President’s Message

It is not magic. A blank 2018 calendar sits on my table, its squares virgin and white. Suddenly lines and curves appear. These abstractions form letters, the letters form words and the words have meaning. Where did they come from? Around the table sit women, thoughtful women, creative women, industrious women. They speak and share and from their mouths flow the words that appear on the calendar. Around the room sit women, thoughtful women, creative women, caring women and from their mouths flow the words that appear on the calendar.

It is not magic. The calendar fills because the committees work – the Study Guide Committee, the Cultural Committee, the Special Events Committee, the Community Service/Social Justice Committee. It is not magic; it is hard work.

Thank you to all who create the “magic” and support the “magic”. I am ever so grateful for you all. You enrich our lives, add joy and entertainment and support the Brandeis science faculty research in neurodegenerative diseases.

In awe,

Sandra Tilis, co president
Brandeis University’s Michael Rosbash, the Peter Gruber Endowed Chair in Neuroscience and Professor of biology, and Jeffrey C. Hall, Professor emeritus of biology, have been awarded the 2017 Nobel Prize in Physiology of Medicine.

The two colleagues, who arrived at Brandeis in 1974, did their pioneering work during their time at the university.

Focusing on the fruit fly, they discovered the molecular mechanism controlling circadian rhythm, the inner biological clock that regulates almost all life on the planet. The findings may one day lead to treatments for mental illness, Alzheimer’s, heart disease and diabetes, all of which have been linked to our circadian rhythms becoming out of sync.

The award also went to Michael W. Young at the Rockefeller University in New York.

After a 30 year quest, Professor John Lisman, the Zalman Abraham Kekst Chair in Neuroscience, has discovered the molecule CaMKII that stores long-term memories. Results were published on September 27, 2017 on the online edition of Neuron.

The discovery of the memory molecule resolves one of the oldest mysteries in neuroscience – how do our brains create and retain long-term memories? The findings also opens up radically new avenues of brain research.

CaMKII has also been found to play a role in Alzheimer’s disease. Does the illness delete long-term memories or do they do they remain present, yet inaccessible to recall? A better understanding of CaMKII might resolve this.
The Harmony Chapter of Brandeis National Committee was again awarded BNC’s National Award for 2017. Our chapter succeeded in meeting its Financial and Membership Goals.
We would like to welcome those who are interested in attending one or more of our committee meetings. Find out what we do, come with ideas, join our committees or just attend to see if you might be interested in joining. The following is a list of the upcoming meetings:

**SPECIAL EVENTS COMMITTEE** - Please contact Marie Santoro mariesantoro@optonline.net

Plans large, special events to which the entire community is invited – Book and Author Luncheon, Card and Mah Jong Party.

**COMMUNITY SERVICES/SOCIAL JUSTICE COMMITTEE** – Please contact Cindy Wasserlauf cindywas18@gmail.com, Joyce DeSiena jds0506@yahoo.com or Gloria Dino-Guida nando2908@aol.com

Plans and facilitates charitable functions – i.e. Reading Buddies, clothing and food drives, book collections for people in the armed services, visiting nursing homes, MAGS

**STUDY GUIDE COMMITTEE** – Gather your ideas and stay tuned Please contact Marcy Kupferman marcyannz@yahoo.com

Plans and facilitates the many study groups offered in our biyearly Study Guide

**Cultural Committee** – Please contact Linda Werner ldwerner@optonline.net

Plans and facilitates cultural trips – i.e. museum visits, theater, places of interest

The committees meet once a month - To find out when that is, please contact the Chairmen

We would love to have you. “It takes a village.”

Sandy Tilis, co-chair

Pat Emmerman, co-chair
VOLUNTEERING AND COLLECTING
On September 25th, 12 Metedeconk Residents gathered at Sunrise Senior Living in Jackson for a “wine & cheese social”, and a discussion about the many rewarding opportunities available for volunteering. A tour of the facility was led by Ellen Sheeerin, director of activities and volunteers. This program, run by the Brandeis Community Service Committee, is now in its' second year and welcomes new volunteers at any time. Please feel free to contact Pat Perno or Sena Warner any time if you are interested.

