

GREENBRIAR AT WHITTINGHAM VOICE

PRESENTED BY THE RESIDENTS CIVIC CLUB OF GREENBRIAR AT WHITTINGHAM

Monroe Township Council Reorganizes for 2020

**By Gerald W. Tamburro
Mayor of Monroe Township**

As you may be aware, I took the oath of office to begin my second term as Mayor of Monroe Township at the Township Council's Re-organization Meeting at the Senior Center on January 1.

I would again like to express my appreciation to my family, friends, dignitaries and residents in attendance and thank all residents for entrusting me with the honor of serving as your Mayor. I was both humbled and excited to take the oath of office as your Mayor – an oath I hold very dear. I have worked each and every day to live up to the faith and confidence that you have bestowed upon me and I intend to do the same in 2020 and beyond.

During the reorganization meeting, the Township Council also unanimously elected Councilwoman Miriam Cohen as Council President and Councilwoman Elizabeth "Betty" Schneider as Council Vice President. This decision marks the first time in the

Township's history that two women lead the Council in their respective roles.

I support the Council's decision 100 percent and have the utmost faith that Council President Cohen will lead our governing body with professionalism and decorum. Council Vice President Schneider has proven her value to the Council time and time again over the years, having attended just about every Township event that is planned. The Council is in good hands with these superb public servants at the helm and I look forward to working closely with them in the years ahead.

I would like to take a moment to acknowledge Councilman Stephen Dalina for his years of outstanding service to this council and our community as council president. Thank you.

Together, as a community, we have accomplished important achievements, including the second lowest tax rate in Middlesex County, the lowest water and sewer rates in the region, a AA+ bond rating, significant progress toward

open space preservation goals and the safest community in Middlesex County.

I pledge to continue with a plan of fiscal responsibility, low debt and superb services while acknowledging the great challenge created by state court ordered affordable housing mandates resulting from the Mount Laurel court decision.

While we fought extremely hard, and were successful in eliminating thousands of proposed units by the court, the impact of the Mount Laurel decision – which represents 96 percent of the new construction going forward in Monroe over the next 20 years – is significant. But I am not afraid to push back when we can, and we are doing that.

We currently are engaged in lawsuits with "The Eagle Developer" at Route 33 and Applegarth Road and the Monroe Park developer. We also recently took steps forward on a veteran's housing project that will add 43 affordable units specifically for veterans while saving the Township 172 new homes.

(Continued on page 4)



**By Jamie Cullen
Community Updates**

Ponds:



All beavers have been removed from the property by a licensed trapper. We will continue to monitor the ponds and trees surrounding ponds to ensure no new activity/destruction begins. The large cage-looking devices around the inlets and outlets at the front two ponds along Half Acre Road will remain in place to prevent future beaver activity/destruction.

Roads:

Curbside drain/grate covers



that are broken or missing parts are being replaced by WHOA Maintenance as weather permits throughout the Community.

Restaurant:

The monthly food credit program started as of January 1. A friendly reminder that it is not transferable and may only be used by the homeowner or other residents of the home to which it is issued. Each home will be charged \$15 monthly (included in your monthly assessment), and in return will receive a \$30 credit every other month to be used at the restaurant. This credit will appear in the Restaurant Computer System and can be used by providing your driver's license or valid photo ID in which your name appears. If renters plan to use the credit, the homeowner must submit permission in writing to the Property Management Office, propertymanager@gwmonroe.net or 100 Whittingham Drive, Monroe, NJ 0883.

Handicapped Ramp to the Ballroom:

Unfortunately, this project has taken longer than anticipated. The contractor needed to relocate several pipes un-

(Continued on page 2)



The New Year's Eve Party in the ballroom – good food, good friends, and dancing until midnight! See more photos on page 2.

Monroe Township School District News: Strategic Planning

**By Dr. Dori Alvich,
Superintendent**

Help us plan the future of Monroe Township Schools! As the new superintendent of schools, it is my pleasure on behalf of the Monroe Township Board of Education to invite you to participate in our Strategic Planning Process. We will be working together, along with your neighbors, community members, teachers, parents, and students to create a shared vision for our schools. Three planning meetings will

be held where district stakeholders will create the essential elements of a strategic plan: vision, goals, and objectives. Please plan to attend one or all of the three planning meetings. All meetings will be held at the Monroe Township High School beginning at 7 p.m.

February 24, Dream – Creating a Common Vision (snow date February 27)

March 23 – Design the District's Destiny – Goals and

(Continued on page 3)

Sing with the Monroe Township Chorus

A Tribute to the Armed Forces Featuring the Music of Rogers & Hammerstein

If you are a Soprano, Alto, Tenor or Bass and would like to join the Monroe Township Chorus, we sing four-part harmony and rehearse at the Monroe Township Senior Center, at 12 Halsey Reed Rd. on

Tuesday mornings from 9 to 11:30 a.m. You do not need to be a senior citizen to participate since everyone is welcome. Come join the fun and camaraderie of a wonderful group of men and women and

share "The Gift of Song".

For more information contact Sheila Werfel, Director at 609-619-3229.

We don't sing because we're happy—we're happy because we sing!

**THERE WILL BE NO
RESIDENTS CIVIC CLUB
MEETING IN FEBRUARY**

WHOA Update

By Ben Baum

Report on WHOA Open Workshop Meeting on December 16:

Budget vote- The Board voted unanimously to approve the 2020 budget as proposed by Shawn Swanger, Controller. The 2020 Whittingham monthly maintenance fees are as follows: townhouses (213 units)-\$546.00, single homes (64 units)-\$496.00 and the Manor units (136 units)-505.00. Shawn stated that in January 2020 WHOA will be launching a portal for all residents. Small group sessions will be held so that everyone will have the opportunity to ask questions.

Towne Centre –Monica Caterson, Recreation Manager, indicated that the handicapped ramp reconstruction is in process but has been slowed down by the inclement weather. The upstairs cupolas, which were leaking, broken and the wood rotting, have been replaced. During the summer, the indoor pool will be renovated while the outdoor pool is open.

Property Manager's Report-Jamie Cullen, Property Manager, stated that we are working on the gatehouse to make the traffic flow easier. One approach will be to eliminate the roof on the visitor's side so bigger trucks can enter more readily. As of now both gates open at the same time causing some chaos. On the second floor of the gatehouse there are cracks in the ceiling and the roof trusses are not secure. It is not dangerous; WHOA has been patching it for 20 years. An engineer has inspected it, pricing was se-

cured and A.W. Hobor will be doing the needed repairs. The poker room door blocks two exits, which is a fire hazard. The doors will be reset so they open properly. Paving was supposed to be done at the Prospect Plain gates, but the weather prevented the start before the meeting. Beaver trapping began on December 21 and will end by the first week in February. Raritan Valley Trapping will be doing the trapping. (Spoiler alert-the beavers were successfully trapped by the first week in January). The Management Team has put a packet together for "Thriving in Place". There are many options in this packet such as deliveries, urgent care facilities, transportation options and many more. If you have a suggestion for the list, please call the management office so your suggestion can be added to the list. The pool and lifeguard contracts were up for renewal. These contracts were put out for bids. Two companies responded: American Pool and Candlewood. The board has selected to remain with Candlewood. Many concerns were discussed with Candlewood and they have agreed to make changes to fit our needs. In addition, the board got them to reduce their price by \$20,000. A handout was provided at the meeting regarding all shrub and tree/shrub removal. The replacement plan for the trees and shrubs, some of which are 35 years old, will be implemented via a three-year project.

Gutters are an ongoing issue in Whittingham. The staff is going out repeatedly to

clean them.

Instead of repainting them again, the board went out to bid on finally replacing the dentil moldings.

At 36 Rutland and 81 Winthrop constant flooding has occurred after a rainstorm. The gutters in these two buildings are being tied to an underground drain and into the storm water management system.

Committee Reports:

Budget and Finance-The Committee held their final meeting of the year in November and discussed the final results of the \$15.00 assessment for the restaurant.

Entertainment-Gail Alpern reported that there will be no show in December but on January 12 the show in the ballroom will be Divo, Divo and Diva-two tenors and a soprano. There will be no show in February, but both March and April WHOA shows will be held in the ballroom at a cost of only \$20.00 per person.

Landscape-Sandra Cohen stated that all the winter decorations are being put up and the next meeting will be in the spring.

Storm Water Management-Paul Klarman said we have been discussing the present vendor for geese control.

Towne Centre- Lollie Reich said everything is fine in the gym and all equipment is working correctly. The committee had an extensive discussion about the restaurant.

(Continued on page 3)

Message from the Manager

(Continued from page 1)

derneath the existing ramp which is a complex process and requires multiple township inspections. We are very close to completion and hope the new and improved, now handicapped accessible ramp, will be open for service within a week.

Remodeling and Exterior Changes to your Home:

Remember, all exterior modifications to your home require Association approval. Modification forms are available on the Community website gwmonroe.com or in the Towne Centre. Failure to comply with this policy may result in fines. If you have any questions, please don't hesitate to reach out to the Management Office.

Trash/Recycle:

The 2020 trash and recycle schedule remains the same as 2019 and will be sent in a separate email to all residents as well as being posted on the Community Website.

Where did the mailbox go?

Several residents have called to inquire about the removal of the mailbox that was located at the Half Acre Road Community Exit. After discussion with the local postmaster, it was brought to our attention that all USPS mailboxes that were not set into concrete have been removed. In addition, all USPS mailboxes are being replaced with a new design to increase security. These decisions were made above the local level so the postmaster does not know if they will be replaced. The Community did not own the mailbox, and we do not have any ability to request a replacement. The postmaster did promise to let us know if he finds out any more information.

All questions about mail service should be directed to the Unites States Postal Service at 1 (800) 275-8777.



Letters

I would like to thank all of the people who showed respect for my husband, Tom Trippe. Many people sent cards, came to the wake, and attended the funeral. Your kindness has warmed my heart, and that of my family. There are so many caring people in our community.

Grace Trippe and Family

To Our Dear Friends,

Words alone can never convey how thankful we are for all the love and support we received at this extremely difficult time. We will always be grateful we live in this wonderful, caring community.

With much love and appreciation,
Linda and Donald Weintraub

GREENBRIAR at WHITTINGHAM VOICE

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The New Year's Eve Party held in the ballroom was a gala event to be remembered.



Nurse's Notes

By Stephanie Fitzsimmons, EdD, MSN, RN, APRN -BC

Are You Caring for Your Spouse or Partner?

Are you caring for your spouse or partner at home? You are not alone. In the United States, approximately 44 million American families and friends provide voluntary care to another adult and, according to the Family Caregiver Alliance (2013), provide approximately 80% of long-term care that is delivered within the home.

Initiation into the role of caregiver is unplanned and disorganized, occurring as health and functional changes transform a spouse into a care recipient. Caregivers are unprepared for their new role and a male caregiver spouse may be even less prepared than a female caregiver, given traditional division of breadwinning and caregiving duties within the family. Although there are many caregiver help books, none are able to describe month by month changes because every caregiver/care recipient dyad is unique.

Feinberg, Reinhard, Houser, and Choula (2011) noted that those who take on the caregiver role to help loved ones remain in their own homes risk stress, depression, physical health problems, social isolation, competing demands, and financial hardship and that the caregiver may become vulnerable themselves. The value of this unpaid

care at home reached \$470 billion in 2013 and the value of unpaid caregiving exceeded the value of paid home care and total Medicaid spending in the same year, and nearly matched the value of the sales of the world's largest company, Wal-Mart (\$477 billion). [AARP Public Policy Institute. (2015). Caregivers caring for the care recipient at home are saving taxpayers millions of dollars!]

The large population of aging baby boomers, also referred to as the silver tsunami, suggests an increased need to examine caregiving relationships and ways to support all caregivers for the good of not only care recipients but also caregivers themselves. Caregiver/care recipient dyads share that their world shrinks because of physical challenges.

Male caregivers are one third of the caregiving population; their unique needs are not well documented compared with those of female caregivers. Several qualitative studies of small numbers of men found that husbands' experience of transition into a caregiving role is different from the experience of wives. A study by Ski and O'Connell concluded that caregivers risk physical and emotional problems when caregiving at home.

