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# Rossmoor IN News



VOLUME 54 / No. 1

Monroe Township, New Jersey

January 2018

## RCAI Budget adopted for 2018

By Joe Conti and  
Carol De Haan

The Board of Governors adopted the RCAI Capital Budget for 2018 at its November 15, 2017, meeting. The new budget includes an increase of \$3.33 per manor, per month. That increase is made up of two parts: \$1.00 contribution to the Reserve Fund, as recommended by our auditors in their Reserve Study, and \$2.33 increase in expenses, per manor, per month.

These expenses have gone up for 2018:

- The nurses contract with Saint Peter's University Hospital went up by 15%;
- The health insurance policy for union and non-union employees went up by 8.5% ospital Hospital (RCAI will pay the increase);
- The bus service contract went up by \$4,500 per year;
- The golf course will cost \$1.72 more per manor per month because membership has gone down and therefore carrying charges will increase; and
- The pool management contract went up by 12%.

Several expenses will remain the same as in 2017:

- The North Gate personnel contract with U.S. Security;
- The landscaping contract with High Tech;
- The trash collection contract with Waste Management; and

- The snow removal contract with High Tech.

The budget will see a savings, or an increase in income, from the following:

- Saint Peter's University Hospital leases the physician's side of our Health Care Center. That lease went up by 4.8% to bring us approximately \$1,400 extra income per year;
- A savings of \$5,400 per year in the Telephone line item will come from upgrading the existing alarm systems in the common properties to wireless and eliminating many Verizon phone lines; and
- The heating fuel and vehicle fuel will be under budget and those line items were lowered for 2018.
- Our Maintenance Department has added one employee, which will increase the Department's income and the hourly billing rate will be increased from \$52 to \$56 per hour, which will also increase the Department's income.

Our auditors, Wilken and Guttentplan, have issued their opinion that RCAI is in financially sound condition. The same applies to each of the Mutuels.

Any resident who wants to see the complete RCAI Budget for 2018 is welcome to come to the Village Center for a copy. If requested, the Village Center personnel can also mail a copy of the 2018 Budget.

big problem for the IRS. According to the Treasury Inspector General for Tax Administration for 2015 returns, fraudulent claims amounted to \$227 million. The IRS blocked \$180.6 million of that, leaving a loss for the government of \$46.4 million. For individuals, when returns are fraudulently filed using their social security numbers and refunds paid to the fraudulent filers, the individuals to whom the refunds are actually due usually eventually get their refunds. It takes time, however, and can be problematic.

The schemes to steal tax

(Continued on page 3)



Colorful Season's Greetings at 619B Waverly Way



Clubhouse Menorah



Clubhouse Manger scene

## Focus on: Groups and Clubs Comfort and prayer in a shawl

By Jean Houvener

Every two weeks, 10 to 15 women gather in the Craft Room to create prayer shawls for those of us in the community in need of a bit of comfort. The Prayer Shawl Group is an outreach from the Catholic Society, but any resident is invited to join them. They meet two Thursdays a month at 1:30. The dates are published in the Rossmoor News and on Channel 26. The prayer shawl ministry is a nationwide movement begun in 1998, which came several years ago to Nativity of Our Lord Church on Applegarth, and was brought to Rossmoor by a group of residents in 2010.

The group opens with a prayer to bless their work and bring comfort to those in need, and at a recent gathering added a second prayer for founding member Cathy McGowan, who had just passed away. The women knit or crochet the prayer shawls, adding warmth and comfort from yarn for those who are ill or suffering a loss. While discussing whatever



Prayer shawls awaiting blessing before distribution

may be on their minds, as they work, they form special bonds of friendship and fellowship. They bring their own yarn or use yarn donated to

the group or purchased by the group.

The shawls are brought to the Rossmoor Meeting

(Continued on page 3)

## Tax Identity Theft Week: be forewarned

By Jean Houvener

The Federal Trade Commission (FTC) has many resources available to warn taxpayers about identity theft, particularly in relation to tax filing. Last year the FTC held a webinar open to the public via Internet or phone to discuss the dangers of identity theft in regard to tax filing. Enter [www.ftc.gov](http://www.ftc.gov) and search for Tax Identity Theft Week and filter for 2018 for information about this year's events. This year the extra events will be during Tax Identity Theft Week from Jan. 29 through Feb. 2.

Tax fraud has become a

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# at the governors' meeting

## December 21, 2017, Board of Governors Meeting

Daniel Jolly, RCAI president, opened the Board of Governors meeting at 9:00 a.m. with the Pledge of Allegiance.

There were no Standing Committee meetings this

month.

Mr. Jolly appointed Jean Houvener, Walter Gryskiewicz and Linda Bozowski to two-year terms on the Rossmoor News Board.

Mr. Jolly also appointed Muriel Calvanelli, Anthony Cardello and Joseph Haff to

two-year terms on the Board of the Golf Course Committee.

Peter Kaznoswki gave the date of February 6, 2018, as the next Golf Course Committee meeting.

The meeting was adjourned at 9:12 a.m.

## Open RCAI meetings in January

Thursday, Jan. 11

**Standing Committee Meetings** 9 a.m.

Maintenance Committee  
Community Affairs Committee  
Finance Committee

Thursday, Jan. 18

**Board of Governors Meeting** 9 a.m.

Village Center Meeting Room

Please watch Channel 26  
for any changes or cancellations

The deadline for  
**The  
Rossmoor  
News**  
is the 7th of  
every month.



### News Board:

Joe Conti, Chair  
Carol De Haan  
Myra Danon  
Bob Huber  
Jean Houvener  
Anne Rotholz  
Linda Bozowski  
Walter Gryskiewicz

### Editorial Assistants

Alex Monaco  
Linda Monaco

The *Rossmoor News* is a monthly periodical mailed to every home within the Rossmoor community. News items are welcome. Appropriate

news items from outside organizations will be considered as space permits. All copy and pictures are subject to editing and are accepted with this understanding.

Letters to the Editor must be emailed to PES at [pescmd@aol.com](mailto:pescmd@aol.com) and clearly marked *Rossmoor News*.

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## Bits & Pieces

Sue Ortiz

Welcome to 2018!

This edition of Bits & Pieces marks my 85<sup>th</sup> for the Rossmoor News. That's 85 different ideas, over 50,000 words, more than 160 "quotes," and countless hours of typing. It's almost as long as a novel—that's taken over six years to write!

At the start of every year, I contemplate what to write about in the coming year. Will it be a commentary on my travels in space and time? A little "slice of life" from my suburban backyard? An observation on human niceties – or atrocities? A craft project or favorite family recipe? Who knows? Not me, not yet.

Deadlines loom. Every day, it seems, there's a different one: Rossmoor News, my Sisters in Crime Clued In Newsletter and website updates, forms that need to be filled out and returned, and bills that need to be paid -- on time: 1, 3, 7, 10, 12, 15, 18, 20, 28, and 30. These are not prime numbers, cardinal numbers, or page numbers; they are monthly deadline or payment due dates that are filed within my *little gray cells*, as detective Hercule Poirot called the brain. It's a mystery how we keep everything in order, for the most part. Have I missed one or two of these deadlines? Yes, well, because time flies, and life happens. But, everything gets done in the end, or by the beginning of the week.

Those official-looking white envelopes arrive in the mail late Friday afternoon. They usually contain some important papers, such as letters from lawyers, that need to be taken care of *right*

now, but, since it *is* Friday ... they will have to wait all weekend long until Monday morning. That's if the lawyer, or whoever it is I have to call, will even be in the office Monday morning. Or, their hours are the same as mine: 9 to 5 and closed for lunch. Grrrrr!

Speaking of 9 to 5, scheduling appointments can be hairy, too. Doctors, lawyers, and other establishments have these "office hours," too. Make appointments early, so you can get that coveted once-a-month Saturday appointment, if they offer one. Blood tests, especially, have to be made well in advance, especially if you need an early fasting test. But, where I go, you can't make an appointment *too* early. So, I have to set a reminder to make my appointment three months before I need it. Whew.

So, it's my hope for 2018 that deadlines are met, important letters arrive on Monday, bills (that are so big, they should be called "williams" – get it?) are paid in full and on time, appointments easy to schedule, and my *little gray cells* continue to come up with new ideas to write about.

Happy New Year to us all!

**B&P**

"Without deadlines and restrictions, I just tend to become preoccupied with other things." – Val Kilmer (American actor, born 1959)

"I would say 90 percent of my mail and phone calls are from people who want some kind of help or succor or commitment from me to do something." – Peter Coyote (American actor, born 1941)

## Letter to the editor

I would like to thank the following people for their dedicated service to the Thanksgiving Dinner Program for Rossmoor 2017.

Mr. & Mrs. Joe Conti  
Mr. & Mrs. Lou Russo  
Mr. Gregory Policastro  
Mrs. Paulette Mascia  
Mrs. Janet Taranto  
Mrs. Diane England  
Mrs. Joan Avery  
Mr. Dennis Haggerty  
Mr. Larry Archambault  
Members of the Interfaith Council of Rossmoor

Also, a thank you to *all* the volunteers that gave of their time and efforts to make this day a success for those residents and aides who received the Thanksgiving Day dinners.

I am sure I speak for all the homebound residents and their aides who were able to enjoy and have a happy Thanksgiving Dinner that could not take place without all your help!

Again, thanks to all,  
Sal Gurriero, chairman

## Mailing Addresses

If you are not receiving mail from Rossmoor, your Mutual, or *The Rossmoor News*, it may be a matter of our not having your correct mailing address. Many residents, over the years, filed "Winter Address" forms with Administration and failed to specify a return date. If you did not contact us when you returned, it might be possible that we still have an alternate or winter address in our system.

Please contact Resident Services manager, at 609-655-1000, to verify your address.





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## Thinking ahead – caregivers, guardianship, other options

By Linda Bozowski

(What follows is meant to be informational only. For financial or legal guidance, please seek professional advice from those in whom you have confidence and trust.)

As was mentioned in the December issue of the Rossmoor News, approximately 22 percent of people need some sort of long-term care assistance, and most of them are not residents of facilities. That suggests that care is being provided by spouses, children, friends, and neighbors, or paid professionals. As has been pointed out in numerous pieces in magazines and newspapers, there is not currently a mechanism in place for compensating non-professional care assistants, even though those persons may be spending large amounts of time and energy assisting a loved one or friend. According to one of the many pieces in the November issue of the AARP Bulletin, many non-paid caregivers are still employed and still manage to squeeze in time to assist others. The term "sandwich generation" was coined a while ago to describe those who may be still caring for their own children and/or grandchildren while helping to provide care to parents or other older family members.

Non-paid, non-professional caregivers are donating their time helping with shopping, housekeeping, managing physician appointments and providing companionship in many of the same ways as caregivers who may be professionally certified or engaged as assistants. As our society has increased its life expectancy, the need for assistance has grown. After all, living longer doesn't necessarily mean living as well. Fortunately for many persons, good health has continued throughout their lives, but for others, chronic illnesses may have become

part of the day-to-day. Caregivers, volunteer or paid, can help to provide the support necessary to permit people to continue to live in their homes or in non-institutional settings.

Choosing a paid caregiver should be done carefully, since skill sets of prospective employees are generally not regulated or standardized. Agencies that offer placement services may monitor their staffs to varying degrees of thoroughness, ranging from criminal background checks to review of references. It may be helpful to have a family member or friend assist in the vetting of a potential caregiver, because there may be a need for continuous care for a protracted period of time. How much time may be needed, e.g., several days per week or a certain number of hours per day, may also help determine whether a particular candidate is a good fit for the circumstances and for the person needing assistance.

Beyond or in conjunction with the presence of a caregiver, whether full-time or part-time, is the legal authority of guardianship. Guardi-

anship relationships are binding agreements approved by the courts, following the filing of documents attesting to the need of one person to be cared for or "guarded" by another. A guardianship relationship is somewhat similar to a legal power of attorney, but the differences are best defined and explained by an attorney, not by this writer. The person for whom guardianship is being sought may be unable to participate in the decision-making regarding this future relationship, which is why the court is the final decision-maker in granting this level of authority of one person over another's well-being and assets.

A recent lengthy article in the New Yorker Magazine offered several frightening examples in which predatory guardianships were approved by courts in Nevada, to the detriment of those for whom protection was ostensibly being sought. Cases are still ongoing in the attempts of other courts to undo the damages that have been done to the many victims. We must all be cautious

(Continued on page 5)

## Media curmudgeons

By Linda Monaco

As mentioned in a previous issue, there is a national month/week/day to celebrate anything. Curmudgeons Day, January 29, is no exception. Oxford American Dictionary defines curmudgeon as a "bad-tempered or surly person" to which I would like to add "with a marshmallow heart." Think about it. We all know a curmudgeon or two and should not be surprised to find that they are really, deep down, very nice... really.

Think about it.

There's Carl Fredricksen, newly widowed, surrounded by construction noise and big business trying to get his

house and land. Obvious curmudgeon material. And, would you believe, he's also pestered by a young boy who is ignored by his father and only wants to help. Russell is out to do good even if it hurts someone. The two end up flying to Paradise Falls in a balloon-powered house. Mr. Fredricksen saves a dog and extinct bird, and learns how to be a family for Russell. Definitely a marshmallow hearted curmudgeon. I recommend watching the movie "UP" if you ever get a chance.

We all know about Ebenezer Scrooge, the Grinch, and the Abominable Snowman of Rudolph fame. Scrooge needed a full night and three spirits to find his marshmallow heart. The Grinch was enlightened by the Whos down in Whoville. But the Abominable Snowman, in addition to being bad-tempered and surly, must have been very stubborn. It took Rudolph and an elf dentist, Hermey, to bring out his marshmallow heart.

Curmudgeons come in all sizes and shapes and, it seems, mostly around Christmas. Whatever it is that brings out the curmudgeon in us, also brings out our marshmallow heart. Thank God!

So, since Christmas has come and gone, hopefully changing a lot of curmudgeons into warm happy people, maybe we should call January 29 Former Curmudgeons Day. That works for me. Until then I suggest making a note to yourself for next Christmas to watch as many curmudgeon movies as possible. They will be sure to make you feel better.

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## Saving Shakespeare

By Carol De Haan

### What Will did

Will Shakespeare (1564-1616) had no idea his plays would be enjoyed for the next 400 years. He wrote for the London playgoers of his day.

He did know that his plays were so popular that people would pay good money for a quarto, the text of a single play. Quartos were printed on large sheets of paper, then folded in half two times, creating four sheets (eight pages) and leading to the name "quarto."

Eighteen plays were published in quarto and sold in the courtyard of old Saint Paul's Cathedral, where many book vendors were located. Probably his most wildly popular work in quarto was the erotic poem *Venus and Adonis*, which told in titillating detail how an experienced woman seduced an innocent youth. It sold out like hotcakes through nine separate editions.

The buyer got only the printed pages, which he took to a bookbinder to have made into a volume. Although Shakespeare wrote on vellum (sheepskin), quartos were printed on rag paper imported from France. It was costly, but there was no shortage of educated, prosperous people in Elizabethan England.

Will died in 1616, at only 52 years of age. He had retired from London in his late 40s to live again in Stratford-upon-Avon, in the big stone house he had earlier bought for his wife, Anne, and their children. He ceased writing. If all we knew of him were the quartos, he might have become an impressive footnote to history like some other Elizabethan playwrights.

Instead, we know him as the greatest playwright in the English language, and perhaps in any language. His plays are performed in many nations and in many different languages. How did Shakespeare's large body of work beat the odds to survive intact into our time?

### What his friends did

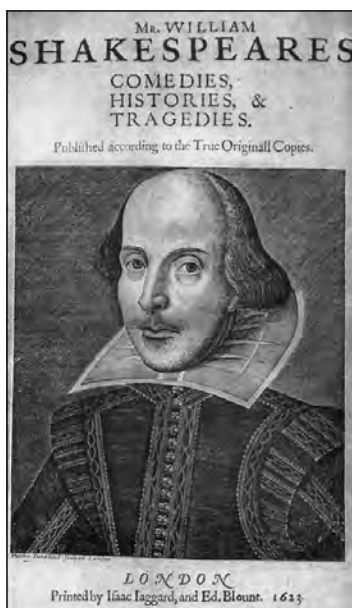
Will was known for his affable personality and his frequently off-the-wall sense of humor. He worked hard, producing an average of three

### Thinking ahead

(Continued from page 4)

about accepting help from those unfamiliar to us, just as we try our best to avoid other scams.

On a more positive note, beside the several articles in the AARP Bulletin of December, Better Homes and Gardens magazine had several helpful pieces in the November issue. Books are available at our library which may be helpful for those exploring alternative living arrangements, as well as for family members. We cannot foresee our future, but we should try our best to be prepared for it.



First Folio portrait of Will Shakespeare

plays a year, and he acted in many of them. He saved his money, invested wisely, never drank to excess, and lived modestly on Silver Street in quarters he rented from an immigrant Huguenot (French Protestant) family. He avoided conflict in an era of religious polarization. Shakespeare was respected by noblemen, by scholars, and by many religious leaders of his time.

Two of his fellow actors in The King's Men, John Heminges and Henry Condell, were homeowners who lived with their wives and children in walking distance of Silver Street. Brotherly affection among the three of them must have been strong, because Will remembered each of them in his will, and the two friends undertook the herculean task of finding and publishing all of Will's other plays after his death.