THE COMMUNITY SERVICE/SOCIAL JUSTICE COMMITTEE

works in collaboration with the Retired Senior Volunteer Program (RSVP) of Ocean County on what has become our 9/11 service project. This year we collected 960 books. Twenty-three cartons were shipped overseas and twenty-five cartons within the U.S.

Thank you to all our readers who saved and donated paperback books for this worthwhile cause.

PLEASE REMEMBER TO SAVE YOUR PAPERBACK BOOKS FOR SEPTEMBER 2018.

Hope Lewis
As usual our summer food drives were very successful. We wish to thank everyone who donated. The food was delivered to the Jackson Food Pantry. It is distributed to the local families in need.

Thank you to our thoughtful members for their participation.

V. Vitale

SCHOOL SUPPLY COLLECTION

Once again I have been amazed by members of BNC and neighbors in FSML. The school supply collection exceeded last year. Many children will be starting the 2017 school year with new back packs, notebooks, crayons, pens, pencils and anything else we thought would be needed. My granddaughter helped me sort and was upset that there were no proctors. A quick trip to the store corrected this. We received an overwhelming thank you from Margie Swayze, Resource Development Specialist the Division of Child Protection Permanency. I thank you once more for opening your hearts and being so generous to a population in need.

Linda Ballan

SUMMER FOOD DRIVES

As usual our summer food drives were very successful. We wish to thank everyone who donated. The food was delivered to the Jackson Food Pantry. It is distributed to the local families in need.

Thank you to our thoughtful members for their participation.

V. Vitale
RECIPE FOR HARMONY CHAPTER COOKBOOK

INGREDIENTS

1 cookbook committee
2 committee cochairs
5 subcommittees
5 subcommittee chairs
22 subcommittee team members

Mix well until ingredients blend

MOST IMPORTANT INGREDIENT - YOU

To add more flavor share your favorite recipes and combine until done to taste.

Recipes can be written and placed in box on concierge desk or emailed at brandeiscookbookii@outlook.com.
Deadline: November 15, 2017
The entire cookbook committee members meet to discuss, brainstorm and confer regarding the development and production of the second edition of the Harmony Chapter’s cookbook. It is with great enthusiasm that we look forward to its publication and we greatly encourage our entire community to share their favorite recipes. Bon Appetit!!!
MEDICAL & BABY EQUIPMENT INVENTORY

Brandeis maintains a listing of medical and baby equipment that is available for use by all members of our community, when needed. When ill due to an accident or illness, the following is a sampling of the types of equipment that is available: crutches, walkers, commodes and shower seats, etc. When a grandchild is visiting, you may have need for the following: Pack n Play, high chair, stroller, car seat, etc. Our Brandeis member, Carol Winkler, maintains and constantly updates this list, and puts the requestor in touch with the willing lender. She can be reached at MamaWink6@gmail.com or (732) 928-8338. We are lucky to be living in a community, where neighbors willingly lend a helping hand to others when the need arises.
ATTENTION ALL MAH JONGG PLAYERS

MAH JONGG CARDS

It is that time of year again. Brandeis will be ordering new 2018 Mah Jongg cards for anyone in the community plus family and friends. The cost is $8.00 for the standard card and $9.00 for the large card.

Please make all checks payable to Brandeis University. It is important that the NAME, ADDRESS AND PHONE NUMBER of the person ordering the card appears on each check.

Please put your checks in an envelope marked “Mah Jongg card” and place in the BRANDEIS box in the clubhouse lobby.

ATTENTION WOODLANDS RESIDENTS

You may drop off your check to JOAN ENGORAN at 33 Pembroke Dr. There will be a collection bag on my door.
WE HAD FUN
RIVER CRUISE

Brandels ladies and their husbands, together with friends and neighbors in Metedeconk, got together on Saturday night, June 24, for a dinner/dance cruise on the “River Lady”. We really lucked out as the weather was perfect for a river cruise and the sunset was fantastic. The music filled the dance floor and the food was great. All in all, a fun night.

