Electrifying Savings Possible with Twp’s Bulk Plan

By Mirab Riben

For some time, under New Jersey’s retail choice regulations, we have had the opportunity to purchase our power from third party suppliers rather than only from JCP&L, while still having JCP&L deliver it, read our meters, bill and service us just as before. Some of us have done this and are seeing a savings. Your JCP&L bill explains how this can be done. Yet most residential electric customers in the State have not switched to a third party supplier.

Now, residents of Monroe have the opportunity to become part of a township-wide program that offers us not just a savings greater than our singular power to negotiate can obtain, but will also protect us in ways we cannot imagine. Monroe has the opportunity to become part of a township-wide program that has been developed to offer its residents the option of switching to a third party supplier. This program will offer residents of Monroe the opportunity to save money on their electricity bills while still having JCP&L deliver the electricity. The program will be administered by the township, and residents will be able to choose from a list of approved third party suppliers. The program will be open to all residents of Monroe who are willing to switch to a third party supplier. The program will begin on November 1st and will continue for as long as it is deemed beneficial to the residents of Monroe. To participate in the program, residents will need to sign up with the township and provide their JCP&L account number. They will then be given a list of approved third party suppliers to choose from. The program will be monitored by the township to ensure that the residents receive the savings they are entitled to.
NOVEMBER MOVIE NIGHT
"THE THREE TENORS CHRISTMAS"

Come to the Regency Room on a wintry night before the holidays Saturday, November 9 at 7:30 pm. This 81-minute DVD was recorded live at the Konzerthaus in Vienna in December 1999 and features “The Three Tenors,” Jose Carreras, Placido Domingo and Pavarotti. Enjoy their voices as they capture the joy and spirit of the holiday season. The Tenors will take your heart away and leave it soaring. Bring your own food if you wish, however we will be serving dessert turnovers, coffee and tea after the movie (sugar free upon request). Cost of the evening is $5pp. Sign up with Concierge.

SUPERBOWL PARTY
Mark your calendar! Every-one is a football fan on Superbowl Sunday. This year the game is February 2 at MetLife Stadium. Enjoy food, drink, dessert and FOOTBALL on the big screen in the Regency Room. Details in the next Horizon and Concordian.

A GALA PARTY IS PLANNED FOR NEW YEAR’s 2013
Welcome in the New Year of 2014 in your finest attire. WAITING LIST ONLY!

AUDITORIUM SHOW TICKET SALES
If seating is still available, you may always purchase auditorium tickets the same day of the show.

JANUARY CHINESE BUFFET AND NEWLY RELEASED MOVIE

Spend a cold wintry evening in the warmth of the Regency Room with fellow Concordians on Saturday, January 18 at 5:30pm. (Doors open at 5pm) Enjoy a recently released movie to be announced next month.

Begin your dinner with roast pork egg roll, noodles and Chinese tea on the table as you arrive. The dinner buffet will consist of both white and brown rice, roast pork chop mein, vegetable to mein, chicken with string beans and pepper steak with onions and soft drinks. Desert will be served at your table after the movie and includes almond and fortune cookies with coffee and tea.

Enjoy a delicious Chinese Hot Buffet and an interesting movie with friends. Cost for this evening is $15.25pp. Last day to sign up is Sunday, January 12. Sign up with Concierge. *NEW SALE

Holiday Boutique, a Good Deal
By Eileen Well

The room looked so good with every table taken and lots of people looking-touching and buying at the October Holiday Boutique. Balloons were everywhere; you’d think you were at a fair. Everyone was happy when you saw the quality of the merchandise and the enthusiasm of the shoppers.

The jewelry was gorgeous- lots of one-of-a-kind, some hand-made, all unique. The scarves weren’t the run of the mill. They were breathtakingly beautiful in silks and velvets. Antiques looked beaded cocktail hand bags were stunning. There were lots of hand bags from leather to quilted cotton and all materials in between. Chevron, French knotting, wear this, wine bottle totes, wallets, decorative serving pieces, candles were abundant. There was even a cosmetic “counter” fully stocked.

We got raffle tickets when we entered, and every half hour three numbers were called. The lucky winners went on stage to pick an item from tables loaded with donated goodies. My friend won a $25 necklace. Another couple won a $25 gift certificate. We made some shopping opportunity. The prices were right—the selection terrif-ic—the items unusual. It’s an annual affair—so see you next year.

Singing Duo a Hit
By Eileen Well

The entire comfort auditorium was filled with a crowd anxiously awaiting the September show. It didn’t disappoint. Juliana & Dominique came out singing everything from slow tunes to hip hop to opera. Their musical director, Benny, was also multi-talented, singing and playing the keyboard, the flute and the saxophone.

Juliana was truly a man of many voices. He did Michael Jackson, Stevie Wonder, The Jersey Boys, Willie Nelson and Julio Inglesis, Botecelli and Celine Dion, Sonny & Cher with Duro's and Cher with Donna Summer. Benny is a true superstar.

The songs ran from Let's Dance, O'Sol O Mi, The Prayer-You Belong To Me, Fever by The B Gees, I Got You Baby, etc. Benny sang his own rendition of "When You Say You Love Me" By Josh Grobin. We sang along-jumped in our seats and swooned.

They went into the audience-pulled Joe Tardo up who took the mike and did a good job singing. Then Renee Grossfield volunteered to dance with Julian and got a nice round of applause.

The duos were fantastic-their voices blending beautifully. The singles were marvelous-the show terrific. Then they ended with "Good Bless America" everyone stood facing old glory and joining in the singing.

Are you getting your tickets? Don’t miss these marvelous September evening shows at Club Concordia. Broadway here-no long standing-no parking charges and great company.
NOVEMBER 2013 — PAGE 3
THE CONCORDIAN

SAINT PETER’S MEDICAL SEMINARS

“Healthcare Reform: What Obama Care Means for Seniors and Families”
TUESDAY, NOVEMBER 12 @ 1:30PM
This timely lecture will be presented by Mary McGeary from the State Health Insurance Program from the State of New Jersey. Concordia is the only community that Ms. McGeary is able to present this talk to due to her challenging schedule. You are urged to attend and ask questions. Light refreshments will be served. Sign up with the Concierge.

“Interacting With Food Labels and Identifying Healthy Foods”
TUESDAY, DECEMBER 10 @ 1:30PM
Therese Wyman is a registered dietitian and a certified diabetes educator. The focus of this talk is for the average person and how to decipher food labels so you can make healthy decisions about food consumption. Labels are tricky and Ms. Wyman makes this topic interactive and enjoyable! Light refreshments will be served. Sign up with the Concierge.

Election Day
On Election Day, Tuesday, November 5, the polls will be open at the Clubhouse from 6 a.m. to 8 p.m. for voting.

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Internal Medicine & Geriatrics
Primary Care Physician practicing in Monroe for 14 years, providing compassionate care

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The Concordian

Throughout the year when instructional classes are being offered to residents at the Clubhouse. You have a selection to choose from.

The lottery courses listed today require a $5 registration fee that is refundable. The driving course offered by AARP has a one-time change. It is important to read the guidelines concerning these classes and the deadlines for applying.

A CHOA consent form must be submitted by the resident along with a lottery form, if it’s a physical activity.

AARP DRIVING CLASS
This course helps mature drivers sharpen skills. The class will be held on Thursday, November 14 from 12 to 6pm. Receive a discount when renewing auto insurance and deduct two points from your motor vehicle license. You must have a New Jersey License and show your AARP card. If a couple signs up, two checks are needed. Eat before you come and bring a light snack and/or water for break. Cost for members $12 and for non-members is $14 per person. Make all checks payable to AARP. Sign up with Concierge.

INDOOR POOL AQUACIZE DAY/EVENING
Water exercise at the indoor pool Monday-Friday 11 am. Spa is not open during class.
Tuesday evening’s Aquacize is at 6:30 pm. Come exercise and join in the fun.
The indoor pool is closed the second and fourth Monday of each month for routine maintenance.

FINANCIAL SEMINAR AMERIPRISE FINANCIAL
“Take Control Of Your Retirement Income”
TUESDAY, DECEMBER 3 @ 1:30PM
Hosted and presented by Vladislav Kruvich, CFP, CRPC, APMA, CDFA; Tony Mayo, CFP, CRPC, APMA, CDFA; and Eric Burgagni of Ameriprise Financial. This complimentary seminar will cover many retirement topics, such as: Setting up a retirement income stream aligned with your retirement goals; aligning tax treatments with your investment objectives; plan for inflation, economic challenges and a potentially long retirement.
This is an informational seminar. There is no cost or obligation. Light refreshments will be served. Sign up with Concierge.

SIGN UP
For all Seminar & Culture Corners, PLEASE SIGN UP with the Concierge to assure adequate seating and refreshments. Concordians who have signed up will be checked in at the door after showing their I.D. No guests will be allowed without a $5 fee paid to the Concierge.

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By Adrienne Fein

Relatives have reconnected and even some long lost have found each other again; early developmental years school ‘chums’ from their of the connections made at you.

It is amazing to hear some of the connections made at these sessions. One never knows who or what you will find out about at this social event. This event is held the first Sunday of each month and hopefully, even if you have come to one session, you will come back for more enlightening social information.

For more information, contact Adrienne Fein (860-5984). No invitation response necessary. Just show up.

Helpful Information from The Health Care Committee

By Frances Greenblatt

Research has shown that for 13.5 million people 65 and older will fall. In a medical emergency, time is of essence. A Life Line pendant can help preserve independent living. A touch of the button can bring you help you need, whether be emergency service or the assistance to get back on your feet. Call Trish at 699-0380 to learn more or to or-

der the pendant. There are times when

good intentions can be harm-

ful. For example, you see a person fall and you pick him or her up. Although you may think you are being helpful, you may be harming him or her as you cannot know if the person has sustained injuries. Do not try to move the person to a Lift Assist, 609-655-3250.

If you have a cell phone, program it ICE (in case of emergency) so that first re-

sponders can notify a family member or friend if necessary.

November Trivia

By Bill Kulberg

LAST MONTH – The crea-
ture with the largest brain in once again turned out to have been a poor question. My research says it’s the ant. Roz Brodsky and Janet Wood thought it was also. Others have questioned it and I’m tired of trying to verify anything else.

SUPER DUPER – Edu-
cator at Stanford and the University of Nevada Engi-
neering School, he became a staple of many westerns as a mostly, but not always, minor character who’d never have been suspected of being a Stanford student. He appeared in some TV series and hosted a PBS documen-
tary about his career. In his most notable film, he com-
plained that he only longed for “a roof over my head and a rocking chair by the fire.”

The latter role, had it been a a reference to these “towns?”

best of its kind, do we find

able note, among the very

2966.

I was, that very day, pur-

hasing a home on Dor-

chester Drive. As it turned

out there were delays due to various problems with the apartment that pre-
vented my ability to move in a week later. Now I had one suitcase of clothing and all my furniture in storage - wondering what do I do now. If I went to stay down in south Jersey with my son I would be forgotten. It shows how much the number of responses that aren’t easily re-

searched. Further to that, the number of responses has fallen off. It’s pretty much the same two or three people each month. So, for the time being, I’m cutting it to three people each month. Should there be no pick up in responses, I’ll cut it to none.

This Month – beam18@comcast.net with your response. If none. Further to that, further to that, further to that, further to that, further to that, further to that, further to that, further to that,

It’s getting tougher each month to scoop up two questions that aren’t easily re-

searched. Further to that, the number of responses has fallen off. It’s

in what movie of consider-
able note, among the very best of its kind, do we find

This Month – beam18@comcast.net with your trivia the subject, or 655-

2966.

Thank You All Very Much!

