvia suffered in many ways because of her impassioned sense of truth and justice but, ultimately, she is viewed as a true patriot.

{Ed Note: This article's author and her sister Diane Vernickas are both GW residents.}

Greenbriar at Whittingham Pulse

September 2026 - 21



The Italian American Senior Cultural Club

by Paul Hartnett

"If music is the food of love, play on." It's a beautiful image of music as emotional nourishment. And music is such an important component of Italian American heritage.

Italian heritage music in America is best understood as three intertwined traditions — opera, Neapolitan song, and Italian American popular music — each shaping U.S. culture in a different way. The core takeaway: Italian immigrants didn't just bring music to America; they helped build American musical identity, from opera houses to jazz bands to the crooners who defined mid century pop,

Beginning with Opera & Neapolitan Song (late 1800s–1930s), Enrico Caruso's recorded music and Gilda Mignonette — "Queen of the Immigrants," a star of Neapolitan song in New York, gave voice to the immigrants with songs which often expressed longing, heartbreak, and nostalgia for the "old country."

Then Jazz & Swing (1900s–1950s) showcased Italian Americans who were surprisingly central to early jazz, such as Louis Prima, the Sicilian American trumpeter and showman, who blended jazz, swing, and Italian folk ("Buona Sera," "Just a Gigolo"). Also, Nick LaRocca, Leon Roppolo, and Arnold Loiacano, as early New Orleans jazz musicians.

Then the Crooners & Pop Ballads (1940s–1960s) arrived featuring Frank Sinatra, the Hoboken-born icon who blended Italian phrasing with American jazz/pop, Jimmy Roselli, who brought us raw, emotional Neapolitan American ballads ("Mala Femmena," "Core 'ngrato") and my favorite Dean Martin, with a smooth, humorous, effortless style (one of his signature songs "That's Amore" is often played at our dinner dances). Kudos here to Tony Bennett, Vic Damone, Perry Como, etc.

Include personal favorites Lou Monte (his "Pepino the Italian Mouse" still makes us laugh), Andrea Bocelli (magnificent voice, seen multiple times) and Luciano Pavarotti, one of the most acclaimed tenors of all time. As one of the Three Tenors, he performed concerts before global audiences, introducing his music to all the world.

The Italian American Senior Cultural Club strives to combine a fine dining experience with top notch entertainment to dance the night away at our monthly dinner dance parties. Sign-up sheets are available in the clubhouse lobby. Our September 4th party entertainment is headlined by a 6-piece band, London Fog, and features a mouthwatering menu of Chicken Rudolfo, Veal Marsala, Sausage and Peppers, Pasta Primavera Penne, Mixed Vegetables and Roasted Potatoes, as well as mixed salad, bread & butter, and finishing with dessert trays, coffee or tea.

So join in to share a splendid evening of dining and music with your friends and neighbors. For further info call Christine (347) 267-7080 or Mona (732) 895-5047 with any questions. Hope to see you then. For now, Ciao and Buona Fortuna!



Attention All Veterans!

You are cordially invited to Join our group. We are Post 609 J WV of Monroe Township and meet here at GW. 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. Our next meeting is September 20th please call Kenneth Brettschneider 914-299-3346 Membership Chair and welcoming committee.

Stuart Weinstein Post Commander 631-398-4274



"Even a fool, when he holdeth his peace, is counted wise."
Proverbs 17:28

Responding to “Welcome to HOA Living in Greenbriar at Whittingham”

I was surprised by my neighbor’s article, “Welcome to HOA Living in Greenbriar at Whittingham” in last month’s edition of The Pulse. While it is important to remind the community that there are rules and regulations governing an HOA community, I don’t feel it is appropriate to tell fellow residents what they should and should not discuss at WHOA Open Workshop meetings.

Communities rely on civil discourse, and the WHOA meetings provide an opportunity for residents to share their thoughts, suggestions, and concerns with the Board and the community as a whole. Though we may disagree with what our fellow residents share, they should have the right to share respectfully and civilly.

I also would like to respond to the point about speed bumps and stop signs specifically given that I’m an advocate for installing speed bumps in the community. I share in the frustration that these issues are repeatedly discussed at meetings, but from the standpoint that it feels as if concerns for the dangers of speeding, and potential solutions to those dangers, are not being fully considered. I have witnessed speeding cars drive through our neighborhood on multiple occasions and have even seen what I would consider “near misses” of car collisions when drivers disregard speed limits and stop signs. I believe speed bumps will reduce speeding and increase community safety.

The second edition of the World Health Organization’s (WHO) Speed Management: A Road Safety Manual for Decision-Makers and Practitioners outlines the dangers of speeding on crash risk as well as the high risk posed to pedestrians and cyclists struck by speeding vehicles.

Drivers traveling at high speeds have less time to stop their vehicles and a reduced field of vision, and the risk of fatal injury increases for pedestrians as vehicle speed increases.

Speed humps are recognized in the report as a “proven” intervention for managing speed, which WHO defines as methods where “evidence from robust studies, such as randomized controlled trials, systematic reviews or case-control studies, shows that these interventions are effective in reducing fatalities or injuries, or in bringing about desired behavior change”. Thus, speed humps are an evidence-based strategy for reducing vehicle speed, and the report discusses how lower speeds can help residents feel safer in their communities and improve well-being.

The author of “Welcome to HOA Living in Greenbriar at Whittingham” mentions possible challenges posed to snow plowing and emergency vehicles by speed bump installation. Though I appreciate these concerns, I think it is important to remember that other communities throughout the state have successfully employed speed bumps to mitigate speeding. In fact, Clearbrook and Regency have installed speed bumps, and they may even be able to share guidance should we pursue speed bump installation here.

I do believe it is important to encourage residents to wear lighter clothing and reflective gear when walking at night. However, the responsibility for safety can’t only fall to the residents walking; drivers, the community as a whole, and the Board share in the responsibility to keep us safe.

I agree with the author that our HOA community confers many benefits for us to enjoy. For me, one of those benefits is a walkable community where I can safely exercise, walk my dog, and greet my neighbors. I’ve made many friends simply by passing them on my walks, and I know my physical and mental health benefit by getting outside and getting in my and my dog’s steps for the day. My advocacy for speed bumps is inspired by the benefits I derive from my walks and my desire to keep all of us safe as we enjoy what this community has to offer.

HOA living comes with benefits and challenges. Our WHOA meetings present opportunities to celebrate our successes and openly discuss improvements and changes to overcome these challenges. I appreciate the Board’s service to this community, having a forum to share my experiences, and the opportunity to listen to and learn from my neighbors at meetings. We may not always agree, but through respectful dialogue, I believe we can continue to uphold the values of Greenbriar at Whittingham while improving the community for all.

Ilene Davidson
Winthrop Road

“Spread the love wherever you go. Let no one ever come to you without leaving happier.” - Mother Theresa