As Aneshensel, Pearlin, and Schuler (1993) noted, caregiving is a role that no one imagines

will be part of his or her future. If you are currently helping your spouse or partner in the home, please seek help and information. There are many resources in Monroe Township to assist you with your caregiving questions: Your health care provider, the community nurse, caregiver support groups within the township (I facilitate a support group the second Thursday of each month), adult day centers, Jewish Family service and the Monroe Office of Senior Services. Throughout your life when you needed information, you sought guidance – this is a time when you need direction and support.

Is your neighbor a caregiver? What can you do to help? Pick up something from the grocery store, ask the caregiver how they are doing – most people inquire about the care recipient. Offer to sit with the care recipient so that the caregiver can go and exercise or meet a friend for coffee. If possible, include the caregiver/care recipient dyad in social events – many caregivers report feeling isolated. Kindness matters – so even a small gesture offers support to the caregiver.

Lecture

February – No lecture.
 March 2, 2020 1pm
 A new local internist Dr. Estela Wajcberg will be speaking: Information will be available at the Nursing office.
 Please register with the Concierge

School District News

(Continued from page 1)
 Objectives (snow date March 30)

You will have an opportunity to provide input on the future direction as well as the current strengths and needs of the district as you see them. Participation in our meetings will be greatly appreciated. Please RSVP at the link <https://forms.gle/xjr7AhTpTqbRFZJAA>

The Board of Education hopes that you, the residents of Monroe Township, will join us.



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WHOA Update

(Continued from page 2)

Bus Discussion-Miriam Cohen, Board President, said we have had a significant decline in GW bus ridership. Shawn Swanger said that the annual cost for the bus is \$78,000 which includes the cost of a full-time employee. This cost equates to \$48.00 per resident per year. Sandra Cohen reminded everyone that the entire Board, at the recommendation of the Budget and Finance Committee, voted in favor of stopping the bus service.

Residents Comments Re: the bus service-Several residents commented on the termination of bus services, asking the board to reconsider the decision.

Bus Presentation, Kim Molarz, Monroe Township Transportation Department-Kim spoke about the four services, explaining the pink, blue, green and yellow brochures. She started with the pink medical brochure; to use this service you must join the Senior Center for which there is no charge. This is a curb to curb service. The driver will take your walker on and off the bus. If you have a wheelchair, the driver will put you on the lift. This is a reservation-based system. This bus run services all doctors in Jamesburg and Monroe Township; it also serves some areas of Cranbury and Plainsboro. Robert Wood Johnson and St. Peter's hospitals, New Brunswick, have their own bus lines.

The next service, addressed in the blue brochure, is the in-town shuttle which will pick you up at your home on Tuesday and Thursday. You are limited to two grocery bags.

You must also inform the township if you are in a wheelchair or scooter so the township can send the proper bus.

The green brochure describes the out-of-town bus service. It picks you up at the corner of Winthrop/Whittingham and Chichester/Whittingham. The only residents that need a reservation are those with a wheelchair or scooter. The yellow brochure delineates the details of the Princeton route. It runs Sunday, Tuesday, and Thursday. The first stop is in the Town Center in East Windsor where Shop Rite is on 130. It also goes to Princeton Square. You are allowed two grocery bags.

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GREENBRIAR AT WHITTINGHAM

2020 SAVE THE DATES:

- March 8th: Towne Centre Ballroom, 2PM
- April 19th: Towne Centre Ballroom, 2PM
- May 16th: Monroe Twp. High School, 8PM
- June 20th: Monroe Twp. High School, 8PM
- July 18th: Monroe Twp. High School, 8PM
- August 15th: Monroe Twp. High School, 8PM
- September 26th: Monroe Twp. High School, 8PM
- October 10th: Monroe Twp. Middle School, 8PM
- November 21st: Monroe Twp. High School, 8PM

~ Watch for flyers ~

For flyers, e-mail: kristin@gwmonroe.net
 Call the WHOA Box Office for Ticket Information
609-395-0404 Extension 220 or 221.

THE COMMUNITY AROUND US

League of Women Voters of Monroe Township Urges All to Participate in the Count

By G. Moore

April 1, 2020, Census Day, is but a short time away. In a few weeks, households in Monroe and across the nation will receive invitations to complete the 2020 Census Questionnaire. Most households, about 95%, will receive their invitations by mail in March. Special procedures are in place for those who are not easily reached by mail or groups not living as part of a household.

While an on-line response is preferred, the invitation to participate in the census will offer the option of responding to the questionnaire on-line, by mail or by phone. Some households in areas that are less likely to respond online will receive a paper questionnaire with their invitations.

Monroe Township has a history of strong participation in the census. The League of Women Voters urges all to continue that strong performance, utilizing the response method with which you are most comfortable, to complete the 2020 questionnaire. Ensure that your household is counted. The Census Bureau will send several reminders throughout March and April if you have not responded before following up in person.

Attempting to count the US population, estimated at almost 330 million in 2018, is a huge and costly operation. The projected cost for the 2020 Census is \$15.6 billion. More than half a million people will be involved in some facet of the data collection process.

The census data collected, however, is extremely important for many reasons that impact our lives. It is used to determine how many representatives each state gets in Congress. Population shifts documented in the census may result in the loss or gain of seats in the House of Representatives. Election district boundaries are drawn based on census counts.

At the state and local levels, census data drives planning to meet the need for services like schools, emergency services and roads. Future housing and public transportation planning consider population data from the census. Some federal funds, approximately \$675 billion annually, are distributed to states based on census data. Census miscounts can be costly and the opportunity

to correct comes but once a decade!

Federal law requires that your responses to the census questionnaire be kept confidential and not released in any way that could identify you. Nor is your information to be shared with law enforcement agencies or used to determine eligibility for government benefits.

Again, we urge you, get in the count!

The League of Women Voters of Monroe Township is a nonpartisan political membership organization whose goal is to empower citizens to shape better communities. We invite you to attend our General Meeting which is open to the public on February 24 at 1 p.m. in Monroe's Municipal Courtroom. Visit our website, lwvmonroetwpnj.org, to learn more about us.

★★
 ★ **Concordia Clubhouse Presents** ★
 ★ **"BROADWAY TONIGHT** ★
 ★ **LIVE SHOW"** ★
 ★ **Saturday, March 14 at 8:30 p.m. - \$23pp** ★
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 ★ credits. Broadway Tonight fills the stage with ★
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 ★ choreography and dynamic music. ★
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 ★ **For more info call 609-655-4664** ★
 ★★★

News from the Golf Course

By Allan Cooper

The Expanded Winter Golf Program permits motorized golf carts to be used on the Golf Course during January and February. On January 2 of 2020, about 20 carts went out, in addition to another 30 golfers who chose to walk the course.

The Pro Shop had always been closed during the months of January and February. About eight years ago the golf course permitted golfers to walk the course during the winter months. This year, when the temperature is above 45 degrees the Pro Shop will be open, and keys provided to those who want to use the motorized golf carts. There are no credit card privileges, so golfers must pay cash when they take a cart. Walkers may go out without any charge. Golfers will be able to take advantage of the balmy days in winter. For the months of January and February in 2019 there were about 30 days when the temperature maxed out at 40 degrees or higher.

Maintenance on the golf course itself has been com-

pleted for the winter. The superintendent will be sure that all the equipment will be repaired, blades and reels will be sharpened, and work on the course will resume in full force beginning in March. Early in that month we will rent a machine that will deep drill the greens to a depth of 16 1/2 inches. This depth will get the opening below the drainage area of the greens.

When one looks at the greens on a golf course, they appear to simply be an area where the grass has been cut shorter than the fairway. In addition, a hole with a cup and flag have been placed in some difficult area of the green. (Actually, most golfers find that wherever the hole is placed, putting is difficult.) However, the green is more complex with various levels of materials placed below the surface, including sand, pebbles, topsoil, and drainage pipes extending to well over a foot of necessary materials. The machine we are planning to use will penetrate deeply enough to be sure that the green receives proper drainage, which is essential for its continued health.

Council Reorganizes

(Continued from page 1)
 I love Monroe and we have so much to be proud of. All of our success is the result of your support and dedication to our Township. I would like to congratulate my two running mates, Council President Miriam Cohen and Councilman Stephen Dalina on their reelection and I look forward to a great four years ahead for Monroe Township residents.

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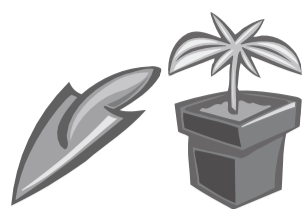
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The Green Thumb



By Laura Resnick
Flowers in February?

Brighten up your home by forcing branches of spring-flowering trees such as forsythia, pussy willow, dogwood, lilac, magnolia and the fruit trees. Cut several pencil-thick branches that have lots of flower buds, 2 to 3 feet long, and keep them in warm water overnight. The next day trim another inch from the end of each stem, making a smooth cut but at an angle. Arrange the branches in a sturdy vase of water, and watch the buds begin to open. This is an easy way to get a head start on spring flowers.

Houseplants in Winter

In the low humidity of the house in winter, leaves lose water rapidly, so more roots are needed to keep up with the transpiration. Seems strange but giving more water does not help. Instead, by reducing the water in the dead of winter, you have helped the plant adjust to the dry environment by growing new roots instead of leaves. With the days getting brighter now, look for the appearance of those tiny green leaves.

Re-potting: Most flowering plants like to be pot-bound, but not your foliage plants. If their growth is stunted, or if the leaves turn yellow and fall off, it is probably time to transplant it to a new pot, only one size larger. Let your plant dry out for a few days so it will come out easily from the pot. Loosen the soil and cut off the old

roots packed in the bottom, to encourage growth of new roots. Add fresh soil and water as needed. There may be some shock-limp leaves—but all will be well in the end.

Mid-Winter Chores

If you want to grow your own celery, leek, or onion transplants, February is the time to start them in pots indoors, because these slow growers need several months before they are ready to set out. This is also the time to start small-seeded flowers such as begonias and petunias.

Valentine's Day

Chocolate is a by-product

of the cocoa tree, which grows in tropical rainforests, notably on the Ivory Coast of Africa, Brazil and Venezuela. After the cocoa beans have been dried, roasted and ground, the cocoa is refined.

Dark chocolate is made by mixing cocoa paste with small amounts of sugar.

Milk chocolate is a mixture of cocoa paste, cocoa butter, sugar and powdered milk.

White chocolate is a mixture of cocoa butter, sugar and milk.

People who love chocolate very much may feel guilty if they believe chocolate is not good for you. Is it possible that is the reason they tend to refer to chocolate as "sinful"?

Roses are an age-old symbol of love and beauty. One old myth associates them with intimacy as well. The term sub-rosa, meaning a private conversation not meant to be shared, originated with Cupid, they say. He allegedly used a rose to bribe Harpocrates, the god of Silence, into staying mum about the many love affairs of Venus.

Sub-rosa, literally "under the rose," came to mean "secret," and the Romans kept the thought going by hanging roses over their banquet tables. Later, they worked the rose motif into their ceiling decorations to remind diners not to repeat the salacious gossip they might hear at the

table. Even now, chandeliers in many a formal dining room hang from a carved wooden or plaster rosette.

When buying roses, choose those that are not fully opened, but also not too tightly closed. To prolong their bloom, every few days trim the stems about one inch. For best results, do this while keeping the stem end under water.

Enjoying roses and chocolate to observe Valentine's Day is a perfect combination of the sinful and the sublime.

Happy Valentines Day!

Calendar reminder: The Green Thumbs will meet at 11am on Tuesday Feb. 11, 2020 at the Monroe Twp. Senior Center.



EXPERIENCING ANY OF THE FOLLOWING?

- Back Pain
- Neck Pain
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Let's Go to the Movies... and...

