By Frances Greenblatt

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Where’s Harry When You Need Him?

By Bill Kulberg

As you read this, sequences is likely still very prominent. It had been my opinion that the word meant something akin to isolation.

So I researched and found my understanding was closer to accuracy than what it has come to mean in every day parlance. According to sources I consulted, sequestration is segregation. A synonym is indeed isolation. In law, it’s seizure of property or a writ authorizing same. So how do we apply this name for what most everyone agrees is a stupid policy? Nobody really cares. Perhaps a stupid policy rates a stupid name.

What’s important is the effect. Depending on the politician to whom you listened, it was either not going to be all that bad, or it was. It’ll likely solve the onerous deficit situation facing the nation, though Medicare, Medicaid and Social Security remain in need of some refining.

A less talked about product is hardship. As time passes, we’ll see some job loss, temporary reduction in working time (furlough is a nice word), perhaps moder-

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Don’t Overspend for Home Insurance

The Homeowners Association carries insurance for all the homes in Concordia for the structure of the building as well as the original standard appointment (initially installed by the builder in each and every unit considered “builder grade” or “standard”) and fixtures including standard cabinets, sheetrock and flooring.

The unit owner is responsible for insuring any and all upgrades to their individual units, including paint and wall coverings, under the Dwelling (or Alterations) coverage part on their individual Homeowners Insurance policy as well as any personal property and personal liability to others.

You should discuss with your insurance carrier about an HO-6 policy. If you have any questions, please contact management.

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Know Your Neighbor Bobbie Lorell and the 9 Hole Golf Club

By Jean Goldberg

Bobbie Lorell and her husband moved to Concordia from West Hempstead on Long Island 23 years ago. They wanted to live near their daughter and her family and after looking around at other communities decided that Concordia was where they wanted to spend their retirement years. They loved the home that they chose and decided the lovely golf course was an additional bonus. They joined the golf club and Bobbie took lessons to bring up her game. When Bobbie was growing up in Brooklyn, she could not have foreseen golf in her future. She graduated from Samuel J. Tilden High School and Brooklyn College.

(When she moved to Concordia, she found a number of her high school’s alumnae, who had graduated at the same time. They try to have lunch together once a month.)

Her first teaching job was in an elementary school on the lower East Side between Rivington and Pitt Streets. Because her father had been brought up in that area, he

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Art Festival Guidelines Announced

Concordia’s 15th Annual Art Festival will take place at the Clubhouse Wednesday, August 28. The exhibition will feature photos, paintings, sculpture, ceramic and stained glass to name the main venues with no size restrictions. It is one of our community’s most popular events.

All paintings and photos must be framed and mounted, ready for hanging with a wire or hanger on back. Clip frames and saw tooth frames will not be accepted. Other construction such as sculptures, ceramics, and stained glass may be as large as a resident can carry. Works are limited to three (3).

Artistic endeavors not mentioned above will be brought to the attention of the Festival Committee for classification.

(Continued on page 4)

Dryer Vent Upkeep Requires Attention

The State of New Jersey requires that all homes in a multiple unit building of five (5) homes or more have their dryer vents cleaned at least once every five (5) years. Dryer vent cleaning is extremely important. Dirty vents are a fire hazard.

The Association recom-

(Continued on page 10)

Profiles of Women

An Advocate of Healing; Holistic Nursing

By Frances Greenblatt

Jo Anne Blank was born in Brooklyn where she attended Our Lady of Guadalupe elementary school and Fontbonne Hall College Preparatory High School, followed by the Eastern School for Physicians Aides in NYC. Upon graduation she became a medical secretary in the Department of Radiology at St. Vincent’s Medical Center in NYC. However, she found this position very boring. Luckily, a nursing supervisor took her under her wing and guided her toward a career in nursing. She received a

scholarship from the school of nursing at the N.Y. Rockland State Hospital.

She had planned on working as a Pediatric nurse upon graduation. However, the nurse recruiter asked her to work for six months as a psychiatric nurse on that unit at Kings County Medical Center, known in the medical profession as the Bellevue of Brooklyn. The unit was en-

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From the Editor’s Desk

By Mort Perlman

Managing Editor

The spirit and unity of a community like Concordia can be measured in many ways. A significant barometer for calculating the level of the aforementioned characteristics is the participation of its inhabitants in competitive sports as well as in the many other activities and clubs available.

During the past several years our participation in the Senior Olympic Games and the Mayor’s Trophy events has taken a significant step upward. Finding residents to fill the rosters of the various teams is no longer a problem. However, you are always welcome to join in.

Sometimes it is difficult for people who take an active role in the community to understand why others fail to get involved and perform their share of civic duty. A lot of newcomers still work and

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(Continued on page 10)
Show/Entertainment: April Bill Features Versatile Performer - Small Comfort Seating/ Auditorium Show

Michael Minor will be starring in the Regency Room Saturday, April 20 at 8:30 p.m. A very versatile and accomplished singer and impressionist, he is appearing in the upcoming film “One Shot/ Jack Reacher,” starring Tom Cruise.

We also will be featuring Vic Dibitetto, a funny talented pianist who will be playing arrangements from Broadway to pop to something for every taste and preference. So sign up for this very enjoyable entertaining evening.

After the show join us in the Party Room for doughnuts, coffee and tea. Show tickets are $9.50, combo ticket is $14.50. Sign up with Concierge. Open to guests.

The Jukebox Legends - To Perform and Play for Holiday Show

May Cabaret Show and Dance

Starts at 7:30 p.m. on the weekend of the Regency Room Sat., May 25 at 7 p.m. and be entertained by the sounds of “The Jukebox Legends.” This duo, Joey Leo and Billy Sogard, have not only kept your toes singing popular songs from the 50’s to today. During the show portion you will visualize the original artists as their sound is an uncanny impersonation. They are a complete music and dance package that combines music for all ages, and their comedic banter with their audience makes for a very interactive show night.

During the dance portion of the evening they combine live vocal performances and DJ music that is perfect for all, singles and couples as well. Everyone can celebrate the Memorial Day Holiday by kicking off the weekend in the Clubhouse with your friends and neighbors.

Bring your own food if you wish; we will be supplying soft drinks, and for dessert strawberry shortcake, coffee and tea (sugar free upon request). The cost for this evening will be $14.75 person. Sign up with Concierge. "New Sale "

Culture Corner Educational April Program - AARP of New Jersey JCP&L High Rates Topic Tuesday, April 23 at 1:30 p.m.

Sy Larson from AARP will present an informative and important discussion on the very high rates of JCP&L. JCP&L rates have not been examined for six years and AARP believes it is time for the New Jersey Board of Public Utilities to revisit the rates to see if they are reasonable.

If the BPU finds that the rates are high, our electric rates, already some of the highest in the country, will be even higher. One couple of interest to AARP is the impact of very high rates of JCP&L on seniors and senior citizens. If the BPU finds that the rates are high, our electric rates, already some of the highest in the country, will be even higher. One couple of interest to AARP is the impact of very high rates of JCP&L on seniors and senior citizens.

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AARP Driving Class
This course helps mature drivers sharpen skills. The class will be held Thursday, April 11 from 12 to 6 p.m. Receive a discount when renewing auto insurance and defending points from your motor vehicle license. You must have a New Jersey license to show your AARP card. If a couple signs up, two checks are needed.

Eat before you come and bring a light snack and water for break. Cost for members $12 and cost to non-members is $14 per person. Make all checks payable to AARP. Sign up with Concierge.

Beginners Needle- point - Refresher Course
A six-week “Beginner Needlepoint - Refresher Course,” conducted by Caroline Maisel, a volunteer instructor, will begin Thursday, April 18 in the Clubhouse. If you are interested in learning how to do needlepoint, this is the course for you (refusers welcome). Come, learn and have fun and make something beautiful.

Open to 6-12 participants. A $5 refundable registration fee is required. The deadline for applying for the Concierge desk is April 7. The other class dates are April 25, May 2, 16, 23, 30. The time is 10 a.m. - 12 noon. Sign up with Concierge.

Bridge Brush Up
A six-week “Bridge Brush Up” class, conducted by Barbara Cohen, volunteer instructor, will begin Friday, April 12 in the Clubhouse. Jump start your brain and take a refresher course to remember what you once knew. “The Game of Bridge.” Class is open to 24 residents. A $5 refundable registration fee is required. The deadline for applying at the Concierge desk is April 7. The other dates are April 26, May 3, 10, 17, 24, 30. The time is 10 a.m. – 12 noon. Sign up with Concierge.

Country Line Dance
An 11-week “Country Line Dance” class, conducted by Esther Drucker, volunteer instructor, will begin May 7 in the Clubhouse. No partners needed, no boots required, but leather soled shoes a must. Guys and Gals, so who cares if you have two left feet? Have a sense of humor and positive attitude the fun is sure to follow. All levels welcome beginners and intermediate. A CHOA consent form must be filled out by the resident along with the lottery form.

The free class is open to 50 residents. A $5 refundable registration fee is required. The deadline for applying at the Concierge desk is April 21. The other class dates are May 14, June 4, 11, 18, 25 July 2, 9, 16, 23, 30. The time is 11:30 a.m. -12:45 p.m.

Watch Our Weight
An 11-week “Watch Our Weight” class, conducted by Marilyn Mix, a volunteer instructor, will begin on May 2 in the Clubhouse. Men and Women: Do you have 15 or more pounds to lose? Why not join WOW (watch our weight), a Weight Management Class?

The class is a balanced and comprehensive program for weight reduction, including a food plan, exercise program and recipe suggestions which integrates the internet as an asset in achieving weight goals. As a group you will work together, support and words of wisdom to lose those pounds together weekly.

The free class is open to 12-25 participants. A $5 refundable registration fee is required. The deadline for applying at the Concierge desk is April 28. The other class dates are May 16, 23, 30, June 6, 13, 20, 27 July 11, 18, 25. The time is 4:15 p.m. -5:15 p.m.

Maxine’s Line Dance Class
A 13-week “Line Dance Class,” conducted by Maxine Silverberg, volunteer instructor, will begin Thursday, June 6 in the Clubhouse. First class will be a brief review of the easy popular line dances, then learn the more complex steps. A CHOA consent form must be filled out by the resident along with the lottery form. Everyone is welcome, no experience necessary.

The free class is open to 50 residents. A $5 refundable registration fee is required. The deadline for applying at the Concierge desk is May 19. The other dates are June 12, 19, 26. The time is 12 – 2 p.m.

3D Art (Beginners Only)
A 4-week “Beginner 3D Art” class, conducted by Maxine Silverberg, will begin Wednesday, June 5 in the Clubhouse. This course is for beginners only. Learn how to do beautiful 3D Art. The free class is open to 7-14 residents. A $5 refundable registration fee is required.

Maxine’s Line Dance Class (Continued on page 7)
Award-winning author Sharon M. Draper writes a story full of heartache and hope. The author’s new novel relates the tale of Melody — an 11-year-old girl with Cerebral Palsy, so severe that she can neither speak or move independently. Trapped inside Melody’s uncooperative body is a brilliant mind with a cutting wit. “Out Of My Mind” is an extraordinary novel and demonstrates a fantastic glimpse of what life is like for a profoundly disabled girl whose body constantly betrays her fine mind.