Sunday	Monday	Tuesday	Wednesday
		1 9:00 a.m. Pickleball Club Play 10:00 a.m. GW Ladies Club Board Meeting 10:00 a.m. Line Dancing 10:00 a.m. Strength Training 11:00 a.m. GW Woodworking Club Workshop 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. The Alan Hermelee Current Events Discussion Group 3:00 p.m. PAC Board Meeting 3:30 p.m. Tap Dancing 5:30 p.m. Water Volleyball 6:30 p.m. Poker 6:30 p.m. Billiards	2 9:00 a.m. 9:00 a.m. Pickleball Club Play 10:00 a.m. 10:00 a.m. Chair Yoga 10:30 a.m. Team Weights 11:00 a.m. Resident Council Meeting 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. PAC Board Meeting 4:00 p.m. Israeli Dance 4:30 p.m. Yoga 6:00 p.m. 6:30 p.m. 6:30 p.m. New K... 7:00 p.m. C...
6 9:45 a.m. Shalom Club	7 9:00 a.m. Ping Pong 9:00 a.m. Pickleball Club Play 10:00 a.m. Team Weights with Ellen 11:00 a.m. Cornhole 11:00 a.m. Aquacise with Christine 12:30 p.m. Exercise (Instruction on TV) 4:00 p.m. History Club 7:00 p.m. Intuitive Club	8 9:00 a.m. Pickleball Club Play 10:00 a.m. Line Dancing 10:00 a.m. Brain Fitness 10:00 a.m. Strength Training 10:00 a.m. Greenbriar Site Review Committee Meeting 11:00 a.m. GW Woodworking Club Workshop 12:30 p.m. Exercise (Instruction on TV) 3:30 p.m. Tap Dancing 4:00 p.m. Finance Discussion Group 5:30 p.m. Water Volleyball 6:30 p.m. Poker 6:30 p.m. Billiards	9 9:00 a.m. 9:00 a.m. Pickleball Club Play 9:30 a.m. Computer Club 10:00 a.m. 10:00 a.m. W... 10:00 a.m. Chair Yoga 10:30 a.m. Team Weights 11:00 a.m. Shalom Club Board Meeting 12:30 p.m. Exercise (Instruction on TV) 1:30 p.m. GW... 2:00 p.m. PAC... 3:30 p.m. Irish... 4:30 p.m. Indo... 4:30 p.m. Y... 6:00 p.m. 6:30 p.m. 7:30 p.m. Resi...
13 1:00 p.m. Shalom Club Movie	14 9:00 a.m. Ping Pong 9:00 a.m. Pickleball Club Play 10:00 a.m. Entertainment Committee Meeting 10:00 a.m. Team Weights with Ellen 11:00 a.m. Aquacise with Christine 11:00 a.m. Line Dancing with Teri 12:30 p.m. Exercise (Instruction on TV) 4:00 p.m. After Hours Club Board Meeting 6:00 p.m. Cornhole 6:30 p.m. GW Ladies Club 6:30 p.m. WHOA Open Workshop Meeting	15 9:00 a.m. Pickleball Club Play 10:00 a.m. Line Dancing 10:00 a.m. Strength Training 11:00 a.m. GW Woodworking Club Workshop 12:30 p.m. Exercise (Instruction on TV) 1:00 p.m. GW Connections Book Club 2:00 p.m. The Alan Hermelee Current Events Discussion Group 3:30 p.m. Tap Dancing 5:30 p.m. Water Volleyball 6:30 p.m. Poker 6:30 p.m. Billiards	16 9:00 a.m. 9:00 a.m. Pickleball Club Play 10:00 a.m. 10:00 a.m. Th... 10:00 a.m. Chair Yoga 10:30 a.m. Team Weights 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. PAC... 4:30 p.m. Y... 5:00 p.m. Iris... 6:00 p.m. 6:30 p.m. 6:30 p.m. Health/Fi... 7:00 p.m. Camer...
20 9:30 a.m. Monroe Township Post 609 Jewish War Veterans	21 9:00 a.m. Ping Pong 9:00 a.m. Pickleball Club Play 10:00 a.m. Provocative Thinking 10:00 a.m. Team Weights with Ellen 11:00 a.m. Cornhole 11:00 a.m. Aquacise with Christine 11:00 a.m. Line Dancing with Teri 12:30 p.m. Exercise (Instruction on TV) 4:00 p.m. Socrates Café 5:30 p.m. Indo-American Club	22 9:00 a.m. Pickleball Club Play 10:00 a.m. Line Dancing 10:00 a.m. Strength Training 10:00 a.m. WHOA Landscape Committee Meeting 11:00 a.m. GW Woodworking Club Workshop 12:30 p.m. Exercise (Instruction on TV) 3:30 p.m. Tap Dancing 5:30 p.m. Water Volleyball 6:30 p.m. Poker 6:30 p.m. Billiards	23 9:00 a.m. 9:00 a.m. Pickleball Club Play 10:00 a.m. 10:00 a.m. Chair Yoga 10:30 a.m. Team Weights 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. PAC... 4:30 p.m. Sherl... 4:30 p.m. Y... 6:00 p.m. 6:30 p.m. Annu... 7:00 p.m. Hadass... 7:00 p.m. G...
27 12:00 p.m. GW Arts & Crafts Fair	28 9:00 a.m. Ping Pong 9:00 a.m. Pickleball Club Play 9:30 a.m. Golf Closed Meeting 9:45 a.m. GW Connections Board Meeting 10:00 a.m. St. Peter's Flu Clinic 10:00 a.m. Team Weights with Ellen 11:00 a.m. Aquacise with Christine 11:00 a.m. Golf Open Meeting 11:00 a.m. Line Dancing with Teri 12:30 p.m. Exercise (Instruction on TV) 4:00 p.m. GW Friends Book Club 6:00 p.m. Cornhole 6:00 p.m. Ladies Club Book Club 7:00 p.m. Pickleball General Meeting 7:15 p.m. GW Friends	29 9:00 a.m. Pickleball Club Play 10:00 a.m. Line Dancing 10:00 a.m. Shalom Club Board Meeting 10:00 a.m. Strength Training 11:00 a.m. GW Woodworking Club Workshop 12:30 p.m. Exercise (Instruction on TV) 3:30 p.m. Tap Dancing 5:30 p.m. Water Volleyball 6:30 p.m. Poker 6:30 p.m. Billiards	30 9:00 a.m. 9:00 a.m. Pickleball Club Play 10:00 a.m. 10:00 a.m. Chair Yoga 10:30 a.m. Team Weights 11:30 a.m. O... 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. PAC... 4:30 p.m. Y... 6:00 p.m. 6:30 p.m. 7:00 p.m. All...

Wednesday	Thursday	Friday	Saturday
Ping Pong Pickleball Club Play Ceramics Yoga with Karen & Dave Motion with Ellen Civic Club Board Meeting (Instruction on TV) Acting Workshop Jeli Dance Class Yoga with Avi m. Bocce Gin Rummy Kids on The Block PORT Program	3 9:00 a.m. 3D Art 9:00 a.m. Pickleball Club Play 10:00 a.m. Chorus 11:00 a.m. GW Woodworking Club Workshop 11:00 a.m. Aquacise with Christine 11:30 a.m. GW Social Club Board Meeting 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. Painting Group 4:30 p.m. Ballroom Dancing with Pam 6:00 p.m. Stained Glass Group 6:30 p.m. Poker 6:30 p.m. Newcomer's Meeting 6:30 p.m. Billiards	4 9:00 a.m. Ping Pong 9:00 a.m. Pickleball Club Play 9:15 a.m. Meditation Class 10:00 a.m. Beginners Plus Line Dancing with Joan & Sona 10:30 a.m. Yoga with Brian 11:00 a.m. Painting Group 11:00 a.m. Deep Water Aquacise with Christine 12:30 p.m. Scrabble 2:00 p.m. Chess Club 6:15 p.m. Italian American Club	5 10:00 a.m. Ping Pong 10:00 a.m. Chair Yoga with Karen & Dave 10:00 a.m. Exercise (Instruction on TV) 1:00 p.m. WHOA Movie: And So It Goes
Ping Pong Pickleball Club Play Club Meeting (Zoom Only) Ceramics Writing Group Yoga with Karen & Dave Motion with Ellen Mah Jong Tournament (Instruction on TV) V Pulse Editing Acting Workshop American Club American Ladies Yoga with Avi m. Bocce Gin Rummy dent Civic Club	10 9:00 a.m. 3D Art 9:00 a.m. Pickleball Club Play 9:00 a.m. Greenbriar Budget & Finance Committee Meeting 10:00 a.m. Chorus 10:00 a.m. WHOA Budget & Finance Committee Meeting 11:00 a.m. GW Woodworking Club Workshop 11:00 a.m. Towne Centre Committee Meeting 11:00 a.m. Aquacise with Christine 12:30 p.m. Exercise (Instruction on TV) 1:00 p.m. GW Social Club Luncheon 2:00 p.m. Painting Group 4:30 p.m. Ballroom Dancing with Pam 6:00 p.m. Stained Glass Group 6:30 p.m. Poker 6:30 p.m. Billiards	11 9:00 a.m. Ping Pong 9:00 a.m. Pickleball Club Play 9:15 a.m. Meditation Class 10:00 a.m. Beginners Plus Line Dancing with Joan & Sona 10:30 a.m. Yoga with Brian 11:00 a.m. Painting Group 11:00 a.m. Deep Water Aquacise with Christine 12:30 p.m. Scrabble 7:00 p.m. Bingo	12 10:00 a.m. Ping Pong 10:00 a.m. Chair Yoga with Karen & Dave 10:00 a.m. Exercise (Instruction on TV)
Ping Pong Pickleball Club Play Ceramics Yiddish Vinkle Yoga with Karen & Dave Motion with Ellen (Instruction on TV) Acting Workshop Yoga with Avi h American Club m. Bocce Gin Rummy tness & Wellness Club a/Photography Club	17 9:00 a.m. 3D Art 9:00 a.m. Pickleball Club Play 10:00 a.m. Chorus 11:00 a.m. GW Woodworking Club Workshop 11:00 a.m. Aquacise with Christine 11:30 a.m. GW Social Club Board Meeting 12:30 p.m. Exercise (Instruction on TV) 1:30 p.m. Hadassah Discussion Group 2:00 p.m. Painting Group 4:00 p.m. GW Friends Board Meeting 4:30 p.m. Ballroom Dancing with Pam 6:00 p.m. Stained Glass Group 6:30 p.m. Poker 6:30 p.m. Billiards	18 9:00 a.m. Ping Pong 9:00 a.m. Pickleball Club Play 9:15 a.m. Meditation Class 10:00 a.m. WHOA Site Review Committee Meeting 10:00 a.m. Beginners Plus Line Dancing with Joan & Sona 10:30 a.m. Yoga with Brian 11:00 a.m. Painting Group 11:00 a.m. Deep Water Aquacise with Christine 12:30 p.m. Scrabble 2:00 p.m. Chess Club 6:30 p.m. Canasta Tournament 7:00 p.m. GW Music Club	19 10:00 a.m. Ping Pong 10:00 a.m. Chair Yoga with Karen & Dave 10:00 a.m. Exercise (Instruction on TV) 7:00 p.m. WHOA Show: Lauren Davidson
Ping Pong Pickleball Club Play Ceramics Yoga with Karen & Dave Motion with Ellen (Instruction on TV) Acting Workshop Rock Holmes Club Yoga with Avi m. Bocce al Board Meeting ah General Meeting GCA Election	24 9:00 a.m. 3D Art 9:00 a.m. Pickleball Club Play 10:00 a.m. Chorus 11:00 a.m. GW Woodworking Club Workshop 11:00 a.m. Aquacise with Christine 12:30 p.m. Exercise (Instruction on TV) 1:00 p.m. GW Social Club Presentation 2:00 p.m. Painting Group 4:30 p.m. Ballroom Dancing with Pam 6:00 p.m. Stained Glass Group 6:30 p.m. Poker 6:30 p.m. Billiards 6:30 p.m. WHOA & GWCA Joint Open Board Meeting	25 9:00 a.m. Ping Pong 9:00 a.m. Pickleball Club Play 9:15 a.m. Meditation Class 10:00 a.m. Beginners Plus Line Dancing with Joan & Sona 10:30 a.m. Yoga with Brian 11:00 a.m. Painting Group 11:00 a.m. Deep Water Aquacise with Christine 12:30 p.m. Scrabble 6:30 p.m. After Hours Club	26 10:00 a.m. Ping Pong 10:00 a.m. Chair Yoga with Karen & Dave 10:00 a.m. Exercise (Instruction on TV) 1:00 p.m. WHOA Movie: Black Bag
Ping Pong Pickleball Club Play Ceramics Yoga with Karen & Dave Motion with Ellen RT Card Party (Instruction on TV) Acting Workshop Yoga with Avi m. Bocce Gin Rummy About The Beat			