By Ann Gold

DARK WATERS: First thing I did after seeing this based-on-fact movie was to throw out my Teflon frypan! Expressive actor Mark Ruffalo plays a corporate lawyer. He's nagged by a farmer whose cattle die mysteriously into investigating/suing those responsible. The case converts our protagonist into a heroic David fighting Goliath/Dupont for almost 20 years (of course, Dupont, a big money maker, always knew the chemicals in Teflon were toxic). It felt good to see the little guys win. **RATING: B**

LITTLE WOMEN: Louisa May Alcott's treasure of a novel and writer-director Greta Gerwig's movie are and aren't the same. Judged on its own, the movie is terrific; the characters vibrant and setting beautiful. Some modernizing choices are improvements; some if you loved the book are not. The sisters share more

running and horseplay and exhibit less sweetness. Jo is still wonderfully independent and Beth, sickly. Meg and Amy are better for being played as women knowing what they want and Gerwig creates future lives for them. Meg knowingly marries into poverty. Amy seeks and gets a rich husband. Marriage for a woman is shown as an economic proposition, which is still true too often. However, two of the male love interests were diminished by changes. Lovable Laurie becomes a drunken playboy and gentle, older Professor Baehr, a perfect soulmate for Jo, is turned into just another nice young man. However, almost all ends well, so we purists will be in the minority.

RATING: B+
BOMBSHELL: Women, were you ever sexually harassed at work? Men, if you had any power at work, did you ever sexually harass a

colleague (female or male)? Everyone, you need to see this terrific, based-on-reality expose. Charlize Theron, Nicole Kidman, and Margot Robbie are excellent as ambitious Fox News anchors. John Lithgow as brilliant strategist Roger Ailes lacks only a mustache to be the #1 workplace villain. After enjoying his downfall, ask yourself this: If two famous women almost couldn't take him down, what chance would "ordinary" women have?

RATING: A
 These were the 10 top grossing films of 2019 (in America and Canada combined):
 1) Avengers: Endgame - \$858 million, 2) The Lion King - \$543 million, 3) Toy Story 4 - \$434 million, 4) Captain Marvel - \$426 million, 5) Spider-Man: Far From Home - \$390 million, 6) Frozen II - \$374 million, 7) Aladdin - \$355 million, 8) Joker - \$333 million, 9) It: Chapter Two - \$211 million, and 10) Us - \$175 million. In comparison, two enormously successful "small" independent films, The Farewell and Parasite, earned \$27 and \$21 million respectively.

Calling for Minyan Volunteers

The 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. If a family, in accordance with their beliefs, requires that only men may be counted to constitute a minyan, the Shiva Group will honor that request. You do not have to be fluent in Hebrew to be a part of our group, but we do need your presence. If you wish to be a minyan volunteer, please call: Bob Levine at 609 395-9325, Norman Katz at 609 409-0330, or Phyllis Kundel at 609 619-3656.

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Everyone's recycling efforts are appreciated, but we need to **RE-THINK RECYCLING** and make sure we are doing it correctly.

CLUBS AND GROUPS

Greenbriar Garden Club

By Carmine Campanella

Did you know that we have a garden club in Greenbriar? It is located next to the bocce court. We have 36 garden plots measuring 7 feet X 21 feet. At times, we have divided our plots in half, thereby measuring 7 feet X 10 ½ feet to accommodate new gardeners.

Many of our older members have held the same plots for 15 to 20 years. Lately, some of our older gardeners have decided to leave their labor of love to others. Next month you will be notified on channel 26 as to when the sign-up sheet will be available at the concierge desk. Gardens will be ready for planting by mid-May (around Mother's Day).

If you are interested, please contact me via email at: carmine65@comcast.net.

The Sherlock Holmes Club

By Paul Hartnett

Last month's story, *The Final Problem*, was indeed the saddest of all the Sherlock Holmes adventures. The tale recounts his deadly struggle with the evil Professor Moriarty, ending with the demise of the Master Detective.

But wait. Sherlock Holmes...dead? Battered on the rocks and pulled under by the torrent of the Reichenbach Falls? It is a small comfort that he took with him that criminal mastermind Moriarty, the arch enemy Holmes called the "Napoleon of Crime."

There is hope, however! In this month's case we learn that reports of Holmes' passing are somewhat premature. *The Adventure of the Empty House* is the story that effectively resurrected Sherlock Holmes; and in it, Sir Arthur Conan Doyle brings back his most famous creation to investigate the seemingly impossible killing of the Honorable Ronald Adair.

The story opens with Dr. Watson quite troubled by the recent murder of Ronald Adair or the Park Lane Mystery. Adair was killed with an 'expanding revolver bullet, but there was no gunshot and no gun found in the room or anywhere for that matter. The perplexing nature of the case makes Watson long for his companion, Sherlock Holmes. And after a three-year hiatus, guess who shows up at Watson's door, disguised as an old book seller?

When Holmes takes off his disguise and comes "back to life" while Watson's back is turned, the Good Doctor faints at the sight of his friend's reappearance.

Holmes relates what he's been up to during his three years away. And then once more "The Game is Afoot!" as the two are off to solve the mystery and bring the killer to justice.

The Adventure of the Empty House is essentially two tales in one. Sherlock Holmes re-

turns from the dead to solve the case. In order to catch Adair's killer, Sherlock Holmes has to lure the murderer into a trap. Holmes is able to set the trap because Adair's killer also wants to kill Sherlock Holmes, which is why Holmes has remained in hiding for three years.

Join us on Wednesday, February 26 at 7pm as we meet at the Towne Centre to discuss this joyous tale celebrating Holmes' return and solving the case of the Park Lane Mystery. There are no dues to pay and new members are always welcome.

Please read the short story *The Adventure of the Empty House* beforehand. It is available for free online at *Sherlockian.net*. Click on *Investigating* then *60 Original Stories* and find it under "The Return of Sherlock Holmes" collection. *The Game is Afoot!*

Questions? call Paul- 609 642-6314 "The Middlesex Constabulary"

Minyan Group

The 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. If a family, in accordance with their beliefs, requires that only men may be counted to constitute a minyan, the Shiva Group will honor that request. You do not have to be fluent in Hebrew to be a part of our group, but we do need your presence. If you wish to be a minyan volunteer, please call: Bob Levine at 609 395-9325, Norman Katz at 609 409-0330, or Phyllis Kundel at 609-619-3656.

GW Connections

By Elinor Koll

GW Connections welcomes new members. Applications, along with our mission state-

(Continued on page 8)

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GW Connections

(Continued from page 7)
ment, can be found in the flyer holders at the clubhouse. Dues are \$15 for a single membership and \$20.00 for a family membership.

Our upcoming 2020 events are:

April 1-Trip to Bristol Theater to see Cabaret with lunch at the King George Inn. Cost \$90.00. Members only. Departure TBD.

May 15- Event at the clubhouse. Everyone is invited. Jamie Novak will present the program- KEEP THIS-TOSS THAT. Jamie is an author and organizational humorist. Cost-\$5.00.

May 21-Luncheon at Knob Hill for members and guests. Melinda Blau will share the secrets, wit, and wisdom of vibrant women in their 90's and beyond whose voices

guide her through her own seniorhood. Time-11:30 AM Cost-\$50.00.

November 2-Delores Meyerhoff will return. Topic TBD.

Our Study Groups are: Book Study, the Classics, It's Debatable, Movie Reviews, Play Reading, and Provocative Thinking. Please call Susan Margulies if you are interested (609 662-4458). The Friday Night/Movie/Dinner group meets the third Friday night of the month. Volunteers select and present the movie. Discussion is part of this presentation. Check for flyers or call Mary Bowers (609 619-2723). To join the Coloring Book Club, call Enid Kadish ((609 395-8018).

We are still donating your unwanted clothing to Homefront. Please call Marilyn Steiner (10 Umlerland Place-609 860-6494) or Doris Becker (12 Severn Way-609 860-6494). Clothing must be placed in plastic bags-NO HANGARS OR BOXES-and should contain a reasonable weight. PLEASE CALL BEFORE DROPPING OFF YOUR ITEMS.

To send a congratulatory note, get-well or sympathy message, contact Marilyn Jeris (609-409-0698).

Italian American Senior Cultural Club

By Paul Hartnett
The Journey to America

They scrimped and saved to buy a ticket to America and today they gathered in the village piazza about to leave everything familiar—family, friends, and loved ones. There was a group of families, single men, husbands, fathers, and sons. Amid weeping and hugs, promises were made to send money home, and return soon, or send for them. Many, however, would never return, and some would never see families or friends again.

But, in spite of the anguish of departure, they were upbeat, hoping to find fortune, and a better way of life.

The Italians were leaving out of necessity and desperation.

Four million Italians, many from the southern areas of Italy, immigrated to the United States between 1890 and 1920. The southern regions of Italy suffered more significant hardships than the north, where there were better advantages of industry, education and quality of life.

Other factors contributed to the migration of the southern Italians, among them poverty, unemployment, a scarcity of farming land, high taxes, and natural disasters. During years of disastrous volcanic eruptions at Mount Vesuvius and Mount Etna, surrounding towns sustained enormous casualties.

The Italians traveled from small southern communes and hamlets, going by whatever means available—train, bus, horse and cart. Arriving at a departing port, most likely Naples, the immigrants underwent humiliating fumigation of body, clothes, and goods, a

document verification, then a cursory medical exam.

Bedding consisted of straw mattresses covered with a piece of canvas sheeting. A life preserver was their pillow. They were given a lightweight blanket, and a set of metal eating utensils consisting of a fork, spoon, and tin lunch pail.

Third class meals were meager and far from gourmet. There were no dining tables or chairs; the Italians made do by sitting on bunks, floors, or when permitted “al fresco” on deck. Traveling steerage class was a most unpleasant experience surrounded by unbearable conditions. There was sickness, cramped quarters, putrid stenches of vomit, urine, and whatever else, with little ventilation.

But, even among the discomfort and sickness, the resilient Italians made the best of the situation finding time for enjoyment and a bit of diversion. On occasion, they celebrated a marriage or birth. Then, there was always someone with a concertina to complement the immigrants' songfest and dancing.

The journey to America was a long and harsh one. After days at sea, most immigrants landed at the famous Ellis Island. As they walked into the cavernous dark halls, fearful and anxious, they were “greeted” by immigration officials shouting orders. The Italians, not understanding what they were saying, complained, “che diavolo hanno detto.” (What the hell did they say?)

Their long, long day was about to begin. The primary concern was getting through the medical inspections. Chalk marks on the clothes of an immigrant identified his or her medical condition: *H* for heart problems, *E* for eye problems, *L* for lameness, and so forth. U.S. laws also required an intelligence exam to identify the “idiots, imbeciles, morons, or other mentally deficient persons.” Those with minor illnesses were held in quarantine for a day or two; others with severe medical conditions were put aside, and likely deported.

For the anguish of it all, Italians dubbed Ellis Island, “L'Isola Delle Lagrime”—the island of tears!

Having made landfall, those without sponsorship of family, or friends faced new concerns, like finding a place to live and work. They had no choice but to engage the services of a “Padrone” for assistance. The Padrones were usually former immigrants themselves and were trustworthy and helpful; others were there to take advantage of the immigrants.

The Italians tended to settle and live together, forming communities often called “Little Italy.” They organized fraternal societies providing them benefits, stability, social interaction, and a basic indoctrination into the American way of life. Many Italian immigrants decided to stay and sent for family members while many went back to Italy. For those who remained, life ahead would be no easy road.



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Italian American Senior Cultural Club

The Italian immigrants contributed much to the success of this great nation; their legacy is a proud and generous one. And, for the sake of our descendants, the story of our ancestors must be told, and never forgotten! The successes of our ancestors are important occurrences in American history; they are undeniably part of our inheritance.

ORT

By Joan Hermelee

The Groundhog is busy deciding whether or not to look for his shadow. ORT is busy planning many activities for this winter. We have a great time together as we raise money for those needing educational assistance in other countries. All events include a donation to ORT schools worldwide. Our fundraising committee is hard at work finding interesting trips for the coming year.

Please be sure to put your \$36 dues in box # 18 as soon as possible. As a member, you will be entitled to attend all events and know that you are contributing to education around the world. We need new people to assist on our committees. Please consider offering input or assistance with program meetings, educational functions, creating flyers, day trips, hospitality, phone squad, artistic skills, game/card parties, fundraising, and/or carpooling. We welcome all new ideas and people. If interested, please contact Carole: 609 409-3819 or Joni: 609 664-2794.

