May BOT Finances – Strong: Meeting Length - Stronger

By Bill Kaufberg

The main purpose of the May, 2014 Board of Trustees meeting was to present the annual financial audit and, as always, it was a success. One of the partners from our auditing firm of Wilkin and Guttenplan answered all questions to the apparent satisfaction of the members. Considering interest rates as low as they have been and our instructions to act fiscally conservative, we did just fine. We’re good to go another year.

Once the second part of the meeting began, numerous motions were passed, the first five listed memorialized, since we hadn’t met in several months. When all was done for the evening, more than an hour and a half had passed. The following motions covered:

• A proposal to repair Tennis Court 2, clean, pressure wash and touch-up cracks on all six courts, painting two of them (1 & 2) with Pickle Ball stripes at a cost of $5,200. An objection was raised by Phyllis Rubenfeld to the fact that the two courts

(Continued on page 25)

Directory Changes Due

The deadline for any telephone number changes or corrections in the next Concordia Resident Directory is Tuesday, July 1. Submit them to the Concierge.

(Continued on page 25)

A Soldier’s Best Friend

By Mirah Riben

JWV Post Provides Training for Dogs Assisting Veterans

Concordia Jewish War Veteran Post 609 presented an award to the ECAD, (Educated Canines Assisting with Disabilities - Organization). Their Project Healing Program provides the training of dogs to increase the independence and improve the lives of war related veterans suffering from physical and/or psychiatric disability. Staff Sergeant Maurice Levine is the recipient specifically earmarked by ECAD to be supported by our local post.

Sgt. Levine was wounded on three separate actions while serving in Afghanistan. He is partially paralyzed in both legs and will bear the results of his service throughout his life. However, his spirits are high and he is self sufficient and able to

(Continued on page 9)

A Soldier’s Best Friend

By Vivian Mardenfield

Jack Galin, like so many other Concordians, began life in Brooklyn, NY. A better than average student he attended Brooklyn Technical High School. He served as the co-editor of the Senior Year Book and as the feature story editor of the school newspaper.

Jack went on to Syracuse University where he majored in accounting. He was Phi Beta Kappa and graduated Magna Cum Laude; every Jewish parent's dream son. He married in 1950 and within the next six years sired two daughters and a son. He and his first wife were divorced in 1990.

By now Jack was running a 13 store chain of women’s wear stores under the name of the “Melanie Shops” most

of which were located in New Jersey. Jack has always been a volunteer and as such served as the President of the Berkeley Tennis Club, where he was a daily early bird tennis player for 30 years. He also served as the President of the Men’s

(Continued on page 27)
JUNE 2014 — PAGE 2

LARGE AUDITORIUM SHOW

Mahoney Brothers
"Beach Boys To Buffet"

Spend a fun-filled evening of summer music and nostalgia with the Mahoney Brothers. They will thrill you with hits from the '60s, '70s, and '80s. Sign up with the Concierge. New Sale

CABARET SHOW/DANCE

"Jersey Sound"

A fun-filled evening with some of New Jersey's most requested bands. "Jersey Sound," it's on tap at August 2 at 7 pm. They'll offer an eclectic blend of oldies, Motown, R&B, and pop. Jersey Sound puts its own spin on the music industry by giving people a combination of music genres creating a delectable sounds the ear can only love.

With the very best vocalists and a killer rhythm section providing the heart of this show, the Jersey Sound experience is one you will never forget. To top off the night, you will enjoy a variety of delicious creamy crumb cake (apple, peach and cheese).

The cost of this fabulously entertaining evening is only $16.25pp. Sign up with the Concierge. Open to guests.

JUNE 24 @ 1:30

Cabaret

This presentation will focus on the essential role of interpersonal relationships and social isolation in the lives of senior adults. Americans are living longer and increasingly face diminishing health, loss of significant relationships, financial concerns, lack of family support, and adjustment to new environments. Research has shown that a decrease in social contacts in senior adults may lead to poor nutrition, restriction of social activities, loneliness, depression, and substance abuse. The presenter is Sara Levine, executive director of Jewish Family and Vocational Service of Middlesex County, with offices in Monmouth Township and Milltown. Ms. Levine is a licensed clinical social worker with over 40 years’ experience in mental health services.

Sign up with the Concierge.

LARGE AUDITORIUM SHOW

"Billy Joel & Elton John"

Musical Performance

Enjoy the legendary music of Billy Joel and Elton John August 16 at 8:30 pm. It’s "Still Good, Still Big" and "Still 2nd St" comes to town! He performs all the BIG HITS of Billy Joel. From the "Save the Sound" hits like "Big Shot" and "Matter of Trust" to ballads like "Just the Way You Are" and "She's Got a Way," to favorites like "Plantation Girl" there's something for everyone. Then take a journey with the Rocketman, Captain Fantastic, featuring the premier Elton John Tribute Show, will dazzle you with an amazing musical extravaganza! He will perform stunning recreations of your favorite hits from the '70s. Captain Fantastic will amaze you with costumes that go from bizarre to breathtaking and his piano will shower you with lights, smoke, lasers, and a few surprises. You may think you've gone down the yellow brick road. Come and enjoy this spectacular entertainment for only $11.75 per person. Sign up with the Concierge. New Sale

TRIP:

July 22, 1:30PM

Bally's Casino

Enjoy a fun trip to Bally's in Atlantic City. August 25, leaving at 8:30pm and arriving back home at approximately 7:30pm. Bally's has just been renovated to resemble the Las Vegas casinos of the past. Play penny, quarter or dollar slots now color coded for your convenience. Bally's also offers about 37 new games to play. One of the hotel rooms will become your favorite. You can enjoy a leisurely stroll on a nice sandy beach. Call the Pier shops as well. As a bonus receive back $25 in slot play.

The cost of the trip is only $22.50. Hurry and sign up before the bus fills up. Sign up with the Concierge. Open to guests.

Atlantic City

Resorts Casino

Show & Slot Play

Resorts Casino is the perfect place to have fun! Board the bus on Saturday, July 9 and enjoy the day at Resorts Casino. See the show "Cats Pajamas" or just play the slots or do both if you wish. "Cats Pajamas" is an explosive five-man vocal band, which is taking the world by storm. Their funky beats and strong a cappella background gives audiences the performance of a lifetime. This show begins at 3:30 and ends at 5:30pm.

If it's the slots you're interested in then enjoy some of the best slot action in town ranging from penny slots to high limit slots. Receive $10 in slot play as well as the show ticket. Head out to the departs Atlantic City at 5:30 and is scheduled to return back home at approximately 7:30pm.

The cost of this trip is $23.75pp. Sign up with the Concierge. *New Sale

Princeton Art Museum

Museum & Art Tours

TUES., JULY 22, 8:30PM

Enjoy an afternoon tour awaits you at The Princeton Art Museum. See Greek vases and Roman mosaics, Chinese tomb figurines and wall hangings, and remarkable pre-Columbian objects and ceramics. Enjoy selections of American and Western European painting and sculpture and a growing collection of twentieth-century prints, drawings, and photographs. The museum, get dropped off in the town of Princeton, where you are on your own to enjoy the afternoon.

The bus will leave Concordia at 8:30am and pick you up from town at 2:30 to arrive back home at approximately 3:30 pm. The cost of the trip is $25.95. Sign up with the Concierge.

INTEREST:

Longwood Gardens

Explore one of the great garden display, from a four-acre Conservatory to the splendor of the outdoor gardens spanning 1,077 acres. (Continued on page 4)
FINANCIAL SEMINAR
MEDINA LAW GROUP
"Foundational Estate Planning"
Wednesday, June 11 @ 1
Whether you are preparing for your future or for a loved one you will find this introduction to the basic tools and strategies of estate planning invaluable. Subjects covered include wills, revocable living trusts, advance directives, power of attorney, pour-over wills, and more. This very informative free seminar will be conducted by Victor J. Medina, Attorney at Law. Light refreshments will be served. Sign up with the Concierge.

MEDICAL SEMINAR
Come and learn the Difference between Assisted Living Versus Nursing Home
Thursday, July 17, 1:30pm
Nobody wants to go into a nursing home, right? Well, you may not ever need to go into a nursing home, after you learn the difference between Assisted Living communities versus a nursing home. Come to a Seminar that will teach you the difference between the two and answer your questions about the advantages of Assisted Living versus being relegated into going to a nursing home. You must continue to plan for the future and this seminar will help you do so. Marylin Crivello, Director of Community Relations at The Brookside, a kosher community, will provide you with a presentation and answer all of your questions regarding this subject.

FINANCIAL/MEDICAL SEMINAR
COMPLIMENTARY MEDICARE REVIEW
Thursday, July 24 1:30pm-4 pm
Assured Partners Financial Group
By Appointments Only
Are you paying too much for your Medicare coverage? (Continued on page 4)

A Concerto Extravaganza!
Sunday, June 1, 2014
Time: 7:00 p.m.
Location: Princeton Alliance Church, 20 Schollics Crossing Rd, Plainsboro, NJ 08536
Ticket Prices: Seniors - $12
Information: 609-790-9559 www.bravuraphil.org

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Jewish Federation
OF GREATER MIDDLESBURY COUNTY
JEWISH COMMUNITY FOUNDATION
Concordia Art Festival: Attention: Art Enthusiasts

Concordia’s 16th Annual Festival is scheduled for Wednesday, August 27.

The Examination will feature photos, paintings, sculptures, ceramic and stained glass, to name the main venues, with no size restrictions.

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 endeavor not mentioned above will be brought to attention of the Festival Committee for classification and submission. The committee will not prejudice anything. The only concern is space availability and to be able to display all works. All work submitted must be a current Concordia resident. If no entity form is turned in the artwork will not be accepted.

The exhibition is one day only. Set up time is Tuesday, August 26, 9 to 11:30 am, display is Wednesday, August 27, 9 am-9 pm, pick up Thursday, August 28, 9-11:30 am. Deadline is July 13 for entry submissions. Sign up with the concierge by filling out an entry form.