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ROSH HASHANAH

Friday, September 11th
Saturday, September 12th
Sunday, September 13th

Erev Rosh Hashanah
1st Day of Rosh Hashanah
2nd Day of Rosh Hashanah

6:45 pm
9:30 am
9:30 am

YOM KIPPUR

Sunday, September 20th
Monday, September 21st
Monday, September 21st
Monday, September 21st

Kol Nidre
Shacharis
Yizkor
Service (only do NEILAH)

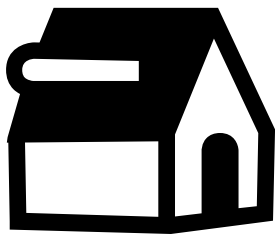
6:45 pm
9:30 am
12:00 noon
6:45 pm

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Pickleball Club

By Randy Kahn

We have had, or will have had by the time you read this, a VERY busy month.

The GW Olympics for pickleball were held on Saturday, July 11th. Coordinated by Jeff Weiss and Norm Levine, some 20 participants played three rounds of games. The first place winners were Stan Chorney and Albert Amao; 2nd place went to Mitch Alboum and Randy Kahn; 3rd place winners were Rich Flathmann and Ron Sucher.

One of our teams in the Monroe Senior Inter-Community League made the playoffs and squared off against Venue on Tuesday evening July 21st at Pickleball Kingdom. While we lost that match, there was spirited play, considerable community support and very exciting games, with several matches going to 12-10 and 11-9. It was a fun-filled season and we look forward to next year's competition.

Our ice cream social and Club meeting took place on Monday evening, August 3rd at which a financial report and future Club plans were discussed.

And, the BIG news was our annual GW in-house tournament and picnic, held on Saturday August 8th. As of this writing some 40+ people were signed up for the AM tournament. Coordinated by Club President Deborah Wallach, she was ably assisted by approximately two-dozen individuals, including Jay and Stephanie Lichtenstein, Margaret Kahn, Janice Groves, Charlie Ohn, Mitch Alboum, Jeff Weiss, Alan Rattiner, Rosie Chorney, Robin Knee, Norm Levine, Lanie Turkel, Helen Fross, Jacki Rein, Kathy Clarken-Gleason, Sarah Berg, Pat Mizerek, Mary Garbarino, Barbara Levine, Rich Flathmann and Kathy DeDonno.

Activities included catering by our new restaurant, The Clubhouse Café, a 50/50 raffle, golf putting, corn hole, beer pong, a dinking wall, ax throwing (emergency services were on standby just in case,) horseshoes, water balloon tossing, etc, etc.

Clear your calendars for Saturday evening, October 24th, for our Fall party in the clubhouse. Watch your e-mails for more info on this event as we get closer to the date. Enjoy September, friends.



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Remembering 9/11: A Quarter Century Later

By Yan Li

Twenty-five years have passed since September 11, 2001, yet the memories of that day remain vivid for those who've experienced it. For me, 9/11 is not only a historic event; it is also a deeply personal memory connected to a place where I once worked: the World Trade Center.

My connection to the World Trade Center goes back even further. On February 26, 1993, I walked all the way down from the 61st floor through dense smoke during the car bombing that killed six people. After hours in the dark stairway, we finally smelled the cold but fresh air. At that time, no one could have imagined that an even greater tragedy would happen eight years later.

On September 11, 2001, the world changed forever. At that time, I usually took the PATH train to the World Trade Center and then walked one block to my office on Broadway. I worked from home every Tuesday and Thursday, and September 11, 2001, happened to be a Tuesday!

About a week after the attacks, I returned to New York City by ferry. As we approached Manhattan from the water, the skyline looked completely different without the Twin Towers. The empty space where they had stood was still covered by a heavy brown cloud.

The ferry stopped at Pier 11, and then I walked toward the World Trade Center. Passing the New York Stock Exchange building, I saw a huge American flag covering the front of the building. Farther ahead, the police had cordoned off the area. In front of me was World Trade Center Building 5, The Barnes & Noble bookstore where I used to have coffee. Now it looked like a black beast with its mouth wide open.

I turned around and went back to my office. I noticed a poster that had been distributed on the ferry. It read, "I ♥ NY More Than Ever." That was created by Milton Glaser, the legendary graphic designer who designed the iconic "I ♥ NY" logo. After the attacks of September 11, Glaser created a new version of the logo. In this design, the heart contains a small dark mark representing the wound left on the city by the destruction of the World Trade Center. The message was simple but powerful: New York had been deeply hurt, but the love and commitment of its people had grown even stronger.

September 11, 2001, is more than a date in history. It changed forever the way we see the city of New York, the world, and our own lives. Twenty-five years later, the pain has faded, but the memories have not. We remember those who were lost, honor those who showed extraordinary courage, and hope that future generations will never have to witness such a tragedy again.



Isn't it Grand?

By Mark Surks

If you have stopped into our Library recently you couldn't help but notice the new baby. It's a VERY BIG baby. It's actually, a Baby Grand Piano! The piano was owned by a recently deceased resident, Alfreda (Freddy) Howard. Through the efforts of Rutland Lane resident Linda Shiff, the executor of her estate offered it to the Community and it was gratefully accepted by the WHOA Board.

Being able to move the piano in and out of the ballroom is being considered. Residents who are capable of wringing the magic out the 88s are encouraged make our Baby sing any time they feel the urge. I will be playing Chopsticks in D Major every Tuesday at Noon. Feel free to drop a buck or two in my tip jar. You will be rewarded with five minutes of quiet.



"If we're not foolish young, we're foolish old." Chaucer

Meet The Stars: Britishmania

By Debbie Harbatkin

Britishmania invited us to take a memorable trip back to the 1960's to experience the wonderful sound persona of only a tribute to The Beatles! Utilizing Vox Amplifiers, along with live music played onstage with professional instruments from Rickenbacker, Gretsch, Gibson (J-160e), Hofner, Epiphone and Ludwig, complemented with backing tracks to bring in the horns, violins, and keys, they brought us the complete musical sound for all Beatles lovers. I know Joe and Theresa Atanasio, our residents who got to "Meet The Stars" were immersed in the memories of the sounds!