### Not an easy job

The 18 plays already published in quarto had to be corrected of typesetters' errors. Another 18 or 20 plays had to be hunted down. In some cases, only a partial copy remained, so Heminges and Condell had to rely on the memory of actors or the stage prompter to fill in the text. It is likely that the two men traveled the hundred miles to Stratford to ask Anne for any copies Will might have taken home. They never did find "Cardenio" and "Love's Labor's Won." But if not for their labors, we would not have "Macbeth," "Julius Caesar," "Twelfth Night," or "Winter's Tale," among others, all great treasures.

Having eventually collected 36 plays, Heminges and Condell negotiated with a London publisher to undertake this massive printing job. Five compositors spent most of a year to set type by hand for all 900 pages. The product was called a folio, once again referring to the way the pages were folded and assembled. One modern scholar, Germaine Greer, believes that Heminges and Condell did not have the means to finance such a huge order; that only Anne, Shakespeare's now wealthy widow, could have fronted

the contract. (So much for the "Will hated Anne" theory, proposed by another modern scholar.)

In 1623, after seven years' work, 750 copies were offered for sale at the equivalent of about \$200 each in today's money. The purchaser had to take this huge quantity of paper to a bookbinder, a great expense. That all copies were sold, and that subsequently four additional printings were needed, is proof of the esteem in which Will was held by his peers.

(Continued on page 6)

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## January 21 and 22 are bald eagle appreciation days

By Anne Rotholz

While this American holiday is not widely celebrated, it gets a lot of attention in some states in the central and southern parts of our country. When it comes to the bald eagle, the people of New Jersey have reason to celebrate.

In 1967, the bald eagle was placed on the Endangered Species list where it would remain until 2007.

In 1970 there was only one

pair of bald eagles nesting in New Jersey. While they were plentiful in previous years, the use of pesticides, especially DDT, decimated the population. Although the pesticide was banned in 1972, there was still only one nesting pair here in 1980.

The banning of DDT and a major effort by biologists in the NJ Division of Wildlife brought about a steady increase in the bald eagle population in the state.

In 2014, New Jersey had 146 nesting pairs. Last year the number rose to 172 nesting pairs. Bald eagles are here in healthy numbers once again.

Are there bald eagles in our area? One has been spotted in Monroe Township, another in Monmouth Junction. If you look up to the sky and see a giant bird with a wingspan of five to seven feet, you'll know you have hit the jackpot.

The Rossmoor hikers

have been fortunate in that respect. I remember seeing my first bald eagle years ago while hiking at Merrill Creek Reservoir in Warren County.

A few weeks ago, the hikers had an unforgettable experience. We went on a hike at Veterans Park in Hamilton. Peggy Mankey and Karen Seiden organized the outing. They set up and led a wonderful hike and worked some magic in the process. As we were going by the lake where lots of geese and ducks were happily swimming, the resident bald eagle appeared and entertained us for about 10 minutes.

The eagle set its sight on lunch, a little duck far out in the lake. (Duck is one of a bald eagle's favorite meals.) Despite the constant swooping of the eagle, the little duck outwitted it by going underwater as it approached, until the eagle gave up. That made our day.

## Shakespeare

(Continued from page 5)

### The First Folio today

We know of 235 surviving copies from the original 750. Many copies exist in British libraries. The Folger Shakespeare Library in Washington, D.C. has 82 copies. The New York Public Library has six. Other copies are held in Boston, Philadelphia, Dallas, Los Angeles, Toronto, New South Wales, and even in Japan. Few are complete; most are missing pages.

At a 2006 Sotheby's auction in Britain, a First Folio sold for 2.5 million pounds. Another stolen and recovered copy was estimated to be worth 15 million pounds.

Unknown copies have recently been discovered, one at a public library in France; another in Scotland.

A 1968 facsimile of the First Folio can sometimes be purchased on the Internet for about \$100.

### But I don't like Shakespeare!

Aah, yes. The result of lackluster teaching and a poor choice of plays. We make high school freshmen read "Romeo and Juliet," perhaps hoping to warn them of the perils of young love, when the play is really about neglectful parents. We make sophomores read "Julius Caesar," a political statement with little of human interest for kids. Then we make juniors and seniors read "Lear," about an elderly, half-demented king. Could we do better for our young people?

If you were one of those teenagers, here's my suggestion: Go to the Monroe Township Library. Way in back is a quiet section looking out on a garden. Find the Folger Library's single-play paperback editions. "Macbeth" (call number 822.33) offers an uncomplicated plot. The Folger copy will give you Shakespeare's words on one page, and opposite, explanations in modern English. You'll see how easy it is to read.

You might also come away pondering, as Shakespeare did, such ethical issues as why powerful, prosperous people want more power and more money; how much a wife can drive her husband's actions; or what does guilt do to the human soul?

You might even come to see why generations of people grew to love Will Shakespeare. You, too, ...maybe?

## Cat Questions

By Bob Huber

Just in case you weren't aware, Jan. 22 is Answer Your Cat's Questions Day. It never dawned on me that my cat, Clementine, might have questions. She was lounging on the window sill, so I decided to put the proposition to her directly.

### Is there anything you'd like to know?

Is that a trick question?

**Certainly not. January 22 is Answer Your Cat's Questions Day. I was just wondering if you have any questions?**

Just one: can we discuss this after I finish my nap?

### You're always napping.

It's what we cats do. I require at least six naps per day. It's in my contract.

### I didn't know we had a contract.

It's implied. Every cat has the same one.

### I thought so. Since you're awake, can we continue?

If we must.

### What's your first question?

Will you agree to always provide me with a safe secure home with lots of love and attention?

### Of course I will. What kind of a question is that?

Many of us shelter cats have lived a tough life. Safety and security are big issues with us. It may take months to feel comfortable in new surroundings with a new owner. You have to be patient.

### I think you and I crossed that hurdle a long time ago. What's next?

Food.

### Your favorite subject.

Why can't I have more of it?

### Your vet has put you on a diet. You're seriously overweight.

I'm a big cat.

**You're a big fat cat. Overweight cats are subject to many of the same**

### ailments as overweight humans. We want to keep you healthy.

You also want to keep me hungry.

### Join the club. I have to go on a diet from time to time.

I was too polite to mention that you're overdue.

### Next question.

Strangers enter our house from time to time. Will you please ask them not to invade my space?

### They are my guests. They think you're cute and cuddly, and they want to make friends with you.

That is my decision, not theirs. If I want to make friends with them, I'll let them know. It's a caution we cats retain from our days as wild cats in ancient times.

### I'll post a notice on the front door.

And who is that person who shows up once a week and chases me around the house with that noisy machine?

### I believe you're referring to our cleaning lady, and that noisy machine is a vacuum sweeper. She uses it to clean our house.

I find it very upsetting. It may take an hour or more to settle my nerves after she leaves.

### Well, you'll just have to deal with it. I suggest you crawl under the bed and chill out until she's gone.

Good advice. And speaking of cleaning, will you promise to always keep my bathroom facilities fresh and clean?

### Certainly, but it would help a lot if you didn't spread cat litter all over the floor.

I'll try to restrain myself.

### Any more questions?

You caught me by surprise. I'll make a list and give it to you tomorrow.

### Too late. Cat Question Day is only once a year.

Just my luck!

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# Computer history

By Steve Gray

Computers are everywhere – in your home, your car, your cell phone and are even showing up in your TV, your refrigerator and your washing machine and dryer. How did we get to this point?

The first evidence of counting goes back to about 50,000 B.C. Around 3,400 B.C., the Egyptians developed a symbol for the number 10. The Chinese developed the abacus around B.C 2,600, and the decimal (very important for computers) about 1,350 B.C.

Fast forward to 1,232 A.D.; we see the birth of Ramon Llull who is often referred to as the pioneer of computational theory. Jumping ahead to 1492, while Columbus was getting lost and discovering America, Leonardo da Vinci drew a 13 digit cog-wheeled adder. In 1605, Francis Bacon invented the Baconian cipher – using an A and a B to encode messages. (Sound a bit like our system of zeros and ones?) In 1613 the term computer was first used to describe a person who performed calculations or computations. We saw this in the movie “Hidden Figures,” recently shown by E&R. (Thank you to E&R.) By the end of the 19<sup>th</sup> century, however, the term *computer* also referred to a machine doing calculations.

Now we come to John Napier who, in 1614, came up with the idea of logarithms. In 1617, he invented “Napier’s Bones” which did multiplying by adding, and dividing by subtraction, using a device made from bone, horn, or ivory. In 1623, the first known working mechanical calculating machine was invented by Wilhelm Schickard and was based on Napier’s Bones. In 1642, Frances Blaise Pascal invented the Pascaline that could add, subtract, and carry between digits. The year 1671 brings us to the Step Reckoner by Gottfried Leibniz that could multiply, divide, and evaluate square roots. In 1725, Basile Bouchon invented a loom that used a perforated paper tape roll. It was later upgraded by his assistant Jean-Baptiste Falcon to use punch cards. Even though it predated the Jacquard loom, it was not fully automated. But this does sound like the early days of computers, doesn’t it? The fully automated loom dates to 1804 by Frances Joseph-Marie Jacquard. In 1820 Chares Xavier Thomas de Colmar invented the Arithometer that reliably could add, subtract, multiply, and divide. In 1822, Charles Babbage began developing the difference engine. In 1837, he proposed the analytical engine that used punch cards as a form of memory and a way to program the computer. During this time, he was assisted by Ada Lovelace. She is credited as being the first computer programmer. She de-

veloped the first algorithm to be processed by machine. I am skipping a lot of intermediate steps, such as the beginning of the use of electricity, the invention of the typewriter, the telegraph, and later the telephone, and so on, or this article would be longer than “War and Peace.” With that in mind, we skip to 1890, when Herman Hollerith developed a method to record and store information on punch cards for the U.S. Census. His company later became known as IBM. I would be remiss not to mention Nikola Tesla who developed a way to generate AC power. In 1896, Niagara Falls Generating came online using Tesla’s invention. Edison, however, was a strong proponent of DC power. Tesla patented electrical logic circuits called gates or switches in 1903. Lee De Frost got a patent in 1907 for the first vacuum tube triode that was later used as an electronic switch in an electronic computer. In 1926 we saw the first patent for the transistor. Fast forward to 1936 when Konrad Zuse invented the Z1, one of the first binary computers and a machine that could be controlled through a punch tape. Alan Turing, considered to be the father of computer

science, developed the Turing machine in 1936. Iowa State College’s John Vincent Atanasoff and Clifford Berry begin creating the ABC (Atanasoff-Berry Computer) considered by most to be the first electronic digital computer. They completed the prototype in 1939. It was successfully tested in 1942 using regenerative capacitor drum memory. ENIAC was constructed in 1943. The Mark 1 Colossus computer became operational in 1944, providing vital calculations to the U.S. Navy. Admiral Grace Hopper was its programmer. She also came up with the term computer bug. ENIAC was finally competed in 1946. Major events in 1947 – the transistor as we know it today was invented at Bell Labs; a patent was filed for describing one of the first computer games for a CRT screen, and a UFO was reported (which has nothing to do with computers). In 1949, Popular Mechanics predicted that in the future computers may weigh no more than 1.5 tons. Major event in 1952, Alexander Sandy Douglas created the first graphical tic-tac-toe game. The first mass-produced computer surfaced in 1953; the 701 by IBM and the UNIVAC predicted the presidential election outcome. The IBM 650 and the first version of For-

tran were introduced in 1954. Developed in 1956 was the IBM 305 RAMDAC, the first computer to be shipped with a hard drive. The drive contained 50 24-inch platters, was capable of storing five million characters and weighed a ton. The year 1956 also saw the invention of the wireless remote control. In 1957, IBM no longer used vacuum tubes. IBM released its first computer using 2000 transistors, Sputnik was launched, and the U.S. created ARPA in response. In 1960, 2000 computers were in use in the United States. We probably have more than that in Rossmoor alone today. Jumping ahead to 1963, ASCII was developed to standardize data exchange among computers and, more importantly, the first instant replay was shown during an Army-Navy game on CBS. The year 1964 brought us Basic, and the Transit system became operational on U.S. Polaris submarines. This system later became the GPS. This was also the year IBM unveiled the system/360. In 1966, Stephen Gray (no relation) estab-

lished the first amateur computer club, Arpanet was developed (the beginning of the Internet) and, most importantly, the original Star Trek was first aired. The infamous floppy disk was created in 1967 and became a standard in 1978 with the smaller one coming out in 1984. These were obsolete and discontinued by 2000. In 1969, the Internet consisted of four places: three in California and one in Utah. On October 29, 1969, a UCLA student tried to send a message and got the first Internet crash – some things never change. Beginning in 1970, computer changes were becoming more rapid and more technical -- not a subject for this column. One thing to take away – when the programming was done during the movie “Hidden Figures,” your \$1 calculator that is tossed in a drawer somewhere is a lot more powerful than the computer used at that time. Where are we headed computer-wise? Possibly something the size of a pinky ring that ties into your house, car, appliances, and clothing and will operate on a subliminal level.





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## The International Space Station

By Anne Rotholz

The ISS, a large artificial satellite that is in orbit around the earth, is the brightest object in the sky after the sun and moon.

The ISS travels 220 miles (354 km) above the earth, at a speed of 17,500 mph (28175km/hr). It circles the earth every 90 minutes.

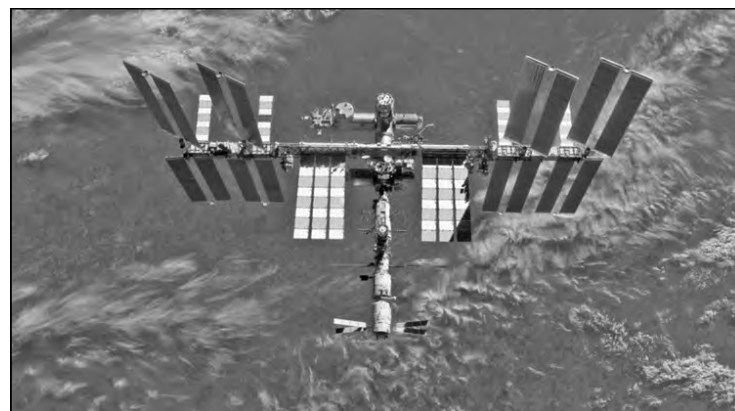
Because it orbits the earth 16 times a day the astronauts get to see 16 sunrises and 16 sunsets each day.

Every three days it passes over the same place on earth.

The ISS is as large as a football field and weighs almost one million pounds. (420,000 kg.) It has 8 miles (12.9 km) of wiring in its electrical system.

The cost of building the ISS was \$100 billion.

The Station's living area is larger than a five-bedroom house. It has two baths, a



A NASA image of the International Space Station

gym, and a 360 degree bay window.

The ISS usually has a crew of six residing there though at times the crew has been only two. When visitors come (change of crew or tourists) they may have up to 10 people living on the Station. Crews usually remain there for six months, with half crew changes approximately every three months.

As of July 2017, 227 individuals (34 of whom were women) made 393 flights to the ISS.

People from 17 different countries have been there.

In a special experiment, American astronaut Scott Kelly spent 340 days on the ISS, so he holds the record for the longest time a person spent there on one visit. The experiment involved a comparison between Scott and his identical twin Mark, also an astronaut, who spent a shorter time on the Station. The object was to determine how living in microgravity (near weightlessness) affects humans who spend a longer period of time in space.

Seven tourists have gone to the ISS for a duration of one to two weeks. Dennis Tito, an American businessman was the first. When he went there in April 2001, he paid \$20 million for his ticket!

The ISS is a giant science lab, an observatory where astronauts study the effect that living in microgravity has on humans and other living things. (This research could not be done on earth.)

Destiny, a U.S. lab, is the primary lab; a wide range of experiments in many scientific fields takes place there. Research is done on human biology, space medicine, biology, physics, life sciences, technology, meteorology, and astronomy.

The other main labs are the European Research Lab, Columbia, and the Japanese Experiment Module Kibo (Hope).

Experiments frequently require unusual supplies from earth. Here are some of them - ants, spiders, snails, fruit flies, mice, fish, monarch butterflies, seeds, and small plants. The scientists study them to see how they are affected by microgravity.

The first component of the ISS, the control module, Zarya (means sunshine), was launched into orbit by a Russian rocket in 1998. It provided orientation control, communications and electrical power. Two weeks later the U.S. space shuttle Endeavor deliv-

ered the Unity node and attached it to Zarya. (A node is a connection module that will allow another component to be attached and held in place.) In July of the following year, the next major component of the ISS, the service module Zvezda was launched and attached to the station. This module would provide living quarters for the crew.

After more than 40 assembly and supply flights, the ISS was habitable by the year 2000. On Oct. 30 of that year the first crew, three Soviet cosmonauts, arrived to take up residence. Since that time, crews have lived there continuously.

Many more parts were added over the years, so that the ISS now has more than 100 components. They are shaped like canisters, spheres, triangles, beams, and wide flat panels. An integrated truss structure, consisting mostly of beams and triangular parts, acts like a backbone holding them in place. Robotic arms help to move astronauts around. They

Living quarters for the astronauts are in the spherical or canister-shaped parts. Each astronaut has a small compartment to call home. This crew cabin is about the size of a telephone booth and holds the astronaut's personal effects - computer, books, and toiletries. It also contains a sleeping bag. Since there is no up or down in space because of microgravity, one can sleep in any position. The sleeping bag needs to be attached securely to a wall (or the ceiling) of the cabin so the astronaut will not float or bump into something and get hurt.