**Club Concordia**

*(Continued from page 2)*

Arlene Lesny prepares her Frankenstein sculpture for the August Art Festival. Photo by Jim Fiorello

*Stock Market* 

Don’t be a victim - recover your investment losses

Everyone knows it’s not uncommon to lose money in the stock market either through bad investment advice, unforeseen market fluctuations, or for a number of other reasons. However, most investors don’t know, and what has often been described as Wall Street’s “dirty little secret” is that often times, an investor’s losses can be recovered from the broker, investment advisor and/or the brokerage firm itself. If it turns out the investor’s losses were caused by the negligence or fraud of those entrusted to safeguard and invest your hard-earned capital. This may be true even if losses were caused by an unforeseen decline in the market.

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*“TICKET PROCEDURE”*

1st Day of Sign-up is the 2nd Saturday of the Month

When purchasing tickets you MUST present your Concordia identification card at the time you present your check. When signing up for a full tax deduction, I.D. card is needed and the address and phone number on all checks will be verified. Before entry to all shows present your Concordia I.D. card along with your tickets. NO CASH, include phone number and addresses on checks. Penciled in names for cabaret style shows are removed two days only. Ticket numbers for sales will not be given out before 5:30 a.m. Only Clubhouse numbers will be honored. Clubhouse policy: you may always sign up other couples, however each couple must submit their own check. First day for new sales will be the second Saturday of the month, June 14.

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June 14, 2014 — Page 4

The Concordian
When her sister dies in childbirth, Shirah's hopes for her future are thrown into turmoil by her grieving mother. Romantic Drama with mild thematic elements and brief smoking. Starring Hadass Yaron, Yitzchak Klein, Ido Samuel.

SATURDAY, JUNE 28 2 PM (CC) & 7:30PM
THE SECRET LIFE OF WALTER MITTY
RATED PG

In the remake of the 1947 classic comedy, shy photo manager Walter Mitty is constantly daydreaming to escape his humdrum life and domineering mother, but when he gets embroiled in a real life adventure, he discovers that being a hero is tough work. This is an adventurous comedy, with some crude comments, language and action violence. Starring Ben Stiller, Kristen Wiig, Shirley MacLaine, Adam Scott and more.

MOVIE REVIEW PICK
SUNDAY, JUNE 29 2 PM (CC) & 7:00PM
THE BEST EXOTIC MARIGOLD HOTEL
124 MINUTES
RATED PG-13

To make the most of their meager retirement savings, a group of British seniors move to India to live out their golden years at the Marigold Hotel. But upon arrival, they discover the once-lavish resort has wilted considerably. This is a comedy with some sexual content and language. Starring Judi Dench, Maggie Smith, Bill Nighy, Tom Wilkinson and more.

On Thursday, July 3 at 10am participate in "The Movie Review Group" with Harriet Rosen. The group will discuss the movie "The Best Exotic Marigold Hotel." It's always a lot of fun.

Women and the Law Will Be Topic at LWV

By Ruth Banks

The annual luncheon and business meeting of the League of Women Voters of Monroe Township is scheduled for June 9 at the Forsgate Country Club. This year’s guest speaker will be Dolores Meyerhoff, a resident of Concordia and well known educator. Space is limited and reservations for the luncheon can be made by contacting Doris Altman at 609-650-5932. The cost is $38. The business meeting will begin at 11:30 a.m., prior to lunch.

Ms. Meyerhoff’s topic will be “Women’s Rights, the Law and the Constitution.” She will discuss the movie “The Secret Life of Walter Mitty” which centers on the life of Walter Mitty, a daydreamer. The film is based on the 1947 James Thurber short story and explores the theme of what it means to be a hero. This film is not intended for children and adult guidance is recommended.

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June Hi-Jinks
By Vivian Mardenfield
June.... Moon..... Spoon....

The poets loved these words and used them freely to celebrate this time of the year. The early summer days are here with warmer, sunnier days and a reawakening of life.

It is a month of happy celebrations; graduations, weddings, Father’s Day, Flag Day, and the official first day of summer on June 21.

Our outdoor pool is open, bocci and shuffleboard are in full swing and the tennis players are on the courts once again. Do I hear a baseball bouncing?

On June 7 at 8:30 p.m. The Chicklettes will appear in the Regency Room to entertain you with their special program. Don’t hesitate to get out of your seat and dance in the aisles with this wonderful group who will present numbers from the 70’s, 80’s, 90’s and today.

Appearing with them will be John Pizzi hot, multi-talented star who will present a program of comedy, magic and ventriloquism. You are sure to be entertained by him. The cost is only $12.50 for both acts. What a bargain!

This month we honor the volunteers who give so freely and generously of their time and energy to keep you all entertained, active and happy. We will have a show on June 23 for their enjoyment.

On June 3 we will leave Concordia for Clinton, NJ and the Hunterdon Hills Playhouse. There we will enjoy a full lunch, an outstanding show and bus transportation to and from the theater. Those of you who have been there know it is worth the price just to go to eat from the buffet dessert tables. Yum. yum.

The cost is only $55.50 per person and take it from me it is more than worth it.

Congratulations to the following residents celebrating birthdays and anniversaries.

Happy June Birthday
Lyda Albuquerque ............. 6/4
Beverly Alpern ............... 6/17
Bernice Amtzis .............. 6/20
Mae Baron ...................... 6/17
Kurt Berney ...................... 6/7
Sam Brenner ...................... 6/4
Norman Elkin .................. 6/15
Alice Fass ....................... 6/6
Alex Feldman .................. 6/29
Bernard Frank ................... 6/2
Jack Gatin ...................... 6/26
Ed Gimpel ...................... 6/23
Stephen Greene ............. 6/15
George Greenstein ........ 6/13
Marilyn Hochberg ........... 6/4
Paula Kofsky ..................... 6/5
Rona Kole ...................... 6/5
Sandy Koppell .................. 6/9
Irving Lautman ............... 6/19
Henry Lehman ................ 6/16
Ann Listner ..................... 6/22
Vivian Mardenfield ......... 6/20
Mildred Mufson ............. 6/28
Selma Pion ..................... 6/26
Alice Rosenberg ............. 6/29
Sol Rosenberg............... 6/12
Selma Sagar ..................... 6/26
Marilyn Schwellich ........ 6/3
Bess Streisand ................ 6/6
Bernard Trager ............... 6/19
Miriam Trokie ................ 6/16
Beatrice Uslan ................ 6/17

Happy Anniversary
Mary & Charles Bender .......... 6/13
Miriam & Stanley Blechman .... 6/17
Estelle & Sam Brenner ........ 6/22
Florence & Ed Bushtine ....... 6/15
Renee & Morris Gartner ....... 6/34
Lois & Stephen Greene ........ 6/21
Renée & Jerry Grossfeld .. 6/24
Esther & Harold Hecht ....... 6/28
Selma & Herman Jacobs ..... 6/28
Helen & Joseph Jacobsen6/28
Pearl & Louis Mariner ...... 6/14
Lois & Morton Perlman ...... 6/24
Anita & Bernard Polack .... 6/11
Eileen & Malcolm Ratner ... 6/26
Mona & Albert Reich .... 6/16
Norma & Robert Ringel .... 6/20

Welcome to the Following
New Residents
Harry & Sharon Lotrowski, 10 Abraham Lincoln Court from Orland; Yossef Shavit & Andrea Shavit, 18 Abraham Lincoln Court from Estates of Fried and Herman; Irving Hirsch & Maria Baig, 10A Ingram Drive from Estate of Moses; Zachary & Doris Weiss, 28A Ingram Drive from Langbaum.

Condolences to:
Goldye Fisher on the loss of her husband, Sol; to Sylvia Uslan on the loss of her husband, Sam; and to the families of Ralph Zimmer, Dorothy Frankel and Joyce Berger.
The Railway Man

Ever since “The King’s Speech,” I have been a great admirer of the brilliant actor, Colin Firth. There are quite a few fine actors on the stage and screen but Colin Firth has the ability to convey the meaning of a role just by his facial expression, the toss of his shoulders, not to mention the subtle nuances in his voice when he speaks his lines. And so it is with “The Railway Man,” Firth’s newest role in which he plays Eric Lomax, the Australian author of his autobiography of the same name. The Railway Man is a powerful drama about the brutal torture that Lomax suffered during World War II as a Japanese prisoner of war in Singapore, accused of being a spy. One of his captors, Takashi Nagase (Hiroyuki Sanada) was particularly sadistic and Lomax still suffers from the violence that he received.

In 1982, with the assistance of his wife, Patti (Nicole Kidman) and a good friend, they travel to Thailand where they track down Nagase, now 92 years old. When the two men finally meet, verbal exchange and explanations take place. Was Lomax able to put aside the rage to find forgiveness for his former tormentor? The movie handles this in an intelligent and sensitive manner which I shall not reveal.

“The Railway Man” has the attributes of a fine screenplay based on trauma suffered by Eric Lomax. Colin Firth is brilliant; Nicole Kidman is beautiful as ever and outstanding in her role as the wife of Lomax. Indeed, the entire supporting cast does an excellent job. As an aside, if you recall the film, “Bridge On The River Kwai,” you will be reminded of that great David Lean classic which starred Alec Guinness.

I heartily recommend “The Railway Man” based on a man’s life - a man seeking to find peace of mind. It is also a reminder of World War II and the cruelty of war.

June promises summer fun, so let us enjoy good times and meet soon again At The Movies!

June Trivia

The answer to this month’s Trivia is, as usual, at the end of The Lighter Side, so make sure you read this first. This month we tackle the world of literature. Everyone knows who James Fenimore Cooper was. Among other achievements, he wrote a series of novels featuring a hero called Natty Bumppo, better known as Hawkeye- no, not the guy from M*A*S*H. The most prominent of these were The Last of the Mohicans, Deerslayer and Pathfinder. But you knew all that stuff. The question here is: What was the title attributed to his (Cooper’s) collection of novels of which Hawkeye was the hero? Next month we’ll go back to the entertainment industry.