The very receptive audience knew every word, sang along, danced, and reminisced as we could only do to these iconic tunes! "She Loves You", "Penny Lane", "While My Guitar Gently Weeps", "Revolution", "All My Lovin'" and "Hey Jude" were just a few of the songs that brought us back to the days of the British Invasion we all grew up on. As audience member and resident Roseann Harris lamented, "So much nostalgia in their songs. It actually made me cry a little bit. The 60's were simpler times. Sigh!"

Theresa and Joe just celebrated their 52nd year of marriage in April. They moved here in 2012 after spending five years in Monroe's Clearbrook community. Prior to moving to Monroe, they lived in West Orange for 12 years. Joe adds "Many say we did the Italian leap from Brooklyn to Staten Island and then to New Jersey." After a 42-year career on Wall Street, Joe retired in 2015. Theresa was an Executive Travel Advisor who retired in 2004.

Joe says, "Living in Greenbriar offers so many activities that it would be very difficult not to enjoy living here." We both enjoy the clubs that they belong to and play an active role in, including The Italian American Senior Cultural Club, The Music Club and the new All About The Beat. Theresa is also a member of the Ladies Club. Joe serves our community on the WHOA Board and The Entertainment Committee. Theresa enjoys reading, crocheting, and making Jig Saw puzzles. She also enjoys playing card games with her friends. For me, "I love music, I play guitar, and I still play drums a bit. I love creating DJ Play lists to entertain my friends and sometimes DJ at our community events."

Joe has been "a fan of The Beatles since the beginning and after seeing and hearing them for the first time, it inspired me to play music, first as a drummer and then as a guitar player. Their music has always held and will always hold a place in my and Theresa's hearts with so many memories of our own lives that come back when we hear their songs. We don't think there could ever be another band that touched so many lives around the world and still continue to do so."

"Beatles Forever"



GW Resident in First Car To Cross the Verrazzano Bridge

By Mark Surks

On November 21, 1964, Leeds Lane Resident Ronald Sacoff cruised into history by being in the very first car to cross the Verrazzano Bridge.

About a week before the bridge opened, Ron and six Curtis High School buddies, decided that Staten Islanders should be the first to cross the bridge that finally connected the Borough of Richmond to the rest of New York City and it should unquestionably be them.

Around 1810, Staten Island native, Cornelius Vanderbilt started his transportation empire, ultimately becoming the then richest man in the world, by ferrying people and cargo back and forth from Staten Island and Manhattan. For the next 100 plus years the only way on or off Staten Island was by water.

Since the late 1920's, Staten Island has been connected by roads only to New Jersey. The Goethals Bridge, Bayonne Bridge and Outerbridge Crossing (named for Eugenius H. Outerbridge, first chairman of the Port Authority. Calling the span The Outerbridge Bridge was clearly out of the question.) were the only ways to drive directly on or off of the island. To get to the rest of New York from Staten Island one had to cross into New Jersey first, or take the famous, and now nostalgic, Staten Island Ferry either to Bay Ridge in Brooklyn or South Ferry in Manhattan.

The opening of the Verrazzano Bridge breathed new economic life into the once cloistered borough. It created a huge migration and real estate boom for Staten Island. Furthermore, it made access to and from New Jersey and Brooklyn/Queens/Long Island much easier. While there was a toll to be paid, everyone agreed it was well worth it.

That November, Sacoff and his buddies jumped into their friend George Scarpelli's Pale Blue '59 Cadillac convertible, as it was the biggest car available to them, and a **week early**, with a hand painted sign reading "**S.I. Boys Go To Brooklyn**" on the car, parked by the Staten Island entrance to the bridge in order to be first to drive across upon its opening.

Well this plan didn't sit well with the Triborough Bridge and Tunnel Authority, however, Staten Island Borough President Albert V. Maniscalco intervened and so now, permitted to park there for the entire week in order to remain to be first to cross the bridge, they waited out the time.



Killing time waiting out the week

They notified local print, TV, UPI and AP and the press came and reported. The resulting fanfare ignited the public. The people of Staten Island rallied around their hometown heroes offering encouragement and bringing food. One resident brought a pizza each of the seven days. These intrepid lads were still in school and working so they took shifts with two of the seven in the vehicle at all times through the long week of anticipation. Joe Gatto, owner of Gatto's Formal Wear, decided to fit the boys with tuxedos for the historic crossing.

Come Saturday, November 21 after opening ceremonies on the Brooklyn side attended by President Johnson, NY Governor Rockefeller, NJ Governor Richard Hughes, Mayor Wagner, Brooklyn Borough President Abe Stark and Staten Island Borough President Albert Maniscalco, future GW resident Ron Sacoff, and the six other Black Tie clad teens, Anthony Lenza, Frank Picone, Ben Goldsmith, Robert Caplan, Richard Ramaglia in Scarpelli's Caddy, followed a motorcycle escort across the bridge paying the fifty cent toll on the Brooklyn side, with a newly minted Kennedy half dollar, to go down is history as the first to cross what was then the longest suspension bridge in the world. (In 1981, the Humber Bridge in the UK captured that title although the VZ still holds it for North America)

The Kennedy Half that Scarpelli paid was pocketed by toll collector Larry Chrusano as a souvenir, who replaced it with his own.



Dressed like celebrities, the guys are making their way into the history books



Video coverage of that first day can be seen on You Tube by using the QR code

People came from all over the world in order to cross this bridge on its opening day. When the guys got to Brooklyn, the traffic to cross back into Staten Island was so heavy that ironically, these poor fellows, now known as The Bridgemen, had to take the ferry to get back home! And the traffic on the Verrazzano has not let up since.

In the weeks that followed, The Bridgemen were feted at many events. The Staten Island Chamber of Commerce presented them with the first commemorative Staten Island license plate. Since then the MTA and the TBTA has invited them back to many of the anniversary celebrations.



It is doubtful anyone in the GW community has never crossed this iconic bridge. As a child living in Bay Ridge, many times I saw this beautiful structure being built. Years later it would play a major role in the movie “Saturday Night Fever”

A bridge across the narrows was first proposed in the 1920's. Then, in the 1930's once the three bridges to New Jersey were completed, the idea of a tunnel to Brooklyn was floated. In the 1940's famous, although some consider infamous, urban planner Robert Moses, pushed for a bridge. Various delays resulted with construction starting in 1959.

Originally to be called the Narrows Bridge for the part of tidal basin it crosses, efforts by the Italian Historical Society finally paid off. Their desire was to have recognized Giovanni da Verrazzano's largely forgotten exploration. Verrazzano sailed through these narrows in 1540, well before Henry Hudson.

Continued on Page 32



The society's director, John N. LaCorte, successfully lobbied several governors of states along the U.S. East Coast to proclaim April 17, the anniversary of Verrazzano's arrival in the harbor, as Verrazzano Day. After some political wrangling New York Governor W. Averill Harriman supported naming the bridge The Verrazzano-Narrows Bridge.

Governor Nelson Rockefeller insisted the spelling be with one 'z' as it was somehow as he put it "the American's standard way of spelling the name". From then on all legal documents and contracts had the incorrect spelling using only one 'z'. All references used by the Italian Historical Society continued to use the double z spelling.

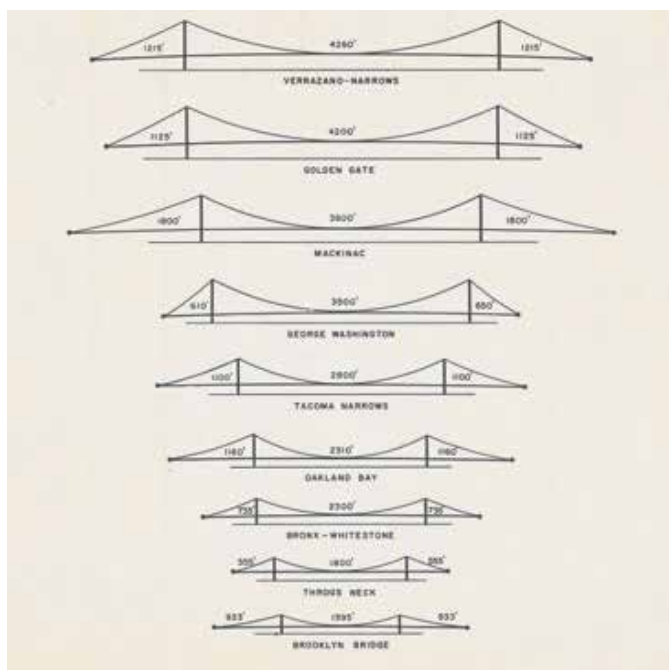
Then in 1963-64, upon the passing of President Kennedy, his name was being considered for the as yet incomplete bridge. At that time LaCorte contacted Attorney General Robert Kennedy who assured him the bridge would not be renamed for the slain President. Consequently, the Kennedy name was chosen for Idelwild Airport.