Flat solar panels are used to collect sunlight and turn it into electricity. Waffle-shaped panels get rid of any extra heat that builds up in the station. Daytime temperatures can be as high as 200 degrees C; nighttime temperatures as low as -200 C. Because the ISS travels through extreme heat and extreme cold in its orbit, the panels are essential.

Many countries worked together on the ISS. The United States, Russia, Canada, Japan, and European countries combined resources to build it. People in those countries shared their knowledge, research, expertise, and talent to make it a reality. All of them have science labs on the ISS, and all have a Mission Control. NASA is the U.S. Mission Control.

Keeping the space station supplied is no small task. Last

(Continued on page 9)

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## Alumnae help celebrate a centennial

By Terre Martin

In September 1918, the New Jersey College for Women opened its doors due to the amazing efforts of an activist named Mabel Smith Douglass and the New Jersey Federated Women's Club. One hundred years

later, the school that became Douglass College in 1955 and Douglass Residential College in 2007, still remains true to its core mission of educating women and promoting excellence and leadership skills.

Today, many of the gradu-

ates from the various iterations of the college live in Rossmoor, and some of them are playing an active role in the school's centennial celebration.

Terre Martin is the Alumna Chair of Douglass' 100<sup>th</sup> Anniversary. A 1969 graduate, she was a student when the school celebrated its 50<sup>th</sup> anniversary. She played an active role in that celebration by planning student activities and arranging for a special anniversary concert starring the popular crooner Jack Jones and jazz drummer Buddy Rich.

After graduation Terre went on to establish a career in public relations and event planning, which ended in retirement from Rutgers University. With a strong knowledge of the university as well as her alma mater, she offered to help plan the school's 100<sup>th</sup> anniversary. Current dean, Jacqueline Litt, was quick to accept the offer.

"One of the best parts of planning the celebration has been meeting and working with fellow alumnae and current students," said Martin. "I know there are more Douglass alumnae in Rossmoor, but I don't know how to identify them. I'd love to hear from them, so I can make sure they know about and are invited to anniversary

events. I would also like to invite the dean and some current students to our community to meet with our alumnae."

Another resident who is participating in the celebration is Doris Herron. She graduated from NJC in 1947 and lived in the "French House" on campus. She shared memories of being a student during the war years and being immersed in a foreign language by living and dining with other French majors. Her video interview will be shown to current students who now live in the "Global Village," an innovative residential campus where students of different cultures and backgrounds live in dorms dedicated to learning about the larger world. Doris is part of a panel of alumnae who will share their experiences of living in the Africana House, Spanish House, and Co-Existence House, all of which were precursors to the current "houses" in the village.

The Global Village is not new, but its impact keeps growing as different cultural houses emerge based on interests. Today's students can travel to different countries to assist with building houses, planting crops, teaching English, and generally providing moral support as part of the program's ser-

vice component.

Dean Litt is especially grateful for alumna involvement at the college. "As we enter our 100<sup>th</sup> year of providing women with a high-quality education, we have some new programs. But, what does not change is our mission of providing an intellectual community for women that inspires them to learn, lead, and live with conviction, creativity, and critical thinking," she commented. "It is with the support, mentorship, and encouragement of alumnae that Douglass students succeed today. They value your insight, your advice, your passion for Douglass, and your belief in their success."

"Douglass women today are inspired to engage and be engaging, to learn and to teach, to form a sisterhood that creates a life-long bond of like-minded women who inspire each other to follow their dreams, and to live with and learn from women all over the world. Douglass women today are inspired by Douglass women of all generations."

More information about Douglass alumnae living in Rossmoor will be forthcoming during the anniversary year, but to share your insights and be recognized, send your name, maiden name, and graduation year to terre.martin3710@gmail.com.

## Space Station

(Continued from page 8)

August 14, the American spaceship *Dragon* delivered 6,400 lbs. (2903 kg.) of cargo. Included were supplies, equipment, science materials, and a Hewlett-Packard super-computer. *Dragon* returned to earth with a cargo of 3,300 lbs., (1,497 kg.).

Last Oct. 16, a Russian cargo ship arrived at the Station to deliver three tons of supplies, including food, water, fresh air, oxygen, and space-walk gear.

Last Nov. 14, the American re-supply Cygnus spacecraft (named Gene Cernan, in honor of the last human who walked on the moon and who died earlier this year) arrived with 7,400 lbs. (3,357 kg.) of cargo that included new science and technology investigations, station hardware, computer parts, and holiday treats for the crew.

On its return to earth on Dec. 4, it will deploy several CubeSats (miniature cubic research satellites) and dis-

pose of several tons of trash before it enters earth's atmosphere. On the same day, a Space X cargo mission will leave Cape Canaveral with supplies for the ISS.

A few times each year, I call some friends and invite them to come out (usually on a cold, dark night) and watch the Space Station as it orbits high in the skies above our area. I feel that this is one way to honor all the talented, unselfish people who worked on the Space program, and to pay tribute to those who lost their lives in the process. If you would like to see the ISS, go to NASA's *Spot the Station* on your computer to find out when it will be going over our area and where to look for it.

(Several months ago, I began to write the story of the ISS for my eight-year-old nephew, Cillian, who lives in Ireland and who, like myself, is very interested in things of the sky. I found it extremely interesting and I learned so much that I thought it would make a good article for the Rossmoor News. I hope you enjoyed it.)



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Dr. DeFazio has been practicing for 26 years, is married, has three children and lives in Monroe. Dr. DeFazio is a graduate of Temple University and UMDNJ. He is a past Clinical Instructor at JFK Medical Center and a past Board Director for the American Red Cross.

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## Bob's Almanac

By Bob Huber

As we enter the 18th year of the new millennium, custom dictates that we establish our annual New Year's resolutions. It's a custom that traces its ancestry back to the ancient Babylonians who made promises to their gods at the start of each year that they would return borrowed objects and pay their debts.

The Romans began each year by making similar promises to the god Janus, for whom the month of January is named.

In medieval times, the knights took the "peacock vow" at the end of the Christmas season each year to reaffirm their commitment to chivalry.

As a matter of fact, most religions and cultures throughout the world observe the custom of committing a person to establish one or more personal goals or reform their habits in the new year.

Scientists tell us that so many New Year's resolutions are quickly broken because of a conflict between our conscious mind and our subconscious mind. For instance, my conscious mind may resolve to lose 20 pounds during the coming year, but my subconscious mind may prefer to celebrate the new year by consuming an entire pint of Haagen-Dazs double chocolate ice cream in one sitting. The subconscious mind is probably going to win.

Therefore, over the years, I have reduced my list of New Year's resolutions to only one: *I resolve to promise no more than I can reasonably deliver.*

Looking beyond ancient customs, January is host to many other historical events which are worthy of our attention: patriots Paul Revere (1735), Betsy Ross (1752), and Ben Franklin (1706), were born this month as were Gen. Robert E. Lee

(1807), Edgar Allan Poe (1809) and Pres. Franklin Delano Roosevelt (1882).

The American cultural landscape was changed forever by the arrival of such diverse personalities as Martin Luther King (1929) and Elvis Presley (1935).

There are other noteworthy events. Pres. Abraham Lincoln signed the Emancipation Proclamation on January 1, 1863. On January 3, 1959, Alaska was admitted as the 49th state. On January 21, 1954, America's first nuclear submarine, the Nautilus, was launched, and on this date in 1976 the world's first supersonic passenger jet, the Concorde, began trans Atlantic

service.

On January 23, 1849, a little-known event would open new horizons to women. Elizabeth Blackwell became America's first woman M.D.

And with all due respect to Elvis Presley, Wolfgang Amadeus Mozart was born on January 27, 1756, in Salzburg, Austria. He wrote 600 compositions and died at the age of 35. It's probably safe to say that Mozart's music will outlive Presley's, but who knows?

With apologies to those who suffer winter colds and allergies, it's obvious that January is nothing to be sneezed at.

## Sound Advice

Norman J. Politziner, CFP®, CeFT® President of NJP Associates

### Finding the balance for retirement draw-downs

Victor and Jane Muratti, a computer analyst and schoolteacher married for more than 30 years, are nearing retirement. Over the years, they have accumulated a mosaic of investments, including stocks, corporate and municipal bonds, mutual funds, exchange-traded funds (ETFs), annuities, real estate, and master limited partnerships (MLPs). Some of these investments are in taxable accounts while others are in tax-deferred retirement plans and traditional and Roth IRAs.

Once they retire, the Murattis will begin drawing income from these various accounts, and after they reach age 70½, they'll have to start taking required minimum distributions (RMDs) from their retirement plans and IRAs. But they don't have a clue about the best way to create their retirement "paychecks."

It's a common situation and the circumstances will

vary for every person or couple. However, one typical objective is to minimize federal income tax from investment transactions, while preserving as much wealth as you can for a lengthy retirement.


One way to do that is by paying attention to tax brackets. Income taxes are based on a graduated seven-bracket system, with different tax rates for each bracket. The more of your income that falls into lower brackets—and so is taxed at lower rates—the better. And to the extent that you can control how much income you receive, you could try to take just enough to fill up your current bracket without moving into the next, higher one. You can use this tax bracket management strategy throughout retirement.

But to benefit, you'll need to learn the basics for three different types of accounts you're likely to tap during retirement.

**1. Taxable accounts:** This category includes all of the investments you hold outside of retirement plans. You may have stocks, bonds, mutual funds and ETFs, as well as interest-bearing savings accounts and certificates of deposit (CDs). If you sell any of these at a gain, your profit will generally be taxed at the favorable rate for long-term capital gains—that is, gains on investments you've held for a year or more. The tax rate for long-term gains is 15%, or 20% if your income puts you in the top tax bracket for ordinary income. Most dividend income from stocks is also taxed at 15% or 20%. But interest from bonds and other investments is likely to be taxed at the higher rates for ordinary income.

**2. Tax-deferred accounts:** Within tax-deferred accounts such as 401(k) plans and traditional IRAs, capital gains and income from dividends and

(Continued on page 11)



# MIDDLESEX/MONMOUTH GASTROENTEROLOGY

## COLON CANCER SCREENING

Gall Bladder Disease

Liver Disease

Heartburn

Peptic Ulcers

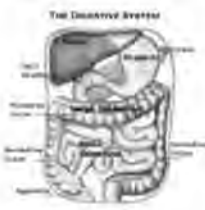
Constipation

Diarrhea

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## Sound Advice

(Continued from page 10)

interest all can accumulate without being taxed. But once you start taking money out of these accounts during retirement, all or most of your withdrawals will be taxed as ordinary income. And when RMDs come along, some of the money *must* come out every year.

One kind of tax-deferred investment—annuities—may help you minimize taxes by postponing payouts until your income is lower during retirement. Deferred compensation from your company could offer similar tax benefits.

**3. Tax-free accounts:** Of course, no taxes are better than low taxes, and a Roth IRA may give you retirement income that isn't taxed at all. With a Roth IRA that you've had for at least five years, withdrawals after age 59½ are completely tax-free. Meanwhile, although interest income from most bonds is taxed at ordinary income rates, income from municipal bonds or municipal bond funds can be tax-exempt. These bonds could be a valuable part of your retirement portfolio.

When considering which account to draw from and in what order, a common strategy is to take RMDs first—because you must make those withdrawals—then tap your taxable accounts next, leaving assets in tax-deferred accounts to grow without being eroded by taxes for as long as possible. Finally, make tax-free withdrawals from your Roth IRA, which offers the additional advantage of not requiring distributions during your lifetime.

In addition, to the extent you can, you might practice tax bracket management, capping your taxable income at a level that will let you avoid moving into a higher bracket. So that even if you can't avoid taxes entirely during retirement, you may be able to keep them under control.

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TC98629(1217)1

## (s)milestones



From left are Alan Tufts, Bob Tufts, and Siciliano site managers Julie Soliel and Dan Fleming.

### Landscape artists win awards

Resident Helen Cushman recently received word that her two grandsons were presented with awards at the annual meeting of the New Jersey Nursery and Landscape Association last Dec. 7.

Alan J. Tufts, a licensed landscape architect, received an Award for Excellence for his landscape installation at a Navesink River Road residence in Middletown. Alan's younger brother, Rob Tufts, received a Certificate of Merit at the same event.

A few days later, at the Dec. 11 awards dinner of the New Jersey Landscape Contractors Association, Alan's project again received an Award for Excellence.

Alan earned a Bachelor of Landscape Architecture Degree from the University of Rhode Island in 2007. He interned at Longwood Gardens. After graduation, he served as project architect at Hess Landscape Architects in Lansdale, Pa., until he came into his present position as Siciliano Landscape Company's principal landscape architect.

Rob came from a background in professional golf course management. While serving as assistant golf course superintendent with the Spring Lake Golf Club, he completed the course at

Rutgers Professional Golf Turf Management School. Today he serves as project manager/site manager at Siciliano Landscape Company.

Alan and Rob's involvement with the landscaping at the Cushman's Sharon Way residence began in 1999, when they were young boys of 17 and 12 respectively, after Helen and her late husband, Bob, moved to Rossmoor.

Over the years, both brothers have been seen either designing or tending to the three-foot beds and the mulched areas around their grandmother's manor. Busy as they are today, they are always interested in how things are at the Sharon Way property.

### CAC Program for January

*Sponsored by the Monroe Township Cultural Arts Commission and The Patrons Of The Arts with Support from Mayor Gerald Tamburro and The Monroe Township Council*

America, Inspiring: Special Chamber Music Concert. Nj Symphony Orchestra on Saturday, January 27, 2018, 3 p.m. at the Richard P. Marasco Center for the Performing Arts.

Adult \$15, Patrons \$10, Students FREE (must show ID at the door)

Join the NJSO Chamber Players for an intimate deep-dive into the diverse world of immigrant and refugee composers. From the evocative colors of Tan Dun to the rhythmic and folk-oriented drive of Bartók to the glorious

(Continued on page 12)

**Happy New Year!**

**Best Wishes for a Healthy and Happy 2018!**

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## CAC

(Continued from page 11)

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BARTÓK String Quartet No. 2  
DVOŘÁK String Quartet No. 12 in F Major, Op. 96, "American"

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## CULINARY CORNER

By Sidna Mitchell

## Even okra is good for cold weather

By Sidna B. Mitchell

With only four plants in our little plot in the Community Garden, we had an abundance of okra. Now Southerners love okra but Yankees tend to turn up their noses. They are probably thinking, as a U.S. Department of Agriculture once said, "If you boil it, it's real slimy ¼ and when you pull it out of the water, it leaves a slimy trail, just like a slug." Yuck! I would agree so don't boil

okra. Try another way.

However, in a Greek cookbook, I found that soaking the cut okra in vinegar takes out some of the sliminess. Get over it! Okra can be delicious, particularly in soups.

With our okra crop, I shared some with ladies who first claimed they didn't eat that particular vegetable until they tried my okra, tomato and corn soup and wanted the recipe. You can actually purchase okra, tomatoes and corn in a can at the grocery store but I prefer the fresh vegetables.

One night, Ken wanted to try steamed okra, rather than fried, and I was, frankly very dubious. However, I will admit that the steamed dish — bite-size pieces of okra, onions, and bell peppers — was delicious with melted butter. I have also fixed pieces of fried okra and cocktail sauce as an hors

## Shrimp and Okra Bisque

¾ cup chopped okra  
3 tablespoons chopped onion  
1 tablespoon olive oil  
1 tablespoon butter  
1 ½ tablespoons flour  
4 ounces clam juice  
1 cup chicken broth

½ cup half and half  
½ cup tomatoes  
can of small shrimp  
dash of Tabasco (optional)  
salt and pepper to taste  
thin slices of okra for garnish (optional)

Briefly sauté the okra and chopped onion in the olive oil and butter.

Add the flour to make a roux.

Add clam juice, chicken broth and half and half, stirring until well blended.

Add tomatoes and shrimp along with Tabasco, if desired.

Season with salt and pepper to taste.

Cook over medium heat — do not boil — for about five minutes.

Garnish with thin slices of okra if desired.

Serves four.

I can be reached via e-mail at [sbmcooks@aol.com](mailto:sbmcooks@aol.com).

d'oeuvres before explaining the ingredients to my guests. Over the years, I have baked okra muffins and fried okra and potatoes together.

Southerners are famous for their gumbos that have okra as a necessary ingredient. They may add chicken, pork, beef or fish and even

Spam but to truly be gumbo, okra is the key part of the stew. In looking over my clippings on the history of okra, I found a recipe for shrimp and okra bisque. I cut the recipe in half and, of course, made some changes. Here's my version of an easy and delicious soup.

## Clubs and Organizations

## Passwords! How to remember them all

By Alec Aylat and Ewing CLC

David Shinkfield of the Ewing Computer Learning Center, and a popular lecturer at our Computer Club, has a lot to reveal about passwords when he starts the club's 2018 open programs in the Gallery at 10 a.m. on Monday, Jan. 15. He will present the Learning Center's latest Computer Tips and Tricks: "Passwords, Passwords and More Passwords!"

Shinkfield says that with our laptops, iPads and smart phones, we are all spending more time on the Internet. Many times, when we go to a website, we need to enter a user name and password. This situation is aggravated as most sites require that you change your password every three months, which most of us ignore. Some also require a second additional identification. So, we have all developed our own way of handling passwords — using the same password on many sites; adding a number at the end of the password, or keeping a list on our phone

or laptop. "All these work-arounds make it far too easy for hackers to access our information," he says. What to do?