Upcoming Events

March 25: Dr. Vine, Dermatologist, Monroe Township Senior Center, 7 pm

April 29: Cooking Demonstration and Dinner, Lemon Restaurant

May 13: Mama Mia, Media, PA

June 1: Mercer County Music Performance

June 10: Wheaton Arts Glass Blowing Demonstration & Buffet Luncheon at Greenview Inn, Eastland Golf Club

Save these dates for ORT program nights: March 25, April 22, and May 27.

Please do not send responses to ORT email. In case of inclement weather, check your email.

ORT has begun a program in conjunction with Barnes and Noble on Tuesday mornings at 10:30 am to read to children. If you are interested in participating, please call Muriel Heran: 609 860-1740.

Do you buy food at the supermarket? Please consider helping ORT use profits made to help students get an education by buying Shop Rite/Stop and Shop gift cards, sold by Jane Newman, 609 860-6618. ORT-sponsored greeting cards and tributes are sold by Helen Kuhl – 609 409-1788. Cards and supermarket scrip will be available at all events, but if you wish to get them sooner, please call the people listed above.

ORT has many exciting things coming your way. Take a few moments to read the flyers and participate. You won't be sorry!

GW Friends for Men and Women

By Sharon Nachimson

Even though February is the shortest month of the year, sometimes it seems like the longest. It's the border between winter and spring. However, in February there is always one day at least when we can smell the distant, but surely coming, summer. Let that thought keep us going through this winter month.

Are you still making New Year's Resolutions? Why not resolve to become a board member of GW Friends in 2020? Being active means letting us know your thoughts and ideas about how we can make our organization better. Just drop an email to Alex Nachimson at sharlex2@yahoo.com with the simple words— "How Can I Help?"

As we did in January, GW Friends will be presenting a wonderful film for our monthly meeting. The film is called "Swim Team" and will take place in the Ballroom on February 24 at 7 PM. In Perth Amboy, NJ, parents of a boy with autism form a competitive swim team and train the team with high expectations. This film follows them as they compete in local, state and national Special Olympics swim meets. You will not soon forget these wonderful young swimmers, or the struggles of their parents, as they refuse to allow their kids' potential to be limited by society's low expectations for their future. A discussion after the film will be led by Gina Blum, Public Relations Coordinator of the Monroe Public Library. **IN CASE OF INCLEMENT WEATHER, PLEASE CALL THE CONCEIRGE TO FIND OUT IF THE EVENT HAS BEEN CANCELLED.**

The following are our activities for the month of February:
Monday, Feb. 3 – GW Friends Breakfast at Christo's Kitchen (previously The Monroe Diner) in the Concordia Shopping Center at the low cost of \$11.00. There will be a special GWF menu, important announcements about future

(Continued on page 10)

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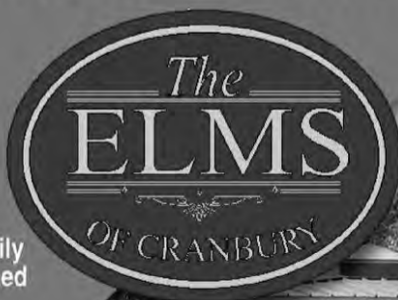
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CLUBS AND GROUPS

GW Friends

(Continued from page 9)
events, and a 50/50 drawing. Please bring exact change. Call Howard Katz at 409-8606.

Monday, Feb. 3 – Movie Group at 4 in the all-purpose room at the Towne Centre. Call Dr. Allan Cooper at 409-3860.

Wednesday, Feb. 5 – POOL & PIZZA -Meet at Ciro's for pizza at 12:30 and then head downstairs to the pool room at the Towne Centre. Email Norm Goodman at norm600@yahoo.com or call 395-8998.

Monday, Feb. 10 – Socrates Café at 4 in the poker room at the Towne Centre. Interesting topics relating to life issues will be discussed. New members welcome. Call Dr. Allan Cooper at 409-3860.

Tuesday, Feb. 18 – Finance & Investing Group at 7:30 at the Towne Centre. Stan Gross will facilitate the discussion about today's markets. Call Stan at 860-6631.

Wednesday, Feb. 19 – Billiards at 2 in the Towne Centre.

Monday, Feb. 24 – Book Club at 4 in the Towne Centre. Call Marvin Bachman at 409-5464.

Monday, Feb. 24 – GW Friends will be presenting a film. See details above.

Alex Nachimson, President
Ralph DeVito, Vice President

Alan Hermelee, Recording Secretary

Sharon Nachimson, Corresponding Secretary
Mark Lindell, Treasurer

Alisa Hadassah

By Rhoda Juskow

What a shame that the weather forecast caused us to cancel our monthly meeting in December. We were all looking forward to our speaker, Jamie Novack, who was going to present a pain free method of ridding our homes of clutter. But do not despair, she will speak to us at our May 18 meeting.

The December lunch bunch was a delightful Chanukah Party at Lox, Stock & Deli. As usual, it was well attended.

Call Marilyn Taffet at 609-860-8406 if you wish to attend a future Lunch Bunch.

The rise in Anti-Semitism was discussed by a speaker from our local Jewish Federation office. Thank you to Dan for speaking and to Wilma Appel for hosting the event.

Future events for your calendar:

Tuesday, February 11 – 11 a.m. – Our annual Tu B'Shvat Seder being held at the Greenbriar at Whittingham Towne Centre. Questions contact Sheila Farber at 732-780-7379. Flyers are in the GW wall unit in Towne Centre.

Wednesday, February 26 – 12:30 p.m. – Monthly Lunch Bunch. For further info call Marilyn Taffet, 609-860-8406.

Sunday, March 8 – 11 – 1 p.m. Purim Mishloah Manot Bag pickup. See flyers in the GW wall unit to place orders or in the Hadassah bulletin. Pick up your Mishloach Manot Bag at the designated site, if you receive a phone call. For further information, call Eileen Carpenter at 609-664-2877.

Monday, March 16 – 7:15 p.m. - Monthly meeting. Sam and Sandy Caponegro will give us an overview of the Early Movie Musical with clips from the period. Fred Astaire, Ginger Rogers, Mae West, Shirley Temple, Judy Garland, and The Jazz Singer will be featured. Meeting will be held at the Monroe Township Senior Center.

Tuesday, March 24 – 1:30 p.m. The Education committee presents Dr. Albert Ameo who will speak on "Living a Meaningful Life." RSVP to Wilma Appel 609-409-2656 if you are interested in attending.

Wednesday, April 22 – 11:30 a.m. - Alisa Chapter Spring Card Party and Luncheon at GW Ballroom. Couvert is \$26,00 per person. Bagels, Lox, Trays of Salads, Desserts & Beverages catered by Bagel Bazaar. Flyers in wall unit at GW and in Hadassah Bulletin.

Thursday, April 23 – 11:30 a.m. – Trip to Delicious Orchards. See how their kitchen functions. Optional café for refreshments. Carpool information to be announced. RSVP to Wilma Appel at 609-409-2656.

Sunday, June 14 – 3-5 p.m. – Annual Theatre and Dinner party. Enjoy Camelot at Playhouse 22 followed by dinner. Questions call Marilyn Taffet, 609-860-8406.

Wednesday, August 19 – Time TBA - Fashion Show at Forsgate Country Club. Enjoy Luncheon, Vendors, and Fashions by Chico's. Details to follow. Questions: call Judy Gerstein, 609-395-0429.

The Martin Salmanowitz Senior Social Club

By Mary Laresch

We are entering the second month of the year, and will celebrate Valentine's Day on the 14th, a fun day with candy, flowers and pretty hearts galore. Then on the 17th we combine two great Presidents' birthdays, Lincoln and Washington, which is a national holiday. For Christians, Lent begins with Ash Wednesday on the 26th.

On December 14 we had a great Holiday Party! The Ace in the Hole All-Star Band played music for dancing before our show. Our featured singer, Tommy Walker, was full of energy as he mingled with the crowd singing old familiar songs. Back with us was Uncle Floyd, as funny and entertaining as usual, with his rapid-fire jokes and funny antics. Our dinner, catered by Jacques, was delicious, and included Beef Bourguignon, sautéed Tuscan chicken, rolled eggplant parmigiana, rice and broccoli au gratin, cake and coffee. Good food and entertainment – special evening for all to enjoy!

Membership Dues

Membership dues are \$20/couple, \$10/all singles. Our membership year is July 1, 2019-June 30, 2020. Dues must be current in order to attend any of our shows or trips.

Bingo

The Senior Social Club sponsors Bingo on the second Friday of each month, and doors open at 7 p.m. Our next Bingo night will be February 14. We play a variety of bingo games.

We have a general meeting in our Ballroom every Thursday from 2-3 p.m. Please come and enjoy our very informative speakers or general discussions.

Calendar of Events

February 13 – 1 p.m. in our Ballroom: "The Bethe Burns Luncheon Show – Remembering Peggy Lee." Bethe is an accomplished singer, blending jazz, blues, pop, swing and Latin flavors. A proud member of the all-girl a cappella group, "Street Heart," she sings with Doo Wop groups across the East Coast. She is accompanied by Vic Schioppo, a nationally recognized piano and keyboard player. We are serving family-style lunch of corned beef, turkey, roast beef, and tuna fish sandwiches, with salad, coffee and cake. This will be catered by Bagel Bazaar. Please bring your own beverage. \$18/members; \$20/non-resident guests.

March 12 – 12:30 p.m. in our Ballroom: Irving Berlin – "A

(Continued on page 11)



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The Martin Salmanowitz Senior Social Club

(Continued from page 10)

Patriotic Tribute, featuring Singer Patty Carver." Patty is a professional singer, actress and writer performing internationally. Patty will discuss and perform many Irving Berlin selections, from his Great American Songbook. Lunch will be served family-style, and will include salad, Chicken Francaise, meatballs, stuffed shells, string beans almandine, cake and coffee. The meal will be catered by Jacques. Please bring your own beverage. \$21/members; \$23/non-resident guests.

It is our policy to give refunds (except for trips) up to one week before any event. Refunds are not guaranteed if you cancel less than one week, unless a replacement is found. When making reservations, please write the date of the event on the OUTSIDE of the envelope; a separate check for each event; names of those at your table — a maximum of 12 people at any table. Please write a separate check for the annual dues of \$10/person.

Yiddish Club

By Diane Morris-Paff

Deepest winter is upon us. Stay safe, stay warm and check on your friends and neighbors.

We would like to thank our members who attended The Word Mavens in January. The two women started the year with amusing anecdotes about using Yiddish correctly and incorrectly and words from their Yiddish dictionary. We all had some good laughs and got some conversations started!

NOTE: Our membership for 2020 started January 1, 2020. Please complete a membership form (available on wall by indoor pool) and submit as soon as possible to ensure your membership and attendance at upcoming Yiddish Club events. Membership costs \$10. Our lockbox is #6. Please mark checks and envelopes "MEMBERSHIP 2020". THANK YOU for your membership and support!

Breakfasts

Breakfasts take place the first Sunday of each month.

The cost is usually \$8/month, unless otherwise stated on flyer. Payment and flyer cutoff are due 10 days prior to the breakfast. All necessary information, regarding payment acceptance, program info, date, time, etc. is on the flyer. Doors open at 9:45am for breakfasts and the program starts at 10:15am.

March 1 - Naomi Miller-Amerika Hurrah Tribute - a tribute to Jewish immigrant composers

April 5 - Harlan Tuckman - Simon Wiesenthal

Films:

Films take place in the ballroom of the Towne Centre and start at 1pm. No sign up is required, but you MUST be a member to attend.

February 16 - Sammy Davis Jr. I've Got to be Me - Documentary examining the life and times of Sammy Davis Jr.

March 15 - 1945 - What happens when two Orthodox Jewish men arrive in a small Hungarian town after WWII?

Trips: See flyer for details on all trips.

April 21 - "A Walk on the Moon" at George St. Playhouse - A musical about a Jewish woman and the mixed-up summer of 1968. This is an evening performance and trip includes ticket and bus from our community.

May 1 - NJPAC rehearsal (including continental breakfast) and lunch at Tony DaCaneca restaurant in Newark

Elsie Landau Yiddish Vinkle:

For those who speak Yiddish or understand Yiddish, please join us on the 3rd Wednesday of each month for our monthly meeting located in the Towne Centre across from the nurse's office. Each month brings a new topic or new idea. New people always welcome!