Alan Wasserman
September 15th Freehold Music Center

The Audience enjoyed a most lively and diverse musical selection by Metedeconk resident, Alan Wasserman. Everyone felt like they were in a concert hall, thanks to the generosity of Freehold Music Center. They transformed a section of their store into a concert venue.
The Ethicist group at Brandeis meets at the Park Nine Diner for breakfast. We discuss ethical situations that are selected from "The Ethicist" column of The NY Times and other like sources. The women in our group have different points of view and life experiences, which make our discussions interesting, lively, fun and sometimes personal. I love sharing breakfast, serious talk, girl talk and some laughs with this wonderful group of women.

The Life of Henry VIII and His Six Wives was presented by Susan Addelston on June 28, 2017. She explained that of his six wives, two died, two were beheaded and two survived. Henry VIII was obsessed with having a son as an heir. However he did not. He had three illegitimate children and through them we have these modern day descendants: Diana Spencer, Princess Diana, wife of Prince Charles, heir to the throne of England, Katherine Middleton, Duchess of Cambridge, married to Prince William, 2nd heir to the throne, Prince Harry, son of Princess Diana and Prince Charles, and 5th heir to the throne.

Sips and Serendipity
Artist Norma Tolliver of Main Avenue Galleria in Ocean Grove welcomed us into her studio and helped us channel our inner Van Gogh's! She guided us step by step to create lovely acrylic paintings and each of us put our own personal touch on them!
Hiking

On Sept. 25th 15 of Brandeis' fittest hiked Hartshorne Park, in the Highlands, with naturalist Sam Skinner.

Paddling

On August 28th, “The Swinging Paddlers” of “Turkey Swamp Park” took paddle boats around the lake. We had lots of new members join us, which was sensational! In the near perfect weather, we laughed, paddled and raced around the lake. New friends! New Experience for some! Great time was had by all.

Historic Village at Allaire

Led by a period costumed docent, Ellie, 22 women traveled to the year 1836 and gained knowledge of the time and the village built by James P. Allaire to process and supply the iron he needed for his business. The weather was beautiful and the tour was fascinating.

Rutgers Gardens

On a somewhat rainy morning that turned brighter and very pleasant, the director of Rutgers Gardens in New Brunswick, took us on a delightful tour of the beautiful and diverse grounds.
Brandeis Visits the Princeton University Art Museum

Ruth Pashkin

The museum maintains a collection of more than 100,000 items. We explored several current exhibitions which included Ancient Art in China, The Mayan exhibit, contemporary Chinese artwork and the work of El Anatsui, a Nigerian artist, as well as Monet, Modigliani and many others. The day was thoroughly enjoyable and as always, we continue to learn. Thanks to Marcy Kupferman for organizing the trip and for her wonderful photos.

TIBET AND ITS ART TREASURES

On Tuesday, October 10th, Barbara Lipton, from the Newark Museum came to our ballroom to show us the beautiful Tibetan art and artifacts from its collection at the Newark Museum and is known for having the best collection of Tibetan art in the Western hemisphere. The Museum’s collection numbers over 5000 artifacts. Each attendee to the event left with an appreciation for the significance of the Museum’s collection and also with complimentary admission tickets to the Newark Museum.

BRANDEIS TRIP TO NY BOTANICAL GARDENS / LITTLE ITALY

“A GLORIOUS DAY”
Linda Werner

October 5th bloomed as gorgeous as the Dale Chihuly exhibit we toured at the NY Botanical Gardens. This world-famous glass artist created these works just for this site. They are set within the landscape and buildings, creating an “Alice in Wonderland” effect. After the private tram and walking tours, we traveled to nearby Arthur Avenue, the “Little Italy” of the Bronx. We lunched in several different and delicious restaurants, then shopped to our hearts’ content in the many bakeries, groceries, pasta and olive shops, indoor market, and of course gelato shops. Our 55 women boarded the bus for home laden with goodies, tired but with memories of a glorious day.
MAKING THE MOST OF YOUR MEMORY

On Wednesday, August 9th, 34 Brandeis ladies met at CentraState Health Awareness center for a lecture entitled “Making the Most of Your Memory.

Marilyn Abrahamsson, MA, CC-SLP, Speech Pathologist and Brain Educator, and Caryn Alter, MS, RD, Registered dietitian and Nutrition educator, presented simple, effective strategies for improving information retention at any age.