At The Movies

By Mildred Goodwin, Associate Editor

After seeing several films in recent years that Woody Allen wrote and/or directed but didn’t appear in, I became quite used to it – begrudgingly - I admit. But Woody is back on the screen once again in “Fading Gigolo.”

“Fading Gigolo” was neither written nor directed by Woody, rather John Turturro is the writer/director and Woody is a wise-cracking, elderly owner of a rare book store located in New York City. Where else? Unfortunately, small book stores are part of a dying era and Murray is quite down on his luck.

But Murray is also an opportunist and he sees a ray of light. A long-time pal is Fioravante (John Turturro) - hardly a heart throb, but he has a certain charm. Perhaps Murray can persuade him to sleep (for money) with a certain emotionally needy dermatologist, Dr. Parker (Sharon Stone). Indeed, Fioravante is successful and Murray realizes that he can become a pimp for his friend and they can begin to enjoy the good life.

Both men are gliding along with this arrangement and soon Murray gets the idea of having Fiorovante meet Avigal (Vanessa Paradis), the young, lonely widow of an orthodox Rabbi. Initially, this aspect of the movie seems rather absurd and tasteless, but as the plot moves along, the couple does fall in love and a certain sentimentality and sweetness come into being.

If you are a Woody Allen fan and are in the mood for a quirky storyline, I do believe you will find this movie quite engaging. But the “Fading Gigolo” is not a “must see” movie and will entertain you quite well on your home screen.

At the Movies

By Mildred Goodwin, Associate Editor

June 19 thru July 20

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Saturday, June 21, 2014

The Forum Theatre Arts Center

314 Main St Metuchen NJ

JUNE 2014 — Page 7

The Concordian
Read Your Dictionary

Once again, a repeat from several years ago. I've changed some of it and added a couple of things that weren't in the original. And, as has become the custom, the Trivia answer is at the end, so make sure you read the question, elsewhere in the issue, first.

One sure-fire bit of advice you'll get from religious leaders of Christian and Jewish persuasions is to "read your bible." Not a bad idea provided you haven't done so recently, but unless it's something you do regularly anyway, doing it repeatedly can be a bit tedious.

It's time these pious folks started plugging some other form of reading that'll keep your interest with a high level of fulfillment. I don't see Christian clergy telling you to read your Danielle Steelies, or rabbis suggesting you read John Grisham. Which is only fair, since they're not as good as Nelson DeMille. What we need is a book that's educational, will hold your interest and is unlike any you've ever read before. That dictionary, one big enough to include what's in mine. The World Book Encyclopedia Dictionary, volumes one and two. The first one has 1,088 pages, more than most other books. The first page where there's an alphabetical listing of words with definitions is number 97. What could there possibly be on the first 97? Turns out, quite a lot; some interesting, practically all, unfortunately, in fairly small print. Up front, a Table of Contents, followed by six pages of individuals who had something to do with the publication, each name accompanied by impressive credentials and history. It starts with an International Editorial Advisory Committee (50) and moves on to Consulting Editors (15), Manuscript Readers (11), Editorial Staff and Special Consultants (too many to count), the latter broken down by category.

Most categories had one or two consultants, but Religion had five which kinda makes sense. You're not gonna find a Christian offering insights into Islam. (You're also not gonna find "gonna" or "kinda" anywhere.) Having three experts on Veterinary Medicine, while History and Sports had only one each, did seem a bit much though.

The next segment tells you the categories to look for within each word listing. Things like: syllables, part of speech, spelling variants and meanings, definitions, illustrative sentences, run-on words, idioms, word origins, pronunciation, synonyms (there seems not to be a synonym for the word synonym), antonyms and more. A huge omission is the stupidity of the English language, which tolerates Homographs, Homograph - two or more words spelled the same with different meanings. Why should that ever happen? Internet e-mailers are right on top of this. "Since there's no time like the present, he thought it was time to present the present." Why couldn't they just say it was time to give the gift?

A felon is a person who's been convicted of a felony. Not hard to see how the word evolved. But it also means "a very painful infection on a finger or toe, usually near the nail." They couldn't think of a better word? How about "digitache," or maybe even two words — "woebetoe" or "fingeret." If I thought of it, why couldn't they?

Next come explanations of each of those categories. Simple words, "stop" and "go." take up more than one and a third pages in small print between them, due to complex explanations. No wonder the two books combined weigh almost ten pounds. I no longer need the Clubhouse weight machines; I just carry the books around for about an hour. Makes me stronger and smarter.

Going further, eight pages devoted to meanings, pronunciations, spelling and etymologies. What? You don't know what etymologies are? Me either. That's what dictionaries are for. "An etymology of a word is its origin and history." How it began, where it's been used and how and its meaning, spelling and pronunciation have been changed. Two pages worth.

Several pages are devoted to the importance of a larger vocabulary, how you learn and master new words, the results of a richer vocabulary and "Your Four Vocabularies." It seems we have listening, speaking, writing and reading vocabularies. They claim that speaking is the smallest and reading the largest, overlooking the fact that too many people can't (or rarely) read. Actually, there's a fifth vocabulary they seem to have overlooked; Butchered Pronunciation. Words like nucular, arthritis, alls (as in alls I know), pundints and percula, to name a few.

The rest is devoted to Signs and Symbols, Writing a Book Report, Common Spellings of English Sounds (45 of them) and exploring vocabularies in preschool and all grades through high school, with vocabulary "inventories" for each grade in the form of multiple choice quizzes. They ask for the meanings, by groups, of from 60 to 120 words per school grade. I aced Grades 1 to 5, but tripped up on 6 when, for "columnist," I chose "disloyal person" rather than "newspaper writer." So what's a fifth columnist?

TRIVIA ANSWER: James Fenimore Cooper's main collection of novels, including the main character of Natty Bumppo, was known (back when they were more popular) as Leatherstocking Tales.

The Concourse
A Review by Sylvia Sissman

I’d Hate Myself in the Morning

By Ring Lardner, Jr.

of the Communist Party, Lardner replied, “I could answer it, but if I would I’d hate myself in the morning.” This author began to serve a year sentence in 1950 for refusing to answer Congressional questions about his political beliefs and to name other Communists. This was the McCarthy era before McCarthy arrived on the scene. His career would grind to a halt, due to the studios’ blacklist of Communist affiliates. He confessed that his activities in the Party consisted of numerous meetings that were often boring and repetitious. They never attempted to discuss or be a part of a conspiracy to undermine American institutions. The blacklist continued for fifteen years. Writers wrote under pseudonyms at reduced fees. He won Academy awards for the screenplay, “Woman of the Year,” and for “M.A.S.H.” Ring Lardner, Jr., the last surviving member of the Hollywood Ten died at age 85 in 2000. Although Lardner did not live to see his memoir in print; he saw the HUAC go out of business and the writers, actors and Directors Guild condemn the blacklist and the shameful role in enforcing it. This is not a literary classic, but it is well written, honest and a candid revelation of a shameful witch-hunting period of time abusing our First Amendment issues. This memoir is a reminder of a central historical event which became more difficult to understand, undercutting our democratic principles - which is the fabric of our lives!

A Soldier’s Best Friend

(Continued from page 1)

perform his normal activities of living. Sgt. Levine is in contact with our Post and is most appreciative of our organization’s support. The dog’s name is “Quintarius.” What does the name “Quintarius” mean? A name is much more than just a name! Q is for quality, quality of character. U is for uncanny, the way you know what to do. I is for impress, for impress you will. N is for neatness, your orderly way. T is for tender, loving nature. A is for altruism, the unselﬁsh you. R is for radiant, it’s your personality! I is for ideals, no higher! U is for upstanding, your inner-self. S is for serene, your calm time.

JWV provides grant in aid donations to worthy Veteran organizations regardless of race, creed or religious persuasion.
It’s Summer Saturday, June 21

The sun is shining. Temperature is climbing. I have a daydream. With Coke and ice cream, I watch the children playing. From the early morning til the evening, I smile at the pasted meat. There’s a barbecue in every street. Everybody is having fun. Enjoying the warmth of the sun. It’s dinner from dusk till dawn. Pass the page on, before the summer is gone.

-- Unknown

“June Is Bustin’ Out All Over”

At last summer has arrived – June, the sixth month in the calendar, 30 days to delight in good weather and good times. During those cold winter months, it seemed as if these glorious days would never happen, but here we are! What is the origin of June? According to legend there are several. Originally, June consisted of 26 days, but after certain Roman leaders added and subtracted a day or two, the indomitable Julius Caesar settled the matter – lengthened the month to 30 days, and it has since remained unaltered. Once again, we can thank Julius Caesar for giving us more time for the proverbial June weddings, graduations, languorous days and other seasonal pleasures. The birthstone is pearl and rose the flower.

Living in Concordia makes so many of June’s offerings possible. Our golf course, tennis courts and pool are at their best and provide us with the outdoors where we have hungered. It is but our lush, beautiful landscaping, truly a feast for the eyes, that so uplifts one’s spirit. Two spectacular events are also celebrated in June: Flag Day, Saturday, June 14 – signed into law by Presi- dent Truman on August 3, 1949. Although not a legal holi- day, it does afford a day to display the flag on federal buildings, to hold patriotic programs and cheer the stars and stripes.

Father’s Day, Sunday, June 15 – a uniquely American insti- tution that did not exist until President Nixon signed a Con- gressional resolution designating its official observance.

Abraham Lincoln, a man who gave much thought to fam- ily matters made this wise statement, “I know who my grand- father was; I am much more concerned to know what his grandson will be.” Lincoln made this statement early in his career – certainly his grandfather would have been so proud of him. Unfortunately, Lincoln did not live long enough to ever know what fate had in store for his own children and grandchildren.

The editorial staff of the Concordian wishes the fathers, grandfathers and a few great grandfathers of our commu- nity a Happy Father’s Day and we all look forward to a joy- ful month, a glorious Fourth of July to follow and all the pleasures of summer.

