



Rossmoor IN News



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Monroe Township, New Jersey

January 2019



Happy, Healthy New Year!

The Christmas spirit lives in Rossmoor's woodshop

By Dan McOlvin

One day last November, while walking along Gloucester Way, I was approached by Dennis Collins, a resident and postal carrier who covers several routes in Mutuels 1 through 5. Dennis has attended several of our Rossmoor Veterans group events and knows many of our members, including Trudy Skladany. Trudy, a resident since November 2005, is a proud veteran who served in

the United States Navy during World War II as a member of the Women Accepted for Voluntary Emergency Service (WAVES). Trudy has been an active member of our Veterans group since our beginnings in 2017. She was featured in the November issue of the Rossmoor News in one of our Getting to Know our Veterans articles written by Chris Donahue.

Dennis had noticed that Trudy had a bench outside her

home that was in serious disrepair. He was concerned for Trudy's safety. Dennis and I had the idea that our woodshop workers might be able to restore Trudy's bench.

I approached Tony DeVivo, whom I had met as a member of our Golf Club, and who has worked as a monitor in the woodshop. Tony and I discussed repairing Trudy's bench. Tony's initial reaction was that

(Continued on page 6)



Christmas tree in the Red Room

How Rossmoor voted

By Carol De Haan

Rossmoor is located in Ward 1 and contains Districts 2, 3, 4, and 5 with between 622 and 774 registered voters in each district. This is how we voted in the 2018 midterm election:

For the United States Senate:

At the top of the midterm ballot for a six-year term, incumbent Democratic Sena-

tor Robert Menendez won statewide with 54% of votes. In Rossmoor, he won with 642 votes, while Republican challenger Bob Hugin received 641 votes. Township-wide, it was 11,160 for Menendez and 10,614 for Hugin. Six other challengers received Rossmoor votes in the single digits, and fewer (sometimes *far* fewer) than 184 votes each in the Township as a whole.

For the United States House of Representatives:

Incumbent Democratic Congresswoman Bonnie Watson-Coleman was re-elected to represent New Jersey's 12th Congressional District with a hefty 68.3% state-wide approval. In Rossmoor, she earned 674 votes, while her opponent, Republican Daryl Kipnis earned 525 votes. Township-wide, it was

(Continued on page 8)

Focus on: Groups and Clubs

Recipe Exchange group: trade recipe ideas, food, and camaraderie

By Jean Houvener

The Recipe Exchange group has begun their second year of activity at Rossmoor. They meet the second Wednesday of each month except January and February, in the Maple Room at 6:30 p.m. most of the year and at 7:30 p.m. in June, July, and August. The meetings start with a planning session organizing the up-

coming events, followed by the refreshments. Recipes are shared among the members.

Each meeting has a theme, for example, fruit, cheese, crackers, and wine this September. In October, the Halloween party included a cookie exchange, lavish dessert treats, punch, and plentiful decorations of the season. Many members

were in costume or accessorized for the occasion. One of the many desserts gave a whole new dimension to finger food. Many spent the day baking while others spent the day decorating. Other meetings have included an ice cream social, a barbecue, and a Christmas party complete with a gift exchange.

The group is congenial and welcoming. They enjoy exchanging ideas about how to cook, where to find good buys, who has found a good way to entertain, and, of course, they all enjoy eating as well as cooking. Not everyone cooks, and they are welcome to bring a store-prepared food or other items necessary for a good time and a good party. All have some connection to cooking, often as children, some with culinary school experience.

(Continued on page 4)



Menorah in the Clubhouse foyer



Crèche in the Clubhouse foyer, donated by Fred Hess in memory of Marie Hess

Inside this issue

Bits & Pieces.....	2	Maintenance.....	20
Bob's Almanac.....	9	Month in pictures.....	13
Clubs.....	15	New Neighbors.....	15
Culinary Corner.....	16	RCAI Meetings.....	2
Governors' Meeting.....	2	Religion.....	18
Health Care Center.....	20	Sports.....	20
Landscaping.....	20	Transportation Tidbits....	22



at the governors' meeting



December 20, 2018 Board of Governors Meeting

Dan Jolly, RCAI President, opened the Board of Governors meeting promptly at 9:00 a.m. with the Pledge of Allegiance.

Committee Chairs gave reports from their prospective Committees and stated their support for the resolutions before the Board.

Mr. Jolly appointed Joe Conti, Carol DeHaan and Robert Huber to a two-year term on the Rossmoor News Board.

Mr. Jolly appointed William Biache, Joseph Crapotta and Peter Kaznosky to a two-year term on the Golf

Committee.