Sylvia Kolber Yiddish Multi-Media Center: The Multi-Media Center is available at monthly breakfasts and includes films on DVD, books and music CDs. Some books are from authors who have spoken to our group and some of the DVDs are past films shown at the Sunday movie afternoon.

A reminder... you **do not** need to speak Yiddish to be a member of our club, you just need an interest in meeting others and sharing an experience with our members. You must be a club member to partake in all activities.

By Mark Surks

When I was a kid in the 60's, I would periodically pick up the phone only to hear a familiar voice ask, "Hello. Can I speak to the Wizard?" That was my cue to run and get my mother as fast as I could. Alternately, I reported, "The Wizard isn't here" whereupon the line went dead. I longed for the day that I could be a wizard but that was way in the future.

What was happening at the other end of the line was more important. At some location, my uncle, now a spry 93-year-old, was performing an amazing trick that would baffle folks over and over and over again for decades.

Here is the setup. Uncle Joe would tell someone that he knew a wizard who could guess any card they picked. Maybe in his younger days there might be a sum of money at stake, but mostly it was just to see the astonished looks of the folks around him. So, they would pick a card from either a real or imaginary deck. Then Joe placed a call to The Wizard, played by my mom or some other individual in the family, schooled in wizardry. Uncle Joe would ask to speak to The Wizard. Then say, "Hello Wizard. I have someone who wants to talk to you." The party being tricked would get on and The Wizard would, in a supernatural voice, respond, "Your card is the two of clubs" and click off the line leaving Uncle Joe's audience, gobsmacked. A call to The Wizard was often repeated a few times in a row, each time leaving the audience in utter disbelief, fruitlessly guessing how it might be done.

Finally, the day arrived when I too would be schooled in wizardry. I, and my cousins, eventually became old enough to become Wizards. The nuances of what we had witnessed performed hundreds of times were taught to us. Now, periodically my phone would ring and one of my cousins was calling The Wizard. I was now a Wizard and it was my turn to respond in a disembodied voice, "Your card is the nine of hearts", hanging up just before their jaw hit the floor.

Hello. Can I Speak to "The Wizard"? The Greatest Trick There Ever Was

So how did my Mom, I mean The Wizard, know some guy's card over the phone in just seconds. Like so many illusions of magic, once you know how it is done, you wonder how this could have bamboozled so many people, for so many years, and still does today. The trick is so ridiculously simple.

When Uncle Joe asks "Hello. Can I speak to the Wizard?" as soon as a Wizard is on the line, The Wizard immediately responds in a metered cadence, ace, two, three, four all the way up to jack, queen, king. As soon as the mark's card was announced by The Wizard, Joe would say

(Continued on page 13)



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Poetry Corner



**Does Time Really
Heal all Wounds?**

By Bill Friedman

Don't disrespect another's voice
Even if atheism is their choice
Holy wars throughout the ages
Millions slaughtered so outrageous
Tyrants appeared in the 6th Century BC
And have blackened the ages
I'm sure you agree
Genghas Khan, Henry the VIII,
Stalin and Hitler to name a few
Are sadly remembered for those
that they slew
Never understood ethnic cleansing
between sects
Using religious differences as a pretext

Fascism and Communism or-
gies of power
Have lowered humanity to its
darkest hour
With the likes of Putin, Kim Jong
and Assad still in our midst
It's too hard to believe the world
is unable to resist
You would think by now there
would be a meeting of the
Gods
And a warning sent with light-
ning rods
If those who hate continue to
resist
They will be removed from the
earth and cease to exist
Refugees of war continue to
roam
Aiming to find a safe land to call
home
The entire world must continue
to pray
That the minions of hate will
finally pay

One Man Band

By Bill Friedman

Started with a simple tune
when I learned to play bas-
soon
Who would believe how good
I'd get?
In just six months of clarinet
In eighth grade band some
mandolin
and soon advance to violin
Quite the musician I'd become
next to learn guitar and drum
tuba in high school kept in step
but soon became too much to
schlep
Some piano led to xylophone
then bongo and trombone
I remember how my family
roared
when I brought home a harpsi-
cord
During evenings when I had
spare time
dabbled in cymbal and also
some chime
As my desire to learn continues
to grow
currently studying banjo, cello
and piccolo
With my background had noth-
ing to lose
tried conducting missed too
many cues
If our cars should pass, I might
as well warn
I'll flip you a wave while tooting
my horn

**The World of My
Childhood**

By Charlotte Rubin

What has become of the world
of my childhood?
What has become of kindness
and respect?
The pleasantries, the niceties
That we always would expect?
We would often stop and say
hello
And maybe chat for a while
Ask after the rest of the family
And wave goodbye with a smile
Now we are all in such a hurry
And often seem so angry too
We appear to be in a flurry
And unhappy in all we do
Why is there so much bigotry
and hate
So much selfishness and greed
When love and understanding is
what we really need?
So, try being considerate of oth-
ers
Let's bring back the simple ways
Keep kindness in our hearts
And enjoy the rest of our days.

**Marriage and
Partnership**

By Charlotte Rubin

It's not as easy as pie
It's not a piece of cake
There will be sacrifices
That each of you has to make
In the beginning phase
You're in a romantic haze
You're floating on air
A loving happy pair
But you have to learn how to
compromise
You have to learn how to be
wise
Because in the end
You need your partner and
your friend
Someone to always count
upon
And on whom you can always
depend
Someone to love and hold
dear
And grow closer to every year
So, learn to accept the dis-
agreements and the fights
It doesn't always matter who's
wrong or who's right
Because as you travel life's
journey together
And share each precious
memory

Your love and contentment will
continue to grow
like branches on a fertile tree

**Listen to the
Children**

By Irwin Dunsky

The smile of a young child
Wisdom flowing from that tiny
mouth
Are our windows to hope and
sanity
If we recognize their signifi-
cance
Having not yet been infected
Their purity of soul can
awaken us
And remind us of what is im-
portant
If we are aware and listen
Listen to the children!

Making Peace

By Irwin Dunsky

Making peace requires
Surrender and acceptance
Are you up to it?
If not back off and revisit it
later
A friend of mine
Helped me grow up recently
By pointing out that I had a
choice
Of how I viewed things
He asked me would I accept
someone
even if they put me down
There was my difficulty
I loved them even with their
lack of a filter
They lacked a filter, that's all
their love was there all along
That lack of a filter set me off
I only had to see it and calm
down
I will always love them
Now I can enjoy them
Even if they are not exactly
How I would have them
On that day my friend
Gave me a wondrous gift
Another piece of my
Puzzle of understanding
More than you can ever know
Thank you
My friend
For my insight
Through your words

Clearly Obscured

By Irwin Dunsky

There are times when my view
Is clearly obscured
Clarity sits in the corner
Arms folded
These are times when my
choice
Is made by listening
To my gut or my heart
Black and white are retired
Trusted confidants are enlisted
But in the end when the fog
dissipates
And the leaves settle
Decisions remain with issue
owner
Twenty-year friendships are
hard to let go of
When trust is assassinated
conformability evaporates
No anger just disappointment
A face haunts me into the
night
As I try to trust my decision
My head is plagued with a
million instant replays
What I could have said or
should have said
Becomes rearview clarity
After a week of torment and
review
And the tears are all dried up
I settle down into resolve and
acceptance
Finally, a good night's sleep
Two days pass I'm minding my
own business
Thoughts of what I should
have said
Enough already let me be
Let me just hit this golf ball

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Calendar of Events for Monroe Township Public Library

All events are open to the public. www.monroetwplibrary.org

February 2020 Calendar of Events for Monroe Township Public Library

Current Events Discussion Group

Saturday, February 1 at 10:30 a.m. Enjoy a discussion about global and domestic affairs. Light refreshments provided. Register at the Welcome Desk.

POV Documentary Film

Sunday, February 2 at 10:30 a.m. A stunning and stirring documentary by Andreas Johnsen shows how the government's attempts to silence Ai Weiwei have turned him into China's most powerful artist and an irrepressible voice for free speech and human rights around the globe. 52 minutes

This film is presented in collaboration with the award-winning documentary series P.O.V. (www.pbs.org/pov). Registration is not required.

The Great Courses: Encore Presentation

Sunday, February 2 at 1 p.m. This is your second chance to see this DVD lecture series presented by Professor Allen Guelzo, Gettysburg College. This session covers British, Swedish and Dutch colonization, origins of slavery, culture in this new society and revival of religion through the Great Awakening.

We will show two 30-minute DVDs, followed by a brief discussion and light refreshments. Registration is not required.

Coupon Club

Monday, February 3 at 1:30 p.m. Clip, swap and trade coupons. Discuss deals, share frugal tips and shopping experiences. Bring a pair of scissors and your stash of non-expired coupons. Registration is not required.

The Great Courses: Turning Points in American History

Tuesdays, February 4, 11 and 18 at 1 p.m.

The history of America is shaped by many long-term trends and subtle forces. From the Great Epidemic through 9/11, this series explores important moments and themes of the American past. Professor Edward T. O'Donnell presents a fresh and unique look at American history in this DVD lecture series. Each session consists of two 30-minute DVDs, followed by a brief discussion.

February 4: Expanding Suffrage & The Second Great Awakening

February 11: Abolition & The Communication Revolution

February 18: Baseball & The Mexican War Registration is not required.

Sleepy Storytime

Tuesday, February 4 at 6:30 p.m.

This is a new program suitable for children age 5 and younger along with their families or caregivers. Listen to stories and sing songs one evening each month at Sleepy Storytime! Children are encouraged to wear pajamas and bring a stuffed animal. Registration is not required.

Book Café

Wednesday, February 5.

(Continued on page 14)

"The Wizard"?

(Continued from page 11)

"Hello?" Next the Wizard switched to suits, hearts, diamonds... When the mark's suit is spoken by the Wizard, Joe says, "Wizard?"

So, here is what happened. The mark would hear Uncle Joe, with the phone tight to his ear, ask to speak to the Wizard. Moments later the mark heard, "Hello, Wizard?" with a very brief pause between the two words. With those two words, The Wizard would now know the sucker's card. Then the mark heard The Wizard say, "I have someone here that wants to speak to you." The mark would be handed the phone and would hear the card he picked and the click of a disconnected line.

It is both simple and stupid, and in the hundreds of times various family members performed the trick, it never failed to confound and was never figured out.

It is an amazing illusion that continues to work today but suffers from risks brought about by caller ID and redial and stuff like that. One would have to turn back technological time on their phone in order to get away with it time and time again.

Now here is the postscript. I always thought we were the only ones doing this trick. As far as I knew, my family owned this illusion. Many years later, I read an article in Readers Digest written by someone whose family did this trick as well. It is a trick that requires a few folks schooled in Wizardry, so it works well within a family. Now, the author of the RD article also believed his

family was the only one with such Wizardry skills. It turns out there are plenty of certified Wizards in the world. Variations of this trick are all over the internet, yet somehow, you can do this trick today with a group of onlookers and leave them just as stunned as Uncle Joe did in the 50's and 60's and yes, still today.

Tomorrow, if my phone rings and I hear "Hello, can I speak to The Wizard?" I'll say, "ace, two, three, four..." just like I always have. Call me if you want. We can fool anyone. Well, unless it goes to voice mail.

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Calendar of Events for Monroe Township Public Library

(Continued from page 13)

Session 1 at 11 a.m. and Session 2 at 1 p.m. Discuss books that you have read. Light refreshments will be served. Space is limited. Register at the Welcome Desk.

Socrates Café

Wednesday, February 5 at 7 p.m. Socrates Café are gatherings around the world where people from different backgrounds get together and exchange thoughtful ideas and experiences while embracing the central theme of Socratizing; the idea that we learn more when we ask questions along with others. Join us and pose questions, listen to others, raise challenges and consider other alternatives. Register at the Welcome Desk.

Sewing Class: Pillow Cases

Thursday, February 6 from 6 to 8 p.m. and Monday, February 10 from 3 to 5 p.m. Learn to sew pillowcases. Class is 2 hours. Students must take the Meet Your Sewing Machine class or have prior sewing machine knowledge to take this class. Ages 18 and over. Registration is required. Register at the Reference Desk or www.monroetwplibrary.org, beginning Tuesday, January 7 at 9:30 a.m.

Sit-N-Stitch

Fridays, February 7 and 21 at 10:30 a.m.