Letter to the Editor

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. A subscription to a Concordia 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.

Editorial

By Erny Price

Outstanding Culture Corner

The April 22 Culture Corner program, produced and directed by Sydel and Murray Singer, was warmly received by a near standing-room au- dience.

“Magic Moments In Music; From London To New York”

(Continued from page 3)

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pescmd@aol.com

Managing Editor – Morton Perlman
Assistant Editor
Mildred Goodwin • Jim Fiorelli • Bill Kalberg
Milton Leebach • Robert Ziselman

Associate Editors
Staff Photographers: Barbara Goodman
Executive Staff
Miki Eisinger • Frances Greenblatt • Sid Kalner
Yvette Lederman • Vivia Marafendid • Mirah Ribon
Sylvia Sissman • Rosalie Slutsky • Frieda Spinner
Staff Photographers: Barbara Goodman • Ray Kaufman
Cartoonist & Photographer: Ernest Price

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THE CONCORDIAN
of coffee and an hour of conver-
sation with both new and long-
time residents. This event is open to all resi-
dents…not just homeowners. It is a delightful way to spend a small amount of time getting to
be with your neighbors. Have a cup of coffee and some refresh-
ments and join in the social at-
mosphere of getting to know you.

By Jack Galin

In Concordia there are four activities that are unique in
their make-up, memberships
and purposes. They are
WCOC, The Players, The
Chorale and The Concor-
dian. Their uniqueness is that
each exists to create a
“product”; WCOC, TV pro-
grams; The Players, a theat-
rical show; The Chorale, a
musical concert; the Concor-
dian, a monthly publication.

But, even considering their common intent, different me-
diums are provided to the
community.

A Friday morning meeting
may sometimes, to a neo-
phyte, seem chaotic and dys-
peptic; but more experienced
members recognize that
such exchange of ideas and
values is what pushes
WCOC to attempt more pro-
grams with greater purpose.

It is amazing to hear some of
the connections made at these
sessions. Many old school ‘chums’ from their early develop-
mental years have found each
other again, and even some
long lost relatives have recon-
nected at these sessions. One
never knows who or what you
will find out about at this social
event. We encourage you to
come back on a monthly basis
to hear about the things going
on around the community. For
more information, contact Adri-
nen Fein (860-5984). No invi-
tation response necessary,
just show up.

The Uniqueness Of “WCOC”

By Adrienne Fein

Welcome Committee to Greet Newcomers

The Welcome Committee is pleased to announce that coffee and conver-
sation sessions will be held on
Sundays, June 1 and June 8
in the Party Room starting at
12:45 p.m. It is a great way to
relax and enjoy meeting and
greeting your neighbors.

Have you joined in our ac-
tivities, entertainment, social events? Come join us for a cup

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Nurse’s Notes:
Your Risk for Pre-Diabetes, Type 2 Diabetes
Stephanie Fitzsimmons
Seaton, RN, NP
When you have pre-diabetes, your blood glucose (sugar) levels are higher than normal but are not high enough to be called diabetes. If your blood sugar goes higher, you can develop type 2 diabetes. Type 2 diabetes can lead to heart disease, stroke, nerve damage, kidney failure, and eye problems. The good news is you can take steps to delay or prevent pre-diabetes, diabetes, and heart disease.

Your healthcare provider may order blood work to measure your blood glucose level. An A1C which measures your blood glucose for the past 2 to 3 months. Normal A1C is less than 5.7%. Pre-diabetes is 5.7% to 6.4% and a diagnosis of diabetes is determined with an A1C of 6.5% or higher.

You can reverse pre-diabetes- and delay or prevent type 2 diabetes and heart disease- by eating fewer calories and less fat, being more active, and losing weight.

A study of people at high risk for type 2 diabetes found that people could lower their risk for diabetes. They ate less than usual, increased their daily activity, and lost weight. They did this by
• eating fewer calories
• cutting down on foods high in saturated fat
• exercising about 30 minutes a day, 5 days a week usually by walking quickly
• losing weight – an average of 15 pounds in the first year of the study

These actions worked for both men and women and for people age 60 and older.

You’re at risk for pre-diabetes if you
• are age 45 or older
• are African American, Hispanic/Latino, American Indian, Asian, Native Hawaiian, or Pacific Islander
• have a parent, brother, or sister with diabetes
• are overweight
• are physically inactive
• have high blood pressure (140/90mmHg or higher)
• or if you take medicine for high blood pressure
• have low HDL cholesterol and/or high triglycerides
• are a woman who had diabetes during pregnancy
• are on dialysis

Pre-diabetes is a silent disease. You can have it but not know it. You’ll need a blood test to check your glucose level.

No matter what your age, if you’re overweight and have at least one other risk for diabetes, ask your health care pro-
Fill up on leafy vegetables by starting your meals with a green salad. Check and compare food labels and choose foods with fewer calories. Bake, broil, or grill and use nonstick pans and cooking sprays. Eat more vegetables and whole grain foods. Increase your physical activity. Get moving! Place a check mark next to the ways you’ll try to add activity to your day. Or write down your own ideas. Keep an activity log for a week or two. Use a pedometer to track your steps. Aim to work up to 10,000 steps every day. Buddy up with a friend or family member. Do something else active that you enjoy.

Take a walk every day if possible. Work up to 30 minutes of brisk walking, at least 5 days a week, or split 30 minutes into 2 or 3 walks. Start strength training by lifting light weights a few times a week. For recipes and information about meal planning, visit www.diabetes.org/MyFoodDiary.

Adapted from: American Diabetes Association 2014

Concordia Lecture — “New Non Surgical Treatments for Diabetes”
Speaker – Dr. Alan Katz is a physician specializing in radiology treatments and is known throughout the world.
Tuesday, June 10 at 1:30 p.m. Please register with the Concierge. Light refreshments served

Nurse's Notes (Continued from page 12)

• Increasing your daily physical activity
• Losing 5 to 10 percent of your total weight can help a lot. For example, if you weigh 200 pounds your goal might be 180 pounds.
• Cut back on calories and fat.

Think of ways you can change the way you eat. Place a mark next to the steps you'd like to try. Eat smaller portions. Order the smallest serving size when eating out or share a main dish. Drink calorie-free drinks or water instead of regular soft drinks and juice.

Concordia — "To Be Impressive"
By Richard Pucci
Mayor Township of Monroe

Township Crime Rate Continues To Be Impressive

During the past 48 years, the annual publication of "Crime in New Jersey" has been used as a means of presenting an impartial and accurate account of the status of crime in the State. The report is prepared and issued by the Division of State Police Uniform Crime Reporting Unit.

The recently released statistics for 2012 for the Township of Monroe indicate a crime rate of 6.5 per 1,000 residents with a total of 267 crimes reported in the Township for the year. This crime rate is the lowest in the past five years (2008-2012), which was 7.26 per 1,000 residents, which was the lowest in Middlesex County and 2.42 times lower than the County average of 14 crimes in 2012. The 2012 average crime rate for all municipalities in Middlesex County was 18.5 offenses per 1,000 people, which is more than 2.8 times greater than the Township of Monroe Township’s crime rate of 6.5.

In addition, the Township’s average crime rate for the past five years (2008-2012), which was 7.26 per 1,000 residents, which was the lowest in Middlesex County and 2.42 times lower than the County average of 17.61.

The facts in the annual statewide crime report are obtained by the New Jersey Uniform Crime Reporting System, which is based on data reported by all New Jersey Police agencies, in accordance with the regulations prescribed by law. All law enforcement agencies in the state are responsible for submitting monthly reports of crime reports. All reported offenses are compiled from reports received by police during routine operations.

The data along with other factors, including the population makeup of Monroe with more than 14,000 residents, located in gated, active adult communities, a low tax rate, and the outstanding school district, led to Monroe being named the 14th safest town in N.J., according to a list compiled by the private security company SafeWise. The low crime rate and high ranking by SafeWise is a testament to the dedicated service of Chief Michael Lloyd and the men and women of our Police Department.

The Township of Monroe Police Department should be commended for its outstanding service, especially for the prevention and activities developed in the area of crime prevention. The Department’s Drug Abuse Resistance Education Program, which has been a cooperative effort between the police and the School District, educates our children at a very young age about drugs and is the type of prevention program that helps reduce crime.

The Department’s Detective Bureau reaches out to and responds to requests for speaking to breakers and information on crime prevention. During a typical year, several dozen informative talks with the public are conducted and include topics such as home safety, personal safety, parking, and to discuss other public safety issues. For more information, please visit www.fbi.gov.

In August, the Police Department holds its annual National Night Out event in Thompson Park. The gathering provides residents with an opportunity to meet one on one with police and strengthen relationships between the community, police, and other emergency management personnel. It provides a fun environment with opportunities to engage children in a fun way to educate them about the dangers of drugs, drinking and driving, safe bicycle riding practices and so much more.

Chief Lloyd and the Monroe Township Police Department should be commended for their continuous efforts to keep Monroe among the safest towns in the state. Through their efforts, the police will continue to forge relationships with our residents and help keep Monroe a great place to live, raise a family and retire.

The Mayor’s Message
By Richard Pucci
Mayor Township of Monroe

To Be Impressive

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The Concordian

Astronomy and Science Club
By Mildred Goodwin

On Thursday, June 19, at 7:30 p.m. in the Clubhouse, the Astronomy-Science Club will be having our monthly meeting. Our guest speaker will be Dr. Michael Littman, a member of the Mechanical Engineering Department, Princeton University. His lecture will be timely, “Two Hundred Years Of Innovation In New Jersey.” This topic is in commemoration of New Jersey’s 350th anniversary. All members, prospective members and interested Concordians are invited to attend.

Did You Know? Planet Jupiter has four prominent moons known as the Galilean moons, or Galilean satellites, named after Galileo, their discoverer: Io, Europa, Ganymede, and Callisto. Each of these moons orbit almost exactly in the equatorial plane of Jupiter. Many people can even see two or three of them through a good pair of binoculars because they are always very close to the strong brightness of Jupiter. Incidentally, Jupiter also has at least 12 smaller moons.