In part due to discrimination against Italian-Americans, the name was ignored by news outlets who routinely referred to it as the Narrows Bridge. In 2016 a St. Francis College student named Robert Nash started a petition to correctly spell the name with two 'z's.

In 2018 a bill was passed in the NY legislature and signed by Governor Andrew Cuomo to officially correct the spelling of the name of the bridge. In 2020, signs were erected with the proper spelling.

One last thought. I, like everyone else, believed that tolls were to cease once the bonds were paid off. According to an investigation by the Staten Island Advance this was just an Urban Legend that they have debunked. There was never an expectation that the bridge be free of tolls.

Tolls on opening day were Fifty Cents each way or \$1.00 round trip. That is equivalent to about \$5.00 today, however, tolls are actually \$12.03 round trip today, as long as you have an EZ Pass.



Performing Arts Club Takes Center Stage!

By Ken Wagner

Some have a desire to perform, some prefer to work behind the scenes, making the magic happen. Most members simply want to support the arts here at GW. Whatever their motivation, they have all found a home with the Performing Arts Club (PAC).

While members are welcome to participate in every aspect of the organization, PAC currently has a special need for individuals with a desire to be part of the lights and sound team to help with their next major production this November. There is also an important need for marketing and sales to help with the playbill for the show.

PAC came into being about four years ago when a small group with a love for the arts got together and produced their first show, *The Golden Age of TV*. That first show in November of 2022 entertained more than 600 people over three performances and launched what has become a premier entertainment group for Greenbriar. Today the group produces four major shows per year, one each season.

There are now approximately 150 members. Of those, 45 are actively performing or supporting a show. Support includes dressers, lights, sound, refreshments, marketing and sales. Every member is a supporter of the arts at Greenbriar.

The group endeavors to foster an appreciation for all forms of arts through performances, classes, workshops, and community events. Special events, open to all such as the recent Karaoke Night and GW's Got Talent, help to expand opportunities for people to perform - beyond the large stage productions.

The GW's Got Talent event invited residents and family members to bring their talents singing, dancing, performing magic, comedy or even bird calls. Karaoke Nights have proven to be a real success at filling the Towne Centre Poker Room. In addition, the group brought ballroom dancing classes to GW for the first time.

The next production for PAC titled "*Exit Stage Left*" is an original musical written by PAC Creative Director Marie-France MacDonald. Performers will lend their voices to music easily recognizable by the audience, presented in a unique way. Art is at the center of the show, with original artwork created by GW residents surrounding the audience for an immersive experience. The show is scheduled for Saturday and Sunday, November 7th and 8th, 2026.

The theme of the November show, the largest of the year, is art. According to Marie-France, it is "impressionistic, inspired by Stephen Sondheim." It opens in a museum in front of a Vincent van Gogh painting and travels between Manhattan, Paris and Greenbriar. Art connects everything in the show. Given the group's impressive track record, this show promises to be extraordinary. Membership to PAC is only \$10 per year, and provides discounted tickets to the productions. Tickets for the November show go on sale September 14th, 2026.

Those interested in bringing their talents to the club, especially if they have an interest in sound, lighting or marketing should reach out to Gerrie Pisapia at 732-857-4939 or Marcia Bartlof at 732-580-5448.



PAC Musical magic: A musical number from The Oscars Fall 2025 - L to R: Jim Brittain, Joe Atanasio, Jon Leal and Tom Clark. Photo by GW Camera Club.



PAC Celebrating the arts: A scene from The Oscars, fall 2025 - L to R: Shari Ferber, Joe Ferraro, Carrie Ferraro, Georgia Silber, Marcia Bartlof, Jacki Rein, Kathy DeDonno and Phil Braun. Photo by GW Camera Club.

The Sherlock Holmes Club

by Paul Hartnett

This month's short story begins where so many do, in the sitting room at 221B Baker Street. A talented young doctor, one Percy Trevelyan, has come to seek the master detective's advice. He explains that a complete stranger named Mr. Blessington had come to him with a unique proposition. Blessington's scheme is unconventional, yet logical enough; he will set up the penniless but brilliant young doctor in practice in the West End of London (a hub for medical excellence), all expenses and spending money paid, in return for three-quarters of the takings. Other men invest in stocks and bonds, why should he not put his money into a live investment? Also, his weak heart needs constant medical supervision, so he would make his own home in the apartment above the consulting room. Trevelyan accepts the proposition.

It is not this, but subsequent occurrences, which lead Dr. Trevelyan to consult Sherlock Holmes. The young practitioner tells of Blessington's alarm at reports of a nearby burglary and his hysteria upon discovering that his own room had been entered by a person or persons unknown, even though nothing of value has been touched. He has installed stronger locks on the doors and has refused to leave the building for weeks. And what became of the Russian nobleman patient who threw a cataleptic fit, and vanished?

Join us on September 23rd at 4:30 on the 2nd floor of the Towne Centre as we explore the case of "The Resident Patient." The adventure combines a mysterious death, a clever criminal ruse, and Holmes' deductive brilliance, making it a memorable entry in the Sherlock Holmes canon. Please read the short story prior to the meeting. It is available for free online at: Sherlockian.net> Investigating> 60 original stories> The Resident Patient> Mr. Sherlock Holmes, and other sites. Or use the QR Code to the right.

The Middlesex Constabulary, the Sherlock Holmes Club of GW, is a meeting of friends and neighbors who enjoy a good mystery detective story. We share the adventures of Sherlock Holmes, Dr. John Watson, and the life and times of Victorian England. One of the original 60 tales by Sir Arthur Conan Doyle is selected for discussion, featuring film clips, an occasional guest speaker, and fun! Meeting notices are available on Ch. 26, flyers in the clubhouse lobby, and our

monthly column in the Pulse. All are welcome and the stories are available online. No dues, no obligation, just join in as we leave the cares and worries of our modern world behind for a while and escape to a simpler time and place. The Game is Afoot! ??? Call Paul (609) 642-6314



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THE ORT REPORT

by Ann Gold

Right now, our scholarship awardee is starting his first semester at the University of California-Berkeley! Yes, our chapter of ORT goes “local” once a year. We award scholarship money, for excellence in computer technology, to a graduating senior at Monroe Township High School.

For 2026, the school chose Raj Vora. Raj already has impressive credentials – from president of the H.S. Computer Club to a university sponsored Aspiring Scientists Summer Internship Program, where he worked on building a “tutoring system that helps students with homework problems.”

You can find out more about our future Data Science expert in the next issue of our chapter bulletin.

Note: For those of us who’ve thought about where we’ll live for our “forever,” August’s meeting was valuable. A representative of the N.J. Office of the State Long-Term Care Ombudsman explained and answered questions about the rights of residents in long-term communities.

EVERYONE’S WELCOME

Wednesday, September 2nd – 7PM, Upstairs Poker Room. Membership Appreciation Evening. This will be a time to meet up, catch up and have fun with all your friends. It’s going to be a carb-o-licious good time. Paid members only. RSVP is a must (by August 24th). See flyer for more details.

Wednesday, September 30th, 11:30AM, Ballroom. Game Day, an afternoon of food and fun. \$32/person. Catered by Tuscany. Information: Barbara at 609-642-6523.

Wednesday, November 4th, noon, at Forsgate Country Club. “Yearn to Learn” – ARTIFICIAL INTELLIGENCE 101: Understanding AI and how it will affect you

This event is open to all – members, non-members, family and friends. \$55/person. More info to follow.

Challah for Challah-days

Rosh Hashanah is right around the corner! Buy a delicious, round, raisin or plain Challah bread (kosher) for you or friends/family from Tommy’s Bagel and Deli, for your holiday dinner (or any other time). Also offering home baked marble sponge cake (comes in a box). Yummy!

Price: \$10/Challah (same price for plain or raisin), \$10/marble sponge cake

If you have questions, please call: Elinor at (631) 398-1829

Make checks out to ORT and place in Box #18. Deadline to drop off checks is Thursday, Sept. 3rd. Please mark envelopes “Challah”.

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ALWAYS. Loyalty to
government, when it
deserves it.”

— Mark Twain

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	Morganville Levine, Furman & Rubin 1116 Campus Drive Tuesday, September 22nd 7:00pm
	Monroe Courtyard Marriott Cranbury South Brunswick 420 Forsgate Drive Wednesday, September 23rd 10:00am 2:00pm
	Freehold Radisson 50 Gibson Place Thursday, September 24th 10:00am 2:00pm
To request a reservation, please call us at 732-238-6000 or visit us online at www.levinefurman.com/seminars.	
Most attendees choose to make an appointment at the end of the presentation, so please bring your calendar with you. ads-1551	

GW Music Club

By Ed Pilcer

👉 It's Member Appreciation Month 🍷

🚚 Which means the return of the Ice Cream Truck 🚚

On Friday September 19, we're celebrating YOU, our amazing members. All attending members and paid guests will receive their choice of a delicious soft serve treat or a non-dairy option.