By Emely Cook

On August 15 I sold my home on Cambrige Drive. I was, that very day, pur-

hasing a home on Dor-

chester Drive. As it turned

out there were delays due to various problems with the apartment that pre-
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In what movie of consider-
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reference to these “towns?”

Dead Man’s Fang, Arizona… Coyoteville, Utah… Oat Meal, Nebraska.

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Complete this puzzle and win a new or used vehicle.

TOOAY SHELEW
LORALC REDVI
EIGENN DAIRO

Now arrange the circled letters for the following question: What’s the best way to get a deal on a Toyota or Scion?

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THE LIGHTER SIDE
By Bill Kulberg, Associate Editor

The Lighter Side

... by the way they’re used. Makes me crazy.

Speaking of electoral, ever wonder how the phrase “electoral college” came to be? Some internet research uncovered no explanation. The dictionary, on the other hand, had several definitions for college and one actually applied directly to the topic. “An organized association of persons having certain powers, rights, duties and purposes.” Note the glaring lack of anything to do with intelligence, learning, or education. Perhaps that’s because the system, in need of reform, is stupid and we seem not to learn anything from prior experiences. Makes me crazy.

How many of you use a percolator when you make coffee? The answer, of course, is none. In this day and age of fancy coffee makers that do everything but butter your morning toast, you’re likely not even using a percolator. Since no one uses it, why am I upset? Maybe I am crazy.

Some words just irritate me by the way they’re used. Makes me crazy when public people talk about their “visions.” Visions of what? If a politician tells me he (or she) believes this country could be a better place if we elect him, I’ll listen to his ideas. But soon as he talks about his vision for the country in generalities, I’m thinking it’s because there are no specifics and he has no idea. Using the word negates his having to supply details, because it sounds so noble. Seems to me that anyone with an accurate vision of things to come is in the wrong business. Makes me crazy.

Finally, when some insignificant problem confronts me, I might say, “I couldn’t care less.” Because I really couldn’t care. But if it does matter, I can drop the “n’t” to indicate that I do, in fact, care. More than half the people in this country, including politicians and TV personalities, will tell you they could care less, when they actually couldn’t. Makes me crazy.

You could care less about this, but alls I know is I like to give a vision of our grandchildren growing up in a nuclear age. Makes me crazy.
A Celebration of Special Days and Events
By Vivian Mardenfield

The number November con-
jures up so many thoughts to-
me. Of course, the delicious
Thanksgiving aroma of tur-
key, sweet potatoes and
chests roasting in the
oven can’t be overlooked.
However, more important to
me are the many blessings in
my life.

I am thankful for my lovely,
small family, my almost per-
fect good health and the
wonderful life I live in
Concordia. I am grateful
that I live in a free country
which allows me to vote for
our leaders every few years.
I am pleased that we honor
our veterans during this
month and thank all of
them for their service. What
a great month that gives us
so much to be thankful for.

One of the things I enjoy
in this community is the enter-
tainment. This month we
have something different. The
DVD of The Tenor’s Christ-
mass will be shown in the
Re-
gency Room on Sat.
November 9 at 7:30 p.m. This
is sure to be a great evening
with the magnificent voices of
Placido Domingo, Jose Car-
mass and Luciano Pavarotti to
enchant us. The unbelievable
free and cake. I hope that you
will attend and enjoy this pro-
gram.

Now on to those of you who
are celebrating birthdays and
anniversaries this month and
our deepest sympa-
thies to those of you who
have lost loved ones.

Good luck to our new
home buyers: Emanuel and
Betty Leventhal, 10 Cam-
bridge Drive from Emely
Cook; John and Michele
Nahal, 1084 Ashbourne Circle
from Jerome and Ethel Rad-
dock; Orozio and Joann D’Alba,
123D Concordia Circle from
McGowan; Henry D’Alba, 123D
Concordia Circle from Estate
of The Three Tenors Christ-
mass. I want to thank all my
Concordia friends who
played a vital role in our
lives.

(Continued from page 5)

HAPPENINGS IN CONCORDIA

In honor of an officer that had
reached my initial goal. Each
resident donated just $1.00, fully tax deductible, I
would love the residents of
Concordia to help me. If
you would like to support me
please contact me: Arnold Mil-
stein, 18B Rothwell Drive, 732
261-3837 or follow this link:
https://www.firstgiving.com:
443/fimdraiser/Police Unity
tour." If you would like more
information about the Police Unity
Tour please check this link:
http://voliceunitytour.com/.
Jewelry and wearable art will be offered at this free event benefitting the Monroe Township Library Foundation. The Operas of Puccini presented by Jerry Kalstein, Boheme Opera NJ 1 p.m., Monday, November 4. Live singing, along with CD and DVD performances of the operas of Puccini with emphasis on Tosca. Additional operas including La Bohème, Madama Butterfly, and Turandot will be discussed. This program coincides with the live Metropolitan Opera broadcast at local theaters. This event is offered in collaboration with the Monroe Township Cultural Arts Commission. Free tickets are available at the Welcome Desk beginning Monday, October 21.

Jersey Shore Food History 1 p.m., Saturday, November 2. Author Karen Schnitzspahn discusses her new book, Jersey Shore Food History. Register at the Welcome Desk.

Jewels of New Jersey Fundraiser 11 a.m.-4 p.m., Sunday, November 3. Handcrafted jewelry and wearable art will be offered at this free event benefitting the Monroe Township Library Foundation.

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Coupon Club 1:30 p.m., Monday, November 4. Clip coupons and swap ‘til you drop at the Library’s monthly Coupon Club. Spend time with fellow couponers trading unwanted coupons in exchange for those you need. Discuss deals, share frugal tips and shopping experiences. Bring a pair of scissors and your stash of any non-expired coupons. Program is free and registration is not required.

Book Café 11 a.m., Wednesday, November 6. Have you read any good books lately? Join us for Book Café, a book discussion with a twist. Rather than focus on a single title, participants talk about the books that they’ve read and enjoyed. Register at the Welcome Desk.

(JContinued on page 10)
**Nurse’s Notes:** Alcohol Use

**Stephanie Fitzsimmons-Section, RN APN**

There is a lot written about drug changes as we age but are you aware that alcohol may act differently in older people than in younger people? Some older people can feel “high” without increasing the amount of alcohol they drink. This “high” can make them more likely to have accidents, including falls and fractures and car crashes. Drinking much alcohol over a long time can:

- Lead to some kinds of cancer, liver damage, immune system disorders, and brain damage.
- Worsen some health conditions like osteoporosis, diabetes, high blood pressure, and ulcers.
- Make some medical problems hard for doctors to find and treat – for example, alcohol causes changes in the heart and blood vessels.
- Cause some older people to be forgetful and confused – these symptoms could be mistaken for signs of Alzheimer’s disease.

**Recommended Safe Drinking Limits**

Safe drinking limits are hard to set because the same amount of alcohol can affect different people differently. For example, alcohol affects men and women differently. Safe drinking limits follow:

- For men, moderate drinking means no more than two alcoholic drinks a day. For women, moderate drinking means no more than one alcoholic drink a day. Older women should drink somewhat less than this level.
- The Standard Drink
  - One alcoholic drink means:
  - 12 ounces of beer
  - 5 ounces of wine
  - 1 ½ ounces of distilled spirits

- These drinking guidelines are not intended for:
  - People who plan to drive or perform activities requiring alertness and attentiveness
  - People taking prescription or over-the-counter drugs for conditions like osteoporosis, depression, and sleep troubles
  - People with a history of alcohol problems
  - People who are in recovery from alcohol problems
  - People who are in recovery from alcohol problems
  - People with memory problems
  - People with memory problems
  - People who are in recovery from alcohol problems

**Who Should Never Drink Alcohol**

- People taking prescription or over-the-counter drugs
- People with certain medical conditions, such as diabetes
- People who are in recovery from alcohol problems
- Recommended safe drinking limits do not take into account other medications or conditions. When in doubt, if the alcohol causes changes in the heart and blood vessels.

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**At the Movies**

By Mildred Goodwin, Associate Editor

It was a delightful surprise to see a film that deals with middle-aged, lonely people - devoid of psychobabble - but charming and affecting. *Enough Said*, which stars the late James Gandolfini and Julia Louis Dreyfus is just that sort of movie. Because it was the next-to-last film that Mr. Gandolfini made, I was eager to see it. Since his success in the *Sopranos,* he had become one of my favorite actors and I did not want to miss any of his films. Indeed, he had a rare ability to be witty, dramatic, menacing, charming, and always believable.

Initially, "Enough Said" had surprises, not the least of which was the fact that his wife wants a divorce, middle-age divorcees whose nests are becoming empty and they are fearful of facing lonely futures. They are not in the epitome of sophistication, and their initial encounters with each other have a certain teenage quality. Eva (Julia Louis Dreyfuss) finds herself falling in love with Albert (James Gandolfini), an interesting man who runs a small TV-history shop. She is not too sure of just what that is and is properly impressed. There is a definite attraction and Eva finds herself falling in love. Into this budding romance comes Marianne, Albert's ex-wife - a poet who is totally enamored with herself. Eva is fascinated by Marianne and she becomes an avid listener when Marianne tells her deprecating tales about Albert. Eva becomes, indeed, a great loss.

"Enough Said" is a romantic, sensitive movie, one that many of us can relate to. There is humor, tender-heartedness, clever dialogue, and much food for thought. I heartily recommend this film and it is sad that we will no longer have James Gandolfini with us - it is, indeed, a great loss.

Have a joyful Thanksgiving, and let us meet soon again – At The Movies!

**Cinema Concordia**

**November Free Movies**

*42* 2:00PM (CC) & 7:00PM 121 Minutes-PG-13

When Cal Weaver learns that his wife wants a divorce, he reluctantly faces the prospect of single life with the counsel of smooth young bachelor Jacob Palmer. Meanwhile, Cal’s adolescent son is in love with his 17-year old babysitter. This is a romantic, witty comedy. Coarse humor, sexual content and language.

*Darling Companion* 2:00PM (CC) & 7:00PM 128 Minutes-PG-13

This biopic focuses on the relationship between baseball ball icon Jackie Robinson and Brooklyn Dodgers general manager Branch Rickey, who signed Robinson and in 1947 and made him the first black Major League Baseball player of the modern era. This movie is emotional, inspiring drama. Starring Chadwick Boseman, Harrison Ford, Nicole Beharie and more.

Call for your appointment today or stop in and browse our Optical Shop at our two convenient locations.
Driving While on a Cell Phone

Please Do Not drive while using a hand-held cell phone within Concordia. There have been situations where our residents have come very close to severe accidents. The rules of the road in New Jersey also apply to the streets in our community!

Drive in a Safe Manner

Concordia Security

(Continued from page 8)

“SAFE HAVEN”
Saturday, November 30
2:00PM (CC) & 7:30PM
115 Minutes-PG-13

This adaptation of the novel by Nicholas Sparks centers on a mysterious woman who arrives in a small North Carolina town and begins a new life but remains haunted by a terrifying secret that prompted her to travel across the country. This movie is emotional and romantic drama based on the book. Starring Josh Duhamel, Julianne Hough, Cobie Smulders and more.

Movie Review Pic
“Sunset Boulevard”
Sunday, December 1
2:00PM (CC) & 7:00PM
110 Minutes-NR

Running from debt collectors, screenwriter Joe Gillis stumbles upon the crumbling mansion of former silent film star Norma Desmond. As he begins penning a comeback screenplay for her, their professional relationship evolves into something more. Starring William Holden, Gloria Swanson, Erich von Stroheim, Nancy Olson and more.

WHY DO I HEAR...BUT NOT UNDERSTAND?
Study by Cambridge University in England Reveals Key Answer

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 cochlear implant is now available from Micro-Tech - 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.

“This 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 improvement in noisy listening environments.

These new products come in all shelf 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.