We look forward to greeting you on June 19 and invite you to remain for delicious light refreshments and stimulating conversation after the meeting.

28th Annual Brandeis Installation Celebration
By Betty Rosenberg

All Brandeis members, as well as prospective members, are invited to our installation of new officers Thursday, June 19 at 1 p.m. in the Regency Room.

For our entertainment actress Linda Kenyon will portray Julia Child in “Bon Apetite”—a love story. Desserts will be served with coffee and tea. Deadline for reservations is June 5. Call Marcia Wish at 619-3440 or Janet Levy at 619-3100. Items for the Food Pantry will be collected.

The Brandeis Speakers Series will present Mirah Riben, author, adoption expert and fellow Concordian, who will speak on Thursday, July 17, about child adoption (the good and not-so-good changes in adoption practices). This will take place in our Regency Room at 1:30 p.m. Questions? Call Diana Ladden at 655-2994.

Please remember donations for the Food Pantry.

Save the Date: Wednesday, July 23 - a fund-raising event.

The Chorale Handles Change
By Jack Galin

“It’s a series of natural and spontaneous changes. Don’t resist them; that only creates sorrow.” Lao Tzu Life can be fascinating. When we were young the world was ours; any direction; any goal, any idea. When we were middle aged we went straight forward, looking neither left nor right. But now, in our twilight, we are more flexible, more open to change, more open to new ideas.

So it is with the Chorale. After spending a good deal of committee time and joint conferences with Director David Schlossberg, the Chorale had decided that for 2014, our concert in July would deal with “Kings and Queens Of Pop.” But as Wee Bobbie Burns wrote “the best laid plans of mice and men aft gang aglay.” The songs we planned didn’t work, at least for a Senior Chorus.

So, at the direction of Mr. Schlossberg, the Chorale has branched off to an even greater challenge, “It’s A Small World After All; Around The World In Song.” What a wonderful concept; songs from different countries of the world. What a wonderful selection from which to choose. To say “the sky’s the limit” is truly our only boundary.

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As a group, we know we have our work cut out for us; but we are game; we are tough; we are determined. Come to our concert July 26 and 27. You’ll have a ball. We’ll all have a ball together, Ole!

Christian Fellowship Organization
By Anne Adams

As we all know, “bliss” and the month of June are thought by many as being one and the same. Probably it is because everyone knows that June means the beginning of the good and not-so-good changes in adoption practices. This will take place in our Regency Room at 1:30 p.m. Questions? Call Diana Ladden at 655-2994.

Please remember donations for the Food Pantry.

Save the Date: Wednesday, July 23 - a fund-raising event.

Astronomy and Science Club
By Mildred Goodwin

On Thursday, June 19, at 7:30 p.m. in the Clubhouse, the Astronomy-Science Club will be having our monthly meeting. Our guest speaker will be Dr. Michael Littman, a member of the Mechanical Engineering Department, Princeton University. His lecture will be timely, “Two Hundred Years Of Innovation In New Jersey.” This topic is in commemoration of New Jersey’s 350th anniversary. All members, prospective members and interested Concordians are invited to attend.

Did You Know? Planet Jupiter has four prominent moons known as the Galilean moons, or Galilean satellites, named after Galileo, their discoverer: Io, Europa, Ganymede, and Callisto. Each of these moons orbit almost exactly in the equatorial plane of Jupiter. Many people can even see two or three of them through a good pair of binoculars because they are always very close to the strong brightness of Jupiter. Incidentally, Jupiter also has at least 12 smaller moons.

We look forward to greeting you on June 19 and invite you to remain for delicious light refreshments and stimulating conversation after the meeting.

28th Annual Brandeis Installation Celebration
By Betty Rosenberg

All Brandeis members, as well as prospective members, are invited to our installation of new officers Thursday, June 19 at 1 p.m. in the Regency Room.

For our entertainment actress Linda Kenyon will portray Julia Child in “Bon Apetite”—a love story. Desserts will be served with coffee and tea. Deadline for reservations is June 5. Call Marcia Wish at 619-3440 or Janet Levy at 619-3100. Items for the Food Pantry will be collected.

The Brandeis Speakers Series will present Mirah Riben, author, adoption expert and fellow Concordian, who will speak on Thursday, July 17, about child adoption (the good and not-so-good changes in adoption practices). This will take place in our Regency Room at 1:30 p.m. Questions? Call Diana Ladden at 655-2994.

Please remember donations for the Food Pantry.

Save the Date: Wednesday, July 23 - a fund-raising event.

The Chorale Handles Change
By Jack Galin

“It’s a series of natural and spontaneous changes. Don’t resist them; that only creates sorrow.” Lao Tzu Life can be fascinating. When we were young the world was ours; any direction; any goal, any idea. When we were middle aged we went straight forward, looking neither left nor right. But now, in our twilight, we are more flexible, more open to change, more open to new ideas.

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There is an abundance of hustle and bustle going on in and around Concordia. The outdoor pool is now open and sport activities are in high gear. Let us take a peak at some of the recent happenings.

(1) From left: Elaine Pepperman, Diana Ladden and group presenter Linda Lefko, discuss the book *Saints at the River* by Ron Rash at the monthly meeting of Contemporary Literature, a Brandeis study group. (2) Mah Jongg masters: Anne Thaler, Gloria Cohen, Renee Romanoff and Miki Eisinger take a minute to smile for the camera. (3) A happy foursome for canasta: June Barr, Gerry Stavenhagen, Sylvia Morgan and Miriam Blechman also take a break. (4-5) At the annual Henry Ricklis Holocaust Memorial, The Hidden Children of the Holocaust (this year’s theme), a somber candle lighting ceremony took place honoring family members lost as well as a child saved by being hidden by the community. Judith Sherman, Concordia resident poet and Holocaust survivor, is shown reading her original work, “No More Hide and Seek”. Mayor Richard Pucci and Dr. Kenneth Hamilton, township superintendent of schools, were guest speakers. (6) John and Lynn Lowrey are taking a leisurely stroll around the circle...finally pleasant weather, conducive to such exercise. (7) Peter Quinn, Concordia operations manager, begins early, planning the daily maintenance chores for his department. In the background are many cubic tons of mulch still to be dispersed within the community. (8-9) PSE&G crewmen are shown putting the finishing touches on the generator installed in the rear of the Clubhouse. It can now be put to use in case of an emergency. (10) Left to right are: Emilia Tagariello, Harriet Cohen and Jeanette Ray partaking in arts and crafts, one of the many events, at the annual Rutgers Senior Day enjoyed by residents from several Middlesex County townships.

Photos by Ray Kaufman, Mort Perlman and Mirah Riben
doors, especially if they are presented by our Christian Fellowship Organization. As Concordian residents are humming June tunes and planning a summer getaway, The Christian Fellowship will be presenting to all our members a Summer Social. For everyone’s dancing and listening pleasure, music will be provided by the very talented Donny Pesce.

Please join us for a night of bliss on June 18 at 7 p.m. As the June calendar begins to fill up with blissful plans, let us remember to mark the date of Flag Day, June 14, as a reminder to hang our American Flags with great pride and true American spirit.

Donations for the Monroe Township Food Pantry are accepted at every meeting. Thank you for your support and continued loyalty.

The Christian Fellowship would like to take this opportunity to extend to all our members and Concordian residents a very Happy and Healthy Father and Grandfather’s Day. May June and all its brilliance mark the beginning of a blissful and blessed summer.

Christian Fellowship

(Continued from page 14)

Computer Club

By Len Solomon

The next Computer Club meeting will be Thursday June 26 in the Regency Room at 7:30 p.m. If you don’t have Microsoft Office Suite 2013 and are not keen
Computer Club
(Continued from page 16)
on ponying up the cash for it, you will not want to miss this evening’s program which will be presented by Bill Lefko and Ira Winter. They will be talking about cost free alternatives that look, feel and perform like Microsoft Office without the aggravation or the cost. Further information about the June 26 program will follow by email. In the meantime, remember to check Cable Channel 3 every month.

As usual, all Concordia residents are invited to attend one meeting as guests of the club, so invite your friends. Now for the computer “Tip of the Month.” We can’t stress this one strongly enough. Be sure to use a unique password for each of your important accounts like email and online banking. Choosing the same password for each of your online accounts is like using the same key to lock your home, car and office - if a criminal gains access to one, all of them are compromised. So don’t use the same password for an online newsletter as you do for your email or bank account. It may be less convenient, but picking multiple passwords keeps you safer. Also, be sure to back up everything on your computer often.

P.S. We also stay in touch with club members via email. If you change your email address, be sure to notify Len Solomon at hlsolo@hotmail.com.

Concordia Players
By Emely Cook
The Concordia Players are gearing up! Auditions are this month. Our welcome back meeting last month was a great success. The members were all back and some new people came. Tony Adase did a great job telling everybody about our play “Pajama Game” and explaining the different parts, etc. that are available. He also had some handouts about the character parts. It was a great meeting and I was glad to see everyone ready to start the season.

This month Tony will be doing the auditions. At this time the dates are Tuesday, June 3 and Thursday June 5, both at 7:30 p.m. in the Regency Room. But please check WCOC text generator for a confirmation or correction as I am writing this article early and the dates may change.

What are some of the requirements to be in the show and be part of the players? Maybe you did some acting or singing in school - you were not a big star, but you enjoyed being on stage. Things are the same here. You don’t have to be the star; maybe you have never acted in a play, but want to – well, you can be part of our group and enjoy the camaraderie while in our chorus or ensemble. When you audition - tell Tony what you can do.

He has years of experience and will place you in the proper part. Now let’s say you don’t want to be on stage - you worked behind the scenes in your school plays. You were the person who got the small props. Or perhaps you did some building or painting of props or worked backstage. Guess what — we need you too. It takes a lot of people to put a show together and many are not on stage.