Melody has spastic bilateral quadriplegia that silences her voice and puts her in a wheelchair. She communicates with a word board, but it is a conscious effort to summon her arms and hands to do her will. She wishes she could control her body when it spasms, wishes she were normal like the kids that ignore her at school, and wishes she could talk. One wish comes true in this affecting novel, a type and speak computer, which allows her to talk for the first time in her life. Melody is relegated to a classroom of special needs, as she cannot communicate what is going on in her head.

Fifth-grader Melody, is unable to walk, talk, or feed or care for herself, but she can read, think, and feel. A brilliant person is trapped inside her body, determined to make her mark in the world in spite of her physical limitations. Her world is enhanced by insight and intellect, she will never sing or dance, talk on the phone, or whisper secrets to her friends. Draper knows of what she writes; her daughter has Cerebral Palsy too. Although, Melody is not her daughter; the authenticity of the story is obvious. “Melody, if you had to choose, what would you rather be able to do — walk or talk,” asks her teacher. “Talk! Talk! Talk!” Melody answers by repeatedly pointing to answers on her communication board; and finally in time graduates to an electric “Medi-Talker.”

Melody is damaged on the outside and brilliant within. It takes a while for the adults in her life, especially her teacher, to see how much life there is behind those stiff arms and hands, wobbling head, and “slightly out of whack dark brown eyes.” The author smoothly structures the book in a way that builds suspense while also creating a full picture of Melody’s daily life. Uplifting and upsetting, this is a book that defies age categorization, an easy enough read for upper elementary students, yet also a story that will enlighten and resonate with teens and adults.

Told in the first person by the remarkably intelligent girl, this story is a realistic and compassionate window into the life of one considered “disabled” by the world around her. This is more than a book about a girl with special needs. It holds up a mirror for all of us to see how we react to people with disabilities that make us uncomfortable; a book about people in every stage of our lives.

Art Festival Guidelines Announced

(Continued from page 1)
Goodbye to March winds and hello to spring and April showers. The long winter is gone and it is time to enjoy warmer weather. But don’t forget the inside of your home, as there is always something to be done, so read on...maybe I can help you cut corners.

• Add brightness to laundry by pouring 1/2 cup of baking soda into the wash. It will help to dissolve soap buildup.
• To prevent certain clothes from pilling, put into a pillowcase, tie the top and wash.
• To remove perspiration stains, dissolve five adult aspirin in a basin of hot water and soak for one hour before placing into the washing machine.
• Towels will be more absorbent if you eliminate fabric softener. Try dryer sheets instead.
• Stainless steel stove tops, refrigerators, etc. can be cleaned with club soda.
• Club soda is a great emergency spot cleaner. Clean up spills on carpet and on clothing. Can be used on red wine stains.
• To remove rust stains on fixtures, rub the spot with salt and lemon juice. Rinse and polish.
• Remove strong odors, i.e. onions, garlic, etc. from porous surfaces by sprinkling baking soda over surface and then rinse with warm water.
• Remove water rings on furniture by combining vinegar and olive oil in equal parts. Using a clean cloth, work the mixture with the grain of the wood.
• To prevent candle drips, place into the freezer before you burn the candle.
• Raise pile on flat carpet with a steam iron. Hold over, not on, the area. Remember, never place the iron directly on carpet.
• Remove rubs and pills from sweaters with a fine piece of sandpaper or shave with a disposable razor.
• If you run out of shoe polish, take a rag and spray with furniture polish and rub into the shoe. Then buff with a clean cloth or paper towel.
• If ring around the collar is a problem, try rubbing shampoo onto the collar before washing. You can also rub with white chalk and allow it to sit on the collar before washing.
• A muffin tin can become a craft caddy. Also good for nails, tools etc. Hope you will get busy and try a new tip. And of course share with others.

Until next time...

(Note: Remember to heed all manufacturer safety warnings before cleaning household items and appliances. All advice is offered for informational purposes only. Use your own best discretion when following all household tips.)

Tobi’s Tips
By Tobi A. Bellovin

April Trivia
By Bill Kulberg

LAST MONTH – We asked for the films in which Cary Grant’s real name (Archie Leach) was used. It was on a tombstone in Arsenic and Old Lace and he spoke it in His Girl Friday, saying: “The last man who said that to me was Archie Leach.” People who responded correctly were: Carl Adler, Roz Brodsky, Gill Horn, Jerry Kaufman, Jeanne Leviz, Len Solomon and Janet Wood.

SUPER DUPER – The nationally syndicated columnist from Texas, who called George W. Bush a shrub and whose wit and humor found all corners of the political spectrum, was Molly Ivins. If you never read her stuff, you missed a great journalist. Carl Adler, Roz Brodsky, Sondra Filosa, Gil Horn, Milt Leebaw, Jeanne Leviz, Len Solomon and Janet Wood replied with the correct responses.

THIS MONTH – beam81@comcast.net with trivia the subject or 655-2966. I tried this a number of years ago. This was a British WWII film, with four of the lead actors being Americans. Their characters were Hiltz, Hendley, Danny and Sedgewick. What was the film?

SUPER DUPER – West Virginia, Oklahoma, Arizona, Nevada, Utah and California. For the foreigners among you, those are the names of six states. What else do they have in common that none of the others do?

Study by Cambridge University in England Reveals Key Answer

Hearing hair cells (called striaeolaria) in your inner ear are responsible for sending sound impulses to the brain.

Until recently, there was no practical way to identify dead regions of hearing cells in the ear. However, a new British-developed procedure using standard test equipment now allows for identification of dead hearing cell regions. The study suggests that the presence or absence of dead regions may have serious implications in the fitting of hearing aids.

This research reveals that amplifying dead cells is a mistake which will result in poorer speech understanding in noise. A new type of digitally programmable microriccius is now available from MicroTech - the world leader in nano-Science technology - that can be programmed to bypass the dead cells. As a result, the patient’s usable hearing cells receive amplification, thereby improving speech understanding in noise.

“We are employing a like method in our diagnostic procedure using speech in noise,” said Stephanie Rogers, Audiologist.

“Tis test simulates hearing in a noisy crowd. We are able to determine maximum speech understanding by frequency shaping this new hearing aid.” The results have been phenomenal. For the first time, a patient is able to actually realize the exact percentage of speech understanding in noisy listening environments.

These new products come in all shell sizes, including the smallest digital models. During its release, the Penta Hearing Care offices below are offering this new frequency-shaping hearing instrument on a 30-day satisfaction trial. Call today for a no-obligation appointment.

“I’ve Got Good News!” - Stephanie Rogers, M.A.

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tin·ni·tus
noun (ti-ni-tus)
Definition of TINNITUS
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Happpenings in Concordia
A Celebration of Special Days and Events
By Jean Goldberg

Welcome back to our snowbirds. I have to admit that I missed you and look forward to chatting and hearing about your adventures. I will tell you about our fabulous New Year's Eve Party, our Night at the Opera ("Carmen"), our dinner/movie night, trips and show nights that we had while you were basking in the sun. I look forward to sharing all the events that are planned for us in the coming months, so "On With the Show."

I want to wish David Kuropatwa a belated Happy Birthday on March 5.

Our very best wishes for your adventures. I will tell you about our fabulous New Year's Eve Party, our Night at the Opera ("Carmen"), our dinner/movie night, trips and show nights that we had while you were basking in the sun. I look forward to sharing all the events that are planned for us in the coming months, so "On With the Show."

Welcome to the following new residents:
- Lisa Breetvelt, 6A Aaron Burr Court; Elizabeth Mas-simo, 2B Thomas Paine Court, from Janice Rothman; Linda Heppenheimer, 10A Alexander Hamilton Court, from Gilligan; Edil Kogevin and Anna Pomeranets, 4A Warwick Drive, from Rappa-port; Jingrui Cui and Yi Cui, 31 Edinburgh Drive, from B. Teyss; Carolyn Johnson, 19 Betsy Ross Drive, from Fogel.

Condolences To:
- Shirley Schlosser, on the loss of her husband, Milton; to the families of: Lloyd Kahn, Connie Dunne and David Blender.

Personal:
- My Sincerest Thanks to:
  - Harriet and I would like to take this opportunity to say Thank You to all our Concor-dia friends and neighbors. Before and after my recent surgery, everyone was so caring and helpful to both of us, it really touched our hearts. It is a wonderful feel-ing, knowing that we were sur-rounded by so many friends and people that really care and did not hesitate to lend a helping hand in so many differ-ent ways. The support we received was invaluable to us both, helped us stay posi-tive, and was instrumental in my success with a speedy recovery. Thank You All.

Sincerely,
Steve and Harriet Brown

My Dear Friends and Neighbors:
- My family and I want to thank you for your kind thoughts and expression of sympathy on the loss of my wonderful husband Larry.
- Madlyn Fergang and Family

Inquiring Photographer:
By Jim Fiorello

Question: Do you remember your first date and how old were you?

Sylvia Brenner
John Adams Court
How old was I when I went on my first date? It took me a while to remember how old I was, but I finally did. I was about 14 or 15. It was with a fellow named Donny S. My mother and her mother were good friends and we both started dating. Cannot re-member how long we dated.

Dr. Jennifer Elfert, NJ Hearing Aid Disp. Lic. #904
Dr. Marci Schwab, NJ Hearing Aid Disp. Lic. #1210
I can hear but I can’t understand.

Does this Sound Familiar?

Do YOU EXPERIENCE ANY OF THE FOLLOWING?

• Do you turn up the TV and radio too loud for others?
• Do you have difficulty understanding conversations in background noise such as restaurants or social situations or hearing on the phone?
• Do you have difficulty distinguishing certain words or parts of the words?
• Are you frequently asking others to repeat themselves?

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At the Movies

By Mildred Goodwin

If you’re a fan of Alfred Hitchcock’s films and miss his brilliant direction of thrillers, suspense, mayhem, subtle sex and fascinating characters, then you will most likely find “Stoker” a worthwhile movie-going experience.

“Stoker” is a 2013 British-American thriller which has many Hitchcockian overtones, although this film was directed by Park Chan-wook, and resembles Hitchcock’s, “Shadow of a Doubt.” Incidentally, “Shadow of a Doubt” was Hitchcock’s personal favorite.

Wentworth Miller, who wrote the screenplay, describes “Stoker” as a “horror, film, a drama and a psychological thriller.” To this reviewer, however, it is not a horror film in the usual Hollywood sense. It is more a family drama with strange characters and bizarre situations.

India Stoker (Mia Wasikowska) is a rather introverted, introspective, well-to-do teenager who lives with her mother, Eve (Nicole Kidman) in a sprawling, tuxedo-concealed home. On her 18th birthday, India’s father is killed in an auto crash (this is also an extreme eye-opener). It is at this time in “Stoker” that we begin to learn about family secrets, the disappearance of the elderly housekeeper, and Charlie’s attempt to seduce Eve. India’s emotions towards her uncle confuse, excite and frighten her. Slowly, but surely, we also learn more about the mysterious Uncle Charlie. And as the film proceeds, we become witness to violence and cruelty, but without Hitchcock’s subtle touch.

“Stoker” is a fascinating movie and Mia Wasikowska is a superb young actress. Observe the intense emotion she displays in her facial expressions — they reveal the inner feelings of the complex character she plays. If you are in the mood for a “change of pace” movie, with a compelling plot and fine performances then, by all means, see “Stoker.” It has suspense, an interesting plot and will keep you involved.

