

The Clearbrook Courier



At last month's CCA Annual Election, five directors were elected to the Board of Directors and officers of the Board were named. Above, seated, are CCA Vice President Kathy McLaughlin, Director Irene Belinsky, President Beverly Eskra, and Director Mario Petro. Standing from left are Treasurer Tom Krieger, Secretary Bernice Fitzgerald, Directors Stephen Holzinger, Steve Charney and Dwight Hathaway.
Photo by Ed Hornichter

The CCA President's Report

By Beverly Eskra

The elections for CCA Board Directors are over and Kathy, Steve and I would like to thank you for your support in reelecting us to continue to serve this community. We are overwhelmed by your confidence in our ability. We also would like to welcome Maria Petro and Irene Belinsky to board director positions and I know that they will do their utmost in providing you and this board with their very best.

This year promises to be an exciting one since we will be continuing our joint meetings with the Presidents Council, CCA Board and Administration in order to bring about unity and collaboration. September's meeting will feature Paul Santoriello, President, and Paul Wojciechowski, Regional Vice President, of Taylor Management. Our community is growing and prospering! We intend to engage the very best to help our Section Boards make the most effective decisions to preserve and enhance the value of our community and this upcoming meeting will prove to be beneficial for all.

However, we cannot have a successful board/community on our own. We need involvement from our residents. We need collaboration from our residents so that we can work together to

be able to function at our optimal best! Recently, a prominent resident of our community reached out to me and asked if he could be part of our budget committee and I informed him that I would bring it to our board and when I did, he was welcomed unanimously. We look forward to a great working relationship.

We are also adding more speed humps to our community to slow down the speeders and will be adding some additional deterrents so that the need to slow down is uppermost in their minds. LMS will be installing them and we know that it will benefit our community. Your safety is our top priority.

We have just begun; we are at the beginning stages of positive change. We need to continue to work together to keep open communication and encourage each other to work towards common goals. You can do this by attending our workshops and our open board meetings, by joining committees and volunteering. Take positive action by sharing your ideas and working with us to help keep Clearbrook strong!

Until next month, remember if you do your very best you will never have to worry about failure!

New Horizon's Collage Class



At the Collage Class

By Laurie Schwartzer

Artists, both beginner and experienced, joined Laurie Schwartzer's collage class on July 18 through New Horizons, a Clearbrook group that raises money for worthy charities and provides interesting experiences for members.

After giving a brief history of collage as an art form, Laurie gave a hands-on experience to those present. Using materials brought from members' homes, as well as those provided by the facilitator,

each member made a beautiful and unique collage.

There will be another workshop in the fall; date to be determined.

Laurie also teaches acrylic painting, twice monthly, as an ongoing New Horizon activity.

New Horizons membership has reached 75 people.

The last general meeting was on July 20 during which Pam Frank lead a lovely Meditation during which we all relaxed.

(Continued on page 2)



CCA Past President Retires after Nine Years



CCA Director and past President Paul Handwerk, after his nine years of implacable service to the Clearbrook community, decided he would not run for reelection this year. Over the years, Mr. Handwerk advised and helped many Clearbrook residents. At the recent CCA Election, he was recognized by all CCA members. Above, Mr. Handwerk holds a commemorative plaque of appreciation. With him are, from left, CCA President Beverly Eskra and General Manager Donna Galindo.
Photo by Ed Hornichter

Nurse's Notes:

Fall Is Coming! Let's Keep It a Season and Not an Event

By Bari Siegel, Lisa DiGiovanni, EdD, MSN, RN, MEDSURG-BC, CHSE



According to the Centers for Disease Control and Prevention (CDC), approximately 36 million older Americans report having fallen every year. While three million of those injuries result in visits to the emergency department, unfortunately 32,000 people die each year from injuries sustained in a fall.

With some effort and commitment, there are several actions you can take to prevent injuries from falling.

Check your senses: If your hearing and eyesight aren't as good as they used to be, make sure you have your eyes and ears checked. You may need to wear your prescribed glasses and/or hearing aids. These tools can help you see and hear hazards that could cause a fall.

Chronic health conditions: If you suffer from heart disease or diabetes, or even nerve pain, these health concerns can cause balance issues. Talk with your healthcare provider about how you can avoid fall risks caused by your health conditions.

How are your feet? Sensible sturdy shoes can give you the best chance of moving around with stability. If your feet hurt for any reason, your balance and gait may be off. These challenges can certainly lead to falls. You may also want to consider using a cane or other assistive devices to help you get a stronger footing as you move around. Make sure you are instructed by a healthcare provider on the proper use of assistive devices.

Take your time: There are times when we want to move faster than our feet will take us. It's important to allow enough time to get your daily tasks done safely.

Are you taking medications? Some medications

may increase your risk of falling, such as heart medication, antidepressants, and pain medications. Discuss with your healthcare provider the need to stay on certain medications especially if the medicines interfere with your activities of daily living.

Get active! You may think that not engaging in physical activity is the best way to protect yourself from falling. This is not true. Discuss with your healthcare provider

about what type of activity is best for you to engage in, such as walking and water workouts. These activities will make you physically stronger, improve your balance and coordination skills. If you need some extra help with your movement, discuss with your healthcare provider about prescribing physical therapy to get you to stay strong so you can live life to the fullest and continue to enjoy your independence.

New Horizon's Collage Class



(Continued from page 1)

Future plans involve the Lunch Bunch scheduled for Sept. 20, details to be announced. Save the date.

Barbara Wellen will be leading a new knitting group, details to be announced.

The group "Movies of Social Significance" will show the film, *Dark Waters*, on

Thursday, September 7 at 1 p.m. in the Clubhouse Ballroom, followed by a short discussion. Please call Ida Conde with any questions, 201-786-3785.

September 21 will be the next general meeting at 1 p.m. Laurie Schwartzer, LCSW, practicing psychotherapist, will be leading a discussion in healthy selfishness, or self-care. Some members volunteered to enact scenarios in a role-playing demonstration.

The Book Group is reading the *Vanishing Half*. Future books include *The Shape Shifter*, *Mad Honey* and *Midnight Library*.

The short story group is reading an anthology by Jeffrey Archer.

Beginner acrylic painting will continue on September 7 with some new members joining and anyone is welcome even if you've never held a paint brush. Call Laurie Schwartzer to register and for info 516-353-7652.

Call Susan Brim at 609-664-2665 for information about New Horizon membership or Michelle Hoff at 848-250-4834 about New Horizon activities. Call Laurie Schwartzer at 516-353-7652 to learn more about her art classes.

— Lifestyle Happenings —

By Krystal Graves
Lifestyle Director

Summer might be winding down but Lifestyle has so many amazing things planned for the fall and winter so get ready because next up is our First Annual Arts & Crafts Show! Art Appreciation will be displaying original art work in our beautiful ballroom, while harpist Elaine Christy plays in the lobby. After you wander through the ballroom, please check out all of our other Clearbrook arts and crafts clubs throughout the Clubhouse. Woodworkers, stained glass, fiber arts, ceramics and diamond art will have their workshops open for observation from 4-8 p.m.. Refreshments and punch will be served in Lounge A Café.

There are far too many details to mention in the "happenings" area of this article but to highlight a few, please keep an eye out for

ticket sales and sign-ups for New York City Lights Tour, Pumpkin Succulent Making Class sponsored by The Gardens at Monroe, Bingo for prizes, Trunk to Treasure with food truck Zinna's, our Haunted Halloween Dance with band *Let's Be Frank*, Dancing with the Clearbrook Stars: Broadway and our New Year's Eve Gatsby Extravaganza! I can't reveal all my secrets but I can say, New Year's is going to be one incredible night of entertainment and fun!

Free events that are open to both residents and their guests are our monthly movies. September brings us a mid-2000's classic, *Waitress*. BrightStar Care and The Elms are kindly providing refreshments for the September 13 showing of the movie at 1 p.m. in the Clubhouse Ballroom. Come enjoy some goodies and watch a good movie!

Technology Enhancements Promote Public Safety in Monroe Township

Monroe Police Adds "Modern License Plate Readers" to Prevent Crime

Monroe Township has continually had the well-earned distinction of being among the safest towns in New Jersey, with one of the lowest crime rates.

One key reason is the township's commitment to technology. Now, patrol officers have more tools at their disposal, as well as new ways to share critical information with partners in Middlesex County and state authorities.

This summer, 26 patrol cruisers were installed with in-car camera systems and automated license plate readers. This high-speed, computer-controlled technology automatically captures license plate numbers, and reviews them in real-time with state and regional databases.

The police department has also purchased 10 stationary cameras, which will be placed at different locations around the township to read license plates and inform the police of stolen cars, active warrants, and missing persons as they enter town or circulate within.

The importance of this license plate technology for Monroe residents:

- According to the International Association of Chiefs

of Police, upwards of 70% of crime involves using a vehicle. In many cases, a license plate number is the best piece of evidence law enforcement can use to make an arrest.

- Stolen vehicles are often used to commit additional crimes. Alerting Monroe police when a stolen vehicle or known suspect enters a community can prevent crime before it happens.

- As part of this latest upgrade to protect the public, the police department also has 72 body-worn cameras and associated equipment, as well as 72 non-lethal tasers with associated equipment, training tools and equipment.

"It comforts me to know that this state-of-the-art public safety equipment is being implemented in the best interest of the residents of Monroe," Mayor Stephen Dalina said. "This is an important safety investment in our ongoing efforts to improve our equipment and technology, enhance crime prevention efforts and provide a stronger link with County and State law enforcement."

Monroe Police Chief Michael J. Biennas said the newly installed equipment is designed to enhance his offi-

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The Clearbrook Courier

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Editor/Publisher.....Cecilia M. Downey

The Clearbrook Courier is a monthly periodical published for the residents of Clearbrook, Monroe Township, NJ.

All material for publication should be submitted on or before the 16th of the month prior to publication month to:

The Clearbrook Courier, P.O. Box 70, Millstone Twp., N.J. 08510

EMAIL TO: pescmd1@gmail.com

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CCA Open Board Meetings for 2023

All Open Board Meetings are at 7:00 p.m.

Wednesday, September 27 Clubhouse Ballroom

Wednesday, October 25 Clubhouse Ballroom

Wednesday, November 22 Clubhouse Ballroom

No Meeting in December

Work Sessions take place the second Tuesday of the month. All meetings are subject to cancellation.



Clearbrook Veteran's Group monthly Saturday morning breakfast held at Town Diner was a great success. The main topic of discussion was our up-coming picnic, to be held at Thompson Park on September 24. Another highlight of the morning was a "Card Of Appreciation" was awarded to SGM (ret) Myles Cappello for his many years of military service, and for forming our Veterans Group. Myles is seen in the top photo standing in the back holding his card which was signed by all Veteran attendees. It reads: "HERE IS TO A GREAT SOLDIER, US ARMY SPECIAL FORCES SGM MYLES CAPPIELLO, FROM CLEARBROOK VETERAN'S GROUP." Photo by Ed Hornichter



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Veterans Group Seeks New Members

By Ed Hornichter

The newly formed Veterans Group of Clearbrook is seeking new members. Future activities such as breakfasts, picnics and barbecues are already in motion. The group already has about 75 members, and is growing.

For further information, contact Roland Jopling. His

number is 201-693-1483.

Wall of Fame

Veterans, please submit a photo of yourself in uniform to the Lifestyle Department. It will be posted in the lobby for Veteran's Day and will be added to our Wall of Fame.