There are some alternative methods of creating safer passwords, including the latest recommendations from the National Institute of Standards and Technology. There is even a website that will help you create safe and memorable passwords. But these approaches do not help us remember many different passwords.

Shinkfield's solution to this conundrum is to use a Password Manager. There are several free programs available for download, and Shinkfield will discuss Last Pass. This program meets many of our password needs — it remembers your passwords, creates new passwords, logs you on automatically and helps with changing

passwords every three months.

All residents are welcome to attend this session of Tips and Tricks to understand how to simplify your passwords while at the same time, making them much harder to crack. There's also coffee and cake at 9:30 to encourage you to come early for a good seat. David always draws a crowd.

Shinkfield, who teaches several courses at the Computer Learning Center, has shared his familiarity with computers as a volunteer instructor for more than ten years. Prior to his retirement, he was a managing partner with the PA Consulting Group based in London. During his career with PA he undertook assignments in the U.K., France, Germany, and finally in the United States, where he has spent the last 40 years.

## Democratic Club report

By Susan Kostbar

The Democratic Club concluded the 2017 year with its annual holiday event, the silent auction. Many members and friends of the club donated themed baskets and other lovely items, including hand-crafted jewelry, to make this year's event an overwhelming success. Ticket sales doubled over the year prior. "We are thankful for the support of the Democratic Club and its growing membership," says Club President, Susan Kostbar. "We look forward to a hopeful 2018 under the state's new leader, Governor Phil Murphy, for strong support of

initiatives that benefit all our N.J. citizens, and particularly, our senior communities."

Our plans for the Democratic Club in 2018 are to continue to provide speakers who are positive and who inspire action, be it getting out the vote, calling local politicians to express a position, and becoming an advocate for the issues about which we care most deeply. We will continue to be positive in all we do, share with our community, and have some fun along the way.

The Democratic Club calendar for 2018 includes

(Continued on page 14)



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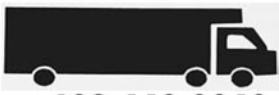
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# Rossmoor Clubhouse News

## January 2018

### Chinese New Year Dinner Dance "Year of the Dog"

Friday, February 16, 6:30pm, Ballroom  
Music by DJ MEL...\$25pp  
On Sale January 4

Chinese Dinner menu includes: Egg & Spring Rolls, Pork Fried Rice, White Rice, Vegetable Lo Mein, Sesame Chicken, Beef & Broccoli, Shrimp & Mixed Vegetables, and more.

### WELCOME

Clubhouse  
Open daily, 8am - 10pm  
Closed daily from 12 noon-1pm

E&R Office  
Open Monday - Friday, 8:30am - 5pm  
609-655-3232

Michelle Williams: Clubhouse Manager  
Erica Hardeo: Clubhouse Supervisor  
Sue Ortiz: Office Coordinator  
Sebrena Jinks: Office Assistant  
Jessica Roberts: E&R Foreman

### ON SALE THIS MONTH

#### EVENTS

**"Beat the Winter Blues" w/DJ Gary**  
Friday, January 19...7pm...Ballroom...\$10pp  
Call-in on Tuesday, January 9 at 12:15pm  
Payment MUST be made by Friday, January 12  
2 Tickets per Manor...Tickets are non-transferable

#### SUPER BOWL LII

Sunday, February 4, 5:30pm, Ballroom, \$20pp  
Menu includes: Hoagies, pasta salad, assorted hors d'oeuvres, dessert and more...Not interested in the game? After dinner, head to the gallery for a movie. We will be showing "The Space Between Us" w/Gary Oldman.  
On sale January 4!

#### EXCURSIONS

MY FAIR LADY at LINCOLN CENTER  
Wednesday, March 28, \$145pp  
Departs Poolside at 10am  
Wait List Available!

#### PAPERMILL PLAYHOUSE PRESENTS...



A new musical based on the academy-award winning film. Chicago. 1936. Get ready to enter a smoke-filled world of cons and capers, where nothing is what it seems and no one is who they appear to be.

Thursday, April 26  
\$58pp includes orchestra seat & bus  
Departs Poolside at 6pm

ON SALE FEBRUARY 1

#### THE HEART OF THE FINGER LAKES w/ SENIOR TOURS

A relaxing and luxurious getaway to the heart of New York's picturesque Finger Lakes region, with visits to historic Seward House, Taughannock Falls, wine tasting and more...

4 Days...6 Meals

Monday, May 14-Thursday, May 17

\$819 (Double) \$903 (Single)  
includes all gratuities

\$400 due upon sign-up...Balance due at a later date

Trip Insurance Recommended

ON SALE JANUARY 15

Happy  
New Year  
2018



CULTURAL

**AVIATION GROUP**  
2nd Wednesday, 1:30pm, Ballroom  
"Kid in the Cockpit"

**BOOK DISCUSSION GROUP**  
2nd Thursday, 3:00pm, Dogwood  
"The Rubaiyat" by Omar Khayyam

**CURRENT EVENTS ROUNDTABLE**  
Mondays, 10:30am, Maple

**GERMAN AMERICANS**  
Last Thursday, 1:30pm, Cedar

**GREEK AMERICANS**  
1st Tuesday, 1:00pm, Maple Room

**LATINO/HISPANIC-AMERICANS**  
Wednesday, January 10, 6:00pm, Gallery  
Holiday Celebration

**POLISH AMERICAN**  
2nd Friday, 1:00pm, Maple

**POLISH AMERICAN**  
2nd Friday, 1:00pm, Maple

**VETERANS GROUP**  
Tuesday, January 16, 10am, Ballroom  
Bring another Rossmoor vet with you!

**WRITERS GROUP**  
Last Thursday, 10am, Cedar

THE ARTS

**"ALL IN STITCHES" Knit & Crochet Group**  
Thursdays, 1pm, Maple

**ART CLASS/WORKSHOP**  
Wednesday, 9:30am–11:30am, Gallery  
Resident/Artist Paul Pittari offers basic instruction. Easels provided. Supplies on your own.

**CERAMICS STUDIO**  
Monday & Thursday, 8:30am–12pm.  
Monitor present. Molds & Kiln on site. Supplies on your own.

**GALLERY EXHIBITS**  
The month of January will feature an open show by our Rossmoor residents. Be sure to stop in and browse.

**POTTERY**  
Wednesday & Saturday, 8:30am–12 Noon  
Monitor present. Supplies on your own.

**RUG HOOKING GROUP**  
Thursdays, 9am–2pm, Gallery  
Bring your lunch and be prepared to have some fun!

**OPEN WOOD CARVING WORKSHOP**  
Fridays, 9am–12pm, Woodshop  
Monitor present. Supplies on your own.

**WOODSHOP**  
Mon–Fri 9am–3pm Saturday 9am–Noon  
Open to Residents who have completed the orientation and safety class. Monitor present.

CARDS & GAMES

**BANANAGRAMS**  
Mondays & Thursdays, 2pm, Game Room  
Fast paced crossword style word game to keep you on your toes. Contact Dolores Wardrop.

**BRIDGE**  
Contact Clubhouse

**CANASTA & MAHJONG**  
Contact Clubhouse

**MAY I**  
Contact Sophie Prata.

**MEN'S POKER**  
Contact Alan Lasky.

**NINTENDO Wii**  
Bowling, Tennis, Golf. Stop by Clubhouse Office to sign out games.

**PINOCHLE**  
Wednesdays, 1:00pm Dogwood  
Contact John Cristiano.

**POKER**  
Mondays and Fridays.  
Contact Dolores Grief.

**POOL ROOM**  
The Pool Room is open 7days, 8am–10pm  
(Closed for cleaning Wednesdays 8am–11am.)

GET MOVING!

**CHAIR YOGA**  
Tuesday mornings, 10:00am, Gallery  
Enjoy the benefits of yoga while sitting in a chair. Class is conducted by a certified Yoga Instructor. Pay instructor directly...New session begins on January 16

**"DOWNSIZING"-Weight Loss Support Group**  
Wednesday, 9:30am, Maple  
Call the Clubhouse for information

**FITNESS CENTER ORIENTATION**  
Tuesday, February 13, 10:00am  
Sign-up in the Clubhouse...Space limited

**HEALTHY BONES**  
Thursdays, 9:30am, Ballroom  
This class is for those that have pre-registered.

**OPEN EXERCISE DVD**  
Monday, Thursday, 9:30am, Hawthorn  
Saturday, 9:30am, Maple  
Exercise at your own pace. No Instructor. DVDs are selected from our current collection. No charge or sign-up required.

**WALKING GROUP (Weather Permitting)**  
Mondays, 9am, Front of Clubhouse  
Walk the 1 mile or the 2.5 mile loop around Old Nassau. Bring water and wear comfortable shoes.

**YOGA**  
Wednesday, 9:30am, Cedar  
Resident instructor conducts the class. No Charge. Bring floor mat. SPACE LIMITED.

2017 YEAR IN REVIEW  
Tuesday, January 16  
1:30PM Ballroom

Join us for a look back on 2017.  
We will be showing pictures on the big screen of the year's highlights!!

Veterans Group Flag Collection

When your United States flag becomes worn, torn, faded or soiled it should be replaced with a new flag and the old one properly retired. Service organizations (American Legion/VFW) perform this formal ceremony at various times through the year.

Should you have a flag you wish to dispose of, please bring it to our Veterans Group meeting on January 16 or any Veterans meeting throughout the year..

Thank you for honoring our flag!!

FIRESIDE CHAT & COCOA  
Wednesday, January 17  
10am Red Room  
ALL WELCOME



About "All in Stitches"

Two years ago, "All in Stitches" was born. The idea came from Barbara Brumberg and Carolyn Wall, who started the group. Barbara runs a successful club in the Monroe Senior Center each Monday, so she was anxious to get one started here.

"All in Stitches" is about knitting and crocheting. Our first meeting was October 20, 2015. We all meet in the Maple Room every Thursday from 1 to 3 p.m. All the women get along very well. We help each other and teach beginners of every age.

We have refreshments including coffee, tea, and water. Linda Borsuk's cheesecake and crumb cake are to die for and so is Barbara Brumberg's banana loaf. We have fun bringing in the leftovers from our family parties to share with everyone.

It's amazing how we all get along – it's like coming home. We work on our own projects, as well as joint ones for charities. Lap blankets have been donated to The Gardens; baby hats for preemies at St. Peter's Hospital and to Freehold Maternity wards; potholders for the Women's Guild and to 180 Turning Lives Around (abused women and children); and Baby blankets with hats to Madonna House for single Moms. We have just added Ronald McDonald House to our list of charitable organizations.

What a JOY this group is!!!

Submitted with LOVE, to all of you—  
Marilyn Hoffman





MOVIE CORNER



**"BEACHES"**  
Starring Idina Menzel  
Rated TV-14  
87 Minutes  
No Charge  
Tues., January 9...1:30pm & 7pm...BR  
Sunday, January 14...1:30pm...Gallery  
  
TUESDAY MYSTERY MOVIES  
January 9,23,30—1:30PM  
  
Movies Subject to Change

COMING ATTRACTIONS

*Details TBA*  
  
WINE & DESIGN  
Thursday, February 15  
  
SPRING FLING LUNCHEON w/ ANTHONY TABISH  
Tuesday, March 20  
  
ATLANTIC CITY...CASINO TBA  
Wednesday, March 21  
  
HUNTERDON HILLS PLAYHOUSE..."CAROLE KING TRIBUTE"  
Saturday, May 5

LIBRARY ON LOCATION  
"BROOKLYN CASTLE"

Exhilarating story of five aspiring young chess players from Brooklyn and how chess became the school's unlikely inspiration for academic success.  
  
Wednesday, January 17  
1PM...Ballroom...No Charge

"JOE'S VIOLIN"

A donated musical instrument forges an improbable friendship between 91-year-old Holocaust survivor Joe Feingold and 12-year-old Bronx schoolgirl Brianna Perez, proving that the power of music can bring light into the darkest of times.  
  
Wednesday, January 24  
1PM...Gallery...No Charge

Program is in collaboration w/ Monroe Twp. Library & PBS

F41

- RCAI Offices Closed on Monday, January 1 in observance of New Year's Day.
- COMCAST Q&A Tuesday, January 9...9am-11am...Ballroom
- CONTACT THE CLUBHOUSE for information regarding events and trips.
- EVENT REMINDERS: Bring Rossmoor ID when purchasing tickets for Clubhouse events. Only two tickets per manor can be purchased. When bringing a guest/non-resident, please provide their full name at the time of ticket purchase. Tickets are non-transferable.
- TRIP REMINDERS: Trips require average physical activity. You should be in good health, able to climb stairs, and walk reasonable distances. Any guest accompanying a Rossmoor resident MUST be at least 18 years of age. Basic information on guests must be provided when tickets are purchased.
- CLUB PRESIDENTS & GROUP REPRESENTATIVES: Channel 26 announcements and room set ups MUST be handed in on the official forms, Forms can be found on the website or in the Clubhouse.
- ROSSMOOR CLUBHOUSE NJ is our official Facebook page. Follow us for Clubhouse updates, ticket sales, and event photos. You just might see yourself having a good time!
- RCAINJ.COM is the official website for Rossmoor. Here you will find everything Rossmoor! Check it out!
- EVENTS & TRIPS are subject to change.

PICTURE PERFECT

Santa Claus is Comin' to Town



Longwood Gardens



Great Lunch at Positano Coast



Always Smiling

Tis' the Season



Two Peas in a Pod







JANUARY 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 RCAI OFFICES CLOSED 	2 1:30pm Mystery Movie-BR	3	4 	5	6
7 1:00pm Mutual 17 Social-BR	8 1:00pm Healthcare Lecture-MP	9 9:00am-11:00am Comcast-BR 1:30pm & 7:00pm Movie "Beaches"-BR	10	11 9:00am Committee Meetings-VC	12 6:30pm Bingo-BR	13
14 1:30pm & 7:00pm Movie "Beaches"-BR	15  Martin Luther King Jr. Day	16 10:00am Veteran's Group-BR 1:30pm Year in Review-BR	17 10:00am Fireside Chat-RR 1:00pm Library on Location-BR (see page 3)	18 9:00am Board of Governors-VC	19 7:00pm *Beat the Winter Blues Dance Party-BR	20
21	22 10:00am Mutual 5-VC	23 1:30pm Mystery Movie-BR	24 1:00pm Library on Location-BR (see page 3)	25	26	27
28	29	30 1:30pm Mystery Movie-BR	31		Events or trips marked * require tickets or prior registration.	Ticket Sales  Today!



INDEPENDENT CLUBS			
Chorus	Wed	4 pm	MH
Church Discussion	Tues	1:30 pm	MHP
Computer Club	3rd Mon	10 am	GL
Dance Club	Last Sat	7 pm	BR
Emerald Society	4th Wed	2 pm	BR
Italian-American	3rd Wed	7:30 pm	BR
NJ Social & Cultural	Last Fri	1:30 pm	BR
Players	Last Mon	7 pm	GL
Sisterhood	3rd Mon	1:30 pm	BR
Torah Study	Sat	10 am	CD
Women's Guild	3rd Thurs	1:30 pm	BR

MEETING HOUSE SERVICES		
Catholic Society Mass	2nd Thurs	7 pm
Jewish Congregation Sabbath	2nd & 4th Fri	7:45 pm
Community Church & Communion	1st Sun	11 am
Community Church Worship	2nd & 4th Sun	11 am
Community Church & Fellowship	3rd Sun	11 am

ROOM KEY	
BR Ballroom	H Hawthorn
C Court	MP Maple
CD Cedar	MH Meeting House
CH Clubhouse	MHP Meeting House Parlor
CFT Craft	TR Terrace
DW Dogwood	RR Red Room
GL Gallery	VC Village Center
GR Game	



This month in pictures

Photos by Joe Conti and Walter Gryskiewicz

Italian American Club Party



DJ Gary Morton and Rosa Harris doing a great rendition of “Summertime”



From left, Lois Kupecz, Jean Gsell, Diane Arce, Sandy Salmieri, Louise Ayers and Debbie McCauly at the Italian American Christmas party



From left, Lucille Conti, guest chef from Milan Sal Minella, and Joan Russo at the Cranbury Inn



From left, Lucille Conti, Peg Curry, Msgr. Joseph Curry, Joe Curry and Fred Mytnick after Msgr. celebrated the 50th Anniversary Mass on November 16

Around the Community



Christmas Crèche at 685 A Yarborough Way



Wreath over the Clubhouse entry



Decorations on the corner



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and  
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## Democratic Club

(Continued from page 12)

regular meetings on May 14, June 18 and Sept. 17 (all in the Gallery, on Monday evenings from 7 to 9 p.m.), plus the annual bagel rally on Tuesday, October 16 in the Ballroom from 9:30 to 11:00 a.m. We will conclude with the annual holiday event, the silent auction on Tuesday, November 27, from 7 to 9 p.m. in the Gallery.

Annual member dues remain \$15 for the year. To join the club and receive our 2018 club brochure with meeting dates and other local Democratic information, please contact Delia Gaines at 609-395-8259.



The 2018 Italian American Board. From left, John Russo, Lenny Caglianone, Bob Terranova, Lou Russo, Tony Cardello, and Joe Conti being sworn in by past President Rosie Miller

## Italian American Club

By Tony Cardello

### Healthy Happy New Year!

The officers of the club extend their best wishes to all the members and their families for a very healthy, happy and blessed new year.