If you have been reading this column, you will notice that our articles have been written by different people. Some by members of Never Too Old (NTO) and others by a guest singer. With the growing list of guest singers, we will have many interesting musical journeys to share.

Since the club's inception five years ago, NTO has been its "house band" performing at almost all club meetings. The band features Shelly and Jon Leal on vocals and guitar, Frank Genova on keyboards, Steve Posner on vocals and drums, and myself, Ed Pilcer, on bass.

If you are unfamiliar with the club, guest singers are club members who get on stage and perform a song with the band. This is not Karaoke; there is no bouncing ball or cues when to come in. The guest singer learns the song on their own, attends three practices with the band and practices on their own with a recording made during their first full band practice. NTO member Shelly Leal, ensures that the key of the song fits the singers voice, and she coaches the singers during the practices.

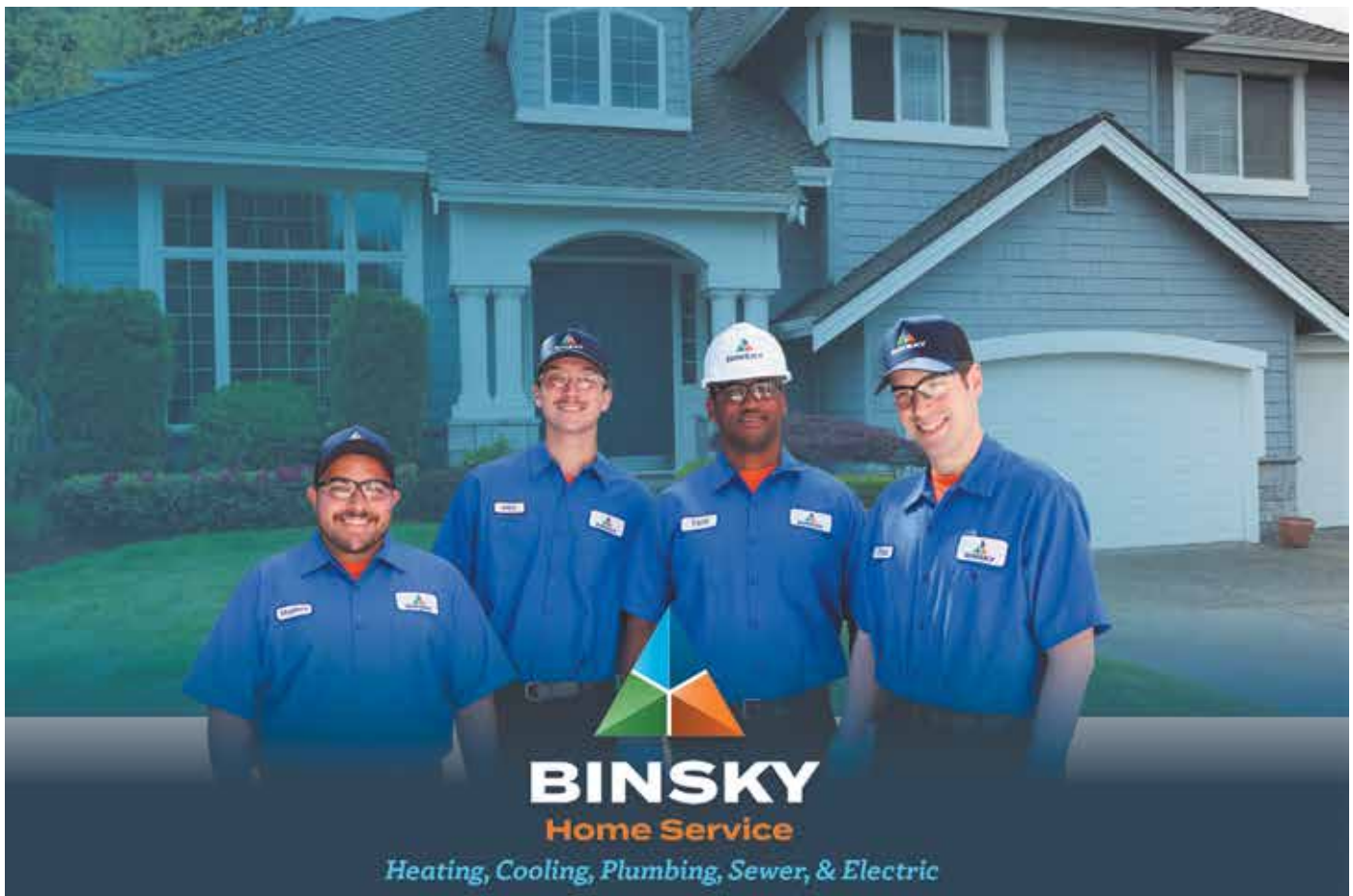
Besides the ice cream truck, the usual cookies, coffee and tea will also be served. Doors officially open at 6:30, however you are welcome to come early and bring your dinner to enjoy before the music starts at 7 PM. Members are encouraged to bring their beverage of choice and snacks. The band performs a 17-song set that usually ends around 8:30.

Come join us on the third Friday of every month and rock on with NTO. If you have questions, please email us at gwmusicclub790@gmail.com or call Susan at 732-689-1534

The following is a group picture of NTO and the club members who performed on Friday July 17th:



Left to Right – Gary Filik, Shelly Leal, Jon Leal, Louise Lewis, Steve Posner, Terri Haberman, Ed Pilcer, Joe Plotnick, Frank Genova, Rick Verso.



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ads-8985

POETRY CORNER



Oink! Oink! Oink!

By Bill Friedman

Overcrowded pens just shy of sty's
lead to most pig family ties.
Much of the herd eventually taken,
for ham, spam and even bacon.
Checking back on family lore, can prove that great gramps,
was quite a boar.
The only way for family chattin,
is their own language Pig Latin.
Most pot belly fellows,
have guts that swirl like new made jello.
2 hams oink in tune,
toe tapping but not quite a croon.
The swine who hates being vetted,
is always referred to as pig-headed.
When 3 little pigs play hide and squeak
it always seems that one will peak.
During early piggy back rides,
the young will cling to papa boars side.
The pig who lost his way from the market,
eventually used his pen as a target.
Family feasts are all about,
every guest pigging out.
Pig tales still denying,
any thought of pigs flying.

Let Justice Be Served

By Bill Friedman

When Ele Phant married Cy Clops
they were both very respected cops.
All in all whenever working,
god forbid the thought of shirking.

The other night, passing a popular bar,
Ele spotted a stolen car.
She called for backup and waited for the drivers return.
He tried to flee but was quickly nabbed,
just when Ele was about to be stabbed.
It soon became clear why the perp would resist,
he was #2 on the FBI most wanted list.
With a rap sheet showing murder,
rape and a recent escape.
The capture made national news,
with dozens of great reviews.
Cy was blazing his own trail,
leading the mayors security detail.
Always on the spot,
soon took assassins shot.
Thanks to his bullet proof vest,
He was actually able to make the arrest.
A famous criminal author had followed their careers,
made an offer that would compensate them for years.
First printing instant peeks,
best seller within 4 weeks.
Rave reviews continued to soar,
and they embarked on a book signing tour.
They continued to shine for dozens of years,
the gold standard for hundreds of peers.
Pension eligible they decided to retire,
after a stellar career having led wire to wire.
Their 25 year old son, within a year,
began his own law enforcement career.

Good Riddance!

By Bill Friedman

When she heard he was buying a new Rolls Royce,
you can't imagine her piercing. voice.
"There's definitely something wrong with you mentally,
knowing I prefer Bentley".
It started on their honeymoon when he insisted on spear
fishing.
She luckily dodged a spear, is that what he was wishing?
When they bought their first home, he insisted on a revolving
dome
and a \$50,000 telescope which he installed alone.
On an anniversary cruise his gambling wasn't funny,

and the only time they spoke was when he needed money.

In their summer home he defied the rule,
that demanded fenced in pools.

After a \$2,000 fine he moaned "it's your fault, you should have
known".