You only have to submit a photo one time. Those who previously sent in a photo do not have to submit again.

Did You Know?? Coming Soon...



- Sign-up on September 1st for New York City Lights Tour!
- End of Summer Pool Party, Clubhouse Pool 7P on September 2nd
- Arts & Crafts Fair, Clubhouse 4-8P on September 6th
- Grandparents' Day movie & more, Clubhouse on September 10th
- Movie: Waitress on September 13th and 16th
- Grumpy Old Men: The Musical on September 19th
- Mets vs. Phillies Game w/ Rossmoor on September 21st
- Pumpkin Succulent Making, 6:30P on September 29th
- Bingo for prizes, Cultural Center on September 30th
- Murder Mystery Dinner, Cultural Center on October 5th
- Free Hearing Screenings, Conference Room on October 10th
- Monroe Township Electronic Shredding, October 12th
- Bracelet Making Class, October 17th and 19th

Pianist and Singers Wanted for Tree Lighting Ceremony

By Pam Vergolino

Clearbrook is in search of pianists and singers who'd like to be a part of our community's Annual Tree Lighting Ceremony, to be held December 1. We would like to begin practice sometime in October. If interested, please email: pverg1108@aol.com with your name, and phone number.



COMING THIS FALL!

THE TOXIC AVENGER

"The Toxic Avenger" is a charming love story and laugh-out-loud musical that has it all: an unlikely hero, his beautiful girlfriend, a corrupt New Jersey mayor and two guys who play... well, everyone else ... bullies, mobsters, old ladies and stiletto-wearing back up singers.
Book and lyrics by Joe DiPietro and music and lyrics by David Bryan
October 13 - 29, 2023

THE NICETIES

Two extraordinary women square off in a high-stakes academic debate over race, reputation and who gets the final word on American history is written.
A play by Eleanor Burgess
November 11 - 19, 2023


A CHRISTMAS CAROL

Charles Dickens' immortal classic returns to the Playhouse 22 stage featuring Ebenezer Scrooge, Jacob Marley, three unforgettable spirits and a boy named Tiny Tim.
December 8 - 17, 2023

Visit Playhouse22.org for more information

Tickets must be purchased at
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Clubs and Groups

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Art Appreciation Club

By Alberta Mandelblatt
 Calling All Clearbrook Artists

On Wednesday, Sept 6, from 4-8 p.m., Clearbrook will hold an Arts and Crafts Fair with many groups contributing their work. The Art Appreciation Club will have its annual Art Exhibit at that time.

We invite all Clearbrook artists to participate. If you have original painting, sculpture or photography please join us as an exhibitor. Please call one of the following people to get details and register:

Hedy-(609)409-1632, Evie-(732)928-0891, Loretta-(609) 235-9867.

We look forward to seeing all of our artists and art lov-

ers on this special afternoon. All residents and their guests are welcome. The Lifestyle Department will be providing refreshments in Lounge A.

Computer Group

By Hal Wexler

Between August 5 and 10, the annual Black Hat Conference was held in Las Vegas. It brought together hackers, researchers and professional testers from all over the world, eager to share their latest discoveries. Every summer they brave the broiling heat for the opportunity to wow their colleagues by showcasing the software vulnerabilities they've discovered or new protection techniques they've invented. If you go back far enough, you'll find that Black Hat used to be more countercul-

ture than it is at present. It was frequented mostly by hackers and other types of cyber-bullies. You might occasionally have found a federal agent in a wig with a false nose trying to get in. However, today the FBI, CIA, NSA, and DHS all staff recruiting booths in the Exposition Hall, and keynote speeches by government officials are common. One of the biggest security issues on the agenda was the ongoing war in Ukraine, which is being waged as much in the information sphere as it is on the ground. How Ukraine prepared for cyber-attacks and what anyone must do to prepare for future conflicts was discussed. The government just released supporting documents for its National Cyber Workforce and Education Strategy. It's an ambitious plan to equip everyone with basic cyber skills.

Microsoft's Edge browser is a privacy-focused web browser that is built on top of the same engine that powers Google's Chrome browser.

(Continued on page 5)

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Public Safety

(Continued from page 2)

cers' ability to apprehend criminals, prevent crime, provide corroborating evidence and ensure transparency.

"It also saves valuable time in processing vital police operations and allows for seamless communications with State and County authorities with whom we frequently collaborate," the police chief added.

Under the 10-year program, in-car cameras and tasers will be replaced every five years for a total of 78 cameras and 216 tasers over the life of the agreement. Body worn cameras and charging docks also will be replaced every 2.5 years for a total of 360 cameras and 45 docks.

Biennas emphasized the need to plan for and replace vital equipment on a routine basis. "When it comes to the safety of our residents, we cannot rely on equipment that is past its prime," the chief said. "The 10-year program is forward thinking, anticipates the changing dynamics of police operations, and provides necessary equipment updates."

The Monroe Township Police Department comprises 67 sworn officers. The department consists of a detective bureau, a juvenile/youth services bureau, a domestic unit, a traffic safety bureau and has an officer assigned to senior citizen crime prevention.

"On behalf of the entire department, I would like to thank Mayor Dalina and Township Council members for once again investing in the safety and security of our police force and all Monroe Township residents," Biennas said.

Computer Group

(Continued from page 4)

This means that Edge is effectively Chrome, with the same speed, same compatibility, and the same features. However, Microsoft has included additional features of their own such as easy to use privacy and tracking protections and AI (Artificial Intelligence) text and Graphics capability using the Bing search engine. It's very easy to switch to Microsoft Edge from Chrome. Open Chrome and click the Menu icon (⋮) in the top right corner of the browser window. Navigate to the Favorites link in the menu that appears, and from the sub-menu that pops out click Import. This will display the Import browser data dialog that allows you to choose those things you want such as favorites, saved passwords, addresses, payment card information, browser history, start page and other settings. Although the switch from Chrome to Edge was discussed it is possible to make the switch from other browsers.

I recently came across information about "Percontation" in Microsoft Word. Like me, most of you probably never knew it existed. Percontation is the use of a reverse question mark (⁉) used to denote irony, sarcasm and a rhetorical question. It's something for you real writers out there.

The Boomers Club

By Frank Casey and Steve Rudin

There are tickets still available for our 50-50 Derby Event on Saturday, September 9 at 7 pm in the Cultural Center. This event is open to all Clearbrook residents and guests. The doors open at 6:30 pm. We'll be serving up an assortment of sub sandwiches, chips, macaroni salad, dessert and coffee. This is a BYOB (please no hard liquor) event. Tickets for this event are \$20 pp members and \$25 pp for non-members and guests. A resident ID and a list of the names you're getting tickets for will be required at the time of your ticket purchase. Please visit our website, www.boomersofclearbrook.com for more information.

Just when you think October can't get any creepier, The Boomers Club will be hosting a Zombie Apocalypse dinner dance on Saturday, October 14 at 7 pm in the Cultural Center. This event is open to ALL Clearbrook residents, their friends and family. Doors open at 6:30 pm. Feel free to dress for the occasion. The Boomers will be setting up a mystery hot buffet, and will be serving dessert and coffee. This is a BYOB (please no hard liquor) event. We'll be selling 50-50 and will have lots of door prizes. Ticket prices for this event are just \$25 pp members and \$30 pp for non-members and

guests. Tickets for this event will go on sale Tuesday, September 26. The room location will be posted to our website.

The Boomer's Club is the place to be if you're looking to meet people, make new friends, and forge lasting friendships. For information about what we've got going on for future events please visit our website at www.boomersofclearbrook.com

For information about joining the Boomer's Club, or upcoming event information please contact our club President Frank Casey at fcasey69@hotmail.com or our Vice President Steve Rudin at srud58@outlook.com

Italian American Club

By Medele De Filippo

Ciao amici. Spero che state bene. Hi everyone. I hope you are doing well.

On Tuesday evening, July 25, we held our monthly meeting at the Cultural Center. Present were the

officers of the club, President Tim Casatelli, Vice President Marie Schiumo, Treasurer Betty Colgate, Secretary Medele De Filippo and Director Marie Service. Tim asked us to stand and pledge to our flag. He then called on Betty to bring us up-to-date on the club's expenditures and bank balance. Medele followed with the reading of the minutes of our May meeting and June luncheon, and announced the names of those members celebrating birthdays and anniversaries in the month of July. Congrats to all! In A/C Trip Coordinator JoAnn Rago's absence, Marie Schiumo reported on the success of our July bus trip to Atlantic City. She mentioned that at our August meeting tickets for our September 26 pizza party will be available for \$2 each. You may bring the drink of your choice, wine and beer accepted, but no hard liquor please. We do not send out a robo call for our pizza party because your ticket

will be your reminder. This party is for members only and tickets must be shown as you enter. We are sorry but no additional tickets will be sold at the door.

There being no further business, we were introduced to our entertainer of the night, John Reinhart, who is the Director of Superstar Karaoke, has his own band, City Lights Enterprises, and is also a resident of Clearbrook. We

sang along with John to many popular and favorite songs of the past and he was joined at the mic by some of our talented club members who received a big round of applause. John has a strong singing voice and the room was lively and enthusiastic throughout John's performance as we were enjoying our refreshments. We welcome him to visit again in the not-too-distant future.

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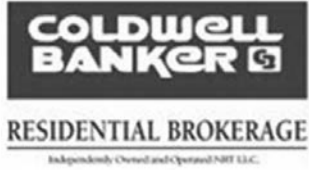


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Happy Labor Day!
Let's Welcome Autumn



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The Democratic Club held a get together last month at Perkins Restaurant.

Photo by Ed Hornichter

Italian American Club

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Marie Schiumo then announced that Tim would start calling the 50/50 ticket numbers. After calling the winning numbers, it was time to pick the winning ticket number for the lovely gift basket which had been beautifully arranged and donated by Tim's wife, Bernice. After all ticket numbers were called, the meeting was concluded shortly thereafter.

Happy Birthday wishes in September (birthstone: Sapphire) (flower: Aster) to: Ann Brundage, Carolyn Bukowski, Tim Casatelli, Betty Colgate, Medele De Filippo, Barbara Delaney, Nancy Edgerton, Patti Feeney, Alvera Gossel, Roland Jopling, Seymour Liss, Cathi Mazzarella, Joseph Mazzola, Joan O'Connor, Lucille Panos, Charlie Perez, Victoria Ruffino, Patricia Russoniello, Joseph Sferazza, Hector Soto, Diane Stecher, Mark Tornheim, Madeleine Torrisi, Joan Weistreich

Happy Anniversary wishes in September to: Tina and Alan Balaban, Gail and Michael Cetta, Patricia and Andrew Czerwinski, Diane and Rich Davis, Debbie and John Vollaro.

Mark Your Calendar: Our next meeting will be our Pizza Party and will be held on Tuesday, September 26, at 6:00 p.m. in the Cultural Center. This yearly event is for paid members only. Please note that all tickets have already been sold and you must show your paid ticket in order to be admitted. This is a BYOB meeting, no hard liquor please. Water will be available on each table. We are sorry that we cannot accept additional requests for tickets on this night.

Trips: Monday, September 11, to the Resorts Casino in Atlantic City. Please call A/C Trip Coordinator, JoAnne Rago (609-655-4482) if you wish to join us for the day. You are always welcome and so are your friends. We play games on the bus and watch a movie on the trip home. And you might have "Slots of Fun."