The year 2018 will bring some changes to the club. Vice president Bob Macchiarola, Social Director Lucille Conti and Membership Chairperson Joan Russo will all step down from their positions. Taking their place will be Bob Terranova, Sal Gur-

riero, and Lucille Renda.

We want to thank Bob, Lucille and Joan for their years of dedicated service to the club and helping it to become the success it is today. We also wish Bob, Sal and Lucille the best of luck. Always remember we have your back.

Carnevale will be celebrated on Feb. 13 with a Mardi Gras Ball. Masks and costumes are suggested. The cost will be \$35 per person, BYOB. Checks and reservations will be collected at

the Jan. 17 membership meeting.

Please note that all membership meetings 2018 will start at 7 p.m. and not 7:30 as in the past. The first membership meeting of the year will be held on Wednesday Jan. 17 at 7 p.m.

Bingo will be played on Jan. 12 at 6:30 p.m. in the Ballroom.

We look forward to a new year of continued growth, lively socials, interesting trips but most of all good health to all.

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## Players pastimes

By Sue Archambault

The Players ended the year with a bang in the form of our annual holiday party. This year members and invited guests enjoyed a catered dinner and a fun-filled night. The party took place on Tuesday, Dec. 12 in the Gallery.

Since the Players are known for filling an evening with entertainment of all kinds, this night was no exception. The attendees sang lively holiday favorites accompanied by our own Janet Wilson on the keyboard. We also had audience involvement singing along with a karaoke machine and various CDs including our new discs of Disney musical numbers and Broadway favorites. In addition, Bill Strecker played the guitar and sang

musical tunes and also accompanied other volunteer crooners. In all, the party was a smash success.

The Players' monthly meeting will take place on Monday, Jan. 29 in the Gallery at 7 p.m. The program was postponed from an earlier date. The evening's entertainment will be interactive and will involve volunteers joining in improvisation games. Norman Perkus will add his expertise as the director of the evening. We will use our imaginations to amuse and entertain each other. Come and join us as participants and/or audience members. We need both to make our evening a successful one. It should prove to be a most enjoyable time for all.

Our 2018 calendar of events and shows is now set. A heads up to all our supporters and fans. Our three major pro-



ductions will consist of "Just Music," which will take place on April 19 and 20. Our "This and That" variety show is scheduled for July 19 and 20. And, most exciting of all, our talented team of Bob Huber and Bill Strecker are presently writing the book/lyrics and music for another original musical comedy, which you will be able to see on Oct. 18, 19, and 20.

Players members: Please submit your dues of \$5 per person for the year 2018 by the end of January, if you have not yet done so. Place the cash or check made out to "The Rossmoor Players" in an envelope labeled "Dues" in our Players folder in the E&R office.

## How photography became his ticket to the world

By Diane England

Were you fortunate enough to see the beautiful photographs of wildlife and nature taken by resident Walter Marz, that he shared with the Women's Guild during a presentation last October? If so, you'll know to mark your calendar for Thursday, January 18 at 1:30 p.m. in the Ballroom. And if you missed it, you'll want to catch this year's talk, "Adventures in Photography."

Marz plans to share not only pictures of wildlife and nature as he did before, but he'll include photographs of places and things he has encountered on his various journeys to such places as East Africa, Peru, the Galapagos Islands, and China. He'll share the story of what photography has done for him, how it has been his ticket to see places or things in the world he might never have encountered

(Continued on page 16)

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Dr. AL Parker with the tree dedicated in his name for his yeas of service by the New Jersey Club

New Jersey Club honors Dr. Al Parker and Irene Lippert

By Jean Houvener

After 14 years as the program director of the New Jersey Club, Dr. Al Parker has stepped down. In honor of his excellent work all these years, coming up with speakers, reenactors, and dozens of original presentations of his own each month since the beginning, the club has planted a tri-color beech tree in front of the Clubhouse to beautify our community.

From the music boxes at the Morristown Museum to the rest area names on the New Jersey Turnpike, from the Revolutionary War bat-

tles that swirled around Monroe Township to the butterflies of New Jersey, from the scene on the back of the New Jersey quarter to a reenactment of the story of Molly Pitcher, from Jersey diners to the buff and Jersey blue on the New Jersey state flag, Dr. Parker enlightened us all by arranging or creating these presentations.

Also after many years as president of the New Jersey Club, Irene Lippert has stepped down. In her honor the club has planted a ring of yellow roses, symbolizing friendship, beside the Meet-

Come to the first Dance Club dance of the year

By Judy Perkus

Dancing to the music of Bobby Picone is how the members and friends of the Rossmoor Dance Club will start the New Year. All Rossmoorites, singles and couples, are welcome to join us in the Ballroom on Saturday, Jan. 27 at 7 p.m.

In addition to the dancing and socializing, we will have snacks, dessert (sugar-free available), coffee, tea and soda.

To reserve your place: please send your check made out to the Rossmoor Dance Club (\$8 per paid-up member, \$10 per guest) to Armen DeVivo at 449B Roxbury Lane by Jan. 19.

Send your 2018 Dance Club dues of \$15 per couple, \$7.50 per person to Armen, if you've not already done so. You may leave your check and your reservation form in an envelope in the Dance Club folder in the E&R office.

Call Armen at 655-2175 for more information.

ing House. These will add welcome color to the area. Sadly, the Club will not survive this double blow and held its final meeting Dec.15 with a holiday luncheon and celebration of many years of fellowship and education.

Rental Library says thanks

By Helene Gray, publicity chair-person

The Rental Library would like to thank all the supporters of our annual holiday bazaar. We greatly appreciated all the donations, the shoppers, and especially all of our wonderful workers who generously volunteered their time and hard work to help make the sale a success.

Special thanks go to Connie Previte, who helped to keep it all together. All proceeds from the sale go back into the operation of the Rental Library for the benefit of all Library members.

The Rental Library is always in need of more volunteers. If you are interested, please leave a message at E&R in the library folder.

**Best wishes for a safe and peaceful New Year!**

*Keep reading...so many books, so little time.*

Emerald Society's winter activities

By Joan Avery

The annual Emerald Society Christmas trip to the American Music Theater in Lancaster, Pa. took place on Dec. 8. This was followed by a family style dinner at the Good and Plenty Restaurant. There was also a stop at the Kitchen Kettle Village for a snack or shopping for Amish crafts and foods. Everyone had a fabulous time.

The Emerald Society Christmas party consisted of a brunch at the Cranbury Inn and was held on December 17, 2017, from 11 a.m. to 3 p.m. There was a cheese table, the brunch, mimosas, juice, coffee, tea, and soda. This was something new for the Emerald Society and it was a great success.

President Dan Jolly has arranged another trip to Lancaster, Pa. on May 1. This is a special occasion since there will be two shows plus dinner. First there will be the Magic Lantern, then the show at Sights and Sounds. The cost will be \$110 because of the two shows. If you want to sign up now, call Dan. This trip will fill up soon.

Mark your calendars for Jan. 31 because Dan has arranged for a trip to the Sands Casino. In addition to this fun trip, he has arranged for another day at Doolan's for the Irish Feast on Feb. 12. A wonderful beginning to the New Year!

Dan is also working on a trip to Lake George in June. More information to follow.

The Emerald Society hopes everyone will have a wonderful and healthy New Year.

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### Rossmoor Dance Club

#### January 27 Dance

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

**RESERVATION DEADLINE: January 19<sup>th</sup>**

Paid-up Member(s):     @ \$ 8 = \_\_\_\_\_

Non-member(s):         @ \$10 = \_\_\_\_\_

**2018 dues** \$7.50 pp; \$15 per couple     = \$ \_\_\_\_\_

Total \_\_\_\_\_

Please send check made out to  
The Rossmoor Dance Club to:  
Armen DeVivo at 449B Roxbury Lane. 609-655-2175  
or leave in an envelope in the Dance Club folder  
in the E & R Office

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Photography

(Continued from page 14)

otherwise.

Marz learned to love the outdoors and snapping pictures of animals and nature during his childhood years. Since he is a World War II veteran, he unfortunately was exposed to some of the ugliness man can create for his fellow man. But after that experience, he consciously chose to make his life about exploring the beauty of this world, whether it was through photographing a colorful bird, a majestic animal, an interesting face, or the early-morning mist in a field, for example.

What has caused him to take one picture as opposed to another as he traveled about? He claims he can't give you a good answer, but he states on his website that sometimes he'd have the sense that God was telling him, "Take the picture, already."

Anyway, come and be inspired by wildlife and nature as perhaps you never have been before. Also, see places and things with which you may or may not be familiar through the eyes of an artist. Who knows, perhaps the next time you're inclined to disregard the familiar, you'll take another look and see beauty there you never noticed previously.

There will be time for refreshments and fellowship after Marz's presentation. So, come and ensure your 2018 with the Women's Guild gets off to a great start.

Rossmoor Rental Library



By Penny North

Here are the new books that will be arriving in January.

**The Mitford Murders: A Novel:** by Jessica Fellows

Fellows, the author of the New York Times Downton Abbey companion series, introduces Louise Cannon, who escapes poverty in 1920 London to become a nanny to the famous Mitford sisters. Louise and Nancy Mitford find themselves involved in the aftermath of the murder of a nurse on a train in broad daylight.

**Look for Me** by Lisa Gardner

Four members of a family are savagely murdered and the fifth member, a sixteen-year-old girl, is missing. Is she the killer, a kidnap victim, or just a lucky escapee? Detective D.D. Warren and previous crime survivor, Flora Dane, try to find the girl and solve the case.

**Night Moves: An Alex Delaware Novel** by Jonathan Kellerman

A new book has arrived in the bestselling suspense series starring psychologist Alex Delaware and Detective Milo Sturgis. An affluent family returns home to find the brutalized corpse of a stranger in their house. Solving the crime tests the intellectual and emotional limits of the crime-solving Delaware-Sturgis team.

**Sunburn: A Novel** by Laura Lippman

The author of the Tess

Monaghan series offers a stand-alone story about Adam and Polly, who meet in a Delaware town and begin a passionate affair. Unfortunately, each conceals secrets that lead to a death. Who can sort out the truth of the complicated relationship and motives surrounding the lovers?

**Unbound** by Stuart Woods

Stone Barrington makes his 44th appearance in a new suspense thriller, where he gets caught up in his friend Teddy Fay's search for revenge after a loved one's murder. When the friends arrive in Santa Fe, Teddy has an opportunity to exact his revenge and Stone must use all his skills to prevent innocents getting caught in the crossfire of his friend's mission.

**Fairytale** by Danielle Steele

Already on our shelves is

Steele's latest romantic suspense novel about life at a Napa Valley winery.

**Deep Freeze** by John Sandford

High on the best-seller list and also on our shelves is Sandford's latest mystery suspense novel about Virgil Flowers. When a bank president is found dead in a Minnesota river, Flowers is called in to solve the case.

You may also be interested in looking over our collection of gently-used, large print books, along with our shelves of fairly recent best sellers, all on sale for \$1 each.

**Library Hours**  
Monday thru Friday  
10 a.m. to noon and 1:30 to 3:30 p.m.  
Library closed Saturdays

Ladies' 18-hole League's greeting for the New Year

By Arlene McBride

Happy New Year 2018!

On behalf of the Ladies' 18-hole golf league, may you all continue to be safe and healthy in the New Year.

Is it too early to think about the spring season? As of this writing, some snow showers were expected, but we're being optimistic. Contact Ar-

lene McBride at 609-395-1017 or [arlenemcbride@comcast.net](mailto:arlenemcbride@comcast.net), if interested in joining the Ladies' 18-hole League for the spring season. Please note: the 2018 membership form is attached to this article.

A big THANK YOU for all of your cooperation through the past golf season of 2017.

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**Focus: Spouse/Partner**

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**Location: Saint Peter's Adult Day Care Center**  
**Monroe Township**

Mtg.s are 90 minutes  
*Registration is not necessary.*

Questions may be directed to Stephanie Fitzsimmons, RN, NP  
at 1-800-269-7508, press 1, press 8662

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**Rossmoor 18-Hole "Ladies' Golf League 2018 Membership Form**

Please return the membership application by April 8, 2018 or earlier.

**Membership fee: \$75.**

Prospective members, please enclose a current USGA handicap card or five Rossmoor scorecards attested by a league member and your check in the above amount. (Maximum handicap – 40)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

GHIN #: \_\_\_\_\_

Email Address: \_\_\_\_\_

Please make checks payable to:  
**"Rossmoor Ladies' 18-hole Golf League."** Send check with membership form to: Arlene P. McBride, 352A Old Nassau Road, Monroe Township, NJ 08831, OR place the check with membership form in the **Ladies 18-Hole box in the Pro shop.**



NJDEP Awards Monroe \$171K Recycling Grant

Based on its 2015 recycling performance, Monroe will receive the eighth largest grant in the State as part of New Jersey Department of Environmental Protection's annual initiative to enhance municipal recycling programs.

The New Jersey DEP's most recent awards, issued through the State's Recycling Enhancement Act, amounted to \$171,463 for Monroe.

For its part, Monroe recycled 112,351 tons of materials in 2015, a sum that includes both residential and commercial components.

"In cooperation with the County and the State, Monroe has been a leader in recycling since the inception of our recycling division in the late 1980s," said Monroe Mayor Gerald W. Tamburro. "I credit our DPW's program, as well as our staff, for its extensive educational outreach and for an efficiently run operation. I also applaud our residents and businesses for their continued participation and for their dedication to green living."

Based on the State's data, New Jersey's municipalities generated more than 10 million tons of solid waste in 2015. Of that amount, 4.3 million tons were recycled, representing a 2-percent increase from the year prior.

"Recycling is one thing each one of us can do every day to protect the environment," stated New Jersey Department of Environmental Protection Commissioner Bob Martin in a recent press release. "Recycling conserves resources, results in less waste going to disposal facilities, helps local governments save money and creates jobs and economic growth. We are very proud of the many cities and towns across the State that continue to increase their recycling rates."

Still early in the process, Monroe's administration, along with representatives from the Township's Department of Public Works, is considering using the newly allotted funds to purchase a cardboard compactor, in addition to establishing a recycling program for plastic foam, often referred to by the brand name Styrofoam.

"This is smart government at work," said Monroe's Department of Public Works Director Wayne Horbatt of the NJDEP grant program. "When municipalities have successful recycling programs, they are essentially rewarded and able to use these grant funds to even further improve upon their operations. In the past, these grants have assisted us with upgrading our infrastructure and launching various other programs and projects."

The DEP's recycling grant program is funded through a \$3 per-ton surcharge on

(Continued on page 17)



## Religious Organizations

### “Catholicism 101” course to begin January 17

By Fred Mytnick

The Catholic Society will begin a new series of programs this month titled “Catholicism 101.” It will be an open forum seeking to clarify the doctrines of the church and its teaching and disciplines. The first meeting will take place at 11 a.m. on Wednesday, Jan. 17, in the Meeting House Parlor.

The main facilitator of the program, assisted by other catechists, will be Deacon John Zebrowski. The main sources of reference will be the “Catechism of the Catholic Church” and the Bible.

The program is open to all who have an interest in learning more about Catholicism, including those who might perhaps have misunderstandings about some of its teaching. It is also for Catholics wishing to refresh and/or enhance their knowl-

edge of their two-thousand-year-old faith.

The following activities will also take place in January:

- The **Chaplet of Divine Mercy** will be prayed at 3 p.m. on Tuesday, Jan. 16, in the Maple Room of the Clubhouse.

- The **Prayer Shawl Ministry** will meet at 1:30 p.m. on Thursday, Jan. 11, and Thursday, Jan. 25, in the Craft Room of the Clubhouse.

There will not be a Catholic Society Mass or Council Meeting in January.



The cake at the celebration of the Catholic Society's Golden Jubilee

### NJDEP Awards

(Continued from page 16)

trash disposed of at solid waste facilities across New Jersey, which totaled \$14.3 million in available funds for 2015 applicants.

With the adoption of the New Jersey Statewide Mandatory Source Separation and Recycling Act of 1987, the Garden State was the first in the nation to mandate recycling. Today, the State requires municipalities and Counties to recycle a minimum of 50 percent of all waste collected.

“In this day and age, we should all be doing our part to recycle,” said Monroe Councilwoman Miriam Cohen. “This is one of the most basic actions we can take to promote sustainability and to have a positive impact on the environment.”

### Age is just a number

By Dierdre Thomson

In 1963 I turned 25. I remember thinking, “Oh, my gosh, I am a quarter of a century old!” Now I am over three quarters of a century old, and I still feel like I am 25 – most of the time. By the time I was 27, I had given birth to our fourth and last child. At 44 I decided to go to college. At 59 I was ordained to Ministry of Word and Sacrament in the Presbyterian Church, and began work as a Hospice Chaplain.

When I was 73, I had recently finished as Interim Pastor in South Amboy, and

was working on my doctorate. I received a call from the Rossmoor Community Church asking for my resume. You know the rest. As I complete my seventh year as Pastor of the Community Church on April 30, I will step down.

Now as my 80<sup>th</sup> birthday approaches, I will prepare for another of God’s plans for me. I do not know what it will be, but it will be just right for me, and for whom-ever I serve. I will continue to live in Rossmoor, and I hope to continue to feel like 25 – most of the time.

### TRANSPORTATION TIDBITS

#### Important phone numbers:

Rossmoor Bus ..... 609-655-4401

Hours 10:00 -11:00 a.m. and 2:30 p.m.- 4:00 p.m.