The Board authorized Resolution # 18-29, Authorization to Delegate the Right to Suspend Any of the Easement Rights of a Stockholder or Owner to the Officers of the Association ("Executive Committee"). A vote was taken and the motion passed 18-0.

The Board authorized Resolution # 18-30, to Engage the Services of FWH Associates for Engineering Services and Oversight of the Bid Process for the 2019 Paving Project. A vote was taken and the motion passed 14-0.

The Board authorized

Resolution #18-31, to Replace Systems #3 in the Clubhouse and #12 and #13 in the Meeting House as Phase Two of the Clubhouse and Meeting House HVAC Replacement Project. A vote was taken and the motion passed 18-0.

The Board authorized Resolution # 18-32, to Replace the Control and Sensors for the Clubhouse A/C #5 Air Handler and Heating/Cooling Control Valves. A vote was taken and the motion passes 18-0.

The Board authorized Resolution #18-33, to Replace the cladding on the Meeting House Steeple. A vote was taken and the motion passed 18-0.

The Board recognized Ms. Rosemary Gasik in Resolution # 18-34 for 17 years of service to the community by leading the Rossmoor Tour Committee.

The Board reviewed Resolution # 18-35 from 2013, to Increase the Wind Damage Insurance Deductible.

The Board acknowledged the Rossmoor Kiwanis Club for their 42 years of service to the community. The Kiwanians presented the Board with their bell and gavel to be displayed in the Clubhouse curio cabinet.

The meeting was adjourned at 10:20 a.m.

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

Bits & Pieces

Sue Ortiz

I wonder what life would be like without notifications, alarms, warnings, or reminders of any kind.

We cannot escape these calls to action: From those little pings notifying us that someone commented on our Facebook post to the jarring ring of an incoming cell phone call, we respond like Pavlov's dog and answer. In the "old days," we only had the corded wall phone. No Facebook notifications, no text messages, no blinking lights on an answering machine, no voice-mail pings ... and no cell phones! Ah, the silence! Remember the days before push-button dialing, and even earlier, before rotary dialing, when you had to ask the operator for the exchange number? Calls were few and far between.

Now there are all sorts of pings, dings, beeps, buzzers, and flashing lights – all distractions, all "emergencies." (NOT!)

Alexa's deep "bing-bong" and yellow light ring (plus an app on my phone) alert me when a package from Amazon has been delivered. Two years ago, I'd just find the package (hopefully) on my porch when I arrived home or went out to retrieve my mail. Timers buzz when our cakes are done baking. (I have Alexa for that now, too!) Ever start getting out of the car, only to hear "ding, ding, ding" when you've left your headlights on? Doesn't happen too much these days with the *auto on* setting, but it startles just the same if it does. Another *notification*. Somebody gets too close to our cars, or we hit the "panic button" on our remotes by mistake? The car alarm toots, beeps, honks, and flashes like a maniac until we stop it. Yipes.

Tiny chirps, the early stages that the smoke alarm battery is almost drained, can drive you nuts, especially if it starts at night. You let it go until the chirping is an incessant siren, then tear the appliance off the wall only to find you do not have the correct batteries on hand. (But you hope to never hear the actual alarm.)

"The bells, the BELLS ...!"

Just the other day, all was calm in my house – fridge was quiet, no TV or music

playing, nothing but the ringing in my ears, and this faint, short electronic beep sounding off every couple of minutes. Where the heck was it coming from? I walked around, trying to pinpoint the blasted sound, but it was like trying to find a cricket – just when I think I've found it, the chirping sounds like it is coming from the opposite side of the room. It didn't help that the beep only happened every five minutes. I never found it, and it has since stopped. Oh, well, if I hear it again ...

Since I tend to sleep in, I have numerous alarms and snooze alarms set so I *don't* oversleep. Without them, I'd still be dreaming. Yes, dreaming of ping, beeps, and alarms. Ever notice when you start getting sleepy, especially in a busy place such as a waiting room, every little noise, creak, buzz, and bang is amplified? Every footstep sounds like a hammer hitting the floor, every closing door sounds like a boulder hitting the ground, and torn paper sounds like a crackling fire.

I could go on. The world is a noisy place, full of distractions from our distractions. I pity those who suffer from tinnitus. Don't forget to set your alarm, answer all notifications, and breathe.

Welcome to 2019.

Time seems to be flying faster than the speed of light. Can you believe that this is the 97th Bits & Pieces column I have written since 2011? There's enough material for a book, or a blog, I think. Something to ponder.