Socialize with needleworkers of all types and skill levels. Assist others, share tips, projects and patterns. Bring your own supplies. Registration is not required.

Poets Corner

Friday, February 7 at 11 a.m. A workshop and reading group for all ages. Please bring 12 copies of your work. Registration is not required.

Friday Afternoon Movies

Fridays, February 7 and 21 at 2 p.m. February 7: Set in late 1968 and early 1969, Judy Garland hustles in Swinging London after successfully securing an engagement in Talk of the Town. Behind the scenes, her tumultuous life continues on, battling with her manager and her ex-husband. Rated PG-13, 118 Minutes

February 21: Young Theo inadvertently steals a noteworthy piece of art in the aftermath of an explosion at the Metropolitan Museum of Art that kills his mother. He later crosses paths with the unruly Boris, and the pair finds their lives linked to the painting. Rated R, 149 Minutes

Movies are free. Registration is not required.

Pop-Up Shop

Saturday, February 8: GV Accessories. The Monroe Township Library Foundation provides Pop-Up Shop rental space on select Saturdays between 10 a.m. and 4 p.m. Local residents with their own direct sales businesses should visit one of our service desks or our website for an application to rent the Pop-Up Shop space at the Library.

Trio of Short Documentary Films

Saturday, February 8 at 1 p.m. We will be screening a trio of short documentary films.

A film by Davina Pardo in which Eva Schloss, a survivor of Auschwitz and stepsister of Anne Frank, preserves her story as an interactive hologram that will have conversations with generations to come. 15 minutes

Six weeks is the period in which parents of newborn babies in Poland may decide to give up a child for adoption.

Marcin Janos Krawczyk looks at one child's fate through the eyes of the mother who must make her irreversible decision and the joyful parents who adopt her baby. 20 minutes

Once a year on Mother's Day, a charity bus service takes children to visit their mothers in prison across California. Nearly one in ten of the state's children have a parent in prison. Many are unable to regularly visit their incarcerated parents because remote, rural prisons are often difficult to access for low-income families. Through this bus journey, the film explores the impact of mass incarceration on an entire generation of youth. 10 minutes

These films are presented in collaboration with the award-winning documentary series P.O.V. (www.pbs.org/pov). Registration is not required.

Princeton Symphony Orchestra

Monday, February 10 at 1 p.m. Hear traditional Chinese music as performed on an erhu, a two-string bowed instrument, a pipa, a four-string plucked instrument, and a zheng, a type of zither with a more than 2,500-year history. Performers include Wang Guowei (erhu), Sun Li (pipa), Wang Junling (zheng). Presented by the Cultural Arts Commission. Registration is not required.

Short Story Discussion Group

Wednesday, February 12 at 11 a.m. Join us for a discussion about "Good with Boys" by Kristen Iskandrian in Best American Short Stories and "Why Were They Throwing Bricks?" by Jenny Zhang in O.

(Continued on page 15)



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Monroe Township Public Library

(Continued from page 14)

Henry Prize Stories. Register at the Welcome Desk.

Organizing (and Staying Sane with) Your Genealogy
 Wednesday, February 12 at 1:30 p.m. In this Genealogy Club guest lecture, Michelle Novak will explore organizational methods for digitizing, naming and organizing your paper and digital files, discuss common technology pitfalls to avoid, and present ideas on how to help your research live beyond today's technology. Beginner and experienced genealogists welcome. Registration is not required.

Financial Planning Workshop
 Thursday, February 13 at 6:30 p.m. Mark Boutros, a Financial Advisor, with Morgan Stanley presents. Register at the Welcome Desk.

"Ethics of Living Jim Crow" Live Performance

Friday, February 14 at 2 p.m. Reginald C. Brown brings the stories of Jim Crow to life, exposing the oppression, determination and resiliency of African Americans in an adaptation of Uncle Tom's Children by Richard Wright.

Sponsored by the Friends of the Library. Register at the Welcome Desk.

Music Documentary "Amazing Grace"

Sunday, February 16 at 2 p.m. Aretha Franklin, The Queen of Soul, records her live best-selling gospel album "Amazing Grace" in 1972. Rated G, 2 hours Registration is not required.

Coffee and a Book

Tuesday, February 18 at 10:30 a.m. Read and discuss Another Brooklyn by Jacqueline Woodson. Register and

reserve your copy at the Welcome Desk.

Tech Express

Tuesday, February 18 from 2 p.m. to 3 p.m. Drop-in with your electronic device to get personalized help from a Librarian. Bring your charged and registered device and necessary passwords. Registration is not required. First come, first served.

Library Board of Trustees Meeting

Tuesday, February 18 at 6:30 p.m.

Page Turners

Thursday, February 20 at 11 a.m. Looking for something to read or add to your reading list? Library staff will present and recommend a variety of new titles pertaining to a different topic each month, both new and old titles. This month's theme is Black History Month. Light refreshments provided. Register at the Welcome Desk.

3D Printer Demonstration

Thursday, February 20 at 7 p.m. Did you know that the library has a 3D printer? A 3D printer is a machine that can take a digital design from your

computer and "print" it out into a solid three-dimensional object. During this session you'll see a 3D printer in action, understand how it works, and learn how it is used at the library. All ages welcome. Registration is required, beginning Tuesday, January 14. Register at www.monroetwplibrary.org, at any service desk in the Library or call (732) 521-5000.

Friends of the Library Meeting

Tuesday, February 25 at 4p.m.

Black History Month Film

Friday, February 28 at 2
 (Continued on page 16)

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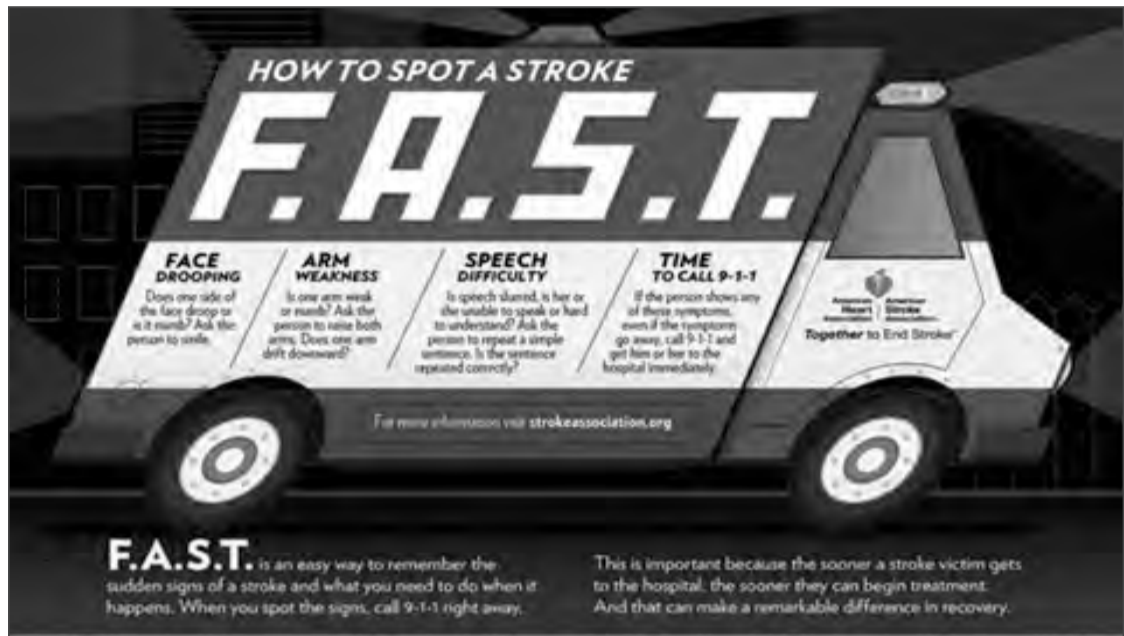
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HOW TO SPOT A STROKE
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FACE DROOPING
 Does one side of the face droop or is it numb? Ask the person to smile.

ARM WEAKNESS
 Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

SPEECH DIFFICULTY
 Is speech slurred, is he or she unable to speak or hard to understand? Ask the person to repeat a simple sentence. Is the sentence repeated correctly?

TIME TO CALL 9-1-1
 If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get him or her to the hospital immediately.

For more information visit strokeassociation.org

WHAT TO DO IF YOU THINK SOMEONE IS HAVING A STROKE

9-1-1: Immediately call 9-1-1 so an ambulance can be sent.

3:02: Check the time so you'll know when the first symptoms appeared.

WHY IS CHECKING THE TIME IMPORTANT?
 Immediate stroke treatment may improve the chances of survival, but only if you get help right away.


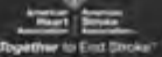
Stroke is largely a preventable, treatable and beatable disease that affects **795,000 AMERICANS A YEAR**

On average, a stroke occurs every 40 seconds.

Every 4 minutes someone dies of stroke.

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TOWNE CENTRE NEWS
 By Monica Gaterson, Clubhouse / Recreation Manager

WHOA Entertainment Shows
2020 SAVE THE DATES:
March 8: Towne Centre Ballroom, 2PM
April 19: Towne Centre Ballroom, 2PM
May 16: Monroe Twp. High School, 8PM
June 20: Monroe Twp. High School, 8PM
July 18: Monroe Twp. High School, 8PM
August 15: Monroe Twp. High School, 8PM
September 26: Monroe Twp. High School, 8PM
October 10: Monroe Twp. Middle School, 8PM
November 21: Monroe Twp. High School, 8PM
 ~ Watch for flyer! ~
**If you would like to receive e-mails about our shows let us know! kristin@gwmonroe.net*

WHOA's Sunday Movies
 Sunday, February 9, 2020
in the Ballroom
 Movie: "Film Stars Don't Die in Liverpool"
 1:00p.m. – R – 105 Minutes
WHOA Atlantic City
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 "Harrah's"
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 Wednesday, March 4, 2019
 "Resorts"
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Jewish Heritage Museum Presents a Tribute to Aviva Kempner: Writer, Producer, Director

The Jewish Heritage Museum of Monmouth County presents a Tribute to Aviva Kempner: Writer, Producer, Director.

Yoo-Hoo, Mrs. Goldberg will be presented on Sunday, February 23 at 2 p.m. (inclement weather date: Sunday, March 1, 2 p.m.); and The Life and Times of Hank Greenberg on Sunday, March 8 at 2 p.m. (inclement weather date: Sunday, March 15 at 2 p.m.) Admission is \$10 members (per film), \$12 non-members (per film).

Aviva Kempner has a mission in life: her films investigate non-stereotypical images of Jews in history and celebrate the untold stories of Jewish heroes.

A child of Holocaust survivor Helen Ciesla and Harold Kempner, a US Army officer, Kempner was born in Berlin, Germany, after World War II. Her family history inspired her to conceive and produce her first documentary, Partisans of Vilna (1986), a gripping documentary on Jewish resistance against the Nazis.

Kempner went on to write, direct, and produce more films about little-known American

Jewish heroes, including the films in this series: The Life and Times of Hank Greenberg (2000) and Yoo-Hoo, Mrs. Goldberg (2009.)

Kempner lives in Washington, DC where she plays a prominent role in the artist and film community. She is a member of the Academy of Motion Picture Arts and Sciences, and recipient of the 1996 Guggenheim Fellowship, the 2000 DC Mayor's Art Award, the 2001 Media Arts award from the National Foundation for Jewish Culture, and the 2009 San Francisco Jewish Film Festival's Freedom of Expression Awardee. She writes film criticism and feature articles for numerous publications, including the Chicago Tribune, The Forward, Jewish Telegraphic Agency, New York Times, and The Washington Post.

Yoo-Hoo, Mrs. Goldberg. This 2009 American, 92-minute film written, produced, and directed by Aviva Kempner, is a humorous and eye-opening story of Gertrude Berg. She was the creator and principle writer and star of The Goldbergs, a popular radio show for 17 years, which became television's very first character-driven domestic sitcom in 1949. Berg received the first Best Actress Emmy in history and paved the way for women in the entertainment industry. The film includes interviews with Supreme Court Justice Ruth Bader Ginsberg, actor Ed Asner, producer Norman Lear (All in the Family), and NPR correspondent Susan Stamberg.