If you decide to be on stage - rehearsals are required. Most of our rehearsals are in the evenings. That means that if you are working days, you can still be in “Pajama Game.” Tony will work with you. There is a place for everyone.

There is one special part this year that requires only a few rehearsals (2-3) and of course the three performances. We are looking for a couple who can dance the Tango with “style” in the Hernando’s Hideaway scene. Call me if you are interested; my number is below.

The Concordia Players have been entertaining the community for over 25 years. We are all residents, some from the acting field; others from the business world and still others from manual labor jobs — but together we can produce a great show for our residents to enjoy. If you are interested in joining us and (Clubs continued on page 18)

Computer Club
(Continued from page 16)

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Concordia Players

(Continued from page 17)

have questions call me, Emely Cook at 609-809-1689. I will be very happy to help you with any questions you may have. Looking forward to seeing you at the auditions!

Conegation Beit Shalom

A Conservatorship Synagogue

Beit Shalom’s meeting and service schedule for June includes the following:

- Shabbat Services - Saturday, June 7, 14, 21 and 28 at 9 a.m.
- Men’s Club meeting - Sunday, June 1 at 10 a.m. (rescheduled from May 28)
- Sisterhood Board meeting - Monday, June 9 at 7:30 p.m.
- Executive Board meeting - Wednesday, June 11 at 10 a.m.
- Education film - “Lore” - Wednesday, June 14 at 7:30 p.m.
- Shavouot Brunch at Perkins and a movie evening. It includes monthly drawings and movies for your enjoyment while coming and going. Contact Charlie Koppelman (609-655-3111).

We will again be selling tickets for our Boy’s Show for the Cause...which takes place on Saturday, August 23 at any Macy’s. Who can resist a bargain? Especially one that helps to care for others while saving you a fair amount of money. Many items that are not usually on sale can be purchased with these discount tickets. Stay tuned for more details.

Have you seen our beautiful greeting cards? For anniversaries, get well, special events, condolences...even baby announcements. Even better, make a call to Fran Koppelman at 609-655-3111! She will care of all your greeting needs for you. Cards range in cost from $3 to $25 dollars.

The paid-up membership event will take place July 15. It will be one spectacular evening of entertainment and refinements. Your presence must be paid up member to attend. Our dues are only $15 per year. Contact Leslie Cohen (609-235-9477) to be sure you are eligible to attend.

Keep your eyes and ears open for future events, including our fall walk-a-thon. Don’t forget to join us on the 3rd Sunday in June. For reservations please call Anita B. at 395-7535 to set up your event. We will again be selling tickets for our Boy’s Show for the Cause...which takes place on Saturday, August 23 at any Macy’s. Who can resist a bargain? Especially one that helps to care for others while saving you a fair amount of money. Many items that are not usually on sale can be purchased with these discount tickets. Stay tuned for more details.

Support our group by purchasing Tribute Cards. Call Pearl Kipperman (609-655-3111) to purchase cards for celebrations; get well wishes, or condolences.

Save The Date: Friday, August 29 - “A Day At The Races”...Freehold Raceway.

OCT America

By Anne Getter

June is busting out all over with fashion shows and fund-raisers and our enjoyable forth-coming events such as:

- Sunday, July 13 - A theatre trip to the Cook Theatre in Red Bank to see “Grease.” Details will be forthcoming.
- Wednesday, July 23 - our general meeting at the Clubhouse at 7:30 p.m.
- Tuesday, August 21 - Card Party.
- Thursday, September 18 - Blue Moon Awards show and a movie at the Town Plaza.
- Wednesday, October 22- our general meeting at the Clubhouse at 7:30 p.m.

OCT’s schools and program have a phenomenal job placement rate, with nearly 80 percent of U.S. graduates employed in their field of study. OCT’s adult education curricula that encourage students to pursue vital fields like computer technology, medical sciences, and renewable energy globally. OCT has a presence spanning five continents - North America, South America, Asia, Europe, and Africa. In each, OCT has designed

National Council of Jewish Women

By Adrienne Fein

NCJW has long advocated that all individuals have the right to live in a world at peace. As a supporter of the United Nations, NCJW has had NGO status with full representation for decades. As far back as 1988, Hannah G. Solomon, NCJW founder and then president wrote to President Mondale by arranging an end to the Spanish American War.

In June we will again look for volunteers to pursue vital fields like computer technology, medical sciences, and renewable energy globally. OCT has a presence spanning five continents - North America, South America, Asia, Europe, and Africa. In each, OCT has designed...
institutions to help serve the needs of the local communities, building a global alliance of opportunity and hope for every student. You can join for only $36 a year. Put your check made out to ORT America, Attn: Marsha Sikar, in an envelope for the ORT envelope.

New design beautiful Tribute Cards, for all occasions, are available. Call Bernice Molin at 860-2520 for further instructions.

Rock n Rollers
By Sandi Greenspan and Barbara Lautser

The singer and DJ at our April party were great. The music and entertainment by Sal Locasio certainly had the correct requirements for us RnRers. Memory tunes, great dancing music and lots of it! Sal has one of the most powerful voices around; he's extremely talented and definitely knows how to use his vocal chords.

The crowd kept up with him by being on the dance floor with every tune...of course we sat down to mangia on some good ole Italian food standards; garden salad, baked ziti, fresh baked breads and 'Mom's' meatballs. The meal ended with fresh brewed coffee, tea and Italian cookies. Great time, great food, great entertainment - who could ask for more?

Ok...here we go again! Another stupendous party this month. The entertainment will be Parrot Beach. A Jimmy Buffet tribute band playing his familiar hits as well as other songs for dancing and singing along. Parrot Beach performs all over the country and just finished a stint at a major hotel in Atlantic City. A six-piece band with entertainers who will have you dancing and toe tapping all night. We will be serving our annual pre July 4 picnic food: delicious fried chicken, pasta salad, cole slaw, biscuits, soda, coffee and dessert.

We can't stress this enough, bring your checks to this party for the July event so you don't get shut out. July will be featuring Total Soul, back again. Another one you can't miss! At our April party, Myrna walked out with 178 paid members. I can only say how happy that makes us feel and proves that we are the number one party club in Concordia. If you are unable to be at an event, flyers are in the back of the Clubhouse the day of the party.

The Rock n Rollers do not have a dress code. The only rule we have is you must have a good time. Summer attire - shorts, tank tops, flip flops are all acceptable. Only no no is…no birthday suits; but then again, that might be very interesting and cool to say the least!
Concordia Men’s Golf Association

By Howard Appelson

The Twenty-second Annual Member-Guest Tournament will be held this year on Wednesday, July 9. This outing, sponsored by the Golf Course of Concordia and the Concordia Men’s Golf Association, is open to all members of the Golf Course of Concordia - men or women, residents or non-residents, seniors or juniors. Tell your friends they don’t have to belong to the Concordia Men’s Golf Association. It’s time you did a special favor for a special person who deserves a special day. It’s great fun with golf, breakfast, lunch and gifts for everyone. Prizes will also be awarded for closest to the pin, “closest-to-the-line” tee shot and longest drives. See the fliers at the desk in the Pro Shop for all of the details and the application form. To play in our tournaments, we all have our USGA handicaps computed in the pro shop. Although not required, if you have friends or relatives that do not have an official USGA handicap, Golf Digest has a free online program that allows them to compute their own unofficial handicap. They can go to handicap.golfdigest.com to register.

Concordia had two teams competing in the Mayor’s Trophy Bowling Tournament. The Women’s team (left to right) includes: back row: Carol Truszkowski, Pat Petretti; front row: Linda Tokarz, Mary Jacobs. The Men’s Team members are: back row: Paul Perron, Stu Geller; front row: Howie Appelson, Louis Cuebas.

Teams Tie for Bowling Title

Two teams tied for first place in the Concordia Nite Owls winter bowling league. They are: The Thunder (top photo) from left: Pat Finneran, Ralph Carito, Jack Hilferty and (bottom photo) Wee Three members Harvey Weinberg, Linda Tokarz and Wally Truszkowski.

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The Ladies’ Nine Holers
By Nancy Gray Diaz

The Ladies’ Nine Hole Golf Association is back in the swing of another exciting golf season. We are enjoying our Tuesday morning tournaments, and we often play together on other days of the week as well. The Opening Day Breakfast was held on May 13 and we were happy to welcome some new members to our group. A combined team of five women from the Nine Holers and the Eighteen Holers was scheduled to participate in the Ladies Mayor’s Cup Golf Tournament on May 19, but since I am writing before the event, I can’t report the outcome yet. The Tournament was to be held here at Concordia.

The Ladies’ Nine Holers welcomes new members. We are a very friendly group who love our golf and enjoy socializing with each other. In addition to our tournaments we host several social events during the golf season. We are lucky to have a beautiful and well maintained eighteen-hole golf course here in Concordia. All women members of the Golf Course are eligible to join our organization. For information about the Ladies’ Nine Holers, please call Nancy Diaz at 609-619-3778. Also, please see the Golf Course website www.concordiagolf.com.

Bowling Scores

By H. M. Appelson

There is an old man from Monroe Whose golf scores are never too low. He tries all his best, But fails at the test. And such is the tale of his woe.

Advice to that man from Monroe – Here’s one thing that he ought to know: If he tries his best And still fails the test, It’s something he’ll never outgrow.

“Oh yeah,” says this man from Monroe, “I was better a long time ago. But golf is still fun And when day is done, I’m happy with win, place or show.”

“Winning is not why I came, And losing gives me no shame. I’m sure you know why I give it a try. It’s just for the love of the game.”

A Golf Limerick in Four Stanzas

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Was the Tragedy Your Destiny?
By Ilene Paulvin

At some time in your life, our lives, we will experience a tragedy. This disastrous event will turn our world upside down and affect us to our very core. Have you ever wondered whether this tragedy was your destiny?

Perhaps it has not happened yet to you, but it is inevitable. It could be a death of a parent, child, serious illness, unexpected injury or divorce. Unfortunately, we are all touched by it; rich, poor, male, female, rabbi, priests, black, white, or thin people. I know this is a depressing way to begin but I ask you to please be patient while I get to the point. I’ll do it quickly before I break down and start bawling.