Interested in Joining? We always welcome new members. If you are interested in joining, please call Vice President Marie Schiumo (609-409-9931). Everyone in Clearbrook is invited to join and to be a part of our membership.

Before signing off, let me leave you with this. **A sign at the Senior Center: "I'm not 60 something, I'm 59.95 plus shipping and**

handling."

Happy Labor Day and Happy Grandparents Day. And to everyone who celebrates Rosh Hashanah, Happy New Year to you. On September 11, Patriot Day, we will memorialize those who tragically lost their lives on that day, and who will never be forgotten. May this country remain in peace.

Arrivederci, buona salute a tutti. So long and good health to everyone.

"Rack 'Em Up" Billiard Club

By Pat Castrucci



Secretary of Billiard Club

Summer is nearing an end. The Clearbrook pools will soon close.

Billiards continues to be very active and Monday nights are always a success. Ladies are looking forward to persuading our female members and newbies to join us on Thursday nights at 7 pm. A little competition is always fun. Billiards is not only a competitive sport but also a popular recreational activity. Whether played in pool halls, bars, or even in the comfort of one's own home, billiards provides entertainment and a social atmosphere for enthusiasts.

Looking forward to our next meeting on September 6 at 7 pm in the Multipurpose Room. A reminder, the First Annual Arts & Crafts show will be held throughout the rest of the Clubhouse that evening.

We are also looking forward to upcoming tournaments and again asking for seasoned members who are familiar with the rules to help judge. As always, our judges come forward to volunteer quickly- Thank you.

A Little Trivia

Efren Manalang Reyes OLD
Efren Manalang Reyes

(Continued on page 7)




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Subscribe to The Sports Time Traveler™ at:
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In September and October, we will be covering the 1973 New York Mets iconic "Ya Gotta Believe" run to the pennant

DO YOU HAVE ANY OF THESE SYMPTOMS?

- ✓ Numbness
- ✓ Pain when you walk
- ✓ Sharp, electrical-like pain
- ✓ Burning or tingling
- ✓ Difficulty sleeping from leg or foot discomfort
- ✓ Muscle weakness
- ✓ Sensitivity to touch



YOU MAY HAVE PERIPHERAL NEUROPATHY

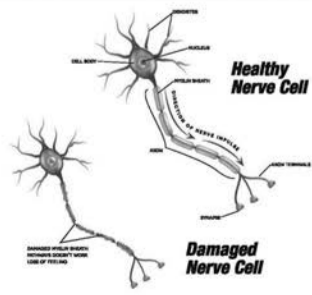
Peripheral Neuropathy is a condition that affects millions of Americans, commonly resulting in pain, tingling, numbness, and other painful symptoms in the hands, legs and feet. This pain changes your life and affects how you work, how you play and how you live.

NEW FDA-CLEARED TREATMENTS PROVIDE HOPE

AllCure Spine and Sports Medicine is pleased to announce their new program for treating Peripheral Neuropathy, which includes a combination of advanced FDA-cleared treatments with breakthrough technology that aids in healing the damaged nerves. The effects of this program can be felt on the first few visits. This treatment restores, stabilizes, and rebuilds the nerves in your extremities. Treatment has also been effective in addressing painful symptoms of arthritis, MS, and other forms of chronic pain. Patients generally feel relief physically throughout the treatment period and even feel better emotionally after experiencing a reduction in pain.

HOW DO YOU KNOW IF YOU HAVE NERVE DAMAGE?

Peripheral neuropathy is the consequence of damage to your peripheral nerves. There are over 100 different kinds of peripheral nerve disorders or neuropathies – some are the result of a disease like diabetes, while others can be triggered by a viral infection. Still others are the result of an injury or compression on the nerves. No matter where the problems begin, it is imperative nerve disorders are resolved as soon as possible to prevent permanent damage. Many people suffer with pain for years, not realizing that their symptoms may be due to Peripheral Neuropathy. Symptoms start gradually, then get worse, including numbness, burning or tingling sensations and sharp, electrical-like pain. Treatment options have been limited to a small assortment of pain medications, which can lead to further issues. Ignoring the problem or masking the symptoms has never been a viable solution. If you suffer from any of the aforementioned symptoms, we can help.




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Damaged Nerve Cell

CBD OIL TREATMENTS NOW AVAILABLE!

CBD oils have shown successful results treating patients with inflammation, muscle, joint, and nerve related pains. CBD is especially promising due to its lack of intoxicating side effects like other pain medications. The AllCure team will incorporate CBD treatments into your rehabilitation program, maximizing patient results. Please call us today and we will be happy to answer any questions!



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The Indian-American Culture Club of Clearbrook recently celebrated India's 77 years of independence from the United Kingdom. If you would like to join this group, you may contact President Vejay Kapur at 201-982-4461. Photos by Ed Hornichter

Billiard Club

(Continued from page 6)
OLD PLH (born August 26, 1954), popularly known by the nicknames "Bata" (English: "Kid") and "The Magician", is a Filipino professional pool player, who is widely regarded as the greatest pool player of all time. In 2003 he was inducted into the Billiard Congress of America's Hall of Fame.

The game of billiards requires a solid understanding of angles and geometry. Due to the nature of the game, players must have a good grasp of angles and geometry to accurately predict and calculate the path of the balls. This knowledge helps in planning shots and executing strategies effectively.

SHARE A SMILE
Someone to Aspire to




IT'S TIME TO TAKE THE NEXT STEP WITH A KNEE REPLACEMENT

When you know what to expect, you can move forward with confidence.

If you've considered knee replacement surgery, but have concerns about taking the next step, let us ease your mind. At Penn Medicine Princeton Medical Center, we provide comprehensive education, so you'll know exactly what to expect before, during and after surgery, including safe, effective pain management. The expert surgeons at our Center for Joint Replacement offer multiple treatment options, including minimally invasive procedures. Together, we'll work to choose the best treatment for your unique needs. All this and more – backed by the strength of Penn Medicine. **Learn more at PrincetonHCS.org/JointReplacement.**

Center for Joint Replacement



RELIGIOUS ORGANIZATIONS

Jewish Congregation of Clearbrook

By Michael Katz

Shannah Tovah Umitkah. Wishing you a "Good and Sweet Year". This is a traditional greeting for Rosh Hashannah the Jewish New Year. This new year begins on the evening of September 15 and ends on Yom Kippur which begins on the eve of September 24 and ends on the evening of September 25.

New Year celebrations in most cultures are boisterous times but Rosh Hashannah is a solemn time but not sad. It is a time to reflect one's life and how one acted during the year. What are you proud

of and what are you sorry about. What are things you had wished you had done and what did you do that you wish you hadn't done. Rosh Hashannah is like a wake-up call to reflect on your intentions, your priorities and your commitments.

Yom Kippur, the Day of Atonement, has more to do with actually making amends. Fixing something that has been broken by you. A person cannot expect to sin and be forgiven by G-D. That is between you and the other person you have wronged or between you and G-D. Remember a person

has to forgive, atone and repent. Volumes have been written about the High Holy days; however, it is the theme that it really boils down to. To be the best person you can be, to others, to yourself, and to G-d. *Shannah Tovah Umitukah.*

The JCC will be holding services led by Cantor Ron Sucher this year on Sept, 15, 16 and 17 and the evening of September 24. Monday, September 25 at 9:30 and at 7 p.m. which will end the New Year Services. Tickets for the services are still available and you can contact Michael Katz at 609-619-3762.

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Christian Fellowship

By Brenda A. Carpio

WELCOME BACK.

Our first meeting of the fall will be held on

Friday, September 15 at 1 PM in The Clubhouse, Lounge A & B.

New to Clearbrook ... been here for a while or a faithful member? Join us.

Questions? Call 609-235-9950 (leave a message).

Please bring your own sandwich or salad. Beverages and dessert will be served.

Psalm 34:3

O MAGNIFY THE LORD!
 LET US EXALT HIS NAME TOGETHER.

CLEARBROOK SPORTS

FORE!

By Susan Matiejunas

There would have been five tournaments to report this month, but we had a rare (for this year) washout. Actually, I was surprised August 16 wasn't cancelled. It was still pouring at six am and one golfer told me his rain gauge showed three inches overnight.

A reminder: you regular Clearbrook golfers don't need to be told to replace divots and repair golf marks on the greens. This is for those who occasionally forget. You regulars can help by reminding others to care for our course.

Another reminder: a golf cart is a vehicle (as is a bicycle). Vehicles belong on the

right hand side of the road. Not all golfers remember this when going to and from the course.

And now on to the good stuff, the weekly results: Oh. One other thought. I check your addition. Found one score that was two under the actual.

July 26: Mark Baff, Barbara Desiderio, Joe Servedio and Benson Situ shot the week's low score of 34. At 35 were Irwin Bailer, Barbara Camhi, Paul Henry, and Andy Kosco. Al Peller, Jim Pierson, Nanci Stone, and Ed Tauss were next at 36. They were followed by a tie at 37 by Harold Carlton, John Donohue, Dave Nailburg, and Libby Podber; and Gary Davis, Melody Henry, Bob Kaufman, and Ed Kopil.

August 2: Three groups tied at 33. They were Herman Bozenhardt, Andy Kosco, Nancy Lee, and Bob Tereshko; Paul Henry, Dave Nailburg, Libby Podber, and Dan Seltzer; and Betty Lou Carney, Peter Perperas, Jim Pierson, and Joe Servedio. Benson Situ, Fred and Nanci Stone, and Ed Swartz shot 34. Gary Davis, Barbara Desiderio, Ed Kopil, and Al Peller followed that with a 36. One over that were Mark Baff, Harold Carlton, John Donohue, and Nancy Haberman.

August 9: Paul Henry, John Jensen, Jim Pierson,

and Ed Tauss took the week's honors with a 32. Next at 34 were John Donohue, Melody Henry, Ed Kopil, and Dave Nailburg. There was a tie at even par by Mark Baff, Al Peller, Libby Podber, and Benson Situ; and Irwin Bailer, Bob Kaufmann, Joe Servedio, and Bob Tereshko. And another tie. This one at one over par by Herman Bozenhardt, Harold Carlton, Andy Kosco, Young Lee, and Jerry Totin; and Gary Davis, Vito Ponzio, and Fred and Nanci Stone.

August 16: Low score of the day and this month's results of 30 was shot by Gary Davis, John Lee, and Nancy and Young Lee. Nancy Haberman, John Jensen, and Dave Nailburg were next with a 31. There was a tie at 32 by Melody Henry, Benson Situ, and Ed Tauss; and Herman Bozenhardt, Betty Lou Carney, Andy Kosco, and Jim Pierson. Two groups tied at 34. They were Harold Carlton, Paul Henry, and Fred and Nanci Stone; and Mark Baff, Tim Casatelli, Barbara Desiderio, and John Donohue. Irwin Bailer, Ed Kopil, Al Peller, and Libby Podber shot 37.

That's it for this month. By the next column's writing, fall will be almost here with its crisp air and bright colors. Until then, keep swingin' and hit 'em long and straight.

The Clearbrook Courier's EMAIL ADDRESS IS
pescmd1@gmail.com

Section News

Section 1

By Marianne Gallagher

Finally feels like summer, huh? I've been remiss in many things because my laptop has been in the shop for more than a month but is finally back!

A few items from our recent open meeting (which had a nice showing in spite of my inability to send reminders – our telephone squad did a great job!)