Enjoy the beauty that April brings, and let us meet soon again At The Movies!

Cinema Concordia

Saturday, April 6

“Bernie”

2 (CC) and 7:30 p.m.
Pg-13 - 1 Hour 39 Minutes

Saturday, April 6

“A Good Day to Die Hard”

2 (CC) and 7:30 p.m.
R - 1 Hour 49 Minutes

Sunday, April 7

“The Off Life Of Timothy Green”

2 (CC) and 7 p.m.
Pg - 104 Minutes

Sunday, April 7

“Men In Black 3”

2 (CC) and 7:30 p.m.
Pg-13 - 106 Minutes

Saturday, April 13

“The Client”

2 (CC) and 7 p.m.
Pg-13 - 121 Minutes

Sunday, April 14

“Pitch Perfect”

2 (CC) and 7 p.m.
Pg-13 - 112 Minutes

This music-steeped comedy drama is all about the real-life a cappella groups to tell the story of an intense competition between three ensembles. It’s a Ken- drick stars in this airy look at an age old art form that’s steadily gaining modern popularity. This is a feel good comedy. Musical talent, language and drug references. Starring Skysel Asin, Ben Platt, Brittany Snow and more.

Saturday, April 21

“Beach\’s”

2 (CC) and 7 p.m.
Pg-13 - 123 Minutes

Hillary (Barbara Hershey) is an unprepossessing WASP and Cecilia (Bette Midler) is an aspiring, Jewish nightclub singer. But what begins as an improbable friendship on the Atlantic City boardwalk becomes an unbreakable bond that’s tested repeatedly when the chips are down. As the girls grow into adulthood, they alternately fight over the affections of the same man (John Heard) and help each other manage their complicated lives. Some material may be inappropriate for young audiences. An emotional, sentimental movie drama. Also starring James Read, Mary Stuart Masterson, and Michael Lerner.

Saturday, April 27

“Lincoln”

2 (CC) and 7:30 p.m.
Pg-13 - 150 Minutes

Lincoln (Daniel Day-Lewis) takes on the towering legacy of Abraham Lincoln during his stewardship of the Union during the Civil War years. The saga also reveals the conflicts within Lincoln’s cabinet regarding the war and abolition. This movie is an epic historical drama. An intense scene of war violence, some images of car- rage and brief strong language. Starring Daniel Day-Lewis, Sally Field, Tommy Lee Jones, David Strathairn, Joseph Gordon-Levitt, James Spader.

Sunday, April 28

“The Client”

2 (CC) and 7 p.m.
Pg-13 - 121 Minutes

After witnessing the suicide of a lawyer whose client is in the mob, 11 year old Mark Sway (Brad Renfro) seeks the aid and protection of lawyer Reggie Love (Susan Sarandon), while using the boy to bring down a mob family. Sarandon earned a Best Actress Oscar nomination for her performance in this legal thriller based on the best seller by John Grisham. This movie is dark, suspenseful and has brief language. Also starring Mary Louise Parker, Anthony La-Paglia and many more.

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TOMS RIVER

TOM'S RIVER, Tuesday, April 9, 10 a.m. - 12 noon Refreshments Ramada 2373 Route 9

FREE TUESDAY

FREEHOLD

Wednesday, April 10, 10 a.m. - 12 noon Refreshments Radisson Hotel (Formerly Freehold Gardens Hotel) 50 Gibson Place

MONROE

Thursday, April 11, 10 a.m. - 12 noon Refreshments Crowne Plaza Hotel 360 Forsgate Drive

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- How to choose the right option to preserve your retirement plan.

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The Concordian

APRIL 2013 — PAGE 8

THE CONCORDIAN
Nurse's Notes:  
Physical Activity  
Stephanie Fitzsimmons Sexton, RN, APN

According to the government's physical activity guidelines, healthy adults should regularly do aerobic and strengthening activities.

Aerobic activity uses your large muscle groups (chest, legs, and back) to increase your heart rate. This activity may cause you to breathe harder. You should be able to speak several words in a row while doing aerobic exercises, but you should not be able to have a long chat. Aim for at least 150 minutes (2½ hours) each week.

Regular aerobic activity may help you...
• Control weight. Aerobic activity burns calories, which may help you manage your weight.
• Prevent heart disease and stroke. Regular aerobic activity can strengthen your heart muscle and lower your blood pressure. It may also help lower "bad" cholesterol and raise "good" cholesterol.
• Maintain strong bones. Weight-bearing aerobic activities that involve lifting or pushing your own body weight, such as walking, jogging, or dancing, help to maintain strong bones.

Studies suggest that being fit at midlife may help prevent heart disease and stroke as you get older. To get more health benefits or to lose weight, you may need to do more activity. Aim for 300 minutes (5 hours) a week of moderate activity like walking at a pace of about 4 miles an hour.

Choose aerobic activities that are fun. People are more likely to be active if they like what they are doing. Getting support from a friend or a family member may also help. Try one of these activities or others you enjoy:
• Brisk walking, or jogging, bicycling (with a helmet) or swimming.

Activities to strengthen muscles make you push or pull against something, such as gravity, weights, or exercise bands. Strengthening exercises should focus on working the major muscle groups of the body, such as the chest, back abdominals, legs, and arms. Allow at least one day of rest for your muscles to recover before working the same muscle groups.

Try these options: Lift weights, use canned food or books as weights, do push-ups or pull-ups, and work with resistance bands (large rubber band).

Doing regular activities to strengthen your muscles may help you...
• Use more calories. Not only do strengthening exercises burn calories, but having more muscle means you will burn slightly more calories throughout the day—even when you are still.
• Reduce injury. Stronger muscles improve balance and support your joints, low.

(Continued on page 13)


Editorial

The Forum

By Mildred Goodwin, Associate Editor

Oh, how this spring of love resembleth
The uncertain glory of an April day
(William Shakespeare, “The Two Gentlemen Of Verona,” Act 3, Sc. 1)

April in Concordia

Never let it be said that William Shakespeare was at a loss for words. Yes, April is an uncertain month, but it is beautiful, bountiful, and chock full of holidays and celebrations.

On April 1, we have April Fools Day — a time to play some harmless mischief and, according to legend, one can even borrow money or possessions and return is not required. No particular prank is not recommended by the Concordian. On April 22, we will observe Earth Day and on April 26, Arbor Day.

This is certainly the proper month to think about and discuss the state of planet Earth: conservation, the air we breathe, global warming, receding shorelines, weather changes, population growth. The list is, indeed, endless. And let us not forget that famous Bard, William Shakespeare, born on April 23, 1564, who died on April 23, 1616. He so eloquently wrote, “The world’s a stage and all the men and women merely players. They have their exits and their entrances.” (As You Like It, Act 2, Sc.7) So much wisdom, wit, and sensitivity in the plays and sonnets of this great man.

We have mentioned some highlights of April, but there is another day, April 15 — that day of infamy when our income taxes are due. On a more pleasant note, did you know the two flowers for which April is known are the daisy and the sweet pea, both dainty and beautiful. And, for the ladies who are reading this, the birthstone for April is the diamond, a symbol of innocence and purity. And we all know that “Diamond’s are a girl’s best friend.” Nobody could argue with that!

So, let us enjoy this glorious beginning of spring in good health, good times and peace.

By Ernie Price

Letters to the Editor

The “Lighter Side” column titled “Constitution Conversation” by Bill Kulberg was so clever and so relevant — it just blew me away. I wish it could reach a much wider readership. His closing line was the knock out punch! Thanks, Bill, for a feel-good article with chuckles to boot!

Esther Berk

Calling All Nurses, Stat!

We have formed a nurses group in Concordia. There are about 20 of us who have been meeting periodically to talk about our experiences then and now. So far, this is strictly a social evening of those who are retired and those still working. We know that there are more of you out there. You’d be amazed at how much fun we are having just reminiscing...and comparing past years with those still working. Our next meeting will be on Tuesday at 7 p.m., April 23 For more information, contact Adrienne Fein.

Adrienne Fein

Where’s Harry When You Need Him?

(Continued from page 1)

Let’s hope this is not a sign that we are going to go without him.

Job loss is talked about almost as if it was an inconvenience, but it’s not. It’s a further hardship on those already living under conditions constituting hardship. Sadly, our politicians don’t appear overly concerned with hardships. In all the talk, I can’t recall if I heard the word occurred more than a few times. Job loss, on the other hand, isn’t as harsh. Also on the other hand, are the salaries of the politicians who have caused this aren’t affected. The wealthiest people handle what ever small inconveniences ensue. Something like flicking a bug off your arm.

I’ll not comment on the specific faults in the positions of either Congress or the President. There are enough to go around. For everyone. But it’s inconceivable that so little emoluments is put on the suffering that sequestration will cause. More precisely, our federal government has reached an all time low.

There are elements within Congress even more despicable than most, but if the majority was really worthy, the situation could be overcome. Politics has become an even dirtier word than we could have imagined just a few years ago, never mind what it meant in the day of Harry Truman, an ultimate politician.

Here’s the saddest part. There’s no relief in sight. Not while we keep electing people who will only be concerned with themselves and the welfare of their constituents run a weak second to those of financial backers and their own re-election. There are still some outstanding members, but their numbers are shrinking.

The conclusion to be drawn is that we’re in for a long period of political and economic ugliness. Those with good intentions and in positions to do something are few and far between. If you’re wondering what my solution to all this is, I have none that are legal.

Where’s Harry when you need him?

Statement of Editorial Principles

The Concordian is published for the Homeowners’ Association of the Communities of Concordia. It serves three functions: to provide news of relevance to the residents; to provide a forum for the expression of their ideas and views; and to offer opportunities for the exercise of their creative talents.

Officially, The Concordian is a committee of the Board of Trustees. It is a newspaper that reports responsibly and impartially on the events and issues that affect our lives here. Its pages are open to all residents, but the editorial board has the final decision to accept, edit, or reject all material offered for publication.

The Concordian

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THE LIGHTER SIDE

By Bill Kulberg

Granny Get Your Gun
I recently took shots at those who’ve taken our Second Amendment a bit more seriously than I thought they should. As too often happens, when you barge into something without adequate research and thought, it’s like shooting first and asking questions later.

The inadequate research deals mainly with a lack of listening to both sides. Since that article, I’ve discovered the point of view of the National Rifle Association and its Executive Vice President, Wayne LaPierre, a true patriot if ever there was one.

Mr. LaPierre spoke out in several venues recently. What he said made a lot of sense and it’s only fair that I pass along my thoughts on the potentially explosive subject of firearm possession. (Get it? Explosive? Firearm?) Specifically, he pointed out how important it can be for law-abiding citizens to have weapons with which to defend themselves. Amen to that!

He favors all citizens owning them, except for the mentally deficient. Unfortunately, he fails to explain how they can be easily identified, but our society would be so much better off if they were denied weapons and schoolteachers empowered to carry them to their classrooms, to better protect our vulnerable children. Perhaps we can make those deficient citizens wear some kind of identification: you know, a sign that says: “I’m nuts.” Or, more directly: “You don’t want me carrying a gun.” How

(Continued on page 14)

Granny Get Your Gun (Continued)
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(Continued on page 14)
What does every new resident need? Friendly people who make them feel welcome! And that’s what John and Vickie Carmichael encountered even before they officially moved into their new home. This charming couple comes from Rahway, NJ, although John was born in North Carolina. He said Concordia reminded him of his time spent there.