Directed by Aviva Kemper, *The Life and Times of Hank Greenberg* is a 1999 Ameri-

can, 95-minute feature length documentary film about an extraordinary baseball player who transcended ethnic and religious prejudice to become a hero for all Americans. Hank Greenberg's achievements during the "Golden Age of Baseball," in the thirties and forties, rivaled those of Babe Ruth and Lou Gehrig. As America's first Jewish baseball star, he helped break down the barriers of discrimination in American sports and society. Greenberg was a beacon of hope to millions of American Jews who faced bigotry during the Depression and during World War II.

Funding has been made possible in part by a general operating support grant from the New Jersey Historical Commission, a Division of the Department of State, through grant funds administered by the Monmouth County Historical Commission.

For more information or to make a paid reservation (non-refundable), call the Museum at 732-252-6990, or visit www.jhmomc.org. Maximum capacity is 100, so paid reservations are recommended. The Jewish Heritage Museum is located in the Mounts Corner Shopping Center, at 310 Mounts Corner Drive, Freehold, NJ, at the corner of Route 537 and Wemrock Road (between the CentraState Medical Center and Freehold Raceway Mall). It is on the second floor of the historic Levi Solomon Barn. The JHMOMC is a tax-exempt organization under Section 501 (c)(3) of the Internal Revenue Code. The Museum is handicapped and assisted-listening accessible.

Library

(Continued from page 15)
 p.m. 11-year-old Akeelah of South Los Angeles has a talent for spelling, which she hopes will take her to the National Spelling Bee. Rated PG, 1 hour, 52 min Registration is not required.

George Ivers Lobby Display Case
 Monroe Township Middle School Student Artwork
Fine Arts Gallery
 Paintings of Nancie Gunkelman

Artist Reception
 Sunday, February 9 from 2p.m. to 4p.m.

Closings
 The Library will be closed on Monday, February 17 for Presidents Day.

All events are open to the public.
 www.monroetwplibrary.org

Calling for Minyan Volunteers

The 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. If a family, in accordance with their beliefs, requires that only men may be counted to constitute a minyan, the Shiva Group will honor that request. You do not have to be fluent in Hebrew to be a part of our group, but we do need your presence. If you wish to be a minyan volunteer, please call: Bob Levine at 609 395-9325, Norman Katz at 609 409-0330, or Phyllis Kundel at 609 619-3656.

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Tips To Make Your Healthy Goals a Reality

Making small, sustainable changes in your lifestyle can result in big health improvements.

Here are tips to kick-start your goals with small, healthful changes that can become part of your life - for good.

1. Goal: Exercise one hour every day

Kick-start: Add movement every day in 5- to 10-minute increments. Take a short walk around the office, stroll outside during the lunch hour or after dinner, jump on that exercise bike in the basement for a spin each morning or dance to music while you're getting dinner ready. Sticking to a short period of movement a few times a day is a great way to boost energy and start building the exercise habit. While most of us find it hard to commit to big chunks of time, it's tough to say no to 5 or 10 minutes. Arrange to walk with a friend if that helps keep you on track.

2. Goal: Drink eight glasses of water every day

Kick-start: Increase water consumption by one glass at a time - when you first wake up, or before lunch and dinner. Drinking water before meals helps you feel full and aids digestion. If water doesn't entice you, make it easier for yourself by finding a water bottle that's easy to carry around. Add a splash of lemon or lime for flavor. Once you're in the habit of drinking water before one meal, it will be easier to add a glass before other meals as well.

3. Goal: Cut out all sugar

Kick-start: Find healthy alternatives to reduce your sugar cravings. Try Monk Fruit In the Raw, a zero-calorie sweetener made from the vine-ripened monk fruit, which is native to Southeast Asia. This certified vegan, naturally gluten-free product can be added to recipes, smoothies and more.

4. Goal: Cut out all snacking

Kick-start: Find healthy, easy-to-prepare snacks to stave off cravings for junk food, and to prevent you from overeating at mealtime. Small handfuls of nuts, raw veggies and fruits are obvious choices. Limit your snacks to 2-3 times per day. If your sweet tooth is your downfall, use a natural sweetener to sprinkle or drizzle on berries, or add a spoonful to your tea or coffee.

5. Goal: Stick to a specific diet

Kick-start: Examine the diet you're trying, whether it's keto or paleo or something else, to identify the most important elements, and don't go cold turkey. The keto diet is mostly about cutting carbs and sugars, plus highly processed sugar-free diet foods. The paleo diet also emphasizes proteins, cutting all dairy and sugar. Because both of these trending diets recommend eliminating sugar and any artificial sugar substitutes, a sweetener such as Monk Fruit In The Raw is a great alternative. Cutting all carbs or dairy can be too challenging for most people - try reducing the

"forbidden items" gradually to wean yourself from your usual eating habits.

Don't give up on your goals. Adjusting your expectations will help you adapt more healthful habits you can stick with for a long, healthy life. Take that first step by adding the following recipe for Granola and Yogurt Parfaits to your routine:

Nutty Grain-Free Granola and Yogurt Parfaits

4 Servings
Prep time: 20 minutes
Cook time: 45 minutes
1 cup Brazil nuts, roughly chopped
1 cup walnuts
1 cup pumpkin seeds
1/2 cup almond meal
1/4 cup flax seeds
1/4 cup chia seeds

2 egg whites
1 tablespoon coconut oil, melted
6 packets Monk Fruit in the Raw
1 cup blackberries
1 and 1/2 cups unsweetened whole milk Greek yogurt

Directions:
Preheat oven to 325 degrees.
Line a baking sheet with parch-

(Continued on page 18)



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Healthy Goals

(Continued from page 17)
 ment paper. In large bowl combine Brazil nuts, walnuts, pumpkin seeds, almond meal, flax seeds, chia seeds, egg whites, coconut oil and monk fruit. Mix until thoroughly combined. Spread mixture on baking sheet. Bake 45 minutes, stirring every 15 minutes until lightly browned and fragrant. To serve, divide a few blackberries among 4 parfait glasses. Top with a spoonful of yogurt and 2 tablespoons of granola. Repeat layering once more, finishing with granola on top. Store leftover granola in an airtight container at room temperature for up to 1 month.

Walkers, Don't Forget
 This is a reminder for residents to wear reflective clothing when out walking.



Four Things You Should Do To Boost Your Fat IQ

If you've struggled with your weight, you know that fat can be a bad three-letter word. You've warned against it, tried to reduce it and agonized over what fat can do to your self-esteem and your waist line. But how much do you really know about fat? And how much could you improve your life if you knew just a little bit more?

According to the MDVIP Fat IQ Survey, most adults fail a basic quiz on fat facts. MDVIP has a nationwide network of physicians.

A staggering 82 percent of adults are over their ideal weight. Whether you are one of them or you want to avoid weight problems in the future, it's time to put fat in your crosshairs. Here are four things you need to do to boost your own fat IQ and live a healthier life.

* Recognize your hang-ups. Everyone has them. Whether you're busy caring for children or elderly parents and fast food is your go-to, you travel

and can't find healthy options on the road, or you're a late-night snacker, your lifestyle is adding fat to your diet. Recognize where your weak spots are and take steps to correct them. Consider a meal delivery service that's both healthy and convenient, pack nutritious snacks in your carry-on, or go for a walk when the urge to eat a cookie strikes. Just changing up your routine once or twice a week can make a difference.

* Be open and honest with your doctor. Eighty-three percent of adults said hearing from a doctor that they need to lose weight would motivate them to take action. Yet, most doctors aren't able to spend enough time to really delve into your eating and other lifestyle habits. If you're serious about managing your weight, you want a primary care doctor who will help uncover your personal obstacles and work with you on a plan to reach your goals. Physicians like those in the MDVIP network have more time to consult patients on diet and exercise and provide the coaching and follow-up they need to be successful. Talk to your doctor and find your motivation today.

* Learn the difference between fats. Not all fats are created equal. In fact, did you know some fats are actually good for you? Unsaturated fats found in plants, for example, can improve your cholesterol level and lower your risk for heart disease. Saturated fats and especially trans fats, on the other hand, found in fried and processed foods, should be rarely eaten or avoided all together because they have the potential to promote heart disease.

* Find the hidden "bad fat" in your food. Restaurant menus that include calorie counts have certainly been eye-opening for many people, but the food's fat content is often missing or overlooked. The same applies when you're at the grocery store. In addition to looking at the amount of fat on food labels, make sure you scrutinize the list of ingredients. You want to stay away from foods that have the words "hydrogenated" or "partially hydrogenated," which are unhealthy trans fats.

Start applying your higher fat IQ today

Having a strong understanding of fats is critical to achieving a healthy lifestyle, so don't delay in giving yourself a boost. Apply these tips to raise your fat IQ. To take the MDVIP Fat IQ survey, visit www.mdvip.com/fat-iq-quiz.

The Jewish Heritage Museum of Monmouth County presents

Jews of Cochin

A Talk by Gila Rosenblatt



Gila Rosenblatt

Born in India, now living in Monmouth County, Gila Rosenblatt will discuss the history of Cochin Jews of India from their earliest days to the present. She will present information on how this group first settled in India, the growth of the Cochin community, and their eventual resettlement in Israel and the United States. Her talk includes insight into different aspects of Jewish life in India including food and recipes, and some of their unique ritual practices. Visitors will also be able to taste a sample of Cochin fare.



Jews of Cochin, circa 1880

Sunday, February 16, 2020 2 PM
 (inclement weather date, February 19th at 1 PM)

\$10 members, \$12 non-members

The Jewish Heritage Museum of Monmouth County

310 Mounts Corner Drive, Freehold, NJ

(located in the Mounts Corner Shopping Center, at the corner of Route 537 and Wemrock Road).

For more information or to make a paid reservation, please call the Museum at 732-352-6990 or visit our website www.jhmomc.org.

Maximum capacity is 100, so paid reservations are recommended.

Funding has been made possible in part by an operating support grant from the New Jersey Historical Commission, a Division of the Department of State, through grant funds administered by the Monmouth County Historical Commission.

The JHMOMC is a tax-exempt organization under Section 501 (c)(3) of the Internal Revenue Code. The Museum is handicapped and assistive listening accessible.

Jewish Heritage Museum

The Jewish Heritage Museum of Monmouth County presents a talk, *Jews of Cochin*, by Gila Mordecai Rosenblatt. Join us for a personal, informative talk and discussion about this unique story of Jews whose history may be traced to biblical times. Admission is \$8 members, \$10 non-members. Date, Sunday, February 16 at 2 p.m.

Born in Cochin, South India, now living in Monmouth County, Gila Rosenblatt will discuss the history of the Cochin Jews of India from their earliest days to

(Continued on page 19)

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MIKE THE HANDYMAN – See my display ad in this edition. (732) 780-0468.

WINDSOR MOVING COMPANY – Helping families pack and move for over 20 years. Fully insured. Lic. PC00512. Call (609) 448-8840.

Miscellaneous/ Services

PET SITTERS (MONROE) – for a day, a week, or up to a month. Our home or yours. True animal lovers. Barb (732) 735-4243.

COMPUTER REPAIR - RJF Sales Company LLC. Is your computer running slow? It may need a tune-up. Desktop and laptop repair in your home. Custom built computers. Virus removal and protection. Monroe resident with over 20 years of computer experience. Free USB backup up to 32GB. (732) 723-9537 or (732) 967-3400. Please leave message, all calls returned same day.

TECH BUDDY – Simple step-by-step help with smartphones, computers and tablets. Large print solutions for low tech problems. Beginner to Advanced. Patience and enthusiasm included. Wireless printers, Netflix, Amazon Alexa setup and training. Have Alexa remind you of your appointments, read audiobooks, more. \$5 off setup. Free quote. (732) 589-4974. techbuddybarb@aol.com

Tax Preparation/ Services

MICHAEL STILLER-MBA – 41 years experience. Reliable, reasonable, knowledgeable. Home appointments. (732) 718-9050.

PERSONALIZED IN HOME TAX PREPARATION. Reasonable rates. Rebecca Bergknoff, CPA (732) 718-4359.

Wanted to Buy

BUYING & SELLING GUNS – Call for pricing. (609) 558-9509. Ask for David. Licensed Firearms Dealer.