Monroe Township Transportation ..... 609-443-0511

Middlesex County

Area Transportation (MCAT) ..... 1-800-221-3520

St. Peter’s University Hospital

On Time Transportation ..... 1-800-858-8463

All schedules are available outside the E&R office (near the copy machine) or via the Web at [www.rossmoor-nj.com](http://www.rossmoor-nj.com) and following the links Facilities, Clubhouse and Activities, and Bus Info.

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Finally, our half-century year of the Jewish Congregation has arrived and our actual anniversary on Saturday, April 14, is approaching quickly.

We've made great progress toward the big day, and every Congregation member is looking forward to a memorable Saturday morning Service followed by a festive catered luncheon in the Ballroom. The Anniversary Committee is hard at work, making final arrangements with the caterer, ordering a special memento of the event, getting the guest list set up so everyone knows who they are seated with, and choosing the wording on the invitations each guest and member will receive. Our members tell us "we've had 50 years to plan,

so now is the time for *action!*"

The Men's and Friends Club had the final social event of 2017. For the fifth year in a row, we celebrated New Year's by going to Capuano's Restaurant on Old Trenton Road, on Wednesday, Dec. 27. Our members and their friends, over 15 in all, had their choice of anything on the lunch menu with everything included – red or white wine, a complete meal with soup or

salad, dessert and beverage, tax and tip. This was the best-attended event this year. The Men's and Friends now look forward to 2018 and several more unique restaurants and food choices.

The Jan. 12 Sabbath Service will have Bob Kolker as Torah Reader and Jeff Albom as Lay Reader. The Jan. 26 Service will have Bob Kolker as Torah Reader and Janet Goodstein as the

Lay Reader. The Congregation will sponsor the Oneg Shabbat at both Services. Those wishing to sponsor a Sabbath Service should contact co-Gabbai Janet Goodstein. Cantor Mary Feinsinger leads our Services, which begin at 7:45 p.m. in the Meeting House.

The Congregation's monthly Board Meeting will be held on Tuesday, Jan. 2, at 7 p.m., in the Dogwood Room.

**A visit from Martin Luther King (on his day)****Keith Henley as Martin Luther King, Jr.***By Hadassah Aylat*

On Monday, Jan. 15, a date officially designated by the government as Martin

Luther King, Jr. Day, the Sisterhood is proud to present the great man himself as our speaker at 1:30 p.m. in the Gallery. One of the world's most outstanding orators, as well as pastor, activist, and humanitarian, he is best known as a fighter for civil rights. He won the Nobel Peace Prize in 1964 for his work combating racial inequality through the use of nonviolent civil disobedience, an approach based on his studies of civil right activist Bayard Rustin and his admiration of Gandhi.

Portraying the great man is the actor Keith Henley,

who studied theatre at Camden College, and currently owns and operates J.O.Y. Productions, and Queenie's Homemade Sweets, and is the Artistic Director and Choreographer for the Folkloric Heritage Arts Company of Cherry Hill, N. J. He has performed for the Smithsonian Associates' Teaching History Program, in addition to many other programs and academies.

Refreshments will be served. All Rossmoorites, men as well as women, are welcome. Please bring non-perishable food for the Food Pantry.

**Time to head back***By Dierdre Thomson*

It is time to head back to the Physical/Spiritual Exercise Class. We are meeting on Thursday mornings at 11 a.m. in the Maple Room at the Clubhouse. We will begin January 4. Come for good exercises led by Kahlil Carmichael and Dierdre Thomson. You may even begin to feel warmer, both inside and out. That is 11 a.m., Thursdays, in the Maple Room.

**Culinary Arts trip***By Dierdre Thompson*

A trip to the Academy of Culinary Arts in Mays Landing is planned by the Community Church on Tuesday, April 24. A stopover in Smithville will be on the return trip. A four-course dinner will be served with a choice of entree. The price of the trip is \$65. Departure time will be 9:30 a.m. and return approximately 5:30 p.m.

Checks for the trip should be made out to the Rossmoor Community Church

and sent to: Ruth Klein, 514A Sutton Way, Monroe, N.J. 08831

Please put your phone number on the check.

For further information, call Ruth at 609-655-8755.

**A Message from High Tech Landscapes, Inc.***By Jeff Voss*

- Our fall cleanup has been completed. Please tune to Channel 26 daily for more information.
  - Please call the East Gate phone and leave a message with any questions or concerns (609-655-5134).
  - Ornamental grasses around the utility boxes and in established beds around the common facilities have all been trimmed.
  - Winter pruning will begin this month, depending on the weather.
  - Street sweeping has been completed.
  - Please remember to put any plant debris out front Sunday night in order for us to pick it up Monday morning.
- High Tech Landscapes would like to wish you a Happy New Year.

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January 2018 Calendar***By Linda Klinke*January 1 – Church Office Closed for Holiday  
Happy New Year!January 4 – Women's Guild Board Meeting at 10  
a.m.

January 7 – Communion Service at 11 a.m.

January 8 – Deacon's Meeting at 9 a.m.

January 10 – Worship/Music Committee Meeting at  
9:30 a.m.January 11 – Physical and Spiritual Exercise at  
11 a.m.

January 14 – Church Service at 11 a.m.

January 15 – Church Office Closed for Holiday

January 15 – Council Meeting at 9 a.m.

January 18 – Physical and Spiritual Exercise at  
11 a.m.January 18 – Women's Guild Meeting at 1:30 p.m.  
Adventures through PhotographyJanuary 21 – Church Service at 11 a.m.  
Guest Preacher – Rev. Robin  
Bacon-HoffmanJanuary 22 – Pastoral Care/Prayer Chain Meeting  
at 10 a.m.January 25 – Physical and Spiritual Exercise  
at 11 a.m.

January 28 – Church Service at 11 a.m.



## HEALTH CARE CENTER NEWS

### Depression

By Kaytie Olshefski,  
BSN, RN-BC

Depression occurs in people from all walks of life. It does not discriminate against sex, age, location, or what you have done in your life. Depression sometimes goes undetected and is thought to be sadness, grief, or dementia. Depression is not a normal part of aging, but is a common problem among older adults.

Triggers of depression are sometimes caused by changes that have occurred in one's life. It can affect you mentally and physically. Depression can occur with a change in one's health that is overwhelming or devastating. Loneliness is a major cause of depression. Dealing with a chronic disease is also another key cause of a person becoming depressed. Older adults are more sensitive to medications that may initiate depression. Here are some examples of drugs that can worsen or cause depression: blood pressure medications, high cholesterol, beta-blocker, calcium channel blockers, tranquilizers, sleeping pills, steroids, pain medications, and ulcer medications.

There are steps to meet these challenges, but the first step is recognizing that what you are experiencing are signs of the depression. Some signs include the feel-

ing of sadness, despair, worthlessness, hopelessness, or helplessness. Other signs are no longer being interested in hobbies, friendships, and/or change in sleeping pattern. There may be increased forgetfulness and use of alcohol and drugs. There may be thoughts of hurting oneself.

People tend to associate sadness with depression, but that is not always so. People may experience physical symptoms, but no sadness. Physically, a person may experience pain, worsening headaches, or have no motivation or energy.

Distinguishing between depression and grief is not so easy. Grief involves good and bad days with involvement of variety of emotions. With grief, a person may experience a moment of happiness. With depression on the other hand, a person has a constant feeling of despair and emptiness. If over time the grief does not seem to ease, it may slip into depression.

Depression and dementia share some similar symptoms, but one cannot jump to the conclusion that it is dementia. In dementia, forgetfulness starts slowly where in depression it starts rather quickly. A person with dementia may not be oriented to person, place, and time, but a depressed person is. In dementia, the person strug-

gles with short-term memory and may not even realize they have a problem, but a depressed person has difficulty with concentration but not with their memory. A person with dementia may have impaired writing, speaking, and motor skills, whereas a depressed person may be slow in these skills, but does not lack them.

There are ways you can try to help yourself through this. Change is not easy and it takes determination to muster up the courage to take that first step but once you do, you will see a difference. Get involved in activities and socialize. If you are unable to get out, perhaps inviting people to visit or, if you prefer, keep in touch by speaking with them over the phone or using email/text. Support from others will help make a difference. The feeling of isolation and not belonging makes depression worse.

Another way to try to overcome depression is to get out of the house. Start small like taking a walk around the block. Eventually venture to the Clubhouse and meet other residents. Having lunch with a friend can do wonders. Once you accomplish these small steps, go to the Senior Center or library. As you become more confident, think of volunteering. The feeling of knowing you are helping others will also make you feel good about yourself and the added bonus is meeting and socializing with people. Take the time to learn a new hobby or do something you have always been thinking of doing.

Studies have shown taking care of a pet can help you overcome depression. A pet keeps you company so you do not feel alone. An added plus is meeting people when walking the dog.

Older adults struggle with getting enough sleep; sleep deprivation makes depression worse. The recommended amount of sleep for older adults is between seven and nine hours of sleep.

Sunlight can help boost your spirits. Getting as little as 15 minutes of sunshine a day can improve your mood.

See your doctor for a medical evaluation and options of treatment if these steps do not help. There are support groups and professional therapists who may help you get through this and teach you how to manage it.

In our lecture series from Saint Peter's University Hospital, Lori Morell, an Exercise Physiologist, will be speaking on "Dimensions of Wellness" on January 8 at 1 p.m. in the Maple Room. If you would like to attend the lecture please call, 655-2220, or stop by the Health Care Center.

The nurses at the Health Care Center would like to wish everyone a very happy and healthy New Year!

## MAINTENANCE DEPARTMENT

By Dave Salter

### Winter Reminders Snow

The snow season is upon us and here are a few reminders. When a snow storm is predicted all vehicles must be removed from streets and lanes to make for efficient plowing and safety of workers and residents. There is temporary parking at the Clubhouse for those who need it. Please be aware of the "No Parking when Road is Snow Covered" signs in your Mutual. It is imperative that you do not park there; it can hinder snow removal greatly.

Rossmoor Maintenance needs your cooperation during clean up. All information will be posted on Channel 26 prior to the storm. Rossmoor Maintenance along with snow contractor High Tech will clear all main and front entrance walks, driveways, and carports. Please listen to your local weather stations so you are not caught unpre-

pared, and try to reschedule any doctors' appointments. Residents with medical conditions that require outside treatments such as, but not limited to, dialysis or chemotherapy, must register with the Healthcare Center prior to a winter storm emergency to guarantee access for these appointments. Please read the Snow Policy in the Rossmoor News.

### Christmas trees

Live Christmas trees, wreaths, etc., can be taken to the clubhouse parking lot and placed in the designated area from Jan. 2 through 16. No artificial wreaths, bags, wires, hooks, bows, ribbons etc.

### New available services

Rossmoor Maintenance is pleased to offer these additional services: window replacements, all types of door replacements, dryer vent cleaning, attic insulation, and ceramic tile installation. Please call today for your free estimate.

### Happy Holidays

Email your news to:  
**news@rcainj.com**

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### Rossmoor Resident Telephone Directory

#### CHANGES & DELETIONS ONLY

Please mail or bring this form to the  
Rossmoor Community Association, Inc., Village Center  
128 Sussex Way, Monroe Twp., NJ 08831  
with any changes or deletions to your  
name, address or telephone listing.

Information as it now appears:

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_

#### Changes for the 2018 edition:

NAME: \_\_\_\_\_


ADDRESS: \_\_\_\_\_

(1)Phone OR (1)Cell: \_\_\_\_\_

**\*\*All Changes must be received by July 13, 2018\*\***

If your name, address and/or telephone/cell number is in the  
2017 edition correctly, it is not necessary for you to complete this form.





# From the Mayor

By Gerald W. Tamburro,  
Mayor of Monroe Township

## Monroe Township Council: Looking Forward

I am always extremely proud to live among residents who take such great pride in their community and their civic responsibilities, particularly when exercising their right to vote.

The November 7 General Election demonstrated democracy in action with nearly 40 percent of Monroe Township’s approximately 34,000 registered voters casting their ballots.

Our local election was a race for four of the five Township Council seats. In play was one of the At-Large seats, as well as the Ward 1, 2 and 3 Council seats.

Incumbent candidates Elizabeth Schneider (Ward 1) and Leonard Baskin (Ward 2) were elected to four-year terms and Miriam Cohen (At-Large) was elected for two years to fill the remaining term of Leslie Koppel, who was appointed as a Freeholder earlier this year.

We are also happy to welcome newcomer Charles DiPierro to a four-year term as the Ward 3 Council representative.

Recent elections in New Jersey and across the country have proven to be emotional and dramatic, and this one was no different.

During my time as Councilman and Mayor, I have subscribed to this guiding principle: Once the election is over, it’s time to govern. There are no more party lines, just a group of dedicated leaders working together to unite our community and act in the best interest of the taxpayers.

Together, we unite as civic leaders.

Together, we will be working to keep our taxes among the very lowest in Middlesex County.

Together, we will be working to grow our open spaces and expand our recreation opportunities.

Together, we will be working to keep our community safe and secure.

Together, we will be working to encourage residents to volunteer and take an active role in the community.

Together, we will be working to recoup our fair

share of state school funding.

Together, we will be working to bring new business opportunities to Monroe Township.

Together, we will be working to ensure that Mon-

roe residents have the highest quality services.

Together, we will be working to encourage our residents to practice kindness and acceptance in the community.

Together, we will be working for all of Monroe

Township’s residents.

Congratulations to each of the newly elected Council members; I look forward to working together. Wishing each of you a healthy, happy and prosperous New Year!

## LWV-MT revs up for the big 30 and beyond

By Ruth Banks

The League of Women Voters of Monroe Twp. will celebrate its 30th anniversary in June of this year at its annual meeting. Since its creation in March of 1988, the League has followed its mission of informing residents of issues which affect their lives and the community. Welcomed at the time by the Cranbury Press with an editorial that said, in part, “It’s hard to believe that a local chapter of the League of Women Voters didn’t come to be before this, but there’s one in town now. And it’s apparently more than anxious to get to work...A hearty welcome and best wishes are extended to the League and its members.”

Details for the celebration will be forthcoming over the next few months and the committee would welcome hearing from any former League members who are still in the area.

And speaking of special events, the League of Women of the U.S. is approaching its 100th anniversary in a few short years.

The struggle for women to have the right to vote, as well as other rights, which continued for a very long 70 plus years, seems to be never ending, and encompassing countries around the world.

The LWV-MT will be meeting on Jan. 22 in the Municipal Building at 1 p.m. The main topic will be planning programs for the next six months, taking into consideration the state League’s tentative plans to study redistricting, following up on the Campus Sexual Assault study, and the ongoing issues of immigration issues.

A study of civic education and access to reliable information for the residents of the township as well as areas of the county is ongoing, and the committee will be meeting in March and April to coordinate its results.

Issues affecting the environment are an ongoing topic, and a recent article in the Star-Ledger, “Think Water — 4 ways to build a green economy,” reinforces our Natural Resources committee’s concern with the state

of New Jersey’s water infrastructure. Led by Mary Ann Colgan, the committee has followed the developing need to bolster funding for the state’s infrastructure to meet demands and reliability.

League members are also following the issue of access to and funding of pre-school for all children, as well as the growth of charter schools, public or private, and their impact on public school education.

Other topics members may elect to study include access to women’s health care, laws involving juvenile offenders and, not to neglect it, elections and voting issues.

LWV-MT is a political non-partisan organization with state and national affiliations, open to men and women. For more information please feel free to contact any of the following: Andrea Pellezzi, president, at 609-664-2146; Judy Perkus, 609-395-1552; Marsha Rosenbaum, voters service, 609-409-0930; Adrienne Fein, membership, 609-860-5984; or Ruth Banks, 609-655-4791.



### The American Heart Association Recommendations for Physical Activity in Adults

For Overall Cardiovascular Health:

At least **30** minutes of moderate-intensity aerobic activity

At least **5** days per week for a total of **150** minutes

OR

At least **25** minutes of vigorous aerobic activity

At least **3** days per week for a total of **75** minutes

or a combination of the two

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Moderate to **HIGH INTENSITY** muscle-strengthening activity

At least **2** days per week for a total of **2** sessions

For Lowering Blood Pressure and Cholesterol:

An average of **40** minutes of moderate-to-vigorous-intensity aerobic activity

**3-4** days per week

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Learn more at [heart.org/ActivityRecommendations](http://heart.org/ActivityRecommendations).

## Municipality brings first electric car charging station to Monroe

As of November, Monroe’s first electric car charging station is up and running on the Township library grounds.

Cooper Electric donated this level 2, 240-volt charging equipment during the Township’s 2016 Green Fair; however, the station is municipally operated and maintained.

“The library is a prime location for this station for several reasons,” explained Monroe Mayor Gerald W. Tamburro.

“For starters, it’s centrally located in the Township. Safety also weighed heavily into our decision with the library sitting adjacent to our police headquarters and its parking lot situated in a well-lit area, thanks to the bright LED energy-saving lights that were recently installed.”

The hope is that Monroe’s latest green initiative will encourage more residents to consider investing in an eco-friendly driving option, such as a hybrid or an all-electric vehicle.

As of late, a sparse few other charging stations have cropped up on local roads in nearby communities like East Windsor, South Brunswick and Old Bridge – but those destinations are still few and



far between, Township representatives said.

“Our site has become a link within the County’s growing chain of stations,” said Monroe Council President Steve Dalina. “Our Township is doing its part to help reduce carbon emissions in the area, and as an added bonus, introducing some of our residents, who are charging their vehicle during daytime hours, to Monroe’s phenomenal library services and programming.”