John is retired from the U.S. Postal Department and Vickie is currently working. They have four children, seven grandchildren and one great grandchild. John enjoys the fitness center and hopes to do Yoga and Ti Chi. Both plan to make use of the amenities that Concordia has to offer as this was a deciding factor in their decision to move here.

They have a fantastic view of the golf course and John plans to become a golfer. They both can hardly wait to try the outdoor pool. What a wonderful way to make friends while enjoying swimming and the sun. I am sure we will be seeing the Carmichaels around the community.

By Tobi A. Bellovin

Look Who’s New In Concordia

Vickie and John Carmichael

Photo by Mort Perlman
Spring is here...and it was not too bad a winter. This is the first month of the year that there are no holidays to celebrate. So, let's bring back our neighbors from distant places with some welcome home goodies. Whether it is a coffee 'klutch,' lunch, or an after dinner gathering, there is always something easy to prepare in the kitchen to make them feel at home.

**Ricotta Cheese Crepes**

Makes 10 filled crepes

**Crepe batter:**

- 2 eggs, lightly beaten
- 1 3/4 cups skim milk
- 1 cup whole-wheat flour
- Pinch of salt
- 1 tblsp. unsalted butter or margarine, softened

**Filling:**

- 1 3/4 cup skim milk ricotta cheese
- 2 tblsp. raisins
- 1 egg, lightly beaten
- 1 tsp. pure vanilla extract
- 1/4 tsp. ground cinnamon

In a medium bowl, combine the ingredients for the filling, cover and chill until you are ready to use.

In a separate bowl, beat the eggs and milk until smooth. Add the flour [Note: the whole wheat flour offers a better taste to the crepe but you can use plain flour] and salt and continue to beat until well combined.

Preheat 10 inch skillet over medium heat. Coat the surface with vegetable cooking spray. Using 1/4 cup measure, pour the batter into the pan and quickly turn the pan to distribute the mixture evenly over the bottom. Cook the crepe about one minute or until dry on top and lightly brown underneath. Turn the crepe over onto a towel and let it cool. You should be able to repeat this about 10 times (be sure to spray the pan before starting each new crepe).

Preheat 10 inch skillet over medium heat. Coat the surface with vegetable cooking spray. Using 1/4 cup measure, pour the batter into the pan and quickly turn the pan to distribute the mixture evenly over the bottom. Cook the crepe about one minute or until dry on top and lightly brown underneath. Turn the crepe over onto a towel and let it cool. You should be able to repeat this about 10 times (be sure to spray the pan before starting each crepe).

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**Preheat oven to 350 degrees F. Lightly coat a shallow baking dish with vegetable oil spray. In a large bowl, combine the fruit and fillings, stir and place in prepared dish. Bake for 25 minutes or until lightly golden on top. Allow to cool slightly, then serve with a dollop of sweetened yogurt.**

Another good topping is Cool Whip.

**Baked Fruit Compote**

Serves 6

- 1 16-ounce pkg. frozen unsweetened peaches, thawed and drained
- 4 one-inch thick slices of fresh pineapple cut into chunks
- 2 tblsp. brown sugar
- 1 tsp ground cinnamon
- 1/2 tsp. pure vanilla extract
- Pinch of nutmeg
- Fat free Greek yogurt
- Sugar or sweetener to taste

Preheat oven to 350 degrees F. Lightly coat a shallow baking dish with vegetable oil spray. In a large bowl, combine the fruit and flavorings, stir and place in prepared dish. Bake for 25 minutes or until lightly golden on top. Allow to cool slightly, then serve with a dollop of sweetened yogurt.

Another good topping is Cool Whip.

---

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24 HOUR EMERGENCY CARE
West sure losers (I will often open a quite easy to bid. With three player. The following example guidelines to be a successful with some very solid rules and West sure losers (I will often open a quite easy to bid. With three player. The following example guidelines to be a successful with some very solid rules and

Playing By The Rules, (With Some Exceptions!) It takes a little imagination with some very solid rules and guidelines to be a successful player. The following example is not your common hand that you automatically open a strong two bid. However, when you count your losers it comes quite easy to bid. With three sure losers (I will often open a quite easy to bid. With three player. The following example guidelines to be a successful with some very solid rules and

The Bridge Connection

By Rosalie Slutskey, Master Teacher and Director, Licensed by ACBL and ABTA

Bidding:

<table>
<thead>
<tr>
<th>E</th>
<th>W</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>2a</td>
<td>3N</td>
<td></td>
</tr>
<tr>
<td>2a</td>
<td>4N</td>
<td></td>
</tr>
<tr>
<td>2a</td>
<td>6a</td>
<td></td>
</tr>
</tbody>
</table>

Notice, responder jumped three no trump. With all the artificial responses at his fingertips, he chose the most natural and informative to help declarer make his decision on where to place the contract.

Recently, I traveled to Halifax and found time to play in a duplicate game at my friend’s club and this is the hand I opened:

\[ \begin{align*}
\textit{E} & \text{ AKQJxx } \\
\textit{W} & \text{ X } \\
\textit{N} & \text{ AKJQ} \\
\end{align*} \]

How would you open the bidding on this hand?

Duplicite Bridge

February 1

North-South

Dorothy Glaser-Phil Savage

Barbara Dranoff-Benz Green-blatt

Helen Solomon-Leonard

Solomon

East-West

Shirley Appelstein-Morris

Isaacs

Susan Weinstein-John Lederer

Emely Cook-Alice Pollard

February 2

North-South

Rita Rosenberg-Ben Green-blatt

Shirley Appelstein-Morris

Isaacs

Ann Getter-Penny Kissiris

East-West

John Lederer-Phil Savage

Emely Cook-Alice Pollard

February 3

North-South

Dorothy Glaser-Verena Voegle

Helen Solomon-Leonard

Solomon

East-West

Alice Pollard-Emily Cook

John Lederer-Phil Savage

February 4

North-South

Dorothy Glaser-Verena Voegle

Helen Solomon-Leonard

Solomon

East-West

Alice Pollard-Emily Cook

John Lederer-Phil Savage

February 6

North-South

Dorothy Glaser-Phil Savage

Barbara Dranoff-Benz Green-blatt

Helen Solomon-Leonard

Solomon

February 16

North-South

Barbara Dranoff-Benz Green-blatt

Helen Solomon-Leonard

Solomon

February 17

Dorothy Glaser-Phil Savage

East-West

Alles Pollard-Emily Cook

Barry Taback-Michal Kasper

February 20

North-South

Helen Solomon-Leonard

Isaacs

Barbara Cohen-Rosale Sluts

sky

Verena Voegele-Dorothy Glaser

February 22

North-South

Shirley Appelstein-Morris

Isaacs

Bernie Berger Gene Foladare

February 24

North-South

Rosalie Slutskey-Barbara Cohen

Helen Solomon-Leonard

Solomon

Rita Rosenberg-Ben Green-

blatt

East-West

Levinson-Cohen-Byack Taback

Douglas Phil-Savage

Bernie Berger-Bill Bieg

February 27

North-South

Millie Pitchon-Alice Rosenberg

Helen Solomon-Leonard

Solomon

Barbara Dranoff-Benz Green-

blatt

East-West

Shirley Appelstein-Morris

Isaacs

Iris Gitelman-Ralph Hatch

John Lederer-Phil Savage

(Continued on page 16)
Concordians can avail themselves of many relaxing, worthwhile activities. Some examples of how we spend our free time are pictured here.

Barbara Lauster (1) takes a leisurely walk while babysitting her vacationing friend’s dog. Bridge players (2) concentrate on their game in the Party Room. Card playing is a major pastime. The Fitness Room gets plenty of use, too. Harry Cooper (3) reads while utilizing a recumbence bike. Ellen and Blair Williams (4, 5) spend time together on the varied apparatus and the couple seems to enjoy their workout. Frank Sutton (6) works diligently on his back abs. Sheldon Wish (7), a volunteer art instructor, provides classes Wednesday and Friday. You’re welcome. Shirley Chafin and David Bergman (8) discuss important topics in our lobby, conducive to relaxation. Stanley Friedman and Judy Antel (9) find the indoor pool a place for improving their health.

Photos by Mort Perlman and Barbara Goodman
Astronomy/Science Club
By Mildred Goodwin

The Astronomy/Science Club is off to a good start for the 2013 season and we are pleased to announce that our next meeting will be on Thursday, April 18, in the Regency Room at 7:30 p.m. We are, indeed, fortunate, to have as our guest speaker, Dr. Kevin Lewis, Princeton Geoscience and Project Manager, NASA. His topic will be “The Curiosity Rover On Mars” — a planet that is always a source of great fascination to those of us who are interested in astronomy.

We are looking forward to seeing our many Concordia members and friends on April 18, and we invite you to remain after the lecture for questions, conversation and delicious cookies, coffee and tea.

Brandeis
By Betty Rosenberg

Please put this down on your calendar for Thursday, April 18 at 1:30 p.m., Brandeis is having a New And Prospective Members Reception and Tour. This event will take place in the Regency Room and will feature Bobby Brescia, Keyboard and Vocal Performer. Refreshments will be served and don’t forget donations for the local food pantry.

A 15-month membership is offered to anyone who joins in April, and we are pleased to announce that our 2013 season and we are off to a good start for that participation. The Men’s Club is having a special breakfast on Sunday, April 14 at 9:30 a.m. The breakfast is a little bit early, but the program is heavy and interesting. Lois Flamholz will be speaking about her experiences in the Holocaust in two concentration camps and her face-to-face meeting with Dr. Mangela. Also the yellow candles for remembrance will be sold at $5 each kicking off the campaign to remember the Six Million Holocaust victims. If we buy these special candles and light them, their great loss will be remembered.

Congregation Beit Shalom
March was a wonderful month and our Third Annual Passover Seder led by Cantor Eli Perlman was truly magical and delicious as well. Our Shabbat Across America dinner honoring Bernice Mayer, was well attended and the Shabbos meal was wonderful.

Over 130 people participated in this annual event held at the same time hundreds of other Synagogues celebrated the same event. “We are One”.

We Minyan times are 8 a.m. in the morning and 7 p.m. in the evening and Services will remain at those times until late summer.

Shabbat Services are at 9 a.m. on April 6, 13, 20 and 27. The Ohev Shabbat sponsored by our Sisterhood is on Friday, April 12 at 7:30 p.m. Passover Services on the seventh day of Passover, April 1 is at 9 a.m. and Services for the eighth day of Passover on April 2 are at 7:30 p.m., with Yizkor approximately at 10:15 a.m.

Our Sisterhood is having their Board Meeting at 1 p.m. on Monday, April 8, but is still working on a program for April and no definite date has been set. They had a wonderful Chinese Luncheon in February and a Chair Yoga class in March, and we can’t wait to hear about the great plans for April.

On Tuesday, April 9 at 8:15 a.m., the free bus leaves from Wells Fargo Bank Parking Lot in the Concordia Shopping Center to the Trenton State Convention Center where our May newsletter is being produced. This is the first time a free bus has been made available for this participation.