FREE Demonstrations November 1 - 15
241 Forsgate Drive
Jamesburg, NJ 08831
(732) 823-4104
33 State Road, Route 206
Princeton, NJ 08540
(609) 281-5029
A Historical Month
By Mildred Goodwin, Associate Editor
November is a time of many colors and moods. At the beginning of the month, the trees are still shed-ding their leaves, sometimes quickly, at other times begrudgingly, as if they do not want to feel the cold winter days descend upon their branches. We, in our homes, often react the same way — winter sweaters and jackets seriously take precedence over all else in our closets. With no more hesitation, our warm weather attire is securely closeted away.

And what about the important days of November: Election Day, Tuesday, November 5; Veterans Day, November 11; Thanksgiving, Thursday, November 28? Each day represents our nation and its diversity — no one religion or specific ethnic group.

Veteran’s Day is a holiday proclaimed annually by the president of the United States and it honors former members of all branches of the armed services. We are asked to remember the sacrifices during war and to pay tribute to their contribution to peace.

November 11 was first known as Armistice Day to commemorate the signing on November 11, 1918 of the armistice that brought an end to World War I. But it was on June 1, 1954 when President Dwight D. Eisenhower signed an act of Congress to proclaim this day as Veteran’s Day that it became an official significant holiday.

Throughout the United States, suitable observances are held on this day with the most widely-known of all taking place at the amphitheater in Arlington National Cemetery at the Tomb of the Unknown Soldier. This is a day of recognition that makes us all reflect on the sacrifices that men and women have made and continue to make for their country, with the hope that these sacrifices shall not have been in vain.

Thanksgiving Day is a holiday that many people say is their favorite of the year. Family and friends gather for a day when calorie counting is considered “Un-American,” and gifts are not necessary. Love and friendship prevail — no strings attached — only those strings that hold the parade floats aloft.

Actually, it was President Abraham Lincoln who, on October 3, 1863, issued the first national proclamation fixing a day for giving thanks for “the most extraordinary and thankful seasons” of the year. “A just remembrance of our beneficent Father.” Although religious observances are often held in houses of worship, it is primarily turkey, stuffing, pumpkin and apple pies that hold center stage. Let us all enjoy a festive holiday and be thankful for all the blessings that are ours.

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 identify 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.

Letters to the Editor
By Harvey Glick
August 25, 1963, was an exquisite summer day, one I had been anxiously waiting for – the day of Reverend Martin Luther King’s “March on Washington.” And now I was on my way to Kennedy Airport to take the plane to Washington, DC. I wanted to be there to show my support for the rally that was scheduled to take place.

Although I was early, the Mall in Washington was crowded with people, many of whom were carrying banners from all parts of the United States. The mood was one of enthusiasm and good cheer. As I made my way through the throngs of people, I almost walked into one of my best friends. What a wonderful surprise. He had not told me that he was going to cover the rally on assignment for Radio Station WMCA, and now we both looked forward to spending a Day To Remember.

Then and Now
By Frances Greenblatt
I looked into my mirror, and what do I see? An old woman looking back at me, Can she be me — in my mind’s eye I’m still twenty-three!

Fellow Concordians: How many of you feel like I do? We thought it would be fun to run a series of then and now pictures. So dig into your albums for photographs and send us a copy of your Then and Now pictures. We think you will enjoy this an interesting page in The Concordian.

A Day To Remember
By Ernie Price
As President of the Concordia Men’s Golf Club, having just completed our golf season, I would like to thank the people who have made my term so successful. First of all, I would like to thank Gerry Portnoy who was both my Secretary and mostly my right hand man, for all his efforts during the year, especially during our Member-Guest and Annie’s Army Battles prostate Cancer tournaments. Also Howie Appelson for his efforts each and every week during the year and for the articles in the Concordian; Bob Norman for his work making up the schedules assigning partners during the year; Jack Wanger for notifying all the members of their tee times; Dr. Rothchild and Don Corson for their help; and definitely Ray Bridy, our golf pro and his staff for all their help, especially during Annie’s Army.

And, speaking of Annie’s Army, which is our only charity, we hope more Concordians will contribute next year.

Happily Married For 1/2 a Century or More?

If you are married for 50 years or more and are amenable to being interviewed for the Concordian, please contact Mirah Riben, 609-655-4702 or at mirah-mirah@gamil.com.

Letters to the Editor
By Abe Cohen

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All in Good Humor
By Ernie Price

Who Has the Right of Way?
See Page 1 Better Safe
By Mirabí Riben

Monroe Township was named the best place to live for empty nesters in New Jersey in the September issue of NJ Monthly magazine.

Concordia Business Administrator Wayne Hamilton is quoted in the Cranbury Press as saying, “I think all residents should be proud that a statewide magazine has recognized many of the positive attributes of the community.”

The NJ Monthly article notes that “empty nesters in New Jersey and New York began figuring out in the 1960s, with the advent of Rossmoor, the town’s oldest and most affordable 55-plus community” that Monroe was a good place to live.

Monroe now has more active-adult communities than any municipality in the state, comprising 50 percent of its residential housing. Almost half the population of 40,795 is 55 or over.

“There are 12 [active adult] communities if you include Monroe Village with an independent living section and Waterside Villas with senior apartments,” Mr. Hamilton said. “The largest community has 2,303 residences, and that is Rossmoor. Stonebridge is the newest in the community with 469 occupied of the 1,046 approved homes, according to Mr. Hamilton.

Mayor Richard Pucci pointed out that “the facts” were reviewed in a non-partisan way and recognized the various positive attributes of the town that attract these empty nesters, such as Monroe’s low taxes, low crime, reasonable home prices and centralized location in the state. “In addition,” notes Pucci, the article mentioned how families are also moving in because of quality schools. Council President Gerald Tamburro agrees.

It is no wonder then that Edgewood properties chose Monroe for its Marketplace project. “The MarketPlace” is a proposed residential and retail development on Route 33 and Perrineville Road consisting of 117,341 square feet of retail space including a bank and daycare center and 749 non age-restricted housing units. Some area residents have expressed opposition to the project because of concern for the strain on the schools. Another non age-restricted development project located on Applegarth Road was recently approved.

“Monroe has established itself statewide as a great place to live, raise a family and retire,” Mayor Pucci said.

A Day To Remember

(Continued from page 10)

many hours together.

On the podium with Dr. King was Rabbi A.J. Heschel, a renowned American Rabbi and one of the leading Jewish theologians and Jewish philosophers of the 20th century. Rabbi Heschel was a strong supporter of Dr. King; both men were united in a spiritual drive to eliminate the racism that was destroying America. Dr. King had once made this statement about his good friend, “Rabbi Heschel has been with us in many struggles. He is one of the great men of our age, a truly great prophet. I remember a conference on religion and race and his speech inspired cler-gymen of all faiths to do something they had not done before.” It was Rabbi Heschel who had the honor to present the World Peace Award to Dr. King on December 7, 1965.

After Dr. King was introduced and the program began, there was an overwhelming feeling of warmth and friendship that emanated throughout the Mall that had approximately 250,000 people in attendance. When we sang, “We Shall Overcome,” this inspired group had their arms around one another, swaying from side to side to the rhythm of this spirited hymn.

The experience of being present at this momentous gathering was an unforgettable one for me, and it was certainly a significant time for the Civil Rights Movement. There have been many memorable days in my life - this was one I know I shall never forget. Indeed, A Day to Remember!
The 2002 Nobel Prize in Literature was awarded to Imre Kertesz, a Hungarian Jewish writer whose imprison- ment in Auschwitz and Buchenwald as a teenager was central to his body of work. This is a spare, powerful, semi-autobiographical novel told in the voice of Gyogy, a 15-year-old boy who is de- ported to Auschwitz and later liberated from Buchenwald.

Kertesz’s semi-autobiographical novel is that of a sturdy wide-eyed ob- server whose fictional experi- ences in the Holocaust closely parallel those of the author.

The bus he takes to work is stopped by a single police- man and all of the Jews are ordered off. Over the course of this day, more and more Jews are ordered off the buses, they are collected and gradually more and more guards are added, forc- ing them to find themselves in an army barracks awaiting investigations of their cases. During the day many of the Jews considered the twists of Fate that have brought them to the center of Kertesz’s novel.

Gyogy acknowledges that there were genuine moments of happiness for him in the camps. In the shadow of the chimneys, in the breaks be- tween pain, there was something resembling happiness. That happiness is evident in Gyogy’s friendships, his del- ight in finding the extra po- tato in his soup, and his gratitude that water trickles out of the shower. While every moment in the camp is accounted for - the roll call, the line, the apparatus, the shower, the ragged clothes, and the punishing work - these events take place in the nor- mal confines of minutes, days, weeks, and months. He caught on quickly that the key to survival was to work, to claim to be sixteen, as those too young, too old, or too sick, bore the indignity of being shorn of all body hair, cold showers, and beatings. With innocence, he struggles to make sense of what’s hap- pening.

The Buchenwald camp is liberated by the Soviets, and he returns to an indifferent Budapest looking for his fam- ily, something resembling the striped uniform of the camps. He encounters a journalist eager to record his experiences to share with the world. Gyogy finds this desire incompre- hensible. Kertesz brilliantly alludes to “Dante’s Inferno!” How does one describe that experience?

His neighbors encourage him to put the horrors behind him and start anew. But he denies that it is possible to either put it behind him or to start a new life. He says, “This horror didn’t just come about, who is to be blamed?” Neighbors take offense; per- haps the victims are the ones to be blamed. He ascribes this to their lack of doing nothing rather than something; they must take back their part in cre- ating the horrors.

This novel outlines the ulti- mate truth about degradation in modern existence and that truth, crystalline and pure, make “Fateless” an enduring work of fiction, a tendering beauty - paradoxical!

For a little winter fun, here is one of Eddie Kantar’s fa- vorite hands. You get to look at all four hands, and pour a hot cup of coffee, sit back and enjoy the indoor warmth and see if you can work out this puzzle:

**The Bridge Connection**

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

Nearly 26 million people in the U.S. have diabetes, and an estimated 34.5 million have some type of hearing loss. The numbers are similar — is there a link? Yes, the National Institute of Health (NIH) has found that hearing loss is twice as common in people with diabetes as it is in those who don’t have the disease.

In recognition of **Diabetes Awareness Month, Total Hearing Care invites you and a guest for a FREE Special Hearing Workshop. Thursday & Friday November 14 & 15**

**MONROE: 609-301-0155**

190 Prospect Plains Rd.

**Call to schedule your FREE appointment today!**

During this special event you will receive:

- **FREE Hearing Test & Consultation:** Find out what your hearing and what you should do.
- **FREE Video Ear Inspection:** You’ll see exactly what we see and we’ll explain it to you.
- **FREE Product Demonstration:** Come in to see the latest in digital technology!

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Fall is here. And many of our Concordia friends are getting ready to go to their winter homes. Included in this column will be hints for packing. These hints can be used by all of us when traveling. Good packing will save you money when you fly and also help with tangles and wrinkles from the suitcase. Thanks to Lois P. and Bill K. for their help.