- Vinyl siding – we are doing all the wooden buildings first. If you are in a wooden building, with no vinyl on any unit, you are at the top of the list. The project will take years to complete, so please be patient. Each year, the Capital Reserve Study dictates how much we will spend on siding, and we budget for that amount. Then we see which buildings will fit into those amounts. We do as many as possible and WE FOLLOW THE PROTOCOL EVERY TIME. There are no favorites!

- A word to those next up: When your building comes up, you will have the option to add insulation. This is NOT mandatory and will be at your expense. Also at your expense will be any additions to the original unit, sunrooms, vestibules, etc. If any original brick has been painted, either the paint must be removed or the unit will wait to be done; decision to be made after all others are completed.

- Water: if your garage floor is flooded by rain coming in from UNDER the garage door, please email me with your address. (Marianne.Gallagher9@gmail.com)

Painting will most likely have started before you read this. Please be sure all shrubs are far enough from the unit to allow access for the painters. Any other items (Planters, furniture, etc. should also be out of the way. Before painting, the contractor will power wash the units. Close your windows!

We are starting to budget for the replacement of all **original** bibcocks. To start, any buildings getting vinyl will automatically receive new ones, front and back. Many have already been replaced and we hope to finish the old ones as soon as possible in order to prevent leaks, inside and out.

In order to meet our Capital Reserve requirements, we will be cutting some corners in other areas. Trees and landscaping will likely take a hit, as will a few other projects. This is due to our upcoming roof replacement project which, due to hurricane Sandy and the pandemic, will cost considerably

more than anyone could have anticipated previously. We want to keep the maintenance fees as low as possible, but we do expect them to go up.

THE CENSUS RESPONSE IS STILL DELINQUENT! We MUST achieve a response of over 80% by law. This is to maintain our status as an over 55 community. If you have not returned yours, please do so ASAP. If you have trouble doing so, please reach out to me or any board member and we will be happy to assist. I have a list of those not returned. If you are unsure, please email me.

Enjoy what remains of the summer!

Section 2

By Barbara J. Turner

Greetings to all Section 2 residents!

It's hard to believe that we are entering the month of September and that summer is almost over. I'm sure most, if not all of us are looking forward to cooler weather.

We want to congratulate each of the newly elected and/or re-elected members of the CCA Board. We want to give a special shout out to our Section President, Kathy McLaughlin for being re-elected to the CCA Board as well as her new role as Vice President.

We are hoping that you attended the "Info Session on Unit Modifications, Permits & Inspections" that was held at the Clubhouse on August 28. This session was specifically designed to answer questions frequently asked by residents with respect to any modifications or upgrades they may want to make to their unit.

If you have not already done so, please take note of the upgrades to the areas surrounding six electrical boxes that have been cleared of overgrown foliage or have just generally been made more accessible should the need arise. The electrical boxes that were addressed are in front of the following units: 47A, 48C, 67A, 58A, 64A and 42A. The before and after photos of these upgrades will be available for review at our next open board meeting.

As a reminder, please do not approach any contractors who are working in the Section. It also must be reiterated that your neighbors and other residents are not a reliable source for any questions regarding the Section, the contractors, recent upgrades, upcoming upgrades or any general questions or concerns. Please contact Kathy McLaughlin or Bobby Jones with any questions or concerns. Alternatively, you may also ask any questions you may have at our open

board meetings. Our next open board meeting will be held on September 26 at 7 p.m. in rooms A&B at the Clubhouse. We will also be having an ice cream social after the meeting.

As a reminder to all residents and their guests, all pets must be on a leash when they are outside of your unit (no exception). There have also been a few reports of dog droppings not having been cleaned up. CCA Rules clearly state that all dog waste must be removed when walking a dog. This rule also applies to guests and their pets. No one should have to be concerned about waste being left behind by anyone else's pet.

Our newest residents are sister and brother, Catherine Hunt and David Kramer. They reside in Picea Plaza. Please make them feel welcome.

More people would learn from their mistakes if they weren't so busy denying them!

Section 3

Chatham Gardens

By Patricia Feeney

Many say this every year "where did the summer go?" Personally, I will be looking forward to autumn since I don't do well with high humidity. The Section has been dealing with the usual year-to-year items that include landscaping, concrete and roofs. We did go over our budget with landscaping since we had to have six trees cut

(Continued on page 10)

<p>You Will Leave Our Workshop With the Understanding of How:</p> <ul style="list-style-type: none"> • You can avoid your family fighting over money and possessions when you are gone. • You can protect your home and your savings from the devastating expense of a nursing home. • You can protect your hard-earned assets from your children's spouses. • You can protect your loved one with substance abuse issues. • You can avoid the common missteps by families raising children with challenges, disabilities, or special needs. <p>Now is the right time for you to get your affairs in order with an up-to-date Estate Plan!</p>	<p>Monroe Courtyard Marriott Cranbury South Brunswick 420 Forsgate Drive Tuesday, September 12th 10:00am 2:00pm 7:00pm</p> <p>Freehold Radisson 50 Gibson Place Wednesday, September 13th 10:00am 2:00pm 7:00pm</p> <p>Holmdel Bell Works 101 Crawfords Corner Road Thursday, September 14th 10:00am 2:00pm 7:00pm</p>
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You may register by calling our office at (732) 238-6000 or online at www.levinefurman.com/seminars.

Most attendees choose to make an appointment at the end of the presentation, so please bring your calendar with you.

Section News

Section 3

(Continued from page 9)

down that were dead/dying/bug infested. Any trimming will be done in the winter when trees are dormant. The Section is using a new tree company this year (RKD Tree Service) since Allen Tree Service is no longer in business. The representative from RKD has been an arborist for 40 years, is extremely knowledgeable, and he will do whatever he can to save a tree. Speaking of trees, there are some units that have overgrown bushes in their 3-ft area that now look like trees. This has to be addressed and taken care of. The Board does realize the trees have not been replaced where they were cut down over the past few years. This is on our "to do" list along with attempting once again to have grass grown in larger bare areas. We will be using a different landscaper to have this done.

Some residents may be aware that the Section is now responsible for letting Andrea Wolstromer in Administration know when a street light is out or even flickering. Clearbrook is having a problem with having JCP&L replace these bulbs in a timely fashion. The residents on Hemlock Plaza have been without their only street light for 3 months. Even with numerous calls from the Section and Administration, we haven't had any luck so far. When night falls, this cul-de-sac is pitch black.

It's frustrating along with it being a hazardous situation.

Our next General Meeting is on **Thursday, September 21 in Lounge B at 2:30 pm**. Please mark this on your calendars. Thank you to those who attended the meeting in July. It was very much appreciated.

As we all know, Labor Day is September 4 and is dedicated to the workers who have tirelessly contributed to the wellbeing of our great country. Hopefully there will be more positions filled where they are needed.

Section 4

By Irene Belinsky

Something we all dread – a power outage! Unfortunately, it happens, and a recent outage affecting several Sections has prompted me to write this article. We in Clearbrook are especially affected as we are "all electric". Although there's nothing you can really do about it, you can be well prepared to wait it out.

Report the outage to JCP&L (Phone: **1-888-544-4877**) or (Text **OUT** to 544487 (LIGHTS) when it starts. Register your cell phone with JCP&L (Text **REG** to 544487) to get text alerts of your outage situation. View current outages at 24/7 Power Center outage maps.

After you have reported your outage, you should then disconnect all appliances and/or electronics. You want to avoid any damage from electrical surges. I lost a TV this way. Also, during the summer, make sure you turn off your AC.

Supplies to have on hand:

- Hurricane lamps or LED lanterns, for nighttime
- Batteries for flashlights
- Ice for coolers or frozen gel packs to transfer perishables.
- Portable charger or wireless solar power pack. (Patriot Supply: <https://www.mypatriotsupply.com/collections/power-generation-lighting>)- I got a wireless solar power pack here for \$34.

Your food supply:

- Keep freezers & refrigerators closed.
- Food will keep in refrigerator for 4 hours (they use to say 12 hours, but now it's 4. Food will keep in a full freezer for 48 hours; in a half-full freezer for 24 hours. As soon as temperature in refrigerator/freezer goes above 40 degrees, food will spoil. When in doubt – throw it out!
- Keep on hand non-perishables items like peanut butter & jelly, bottled water, dried fruit, canned fruit, canned tuna, granola/protein bars, canned vegetables, beef jerky and nuts. Have alternate plans for refrigerating medicine or using power dependent medical devices such as oxygen.

Most times, the clubhouse will stay open to accommodate charging of phones plus those folks who require oxygen.

During winter outages the clubhouse will be open as our heat would be affected. All of this applies to prepping for outages in the winter but also as we have electric heat, keep all taps on a slow drip to prevent pipes from freezing and bursting. Block drafts from doors/windows with towels and blankets. Wear multiple layers of clothing to stay warm.

Don't forget to check on your neighbors to make sure they are OK. We are truly all in this together. A power outage is always a time for neighbors to be even more neighborly and we have always had a great deal of that in Clearbrook.

Then hunker down with a good book or game and patiently wait!! That's the hardest part!

And on another note, I'd like to remind all of you regarding our rules on trash. For some reason not everyone is following them:

Homeowners:

- Please put your trash bins out the night before, or Tuesday evening after 5 p.m. It's not necessary to put them out early unless you are going to be out of town.
- Make sure there are at least 2-3 feet in between the bins so that the trash collectors can easily grip them for disposal.
- All cardboard boxes should be flattened and put with the yellow recycle bin.
- If you have large pieces, you can always take them to the recycle center (76 Gravel Hill Spotswood Road). Or you can call for a once-a-year free bulk pickup (between April 1 and November 1) to make an appointment. Call (732) 656-4575.
- No trash bags should be left on the ground.

For 277 & 278 Crosse Drive:

- Cardboard boxes should be flattened and put together either with string or tape and put next to the yellow recycle bins, not on top of them. The Section will be fined if this is not the case.
- 2nd & 3rd floor residents, never put food items down the shutters. They should be bagged. This also creates a mess and smell in the trash shutters.
- No large items, furniture or appliances, etc., should be put in these dumpsters. If you are renovating, your contractor is responsible for taking their trash. They should not be putting anything in these dumpsters.
- Never put large items on the front lawns. Arrange with your contractor, mover, etc. to take away these items as soon as possible.
- Use the recycle center as mentioned above for large items.
- Dumpsters are ONLY for 277 & 278 Crosse Drive residents' usage. No other residents are allowed to dump their trash in these dumpsters. If anyone sees this happening, please call the work-order number to report it. And you can always take a picture of the culprit.
- These rules are in effect for all residents to keep the trash

(Continued on page 12)

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SEPTEMBER 24

Kol Nidrei: 6:00 pm
SEPTEMBER 25 9:30 am
Yizkor: 11:00 am
Mincha/Neila: 5:30 pm
Break-fast: 7:30 pm
Fee: \$90pp. Sponsor: \$180
(no one will be turned away due to lack of funds)



For RSVP and information call
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**Happy High Holy Days
to all who celebrate
and
Happy Labor Day on September 4**

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September — Lifestyle Events and more ...

Krystal Graves, Lifestyle Director • Amanda Pena, Lifestyle Assistant
Lifestyle Department Hours: 9-5 pm —CLOSED 12 to 1 pm— 609-655-5760
 All events are subject to change.


Our First Annual Arts & Crafts Fair!