The Men’s Club is having a special breakfast on Sunday, April 14 at 9:30 a.m. The breakfast is a little bit early, but the program is heavy and interesting. Lois Flamholz will be speaking about her experiences in the Holocaust in two concentration camps and her face-to-face meeting with Dr. Mangela. Also the yellow candles for remembrance will be sold at $5 each kicking off the campaign to remember the Six Million Holocaust victims. If we buy these special candles and light them, their great loss will be remembered.

We ask you all to set aside the night of Thursday, May 9 at 7 p.m. when there will be the Annual Congregational Meeting.

(Continued on page 17)
Our Education Committee presents Andrew Silow Carroll, Editor-in-Chief of the New Jersey Jewish News, giving a lecture on the topic of American-Israeli Relations. He was previously the Managing Editor of the Forward newspaper and the editor of the Washington D.C. Jewish Week. He is a fellow of Leadership New Jersey, a civic and political seminar programming for emerging state leaders. We request a $2 donation to help defray the costs of the speaker and continue the quality of our programming. He will be speaking on Wednesday evening, April 17 at 7:30 p.m.

Our Education programs will go back to the evenings starting in April and thru the summer and fall. The next Education program will be on Wednesday, May 1 at 7:30 p.m. and there will be a film “Israel Inside” with discussion afterwards. The film is hosted by former Harvard Lecturer Dr. Tal Ben-Shahar. The film explores the core character and strengths of those that made the dream possible.

The Executive Committee Meeting is on Wednesday, April 10 at 10 a.m., and the Board of Trustee Meeting will be on Sunday, April 21 at 10 a.m.

We at Congregation Beit Shalom wish you good holidays, good health, good weather and good fortune. We welcome all to join us. May there be peace in our world!

Spring Is in the Chorale “Aire,”
Tra La
By Jack Galin
Every year hath its winter,
Every year hath its rain
But a Day is always coming,
When the birds go North again
Ella Higginson
I believe every columnist for the Concordia, for the month of April, is writing about the return of spring; about the return of our membership from Florida; about the re-activization of our clubs and activities.

I don’t want to bore you, dear readers. All the above is true for the Chorale, except, what we have waiting for us, for you, is new and exciting. I wrote last month about the inclusion of the Beatles in our upcoming program and included some history of the iconic group. In addition, this year we are adding the music of Bert Bacharach and rounding out the program with that “old” favorite Irving Berlin.

Can you imagine what it is for a group of Seniors to bite off a bit of Bacharach and the Beatles. It’s like we are re-entering the twenty-first century! And let me tell you, it’s not easy. That does not daunt the Chorale; it only reinforces our determination to get better and better, to grow as a group and individually.

Because, you see, the Chorale is an activity where everyone, every member has input in the program selection, in the artist selection, in the scheduling. Everyone is a boss; everyone is a worker. The Chorale is a collaborative effort. We sound better as a group than as individuals; we are better as The Chorale than as simply “a group.”

Soon our outliers, our late returnees from warmer climates, will fill out our attendance at rehearsals. But, in any event, any Concordian who enjoys singing (good voice or not), friendship and congeniality, is welcome to join us on Thursday mornings from 9:30 a.m. in the Clubhouse. Just come in, take a seat and, before you know it, you’ll be singing like a pro. Singing is terrific and the songs are so familiar that you could not help tapping your feet.

We will always have a seat for you!

Christian Fellowship
By Arne Adams
“My kind of Town...” familiar lyrics to an old tune. The Christian Fellowship Organization is somewhat akin to a town...a town filled with folks that have a lot in common. Originally, most of us came from different towns and different states. A lot of us never expected to leave our hometowns, never mind our home state.

Yet, here we all are. The experience of moving is quite emotional, not to mention moving to new surroundings and, to different “living” conditions. What helped many of us...
We’re in Monroe. Come visit us!!

The Oscar and Ella Will Campus for Senior Living will be joining hands with Jewish Family and Vocational Service and will be available to meet you in your own backyard.

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Fellowship

(Continued from page 17)

were the clubs and organizations that were offered to us as well as the lifestyle the Concordian community was able to provide. Many of us found refuge in the Christian Fellowship Organization. We were able to forge great friendships that have continued over the years. Friendship, when nourished, is like family. The Christian Fellowship Organization is one big family filled with members that have become friends. A very friendly and familiar event is the Christian Fellowship’s annual Bingo Night. So, if you want to have a fun night that feels like a family get-together, join us on April 17 for a Bingo “Bonanza.”

The Christian Fellowship Organization wants to take this opportunity to extend a very friendly and affectionate welcome back to all our snowbirds. We hope all our “family” members and residents enjoyed their time away and that their home-sweet homecoming was a happy and healthy one.

Enjoy the month of April with your family members of The Christian Fellowship Organization as well as our Concordia friends and neighbors that have come to consider family.

Computer Club

By Len Solomon

Winter is over and we look forward to seeing all of our members, snowbirds, as well as those who braved the cold and snow here in Concordia at the 2013 opening Computer Club meeting on Thursday, April 25 in the Regency Room at 7:30 p.m. While the program for the evening has not been set, the Computer Club Board is working on it. Further information will follow by email. As usual, all Concordia residents are invited to attend this meeting as guests of the club, so invite your friends. In the meantime, remember to check Cable Channel 3 every month.

Now for the Web Site Of The Month, “Where Cool Things Happen.” This photo blog is dedicated to inspiring nature, art, travel, gadgetry, and most anything in life that will give you a “wow” feeling. The photographs here cover the entire spectrum of human experience from sushi art, to Mongolian desert hotels, to an inside look at Google’s server farms. You can spend many enjoyable hours at this wonderful site. More tips or sites next month.

P.S. We also stay in touch with club members via email. If you change your email address be sure to notify Jerri Enitin at jeritin1@hotmail.net.

The Concordia Players

By Emily Cook

Only one more month to go for our first general meeting of the 2013 season. I hope you all had a good rest and are ready to start work on our new theatrical season.

This year is a new beginning for the Players. As most of you know, we have been working many years with Tony Adaise. He was directing our plays for about 15 years, and always did a great job for us.

At the end of last year he decided to retire, so we have been searching for a new director over the winter months. Well, we found one. Her name is Myra Klenicki, and we will be introducing her to our members at the May meeting.

Myra is the founder and director of the Bimah Players Community Theater in Monroe Township. She also directs the Ponds Storytellers and the Jewbadors, a singing and storytelling group that promotes Jewish music and culture. Myra has studied acting, musical presentation, and directing at the HB Studio in New York and singing with the Spotswood Academy of Music on Main Street. There’s a lot more but I think I would run out of room.

As you know, a new director comes with new and fresh ideas for us to work on, so this will be a landmark production for the Players. It is the time to join and get involved in a new era. We will have our first meeting May 7 at 7:30 p.m. - and refreshments to be served. After the general business, our board will be introducing Myra Klenicki who will tell you all about our presentation for this year. Open auditions are held in June and then rehearsals will start sometime in July.

If you feel you are not an on stage person, we have other ways you can be involved. A stage production has to have people at every level to be a success.

There’s the director (that job is filled), producer, assistant producer, etc. There are also backstage jobs including lights, sound, costumes, props, stage managers, etc. We also need creative hands - people for scenery. And don’t forget the publicity and advertising department,即 news in art, travel, gadgetry, and most anything in life that will give you a “wow” feeling. The photographs here cover the entire spectrum of human experience from sushi art, to Mongolian desert hotels, to an inside look at Google’s server farms. You can spend many enjoyable hours at this wonderful site. More tips or sites next month.

P.S. We also stay in touch with club members via email. If you change your email address be sure to notify Jerri Enitin at jeritin1@hotmail.net.

The Concordia Players

By Adrienne Fein

Compasion, commitment, and caring are the words connected to the work done at Deborah Heart and Lung Center. The facility has a long history and tradition of excellence. Deborah has become a national leader in the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) database consistently ranking in the top percentiles in the country. Great patient care leads to excellent patient satisfaction and Deborah has the secret - the national ranking numbers to prove it!

Join us on Tuesday evening, April 16 at 7:30 p.m. in the Regency Room to hear all of our exciting plans for the future. It is the time to introduce new officers and an evening of information and entertainment. The Concordia Chorale will be performing some special numbers as Beverly Dropkin hands over the leadership of the group to Adrienne Fein. Cyndy Kornfeld, the head of National Chapter Services and Support will be the installing officer. She will have exciting things to say about the Foundation as well as the Concordia Chorale. It is an evening of excitement. There will be special refreshments and door prizes. Don’t miss this wonderful event!

Keep your eyes and ears open for big changes. Special fundraising events, such as bingo and a 5K walk at Thompson Park, are on the agenda. Fundraising goes to cover the cost of keeping you informed. Our secret weapon is our letters of support which we face up to. We also make sure you read our column at that time.

Deborah

By Adrienne Fein
By Anita Brewer

Monroe Township Chapter of Hadassah will hold its next meeting on Monday afternoon, April 8, 1 p.m. at Beth Shalom. Our guest speaker will be Dr. Robert Sherman, Psychologist, who is a resident of Concordia. His topic of discussion will be “Controlling Stress,” a subject we all are too familiar with. He will cover the subject from its definition right through exercises, etc. This should be an informative and enlightening meeting, and informative, to say the least. Please join us and learn how to handle some of life’s situations. Bring a prospective member. Refreshments will be served.

Jewish War Vets

By Bernie Passer

Our next General Membership meeting will be on Sunday, April 7 in the Party Room at 10 a.m. The doors will be open at 9:30 a.m. In addition to our guest speaker, we will have our complimentary breakfast of bagels, spreads, cake, coffee and tea. All non-member veterans may be interested in checking us out before joining our welcome. We have about 100 members on our roster including 12 new additions this past year. It’s a great opportunity to relate to your service and meet comrades, but even more important, it will give you the opportunity to help us continue to provide direct assistance to needy active military personnel and their needy families. As you may know, our funds are available for all veterans regardless of religion, race, ethnicity or sex. In the March Concordian, we mentioned we are in the process of setting up the PTSD and the abused Women’s ward of Lyons Veterans Hospital. We recently received a wonderful thank you letter from the Instructional Management, thanking us for the work we do and the favorable comments from the residents we visited. They loved even more having JWV Post 609 veterans taking the time to visit them and just talk. That was the identical reaction we got from the recently Afghan wounded returnees during our visit to the new Walter Reed Medical Center Hospital in Bethesda.

We are still recruiting new Patron (non-veteran) and veteran members under the time limited 2012-2013 year introductory $10 fee in lieu of the $40 regular fee. For further information, contact Woody Schlackman, Quartermaster, (609) 655-4792 or me at (609) 655-4233. Our membership chairman, Charlie Koppelman will give the membership report back in a couple of months to resume this duty. Enjoy the spring weather. The seasons are about to speed up.

National Council of Jewish Women

By Adrienne Fein

NCJW advocates for human services that are coordinated, comprehensive, and accessible. There is no other organization that demonstrates a profound commitment to improving the quality of life for women, children, and families. Join us on Tuesday, April 9 at 7:30 p.m. in the Regency Room to hear all about what is happening nationally and locally with NCJW’s efforts. After the business meeting, enjoy the wonderful entertainment— the voice of Mary Lawrence. Then in the re-freshments.