- Wind belts into coils and then place in plastic bags.
- Layer tissue paper and/or dry cleaning bags between clothes to keep them from rubbing together and wrinkling.
- Place heavier items on the bottom of suitcase and place lighter weight garments on top.
- Roll knits, tee shirts, night clothes, sweat clothes. Socks can be inserted into shoes. Rolled items should be placed into the corners of the suitcase so they don’t take up extra room.
- Keep jewelry protected and tangle free by placing in toothbrush holders or by threading chains, etc, through plastic drinking straws.
- Place earrings in a weekly pill container so they are paired together and easier to find.
- Did you know that if you place a dryer sheet near ants they will be repelled?
- Spreading dryer sheets around the foundation of a trailer, or car that has been sitting, will keep mice from entering the vehicle.
- To freshen the air in the house, place a dryer sheet in drawers and also hang in closets.
- Place a dryer sheet in your vacuum for a clean fresh smell.
- Ziplock omelets. Crack two eggs into a quart size zip-lock bag and shake to combine. Do not use more than two eggs. Add any special ingredient i.e. cheese, ham, onions, lox, tomatoes, etc. Make sure the air is out of the bag. Zip and shake until well mixed. Place bag into boiling water for exactly 13 minutes. (You can do several bags together if the pot in large enough). Remove from water, cut bags and omelets will roll out easily. This is an easy method with no mess.
- Coat sliced apples with apple juice or diluted lemon juice so they won’t turn brown when exposed to the air.
- Make your own furniture polish by mixing 10/15 drops of orange oil and one cup of water into a spray bottle.
- Burned on grease in glass containers/cookware can be removed by soaking in full strength ammonia. Don’t forget to share your tips with others. Until next month...

***

(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.)
Astronomy/Science Club
By Mildred Goodwin
On Thursday, November 21 at 7:30 p.m., the Astronomy/Science Club will meet in the Regency Room for another interesting session. Dr. David K. C. Leong, the Language Department at the Peddie School and Trustee of the Friends of the Monmouth Battlefield will be our guest.

Dr. Martin will discuss the archeology and history of the Monmouth Battlefield State Park. It was at this site that one of the largest battles of the American Revolution was fought. He will tell us about the findings that were unearthed concerning the Revolutionary War as well as the life style of the farmers and other people whose homes and businesses were in the area. The science of archeology is steadily expanding and there is so much to learn.

We welcome all members to this most informative meeting. You are welcome to bring a guest to learn more about the Club. Please join us for some delicious light refreshments at the conclusion of the meeting.

By Betty Rosenberg

Brandeis
By Letty Cotlin Progrebin, author of several nonfiction books and bestseller, is a Brandeis graduate and lives in New York.

This event will take place in the Emerald Room of the Radisson Hotel, 50 Gibson Place, Freehold, on Wednes- day, November 6, at 11:30 a.m. The cost is $45, for members and $50 for non-members. It includes a donation to Sustaining the Museum. The luncheon will consist of a delicious four-course meal.

Directions for getting to the hotel: Take Perrienville Road to Route 33 East, exit at Smithburg (537 West), bear right onto Wemrock Road, turn left onto West Main Street (third traffic light), turn left onto Castranova Way, and then left onto Gibson Place. Right turn into parking lot. Please join us for this special event.

On Wednesday, December 11, we will have our Holiday Luncheon at “That’s Amore.”

The Chorale
Cooking on All Burners
By Jack Gatin
Nature’s first green is gold,
Her earliest leaf’s a flower
Tis November now, and
winter is slowly seeping un-
But only so an hour.

Happiness is having won-
half a dozen birthdays, a new
first bath, the cradle. How could
ever be better?

“Web Site Of The Month.” Where Cool Things Happen. This photo blog is dedicated to inspiring news in art, travel, lifestyle, gadgetry, and most anything in life that will give you a “grrraaaw” of delight. 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. Our doors are open to any Concordia resident, so invite your neighbors.

By Anne Adams

Christian Fellowship
By By Anne Adams

By Robert Frost

By Len Solomon

By Betty Rosenberg

Buckingham Medical & Social Adult Day Programs
Buckingham Place Medical and Social Adult Day Programs provide a safe and supportive environment for older adults with cognitive impairment and/or physical limitations in which to socialize, enjoy breakfast and hot lunch, and participate in therapeutic activities. Medication management, health care monitoring and assistance with personal care are included.

The Adult Medical Day Program is open Monday through Friday 9:00AM-2:30PM or 10:30AM-4:30PM.

The Social Day Club is open Tuesday through Thursday from 10:30-2:30. Funding is available through state and local county grants, as well as VA funding. To apply, please inquire.

Transportation is available for both programs, for residents in Mercer and Middlesex Counties.

A Complimentary Trial Guest Day is offered to prospective members of both the medical day and social day programs with transportation included.

To apply, please call for appointment or to visit or schedule guest day

Hilary Murray at 732-329-8954 x 1

Buckingham Place

Visit our New Location: 700 Woods Lane (Rt. 522) • Monmouth Junction • www.buckinghamplacenj.net
The Christian Fellowship’s Night at the Races is one of those fun events. From left are the “jockeys” preparing to start: Barbara Price, Don Macina, Rich Matos, Patti Narbaro, Pat Finneran and Vivian Santacapita.

Christian Fellowship

(Continued from page 14)

for many more years to come.

An event to look forward to this month is our Bingo Night which takes place November 20 at 7 p.m. We look forward to seeing everyone pick their cards and wait and listen to hear if their particular numbers are picked and called. It is a night to have fun with your fellow members, friends and neighbors.

Our organization would like to thank everyone for their past and continued support and to wish everyone, far and near, a Happy, Healthy and Blessed Thanksgiving.

Congregation Beit Shalom

It has been an exciting time for us at Congregation Beit Shalom. Our new Torah purchased with money donated by congregation members and used for the first time on the High Holidays will be replaced with another new one. The second Torah has been donated by Dr. Maurice Bakaleinik on the occasion of his 100th birthday as his legacy to the Congregation of friends and neighbors. It is a beautiful legacy and we sincerely thank him and all those that donated to the Torah Fund. The two Torahs were badly needed to replace those that were no longer legible.

Chanukah starts early this year, and it will never be as early again in our lifetime. It starts the eve of Thanksgiving, Wednesday, November 27. Happy Chanukah and Happy Thanksgiving to all.

Save the date of December 4 for our Chanukah Party at 7 p.m. honoring Norma Vogel for her years of dedication. It features Latkas, of course, and the music of Tuvia, a favorite entertainer of us all. The cost is $15 per person. Get your table together and enjoy Chanukah favorites of food and music.

Shabbat Services are Saturday, November 2, 9, 16, 23 and 30 at 9 a.m. Our Oneg Shabbat is Friday, December 8 at 7:30 p.m. We welcome all to our services. The Education Committee presents Murray and Sydell Singer in a program of Jewish Music Wednesday, November 6 at 7:30 p.m. We request a $2 donation and non-members are always welcome to our programs.

We have two free buses to the New Jersey State Kristallnacht Observance at Rider College Sunday, November 10. The bus leaves from the Wells Fargo Bank in Concordia Shopping Center at 11:30 a.m. for a program at 1 p.m. We want to fill the bus. Just call the office at 609-395-1952 and make a reservation. New Jersey is the only state that does this and we always have the largest group there. Let us keep up that tradition. All wishing to attend will be able to travel on those buses.

The Men’s Club meeting is Sunday, November 24 at 9:30 a.m. to mark the 75th anniversary of Kristallnacht (the start of the Holocaust that took place November 8 and 9, 1938) the Mens’ Club will host Dr. Paul Winkler, executive director of the New Jersey State Holocaust Education Commission Sunday, November 24. Dr. Winkler will discuss “Holocaust Education Now and in the Future: Everyone’s Responsibility.” Since so many Congregation Shalom members are Holocaust victims or lost loved ones during that tragic period in Jewish history, everyone should make a concerted effort to attend the meeting. A lite breakfast is available at 9:30 a.m. meeting starts at 10 a.m. A donation is requested to cover the cost of the bagels, coffee and smears.

Sisterhood is planning a trip to the Jewish Heritage Museum in Freehold Township November 18 which includes a film and a lecture on “Jewish Farmers of Monmouth County.” The film will be shown at 10:30 a.m. Plan to be there well before that time. Transportation is on your own, and everyone will go for lunch afterwards. Call Shirley Cameron for more information at 609-409-1591 or Lillian Rich at 609-409-1171.

We wish everyone good health and happiness, and for those flying south - happy trails and come home safe! Shalom.

Deborah

By Adrienne Fein

Deborah Heart and Lung Center has provided state-of-the-art care for patients, young and old, suffering from heart, lung, and vascular disease for over 90 years. In recent years, it has added a

(Continued on page 16)
Deborah
(Continued from page 15)
partnership with the Joslin Clinic, in caring for patients with diabetes. Our mission as a chapter is to provide substantial funding to sup- port innovative research and to enhance the level of care for patient care by the Deborah Heart and Lung Center; to provide health care to children with congenital heart disease here and around the world; and to provide clinical research for cardiac and pulmonary dis- eases by fostering and maintaining a grant sup- porter's movement and fund- raising activities. With your support, the facility will continue to sup- port unique healthcare to serve people without prejud- ice as to race, creed, color, religion, sexual orien- tation, national origin, handicap or ability to pay. We need your support to continue our efforts for all of these people in need of quality healthcare. Join us... support our fundraising functions. Remember, the fourth of July is to give cheerfully, proportionately and personally. It’s up to you to put it into the poor man's hand thereby exciting the painful emotion of shame.
There were many who participated in our first walk-a-thon and gave us an excit- ing and interesting evening story; to all those who came and enjoyed the supper and game night. We are planning many more exciting events in the near future. Watch for the announcements in our bulletin.
Our next regular meeting will be November 19 in the Regency Room of the Building Clubhouse at 7:30 p.m., a spe- cial surprise program.
Have you seen our trib- ute cards? They are as pretty as any store bought card and, what better than sending a card to celebrate or memorialize an anniversery, in someone's need. Contact Fran Koppelman (655- 3111) for more information.
Our monthly bus trips to Showboat Hotel and Casino in Atlantic City continue to be a huge success. For the schedule and reservations, contact Charles Koppelman (655-3111) or Priscilla Pomnes (732-641-2172). All are welcome to join us for fun starting on the bus. Don’t forget to book your spot for our spe- cial Christmas Day Trip.
Remember, Deborah does not distinguish between patients from those who cannot afford to pay, but treats pa- tients based on need. As a member, you can have fun and learn about the various facets of this world of or- ganization. Call Leslie Cohen (235-9477) for membership information.
Hadassah
By Anita Brewer
The Monroe Township Chapter of Hadassah will hold its next meeting Mon- day, November 18 at 7:30 p.m. in the new Senior Center located at Valley Road
CERTAINTED HIGH PERFORMANCE WINDOWS & PATIO DOORS SERVING MONROE AREA OVER 25 YEARS TJ PERKINS LLC 732-446-6896 EMAIL: TJPERKINS@AOL.COM Let us Do That For You Rely on me. I am available for grocery shopping, cooking, rides to local destinations, light handman work ...and more.
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Martin Goldstein, Mgr. NJ LIC #4025 2015 Woodbridge Avenue • P.O. Box 1448 • Edison, NJ 08817 Ask about transferring your current pre-need account.
ORTH America
By Anne Getter
Since Hanukah and Thanksgiving are being cele- brated on the same day, we can have double joys and give thanks for all our blessings. ORT students are also thank- ful to us for the chance of canned food, pasta or paper goods to help a local family to our regu- lar meetings. And we would appreciate those who choose Bard Y’ad.
JWV Post 609
By Bernice Parzer
The next JWV general membership meeting will be Sunday, November 3, in the Regency Room beginning at 10:30 a.m. The doors will open at 9:30 a.m. This will be our last meeting of the year. We hope to have a good turnout. Though we will not convene again until Sunday, March 2, the Executive Board will con- vene all winter, as regularly scheduled. If any critical is- sues arise over the winter months, there will be a spe- cial membership session called. Should any of the regular members have a question or problem that we can address, feel free to call me or any member of our Board.
Our policy of keeping our new veteran and patron fee at $10 for the initial year of their membership has been successful. For further infor- mation on joining contact Charlie Koppelman, mem- bership chair at 609-395-6511. By the time you read this we will have al- ready visited the new Walter Reed National Medical Cen- ter in Bethesda, Md., and met with the wounded ser- vice personnel providing them with gifts and other goodies, with funds from our Greeting Cards collections.
Our organization is not run by robots. We need people to do the necessary work; enabling us to help needy veterans and active military personnel, some of whom served at the very time you did. This is also a special call to new members. Volunteer a bit of your time; you’ll be glad you did. Please step up and help us do our job. Call me to discuss this further. I am listed in the Concordia Directory and in the Reveille. If you have not paid your 2013-2014 dues, please leave your payment of $40 at the Concierge desk in the Concordia Clubhouse; pay at our Sunday General Mem- bership meeting or mail it to Charlie Koppelman.
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aljust Off Applegarth Road
18 CENTRE DRIVE, SUITE 102
MONROE TOWNSHIP, NJ 08831
609-655-3551
National Council of Jewish Women
By Adrienne Fein
Throughout its history, Na- tional Council of Jewish Women (NCJW) has worked for the elimination of and pro- tection from all forms of har- assment, violence, abuse and exploitation against women. Even since the passage of the Violence Against Women Act, still one in four women, at least one physical assault by a partner, have been victims of domestic violence. NCJW strives for social justice by safeguarding individual rights.
Note: The next regular meeting will be Wednesday, November 20, at 7:30 p.m. at the Regency Room. It will be a special program on “Balance: Learning to Live,” those living in senior communities.
As we enter the new year, we would like to say thanks for all our blessings. ORT students are also thank- ful to us for the chance of canned food, pasta or paper goods to help a local family to our regu- lar meetings. And we would appreciate those who choose Bard Y’ad.
ORT America
By Anne Getter
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ORT America c/o Barbara
3333 Lincoln Road
New York, NY 10027
COUNTRY CLUB. This is always a huge success. For the function, call Sharon at 860-395-7097.
NOTES & QUOTES
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In the works is our very successful Holiday party with grab bag, sale and auction for December 5. Hold the date, sorry members only.