Join us on Wednesday, September 6th to view arts and crafts from our talented Clearbrook residents.

WHEN: September 6th, 4-8P
WHERE: Throughout the Clubhouse

Refreshments in *Lounge A Café*.
 Harpist, Elaine Christy, playing in the lobby.

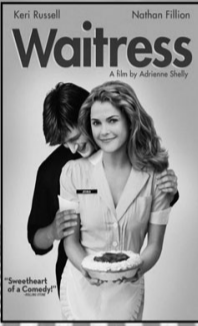


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SEPTEMBER MOVIE

Waitress


Clubhouse Ballroom 13th — 1p * 16th — 7p
 No reservation. Open to Residents & Guests.



Light refreshments will be provided


Jenna is a pregnant, unhappily married waitress in the deep south. She meets a newcomer to her town and falls into an unlikely relationship as a last attempt at happiness.

Pumpkin Succulent Making Class



WHEN: Friday, September 29th at 6:30P
WHERE: Lounge A & B
COST: \$25 per person—cash preferred
Register: Wednesday, September 6th at 9A

Class is brought to Clearbrook by:



Join us for a night of ...

BINGO

WHEN: Saturday, September 30th at 7P
DOORS OPEN 6:30P
WHERE: Cultural Center


We will be playing traditional bingo where each player gets 3 cards; playing 9 rounds. Winners of each round will go home with gifts cards or prizes—no cash prizes. The 9th and final round winner will get tickets to our Gatsby New Year's Eve Extravaganza!

Tickets on sale: August 29th at 9A
 Cost: \$5 per person

200 Max Attendees. Resident only




CAR TRUNK SALE



Join us for Clearbrook's Annual *Trunk to Treasure* event with over 50 resident vendors selling new, used or handmade goods. Zinna's food truck will be on-site, so stop by to browse, shop and eat! Open to the public. Use east gate entry off of Union Valley Half Acre Rd for closest entry point to the Cultural Center.

WHEN: Saturday, October 21st from 11A-3P
WHERE: Cultural Center—back lot
 Resident sign-up is Wednesday, September 20th at 9A
 if rain, event will move inside the Cultural Center



Haunted Halloween Dance

Saturday, October 28th * Cultural Center
 7:30-10:30P * Doors open at 7P

Tickets on sale Wednesday, September 27th at 9A
 Entertainment by band LET'S BE FRANK
 Cost: \$8 per person

Get your costume ready! More info to come.



CCA Open Board Meetings for 2023

All Open Board Meetings are at 7:00 p.m.

Wednesday, September 27	Clubhouse Ballroom
Wednesday, October 25	Clubhouse Ballroom
Wednesday, November 22	Clubhouse Ballroom

No Meeting in December

Work Sessions take place the second Tuesday of the month. All meetings are subject to cancellation.

Clearbrook Grocery Bus

The grocery bus runs on Thursdays. Pickups start at 9:30 am and go throughout the community. To reserve your seat, you must call the Activities Department. **NO LATER THAN 2pm the day prior** to the day you want to go. 609-655-5760

Please look for eblasts regarding activities the Activities Department is putting on. Also, Channel 26 and the Clearbrook Website continue to be a great resource for information to keep you up to date.

Community Information

Health Care Center Open 24 Hours, 7 days a week

Phone Numbers To Know

Administration	9 a.m. - 5 p.m.	655-2706
Lifestyle Dept.	9 a.m. - 5 p.m.	655-5760
Health Care Center	24 Hours	655-5888
Maintenance	8 a.m. - 4:30 p.m.	655-5890
Main Gate	24 Hours	655-5891



Section 4

(Continued from page 10)

rooms as clean and vermin-free as possible. We all want to live in a "clean" building.

Our deepest condolences go out to the friends and family of Quitman Kyer of 277-2B Crosse Drive who passed away in August. Quitman was a long-time resident of Clearbrook.

And please keep your cal-

endar free for our Section 4 Breakfast scheduled for Sunday, October 1. You'll be getting more details on this event during September. We had a great time last year and hope to do it again – see you all there.

Section 5

By President Fran Hecht

It's September. Summer has floated by and fall is hiking up the rear.

The Section has been very busy. We are trying to get all the last -minute situations taken care of.

We welcome back Wayne and Ann for another session. Gary Miller was also elected as a new director.

Mr. Tea Cheong and his lovely wife have decided to move to Texas to be near his family. We wish them good health and happiness.

We are still two positions

shy of a full board. If you are interested in writing the Section 5 article for the Clearbrook Courier, please contact Fran Hecht. You don't have to join the board.

The board is available to answer questions Monday thru Friday 9 am – 5 pm and on Saturday 9 am through 12 noon. Any other time, we will contact you at our earliest availability. Please don't call late at night or on Sunday. Owners should be calling, not renters.

Our next Section Meeting is on Tuesday, September 19 at 6:30 pm in Lounge B.

Please sign in on the sheet provided on the small table. The meeting is for owners only, not renters.

Belated wishes to all who celebrated a birthday or anniversary over the last three months.

See you all at the next meeting.

all our new residents to Section 6! Please follow any important updates on Channel 26 and we hope to see you at the meeting!

The Section has established a Hot Line number for all residents to call. NO ONE SHOULD BE CALLING A BOARD MEMBERS CELL PHONE DIRECTLY. Please use the Hot Line number – 732-573-8473. Board members will no longer be answering their cell phones for residential calls.

Stay happy and stay safe!

Section 8

Hampton Village

By Liz Strazza

Vice President

Welcome to September! Fall is around the corner... cool breezes and leaves falling...

It's a good time to do some "clean up and clear out" and get ready for spending more "inside" time!

General Section Meetings

We encourage all residents to attend. Below are the remaining dates for this year, so please mark your calendars.

- Wednesday, September 20, 7-9 PM Lounge B
- Change: Wednesday, November 8, 7-9 PM Multi-purpose Room

Block Party Update from the President:

This is our first annual Block Party and we would like to see everyone come out, meet your neighbors and share some camaraderie.

1. The cost will be \$22 per person, \$10 children 4-12 years. This will cover the cost of a food truck

2. BYOB - only soft drinks, water, beer and wine.

3. Please invite your family and friends, all must pay as above

4. RSVP to Esther Capone 917 748 8922 by 8/25/23 with the headcount coming.

5. Cash only - due by 8/31/23. Drop off at Esther - 278A Oradell Dr. OR call 917.748.8922 for pick up.

6. Food will be provided, all are welcome to contribute favorite dishes.

7. Glen Road will be closed from 3 pm - 7 pm for the Block Party

8. The date is September 9, 2023 - no rain date is anticipated at this time.

9. Bring lawn chairs and tables. If you need help, call.

10. Any volunteers who would like to help, please contact Esther directly at ... 917.748.8922.

11. As more specifics are known, you will be emailed with the updates.

Respectfully submitted, Melody Henry – President, Hampton Village, Section 8

Maintenance requests:

If you have maintenance requests, please fill out a Section 8 - Work Assignment Sheet. Unless it is an emergency, please do not call because we do not want verbal requests. We use the Work Assignment Sheet as an audit trail. These forms are now located in the file room of the Administration

(Continued on page 13)

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Section 6

Hilltop Village

By Bernice Fitzgerald

Section 6 Co-President

Hello Neighbors...

Wow! The summer flew by! We hope that you all enjoyed these months and are looking forward to the beautiful foliage and weather to come!

It is with a heavy heart that we recognize the loss of one of our previous Directors, Jacque Ragin. Jacque served on our Section Board for several years. Jacque was always ready to greet you with a smile and kind words. As a retired Director of Nursing, Jacque was always concerned with the welfare of others. We recognize the contributions that Jacque made to our Section and ask you all to keep her family and friends in your thoughts and prayers while they weather through this difficult time.

It's that time of year when those with fireplaces will begin to get them ready for winter use. Please remember that you must have your fireplace inspected by a certified company. This is a life safety issue since carbon monoxide can be deadly. Please ensure that you have your fireplace approval letters in by September 30. You can bring them to Administration in an envelope marked Section 6. Thank you for protecting your neighbors and yourself!

A few speed humps have been installed and more will be installed. These humps are necessary to slow down those who do not abide by the speed restrictions and endanger others. Please do not go around them! They have been installed for a reason. If you don't like the speed humps, maybe that's because you are speeding! They have been installed to keep the community safe!

We are happy to announce that we will be having a Section dinner to be held October 16 in the Ballroom in the Clubhouse. The dinner will be a catered affair and, as always, we will have fun raffles. Details to follow.

We would like to welcome

Section News

Section 8

(Continued from page 12)

Building - on the right hand side in the center cubby. They can also be returned to the same location. The form is also available on the Clearbrook-NJ.com website. You need to LOG-IN. Then go to CONTACTS. Once there, go to SECTION 8, then scroll down until you see the RED BUTTON. Click on this button to view and print the Work Assignment Sheet. (I put this in every month, for our new residents or just in case you misplace the directions to access.) If you do not have a resident sign in, visit the website and follow the prompts.

Folks having plumbing issues:

If your bathrooms are backing up or not draining or you have no heat/hot water, etc., please do not call the Board members. Here is the process for anyone experi-

encing plumbing / hot water heating issues within their unit. Call a plumber... If he cannot clear it, then, call any board member.

Dog Walkers:

For your own protection... please wear something "reflective" or carry a flashlight! When walking your dogs, please remember to pick up after them, especially in the common areas.

Additionally, when you see garbage in the streets, please take the time to pick it up and place it in a garbage can. Let's keep our streets and neighborhood clean!

Best Wishes to all celebrating birthdays and anniversaries this month.

Keep love in your heart and "Celebrate Everything!"

Section 11 Malden Village

By Rich Kretschmann

Remaining Maintenance Projects in 2023 - The remaining Section 11 mainte-

nance projects this year include concrete replacements and repairs, power washing of selected concrete and siding areas, spot reseeding of grass areas, and finishing up this year's set of dryer vent cleanings (about 12 more). We are also continuing our soffit remediation program with a goal to complete the modifications on 7 of our 43 buildings this year, with two of those buildings still remaining. With completion of these two, we will have completed a total of 17 buildings (46 units). These work areas are done as deemed needed and are subject to budgeted funding for the current year.

Section 11 Block Party – Last year's Section 11 Block Party was highly successful and the responses from participants were very positive. So, we are now putting together plans for having a Block Party again this year. As we forecasted last year, future such events will not be as significantly funded by our Section's annual budget as it was last year. We'll try to find a happy balance between participation fees and the

extent of food items and services provided at the event. Watch for detailed announcements about this year's Block Party.

Rain Sensor, It's the Law in Clearbrook!

– If your unit has an automatic lawn sprinkler system, then you are responsible for its operation in a manner conforming to written CCA and Section 11 rules and regulations. One such rule requires that your sprinkler system must have a rain sensor device that automatically restricts the sprinkler system from operating during a rainfall period until the next schedule watering. Failure to comply with this requirement could subject you to a monthly fine until the rain sensor is installed or repaired.

Given the climate change problems that are increasing world-wide, we are all encouraged to use water conservatively. Having a working rain sensor installed on your sprinkler system would be an important step in conserving water. Furthermore, don't overwater. Sprinkler systems should not be watering every

day. It is recommended that they not water more often than three times per week; that should be sufficient. Excess water that runs off our lawns into drains or into the streets is wasted.