OK, we’re going to assume that you’ve experienced some tragic event in your life. If you think about it, maybe you’ll see a correlation between the tragedy and your destiny. Is it possible that the tragedy and destiny go hand in hand? Could it have been predetermined that this loss would occur? Could this be part of your contract made before you were born? I know that I am asking a lot of questions but I can’t contain myself. Isn’t it possible that through tragedy we find our real purpose? Let’s ponder this. Many people who have experienced loss, turn it around into something worthwhile because they want the loss to mean something. Often it is due to a painful experience that brings you to the next level of self-awareness, appreciation, and even empowerment.

An individual that comes to mind is Katie Couric. Her husband passed away from cancer. I remember reading a wonderful support group. A post-cancer awareness. I am sure there are many non-celebrities who are “turning lemons into lemonade” and are educating, supporting, or assisting their cause. I find the passion that they have for their cause admirable.

Sometimes after a disastrous event occurs, people reevaluate their lives and find new meaning. Perhaps you appreciate each minute here on Earth and take nothing for granted. You may have even wondered if the tragedy was your destiny.

It was your destiny, you may find yourself shifting towards spirituality or religion. You may be looking to be more focused on self-discovery. You may want to give back and help people who have been in similar situations or may even want to start a support group.

While transitioning from separation to divorce, I discovered a wonderful support group that had a spiritual focus. Because of this group and all that I learned, I shifted my beliefs and have become more introspective. I am writing a blog, learning Reiki, and am opening up to the magic of the universe. I believe that the divorce was meant to be and finding this group was predesigned. I know that I am still on my journey and have much more to learn and experience.

I’d like to convey another story that relates to a woman I spoke to a few days ago who was also going through a divorce. She told me that when her group from her Temple found her, seeking her out. This group was the support group that she was in need of and she is now studying the Torah and will soon have a Bat Mitzvah. Ironically, she will be having her Bat Mitzvah two days after her divorce becomes final. It’s interesting. She is an intelligent, curious woman, and passionate that she has for their cause. They are educating, supporting, or assisting their cause. I find the passion that they have for their cause admirable.

What you need to remember is that no matter how bleak the future may seem or how horrendous the situation may still survive. The spark within you may be temporarily extinguished but it will eventually reignite and will again burn bright. You will be able to rise above your experience and regain your strength and drive to not only survive but thrive.

You will be surprised at the inner strength you possess and the decisions that you make. Since this tragedy is a very powerful agent for transformation, the path that you follow may be surprising to even you. Listen to your inner voice, make a commitment to embrace the strength within.

One Picture
By Frances Greenblatt, RN, MPA

While going thru some files recently I came across a picture that brought back a torrent of memories. It was a picture of me and four of my classmates in our student nurse uniforms, going over the material for the next issue of our hospital newspaper, Signs And Symptoms, of which I was the editor-in-chief. I was 18 years old and had been in training for slightly over a year. I had always wanted to be a nurse and WWII gave me that opportunity. There were over ten thousand nurses in the armed forces and civilian hospitals were grossly understaffed. To help relieve the problem, the government formed the United States Nurse Corp during WWII.

I was 18, a year younger than the majority of the women that I had met, and I was a little intimidated by them. I knew that I was in need of and that I needed to be there for them. I was also going through a divorce. She told me that a group from her Temple found her, seeking her out. This group was the support group that she was in need of and she is now studying the Torah and will soon have a Bat Mitzvah. Ironically, she will be having her Bat Mitzvah two days after her divorce becomes final. It’s interesting. She is an intelligent, curious woman, and passionate that she has for their cause. They are educating, supporting, or assisting their cause. I find the passion that they have for their cause admirable.

What you need to remember is that no matter how bleak the future may seem or how horrendous the situation may still survive. The spark within you may be temporarily extinguished but it will eventually reignite and will again burn bright. You will be able to rise above your experience and regain your strength and drive to not only survive but thrive.

You will be surprised at the inner strength you possess and the decisions that you make. Since this tragedy is a very powerful agent for transformation, the path that you follow may be surprising to even you. Listen to your inner voice, make a commitment to embrace the strength within.
Calendar of Events for Monroe Township Public Library

Book Discussion with Sylvia Deutsch
10 a.m., Tuesday, June 3. Discuss “The Witness Wore Red”, a memoir by Rebecca Musser. Register and reserve your copy at the Welcome Desk.

When to Call 911
Presented by Barbara Van- ing, MHA, 11 a.m., Tuesday, June 3. Whether it’s an accidental injury or sudden chest pains, do you know when to call 911? Topics include what constitutes an emergency, what to do if you can’t talk and what you can do while waiting for help to arrive. Register at the Welcome Desk.

Book Café
11 a.m., Wednesday, June 4. Talk about books that you read and enjoyed. Light refreshments served. Register at the Welcome Desk.

New Jersey at 350
10 a.m., Friday, June 6. Author and Professor Michael Rockland presents New Jersey’s image and the events that helped shape the state from 1664 until today. Free tickets are available at the Welcome Desk.

Coupon Club
1:30 p.m., Monday, June 9. Clip, swap and trade coupons. Discuss deals, share frugal tips and shopping experiences. Bring a pair of scissors and your stash of non-expired coupons. Program is free and registration is not required.

P.O.V. Summer Film Series
“15 to Life” directed by Nadine Pequenezza at 1 p.m., Tuesday, June 10. See independent documentaries in advance of national broadcast premier on PBS. Does sentencing a teenager to life without parole serve society? Follow a Florida man who received four life sentences at age 15. Audience discussion to follow film. This event is a collaboration with the award-winning documentary series P.O.V. (www.pbs.org/pov). Registration is not required.

Friends Membership Social
1 p.m., Thursday, June 12. Maggie Worsdale is Martha Washington sharing facts and stories about other First Ladies. Bring a friend and help grow Friends membership. Light refreshments will be served. Call (732) 521-5000 x134 to register by June 1.

Sit-N-Stitch
10:30 a.m., Fridays, June 13, 27. Stitch projects, assist others, share tips, projects and patterns. Bring your own supplies. Light refreshments served. Registration not required.

Gallery Artist Reception: Valentina Kuroschepova
1-3 p.m., Saturday, June 14. Meet the artist and enjoy light refreshments. Registration is not required.

Ode to Penny
By Fran Cohen
She came into our home all fluffy and eager We greeted her with love and treats She divided herself between the five of us But in less than six months...we knew who she loved best Her master: he fed her, walked her, trained her And within a year...she was awesome! Never needed a leash, never ran into the street Never hurt anyone...but Be ware She was a German Shepherd Protected our home...all of us Thought it was her job. We never had to tell her anything twice She listened...she behaved And made our lives richer... As we did hers...

Friends Meeting
7 p.m., Tuesday, June 24

History of the Jersey Shore
Presented by Kevin Joyce at 2 p.m., Friday June 27. Author and historian Kevin Joyce presents New Jersey’s coastal history including history of its lighthouses and popular beach resorts through slides, photos and vintage maps. Register at the Welcome Desk.

George Ivers Display Case
6:30 p.m., Monday, June 2. Presentations on the history of its lighthouses and popular beach resorts through slides, photos and vintage maps. Register at the Welcome Desk.

Monroe Historical Preservation Commission presents diary memorabilia of Maggie Worsdale is Martha Washington sharing facts and stories about other First Ladies. Bring a friend and help grow Friends membership. Light refreshments will be served. Call (732) 521-5000 x134 to register by June 1.

Happy 350th Birthday NJ!
2 p.m., Tuesday, June 24. 1994 romantic comedy, “I.Q.” Albert Einstein (Walter Matthau) helps a young man (Tim Robbins) get the attention of his niece (Meg Ryan). Free tickets available at the Welcome Desk.

MHA, 11 a.m., Tuesday, June 6. Author and Professor Michael Rockland presents New Jersey’s image and the events that helped shape the state from 1664 until today. Free tickets are available at the Welcome Desk.

For Display Advertising
Call Princeton Editorial Services
732-761-8534/8535
pescmd@aol.com

FOR DISPLAY
ADVERTISING

Open House
Tour this and other cleverly designed homes Thursday, June 12, 2014 4:00 p.m. – 6:00 p.m.

For carefree, maintenance-free living, choose Seabrook, the Jersey Shore’s most popular address for active retirees.

This week’s featured floor plan:
The Brighton
Starting as low as $171,000!

Our popular, large one bedroom design offers maximum comfort with no extra rooms to clean.