The those who attended the “Danny Kaye” show had a great time as well as those who attended the delicious luncheon.

ORT schools in the United States have a solid track record of making sure our graduates get jobs. ORT schools in the US are non-profit, supported by donors. Our schools are in the heart of some of nation’s largest cities with over 10,000 students enrolled.

You can join this worthwhile organization for only $36 a year. Place your check, made out to ORT America, Attn: Membership Chairman, put it in an envelope addressed to ORT to be placed in the ORT envelope. New design beautiful tribute cards for all occasions are available. Call Bernie Molin for further instructions.

What’s in a Name?

By Florence Getz

We call the season “Fall”, but what a misleading and inaccurate misnomer. The term suggests descend, loss of balance or defeated which paints the wrong picture of the period between summer and winter.

Soon after the hot summer, Fall goes to work and in all its glory it seems to perform a miracle when the leaves on the trees begin to change to the most beautiful vivid shades of red, orange and yellow. The mixture is breathtaking and our environment becomes a showplace.

The end of Fall, to some people is very sad because it usually is the end of pleasant weather and the beginning of low temperatures and possibly snow. But, it is important to remember that each season paves the way for the season that follows and performs the tasks that nature requires.

Our part in the scheme of this natural phenomenon is to protect, cherish and enjoy the wonders of the seasons. We benefit greatly from the nourishment and beauty they give to each other and thankfully, they share with us.

The Concordian always welcomes “Letters to the Editor.” We also invite our readers to submit their comments concerning letters that have already appeared in the newspaper. This exchange can open the door for interesting thoughts and ideas.

The policy of The Concordian is not to publish unsigned letters.
### The Mayor’s Message

**By Richard Pucci, Mayor Township of Monroe**

Each year, we get closer to our goal of keeping 50 percent of Monroe Township undeveloped by purchasing open space that is used for farmland, parks, woodland and walking trails.

To purchase land for preservation, the Township utilizes its Open Space Trust Fund, which was authorized by the voters and established through a 2.5-cent (per $100 by the voters and established ethnic White) Open Space Tax. Using the Trust Fund, the Township has been able to preserve more than 4,000 acres of open space including green undeveloped woodlands and our highly utilized parks. Monroe regularly works with Middlesex County and the State of New Jersey on open space purchases, sharing the costs and work that go into the preservation process.

The Township places priority on the preservation of lands that are next to other preserved lands as a means to create green belts throughout the Township to ensure there are large portions of Monroe that will remain green forever.

The Township has just purchased three properties, totaling 80 acres east of Spotswood-Englishtown Road. With the land already preserved by the Township, these parcels will help create a green belt connecting Monroe with Old Bridge, abutting a green belt connecting Monroe to our goal of keeping 50 percent of Monroe Township undeveloped by purchasing open space that is used for farmland, parks, woodland and walking trails.

**Open Space and Farmland Preservation**

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**By Ruth Banks**

“Holiday Happening,” the annual winter social event, will take place Monday, November 11, at the Forsgate Country Club. “What Happened? What Changed?” will be the focus of the guest speaker, Ingrid Reed, well-known policy analyst and former director of the NJ Project at Rutgers’ Eagleton Institute of Politics. As in past meetings following an election, Ms. Reed will put into perspective the results of the general election, and with her extensive knowledge of the state, will share her insights into its politics. The luncheon will start at noon and reservations must be made with Doris Altman at 4 John Adams Ct., M.T., 609-655-5932. The cost is $36. Ms. Reed has a wide audience among League members and the general public owing to her many op-ed columns in area newspapers. While at Eagleton she was actively involved in issues of voter participation in elections and government. A founding member of NJ Future, now is on the board of NJ Spotlight.com, a civic journalism website designed to provide news coverage about critical issues shaping the state and its communities.

Before joining Eagleton in 1996, she was vice-president for public affairs and corporate secretary of the Rockefeller University in New York City, and served as Assistant Dean of Princeton University’s Woodrow Wilson School of Public and International Affairs, where she also directed the Rockefeller Public Service Awards Program.

The League of Women Voters is a nonpartisan political organization with state and national affiliations. Now entering its 94th years since being born, the League continues to engage its members in public policy issues on the local, state and national levels.

*Continued on page 25*
The second annual Holiday Bazaar attracted several hundred shoppers and many vendors benefited.

1. Rosemarie Greco (left) and Bobbie Wilcox (right) were selling handmade wares while Mary and Dick Rockosi looked on.

2. Yolanda Schiller (center) with friends Debbie Karsch and Helen Simon work a busy table.

3. Dorothy Gross, Fran Cohen and Paula Simon (from left) offered a lovely selection of jewelry and crocheted scarves.

Moving outside, we observe some of the improvements taking place.

4. Board President Marvin Brother pointing to the new generator discusses the installation with Trustees Ira Winter (left) and Bill Lefko, board maintenance committee liaison.

5. Landscape maintenance workers put finishing touches to the triangle at the Concordia Circle and Clubhouse Drive intersection.

6. Jerry Liberman (left), Sam Mastbaum and Nancy Plahovinsak pedal and step their way to good health in our fully equipped Exercise Room. Card playing attracts many residents to the Party Room.

7. These Canasta ladies appear to be having an enjoyable evening. From left, they are June Barr, Gerry Slavenhagen, Sylvia Morgan, Joan Kirchenbaum and Arlene Sandak.

8. Bob Weinstein (foreground) is among a roomful of bridge players and by his smile probably has a good hand.

The celebration of Monroe Township’s 175th Anniversary took place at the community museum and featured civil war enactors (9 and 10) in full costume.

Photos by Ray Kaufman, Barbara Goodman, Mort Perlman, and Mirah Riben.
**Throw Away Your Emotional Trash**

**By Ilene Paulvin**

If I told you that it was likely that you were carrying around emotional trash, what would you think? Your initial reaction might be one of denial, thinking “not me.”

Let’s look at an example of a hurtful situation in which the emotion was barely acknowledged and could lead to the carrying of emotional trash. You are at work or at home and someone’s behavior upsets you. Something was said that hurt you and you didn’t speak up. You put it aside and believed you moved on.

Have you really moved on? What happened to that hurt feeling? Where did it go? My guess is that this feeling/emotion is being carried around with you and is the equivalent of what we’ll call emotional trash.

In the community that I live in, trash is picked up on Tuesday and Friday. This means Monday and Thursday nights I collect all of the trash that has accumulated in the house, put it into the garbage can, and take it to the curb. The garbage men then pick it up and haul it away. G-d bless them because not only would I have a huge mess in the house but there would also be a terrible stench. Peuw!

Not only do you have outer garbage that should be thrown away on a regular basis but also inner garbage. If it doesn’t get released or eliminated, you carry it around with you for days, months, weeks, or even years. This emotional trash rots, decays, and could attract vermin when held onto and not thrown away. Yuck!

The anger, resentment, hurt, guilt, frustration plus other emotions that are being held onto impact your very being. Are you aware that these emotions have affected who you are? These subtle changes can occur without you even realizing it.

I know there have been times when I’ve felt hurt and shamed by other people’s behavior at work. Most of the time I did not say anything because I didn’t want to make waves. I sucked it up because I wanted to be a team player and quietly get through the day.

Not acknowledging these feelings gradually erode who you are and lowers your vibration. A minor incident can set you off; all of those negative emotions that have been submerged rise to the surface and Kaboom!

In order to eliminate these negative emotions, you need to spend some quiet time with yourself to obtain a better understanding of the emotional trash you are carrying. This process will take longer than one or two days and could be an ongoing process.

This self-analysis may be painful because you could be opening up wounds that you thought were healed. It takes courage to determine if you are holding onto emotional trash but I know you can do it. Be aware of those emotions.

**(Continued on page 21)**
My Life In Afghanistan?

By Jack Galin

The afternoon weather had been unpleasant. I was just hanging around the house looking for things or readings to occupy my time when I turned on the TV tuned to PBS. It was the Tavis Smiley show and Mr. Smiley was interviewing an interesting man whom I did not recognize. The info strip under the picture indicated the person was Khalid Hosseini, an author. I was not familiar with his work but learned during the interview that Mr. Hosseini was the author of “The Kite Runner,” a well known and popular book. My interest was piqued.

Mr. Smiley was reviewing Mr. Hosseini’s latest offering called “And The Mountains Echoed,” the tale of a brother and sister separated during a trip to Kabal, Afghanistan, with their father. As the author described the story, the book goes on to tell how the two siblings, living their lives separately created what he called “a growing tree” with branches in many directions affecting the lives of persons “not yet born.”

Mr. Smiley asked him of his familiarity with Afghanistan and Mr. Hosseini stated that he had spent the first eleven years of his life in Afghanistan. He said when he was growing up he was surrounded by people all the time, mostly family. You were never alone he said; your personality, your values, your experiences were influenced by those surroundings. When asked of his training as an author, he replied “None,” that his training had been to be a medical assistant and that he was writing only of what he had lived.

It struck me, as I listened to this bright and articulate person, how similar our backgrounds were, though thousands of miles apart and an eon’s distance in comfort and schooling. For I had been born into a family of many aunts and uncles, almost uncountable cousins; relatives of relatives, some of whose names I never even knew. But they were there. They formed our lives. They, particularly my parents and a couple of uncles, formed my values; made me the person I am today. Do I have a bit of Afghanistan in me and does Mr. Hosseini reveal a bit of Brooklyn in himself?

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

The Concordian November 2013 — Page 21

Emotional Trash

(Continued from page 20)

tions and behavior that ultimately impact your personal growth. After you have some quiet time reflecting on some of the emotional trash you may be carrying, go into your closet, remove a giant green trash bag, and throw away all of those negative emotions you are holding onto.

Now is the time to eliminate emotions, behaviors, and beliefs that do not serve you. Throw away the junk to make room for the new. You can do it!

Hugs.