Maintenance Responsibility Chart Update – The Section 11 Maintenance Responsibility Chart is being updated and should be completed and sent to you in early September. If you haven't received a copy by September 15, please call or text to 609-955-1531. Be sure to provide your name, address, and telephone number.

New Malden Neighbors – Please welcome the newest residents in Section 11, Aurelio and Maria Marques, who have moved into 454B Belford in July. They are originally from Portugal. When you have the opportunity, please extend to them your welcome to the Clearbrook Section 11 neighborhood.

Next Open Board Meeting – Our next Open Board Meeting is scheduled for

(Continued on page 14)

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Section 11

(Continued from page 13)
September 19 at 7 p.m., in the Clubhouse Lounge B. All Section 11 unit owners and residents are welcome to attend these meetings. Your participation in these meeting gives you the opportunity to have an input into the Section 11 Board of Directors decisions and plans and to meet more of your Section 11 neighbors.

Section 12

Nottingham Village
By Jerry Sperling
Hi there again Section Twelvers, I have loads of good tidings to relate to you this issue! So far, this summer has been a blast and the best is yet to come. Make sure you clear the calendar for the Section 12 block party September 9 from 1-5 pm, to take place at Evodia Plaza cul de sac. For the fantastic price of \$12.50 per person, you will enjoy a delicious meal from Romeo's Restaurant. Section Twelve will pick up the difference in Romeo's price of \$25; you can't beat that! We will have loads of games, prizes, music, and much more! Be sure not to miss this one! The Rain Date is September 10.

Another event you don't want to miss is our Open Board Meeting September 11 at 7 pm in the Cultural Center. Meet your Section 12 neighbors and Board Members and see how our great Section operates. In case you've forgotten, your Section Board Members are:
Beverly Eskra - President
Treasurer - Neeshama Ahluwali
Secretary - Maggie Dickow
Maintenance Director - Rosemarie Stuppiello
Director - John Tepedino
Director - Audrey Hill
Director - Robert Minkoff
Donna Milling Lahav has resigned her position as Treasurer and we will miss her very much. She has contributed tremendously to this Section and we are very

grateful and wish her the best in her future. Neeshama Ahluwali is our new treasurer. Neshu has an accounting degree and we welcome her to the Section 12 Board of Directors.

Please, please check outside water spigots and bibcock for leaks and if there is a leak call Rosemarie at (732) 735-2503.

Oh, in case you have forgotten, September 4 is Labor Day. Let's remember the many people who built our Great Nation. See you next month with more goings on in our Great Section, Nottingham Village!

Section 14

Oxford Village
By Grace Makuch
ClearbrookSection14@gmail.com

Welcome new Section 14 residents. You can email Grace Makuch through the above email address if you have any questions. I know when I first moved to Clearbrook I had a lot of questions. Living in a Senior Community has many rules. Please read the white binder and keep it handy. This is your Clearbrook "bible."

Mark your calendar.... Monday, October 9 at 7: p.m. in the Clubhouse Lounge A. This is a time to share your thoughts and meet your neighbors. Dessert social to follow.

There is no current updates at this time to share with you. All the roof replacements are completed. We will discuss at the meeting what the Section will be planning for the fall.

With the fall weather coming, the area sometimes gets high winds that can cause power outages. Here is some helpful information.

Helpful Power Outage Hints

Make sure you have the Clearbrook office, the front gate and nurse's phone numbers in your phone in case of emergency. Also, any other emergency phone numbers put in your cell phone. Plus JCP&L phone number to get

the area update when the power turned back on.

Amazon and other stores sell small cell phone size battery chargers for your cell phone; prices start at \$20. It's hard to keep going to the car to keep your cell phone charged. Look into that for the next time we have another power outage I personally have two and use them often.

If you lose power, please turn off your air conditioning system and other large appliances. Wait 15 to 30 minutes after the power has been restored before turning your air conditioning system back on. This will help JCP&L Power manage the electrical load as they work to get as many customers back on as quickly as possible.

In order to shower during a power outage, your home has to be equipped with a traditional tank-style water heater. Additionally, it needs to have hot water already in reserve, which it should but might not. So, yes, if you have a tank water heater and the power went out recently, you're probably good to take a quick shower!

Did you know if you have solar power lights around your house you can bring them in at night for extra light (stand them up in a vase). Put them back outside during the day to recharge. Candles are dangerous, especially in attached units like in Clearbrook, and are not recommended for use during a power outage.

Here is something to think about.

Time Marches On

Time marches on, there is no stopping it.

When in the teen years, we wished we were older and wiser,

When in the 20's and 30's, we felt we had reached our full potential, Time marches on, now in our 40's, we wonder where did our youth go, We miss the days full of energy and the feeling of life's excitement. Time marches on, now we are in our 50's.

Saddened where did the days, weeks, months and years go?

Our body has not been fair to us. We went one way, it went another, feeling a little stiff, noticing medical problems increasing,

Wishing we could stop time but, of course time marches on again,

Now we are feeling the mental and physical change.

Now is the time to take hold of our lives, we are in charge of our destiny, The best is yet to come, our health, love and physical conditions are all controlled by only ONE person YOU.

Time may march on, but now we are marching a long side of Mr. Time, not behind it.

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Section 15

Pickwick Village

By Sandra Stark

"If you truly love nature, you will find beauty everywhere."

Vincent van Gogh

Residents/ Owners Meeting

Our Section 15 meeting and Midsummer Night's Soirée party on Thursday, August 10 was a huge success attended by 40 people! In addition to the planning done by Joanna Cook and Beege Haney, a number of our residents contributed delicious covered-dish and dessert items. "Many hands make the work light." Thank you to everyone for your participation! **Mark your calendars for our next meeting scheduled for Thursday, November 16.**

CAPITAL IMPROVEMENTS

VINYL SIDING AND INSULATION: The Board of Directors is reviewing our Reserve Study and Capital Expenses budget to determine scheduling of our next major projects.

GUTTERS: The eleven Essex models have had numerous repairs made to the gutters which continue to leak. Our plan was to replace the failing gutters at the time of the new siding installation. However, we are now considering a separate gutter-replacement project and will have more information once the extent of the work and cost estimates have been evaluated. Thank you for your patience. Watch this space!

OPERATIONS

***** NEW GRASS SEED PROGRAM ***** A program to distribute grass seed to residents willing to sow seed and water bare areas near their homes has been approved by the Board. A sign-up list was started at the August 10 meeting. All requests must be received by the deadline of September 10 for distribution during the third or fourth week of September.

GUTTER CLEANING: All of the gutters in Section 15 have been cleaned. If you are aware of any clogging or overflowing, please advise the Board as soon as possible so that action can be taken.

LANDSCAPE COMMITTEE: The Landscape Committee (Anna Marie Wasilko, Ellie Kane and Ruth Golush) will meet in September to determine plantings and trimming / removal of existing trees.

THANK YOU to our residents who continue to beautify their homes and strive to make Section 15 the best!

BOARD OF DIRECTORS: We meet once a month to review ongoing projects and resolve any concerns or requests received. Please contact the Section President: Sandra Stark at 908-938-0798 or by email: starkc21@aol.com

Happy Labor Day!

Section 17

By Holly Ives

Congratulations to the newly-elected CCA board members and officers! We look forward to the coming year.

Important: Census forms were due in March. We must have an 80% response in order to maintain our "Age Restricted Status" here in Clearbrook. You may be contacted regarding a form needed from you. You can also call the office to check your status and/or get a form. Please comply--this affects us all!

Coming up are the End of Summer Pool Party and Arts & Crafts Fair as well as many events the Lifestyle Department has lined up for us. Check the Courier for announcements as well as calendar listings, flyers in the Clubhouse, and Channel 26 for this month's events.

Section Notes

See you in September? Our next Open Board meeting will be Wednesday 9/13 from 2-4 pm in the Conference room at the Clubhouse. Our next Section 17 "Meeting & Pizza Party" will be on Thursday 9/21 from 7-9 pm in the Cultural Center. Come join us and your neighbors!

Steve Charney (Landscaping) and **Sal Perchiano** (Maintenance) continue to evaluate issues in the neighborhood as they arise. Dead bushes and a few trees have been removed recently. There is a new concrete pad at the Cambridge dumpster and the old fence has been removed. Nice job guys!

Holidays for September: Labor Day (4), Read a Book Day (6), Grandparents Day (10), Patriot Day (11), Rosh Hashanah starts (15), Rosh Hashanah ends (17), International Day of Peace (21), Fall starts (23), Yom Kippur starts (24), National Daughter's Day (25), National Son's Day (28), and Sukkot starts (29).

Happy Birthday to those born under the sign of Virgo and Libra (especially to Joan O'Connor and Faustino Cruz) and belated wishes to Jimmy Baglivi. Happy Anniversary wishes to all who are celebrating, especially Carol and Rich Florio. Get well wishes to all those who need them, especially Ed Satran and Phil Rinkowski.

Section 18A

Stuart Village

By Marianne Ippolito

While it's always hard to say goodbye to summer, the promise of crisp fall weather always puts a smile on my face. Mother Nature really brought some wild weather in August, so I am hopeful that you are looking forward to the next few months. There is no better time than autumn in "The Garden State." Changing leaves, local farms filled with colorful flora and fauna as well as fun activities abound. Before long, we will either hunker down for

the cold months or take flight to warmer climates. If you haven't done so yet, please be sure to complete the Census as this is a requirement for all residents.

By now, many summer-based projects have been completed. Be sure to reach out to the appropriate board member with any questions regarding your unit. Kindly take the time to attend open board meetings as this is the best way to find out what projects are being planned and how our dues are being spent. Information is also provided via email so be sure you are receiving these notifications.

Keep Saturday, October 7 from 5 to 8 pm open for our Second Annual Section 18A Social. Price will be \$22 per person and will be held in the Cultural Center. This is the perfect opportunity to mingle with neighbors old and new. Payment is due by September 21 by check, payable to Section 18A. Payment can be arranged by calling Myra D'Agostino at 609-619-3201 or Sharon Monchinski at 609-655-3033 or in person at the next Section Meeting on Wednesday September 20 at 7 pm in the Cultural Center.

This month, our Section Board will undergo a big change. As you may already know, Barbara Gottfried has advised the Section that she is stepping down as Co-President. She has asked me to share the following words with all of you.

To Members of Section 18A from Barbara Gottfried:

On August 3, 2023, I announced my resignation as Co-President of Section 18A due to some health issues. It was a decision that had to be made but very sad for me. The health issues will be a thing of the past in a short period of time but I do need to slow down. Serving Section 18A these past many years was a rewarding experience for me. Members of the Section are very special as are the members of the Board who serve. The many beautiful and encouraging emails that were sent caused me to sit back and reminisce about the history with all of

(Continued on page 16)



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**So, if the time comes when you are interested in selling
your home, or having a friend or family member move
into our neighborhood, remember
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Section 18A

(Continued from page 15)
you. I thank you for your thoughtfulness and the many kind words that I received. I would also like to thank members of Clearbrook's Administration for their gracious comments. Indeed, it has been a pleasure to communicate and work with all of you as well.

My deep appreciation and thanks are extended to the members of the Section 18A Board of Directors, past and present, from whom I learned much. You challenged me, helped me, provided friendship and support. It is my wish to remain on the board through the end of my term and with the 'stars aligned correctly', perhaps I will be elected once again. "TO THE FUTURE."