Local advocates have also begun the process of registering Monroe’s station with The U.S. Department of Energy’s Alternative Fuels Data Center. This division acts as

(Continued on page 21)





The Sharks' girlfriends. Tickets for "West Side Story" are available by calling the Kelsey Box Office at 609-570-3333 or online at [www.kelseytheatre.net](http://www.kelseytheatre.net).

Broadway Blockbuster 'West Side Story' Comes to MCCC's Kelsey Theatre



Tara Keelen of Bloomfield is Maria and Mason Kugelman of Rumson is Tony in PinnWorth Productions' "West Side Story," coming to MCCC's Kelsey Theatre Jan. 5-21.

West Windsor, N.J. – The Sharks and the Jets are preparing to do battle over their small piece of New York's Upper West Side, while star-crossed lovers Tony and Maria are on a collision course towards tragedy. PinnWorth Productions proudly presents "West Side Story," considered one of the all-time greats of Broadway theater. The show comes to Mercer County Community College's (MCCC's) Kelsey Theatre for three weekends: Fridays, Jan. 5, 12 and 19 at 8 p.m.; Saturdays, Jan. 6, 13 and 20 at 8 pm.; and Sundays, Jan. 7, 14 and 21 at 2 p.m.

Kelsey Theatre is located on the college's West Windsor Campus, 1200 Old Trenton Road. A reception with the cast and crew follows the opening night performance on Jan. 5.

With its dark themes, stunning musical score, complex dance numbers, and a focus on social issues, the show broke new ground when it premiered on Broadway in 1957. The famed Leonard Bernstein score, with lyrics by a young Stephen Sondheim, includes such unforgettable numbers as "Something's Coming," "Maria," "America," "Somewhere," "Tonight," "I Feel Pretty," "One Hand, One Heart," "Officer Krupke," and "Cool." The production was nominated for six Tony Awards including Best Musical. A film version followed in 1961 and was nominated for 11 Academy Awards and won 10, including Best Picture.

The PinnWorth cast includes Mason Kugelman of Rumson as Tony; Tara

(Continued on page 23)

Charging station

(Continued from page 20)

a resource to help residents and commuters find alternative fueling stations along U.S. routes by way of associated websites and apps.

"We couldn't be more excited to be a part of this exclusive group of communities," said Karen Polidoro, chairwoman of Monroe's Environmental Commission. "If this site sees substantial usage, the Township may consider adding additional

stations in the future at alternative locations in Monroe. This is also one of the items on our checklist for attaining silver certification through Sustainable New Jersey, an organization that provides tools, training and financial incentives to green communities that meet their rigorous criteria."

Monroe's electric car charging station, marked by a large green logo, can be found in an exterior section of the Monroe Township Library's parking lot, 4 Municipal Plaza.

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ARM WEAKNESS  
Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

SPEECH DIFFICULTY  
Is speech slurred, is he or she unable to speak or hard to understand? Ask the person to repeat a simple sentence. Is the sentence repeated correctly?


TIME TO CALL 9-1-1  
If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get him or her to the hospital immediately.


For more information visit [strokeassociation.org](http://strokeassociation.org)

**F.A.S.T.** is an easy way to remember the sudden signs of a stroke and what you need to do when it happens. When you spot the signs, call 9-1-1 right away.

This is important because the sooner a stroke victim gets to the hospital, the sooner they can begin treatment. And that can make a remarkable difference in recovery.

WHAT TO DO IF YOU THINK SOMEONE IS HAVING A STROKE

  
9-1-1  
Immediately call 9-1-1 so an ambulance can be sent.

  
3:02  
Check the time so you'll know when the first symptoms appeared.

WHY IS CHECKING THE TIME IMPORTANT?  
Immediate stroke treatment may improve the chances of survival, but only if you get help right away.

Stroke is largely a preventable, treatable and beatable disease that affects

795,000 AMERICANS A YEAR

On average, a stroke occurs every 40 seconds.

Every 4 minutes someone dies of stroke.

STROKE IS THE NO. 1 PREVENTABLE CAUSE OF DISABILITY.

SPOT A STROKE  
**F.A.S.T.**

Ad Council

strokeassociation.org

Together to End Stroke



HOME SAFETY TIPS



How To Deter Home Burglary

- Invest in good quality locks on doors and windows. This includes all sliding glass doors as well. Make it difficult and time consuming for a burglar to gain entry.
- Whenever you go outside, lock the door and take the key with you, even if you are just stepping next door or out in the backyard.
- Don't put valuables where they can be seen from the window, especially items that can be easily carried.
- Be sure your garage door can be secured. Do not leave it open when you are away; an empty garage broadcasts your absence.
- When you aren't home, use a timer set to turn interior lights on and off at varying intervals as though your home was still occupied.
- Don't keep large amounts of cash or really valuable jewelry around the house.
- If a stranger comes to your door asking to use the telephone, make the call yourself. Don't invite them in.
- Don't hide a spare key under the doormat or flowerpot. Thieves know all the good hiding places.
- Invest in a good security system along with motion sensor lights installed out of reach.
- Keep any tools that could be used to break into your home locked away in the garage.
- Always double check that doors and windows are locked even during daylight hours.
- Videotape the contents of your home. Keep the video and the list of all valuables in a safe place, such as a safe deposit box.

How To Safeguard Your Home While on Vacation



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

Car Safety



- In traffic, keep doors locked and windows up
- Park and lock your car and remove the keys
- Park in areas that are well lighted
- Cruise around a bit in shopping centers parking lots until you find an open parking place close to a well-lighted entrance.
- When you return to your car, check in and around it, and have your keys *in your hand* and ready to use.
- If you are followed by another vehicle, go to a public place or, better, police station. If near home, stop at the staffed gate house to alert security.
- Keep valuables in trunk or hidden in the car and do not keep valuables in the glove box
- BE COURTEOUS! Confrontations often occur when drivers become frustrated about how others drive.
- If you have car trouble: Raise the hood, use emergency flashers, tie something white around your antenna or mirror.
- Carry a 'HELP' sign and keep a can of tire inflator in trunk. Stay inside the car, lock the doors and if help is offered, ask for the police. Do not allow strangers to help you "fix that flat." Thieves, especially near banking institutions, are known to ice pick car tires, so they'll go flat in a short distance then come to your "rescue" with theft in mind.
- Remember to regularly check your car's oil, gas, water and tires. Service your car regularly.
- Invest in an auto club membership, such as AAA, so you may have roadside assistance help you in any emergency, from fixing a flat to towing.
- Keep a charged cell phone with you when away from home. You can preprogram important numbers so that they are immediately available.
- Keep a flash light in your auto and attach a light-weight, slimline flashlight to your keychain.

Senior Center Highlights

Monroe Office of Senior Services & Senior Center  
12 Halsey Reed Road, Monroe Township, NJ 08831  
609-448-7140

Registering with the Office / Senior Center is free and available to Monroe Township residents, 55 years of age and older. **Around the 15<sup>th</sup> of the previous month** members can sign-up for the monthly activities either via phone or in-person for all programs with a fee. From your home, visit [www.monroetwp.com](http://www.monroetwp.com), and look for the "Office of Senior Services" link under "Departments" to access the calendar/newsletter as well as the Friendly Tidbits online. For more information, please call the Office/Senior Center at: 609-448-7140.

**Self-Massage Tech: On Thursday, January 4, at 1:30 p.m.,** join Jessica Lertch, PT, DPT, from Centrastate Healthcare System, for an enlightening and "feel good" interactive program on foam rolling and self-myofascial release: techniques to perform self-massage on your own muscles. Learn how to ward-off that achy feeling and improve your range of motion. **Please register in advance.**

**Bagels Plus: On Friday, January 5, at 10 a.m.,** join Linda (The Gardens at Monroe) and Sheli (Always Best Care) as they host the topic of Long Term Care, with presenter, Joyce Cantalese, Financial Specialist, from Petrone Associates. Joyce discusses options to traditional long-term care, stand-alone policies as well as policies available that won't deplete your life-long savings. Please register.

**Arthritis ABC's: On Wednesday, January 24, at 1:30 p.m.,** besides differentiating between osteoarthritis and inflammatory arthritis, explore pain relief tips and treatment options available as you identify self-management strategies with Peggy Lotkowicz, from the Arthritis Foundation, NJ Chapter. Hosted by RWJUH. Please register in advance.

**AARP Drivers Safety: On Monday, January 29, at 8:45 a.m.,** enhance your driving skills by taking this AARP-sponsored class. Course Fee: \$15 (AARP member); \$20 (Non-Member). For space availability, please contact Rosanna.

**Brain Games: On Monday, January 29th, at 1:30 p.m.,** join Gayle Braunstein, from Wilf Campus, for an interactive program that will test and strengthen your memory. **Space limited.** Please register.

**LAUGHS, LYRICS, & LECTURES**  
**Secrets Behind a Picture: On Mondays, January 8 and 22, at 1:30 p.m.,** discover the secrets behind famous paintings of the world, during this DVD presentation, with commentary by

Januszczak Waldemar, art critic for *The Sunday Times* (U.K.) Four paintings/episodes are featured per program date: Artists on January 8 include: Gainsborough, Rembrandt, Giorgione, and Botticelli; Artists on January 22 include: Caravaggio, Da Vinci, Manet, and Van Eyck. When registering in advance, please be sure to list one or both dates.

**Henry IV: On Tuesdays, January 9 and 23, at 1 p.m.,** enjoy this 2-Part DVD program featuring a spectacular version of Shakespeare's most treasured play, starring Jeremy Irons, as Henry IV, and Tom Hiddleston, as his son, Prince Hal. When registering in advance, you will be automatically enrolled in both dates.

**Imperial Voyage: On Thursdays, January 11 and 18, at 1:30 p.m.,** Julian Davis returns to the Center to embark on this two-part, Imperial Voyage...that first came to light the day after the death of the 26th President of the United States. Discover the implications of Theodore Roosevelt's illicit pacts that laid the groundwork for World War II, Communism in China, and the Korean War. **When registering in advance, you will be automatically enrolled in both dates.**

**Jimmy Givens Jazz Trio: On Friday, January 12, at 2 p.m.,** enjoy the jazzy stylings of Jimmy Givens and his talented trio for a fun afternoon filled with a variety of music, from Jazz to Latin to American Classics. **Space limited. Please register in advance.**

**This or That: On Wednesday, January 17, at 2 p.m.,** join Linda Mundie, from The Gardens at Monroe, for a fun and interactive game inspired by THE PRICE IS RIGHT. Bring your "consumer savvy" to the table and try to win prizes while you socialize with friends and enjoy snacks. **Tickets: \$3 per person, due upon registering in-person, in advance.**

**Playing Mandolin: On Thursday, January 18, at 2 p.m.,** join Jerry Sperling for an informative session about learning how to play mandolin with the tablature method. With the hopes of creating a Mandolin Ensemble, an 8-week class will be conducted in February for those interested in learning how to play. We encourage you to register for this introductory session to learn more about the mandolin, the tablature method, as well as the proposed ensemble. Please note that individuals will need to purchase or rent a mandolin for the classes and ongoing sessions. (Members, who are snowbirds, have long/manicured fingernails, or who cannot commit to

practicing, need not apply.)  
**A Climb for Peace: On Thursday, January 25, at 1:30 p.m.,** take a journey up Mt. Everest with "peace climbers" from different faiths and cultures, during this DVD presentation about the human spirit. This inspirational documentary, affirmed by the Dalai Lama as a "tremendous achievement" and narrated by Orlando Bloom, was filmed on location in Nepal, Tibet, Israel, Palestine, Jordan, U.A.E., and the U.S.A. Please register in advance.

**Jerry's Travels: On Friday, January 26, at 1:30 p.m.,** enjoy Jerry's armchair adventure as he takes you on a tour of India's fascinating northern "Golden Triangle" region, including New Delhi, Khajuraho, Taj Mahal, Agra Fort, Jaipur, Udaipur and more. Please be sure to register in advance.

**Movie of the Month: On Wednesday, January 31, 1:30 p.m.,** enjoy our featured film starring Sally Fields as "Doris". A movie abstract is available at the front desk. Please register.

**LET'S GET PHYSICAL!**  
**Body Works TUESDAYS: Starting on Tuesday, January 9, at 9:30 a.m.,** we welcome back Julie to conduct this Tuesday ONLY low-impact aerobic workout for 10 sessions that uses resistance bands (from January 9 to March 13). Previous participation does NOT guarantee enrollment in this class. Course fee: \$40 p.p., due upon registering in-person, in advance.

**Triple 15: Starting on Tuesday, January 9, at 10:30 a.m.,** join Celeste for 3 different 15 minute workouts for a total body experience. Students need light hand weights and bottled water during this 10-session class (from January 9 to March 13). Previous participation does NOT guarantee enrollment. Course fee: \$40 p.p., due upon registering in-person, in advance.

**Total Toning: On Wednesday, January 10, at its NEW time of 9:15 a.m.,** join Mardi for this 10-session, "No-Aerobics" workout using light hand weights to build core strength, balance, and flexibility. Proper footwear, water, and 1 to 3 lb. weights are needed. Course fee: \$40 p.p., due during WALK-IN REGISTRATION on Thurs., December 21, at 8:30 a.m. Space limited.

**ZUMBA GOLD: Starting on Friday, January 12, at 9 a.m.,** join Fran for this 8-session Latin-infused exercise class that will get you dancing and "shining." Course fee: \$40 p.p., due during WALK-IN REGISTRATION on Thurs., December 21, at 8:30 a.m. Space limited.



Classified Advertising

Transportation

**CALL DOREEN** – I'm back! My new number is (609) 284-4308. Thank you.

**AAA TRANSPORTATION** – Monroe area (Encore resident). Transportation to airports, trains, piers, NYC and reasonable rates. Call Howard (732) 979-3085.

**EXPERIENCED DRIVER** – Doctor and hospital visits, supermarkets, airports. Carl (908) 812-6326.

**NAT TRANSPORTATION** – Monroe resident. All airports, shipyards, NYC and local. Doctor and hospital visits. (917) 657-5611.

Home Improvement & Services

**MIKE THE HANDYMAN** – See my display ad in this edition. (732) 780-0468.

**RELIABLE HANDYMAN SERVICES** – Local resident. No job too small. All labor guaranteed. Call me to discuss – no obligation. Reasonable rates. Call (609) 409-7096 or (908) 385-5869.

**INTERIOR PAINTING** – Wall-paper removal. 30 years experience. Please call Ken – Diamond Painting. (609) 655-1525 or (732) 446-0400.

Miscellaneous/ Services

**HAVE SCISSORS, WILL TRAVEL** – All hairdressing services. Will come to your home. Licensed hairdresser. Call Georgianne (732) 985-8129.

**ALTERATIONS/SEWING NEEDS** – I can come to you. Joan (609) 655-4363.

**PET SITTERS** – Our home or yours. True animal lovers. Barb (732) 735-4243.

**COMPUTER REPAIR** - RJF Sales Company LLC. Is your computer running slow? It may need a tune-up. Desktop and laptop repair in your home. Custom built computers. Virus removal and protection. Monroe resident with over 20 years of computer experience. Free cordless mouse with service. [www.monroe-computer.com](http://www.monroe-computer.com) (732) 723-9537 or (732) 967-3400. Please leave message, all calls returned same day.

**TECH BUDDY** – Simple step-by-step help with smart-phones, computers and tablets. Large print solutions for low tech problems. Real Beginner to Advanced. Patience and enthusiasm included. Wireless printers, Netflix, Roku, Amazon Alexa and Echo – setup and training. Did you know that Amazon Alexa can remind you of all your appointments? Play Jeopardy? Read books? Free quote. (732) 589-4974. [techbuddy-barb@aol.com](mailto:techbuddy-barb@aol.com)

Tax Preparation/ Services

**CERTIFIED PUBLIC ACCOUNTANT** –Taxes prepared in the comfort of your home. Reasonable rates. Rebecca (732) 718-4359.

Wanted to Buy

**BUYING & SELLING GUNS** – Call for pricing. (609) 558-9509. Ask for David. Licensed Firearms Dealer.

Help & Health Services

**ANNA'S HOME CARE** – Certified professional caregiver is looking for live-in/live-out job in Monroe Township. Experienced, references. Driver's license. Accepts long-term care insurance. Low prices. Private care option. Call Anna at (609) 409-1600 or (908) 337-7462.

**CARING ELDER CARE** – Special offer for January. No charge for the first hour. We are experienced and caring. Elizabeth (646) 413-0813.

Housecleaning

**HOUSE CLEANING** to clean your home expertly and thoroughly. References, honest, courteous and experienced. Reyna (609) 371-4775. You'll be glad you called.

**IZABELA'S CLEANING SERVICE** - Professional house cleaning. Quality work. Local references. Very reasonable. Years of experience in the area. European quality. (609) 954-0181.

January Calendar of Events for Monroe Township Public Library

**Book Café**  
Wednesday, January 3  
Session 1 at 11 a.m. for existing group members.  
Session 2 at 1 p.m. for new members.

Discuss books that you have read. Light refreshments will be served. Register at the Welcome Desk.

**Socrates Café**  
Wednesday, January 3 at 7 p.m. Participate in this international group based on the philosophy of Socrates. Pose questions, listen to others, raise challenges and consider other alternatives. Monroe resident Noreen Gumnic moderates. Register at the Welcome Desk.