On Monday, April 15 at 10 a.m. there will an exciting presentation about “Jewish Gangsters” and how they were good to their mothers. This is an enlightening and interesting discussion group. Don’t miss out on this program to be held at the home of Betty Kletter. A $5 deposit will hold a seat for you….and will be returned on the day of the session. You must have a reservation by April 8. Don’t miss out.

Attendance is going fast. For more information, call Adrienne Fein.

Spring Luncheon

Our Annual Spring Luncheon will take place on Tuesday, June 4 at noon at Crowne Plaza Hotel. Entertained by the well known stage and television entertainer, Carla Fitter. To make your reservation, please send your check for $36 to Arlene Berenzweig, Post 609, 102 George Washington Drive, Monroe Townshp, N.J., 08831. Kindly indicate on check your choice of entrees (Salmon, Pasta Primavera or Eggplant Rollatini).

Have you started working on Journal Ads? It is once again the time to solicit ads for our Journal, which will be distributed at our Spring Luncheon. Please contact your friends, families and professional contacts and above all, personal ads from our members. Ad blanks may be available at meetings or call Anita B. at 395-7535 or Rachel Clas by 675-7472.

Trip Day

We are hoping that more of our members will join us for a delightful day trip. On Thursday, May 23, we will be visiting the very historic village of Roebling, NJ. The bus will leave at 10 a.m. for Roebling Museum where we will have a guided tour and then the docent will take us for a ride through the village as he describes some of the historic landmark homes in this very quaint town. We will complete the afternoon by having lunch (or dinner) at Mastor's Restaurant. Sounds good to me! The cost is only $33 and the bus occupies only 30 passengers. If you would like to reserve your reservation check to Anita Polack, 16 Abraham Lincoln Drive, Monroe, N.J. 08831 or phone 609-160 or Hilma Zykov, 14 Ellen Ave Drive, phone 409-9178. Reminder: Please return raffle stubs and your check to: Sydell Korlant, 7 Canterbury Drive, Monroe Township, N.J. (609) 395-0242.

Jewish War Veterans Post #609 presented a check for $5,000 to the American Legion Post 158 in need of a new Home. New Jersey Guardsmen called to active duty. Many are now serving in the Middle East war zones. From left: Millie Safar, adjutant; Woody Schlackman, quartermaster, Arlene Berenzweig, Ann Ben; Len Meyer- sohn, chairman of the Readiness Council; Bernie Passer, post commander; Shelley Bloom, sr. vice commander, Frank Slavin, past commander. Photo by Ed Hornichter
ORT America
By Anne Getter

As the flowers begin to bloom and we are enjoying the beginning of spring, let us also enjoy our upcoming events.

On Monday, April 15 at 7:30 p.m. in the Clubhouse is our general meeting. Please plan on coming for we will serve refreshments and in addition to our regular meeting, there will be live entertainment. So, mark your calendar.

On Thursday, April 25, our “Welcome Home Luncheon” at the Peking Pavilion on Rt. 33 at 12:30 p.m. There will be a choice of 12 dishes, fried rice, soup and fortune cookies for $22 per person. Make out your check to ORT America, place it in an envelope addressed to ORT, Attn: Barbara Lauster, give it to the Concierge to be put in the ORT envelope and guests are invited.

On Saturday, May 4 matinee, we are going to the Kelsey Theater to see “The Sound of Music.” Tickets are $20 per person. Barbara Lauster has the tickets so contact her at (609) 235-9574 to guarantee a good seat for this most enjoyable show.

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Join ORT America for only $36 a year by placing your check in an envelope addressed to ORT, Attn: Marcia Sklar, give to the Concierge to be placed in the ORT envelope.

Rock n Rollers
By Sandi Greenspan and Barbara Lauster

As the RnRers filed into the Regency Room the crowd anticipating the welcomes from their neighbors, the band started playing and the party began. What a band, the music brought the multitude to the floor and the RnRers were in stride. They danced and enjoyed the music from the Double Deuce who will certainly be invited back later on this year to entertain us with their talented vocalist and great dance music. Of course the cheesecake for dessert also played an important factor in the night’s festivities, you can’t lose with cheesecake from The Cheesecake Factory now can you?

If you missed the party there’s another one scheduled for April 26, which will be as enjoyable and will surely bring our snowbirds back to roost. The theme basically is “A Kid’s Night Out.” What does that mean for Concordians? A night that you can wear some of your “days-gone-by-fashions,” eat kid’s food (chicken fingers and the like…). We will be entertained by the RB Express, a talented six-piece band with multiple singers. Get ready for a night to remember, a party that will have you dancing till your feet wear out, not your spirit…just your feet.

So dip into your closets for some bell-bottom pants, US Keds sneakers, poodle skirts, saddle shoes - and don’t forget those bobby socks, cinch belts - whatever. Just come to the party, leave the rest to us!

Concordia Seniors
By Stanley Hamel

Welcome all Concordians to the season of 2013. Next regular meeting is Friday, April 5 at 7:30 p.m.

At our regular meeting on June 14 please join us in the Regency Room for an Italian Buffet Dinner consisting of a main course, salad, dessert, coffee and tea. We will have a DJ for dancing and entertainment. Cost is $17.50 per member. Please leave your checks and table with friends desired at the Concierge, Attn: Eileen Weil.

Dues for coming year at $20 per member can be left with the Concierge, Attn: Doris Axelrod.

Star Studded Summer
Ben Vereen – Saturday, July 13th
Rich Little – Saturday, August 3rd

Be part of the action!!!!!

If you would like to receive additional information about these events, please complete and return the form below to:

Regency at Monroe
61 Country Club Drive, Monroe, NJ 08831

Name:
Address:
Email:

Visit us online at DaytonToyota.com!
By Howard Appelson

Where are you? The Concordia Nite Owls should not be the best kept secret in Concordia. It is a really fun bowling league for men and women who live in our unique community. I'm talking about your friends. I'm talking about your neighbors. We bowl all year-round on Thursday evenings beginning at 6:45 p.m. and ending around 9:30 p.m. The year is split into three sessions: a winter league beginning in January and ending in mid-May; a summer league running from the end of May until mid-August; and the fall league from the end of August until mid-December. You can now sign up for the session that begins in May and runs into August.

We bowl at the Knob Hill Country Lanes, located less than 15 minutes from home — down Perrineville Road, and hang a left on Route 33. These are top-notch bowling lanes that are bright, recently upgraded and so good that it even hosts professional and semi-professional bowling tournaments.

Becoming a part of the Concordia Nite Owls is a wonderful opportunity to meet other active Concordians, plus some non-resident bowlers who just can’t get enough bowling in a week at their own leagues. It is a lot of fun, and adds yet another dimension to your social life. The teams of four players are matched up to equalize the players’ handicaps so, theoretically, no one has an advantage.

The only reason to not bowl on Thursday nights is that you will miss the original broadcasts of The Big Bang Theory and Two and a Half Men. They are just as much fun, however, in reruns or on DVD. We hold tournaments once a week with varying kinds of challenges. We also socialize at a number of different events during the golf season, including lunchheons, a barbecue and at least one tournament for charity. At the end of the season we award trophies to all our tournament winners. We really miss the last year’s tournaments were Debbie Linden, Betty Borgeson and Bobbie Lorell. The opening Breakfast and Tournament of the 2013 season will be Tuesday, May 7. Members are reminded that they should send in their dues of $40 before May 7. The Ladies Nine Hole Golf Association welcomes new members. Our members must also be members of the Concordia Golf Club. For more information about joining the Ladies Nine Holes, please call Nancy Diaz at 609-655-3778.

Security Tip

If you are expecting guests, call Concordia Security at (609) 655-1880. You must inform security at least one hour before they arrive. Failure to call security will delay their arrival.

Concordia Security Committee

Bowl on Thursday evenings for a good time. We need bowlers, not super bowlers. Remember, first come, first served. Don't wait! For additional information call Ernie or Barbara Price at 409-0995 now. First come, first served.

CONCORDIA NITE OWLS BOWLING LEAGUE


NOW AVAILABLE... WHOLE HOUSE MAINTENANCE AGREEMENTS!

BY NANCY GRAY DIAZ

By Nancy Gray Diaz

Snow is coming, the grass is greening, and the trees will be flowering soon. And the Ladies Nine Hole Golf Association is looking forward to another wonderful season of golf. We are a very friendly and welcoming group of women who love our golf and enjoy each others’ company. We hold tournaments once a week with varying kinds of challenges. We also socialize at a number of different events during the golf season, including lunchheons, a barbecue and at least one tournament for charity. At the end of the season we award trophies to all our tournament winners. We really miss the last year’s tournaments were Debbie Linden, Betty Borgeson and Bobbie Lorell.

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CONCORDIA NITE OWLS BOWLING LEAGUE


Rely on me. I am available for grocery shopping, cooking, rides to local destinations, light handyman work ...and more. Negotiable Rates
Call Nick  609 655 2624

Let Me Do That For You!

---

**Concordia Men’s Golf Association**

By Howard Appelson

**Spring is Back, and So Are We.**

We will have an Individual Tournament at 8 a.m. on May 1 as a warm-up for the new season; nothing official, just come as you are. The Opening Day Scramble will be played at 8:30 a.m. on May 8 preceded by a break- fast buffet at 7:30 a.m. The general meeting of the Concordia Men’s Golf Association will be held in the cafe at the breakfast buffet before the scramble. Join us to meet the officers and committee chairmen. Bring a check for $80 payable to C.M.G.A., and get your copy of the complete 2013 Tournament Schedule. Do you have any questions? They will answer them. Do you have any suggestions? They will welcome them. Honest!

These are the officers for the 2013 season:

- President — Abe Cohen (abeandev@aol.com)
- 1st Vice-President — Tom Tighe (ttighe@ualocal9.org)
- 2nd Vice-President — Jack Wanger (jcw1930@gmail.com)
- Treasurer/Secretary — Gerry Portnoy (gplumber@aol.com)
- Shop Manager — Jack Wanger
- Golf Professional — Bill Kulberg

All members will be eligible for competitive Wednesday morning tournaments all season from May to October with prime tee times, prizes, pro shop credits, honors and periodic breakfasts and lunches. But wait, there’s more! If you win, you will also get your name printed in the Concordian. A $200 value, the membership dues are still a modest $80 including shipping and handling. All handicaps are welcome, and the friends you invite to join with you don’t even have to be residents. If you can’t make the meeting, stop into the pro shop anyway with your check and get your copy of the new tournament schedule.

Any day out playing golf is fun, but competitive golf with exciting new formats is more fun than randomly batting a ball around the course. At last, a real reason to keep an official USGA handicap. If you’ve never done it before, you’ll love it. Right now we have members who have handicaps ranging up to 41. We are grouped by “flight” so you will always have someone to play with at your skill level, and we are scheduling several "scrambles" so that you can meet and play with all members. If you don’t know what a “flight” or a “scramble” is, you will have to join to find out. Come on down and meet old and new friends who have the same love for golf that you do. P.S. Don’t forget to bring your friends.