Duplicate Bridge

(Continued from page 13)

Edelbaum
Helen Solomon
Len Solomon
Rita Rosenberg-Alice Pollard
EAST-WEST
Renee Goodwin-Ruth Elblonk
Carol Korriss-Mike Korriss
Carol Cohen-Lewis Cohen
September 27
NORTH-SOUTH
Ethele Lane-Jean Finnser
Emely Cook-Alice Pollard
Anita Pollack-Bernard Pollack
EAST-WEST
Renee Goodwin-Ruth Elblonk
Evelyn Hornick-Irwin Hornick
Harriet Brandwine-Irv Rothachild

Now, in my dotage, that I have started to write about my life, my eighty plus years of experiences, not unlike Khalid Hosseini, I have been advised that I am “too cen
tric” (is that a word?). Goes to show you.
Walk against the traffic, single file and be alert.
If you walk on the sidewalk, direction is your choice.
When walking at night go bright, reflective or lit up.
Being seen is being safe.
Concordia Security Comm.

BOWLERS WANTED

The new session of the Monday Morning Senior Bowlers will begin on November 4 at 9 a.m. Come join us for fun and camaraderie. We need you, whether your average is high or low. We are a handicap league. Please contact Beverly Slaten (609) 235-9802 or Sharon Falkowitz (609) 395-7179.

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Thomas J. DeMarco, Manager, N.J. Lic. No. 4651
M. David DeMarco, President, N.J. Lic. No. 3203
Peter S. Wintner, Director, N.J. Lic. No. 4783

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Walk against the traffic, single file and be alert.
If you walk on the sidewalk, direction is your choice.
When walking at night go bright, reflective or lit up.
Being seen is being safe.
Concordia Security Comm.
THE CONCORDIAN

THE SPORTING LIFE

Men’s Golf Association

By Howard Appelson

Congratulations to the winners of the September tournaments:

September 4 - The Seniors Tournament

Senior Division (Under 80): Low Gross - Tony Zanatta, Low Net - Bob Norman; and Super-Senior Division (80’s and 90’s): Low Gross - Howie Appelson, Low Net - Sid Krumholz.

September 18 - Arnie’s Army Battles Prostate Cancer

As they have been doing since its inception, Abe Cohen, Gerry Portnoy and Irv Rothchild all worked very, very hard to make this annual fund-raiser a success. Men and women, residents and non-residents all played to raise money to help fight prostate cancer. The hole-in-one challenge on the par 3 was won - as usual - by nobody. Writing on the odds of making a hole-in-one, a few years ago Golf Digest reported, “One insurance company puts a PGA Tour pro’s chances at 1 in 3,756 and an amateur’s at 1 in 12,750.” So what the hell do they expect from us? My computations reveal that we still have 9,371 more chances left to beat the odds. However, Steve Pollack won the raffle for a $500 travel certificate that was supplied to us by the Prostate Cancer Foundation, Gerry Portnoy won the “closest to the line” competition and the team of Howie Appelson, Pat Finneran, John Graber and Clarence McMerry was the first group to finish.

Most important of all, we raised over $3,750 for this important charity. “Thank you!” to all of you who played and/or contributed; you are special people.

September 25 - Blind Nine Holes Tournament

1st Low Net: Mill Ramer; and Tied for 2nd Low Net: Bob Norman and John Tancredi.

Many members of our club played in the Christian Fellowship of Concordia golf outing on September 30, and I am happy to report that several sportive senior citizens from our club spent a delightfully dazzling day of golf, food and friendship (note the alliteration if it wasn’t obvious). Again, nobody won.

(Continued on page 24)

Bowling

Women’s High Game and High Series

Concordia Nite Owls

Thursday Night

Week of September 12: High Game Barbara Price 147, High Series Barbara Price 419

Week of September 19: High Game Ellen Anderson 166, High Series Barbara Price 450

Week of September 26: High Game Barbara Price 169, High Series Barbara Price 481

Concordia Seniors

Monday Morning

Week of September 2: High Game Helene Siegelman 186, High Series Helene Siegelman 452

Week of September 9: High Game Adele Kelsey and Shirley Gods 157, High Series Shirley Gods 387

Week of September 16: High Game Helene Siegelman 145, High Series Helene Siegelman 400

Week of September 23: High Game Series Myra Horowitz 152, High Series Doris Besman 395

Week of September 30: High Game Series Sharon Falkowitz 167, High Series Sharon Falkowitz 422

Men’s High Game and High Series

Concordia Nite Owls

Thursday Night

Week of September 12: High Game Stu Geller 201, (Continued on page 24)

Participants in the Senior Condo Olympics were acknowledged at Concordia’s recent Appreciation Ceremony in the Regency Room. Winning team members received medals.

Bowling

Women’s High Game and High Series

Concordia Nite Owls

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Men’s High Game and High Series

Concordia Nite Owls

Thursday Night

Week of September 12: High Game Stu Geller 201,

(Continued on page 24)

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

52 Concordia Shopping Center • Monroe Township, NJ

✈ Tuesday, November 12, 2013, 10:30-12:00 p.m.

What you don’t know about Veteran benefits

With Frank Quadrio, U.S. Department of Veteran Affairs and Douglas W. Breen, Middlesex County Veterans Service.

Join us to celebrate our veterans with bagels and coffee.

✈ Wednesday, December 4, 2014, 1-3 p.m.

Know the 10 signs: Early Detection Matters

With the Alzheimer’s Association

A light lunch will be served.

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

609-480-4374

(Continued on page 24)
How To Safeguard Your Home While on Vacation

- Strive to make your home look as lived in as possible while you’re away.
- Don’t broadcast your plans but do let your neighbors and local law enforcement know.
- Arrange to have your mail and newspapers either stopped or picked up daily.
- Use automatic timers to turn on a radio and lights at different intervals to hint the fact you’re not home.
- Turn down the ringer on the telephone. An unanswered telephone can give away dead giveaways.
- Be sure you don’t announce your absence on your answering machine message or email.
- Leave valuables and keys in your home; normally if you were home. Only close them all the way if that is what you would normally do.
- Make sure any valuables are away from view.
- Be sure to close and lock the garage as well as any storage sheds, etc.
- Be sure someone knows your itinerary and your estimated time of arrival and return.
- If you get lost while traveling, ask directions of local law enforcement or complete strangers.
- Be sure your vehicle is in good working condition and that you have taken enough money. Do not carry large amounts of cash, use credit cards and travelers’ checks.
- Ask for a friend or relative to inspect your property periodically.
- Do not leave a key in a hiding place.
- Call and tell them when you are leaving and returning; be sure to leave names and numbers of people to call in case of a problem.
- Check and double-check all windows and doors on every level and garage doors before leaving.

Car Safety

- In traffic, keep doors locked and windows up.
- Park and lock your car and remove the keys.
- Park in areas that are well lighted.
- Cruise around a bit in short shifts; park cars near centers parking lots until you find an open parking place close to a well-lighted entrance.
- When you return to your car, check in and around it, and have your keys in your hand and ready to use.
- If you are followed by another vehicle, go to a public place or a police station. If near home, stop at the staffed gate house to alert security.
- Keep valuables in trunk or hidden in the car and do not keep valuables in the glove box.
- BE COURTEOUS! Confrontations often occur when drivers become frustrated about how others drive.
- If you have car trouble. Raise the hood, use emergency flashers, tie something white around your antenna or mirror.
- Carry a ‘HELP’ sign and keep a can of tire inflator in trunk. Stay inside the car, lock the doors and if help is offered, ask for the police. Do not allow strangers to help you fix that flat tire near a darkened parking lot, bank office, or courthouse.
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Bowling

(Continued from page 28)

High Series Stu Geller 549
Week of September 19:
High Game Paul Parren 222, High Series Paul Parren 566
Week of September 26:
High Game Willcox 213, High Series Paul Parren 522
Concordia Seniors

Monday Morning Week of September 2:
High Game Bob Lombardi and Bernie Kaplan 203, High Series Bob Lombardi 552
Week of September 9:
High Game Bob Lombardi 207, High Series Bob Lombardi 497
Week of September 16:
High Game Samy, Mesirow- son 196, High Series Her- man Vinnet 531
Week of September 23:
High Game Sol Cohon 179, High Series Bob Lombardi 498
Week of September 30:
High Game Bob Lombardi 195, High Series Bob Lombardi 468

The Men’s Golf Association

(Continued from page 23)

any of the four opportuni- ties to win a prize for a hole- in-one that were supplied by Perrine Buick. Our chances to beat the odds are now down to 1 in 13,935. The Men’s Golf Associa- tion welcomes Larry Dubov as a new resident of Con- cordia. Larry is quite eligi- ble to play on our team in the intercommunity tourna- ments. Sorry Irene.

The Saga of The Golf Ball

I am a little golf ball; I only have one size. I’m hit by Tiger Woods and by ordinary guys. I’m hit by Tiger Woods and by ordinary guys. I am a little golf ball; I lie buried in the sand. I hit and pitched and always until on the green I land. I am a little golf ball; I lie upon the green. They aim me for the tiny hole, and rejoice when I’m not seen. I was a little golf ball. Before I got driven to the drink by some reckless amateur who took no time to think. I’m now a forgotten golf ball no longer has a use as a survivor. I tell you what, if I come back, I’d rather be a driver.

Musical “Working” Celebrates American Workers at MCCC’s Kelsey Theatre

The Jewish Heritage Museum of Monmouth County, The Freehold Jewish Center, and The Jewish Federation of Mon-mouth County invite you to join us for a celebration of Mon- moth County’s Jewish War Veterans and the 60th anniver- sary of the end of the Korean War at a JWW Tribute Swing Dance Concert featuring the Full Count Big Band. The con- cert will be held on Sunday, November 10 at 3 p.m. at The Freehold Jewish Center, 59 Broad Street, Freehold, NJ 07728. The price is general admission $20; veterans and guests $15.00 each; students $10. We invite all our neighbors, guests and lovers of swing and big band music to join us for a special afternoon of great music and memories. The afternoon will feature a JWW flag cere- mony and recog- nition of veterans of all military services. This will be a special concert, featuring a professional 16-piece big band with vocal- istic music and songs from the 1940s through the early 1950s will be performed, including music arranged and performed by ban- dleaders Benny Goodman, Harry James, and Artie Shaw, as well as singers Frank Sinatra, Tony Bennett, Dinah Shore, Eddie Fisher and many others.

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Individuals, 55 years and older, who reside in Monroe Township and are registered members of the Office, are eligible to attend Center programs and activities in our new home on the corner of Halsey Reed and Applegarth Road. For more information, please call 609-448-7140.

Pickle Ball Clinic
On Monday, November 4, at 10 a.m., Norman Olinsky, Recreation Advisory Board, will address the policies and procedures of outdoor Pickle Ball and how to ensure a safe environment for all parties. Please register in advance.

Drop-In Bridge and Duplicate Bridge
On Mondays and Tuesdays, from 10 a.m. to noon, enjoy drop-in bridge. No registration required. On Tuesdays, from 1 to 3 p.m., play sanctioned, duplicate bridge games. Pre-registration is required per game date. A $5 p.p. admission fee is due on each Duplicate Bridge game day.

AARP Drivers’ Safety Program
Two different classes are available this month: Monday, November 4, and November 19, both at 8:45 a.m. For space availability and prices, please call Rosanna at the Center.

Silverscreen Nostalgia
On Monday, November 4, at 1:30 p.m., join Bill Levy as he looks at the greatest singing duos of Hollywood: Nelson & MacDonnell, Rooney & Garland, and more! Please register in advance.

Center Chorus
On Tuesdays, at 10 a.m., sing your way to a good time and health with Sheila Werfel, Artistic Director. New members must pay $5 annual dues upon registering in-person.

Skinny Bracelet Demo & Do
On Wednesday, November 6, at 1:30 p.m., join Fran for a fun, one-day craft where you will create your own bracelet! Students must have sewing know-how and nimble fingers. Course Fee: $12 p.p. (includes all supplies and instruction.) Space limited. Pre-registration is required, in-person.