The participants were interested and many signed up for a four part series given by CentraState.

Future memory workshops will be planned by our chapter.

DON’T FALL DOWN

Strategies for using this advice were expertly delivered by Shannon Lenahan, physical therapist from CentraState Hospital to about twenty of Brandeis members. Since a third of us will experience a fall followed by a trip to the emergency room, we need all the help we can get.

Shannon reviewed common causes for loss of balance, possible home modifications to prevent falling and we practiced exercises to increase mobility.

We also had a few laughs at our own shortcomings.

VEGAN FEAST AT KAYA’S KITCHEN

23 adventurous eaters were treated to a delicious feast of plant-based delights at Kaya’s Kitchen Vegan restaurant in Belmar. The ample platters of colorful and tasty appetizers and entrees were served family style. Our special guest, Anthony Dissen, a plant-based dietician and health educator, gave an enlightening talk about eating vegan and living a healthier lifestyle with lots of cooking and shopping tips. Anthony’s website is very impressive. It show upcoming events including the programs he offers at CentraState

Anthonydissen.com
This movie, MAMADRAMA, presented to our Brandeis members combined clips, cultural commentary, interviews with Hollywood and Israeli filmmakers, all exploring the image of the “Jewish” mother in film.

In keeping with the theme of “mothers and food”, a tasty light lunch of bagels, lox, kugel and salads was served. Another successful event!

GRANDMA GATEWOOD’S WALK

Brandeis’ own “Hams” dramatized the story of Emma (Grandma) Gatewood, who at the ages of 67, 72 and then again at age 75 walked the 2,050 miles of the Appalachian Trail on her own.

Through homemade videos and dramatizations her story came alive for the 80 women who attended this imaginative seminar. Hope Eisman and Jan Thompson adapted the script from the book, GRANDMA GATEWOOD’S WALK. Jan Thompson portrayed Grandma while Hope Eisman, Ruth Pashkin, Bunny Marin, and Anita Bronfeld, and Steffi Isaac taking other parts.

A picnic style lunch completed this fascinating day.
Honey Bee Trip

Drew Madzin from “From the Garden” welcomed our group to his farm and to his charming shop which sells a variety of honey products in August. He gave a fascinating presentation on the life cycle and world of the honeybee and showed us a demonstration hive. We were able to sample several varieties of honey from his own bees along with some other snacks and then strolled the grounds and picked some ripe peaches from his small orchard.

BRANDEIS LEARNS ABOUT “EVERYTHING BLUEBERRY”

“A treat for the soul and a treat for the palate” is a perfect description of our morning visit to the New Jersey Pine Barrens for our “Blueberry Beginnings Tour.” We toured Whitesbog Farm Village and the home of Elizabeth White, developer of the “Elizabeth Blueberry”.

Our hostess and the farm’s owner, Brenda Conner, discussed the health benefits of the delicious Pine Barrens berry. She offered us a taste of products created in her own kitchen from the blueberry varieties that came from Elizabeth White’s own hand.

Brandeis Tour of Arrow Acres Alpaca Farm

by Denise DiPace

Dee & John Sherman, the very kind owners of Arrow Acres Alpaca Farm, treated us to a delightful tour of their family-run farm and their award-winning alpacas. They share their passion for their 51 alpacas with their entire family. They provided us with carrots to feed the alpacas and encouraged us to feel their very soft and fuzzy coats. The thing you have to love most about alpacas are their beautiful and expressive faces...

They’re absolutely irresistible!
UN Declaration of Human Rights

Ever since our country's inception we Americans have known our rights before the law, but in other countries in the past and even now, human rights was not a concept; rule was based solely on power. In a lively and informative seminar, Susan Addleston returned to Brandeis to give the history of human rights from the Magna Carta to the present day 70th Anniversary of the signing of a United Nations Declaration of Human Rights.