Please join me in wishing her all the best. Thank you, Barbara, for all you've done to make Section 18A one of the best in Clearbrook. Your dedication, determination and friendship are unmatched. May this change in role be the best thing for you. Special thanks to all our Board Members for working with you to ensure a smooth transition.

Sharing contact numbers for the board. Please be thoughtful when calling! Thank you!

Dryer Vents
Myra D'Agostino, 609-619-3201

Power Washing and Gutter Guards
Josh Jacobs, 646-606-4876

Grounds
Bill Hamlin, 908-358-2253
Josh Jacobs, 646-606-4876

Trees
Mike Shinkle, 609-655-8619

Winterization
Myra D'Agostino, 609-619-3201

Compliance
Bob Ambrosini, 609-662-4661

Maintenance and Sprinklers
Ralph Gerbino, 609-662-4736

Roofs, Walkways, Driveways, and Drainage
Joe Manzo, 732-900-6936

Section 18B

Tudor Village

By Kay Neu

I have always liked the fall and in New Jersey; the months of September and October usually see some of the most temperate and beautiful days of the year. The Autumnal Equinox occurs September 23 when day and night are exactly the same length.

Labor Day is Monday, September 4, which celebrates the social and economic achievements of the American worker and originated late in the Nineteenth Century. New York City's Central Labor Union called for an eight hour day and an end to dangerous working conditions.

Rosh Hashanna begins after sundown September 15 and Yom Kippur, the holiest day of the Jewish calendar is September 25.

Welcome to all new homeowners and it has been good to see you at our Open Meetings. The Clearbrook website is a wealth of information. Go to Clearbrook Community Association Home Page and request a log in. You will see a drop down menu on the left allowing you to access information on Activities, the 2023 phone directory and address book,

news, contacts, resources and all documents and forms, to name a few.

CCA regulations prohibit hanging ornamentals and planter from siding as it can cause the siding to pull away from the unit. Satellite dishes cannot be put on your roof, but rather put on a pole in the 3' area. If in doubt as to proper placement, please ask a board member. When planting in the 3' area, please keep stones and mulch 2" below the foundation to prevent rodents, termites and ants from getting in under the siding. Please water early in the day or in the evening. The ground cannot adequately absorb the short heavy rains we have had this summer.

All homeowners received a census form to fill out; board members recently put second forms in the mailboxes of those from whom a census was not received. Clearbrook must have 80% of its population submitting this census in order to receive property tax benefits from the state.

St. Peter's University Hospital will be hosting two influenza vaccination clinics in our community. The best time to get your flu shot is early fall, from late September to early October. Look for the St. Peter's flyer announcing details.

At present, the Cultural Center is closed. September is often the month we have a homeowner get together, which in recent years has been a barbecue. We are looking into alternatives and will inform you.

Our next Section Meeting will be held September 19 at 7:30 p.m. in the Cultural Center.

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**ALZHEIMER'S ISN'T STOPPING,
NEITHER ARE WE!**

Alzheimer's is devastating our families, our finances and our future. With more than 5 million Americans living with the disease and over 16 million unpaid caregivers. Alzheimer's is all around us - but the power to stop it is within us. Thank you for your support.

**2023 WALK TO END ALZHEIMER'S -
MERCER-MIDDLESEX, NJ
SATURDAY, SEPTEMBER 23, 2023**

Scan to register to WALK WITH US or create your team!

You can also call 973-437-3931 for more information.



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Around the Township

Message from Mayor Stephen Dalina



Mayor Stephen Dalina

mains as safe as possible, we continually invest in additional officers and new technologies.

This summer, 26 patrol cruisers were installed with in-car camera systems and automated license plate readers. This high-speed, computer-controlled technology automatically captures license plate numbers and reviews them in real-time with state and regional law enforcement databases.

Moreover, the police department has purchased 10 stationary cameras, which will be placed at different locations around the township to read license plates and inform the police of stolen cars, active warrants, and missing persons as they enter town or circulate within.

The importance of this technology for Monroe residents:

- According to the International Association of Chiefs of Police, upwards of 70% of crime involves using a vehicle.
- In many cases, a license plate number is the best piece of evidence law enforcement can use to make an arrest.
- Stolen vehicles are often used to commit additional crimes. Alerting Monroe police when a stolen vehicle or known suspect enters a community can pre-

vent crime before it happens.

As part of this latest upgrade to protect the public, our police department also has 72 body-worn cameras and associated equipment, as well as 72 non-lethal tasers with associated training tools and equipment.

It comforts me to know that this state-of-the-art public safety equipment is being implemented in the best interest of the residents of Monroe. This is an important safety investment in our ongoing efforts to improve our equipment and technology, enhance crime prevention efforts and provide a stronger link with County and State law enforcement.

Our police department comprises 67 sworn officers. The department consists of a detective bureau, a juvenile/youth services bureau, a domestic unit, a traffic safety bureau and has an officer assigned to senior citizen crime prevention.

We will remain at the forefront of technology and invest in the best equipment for our police force to be successful in their efforts to maintain a safe community.

Thanks for being an important part of our public safety team and continue to report any suspicious activity to the police department immediately.

Our community prides itself on being one of the safest municipalities in New Jersey with one of the lowest crime rates.

Monroe is fortunate to have a professional, well-trained police force that is a visible presence within all neighborhoods and our senior communities. Our officers respond promptly to emergencies and truly embrace community-oriented policing. They conduct regular community safety information sessions throughout the Township.

Our residents are the other key component of our success as they always keep an eye out for themselves and their neighbors.

In ensuring Monroe re-



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Call for Artwork, MT Cultural Arts Juried Art Show

By Cathleen Norback

Artists are invited to submit their artwork online for the Monroe Township Cultural Arts Commission's Juried Art Show between September 9 and September 16. Works from beginners to established artists in all media, including sculpture, will be considered. Large pieces, 2-D or 3-D, are encouraged. The exhibit is open to living artists only. Only one submission per artist is allowed. There is a \$10 non-refundable entry fee. Submitting artists and their families will be invited to a special opening celebration October 8. For details, including entry instructions and dates, refer to the website: www.MonroeTownshipCulturalArts.com

TownshipCulturalArts.com

The exhibition will be held at the Monroe Township Library from October 5 through October 14. This will be followed by a virtual exhibit online.

The juror for this year's show is Shelley Phillips. Shelley attended the Tyler School of Fine Arts of Temple University and has taught art in Newton, Mass. and Edison, N.J. She paints in oils and acrylics and exhibits her work in solo shows. She has won first place awards in the Middlesex Senior Art Show and has displayed at the Grounds for Sculpture Member's show and other venues.

League of Women Voters Candidate Info, Voter Registration Deadline

By Linda Bozowski

Mark your calendars for the upcoming Candidates' Forum at the Senior Center scheduled for Thursday, September 14 at 7:00 pm. Community members seeking seats on the Township Council as well as two mayoral contenders will have the opportunity to briefly present their points of view and to answer questions about important issues affecting Monroe Township. The candi-

dates will be asked questions prepared by the League of Women Voters as well as those from audience members.

Mayoral candidates are incumbent Stephen Daline, Democrat, and Charles DiPiero, Republican. Council candidates are incumbents Miriam Cohen, Terry VanDzura, and Michael Markel, all Democrats, and Republican contenders Joellen Arrabito,

(Continued on page 19)

6 Simple Tricks to Start Each Day **Strong**

FAMILY FEATURES

Pressing snooze, finally waking up frazzled, rushing through the house to leave on time, skipping breakfast – if that sounds like a typical morning for you, creating a new routine to start days on a stronger note may help you feel more refreshed and accomplished.

For many people, easy, breezy mornings may sound like a fantasy. However, instituting these simple tips can put you on a fast track toward less frantic beginnings to each day.

Begin a Bedtime Routine

A bright-eyed, bushy-tailed morning actually starts the night before. To help ensure you're getting enough sleep each night (7 hours or more for adults, according to the National Institutes of Health), make sure you're winding down both physically and mentally before heading to bed. This often means skipping caffeine, turning off devices and avoiding big meals close to bedtime.

Wake Up at the Same Time Each Day

As part of your fixed bedtime routine, try going to sleep and waking up at the same times each day – including weekends. This may help your body create a natural rhythm to make it easier for you to rise in the morning without pressing snooze.

Start with Something You Enjoy

Whether you're a morning person or natural night owl, knowing you'll start the day with something enjoyable can help you dread that ringing alarm clock a little less. For example, a steaming mug of Buddha Teas Turmeric Ginger blend offers a delicious and comforting way to wake up. Turmeric's pungent flavor combined with delightfully sweet ginger warms with every sip to energize your morning.



Photos courtesy of Getty Images

Meditate and Move

While a meditation session may sound like a quicker way to put you back in bed than get your day going, it can actually be beneficial to harness positive energy first thing. Focus on deep breathing, calm your mind and slow your heart rate prior to taking on the day's tasks. Once you're mentally motivated, move on to physical preparation with 10-15 minutes of light stretching to energize your body and get your blood flowing.

Strengthen Your Body

Another key aspect to a successful morning includes strengthening yourself physically by eating and drinking foods and beverages that provide immunity-boosting ingredients. Consuming a powerful blend of healing, protecting and preventative herbs can be a productive way to defend your body from free radicals with a beverage like Echinacea Elderberry, which is packed with organic and plant-based vitamin C, antioxidants and

detoxifying herbs. Echinacea, used for centuries to heal and protect, is combined with elderberry's high levels of vitamin C, which is essential for growth, development and reparation of the body.

Eat a Nutritious Breakfast

Everyone knows the common refrain: "Breakfast is the most important meal of the day." Yet, many people choose to skip a morning meal or simply run out of time, despite the many benefits of refueling before heading off to work or school. In fact, a nutritious breakfast offers a multitude of health benefits for your body, according to the International Food Information Council Foundation, including a healthier heart, better digestion, stronger bones and improved metabolism. Plus, making time to eat in the morning can provide the energy you need to tackle your to-do list.

Find more beneficial ways to start your days strong by visiting BuddhaTeas.com.



Poetry
Corner



Ella the Elephant

By Joyce Balechman

Ella the elephant wanted to take a bath,
So she walked to the river down a very narrow path,
She got to the river and couldn't believe her eyes,
Right there in front of her was the biggest surprise,

Her best friend Ema, who had been traveling for a while,
Was standing in the water showing off a great big smile,
Ella walked toward her friend and gave her trunk to her,
They wrapped their trunks in a hug and it sounded like a purr,

They cried with such happiness to see each other once more,
And Ema said she wouldn't leave again, this she solemnly swore,
They stayed in the river playing long after they were clean,
Friends since they were small they were now in their teens,

They walked home together never leaving each other's side,
And walked back up the path that wasn't very wide,
They knew they'd be the best of pals until the very end,
What could be better than being back with your best friend!

In The Air

By Ellen Tischio

I really wanted to Jog
But there was too much Fog

I don't think it is Fair
That there's so much Bad Air

I thought it was going to be a Beautiful Day
There was no blue in the sky.....Only Gray

I Long for the days when the sky is Blue
There is so Much outside that we could do

The Monroe Township Chorus Presents a Hootenanny

Saturday, September 23, at 2 p.m. – Doors Open at 1:30 p.m. at the Monroe Township Senior Center, located at 12 Halsey Reed Rd.

Minimum donation \$5 per person at the door; all chil-

dren through high school age are free.

Sing along with members of the chorus for an afternoon of fun and enjoyment.

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

League of Women Voters

(Continued from page 18)

Adam Durando, and Anjan Karnati.