Friends Honor Veterans
On Friday, November 8, at 1:30 p.m., join the Friends of the Senior Center as they honor veterans. For more information, please consult November’s Friendly Tidbits, or call: 609-448-7598.

Art of the Masters: Berthe Morisot
On Friday, November 8, at 2 p.m., join Christina as she provides a brief lecture about the life and works of Berthe Morisot. Then, 16 participants (with a project coupon) will create an individual masterpiece in oil pastels. To participate in the project, you must OBTAIN a project coupon (available upon request) while supplies last.

Watercolor Studio
On Tuesdays, November 12, 19, and December 17, from 1 to 3 p.m., enjoy this three-session class with Clare Godleski. Students engage in a variety of techniques and learn about color theory as they create their own masterpieces. No Experience Necessary! Course Fee: $35, due upon registering in-person. Supply list available. Space limited.

The U.S. and China in Cyberspace: Competition and Cooperation?
On Tuesday, November 12, at 1 p.m., Dr. Adam Segal, Council on Foreign Relations, discusses how cyber attacks impact not only governments but also private citizens. He will address U.S. and China’s competing strategies in cyberspace and the possibilities of establishing guidelines for international standards and priorities. This program is offered in conjunction with the Monroe Township Library and its Sixth Annual Susie Silber Lectures.

LWV Luncheon
(Continued from page 18)

Classes are available this month: Monday, November 4, and November 19, both at 8:45 a.m. For space availability and prices, please call Rosanna at the Center.

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Hardwood · Laminate · Ceramic Tile · Dura Ceramic · Vinyl
Room Design & Staging
Paint Consultant
ONE-STOP SHOPPING

REMEMBER OUR MEN AND WOMEN IN THE SERVICE

Remember our Men and Women in the Service
(Continued from page 8)

Linda Flowers, president of the League of Women Voters of Monroe, thanks the local and national government for their work to benefit the citizens. Monmouth County has a great number of nonprofit agencies that work to make sure that the citizens have a better quality of life. The League of Women Voters has been working on the advancement of citizens voting rights. The League of Women Voters of Monroe is a group that works together in the community to gain the public’s trust.

It is important to remember that voting is a right and a responsibility. It is important to be informed about all of the candidates running for office in each election. It is important to be involved in the political process. The League of Women Voters of Monroe is a group that works together in the community to gain the public’s trust.

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LWV Luncheon
(Continued from page 18)

(Continued from page 26)
The most common form of diabetes, diabetes, the population. The most lion people, or 8 percent of affects approximately 25 million people with diabetes in the U.S. rise of diabetes in the U.S. supported by the projected costs in the U.S. were $245 billion, and the Centers for Disease Control and Prevention (CDC) estimates that by 2020, one in every three health care dollars in the U.S. will be spent on diabetes-related care.

Diabetes is now the leading cause of blindness among adults aged 20-74 years, according to the American Diabetes Association (ADA). Maintaining healthy blood vessels is essential for preserving healthy vision, especially those located in the retina in the back of the eye that are particularly susceptible to damage. The need to preserve blood vessel health is supported by the projected rise of diabetes in the U.S. population.

In the U.S. today, diabetes affects approximately 25 million people, or 8 percent of the population. The most common symptoms are type 2, accounts for 90 per- cent of diagnosed cases. Another 79 million people are at risk for developing diabetes, and nearly 2 million new cases are diagnosed each year. It is estimated that 7 million people have undiagnosed diabetes, and that by the year 2030, a total of 25 million people worldwide will have diabetes.

Being Proactive about Your Eye Health

Many diabetic patients who are not taking good care of their health.

D. RUocco
VOTER JEWELERS
Over 30 Years Experience

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1246 South River Road • Cranbury, NJ 08512
(609) 635-3600

New jersey imposes an estate tax on estates over $675,000.00. This tax can be avoided or reduced with a properly drafted will, saving thousands of dollars. Call us to find out how.

Wills, Trusts, Powers of Attorney, Advance Healthcare Directives, Residential Real Estate and Estate Administration

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William C. Moran, Jr.
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MIKE “THE HANDYMEN” 732-780-0468

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• Fully Insured
• References gladly furnished upon request

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• Special Financial Consideration for Our Neighbors in the Adult Communities

Living with diabetes and maintaining healthy vision

In 2012, diabetes health costs in the U.S. were $245 billion, and the Centers for Disease Control and Prevention (CDC) estimates that by 2020, one in every three health care dollars in the U.S. will be spent on diabetes-related care.

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www.LesterMemorialHome.com

The Jewish Heritage Museum of Monmouth County is thrilled to invite you to join us for an afternoon of solo jazz piano as we present "Bill Charlap: Solo Piano" on Sunday, November 3 at 2 p.m. Admission is: mem- bers $5.00, students $2.00, seniors $4.00, children 12 & under free. One of the world’s pre- mier jazz pianists, Bill Charlap has performed and re- corded with many leading artists of our time, ranging from jazz masters such as Phil Woods and Wynton Marsalis to singers Tony Bennett and Barbara Strei- sand. A brisk cuatro of coil Dick Hy Charlap and Al- moose Harlap (score of Peter Pan) and singer Sandy Stewart, Bill Charlap will share his memories, in words and music, of growing up in a musical home and forging his own career as a professional musician and two-time Grammy nominated Blue Note re- cordings artist.

For further information and tickets, please call the Museum at 732-526-6990 or purchase tickets online (tickets will be held at the Museum or mailed to you if desired). The Jewish Heri- tage Museum is located at 310 Monmouth Jersey Court, Freehold, NJ 07728. It is handicapped accessible.

Jewish Heritage Museum Presents Bill Charlap

The Concordian

Stressed by Obligations? Tips for the Holiday Season

The holiday season is filled with gatherings of friends and family. As your sched- ules to different holiday events begin to flood your calendar, one of the biggest challenges is figuring out how to handle everything.

But when it comes to the parties and public gatherings fill the holiday season with ad- ditional stress since they tend to disrupt your normal schedule and your normal diet, making this time of year stressful.

If the holiday season cre- ates worry and stress for you, rather than joy and excitement, consider these helpful tips:

* Feel free to say “no.” - You don’t have to attend every party or gathering. If your stress and worries are caused by overbooked calendars, make it a goal to only attend one event each weekend, and pass on additional events during the week. Be sure to include any family visits or dinners in your tally. Limiting your activities will give you time to recharge and thoroughly enjoy the events you are attending.
* Enjoy the food and drink. Sometimes when you are stressed, you may overeat or consume too much alcohol. Make a con- scious effort to sample the food and drinks at the family dinners and social gatherings you at- tend. You can always go back for a second helping. One trick to help achieve this is to use a dessert/ appetizer plate and remove items, so you’ll take less. This allows you to better mingle, socialize and enjoy the party, and when you go home, you’ll feel better — both physically and about yourself. You can take con- fidence to attend the next scheduled event on your holiday calendar! (Continued on page 30)
To a Bug-Eyed Prince of Halloween Lore


Ray Kaufman 11/13

THE CONCORDIAN

The Committee
By Fran Cohen

It’s a 10 a.m...the committee’s ready to meet, the boss asked us to take our seats. The discussion for today is a long list...listen carefully, nothing should be missed. We’ll talk about budgets, raises, reductions, and coffee breaks...the new forms we’ll need and about our mistakes. We tried to resolve each subject...were done. The result of the meeting...and we all agreed. Was to shelve everything for now...and start over again next term.

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Why ????
by Grace Gouze

If the plural of mouse is mice And the plural of louse is lice Shouldn’t the plural of spouse be spice? Why is though pronounced Tho And through is pronounced Threw I wish I knew. And tough is Tuff I guess my mind isn’t up to Snuff!!!

desperate for life

by Charles J. Petretti

every living thing...simple answer how difficult will it be to survive in the many long for time’s patience our time of journey just how long we the many long for time’s patience our time of journey just how long

From Dusk to Dreams
On Monday, November 19, at 1:30 p.m., enjoy this DVD presentation with Michael Ferreira, which features the spectacular opening night concert with Jennifer Hudson, Willie Nelson, Martina McBride, John Fogerty, and Carole King at The Smith Center for the Performing Arts.
Electrifying Savings Possible

(Continued from page 1) accomplish some. If you have shopped for a third-party energy supplier, you have likely discovered issues like fluctuating rates versus getting hooked into a contract that might have hidden cancellation fees if you decide to switch providers. In addition to lower cost, purchasing cooperatively provides greater leverage and protection against such practices.

New Jersey joins Ohio, Illinois and Massachusetts in allowing municipalities to accept bids for community energy aggregation, which allows municipalities to negotiate a “bulk purchase” of energy supply on behalf of its residents, at prices lower than the average utility price. The delivery and distribution of electricity under this program will remain the same, through the regulated utility (JCP&L) that serves your home.

All township residents - homeowners and renters - serviced by JCP&L who have not selected a third-party supplier will receive notification from the township early in December, automatically enrolling them into the aggregate third-party supplier program. The letter, which will be forwarded to snowbirds, will contain opt-out information for those who choose not to take advantage of this opportunity (such as those seeing a substantial savings as a result of having solar panels). Residents can opt-out once during each contract period, however it is advantageous for all residents to join and remain in the program, as this gives the community the “strength in numbers” to negotiate the best price for consumers. The program will go into effect in February 2014.

The delivery and distribution of electricity under this program will remain the same, through the regulated utility (JCP&L) that serves your home.

The utility will continue to handle your account, addressing any outages and maintaining service. If you currently have a third-party supplier, you can join the MTCEA at the end of your existing contract. However, you will not receive the December enrollment letter. Current third-party residents

...of chance to be used to support veterans’ organizations. The other is whether or not to enact a constitutional amendment to set a state minimum wage for an annual cost of living increase. Public locations will be open from 6 a.m. until 8 p.m. Absentee ballots have been mailed. To receive your ballot by mail, the application must be received by the County Clerk seven days prior to the election. Voters may also apply in person to the County Clerk until 3 p.m. the day before the election. For more information see: http://nji.gov/state/elections/voting-information.html.

A local non-partisan watchdog group, Monroe Citizens for Responsible Government (MCRG, was created last year to “restore fiscal responsibility” and stop what they consider runaway spending while maintaining our community and giving the children of Monroe a good quality education, in a safe learning environment.” Their website, www.monroemcg.org, lists candidates and issues for BOE and Town Council that they support, regardless of political affiliation.

Better Safe Than Sorry

(Continued from page 1) vehicle law and subject to a fine for obstructed vision. The thrill here is continuing to drive around and avoid getting ticketed by the law enforcing security squad (note to security - it is a state law and could lead to accidents).

I saved the best for last. Everything I described above required no special skills or any brains for that matter.

What is required however is called Common Courtesy. We all must make a special effort to get along with one another. Living in a Planned Community requires just that. We must all plan to not just do our own thing, but consider our neighbors as well. It won’t hurt I promise you!

Ed Note: What you’ve just read is called satire. In our case it is called truth in government.
BOOK MOBILE IN CONCORDIA
The bookmobile program at the library will be in Concordia every other Wednesday, at the Clubhouse parking lot 10am-11am, November 6, 20.

SENSOR DOOR HOURS
Front & Back door sensor to the clubhouse will remain unlocked Monday-Saturday 8-11pm, Sunday 8-10pm.

RECYCLING SCHEDULE
EVERY WED. WILL BE PICK UP DAY
Nov. 6 Newpaper
Nov. 13 Commingled
Nov. 20 Commingled
Nov. 27 Commingled

CONTACT FORMS
If you have changed your contact form in the last 2 years, please stop at the Concierge and fill out.