**Bowling**

Week of February 28: High Game - Ewald Zimmerman 175, High Series - Bill Kulberg 491

**Concordia Nite Owls**

**Thursday Night**

Week of February 7: High Game - Harvey Weinberg 243, High Series - Bob Lombardi 567

Week of February 14: High Game - Bob Lombardi 224, High Series - Bob Lombardi 546

Week of February 21: High Game - Wally Truszkowski 229, High Series - Paul Parren 559

Week of February 28: High Game - Paul Lipkin 243, High Series - Allen Tokarz 571

---

**Senior Day at Rutgers**

Three car loads of Concordians attended the annual Rutgers Senior Day on February 23. Together with seniors from other neighboring towns they participated in a variety of activities including dancing, arts and crafts, miniature golf, volleyball, word games, yoga, Suduko and Zumba. They also were served an enjoyable lunch. The event was organized by our own Jannette Ray and Sue Kaplowitz of Rutgers. Among those caught on camera are:

1) Standing from left: MarieInterstitials, Jeanne Austein, Dorothy Hamby, Seated, Harriet Cohen, Effrida Stern, Mary Maxon (not a Concordian) and Betty Kletter. 2) Mort Miller at Suduko. 3) Ms. Austein plays golf. 4) Standing from left, Pearl Abramowitz and Mr. Miller. Sitting, Carol Kopejzna, Helen Perel, and Jannette Ray.

Photos by Mirah Riben

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**The Concordian**

APRIL 2013 — Page 22
**Security Tip**

If you are expecting guests, call Concordia Security at (609) 655-1880. You must inform security at least one hour before they arrive. Failure to call security will delay their arrival.

**Friendship**

By Florence Getz

When you walk into a room, there is someone with a smile just for you. When you are happy or sad, there is someone to share your elation or pain.

When you need silence, there is someone at your side who understands. How fortunate the person who has a good friend with whom to share one’s life. We are not born into the relationship, it must be nurtured so that both parties benefit — one must build a strong foundation of honesty and trust.

That relationship paves the way for the sharing of one’s innermost thoughts.

It is so wonderful being together and sometimes, a look can say more than words. There is a terrible emptiness when that person is not present. The relationship is not easy to maintain, but results make the effort worthwhile: in addition to other advantages, happiness becomes happier and sadness becomes easier to cope with.

Like a marriage, a friendship should be cherished and protected through mutual respect and compromise. There should be the realization that “winning” all the time is not that important.

Of supreme importance is the acknowledgment that life would be very empty and lonely without that special friend in your life!

By Frances Greenblatt

Don Golden, top, and Arthur Radzozski are sharpening their game of pool. Word’s out the latter is a hot player.

By Morton Miller

Jannette Ray is co-moderator with Betty Kletter of Concordia’s exercise classes. Thirteen years ago, Mort Miller became one of their followers and has been Jannette’s “significant other” since.

Jannette is a lady of many talents — she’s a lifetime Yiddishist, having attended Yiddish schools and has kept abreast of Jewish culture and language all her life.

Mort’s connection to Yiddish language has been minimal. His parents came from Eastern Europe and spoke to each other in Yiddish to keep the children from knowing personal secrets. The older Millers did not realize that the children slowly learned Yiddish and quietly solved the old family lore. Mort’s Yiddish reached into his subconscious — he was told that he spoke perfect Yiddish in his sleep while in the army. To this day, his spoken Yiddish is clumsy and rare. Jannette reads the Yiddish Forward Newspaper aloud, and Mort understands her perfectly.

Together they attend the Workmen’s Circle camp, “Circle Lodge,” for five days every year, where they indulge in lectures on Jewish topics such as humor, movies, personalities, news, music, etc., enjoying entertainment at night, outdoor activities and food (oooh, the food!). The huge pool and lake are outstanding and campers enjoy the motel-type rooms and all of their amenities. This summer, July 14-19, the camp is available for New Jersey members and friends from Monroe Township and other senior communities. Bus transportation to and from the camp in Hopewell Junction, NY is included. All of the activities are conducted in English.

**Security at Work February 2013**

Ben Ravaioli — Security Supervisor (609) 655-1880

Total Home Alarms Received at Gatehouse .................................. 256
Response to Home Emergency Alarms ....................................... 167
Response to Various Reports ....................................................... 47
Response to Accidents ................................................................. 0
Response to Home Lockouts ....................................................... 14
Response to Home Entry False Alarms ....................................... 47
Tickets Issued .............................................................................. 22
Response to Variou...
Grouchy Old Men and Cranky Old Woman

By Mirah Riben

I recently read an NBC News article online entitled: “Get off my lawn! Why some older men get so grouchy.” The report explains how lowering levels of hormones as men age dampen the mood. This, coupled with retirement making many men feel use less or no longer relevant, creates increased irritability.

I remember my Dad becoming so impatient and short-tempered as he aged that when my folks came up from Florida to visit, my sister and I would try to find restaurants to take them to that we never wanted to go to again as my father was so rude to the wait staff—half the time thinking he was being funny. His favorite line was, “I was a young man when I came here.”

Some of the 250 comments posted after the article suggested that the wives of grouchy old men deserved medals for living with them. As I read it, however, it wanted to scream: This is by no means just a male problem!

Women suffer all of the same issues with the added emphasis on beauty being synonymous with youth. To add reality, men often seek and are able to get younger women, while women live longer leaving more of us alone.

Gettin’ old ain’t for sissies! It’s hard to stay relevant and more so today than ever before as technology changes quicker than ever. It’s hard to feel good about yourself and it can make one angry when you know your memory is failing and your body is drooping.

Many days I feel like a cross between Lewis Black and Andy Rooney.

Baby Boomers, who grew up wondering “Will ya’ still love me when I’m 64?” are not always getting the desired response from society as a whole, and are none too grateful for. And remember that it doesn’t matter whether you see your class as half empty or half full. The real question is: Did you enjoy drinking its contents? Do you know how to find the resources to refill it?

The workers and volunteers of the Monroe Township Emergency Medical Services had a busy year in 2012, responding to more calls than ever before. Township EMTs responded to 9,508 emergency calls, which is 774 more than in 2011.

EMS played a vital role in the aftermath of Hurricane Sandy. Not only did they respond to 413 calls between October 29 and November 6, but they also assisted the Office of Emergency Management to establish an emergency medical shelter in the Senior Center in the lower level of the Municipal Building.

Despite the increase in calls, the Township continues to provide EMS service at no charge to residents. Since Monroe has a predominantly paid ambulance service, it is eligible to participate in a cost recovery program, where the revenues account for 94 percent of the salaries and wages incurred by the Municipal Ambulance Service.

Furthermore, the Township’s participation in the program prevents residents who utilize our ambulance services from being charged directly. Instead, it is funded by billing Medicare, Medicaid and other insurance companies.

The Township Emergency Medical Services respond to 413 calls between October 29 and November 6, 2011. More than half of the calls in 2012 were to active adult communities, including 1,146 to Clearbrook, 1,057 to Victoria, 939 to Concordia; 810 to Greenbriar at Whiltingham; 455 to Monroe Village; 372 to The Ponds; 136 to Encore; 124 to Stoneridge; 91 to both Renaissance communities; and hundreds of calls to the Cranbury Care Center, the Gardens, the Chelsea at Forsgate and Wynwood at Forsgate.

The Township of Monroe also maintains the Municipal Ambulance Service response throughout town were as follows:

January ............................................... 735
February .............................................. 674
March .................................................. 716
April ..................................................... 731
May ....................................................... 626
June ..................................................... 784
July ....................................................... 862
August .................................................. 837
September .......................................... 709
October ............................................... 912
November ........................................... 859
December ............................................ 863

The Township Emergency Medical Services responded to 413 calls between October 29 and November 6, 2011. More than half of the calls in 2012 were to active adult communities, including 1,146 to Clearbrook, 1,057 to Victoria, 939 to Concordia; 810 to Greenbriar at Whiltingham; 455 to Monroe Village; 372 to The Ponds; 136 to Encore; 124 to Stoneridge; 91 to both Renaissance communities; and hundreds of calls to the Cranbury Care Center, the Gardens, the Chelsea at Forsgate and Wynwood at Forsgate.

In addition, the National Safety Council recognized Monroe as the number one First Responder Training Center in New Jersey. The Township has been able to save tens of thousands of dollars annually by training our EMT’s in-house, instead of sending them out for mandatory EMS certification classes. Also, the Township trains employees from other agencies throughout the state, becoming a revenue source for the Township. Monroe Township also trains its own employees in CPR and how to use the automated external defibrillators to help keep our Township buildings safer.

Municipal Ambulance Services Director Judy Olybrys, her paid staff and the many volunteers should be commended for the excellent service they provide to the people of Monroe.
All guests must be accompanied by a resident in the Clubhouse and guests will be charged $5.00 per session for attendance at all structured activities. A paid receipt must be obtained from the Concierge for admittance.

ACTIVITIES
*All residents must fill out a CHOA consent form before taking any physical activity classes.

*Advised by Personal Trainer

Water exercise at the indoor pool. Mon.-Fri. 11:12 p.m. and Tuesday afternoon 2-3 p.m. This is an open class. Come join the fun. The indoor pool will be closed on the 2nd and 4th Monday of each month for routine maintenance.

CERAMICS
Thursday, Thrusdays 1-4 p.m. in the art room on your own with your fellow Concordians in a cer- amic workshop setting. Any ques- tions please call Arlette 4-2478.

CROCHETERS/KNITTERS
This group meets the 1st and 3rd Monday at 12:30 p.m. and makes useful com- modities for patients in many nursing homes for ill children. Donations of washable yarn or old dryer sheets & stockings for the patients are also appreci- ated. Any questions please call Elaine 435-9922, Linda Katz 655-4963.

EXERCISE CLASSES
Exercise Mon. to Wed., 10-11 a.m. Thurs-Fri 11 a.m.-12 p.m. in Regency Suite 3 to follow the treadmill tape “In Sync with Cindy.” This video will give you resistance, balance and weight exercise.

On Tuesday “Exercise with Mary” in the Regency Room from 10-11:15 a.m. Then exercise will be done to an “oldies” music tape designed and led by the Regency Wire. Your partner is your instructor. Any questions, just give her a call at 409 0996.

PAINTING & DRAWING
Call to join us Tuesday mornings at 10 a.m. in the Regency Room for painting & DANCE. Make part of your New Year’s resolution to join a new form of dance, folk dance, it’s easy. It’s fun and it helps you melt the pounds away while you are having a good time. It’s also a great workout for your mind. So don’t hesitate, as a clubhouse activity you meet every Tuesday at 10 a.m. and if Barbara Price is your instructor. Any questions, just give her a call at 409 0996.

FOLK DANCING
Join us Tuesday mornings at 10 a.m. in the Regency Room for dancing. Bring your own check. First day for new sales will be second Saturday of the month. It is important that you read the book and participate of the month. It is important that you read the book and participate in the meeting. The meeting will it enhance your participation in the meeting. Thursday, April 19 ‘To Dance with the White Dog’ by Terry Kay, Tuesday, May 14 “Swimming Across America” by Joshua Henkin. Any questions please call Eileen Marcus 395-6992, Linda Katz 655-4963.

*FITNESS CLASS
Meets Monday mornings at 10-11 a.m. in the Regency Room with emphasis on cardio, weight resistance training, and a variety of movement such as stretching, breathing and relaxation exer- cise. Participants need a mat, free weights (if you have 1-5 pounds), comfortable exercise clothing, sneakers and water. Call Lynn 416/89 or Marie 614420 with ques- tions.