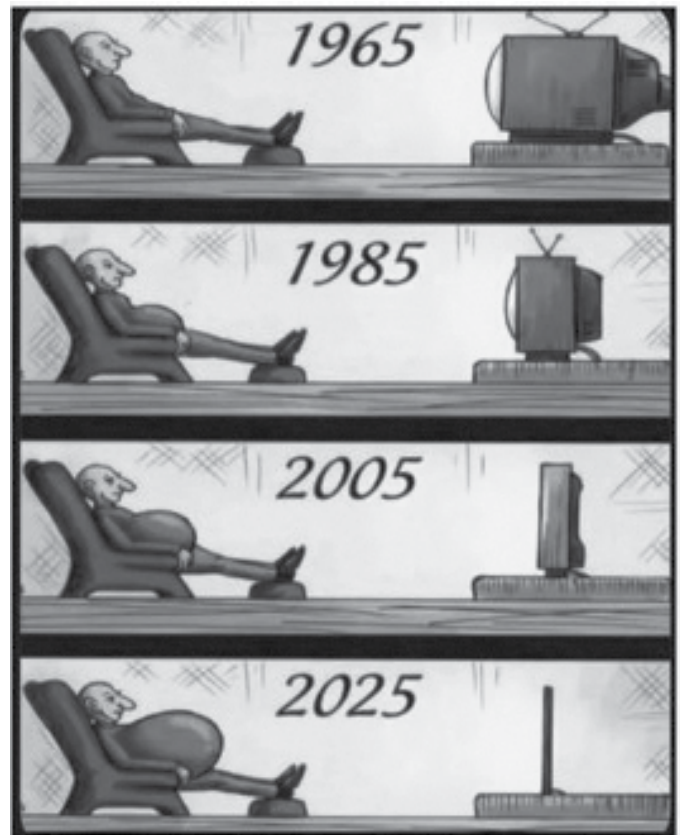
Finally her patience had run the course,
and she filed for a quick divorce.

Of course he would try to disparage,
insisting they've enjoyed a perfect marriage.

He then had the nerve to send a text,
asking for exit sex.

When she left no crocodile tears,
as she moved in with a guy she's been dating for years.

"Lust for power is the
most flagrant of all the
passions." Tacitus



Woodworkers Prep for Arts and Crafts Fair

By Linda Wagner

In these hazy, lazy days of summer things in the wood shop are surprisingly busy. The team is preparing for the Greenbriar Arts & Crafts Fair in late September. Earlier in the summer, at the first annual Grill & Chill event we took a survey to see which items the team thought would be most well-received by craft show attendees. We ended up with a long list of items and a target number of each item to build.



The list included a herd of reindeer, a forest of Christmas trees and a small village of cottages designed as jewelry holders. Also in production are sleek wooden card holders, children's clothes racks painted in bright colors and multiple takes of the omnipresent whirlybirds. Various designs of the popular biscuit earrings are also in production as well as small, newly designed candle holders.

The group is hoping to offer these items as holiday gifts that will bring in funds to offset the cost of a computer-run wood carving machine. The machine would enable customized items like family name plaques and engraved logos. There is much excitement at the prospect of this tool, which will inspire new, sophisticated designs that we can then offer to the community.

Anyone wishing to join the GW Woodworking Club can contact club President Linda Wagner (609-273-4998) or Vice-President Dennis Marshall (+1 (908) 705-3678).

Whirley Birds Fly - Ken Sariego admires his handiwork— one of the many handmade items made for the Arts & Crafts Fair in September.



Photo by Dawson Lane
resident Mark Surks



Photo by Dawson Lane
resident Jay Respler



Photo by Westminster Dr
resident Lorraine Adoff

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ad-9054

How did Mah Jongg Become an “American Jewish” Game?

By Richard Weber and Janet Horowitz

Four **BAM**...One **CRAK**...Call for Mah Jongg!

Mah Jongg is a game that is played with tiles. It was developed in China during the 19th century. Historical records show initial popularity was with urban male elites.

So how did it become such a popular game here – especially with Jewish women? Mah Jongg was introduced in America in the 1920's. Joseph Babcock, an American resident in Shanghai, introduced a simplified version to American audiences. It quickly became a nationwide fad that spread through existing social networks of many ethnic and religious groups.



Mah Jongg became popular among Jewish American women in the 1930s as a social activity that fostered community bonds. In 1937, the National Mah Jongg League was founded by several Jewish women in New York standardizing the American rules. Because so many players belonged to Jewish social networks, the League's rules spread widely in Jewish communities and Mah Jongg became an important social tradition.

Many American Jews lived in densely populated urban neighborhoods in our larger cities. After children went to sleep, apartment doors were left open, bridge tables and chairs were set up in the hallways, and women played Mah Jongg while being able to check on the children.

Later, women often belonged to synagogue sisterhoods, Hadassah chapters, Jewish Community Centers, and other informal social circles. Mah Jongg was usually taught person-to-person. This "friend teaching friend" method helped the game spread rapidly through these groups in Jewish communities.

After World War II, many Jewish families moved to the suburbs. Weekly Mah Jongg games became an important way for women to create friendships and support networks in new communities. Mah Jongg could be played during weekday afternoons while children were in school or in the evenings, often meeting in someone's home. Mah Jongg appealed much more to Jewish women than to Jewish men largely because of the social and cultural patterns in mid-20th-century America.

Mah Jongg is experiencing a revival today. It is attracting new players of all ages and backgrounds across the United States and around the world. Many Millennials and Gen Z players are learning Mah Jongg through classes, social clubs, and friends. They are drawn to the game's combination of strategy, competition, and face-to-face socializing.

And research studies suggest that Mah Jongg may benefit brain health by engaging memory, pattern recognition, and strategic thinking. The game's combination of social interaction and mental challenge appears particularly valuable for cognitive maintenance, according to several published studies.

The connection between Mah Jongg and American Jewish culture is a fascinating story of immigration, social life, and community. It's really so much more than just the game. It's friendship, support, laughter, and life lessons that come while playing the game. Sometimes you will win, sometimes you will lose, but you will get through it, especially if you have the right players with you.

Join the Shalom Club on Wednesday, September 9th, as we sponsor our first Mah Jongg Tournament! Contact Meryl Berg, (732) 740-0772, for details.

*** Shalom Club Happenings ***

Sunday, September 6 – Monthly breakfast, **Diane Cypkin**, "*Love Songs of WWII*", 9:45am **Wednesday, September 9** - **Mah Jongg Tournament**, 11:00am-3:00pm, GW Ballroom **Wednesday, September 16** - Theater trip to see "**Come From Away**" at Bell Works (wait list) **Sunday, October 11** - Monthly breakfast, **Benyamin Cohen**, Journalist will give sneak peek into his new book, 9:45am

For more information, contact shalomclub0224@gmail.com

The Shalom Club Board wishes you a



Secrets from my Closet and the Mysteries of Life

By Linda Wagner

So, let's admit it. Nobody wants to see summer end. It's a sad thing to fold up those bathing suits and tuck them away knowing we won't be seeing them again for months.

However, there is something special about Fall. The wind chills and colorful leaves fall in celebration of the change of seasons. After a hot, hot summer when light linens and cottons are the only sensible clothing to wear, it's time to think about pulling out the sweaters and corduroys. (Are corduroys in or out this year? I can't keep track.)

Which brings me to my closet problem. It is a mystery to me as to why I can't fit more in it. I don't really think the issue is the entire work wardrobe that I no longer wear since retiring seven years ago but still retain. Nor the 30-odd pair of stiletto heels into which I am no longer game enough to step. (You should see the purple snakeskin stilettos accented with a bit of metallic. My daughter bought them for me for a special birthday along with a matching clutch. These I have memorialized in pastel on paper. And yes, I have actually worn them a few of times.)

Now part of the problem might be the piles of early Christmas presents I bought in Italy that no longer seem appropriate to give. It could be my belt collection of so many textures and colors (the pink patent leather snake skin is one of my favorites!) Or my admittedly large collection of handbags and clutches. After 40-so odd years of a career, I like to keep them as mementos. For example, who could part with her first brief case signaling bona fide, professional career, or at least the desire for one.