MAINTENANCE DEPARTMENT
The Maintenance Department does lunch for from 1pm-2pm. If you have an EMERGENCY ONLY you call will be forwarded to Secu- rity. Otherwise, please call between 8:30am and 1pm and from 2:5pm. Thank you for your cooperation.

FRONT DESK WILL NOT
Comment on any money transactions or Club- house business on MONDAYS until 4:30pm.

CLUBHOUSE PRIDE
Please be aware that there is no eating and drinking in the Club- house unless you are attending a paid function. We ask that you re- member, your Clubhouse and your country club members are interested in joining the Clay Pit. If you want to be in- volved in making the club the best, please call the Concierge.

SHUTTLE BUS TRIPS
MARDY Shuttle Bus Schedule: 9:15pm Pick UP
FRANKS OR QUAKERIDGE Nov. 4 Nov. 25
Nov. 18 Nov. 22, Nov. 11 Holiday
On the 1st and 3rd Monday of the month the Shuttles go directly from shopping to the library.

WEDNESDAY Shuttle Bus Schedule: 9:15pm Pick UP
Nov. 13 Cambridge
Nov. 20 Brunswick Square
Nov. 27 Wegmans

THURSDAY Shuttle Bus Sched- ule: Begins at 8:30am and goes to Stop & Shop in Concordia and ShopRite on Route 130

Busted: The Top 5 Most Common Pet Myths

It’s no secret that Ameri- cans love their pets. When it comes to U.S. pet owner- ship, the percentage of households that own at least one dog is 41%, holds at least one dog, and 33 percent own at least one cat. According to the Humane Society of the United States, Furry family members bring joy and ex- citement to a household, and providing the best care pos- sible for pets helps keep them a long, healthy life.

Unfortunately, with so much information available, it’s easy to become confused about what’s really best for them. To cut through the clutter, Dr. Ashley Gallagher, veterinarian at Friendship Hospital for Animals and petMD contributor, sheds light on some of the most common pet myths. Myth 1: Cats have nine lives, what do dogs have? Cats’ curious nature and quick reaction times are likely the basis of the nine lives reputation, but in reality owners need to remember that both cats and dogs only have 9 lives. Myth 2: It’s important to schedule regular veterinary visits to ensure your pet is healthy and happy one. Going to the veterinarian shouldn’t only be reserved for when your pet is sick. Your pet needs annual wellness check-ups, vaccinations, blood and urine exams and nutritional consultations, just like humans do.

Myth 2: Table scraps are OK.

Did you know that one ounce of cheddar cheese for a 20-pound dog is like a human eating more than one and a half cheese bars? Table scraps contain grease and fat which can lead to obesity. For a 10-pound cat is like eating almost three full choco- lates bars! Table scraps are basically empty calories killing fats and cats and dogs. They need precisely balanced nutrition

ATTIVITIES: All guests must be accompanied by a resident in the Clubhouse and guests will be charged $5.00 per session for attend- ance at all structured activities. A paid receipt must be obtained from the Concierge desk for admittance.

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

PAINTING & DRAWING
* Painting calls All artists! Work together with your neighbors in the art room at the Clubhouse every Friday at 10:00am and Wednesday at 1:30pm Artists working in oils, acrylics, pastels and watercolor...Let’s get together and “kick-it” around! Newcomers and experi- enced artists are invited to come and share ideas, experiences and talent! Volunteer instructor Shlomit Westen will be joining us.

READING ROUNDUP
Meet each Sunday in the Regency Room at 1:00pm and Friday night at 7:00pm. If you need a partner please call Barbara Hacker 609-655-2838, Charlotte Futterman 665-8270.

*EXERCISE CLASSES
Exercise Mon., Wed., and Fri., from 10:00am - 12:00pm in the Regency room. All classes are on the video tape “In Sync with Cindy.” This video stresses flexibility, balance and strength for all muscles. Tuesday “Exercise with Mary” in the Party Room from 10:00am-11:15am. Exercise your way to an ideal weight. Any music tape designed and led by our volunteer Mary.

Thursday mornings in the Regency Room from 10:00am-11:45am, enjoy a Chair Exercise class weekly. Exercise to a training tape. Questions please call Jannette 665-2275 or 665-8270.

*EVENING BOOK CLUB
Do you enjoy reading books about interesting people who live in different parts of the world? Do you want to share information about how these books relate to your own life? If so, please join us at 7:30pm on the 3rd Thursday of the month at the Concor- dia Clubhouse. The books we choose are available in the Monroe Libraries, in a local books store, or you may purchase through the internet. Check with your friends; they may have the books. Please read the books before the first of the month in order to partici- pate in the meeting Thursday, November 21 “Resistance” by Anita Droeze, December 10 “Silver Spar- row” by Tayot Jones. Any ques- tions please call Eileen Marcus 609-9022.

LIFE’S CHALLENGES
This discussion group will meet once a month on the 2nd Tuesday of the month in the Clubhouse led by Bernice Meyer. This group will discuss all issues that make life a challenge. Some issues in- volve a spouse, in-laws, children or even friends. There is no charge or admission to this group and help each other face an ever changing world in which we live.

*THANK YOUR CALENDAR
SAVE THE DATE!
UPCOMING CLUBHOUSE FUNCTIONS
January 18 Chinese Buffett & Movie
February 2 Super Bowl Party
March 15 Movie Night

THE CONCILIATOR
NOVEMBER 2013 — PAGE 29
A Model of a Man

(Continued from page 1)

graduation.

Norman always had a hobby of making models. They ranged from airplanes to ships, trains, houses and anything that might have some aesthetic appeal or just a curiosity for what makes it tick. It came about that one of the architects that he worked with suggested that he go into business as an architectural model maker. What could be better than being paid for something you enjoy.

His career took off and with time he was well known. He and his staff made models of buildings, housing, churches, development, schools, and hotels in all parts of the world, such as the new Military Academy in Saudi Arabia and a new City of Tehran designed at the request of the Shah of Iran. Product models of Corningware, computers, radios, clocks, ships and rail cars as well as cosmetic containers were not unusual projects during their design stage.

During his long marriage to beloved Sonia, “Sugar,” had known each other for many years. When they were in high school they were so close other students thought they were sister and brother. Their union was blessed with the birth of four children. Sadly, their son Kim passed away at the age of 35. His son Shaw lives in Alameda, N.Y. and his daughter Meg lives on Long Island. His two surviving sons have their own Architectural firms and his daughter is a landscape designer. He has eight grandchildren, one of whom married recently. Norman is hoping to become a great grandfather soon.

Sonia and Norman were fortunate to enjoy 65 years of marriage until Sonia’s death in January of 2013.

(Continued from page 2)

Norman Briskman created a business from his passion building models of all kinds. Here, shown years ago, he is at his drafting table working. His finished model is the famous Pan Am building on display in New York.

Photos by Ray Kaufman

Monroe Township Library Events for November

Fall International Film Festival sponsored by The Friends

Open Air Night

6:30-8:30 p.m., Wednesday, November 6. All ages invited to share talents in a no pressure, family-friendly environment. Program is open to musicians, poets, stand-up, and artists of all levels. Call the Library or email Tyler at trousersau@monroetwplibrary.org to reserve a time slot.

Fall International Film Festival

2 p.m. and 6:30 p.m., Thursday, November 7. The Sapphires, a 2012 Australian comedy drama based on a true story will be screened. Film shown with English subtitles. Tickets are $1 and available at Circulation.

Digital Memories Fundraiser

12-3 p.m., Saturday, November 9. Do you have VHS tapes, 8 or 16 mm movies, photos, slides, or photo albums that you would like converted to DVD? Innovative Document Imaging LLP will be on hand to help preserve your memories. Conversion will be completed in time for holiday gift-giving. For more information and pricing, visit the Library. Proceeds benefit the Monroe Township Library Foundation. Registration is not required.

Sixth Annual Susi Silber Lecture

“The U.S. and China in Cyberspace: Competition and Cooperation?” Presented by Adam Segal, Senior Fellow for China Studies. Council on Foreign Relations. 1 p.m., Tuesday, November 12 at the Senior Center.

Impacting not only government, but also corporations and private citizens, there is a growing concern about where it is possible to secure the cyberspace and critical infrastructure on which we depend. Adam Segal will discuss trends and policy challenges facing the United States and China. Missed the first two parts of this lecture series? Visit the Library’s Welcome Desk and Senior Center Lobby for copies of the other lectures.

Slaves

2 p.m., Wednesday, November 13. The Library is proud to present a film series featuring resources from the Bridging Cultures: Muslim Journeys bookshelf collection received through the National Endowment for the Humanities. This documentary recounts the true story of an African Muslim prince who was captured and sold into slavery in the American South. Free tickets available at the Library’s Welcome Desk and Senior Center. Screening Tuesday, October 15.

Muslim Journeys Film Series: Prince among Slaves

10 a.m.-4 p.m., Saturday, November 16. Purchase gently used books at bargain prices. Proceeds benefit the Friends of the Library.

Create It with Theresa Holmquist will be discussed. $5. Register by Wednesday, November 19. The Unit by Ninni Holmquist will be screened. Film based on a true story. $5. Register by Wednesday, November 19. Friends Holiday Book Sale

10 a.m.-4 p.m., Saturday, November 16. Purchase gently used books at bargain prices. Proceeds benefit the Friends of the Library.

Library Board Meeting

6:30 p.m., Monday, November 18. Board of Trustees meeting. Community members are invited to attend.

Susan G. Komen Race for the Cure 2014

Saturday, November 22.

The Holiday Season

(Continued from page 52)

Walking on Concordia Streets

Please walk FACING TRAFFIC not with traffic. Seeing oncoming vehicles is important.

About you look, but are also comfortable to wear. For men, a tie presents a masculine, intelligent, artistic, energetic man. WCCO and Concordia are lucky to have a model man amongst us.

Norman still maintains his interest in architecture through his sons and chairmanship of the Architectural Review Committee. At 87 years of age Norman Briskman is still a vibrant, attractive, intelligent, artistic, energetic man. WCCO and Concordia are lucky to have a model man amongst us.

about how you look, but are also comfortable to wear. For men, a tie presents a masculine, intelligent, artistic, energetic man. WCCO and Concordia are lucky to have a model man amongst us.

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<tr>
<td>Walkers 9:00-10:00</td>
<td>Jewish War Vets (Gen. Mtg.) 9:00-11:00</td>
<td>Welcome Coffee &amp; Conversation 12:45</td>
<td>Free Movie 2:00</td>
<td>Free Movie 7:00</td>
<td>Daylight Saving Time Ends</td>
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<td>WCOC Ch. 3</td>
<td>10am-10:00pm Every day</td>
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<td>Free Movie 7:00</td>
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<td>Movie Night 7:30</td>
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<td>Walkers 9:00-10:00</td>
<td>Women’s Discussion Group 11:00-12:00</td>
<td>Extra Cards 7:00</td>
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**VETERAN’S DAY**

**DESK OPEN**

**DESK CLOSED UNTIL 4:30**

**RECYCLE/NEWSPAPER**

**RECYCLE/COMMINGLED**

**GARBAGE PICKUP**

**AQUACIZE DAY/ EVENING**

Monday-Friday 11 am. Water exercise, indoor pool Tuesday evening aquacize 6:30 pm.

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<td>Walkers 9:00-10:00</td>
<td>Exercise Class 10:00-11:15</td>
<td>Table Tennis 10:00-12:00</td>
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**HAPPY THANKSGIVING**

**HANUKKAH**

**CLUBHOUSE CLOSED**

**HAPPY HANUKKAH**

**HANUKKAH EVE**

**CLUBHOUSE CLOSED**

**HAPPY HANUKKAH**

**CLUBHOUSE CLOSED**

**GARBAGE PICKUP**

**GARBAGE PICKUP**

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