The questions and candidates' comments will be available on the VOTE411.org site in mid-September.

Residents who have not yet updated their registration information may do so by the deadline of Tuesday, October 17 at a local registration event in person, online, or by mail, which must be post-marked by the October 17 deadline. In-person events are scheduled for September

5 at the Library, 11 am to 3 pm, and at the Green Fair on September 23 between 10 am and 4 pm.

Election Day is Tuesday, November 7, 2023. As a reminder, the Board of Education election and budget vote has been moved to April 2024.

Every vote is important, as are informed voters. Meet the candidates and hear their points of view. League presentations are open to the public, membership is not required. Please join us for this discussion.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9 am CCA Board of Directors Budget Comm. CON 10 am Men's Table Tennis CC 11 am Woodshop WS 6 pm Boomers Board Mtg. CON	2 10 am Zumba BR 7 pm End of Summer Pool Party CH Pool 
3	4 10 am Men's Table Tennis CC 11 am Woodshop WS 12:30 pm Dup. Bridge MPR 1 pm Fiber Arts CER 6 pm Bocce 6 pm Stained Glass Class AS 6:30 pm Billiards Clinic BIL 7 pm Woodworkers Ladies Night WS 	5 9 am CCA Executive Session MPR 9 am Stained Glass Class AS 10 am Women's Table Tennis CC 11 am Woodshop WS 1 pm Board Mtg. Sec. 3 CON 1:30 pm New Horizons Painting Class CER 2 pm Healthy Bones BR 6 pm Boomers Ticket Sales CON 6:45 pm Cribbage CER 7 pm Presidents Council MPR 7:15 pm Line Dancing CC	6 10 am Sec. 12 Board Mtg. CON 10 am Men's Table Tennis CC 11 am Woodshop WS 1 pm New Horizons Book Club CON 1 pm Diamond Painting CER 4 pm Ceramics Show & Diamond Art Show CER 4 pm Fiber Arts Show LB 4 pm Stained Glass Show AS 4 pm Woodworking Show WS 4 pm Arts & Crafts Show BR 5:30 pm Cornhole CC 6:30 pm Darts CC 6:30 pm Sec. 7 Board Mtg. CON 7 pm Billiard Club Mtg. MPR TRASH PICK UP/RECYCLING	7 9 am Ceramics Club CER 10 am Current Events CON 10 am Lifestyle Comm. Mtg. MPR 10 am Women's Table Tennis CC 11 am Woodshop WS 12:30 pm Dup. Bridge LA 1 pm New Horizons Movie BR 1 pm Scrabble Games MPR 3 pm Mandolin CER 6 pm Boomers Ticket Sales LA 7 pm Fiber Arts After Dark CER 7 pm Chair Aerobics BR 7 pm Meditation CON 7 pm Woodworkers Ladies Night WS	8 9 am CCA Board of Directors Budget Comm. CON 10 am Flu Vaccines BR 10 am Men's Table Tennis CC 11 am Woodshop WS	9 8 am Scrap Booking/ Card Making CER 10 am Zumba BR 7 pm Boomers 50-50 Derby CC
10 9 am Jewish War Veterans MPR 12 pm Grandparents Day Community Celebration BR 2:30P Grandparents Day Community Celebration LA & LB 	11 9 am Energy/ Green Comm. Mtg. LA 9 am Sec. 9 Bd Mtg. CON 9:30 am Ballroom Dance CC 10 Men's Table Tennis CC 11 am Woodshop WS 12:30 pm Dup. Bridge MPR 1 pm Fiber Arts CER 3:45 pm Yoga w/ Rama BR 6 pm Bocce 6 pm Sec. 14 Board Mtg. CON 6 pm Sec. 15 Board Mtg. LA 6 pm Stained Glass Class AS 6:30 pm Billiards Clinic BIL 6:30 pm Sec. 6 Bd Mtg. CER 7 pm Dem. Club Mtg. MPR 7 pm Jam Band Session BR 7 pm Sec. 7 Open Mtg. LB 7 pm Sec. 12 Open Mtg. CC 7 pm Woodworkers Ladies WS	12 9 am Stained Glass Class AS 10 am Sec. 16 Open Mtg. LA 10 am Sec. 16 Open Mtg. LB 10 am Women's Table Tennis CC 11 am Woodshop WS 11:30 am VOC Mtg. MPR 2 pm Healthy Bones BR 6:30 pm Sec. 5 Board Mtg. s LA 6:45 pm Cribbage CER 7 pm Sec. 1 Open Mtg. LB 7 pm Sec. 4 Board Mtg. CON 7 pm Sec. 18B Board Mtg. MPR 7:15 pm Line Dancing CC 8:15 pm Ballroom Dance CC	13 10 am Men's Table Tennis CC 11 am Woodshop WS 1 pm Movie: Waitress BR 1 pm Diamond Painting CER 2 pm Sec. 17 Board Mtg. CON 5:30 pm Cornhole CC 6 pm Sports Advisory Comm. CON 6 pm Stained Glass Class AS 6:30 pm Darts CC 7 pm Pinochle CER 7 pm Sec. 8 Executive Mtg. MPR 7:30 pm Chinese Dance BR TRASH PICK UP/RECYCLING	14 9 am Ceramics Club CER 10 am Current Events CON 10 am Women's Table Tennis CC 11 am New Horizons Board Mtg. LA 11 am Tap Your Troubles Away CC 11 am Woodshop WS 12:30 pm Dup. Bridge LB 1 pm Scrabble Games MPR 3 pm Mandolin CER 6 pm Sec. 18A Board Mtg. MPR 7 pm Fiber Arts After Dark CER 7 pm Chair Aerobics BR 7 pm Woodworkers Ladies Night WS	15 <i>Rosh Hashana Begins</i> 9 am CCA Board of Directors Budget Comm. CON 9:30 am JCC Rosh Hashana CC 10 am Men's Table Tennis CC 11 am Woodshop WS 1 pm Christian Fellowship Mtg. LA 1 pm Christian Fellowship Mtg. LB  COURIER COPY DEADLINE	16 9:30 am JCC Rosh Hashana CC 10 am Zumba BR 7 pm Movie: Waitress BR 
17 9:30 am JCC Rosh Hashana CC All Events Are Subject to Change. Schedule does not reflect changes made after the 15th of the month.	18 9:30 am Architectural Comm. CON 9:30 am Ballroom Dance CC 10 am Men's Table Tennis CC 11 am Woodshop WS 12:30 pm Dup. Bridge MPR 1 pm Fiber Arts CER 3:45 pm Yoga with Rama BR 6 pm Bocce Mtg. LB 6 pm Stained Glass AS 6:30 pm Billiards Clinic BIL 6:30 pm Bocce 7 pm Sec. 6 Open Mtg. MPR 7 pm Sec. 10 Board Mtg. LA 7 pm Woodworkers Ladies Night WS 7:15 pm Ballroom Dance CC	19 9 am CCA Work Session MPR 9 am Stained Glass Class AS 10 am Italian American Club Board Mtg. CON 10 am Women's Table Tennis CC 11 am Woodshop WS 1:30 pm New Horizons Painting Class CER 2 pm Healthy Bones BR 6:30 pm Sec. 5 Open Mtg. LB 6:30 pm Sec. 16 Bd Mtg. CON 6:45 pm Cribbage CER 7 pm Sec. 11 Open Mtg. LA 7:15 pm Line Dancing BR 7:30 pm Sec. 18B Open Mtg. CC TRASH PICK UP/RECYCLING	20 10 am Men's Table Tennis CC 11 am Woodshop WS 1 pm Diamond Painting CER 2 pm Computer Club Mtg. LB 6 pm Stained Glass Class AS 6:30 pm Darts CC 7 pm Pinochle CER 7 pm Hampton Village General Mtg. LB 7 pm Sec. 18A Open Mtg. CC 7:30 pm Chinese Dance BR TRASH PICK UP/RECYCLING	21 9 am Ceramics Club CER 10 am Current Events CON 10 am Women's Table Tennis CC 11 am Woodshop WS 12:30 pm Dup. Bridge LA 1 pm New Horizons Mtg. CC 1 pm Scrabble Games MPR 2:30 pm Bd Mtg. Sec. 3 LB 3 pm Mandolin CER 7 pm Fiber Arts After Dark CER 7 pm Chair Aerobics BR 7 pm Meditation LA 7 pm Sec. 2 Board Mtg. CON 7 pm Sec. 17 Open Mtg. CC 7 pm Woodworkers Ladies Night WS	22 9 am CCA Board of Directors Budget Comm. CON 10 am Men's Table Tennis CC 11 am Woodshop WS	23 8 am Bocce Tournament Bocce 10 am Zumba BR 11 am Sec. 11 Picnic PL 
24 <i>Yom Kippur Begins</i> 6:30 pm JCC Yom Kippur CC 	25 9:30 am JCC Yom Kippur CC 10 am Men's Table Tennis CC 11 am Woodshop WS 12:30 pm Dup. Bridge MPR 1 pm Fiber Arts CER 3:45 pm Yoga with Rama BR 6 pm Bocce 6 pm Stained Glass Class AS 6:30 pm Billiards Clinic BIL 7 pm Sec. 10 Open Mtg. LB 7 pm Woodworkers Ladies Night WS 7:15 pm Ballroom Dance CC	26 9 am Stained Glass Class AS 10 am Women's Table Tennis CC 11 am Woodshop WS 11:30 am VOC Mtg. MPR 2 pm Healthy Bones BR 6 pm Italian American Club Pizza Party CC 6:45 pm Cribbage CER 7 pm Sec. 2 Open Mtg. LA 7 pm Sec. 2 Open Mtg. LB 7 pm Sec. 11 Board Mtg. CON 7:15 pm Line Dancing BR	27 10 am Men's Table Tennis CC 11 am Woodshop WS 1 pm Diamond Painting CER 2 pm Saint Peter's Managing Medication Seminar BR 5 pm Cornhole CC 6 pm Sec. 1 Board Mtg. CON 6 pm Stained Glass Class AS 6:30 pm Darts CC 7 pm CCA Open Board Mtg. BR 7 pm Pinochle CER 7:30 pm Chinese Dance LA & LB TRASH PICK UP/RECYCLING	28 9 am Ceramics Club CER 9:30 am CCA Board/ Pres. Council/ Staff Mtg. BR 10 am Current Events CON 10 am Women's Table Tennis CC 11 am Tap Your Troubles Away CC 11 am Woodshop WS 12:30 pm Dup. Bridge LA 1 pm Art Apprec. Bd Mtg. LB 1 pm Scrabble Games MPR 3 pm Mandolin CER 7 pm Fiber Arts After Dark CER 7 pm Chair Aerobics LA 7 pm Chair Aerobics LB 7 pm Republican Club BR 7 pm Sec. 4 Open Mtg. MPR 7 pm Woodworkers Ladies Night WS	29 9 am CCA Board of Directors Budget Comm. CON 10 am Men's Table Tennis CC 11 am Woodshop WS 6:30 pm Pumpkin Succulent Making Class LA & LB	30 10 am Zumba BR 7 pm Bingo for Prizes CC  ABBREVIATIONS CON = Conference Room BR = Ballroom CC = Cultural Center LA = Lounge A LB = Lounge B CER = Ceramics Room BIL = Billiards Room MPR = Multipurpose Room WS = Woodshop COM = Computer Room PL = Parking Lot