FOR DISPLAY
ADVERTISING

Seabrook
Add more Living to your Life* EricksonLiving.com
Senior Discounts (Continued from page 1) (Editor’s note: All discounts/prices are subject to change without notice. Neither The Concordian nor Princeton Editorial endorses any of the businesses listed below.) Restaurants: Applebees: 15% off with Golden Apple Card (60+) 15% off (55+) Ben & Jerry’s: 10% off (60+) Bob’s Big Boy: discount varies by location (60+) Boston Market: 10% off (65+) Burger King: 10% off (65+) Chick-Fil-A: 10% off or free small drink or coffee (55+) Chili’s: 10% off (65+) C.O. Pizza: 10% off (60+) Denny’s: 10% off, 20% off for AARP members (55+) Dunkin Donuts: 10% off or free coffee (55+) Einstein’s Bagels: 10% off baker’s dozen of bagels (60+) Fuddrucker’s: 10% off any senior platter (55+) Gatlin’s Pizza: 10% off (60+) Golden Corral: 10% off (60+) Hardee’s: 30.33% beverages everyday (65+) (HOP: 10% off (55+) Jack in the Box: up to 20% off (55+) KFC: free small drink with any meal (55+) Krispy Kreme: 10% off (55+) Long John Silver’s: various discounts at locations (55+) McDonald’s: various discounts on coffee everyday (55+) Mrs. Fields: 10% off at participating locations (60+) Steak ’n Shake: 10% off every Monday and Tuesday (55+) Subway: 10% off (60+) Taco Bell: 5% off, free beverages for seniors (65+) TGIB: off (55+) Waffle House: 10% off every Monday (60+) Wendy’s: 10% off (65+) White Castle: 10% off (62+) Retail and Apparel: Banana Republic: 10% off (55%) Belk’s: 15% off first Tuesday (55%) Big Lots: 10% off Bon-Ton Department Stores: 15% off senior discount days (55+) C.J. Banks: 10% off every Wednesday (60+) Clarks: 10% off (62+) Dress Barn: 10% off (62+) Goodwill: 10% off a day a week (date varies by location) Halfman: 10% off one day a week (date varies by location) Kmart: 20% off (50+) Kohl’s: 10% off (50+) Modell’s Sporting Goods: 10% off. Aite. 10% off on Tuesdays and 10% of presciptions Ross Stores: 10% off every Tuesday (65+) The Salvation Army Thrift Stores: up to 50% off (55+) Sham Mart: 20% off red/d giveaway items the first Monday of every month (55+) Groceries: Gristedes Supermarket: 10% off every Tuesday (60+) Publix: 5% off every Wednesday (55+) Whole Earth, Princeton Whole Foods, Princeton Travel: Airlines: Alaska Airlines: 10% off (65+) American Airlines: 10% off for seniors (65+) up (call before booking for discount) United Airlines: no initiation fee for United Presidents Club and special fares for selected destinations Southwest Airlines: various discounts for ages 65 and up (call before booking for discount) United Airlines: various discounts for ages 65 and up (call before booking for discount) U.S. Airways: various discounts for ages 65 and up (call before booking for discount) Rail: Amtrak: 15% off (62+) Bus Greyhound: 5% off (62+) Trailways Transportation System: various discounts for ages 50+ Car Rental: Alamo Car Rental: up to 25% for AARP members Avis: up to 25% for AARP members Budget Rental Cars: 10% off, up to 25% for AARP members (55+) Dollar Rent-A-Car: 10% off (60+) Enterprise Rent-A-Car: 5% off for AARP members Hertz: up to 25% off for AARP members National Rental A-Car: up to 30% off for AARP members Cell Phone Discounts: AT&T: 5% Senior Nation 20 Plan $29.99/month (65+) T-Mobile: 10% cell phone service for AARP members Verizon Wireless: Verizon Nationwide 65 Plus Plan $28.99/month (65+) We have compiled this list for our readers but cannot guarantee that all are still available.
(Continued from page 1)

had to be “converted” to Pickle Ball. Jack Creemen noted that these two were mostly unused and announced that Pickle Ball, a relatively new sport, was becoming more popular. He stated that the sport isiane to the Clubhouse, and he has

Mock Wedding, in 1984. He

with fond memories to recall

that makes David light up

1987.

Monroe township Senior

and the women’s from 1993

years, from 1983 to 2002,

women’s softball leagues. He

achievements here in Con-

league.

vaccine. Consulting a doc-

should consider a Shingles

for those over the age of 60

the Health Fair was being

Brenner reminded all that

THE CONCORDIAN

This was followed by

mal tennis court.

smaller area than a nor-

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Clubhouse heating and

maintain and monitor the

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One third of all driveways


(Continued from page 1)

Ed Gimpel suggested that

the seven acres we own at

the intersection of Union Val-

ley and Perrenville might be

ripe for leasing in order to

earn some money. Jack

Creemen noted that the cor-

ner building was subdivided

led all others. I was unable to

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of the candidates so that they

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Medicare Eligible? If you are eligible for Medicare Insurance and find it overwhelming to be able to make an informed decision as to which Medicare Supplement will fit your health insurance needs, call Medicare Supplement Insurance Service 609-655-4510

Howard Hein

New Jersey Representative for MSIS. We represent all major insurance carriers in New Jersey.

David Gorowitz

(Continued from page 1)

league.

One of his proudest achievements in here in Concordia was forming and coaching the men’s and women’s tennis teams. He has many news clipping of their winnings. The men’s team placed in existence for 20 years, from 1983 to 2002, and the women’s from 1993 to 2014.

David also was on the Monroe township Senior Olympics committee 1985-1987.

Another accomplishment that makes David light up with pride is his memories to recall was directing a production of a musical comedy called the Monkeys, in 1984. He has an album of pictures of the show that was performed in the Party Room before the Regency Room was added to the Clubhouse, and he has the entire script. Men played the roles of the parents, so of the bride and groom, bride’s maid, etc. while women played the groom, best man and groom’s men.

Subsequently, a number of residents came to the microphone to ask ques-

tions or voice complaints. Remembering that these meetings have now been reduced to three a year, it’s only natural that the number was larger than normal.

Some of the complaints have been omitted here because of space problems that were germane to others than the speakers. There were also a few who spent a good deal more time than the others. As in the past, Charles Petretti, with several mike appearances, led all others. I was unable to understand some of the names of the candidates so that they may apologize for name omis-

sions.

A couple of people complained about drivers in the community. Speeding and non-observance of stop signs were the problems. A suggestion that speed bumps be installed in the roads was responded to with the fact that when emergency vehicles need to make good time going to their tar-

gets, road bumps could be a major problem. It was suggested that more electronic traffic lights be installed and deter some of the offenders.

Don Macina came to the mike to complain that elec-

tion coverage was inadequate. This seemed to be popular with the audience that had remained to this point. A question about solar panels was answered by the fact that the Board does not allow them.

The next meeting will be held July 7.

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Howard Hein

New Jersey Representative for MSIS. We represent all major insurance carriers in New Jersey.

Wilford Campus for Senior Living offers FREE programs at Jewish Family & Vocational Services

52 Concordia Shopping Center • Monroe Township, NJ

TUESDAY, JUNE 10, 2014
11:00 a.m.—12:00 p.m.

DRIVING SAFETY

(Exhibiting at the Clubhouse)

of America: Bring your car.

An expert will assess your car.

U.S. Navy medic David Gorowitz

will give you tips to keep your

car safe.

Speaker: Kenneth Chrozak,

American Automobile Association

TUESDAY, JUNE 10, 2014
1:00 p.m.—3:30 p.m.

TOTAL MEMORY

Exercise Series

Rev up your recall —

Remembering the

People you meet.

Trained Total Memory

Workout Facilitators

RFJ Ennion, Director of

Corporates Marketing, The Oscar

and Ella Wiener Foundation,

Will Campus

To attend a program or set up a personal appointment call us at

609-480-4374

NUTRITION AND COOKING FOR ONE

Learn nutritious cooking and overcome the challenges of cooking for one person

Speaker: Suzanne Corbione, Registered Dietitian, Will Campus

JUNE 2014 — PAGE 25
THE CONCORDIAN

ACTIVITIES: (All guests must be accompanied by a resident in the Clubhouse and guests will be charged $5 per session for attendance at all structured activities. A paid receipt must be obtained from the Concordia Administrator.) All reservations must fill out a CHOA consent form before taking any physical activity class.

"AQUAZONE DAY/EVENING" Please arrive at the indoor pool Mon.-Fri. 11-12 pm SpA is not open during this class. Evening Aquazeon Tuesday @ 6:30pm Diving, Taekwondo, and Cardiovascular needs will be closed on the second and fourth Monday of each month for routine maintenance.

CEMETERIES
Thursday 1:00-2:30pm We will be in the art room to work on your own pieces with your fellow Concordians in a ceramic workshop setting. Anyone. Please call Arlette 409-2478.

CONCERT LINE DANCE Tuesdays 11:00am-12:00 noon. Esther is back! Concert line dance will be held in the Regency Room. No experience necessary, just fill out a physical activity sheet at the Concierge desk then sign in and have fun!

CROCHETER/SNITTERS MEETING Meet on the 1st Tuesday of the month 1:00-3:00pm. If you are interested in joining us, please call Adele 409-9563.

DINING ROOM BRIDGE Meets each Wednesday at 1:00pm and Thursday at 7:00pm and makes useful comforts for living in long-term residential care environments for very ill children. Donations of washable yarn are appreciated. Call Cindy at 655-8270.

EOG CLASS\MISSION CLASSES Exercise Mon., Wed., & Fri., from 10am-11:15am in Regency Room. Three minutes of stretching and 10 minutes of washable yarn are planned. You must be at least 18 years of age to participate. Call Andrea 800-283-2838, Charlotte Futterman 655-8270.

PAINTING & DRAWING Tuesday 6:30-8:00pm painting class; film in the video tape “In Sync with Cindy.” This video stresses flexibility, balance and weight awareness.

On Tuesday “Exercise with Mary” in the Party Room from 1:00-3:00pm. Exercise with Mary will be done on an exercise bike. Please bring an oldie music tape designed by the guest. The bike is stationary. Discs taken by appointment (609) 655-1880.

OPEN BAR CODES
The open bar codes program will be a DJ "Touch of Class" July 4, 12:30-5:30pm there will be a DJ playing music on the upper deck. (Weather permitting) Pick up your Father’s Day & 4th of July holiday passes from the Concierge desk.

RECYCLING SCHEDULE
EVENING SHUTTLE BUS WILL BE PICK UP DAY June 4 .............. Newspaper June 11 .......... Complimentary June 18 .......... Newspaper June 25 .......... Complimentary

SECRETARIES MEETING
Monday, June 2nd: Movie night in the Regency Room. Monthly meeting.

SHUTTLE BUS TRIPS MONDAY Shuttle Bus Schedule: 9:15AM PICK UP QUAKERIDGE FREEHOLD June 2 June 18 June 25 We’gman’s THURSDAY Shuttle Bus Schedule: Begins at 8:30am and goes to Stop & Shop in Concordia and Shop-Rite on Rt. 130.

VOLUNTEER OPPORTUNITIES
The Regency Room will have a movie showing of the classic movie “Magnificent Ambassador” June 5 at 10am. Any questions? Please call Roz Blatt 860-6610.
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