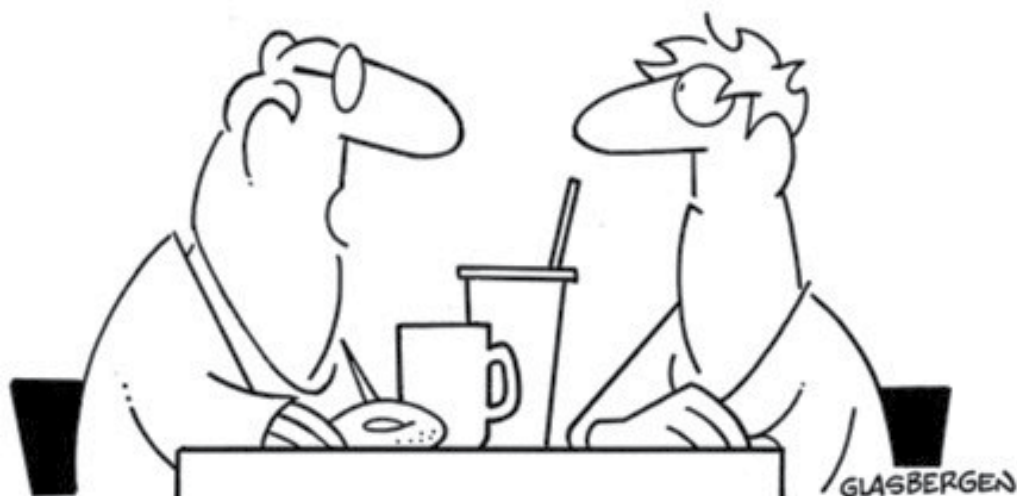
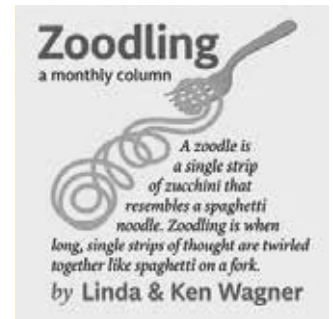
Back to the shoe conundrum. In addition to the stilettos, I have had many other lovely shoes in my life. These shoes I retain on my top shelf. They are up high since I don't wear most of them any longer, beautiful as they are. I preserve them in clear, plastic boxes, stacked two high.

Boots are another story. Many of them are tall and bulky, so naturally they take up a lot of space. I keep the shorter ones on display, for example my cowboy boots, which I wear on Fridays for country line dancing. This boot collection, too, is beautiful and I have taken artistic photographs of it lined up along the staircase. (Mostly so I remember which ones I have when pairing outfits.)

Despite the shoes, the lack of space is still a mystery. I must admit I have preserved my wedding dress, the dress my mother wore to our wedding, the dress my mother-in-law wore to that same event, and both dresses I wore to my two children's weddings. Oh, and also, the dress I wore to my son's rehearsal dinner. (Well, it was an especially pretty one with sparkly lace and it fit me so well at the time.)

Now, I have solemnly promised myself to put more thought into resolving this mystery. Maybe a bigger closet or more narrow hangers would solve the problem? More shelves? Better storage technology?

Ah, life is full of mysteries...and lots of pretty clothes.



"What's the world coming to? Everyone at my class reunion had their identity stolen by some old person!"

Sarge's Corner: DD214: What You Need to Know.

By Michael Boxer

The following is from Amanda Miller, editor/writer military.com

From healthcare to home loans, education to employment, nearly every veteran benefit starts with one document: Your DD214.

What is a DD214 Form?

Your military discharge papers are officially known as DD Form 214, or just DD214. All veterans receive this Certificate of Release or Discharge from Active Duty once they are out of the military.

In a nutshell, the DD214 is proof of your military service. All branches use this same form. There may be no more important document, as it serves as the key to unlocking benefits of all kinds.

In recent years, the military's reserve components have also begun issuing departing reservists a new standard service record: Form DD214-1, the Certificate of Uniformed Service, Reserve Component Addendum. This form summarizes their periods of active and inactive service, as well as the "points" they've earned toward retirement.

Unlike active-duty members — who may receive only a single DD214 covering one continuous service commitment — reservists can accumulate many DD214s over a career, one for each activation and release, whether for full-time National Guard duty, a mobilization, or another contingency operation.

Treat your DD214 like gold, as this piece of paper is vital to many aspects of your life in the civilian world. The DD214 — DD stands for Defense Department — provides veterans with an accurate and complete summary of their active military service. It usually lists dates of service, any commendations or medals received, the reason for separation and the type of discharge.

You are entitled to your military records free of charge, unless for whatever reason, you simply prefer to pay someone to help you obtain them. Disregard advertisements that falsely claim you have to pay to get your DD214 or that the advertiser can get it more quickly. It can't.

Ed. note: Last month the wonderful poem "Dash" was mis-attributed. It was in fact written by Linda Ellis. The story behind the poem and the life changing impact it had on its author can be found here <https://lindaellis.life/the-story-behind-the-dash-1> or use the QR Code to the right.



Ping Pong Olympics

The Ping Pong Olympics were played on July 8.

The winners were Ned Moftah and Gene Leyzeroff.

Dashun Bhatt and James Nowachek came in second.

A good time was had by all!

New players are always welcome. There is no fee and no registration. Just show up on Monday, Wednesday and Friday mornings in the ballroom.



Greenbriar at Whittingham Pulse

September 2026 - 43

GW Wheels Spends the Night Out

By Ken Wagner

For the second year in a row, the GW Wheels Car Club proudly represented GW at Monroe Township's National Night Out 2026, held Tuesday, August 4, at Thompson Park. Eighteen club members showcased eleven classic, sports, and specialty vehicles as part of the National Night Out Car Show—one of the largest automotive gatherings in our area.

National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie. Millions of neighbors take part in National Night Out across thousands of communities from all fifty states on the first Tuesday in August.

Neighborhoods host block parties, festivals, parades, cookouts and various other community events with safety demonstrations, seminars, youth events, visits from emergency personnel and exhibits. Monroe Township hosts the event at Thompson Park each year with music, games, family activities, and of course, a very popular car show.

Participating in National Night Out is just one of many activities enjoyed by GW Wheels throughout the year. The club welcomes all GW residents, whether they own a classic, sports, specialty car, or truck—or simply enjoy automobiles and good company.

Members participate in the club's annual car show, New Year's Day parade, road trips, meetups, and social gatherings, including the annual summer barbecue. Earlier this year, the club also enjoyed a visit to the Classic Auto Mall in Morgantown, Pennsylvania.

GW Wheels members attending the event were: Mort Resnicoff, Gene and Maureen Gavin, Conrad Ianniello, Joey and Mona Paradiso, Stu and Elinor Weinstein, Bob and Janet Russo, Don and Desiree McBain, Joe and Teresa Atanasio, Walt MacMillan, Helen and Don Fross and John Amodeo.

About GW Wheels: The club's focus is on motorized vehicles with wheels – sport, classic, muscle and special interest cars and trucks. For more information about the club contact them at gwwheels@icloud.com or visit the club website at <https://gwwheelsclub.godaddysites.com>. You can use the QR Code to the right.



Bringing the line-up! GW Wheels brought eleven sport, classic and specialty cars to the Monroe Township National Night Out on August 4th. The line-up included Miata RF, Ford Mustang and T-Bird, BMW, MG, Porsche, Chevy Camaro and Corvettes!



Greenbriar at Whittingham

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ABOUT THE CLUB

Open to players of all levels, the club offers:

- Access to three tennis courts
- Using TeamReach App for scheduling court time
- Group lessons and clinics
- Social events and tournaments
- A friendly, welcoming atmosphere

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 by June 1, 2026.

Questions? Contact Andy Goodman – Treasurer at agoodman20@comcast.net.



We look forward to seeing you on the courts and building new friendships through tennis!

MEET THE TEAM

Board Members:



Felix Vazquez
President



TBD
Vice President



Andy Goodman
Treasurer



Garry Klein
Secretary



Karen Ellis
Adviser



MONTHLY MEETINGS



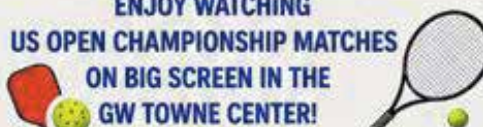
Join us every 3rd Thursday of each month
4pm at the GW Towne Center.

EVENTS HIGHLIGHTS

- **Mayor's Cup Tournament**
Representing our community
Men's Doubles, Women's Doubles and Mixed Doubles
- **Tennis Social get togethers**
- **GW Olympic Tennis event**
a spectacular evening of spirited play, community connection, and high-energy fun at the GW Tennis Courts.
- We'll also host round-robin events, instructional sessions, and more throughout the season—open to all skill levels.



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A Message from the President

"Our tennis club is one of Greenbriar at Whittingham's premier amenities. We invite every new resident to come out, meet your neighbors, enjoy the game, and become part of our growing tennis family. We look forward to seeing you on the courts!"



Felix Vazquez
President,
GW Tennis Club

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Important Notice For Greenbriar Residents

(Whittingham residents are not impacted)

Greenbriar residents are being urged to vote on an amendment allowing us to require delinquent homeowners to pay 100% of any legal cost incurred in the effort to collect. Currently, our by-laws inexplicably require **our community to absorb 80%** of legal collection costs. This hampers our ability to collect and unfairly burdens the vast majority of residents who pay promptly. Please take the time to vote on-line via the emails you are receiving or via a paper ballot in the Towne Centre.

Many of you have not voted! Why? Don't you want us to save money? We really NEED you to vote YES!