Help & Health Services

CARING AND EXPERIENCED with strong interpersonal skills with knowledge of senior care. Nine years assisting an elderly couple in their home. All aspects of care. Available immediately. Former social worker and first responder. References upon request. (732) 735-4442.

AT ANGEL TOUCH HOME CARE we provide excellent care for the elderly with licensed, insured and bonded thoroughly screened aides. We are a company that cares for our patients and makes sure they are treated by the best. 24-hour care (living with resident). Elderly companionship. Call (609) 907-6059.

PRIVATE AIDES AVAILABLE – Certified, private Home Health Aides available in Monroe Township. Contacts: Diana Appiah (267) 441-9650; Christian Oppong (240) 437-1904.

MATURE FEMALE AVAILABLE as companion for female. Light cooking and cleaning, groceries. References. (609) 395-8702.

ANNA'S HOME CARE – Certified professional caregiver is looking for live-in/live-out job in Monroe Township. Experienced, references. Driver's license. Accepts long-term care insurance. Low prices. Private care option. Call Anna at (609) 409-1600 or (908) 337-7462.

House Cleaning

HENRYKA'S CLEANING SERVICE – Professional house cleaning. Quality work. Call (609) 586-0806.

HOUSE CLEANING – Quality work. 21 years of experience. Call Inna (609) 456-8006.

Jewish Heritage Museum

(Continued from page 18) the present. She will present information on how this group first settled in India, the growth of the Cochin community, and its eventual resettlement in Israel and the United States. Her talk includes insight into different aspects of Jewish life in India including food and recipes, and discussion about some unique ritual practices. Visitors will also be able to taste a sample of Cochin fare.

Cochin Jews have lived for two millennia on the Malabar Coast of southwest India. This tropical area is now the modern Indian state of Kerala, named for the kera, or coconut palm tree. Though tradition has it that there were once many thousands of Jews in Malabar, no more than 2,500 were recorded in recent centuries, and only about 60 remain there today.

The oldest documentary evidence of a Jewish community in Kerala dates from 1000 CE, when a Jewish leader named Joseph Rabban received a set of engraved copper plates from the Hindu ruler of Cranganore. These plates, which are still preserved in the Cochin Paradesi Synagogue, list economic and ceremonial privileges which were afforded the Jews.

One of the most striking things about the Cochin Jews is the fact that they lived in India for so many centuries without experiencing anti-Semitism or persecution from their Indian neighbors. Their decision to leave for Israel after 1948 was not an easy one. It developed out of a long history of Zionist activity and idealism.

The oldest of six children of Miriam and Benjamin Mordechai, Gila made Aliyah and moved to Israel at the age of 17. After receiving her B.A. from Tel Aviv University in 1976, where she also met her husband Ruben, they married and immigrated to the United States to continue their educations. Gila recently retired after a 34-year career at A T & T Bell Labs in Holmdel, as an information service and disaster recovery engineer. Currently, Gila and her husband live in Aberdeen. She is a member of Temple Beth Ahm in Aberdeen. Most of her family lives in Israel now and Gila visits them frequently.

For more information or to make a paid reservation (non-refundable), call the Museum at 732-252-6990, or visit www.jhmomc.org.

The GW VOICE Editorial Staff welcomes any resident interested in joining us in any capacity.

IMPORTANT NOTICE

Motorists must obey the rules of the road while driving within the community including, but not limited to, observing the posted speed limits, No U-Turn, Yield, and One Way signs; stopping for pedestrians; making a full stop at all stop signs; and exercising extreme caution when entering community streets from lanes or other areas without stop signs.



GW Voice Snowbird Mailing

Name _____
 Winter Mailing Address: _____
 Street _____
 City _____ State _____ Zip _____

Monthly issues of the GW VOICE will be mailed to the above address. \$2.50 per month covers postage and handling. NOTE: GW VOICE may be viewed free on the community website: gwmonroe.com

Please circle months requested.
 March April May

Make checks payable to: **"GW VOICE"**

Amount Paid: \$2.50 x number of months = \$ _____
 Date Paid _____ Check Number _____

Leave this request form with your check in the **GW Voice Mailbox in the Annex.**

CLASSIFIED Ad COUPON

Check those publications that apply:

- The Clearbrook Courier The Concordian Encore Speaks
- GW Voice Regency Reporter Renaissance Reflections
- The Rossmoor News
- Check here for all seven publications

Classified deadline: Ads must be received by the 14th of the month preceding publication month.

Princeton Editorial Services, Inc.
 P.O. Box 70, Millstone Twp., NJ 08510

RATES

\$14 for 10 words, 50 cents each additional word per publication.

Sample: 10 words in two publications = \$14 x 2 = \$28.00

No discounts apply. All ads must be mailed with payment.

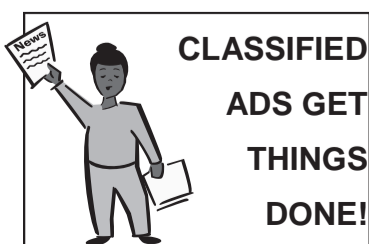
No classifieds accepted by phone or email.

- Note: Phone numbers count as one word. Do not count punctuation. Do not abbreviate.
- State category/heading, ie., "For Rent", "For Sale", "Help Wanted." You will not be charged for the heading.
- One check or money order must accompany insert.
- MADE PAYABLE TO **PRINCETON EDITORIAL SERVICES, INC.**
- Phone number or address which appears in ad must appear on check or money order to ensure proper credit.

Name _____
 Tel. # _____

(Above information is for Princeton Editorial purposes only if we need to contact you. Above information will not be published.)

Print or type your ad and include with this coupon



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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FEBRUARY

2020

1
9 am Ping Pong
11:15 am Chair Yoga




2
10:15 am Yiddish Club




3
9 am Ping Pong
9 am Yoga
10 am GW Debatables
10 am Line Dancing
10 am Sheila's Body Sculpting
10:45 am Chair Yoga
11 am Aquacise
11:30 am Sheila's Chair Fitness
1 pm Woodworking
4 pm Tap Dancing
4 pm GW Friends Movie Club
6 pm Water Volleyball
6 pm Zumba

4
9 am Sculpting & Arts/Crafts Class
10 am GWCA Site Review Comm.
10:30 am Line Dancing
11 am Aquacise
1 pm Cards
2 pm Patio Discussion Group
4 pm Tap Dancing
6:30 pm 8 Ball Club
7 pm Cards




5
9 am Ping Pong
9:30 am Ceramics
11 am Aquacise
2 pm GW Billiards
7 pm Residents Civic Board Mtg.
7:30 pm New Kids on The Block



6
9:30 am 3D Art
10 am Entertainment Mtg.
10 am Chorus
1 pm Cards
1 pm Knitwits & Art/Sewing Class
2 pm Senior Social Club
4 pm Aquacise
6:30 pm Duplicate Bridge
6:30 pm Billiards
7 pm Cards
7 pm Stained Glass Group
7:30 pm Line Dancing


7
9 am Ping Pong
9 am Yoga
9 am Beginning Tap Dancers
11 am Aquacise
11 am Chair Yoga
6:15 pm Italian American Club



8
9 am Ping Pong
11:15 am Chair Yoga




9
1 pm WHOA Movie: "Film Stars Don't Die in Liverpool"



10
9 am Hadassah Board Mtg.
9 am Ping Pong
9 am Yoga
10 am Line Dancing
10 am Sheila's Body Sculpting
10:45 am Chair Yoga
11 am Aquacise
11:30 am Sheila's Chair Fitness
1 pm Woodworking
4 pm Tap Dancing
4 pm GW Friends Socrates Café
6 pm Water Volleyball
6 pm Zumba
7:30 pm History Club


11
8:30 am AARP Course
9 am Sculpting & Arts/Crafts Class
9:30 am Hadassah Mtg.
10:30 am Line Dancing
11 am Aquacise
1 pm Orientation Mtg.
1 pm Cards
2 pm Patio Discussion Group
4 pm Tap Dancing
6:30 pm 8 Ball Club
7 pm Cards
7:30 pm Finance Study Group




12
9 am Ping Pong
9:30 am GWCA Open Workshop Mtg.
9:30 am Ceramics
9:30 am Computer Club
11 am Aquacise
7:30 pm Residents Civic Club Open Mtg.

13
9:30 am 3D Art
10 am Chorus
10:30 am WHOA Towne Centre Mtg.
1 pm Senior Social Club
1 pm Cards
1 pm Knitwits & Art/Sewing Class
1 pm Quilting
4 pm After Hours Mtg.
4 pm Aquacise
6:30 pm Duplicate Bridge
6:30 pm Billiards
7 pm Cards
7 pm Stained Glass Group
7:30 pm Line Dancing

14
9 am Ping Pong
9 am Yoga
9 am Beginning Tap Dancers
9:30 am Yiddish Entertainment Group
11 am Aquacise
11 am Chair Yoga
6:30 pm Canasta
7 pm Bingo




15
11:15 am Chair Yoga (Poker Room)




16
1 pm Yiddish Movie

17
9 am Ping Pong
9 am Yoga
9:30 am WHOA Open Workshop Mtg.
10 am Provocative Thinking
10 am Line Dancing
10 am Sheila's Body Sculpting
10:45 am Chair Yoga
11 am Aquacise
11:30 am Sheila's Chair Fitness
1 pm Woodworking
4 pm Tap Dancing
6 pm Water Volleyball
6 pm Zumba
7:30 pm GWCA Open Mtg.



18
9 am Sculpting & Arts/Crafts Class
10:30 am Line Dancing
11 am Aquacise
1 pm Cards
2 pm Patio Discussion Group
3 pm GW Friends Board Mtg.
4 pm Tap Dancing
6:30 pm 8 Ball Club
7 pm Cards

19
9 am Ping Pong
9:30 am Ceramics
10 am GWCA Covenants Comm. Mtg.
11 am Aquacise
2 pm GW Billiards
6 pm GW Fitness Club
7 pm GW Connections Provocative Thinking
7:30 pm WHOA Open Board Mtg.



20
9:30 am 3D Art
10 am Chorus
1 pm Cards
1 pm Knitwits & Art/Sewing Class
2 pm Senior Social Club
4 pm Aquacise
6:30 pm Duplicate Bridge
6:30 pm Billiards
7 pm Cards
7 pm Stained Glass Group
7:30 pm Line Dancing

21
9 am Ping Pong
9 am Yoga
9 am Beginning Tap Dancers
9:30 am Building & Grounds Group
10 am Painting/Coloring Group
11 am Aquacise
11 am Chair Yoga
6:30 pm Canasta Tournament
6:30 pm GW Connections Movie Group
7 pm After Hours Club



22
9:30 am Computer Club General Mtg.
11:15 am Chair Yoga



23

All calendar entries are correct as of the 15th of the month


24
9 am Ping Pong
9 am Yoga
9:30 am GW Connections
10 am Line Dancing
10 am Sheila's Body Sculpting
10:30 am Golf Finance Comm. Mtg.
10:45 am Chair Yoga
11 am Aquacise
11:30 am Sheila's Chair Fitness
1 pm Woodworking
1:30 pm GGCA Board Mtg.
4 pm Tap Dancing
4 pm GW Friends Book Club
6 pm Water Volleyball
6 pm Zumba
7 pm GW Friends

25
9 am Sculpting & Arts/Crafts Class
9:30 am Yiddish Club
10:30 am Line Dancing
11 am Aquacise
1 pm Cards
2 pm Patio Discussion Group
4 pm Tap Dancing
6:30 pm 8 Ball Club
7 pm Cards

26
9 am Ping Pong
9:30 am Ceramics
10 am WHOA Covenants Comm.
11 am Aquacise
7 pm Sherlock Holmes Book Club

27
9:30 am 3D Art
10 am Chorus
10 am Landscape Mtg.
1 pm Cards
1 pm Knitwits & Art/Sewing Class
2 pm Senior Social Club
4 pm Aquacise
6:30 pm Duplicate Bridge
6:30 pm Billiards
7 pm Cards
7 pm Stained Glass Group
7:30 pm Line Dancing

28
9 am Ping Pong
9 am Yoga
9 am Beginning Tap Dancer
11 am Aquacise
11 am Chair Yoga



29
11:15 am Chair Yoga