Room Friday mornings, 10-11:45 a.m. Enjoy sparkling thought- provoking discussions in a friendly environment. Remember, 9 out of 10 doctors prescribe mental stimu- lation and socializing as two good ways to live a longer, happier life. Any ideas or questions call Ray 980-8155.

WORLD AFFAIRS-PM
World Affairs PM meets at 7:30 p.m. on the 3rd Thursday of the month. Current events. Questions, call Seymour Fogel, 655-5987, or Irwin Henkin. Any questions or ideas please call Ray 980-8155.

FOR YOUR INFORMATION
NEW PHOTO I.D. CARDS
I.D. cards will be given on the 1st and 3rd Thursday 9:30-12, 12:30-4:30 p.m. I.D. cards taken by appointment only at 4:30-7:30 p.m. Please bring proof of age and identification (a utility bill, phone bill) to the meeting; it will enhance your membership held at the clubhouse. Please call (609)655-4694.

AUTHORIZED VISITOR PASSES
Applications will be taken first 3rd Wednesday of the month see names for cabaret style shows for two days only. Ticket numbers for sales will not be given out before 8:30 a.m. Only Clubhouse numbers will be honored. Clubhouse policy: you may always sign up as a couple; however each couple must show their own identification card. First day for new sales will be second Saturday of the month.

COMCAST NUMBER
1-866-276-5574

BOOKMOBILE IN CONCORDIA
Morgan Library book mobile will be in Concordia every Wednesday, at the main entrance gate 10-11 a.m. April 13 and 17.

SENSOR DOOR HOURS
Front & Back door sensor to the clubhouse will be closed. A perma- nent authorized visitor pass can be purchased for $15. 9:30-12, 12:30-4:30 p.m. on Fridays. Authorized visitor passes taken by appoint- ment only between 4:30-7:30 p.m. on Fridays. Your authorized visitor pass can be purchased for $15. 9:30-12, 12:30-4:30 p.m. on Fridays. Authorized visitor passes taken by appoint- ment only between 4:30-7:30 p.m. on Fridays.

BAR CODES
Bar codes will be affixed by ap- pointment only with Trish on a daily basis at the clubhouse. Please call (609)655-4694.

NEW PHARMACY
Pharmacy will be located at 3025 Roosevelt Highway. A perma- nent authorized visitor pass can be purchased for $15. 9:30-12, 12:30-4:30 p.m. on Fridays. Authorized visitor passes taken by appoint- ment only between 4:30-7:30 p.m. on Fridays.

NEW: GARBAGE PICK UP
Pick up will be the same as in the Regency Room. All recycling will be done at that location.

SAVE THE DATE!
• June 8 Audition Show - Darren Williams
• July 6 Cabaret Dance
• July 20 Audition Show - Beatles Live

(For current shows and events see pages 2 and 3.)

OPEN BOARD OF TRUSTEES MEETING
Next Open Board of Trustees Meeting, May 6, 2013, in the Regency Room.

CLUBHOUSE PRIDE
Please be aware that there is no eating and drinking in the Clubhouse unless you are attending a paid function. We ask that you respect your Clubhouse property as recent damage have been caused by food spillage and gum on the new chairs and carpeting. Your coop- eration is appreciated.

MARK YOUR CALENDAR
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Jo Anne Blank
(Continued from page 1)
gaged in alcoholic research. A year later, the medical head of the unit asked her to become the Head Nurse of the research unit. She continued in the field of psychia-
try and addiction and was nationally certified in both. She also studied Gestalt psy-
chotherapy and holistic therapies, is a Reike Master
therapist and holistic thera-
pies. She also studied Gestalt psy-
chology and addiction and was
continued in the field of psychia-
try. Upon retirement, never-
one to be idle, she started a
small part-time holistic prac-
tice, integrating all of these
terapies.

In December, 2006, Jo Anne had a vivid dream in
which her old boyfriend, Ira, whom she had regarded as
her soul mate, was crying out for her help. Unable to ban-
ish this dream, she found his old telephone number and
called him. Sure enough, he was living in severe pain as a
result of failed back surgery. She decided to visit him and
her nursing assessment told her he needed immediate help. She accompanied him to
a pain management physician who immediately hospitalized him and performed more sur-
gery on his cervical spine. The
to tell him that if he hadn’t had the immediate surgery, he
would have died or become a quadriplegic.

Fast-forward four years. Ira
moved to New Jersey to be
near Jo Anne, and on August
18, 2011, they were married and moved to Concordia the
same month. It was a first
marriage for both. They feel
theirs is a true miracle love
story — a marriage made in
Heaven!

Drivers Safety Tip
Be extremely careful when
you are backing your car out
of your driveway or from a
parking spot in the shopping
center or mall.

Always be aware of who
and what is around you.

If someone should walk
behind you while you are
backing up, stop and let
them pass.

Bobbie Lorell
(Continued from page 1)
drove her to the school. He
introduced Bobbie to the
principal and told her he
was bringing his little girl to
school. When the principal
took a good look at Bobbie,
they all had a good laugh.
She eventually taught at P.S. 165 in Queens for 26
years. Her fellow faculty members were a very close
-nurtured group and Bobbie loved teaching her 6th grade
students.

After moving to Concor-
dia, Bobbie became very
active in both Brandeis and
the Golf Course. She
served as President of the
Brandeis Study Groups and
is a moderator of a Short
Story group.

Joining the Golf Course in 1990, Bobbie realized
how much she enjoyed the
game and the experience of
playing with the Ladies 9
Holers. However, after a
couple of years, the golf
course members and the
community became very concerned with what was
happening with the course.
It had become very ne-
eglected by the owner and
and there was concern about
the poor control of the be-
havior of the nonresident
golfers. With others, she
played an active role in par-
ticipating in the purchase of
the golf course in 1994 and
1998 by members of the
Golf Course of Concordia.
For the first two years after
the purchase, she served as
Secretary of the Board of
Governors.

Bobbie wanted to note
that Ray Bridy, the Pro of
the Golf Course, is doing a
wonderful job in monitoring
and enhancing the Course.
He is very professional and
a delight to work with.
He has brought in non-resident
members, outside compa-
nies and organizations who
run tournaments and bring in much needed revenue.
Bobbie has served as Co-
President of the Ladies 9
Holers. At the present time,
they have 20 members.
They welcome with open
arms anyone who wants to
play golf, regardless of their
handicaps. The players are
expected to follow the rules
and enjoy the companion-
ship and the game of golf.

This club plays on Tuesday
mornings and often lunch
together after the game.

There is a tremendous ca-
maderie in this group.
They sometimes join with
the Ladies 18 Holers during
fund raising tournaments,
such as the Breast Cancer
Research Foundation. There
are different levels of
membership, depending on
the individual’s needs and
schedules. The Golf Course of
Concordia tries to ac-
 commodate everyone. The
members are looking forward
to resuming their game on
Concordia’s beau-
tiful golf course in May for
its annual breakfast and
golf scramble game.

Poetry Corner

Today
By Fran Cohen
Today I planned to clean the
kitchen.
Make some soup and spa-
ghetti sauce too.

Meet some friends for lunch
but I got energy for just a
few
On the way home, pick up a
dinner,
Call, and invite, a friend to
dinner
At home make a salad…set
the table
Sounds good…like a win-
er…

Well…lying in bed, thinking of
the above…
I had a decision to make
But I’m so tired, I felt back to
sleep
I just couldn’t stay awake
There’s tomorrow…
That will be my next poem…

Over centuries and many
lands,
What once was “good” is
“bad.”
What once was “bad” is
“good.”

Being way out on a limb can
be dangerous, isolating,
irreversible.

“Good!”
“Bad.”

By Charles J. Petretti
who lately have you been
seen?
there you be high atop that
tree?

If you are, and wait
for the “in?”

“In,” a place centered, in the
middle
Comforted by a peace, a bal-
ance of wholeness come
together.
No extreme polarity can be
the answer.

Being whole requires reac-
tion to center.
There is the spot to be.
I don’t have to “know” any-
thing.

I just have to “Be.”
Meantime The Process is —
in every way.

Becoming more important
every day.

The Bud
By Barbara Goodman
Suddenly it came to me.
I don’t know nothing!
Nothing is really real.
Nothing can be proved right -
concrete and forever.
All my so-called knowledge
Spins and has two sides or
more.
Black is white, white is black
while
Shades of gray roll around and
around.
On one hand, but on the
other hand?
Arguments are never abso-
lutely conclusive.
Theories change as circum-
stances do.

Join us for a “Lunch & Learn” Seminar. Meet residents. Tour our campus
d and learn how you can pursue your life at Applewood Estates.
Seminars start at 11:30am. Our program typically lasts about 2 hours.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Name</th>
<th>Address</th>
<th>City</th>
<th>State</th>
<th>Zip</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu</td>
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The Concordian
APRIL 2013 — Page 26
Transportation

AAA TRANSPORTATION — Monroe area. Transportation to airports, trains, pies, doc-tors. Local service as well as NYC. Reliable and reasonable rates. Call or text Howard @ (732) 979-3085.

RICK’S CAR SERVICE — Greenbriar resident. Professional driver. Reasonable. (609) 902-9879 or (609) 655-8051.

NAT TRANSPORTATION — Monroe resident. All airports, shipyards, NYC and local. Door to door. Home illnesses, hospital visits. (917) 657-5611.

TRANSPORTATION DOC-TOR — Airports, trains, pies, doctors, local service, NYC. Reliable and references. Call Lon J. (732) 423-1847.

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FOR YOUR CONVENIENCE – Stonebridge & terrestri-al, airport ser-vice, doctor’s appointments, bank reconciliation, household or errands. Bonded, reasonable and reliable. Call Carol (609) 448-9188.


MARVIN’S LIMOUSINE – Low rates. Call or visit cdavisandlimousine.com. We take all major credit cards and up to 4 min. Bonded, reasonable and reliable. Call (609) 586-1488 or (732) 666-1213. Any place, any time.

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CONCORDIA SECURITY

Classified advertising

ADVERTISING

CLASSIFIED AD COPY

CLASSIFIED ADS GET THINGS DONE:

- The Clearbrook Courier
- The Concordian
- Echo Speaks
- GW Voice
- Regency Reporter
- Renaissance Reflections

- The Rositor News

- Check here for all seven publications

Classified deadline: Ads must be received by the 15th of the month preceding publication month.

Rates:

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

Simple: 10 words in two lines — $14 + .50 x (Words after 10)

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.
- Sate category/heading, i.e., “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 ads 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.)

- PLEASE PRINT YOUR AD BELOW OR ON A 8.5 x 11” PAPER

- CATEGORI E: MEETING

Classified Ad Coupon

- The Clearbrook Courier
- The Concordian
- Echo Speaks
- GW Voice
- Regency Reporter
- Renaissance Reflections
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- CATEGORY: MEETING

Housecleaning


Cleaning

LEN’S HANDYMAN SER-VICE, LLC — Spring is here! Filo-ups and repairs. Specializing in home improvements. We do it all. We paint one room or the whole house. Sheetrock and wall repair. Crown moulding. Renew or repair. Call today. (732) 979-0520.


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