**Sit-N-Stitch**  
Fridays, January 5 and 19 at 10:30 a.m. Stitch a project, assist others, share tips, projects and patterns. Bring your own supplies. Registration not required.

**Friday Afternoon Movie**  
Fridays, January 5 and 19 at 2 p.m. January 5: a 2017 Biography/Drama about a young girl who comes of age in a dysfunctional family of nonconformist nomads with a mother who's an eccentric artist and an alcoholic father who would stir the children's imagination with hope as a distraction to their poverty. Rated PG-13. 2h, 7m. January 19: a 2017 Action/Drama/History about allied soldiers from Belgium, the British Empire and France are surrounded by the German Army, and evacuated during a fierce battle in World War II. Rated PG-13. 1h, 46m. Movies are free. Registration is not required.

**Current Events Discussion Group**  
Saturday, January 6 at

10:30 a.m. Enjoy a discussion about the latest in global and domestic affairs. Light refreshments provided. Register at the Welcome Desk.

**Coupon Club**  
Monday, January 8 at 1:30 p.m. Clip, swap and trade coupons. Discuss deals, share frugal tips and shopping experiences. Bring a pair of scissors and your stash of non-expired coupons. Registration is not required.

**Meet Your Sewing Machine**  
Monday, January 8, 3 to 4 p.m. and Thursday, January 11, 6 to 7 p.m. Learn about sewing machines with this hands-on session for adults, ages 18 and over. You will learn how to wind a bobbin, thread a needle and practice stitching.

Registration is required, beginning Tuesday, December 5 at 9:30 a.m.

**Library Board of Trustees Meeting**  
Monday, January 8 at 6:30 p.m. The Library Board of Trustees will meet the second Monday of this month due to Martin Luther King Jr. Day.

**Liftoff! Celebrating Spaceflight Documentary and Hollywood Film Series**

Tuesday, January 9 at 12:30 p.m.: 2007 Documentary/Biography examines the goals of the highly secretive American space program prior to Sputnik. The Eisenhower Administration's covert objectives in space gave the impression that the Soviets had a commanding lead in space technology. Rated PG.

Saturday, January 13 at 12:30 p.m.: 1983 Adventure/Biography/Drama about the original Mercury 7 astronauts and their macho, seat-of-the-pants approach to the space program. 3h, 13m. Rated PG.

Tuesday, January 30 at 12:30 p.m.: 2008 Documentary about all of the necessary technologies required to reach the Moon and Project Gemini, which comprised ten

West Side Story

*(Continued from page 21)*  
Keelen of Bloomfield as Maria; Lorraine C. Perri of Florence as Anita; Evan Krug of Edison as Riff; Kevin Albanese of Woodbridge as Bernardo; Erica Boyea of South Plainfield as Anybodys; Peter Sauer of Yardley, Pa., as Doc; Joseph A. Zedeny of East Windsor as Lt. Schrank; David Walter of Lawrenceville as Krupke; and Diana Puertas of Somerville as Gladhand.

Tickets are \$20 for all and may be purchased by calling the Kelsey Box Office at 609-570-3333 or online at [www.kelseytheatre.net](http://www.kelseytheatre.net). Kelsey Theatre is wheelchair accessible, with free parking next to the theater. For a complete listing of adult and children's events, visit the Kelsey website or call the box office for a brochure.

missions in the mid-1960s. 50 minutes.

Registration is not required.

**Short Story Discussion Group**

Wednesday, January 10 at 11 a.m. Leah Wagner moderates a discussion about 100 Years of the Best American Short Stories. This month we will discuss "Will You Please Be Quiet, Please?" by Raymond Carver and "By the River" by Joyce Carol Oates. Register and reserve your copy at the Welcome Desk.

**Lunch with Friends 2018**

Presented by The Friends of the Monroe Township Library. Wednesday, January 10 at 12 p.m. Librarian and local musician Tyler Rousseau will play traditional and original music. Registration is not required.

**Genealogy Club**  
Wednesday, January 10 at 1:30 p.m. Genealogists of all expertise levels welcome. Registration is not required.

**International Book Club**

Tuesday, January 16 at 10:30 a.m. The International Book Club, moderated by Monica Teixeira, will discuss Here Comes the Sun by Nicole Dennis-Benn (Jamaica). This is the story of beautiful Jamaica, an opulent resort and the ugly truth of survival in paradise by an up and coming author. Register and reserve your copy at the Welcome Desk.

**Tech Express**  
Wednesdays, January 17 & 31, 2-3 p.m. in the Conference Room. Drop-in with your electronic device to get personalized help from a Librarian. Come prepared with questions and necessary passwords. Registration is not required.

**The Imperial Voyage Symposium**

Fridays January 19 and 26 at 11 a.m. A two-part lecture will be led by Julian Davis. "The Imperial Voyage" by Teddy Roosevelt in 1905 and the secret deal that he made with Japan continues to influence U.S. relations with Asian nations today. Registration is not required.

**Senior Stress Management**

Monday, January 22 at 2 p.m. A comprehensive program on the different types of stress, how to recognize the symptoms, how to cope with stress, and know when to get help. Register at the Welcome Desk.

**George Ivers Display Case**

Artist and Monroe resident Mickey Kaplan's collection of match stick models of famous buildings around the world.

**Library Closings**

The Library will be closed on Monday, January 1 for New Year's Day.

The Library will be closed on Monday, January 15 for Martin Luther King's Jr. Day.

All events are open to the public.  
[www.monroetwplibrary.org](http://www.monroetwplibrary.org)

CLASSIFIED AD COUPON

Check those publications that apply:

☐ The Clearbrook Courier

☐ The Concordian

☐ Encore Speaks

☐ GW Voice

☐ Regency Reporter

☐ Renaissance Reflections

☐ The Rossmoor News

Check here for all seven publications

Classified deadline: Ads must be received by the 14th of the month preceding publication month.

MAIL TO Princeton Editorial Services, Inc. P.O. Box 70, Millstone Twp., NJ 08510

RATES

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

Sample: 10 words in two publications = \$14 x 2 = \$28.00

No discounts apply. All ads must be mailed with payment.

No classifieds accepted by phone or email.

Note: Phone numbers count as one word. Do not count punctuation. Do not abbreviate.

State category/heading, ie., "For Rent", "For Sale", "Help Wanted." You will not be charged for the heading.

One check or money order must accompany insert.

MADE PAYABLE TO PRINCETON EDITORIAL SERVICES, INC.

Phone number or address which appears in ad must appear on check or money order to ensure proper credit.

Name

Tel. #

(Above information is for Princeton Editorial purposes only if we need to contact you. Above information will not be published.)

PLEASE PRINT YOUR AD ON 8.5 X 11" PAPER



## ROSSMOOR COMMUNITY ASSOCIATION, INC. SNOW POLICY AND PROCEDURES

### POLICY

When a snow or ice event occurs, it will be the objective of RCAI to make reasonable efforts to ensure that the 17 miles of roadways and 43 miles of sidewalks within Rossmoor are passable for motorists and pedestrians as soon as possible, in a safe and efficient manner. The safety of **Rossmoor residents** is the goal of this policy.

### PROCEDURE

When a storm is predicted, all equipment and supplies will be checked and staff as well as the snow removal contractor will be informed of the response plan.

Snowfall accumulations of **up to two inches** are handled by pre-salting the streets and carport lanes prior to the storm to try and prevent snow/ice from bonding to the surface. Salting of the streets and carport lanes will continue as needed. Depending on weather conditions and the forecast, typically, no further action will take place.

Snowfall accumulations of **more than two inches**, typically, require the initiation of the full snow removal operations as follows:

1. Pre-salting streets and carport lanes to prevent snow from bonding to the surface.

2. Plowing all main and secondary streets (see list of streets under "Priorities") continuously after an accumulation of 2" or more or as required by RCAI management.

3. **Once the storm ends**, separate crews and separate equipment will begin plowing lanes and carports; plowing perimeter and main sidewalks; plowing driveways and finally shoveling of the main, front entrance walks and stoops leading to the main entrance doors of the manors. Secondary walks and/or stoops on the sides or backs of manors will not be shoveled or treated with ice melt.

In a typical snow storm (2 to 6 inches of accumulation), it takes approximately **12 hours once the storm ends** to complete the full snow removal operation. In the event of a major snow event (6 inches or more) and/or icing conditions, it may require more time to complete the full snow removal operation.

4. **Once the full snow removal operation is complete**, ice melt may be applied to perimeter and main sidewalks and the front entrances walks and stoops leading to the main entrance doors of the manors depending on accumulations, ice conditions, ground and air temperatures and the forecast for the next 24 hours. Reasonable efforts will be made to maintain the perimeter and main sidewalks and the front entrances walks and stoops leading to the main entrance doors of the manors and driveways after each storm and for the days to follow until the conditions clear, but it is impossible to be everywhere all the time. A full ice melt application takes approximately six hours and is not effective in lower temperatures and without sunlight. Secondary walks and/or on the sides or backs of manors will not be shoveled or treated with ice melt.

5. Reasonable efforts will be made to rotate the snow plowing schedule of driveways and carport lanes each storm.

**Extreme caution should be used if residents must use the**

**walkways during a storm and during the thaw/freeze cycle that typically follows each storm until all the snow/ice has melted. Each resident should consider having a supply of ice melt or grit for their personal use.**

### COMMUNICATION Fire/Police/First Aid

**Emergencies .....911**

*Upon notification of a pending fire, police or first aid emergency requiring emergency personnel, the snow removal staff/contractor on site will make reasonable efforts to clear the road, walkway and/or driveway in the area where emergency personnel require access prior to or simultaneous with emergency personnel arrival.*

*In those instances where there is no notification in advance, upon learning of the emergency and/or arrival of emergency personnel, the snow removal staff/contractor on site will make reasonable efforts to clear the road, walkway and/or driveway in the area where emergency personnel require access.*

### Snow Removal Operations Concerns

Maintenance Office 655-2121  
Monday – Friday 8:30 a.m. – 12:00 noon and 1:00 p.m. – 5:00 p.m.  
North Gate 655-1868

After hours/evenings/weekends

*North Gate personnel may take messages for supervisory staff on site during a winter storm and snow/ice removal operations.*

*Residents are responsible to leave accurate and pertinent information.*

### Snow Removal Operations Updates/ Cancellations/Bus Service

Channel 26

*Reasonable efforts will be made to keep residents informed during a snow emergency, but it may not always be possible.*

### RESIDENTS' RESPONSIBILITY

It is the responsibility of all residents to know and participate in the procedure by moving vehicles to ensure proper and complete snow removal from our streets and carport lanes. Vehicles should be parked in residents' assigned carport spaces or garages. Second vehicles or guests' vehicles may be parked in the lower level of the Clubhouse parking lot.

It is incumbent upon each resident to be attentive to the surround-

ings and exercise extra care for their safety when walking on exterior surfaces during periods of inclement weather. If it is absolutely necessary to drive during a snow storm, please drive slowly and give snow removal vehicles the right of way.

If residents, their guests or employees use an entrance other than the front entrance walk and/or stoop leading to the main entrance door to their manor, it is the resident's responsibility to remove the snow and treat the secondary walk and/or stoop for ice.

Snow removal is an arduous and time consuming task. Please be patient. It is best for residents to stay in the safety of their manors. Typically, bus service and most activities are cancelled during a snow/ice storm. For your safety, residents should not approach active snow removal equipment.

### PRIORITIES

The safety of Rossmoor residents is our priority. Supervisory RCAI personnel are on site during snow removal operations to lead staff and the outside snow removal contractor to oversee procedures and respond to emergencies. All main and secondary streets and entrance gates will be plowed continuously to provide emergency access. Sidewalks to the Club House and Meeting House are continuously cleared and the buildings remain open during snow/ice storms for residents use in case of power outages and/or loss of heat.

Residents with medical conditions that require outside treatments such as, but not limited to, dialysis or chemotherapy, must register with the Healthcare Center prior to a winter storm emergency to guarantee access for these appointments.

Regular medical/dental appointments, going to work, grocery shopping, filling prescriptions, leaving for vacation etc. are not considered priorities and staff will not respond to such requests.

Residents that return to the Community during a winter storm or during storm removal efforts is not considered a priority. Safe access to a resident's manor may not be possible. It is advisable to check with the North Gate prior to returning to be sure snow removal efforts have been completed.

The following 26 main and secondary streets are cleared continuously after an accumulation of two or more inches or as required by RCAI management:

Stonaker Road (South Gate to Prospect Plains Road)	Sharon Way	Troy Way
Gloucester Way	Sheldon Way	Victoria Court
Mayflower Way	Spencer Way	Waverly Way
Mt. Vernon Road	Springfield Way	Windsor Way
New Haven Way	Sussex Way	Yale Way
Newport Way	Sutton Way	Yarborough Way
Old Nassau Road	Terry Lane	Yardley Way
Providence Way	Thurman Lane	
Revere Way	Tilton Way	
Rossmoor Drive		

The following 51 carport lanes are cleared when the snowfall ceases:

Amherst Lane	Mystic Lane	Roxbury Lane
Bradford Lane	Nantucket Lane	Salem Lane
Concord Lane	Narragansett Lane	Sanford Lane
Dorset Lane	Nautilus Court	Somerset Lane
Emerson Lane	New Bedford Lane	Stockton Lane
Fairfield Lane	Northfield Lane	Stowe Lane
Glenwood Lane	Norwich Lane	Stratford Lane
Greenfield Lane	Onset Lane	Sturbridge Lane
Hanover Lane	Orrington Lane	Sudbury Lane
Lowell Lane	Oxford Lane	Sunset Circle
Madison Lane	Pelham Lane	Thorton Lane
Malden Lane	Plymouth Lane	Westfield Lane
Manchester Lane	Portland Lane	Westport Lane
Marblehead Lane	Prescott Lane	Winchester Lane
Meeting House Lane	Putney Lane	Wingate Court
Middlebury Lane	Redding Lane	Yorkshire Lane



## Resident Emergency/Disaster Information (R.E.D.I.) Knowing what to do is the best preparation IT'S YOUR RESPONSIBILITY

### Why Prepare?

The outlook for recovery from a disaster often depends on your planning and preparation. While we all hope that such events never happen, it has been shown from time to time that those who have prepared are best able to recover. Emergency services and government agencies may not be able to respond to our needs immediately. **You need to be ready to care for yourself here in Rossmoor.**

### Know What to Do

In the event of a disaster/emergency it is important to know what to do. Learn and understand the different types of disasters/emergencies you are most likely to encounter and what you will need. While each person is unique, you can take steps to prepare by evaluating personal needs and making a plan that fits those needs.

### Make a Plan

The first step is to consider how a disaster/emergency might affect your individual needs. It may be necessary to plan to make it on your own for many days. It is possible that you will not have access to a medical facility, drugstore, gas station, or bank. Bus service may be limited or cancelled. It is crucial that you think about what kinds of resources you use on a daily basis and what you might do if those resources are limited or not available.

### Leaving vs Staying Home

**Prior to a snow storm, hurricane, rain storm or other extreme weather advisories, you should consider staying with family, friends or in a hotel out of the area especially if you feel you are not capable to safely shelter-in-place.** If you leave Rossmoor prior to a storm, it is a good idea to check with the North Gate prior to returning to check on the conditions at Rossmoor and whether or not it is safe for you to return.

If you plan to stay home, it may be best in most situations to remain home during and after an extreme weather event as there may be the uncertainty of where you might go and the risk of impassable roads. Should you elect to stay home, you must plan ahead and be prepared to be at home for some period of time possibly without services.

### Evacuation

The Monroe Township Office of Emergency Management, in coordination with fire, first aid and police departments, will be in charge and provide instruction should it be necessary to evacuate. If residents are evacuated, every effort will be made to open the Clubhouse as a comfort station until evacuees are able to make other living arrangements, or a Township or County shelter is opened. The Clubhouse is equipped with a stand-by generator that will restore power in the entire building within seconds of a power outage

### Share Information

It's a good idea to check with Administration that you have a current *Emergency Contact Information* form on file. This information will be available to Administration and will also be available at the North Gate for emergency responders should the need arise.

If someone has *Power of Attorney* for you, please consider filing a copy with the Administration Office. It would be helpful in an emergency to contact the person you have designated as the one to handle your affairs if you are unable to do so.

If you have a medical condition or special needs, you should complete the *Monroe Township Special Needs Registry* form available in Administration. Completed forms should be returned to the Monroe Township Police Department, 3 Municipal Plaza, Monroe Township, New Jersey 08831.

You should also register with the Healthcare Center with your contact information and medical history.

Should you have a medical condition that requires outside treatments such as, but not limited to, dialysis or chemotherapy, you must register with the Healthcare Center prior to an ice or snow emergency to guarantee access for these appointments.

### Additional Resources

For additional information resources, it is suggested you visit these websites:

<http://www.ready.gov/>

<http://www.redcross.org/prepare>

<http://72hours.org/>

### Basic Disaster Supplies Kit

According to the [www.ready.gov/](http://www.ready.gov/) website a basic emergency supply kit could include the following recommended items:

- Water – one gallon of water per person per day for at least three days, for drinking water and sanitation
- Food – at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to filter contaminated air and plastic sheeting and duct tape to "shelter-in-place"
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cell phone with chargers, inverter or solar charger
- Prescription medications and glasses
- Pet food and extra water for your pet
- Cash or traveler's checks and change
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- First aid book

It may also be important to make sure your car is serviced and has a full tank of gas.

### ARE YOU R.E.D.I.?

**Be sure to review and renew your plan annually or as your needs may change**