“CHAMPAGNE BRUNCH”

On September 13, 2017, a group of 114 women participated in a “Champagne Brunch”. The event was held in the ballroom of The Grand. We had a sumptuous lunch in a lovely setting. We were all there to hear Fraidy Reiss, the Founder and Executive Director of Unchained At Last, dedicated to helping women escape or resist arranged or forced marriages. Ms. Reiss recounted her own story of arranged marriage to a violent man and her subsequent escape with her two daughters. Her organization provides free legal services, helps with obtaining social services and coordinates escapes when essential. We all learned a great deal that afternoon and were very moved by her story and the work that her organization does.
Terra Cotta Warriors - November 30th
General Meeting - December 5th
THE TERRA COTTA ARMY

PHILADELPHIA MUSEUM

NOVEMBER 30TH

THE TERRA-COTTA army, as it is known, is part of an elaborate mausoleum created to accompany the first emperor of China in afterlife. The exhibit features 10 terra-cotta figures from the burial complex as well as more than 170 artifacts. Each soldier has a unique facial expression and was positioned according to rank. This is a self-guided tour which will take 1 hour to 1 hour and 15 minutes. You can set your own pace and there will be places to sit along the way.

You will have free time to explore and enjoy a leisurely lunch (not included).

At 1:30 a guide will join our bus and we will be taken around the city for a guided tour of the "Masterpiece Murals" in East Philadelphia. Masterpieces East explores the show-stopping and highly acclaimed murals east of Broad Street. The tour will travel through parts of North Philadelphia and back into Center City to provide an in-depth look at Philadelphia’s phenomenal public art, including such stunning works as the iconic Common Threads by Meg Saligman and The Philadelphia Painting Project along Girard Avenue. If you joined us on our last Mural Tour, you will thoroughly enjoy exploring a different section of the city.

Date: Thursday, Nov. 30th

COST $82 PER PERSON (includes $5 tax-deductible contribution designated for Science Faculty Research in Neuro-Degenerative Diseases). Please place one check per envelope marked Warriors in the Brandeis mailbox.

Meet at the Gazebo 7:30 am. Bus leaves 7:45 sharp. We will leave Philadelphia around 3:45.

ALL PARTICIPANTS MUST SIGN THE BRANDEIS "ASSUMPTION OF RISK AGREEMENT" FORM. (This form is good for 1 year if you have already signed it.)
We’ve come a long way, baby!

HARMONY CHAPTER OF BRANDEIS NATIONAL COMMITTEE’S GENERAL MEETING

December 5, 2017
6 PM  Ballroom

Food: Feast on a sumptuous hot buffet dinner

Entertainment: "Flappers – The Women of the 1920's"

Trish Chambers Productions

Price: $15   Sign up now!

(deadline November 25, 2017)

Contact: Marlene Labelson
(If ballroom capacity is met by deadline, a supervised lottery drawing will be held. Anyone signing up after deadline date will be placed on a waiting list.)
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CARD DONATIONS

Marcy Kupferman
Lisa Fredericks
Joan Carr
Gloria Dino-Guidances

Were donors

A personalized card can be sent for you

To purchase cards in honor of a special occasion such as a birthday, anniversary, a milestone or to memorialize the passing of a loved one,

please call Bobbi Schwinger at

Brandeis National Committee is dedicated to providing philanthropic support to Brandeis University, a distinguished liberal arts and research university founded by the American Jewish community. Its membership is connected to the university through fundraising and through activities that reflect the values on which the university was founded; academic excellence, social justice, non-sectarianism and service to the community.

Changing Email Address or Phone Number?

Send new information to:

Emlamby@optonline.net
<table>
<thead>
<tr>
<th>Movies Available for Borrowing</th>
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<tr>
<td>Alive Inside</td>
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<tr>
<td>Anita</td>
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<tr>
<td>Arranged</td>
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<td>As It Is In Heaven</td>
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<td>Bungalows of Rockaway</td>
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<td>Cat on a Hot Tin Roof</td>
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<td>Chagall</td>
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<td>The Closet</td>
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<td>Elsa and Fred</td>
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<td>Food, Inc.</td>
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<tr>
<td>Footnote</td>
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<td>For My Father</td>
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</table>

All members are welcome to borrow any movie

Please contact Hope Lewis at 36hope@optonline.net, or call 732-833-4468, to make arrangements for pickup. Members can borrow several movies at a time.
Calling All Brandeis Members
Be a Sweetheart...

Save an Envelope

When registering for a Brandeis event

RECYCLE and REUSE