B&P

"We're surrounded by distractions. Whether it's emails, phone calls, text messages, social media notifications, or people entering and leaving your workspace, those distractions end up eating a good portion of your time." – John Rampton (American businessman)

"Mobile notifications put people in a state of perpetual emergency interruption - similar to what 911 operators and air traffic controllers experienced back in the '70s and '80s." – Douglas Rushkoff (American journalist, b. 1961)

Open RCAI Meetings in January

Thursday, Jan. 10
Standing Committee Meetings 9 a.m.
Maintenance Committee
Community Affairs Committee
Finance Committee

Thursday, Jan. 17
Board of Governors Meeting 9 a.m.
Village Center Meeting Room
Please watch Channel 26 for any changes or cancellations

Recycle information from Waste Management

No caps on glass bottles/containers in the recycle bin.

- No lids on plastic bottles.
- Only #1, #2, and #5 plastic is acceptable in the recycle bin.
- Plastics numbered #3, #4, and #7, etc. must go in the household trash bin.
- Other plastic items as well as plastic bags, plastic wrap, shipping film, and Styrofoam go in the household trash bin. Please, no plastic bags in the recycling bin. You can use a plastic bag to dump your recyclables, but take the plastic bag away with you. (Recycle it at the supermarket.)
- Shredded paper cannot be recycled by Waste Management with their current equipment so put it in the household trash bin.
- Aerosol cans must be empty *and* punctured before being put into the recycle bin.



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* a monthly periodical is mailed to every home within the Rossmoor community. News items are welcome. Appropriate news items from outside organizations will be

considered as space permits. Unscheduled volunteer writers should contact Rossmoor News Chairman Joe Conti about any article they wish to contribute. 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 and clearly marked *Rossmoor News*.

Editorial Office:
2 Rossmoor Drive,
Monroe Twp., NJ 08831

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news@rcainj.com

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Visit the Rossmoor website at www.rcainj.com

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.



"Ask the G.M."
 Questions posed to RCAI General
 Manager Jane Balmer by Rossmoor
 staff and residents.

Q: We understand that the hourly rate to use the Maintenance Department services will be increased. Please explain.

A: The RCAI Board of Governors approved an increase in the hourly rate that is charged for maintenance services from \$56 per hour plus a \$10 service charge to \$66 per hour without a service charge, effective Jan. 1. Please note: The hourly rate was incorrect in my article last month.

Residents who use maintenance services will still be billed by the quarter hour, but without the \$10 service charge. Approximately seven business days from completion of your work order the Maintenance Department will send you an invoice for their services, payable to RCAI within 30 days.

If the invoice is not paid within 30 days, a past due notice will be sent to you. If the invoice remains past due after 60 days, you will receive a second notice as well as a call. And finally, if the invoice is not paid within 90 days of the billing date, you will be considered a member not in good standing and your right to vote and use the facilities might be in jeopardy. Should you have any questions about this policy or an outstanding invoice, please contact Administration and we will be happy to assist you.

Q: What were the changes again in elections?

A: To be in compliance with the election law changes last year, a Nomination Form will be sent to the owners and stockholders in each Mutual this month advising them of their right to nominate themselves, if in good standing, another resident or non-resident owner or stockholder, if in good standing, or a resident spouse of an owner or stockholder, if in good standing, with a dead-

line to respond.

Note: It is important to nominate yourself or another owner or stockholder and submit the Nomination Form prior to the deadline for your name or other candidates to be on the ballot. If no one is nominated, no names will appear on the ballot.

There are no longer residency requirements for a resident or non-resident owners or stockholders to be candidates according to the new law. Only a spouse of a resident owner who wishes to run as a candidate must reside in the Mutual for 183 or more days during the immediately preceding 12-month period before the annual election.

One day after the deadline to return the Nomination Form, the names of the nominees, in alphabetical order by last name, will be listed on the Absentee Ballot along with a space for write-in candidates. The Absentee Ballot, along with the official Notice of the Meeting, Agenda, last year's Annual Meeting minutes, a blank envelope and a return envelope will be mailed to every owner or stockholder approximately 30 days prior to the annual meeting.

It is important to complete the Absentee Ballot if the owner or stockholder is not able to attend the meeting. It is also important to be sure to use the two-envelope system when voting by Absentee Ballot. The completed ballot needs to be placed in the blank inner envelope and the blank envelope should be placed in the return envelope addressed to the Mutual in care of the RCAI Administration Office and delivered or mailed in time to be received by 5 p.m. on the business day prior to the annual meeting. The owner's or stockholder's Rossmoor return address must be on the outer envelope. Upon receipt of an

absentee ballot, the Unit address will be recorded as a control for one vote per manor and will be counted toward the required quorum.

To protect anonymous voting by a member in good standing, the Absentee Ballots will be held, unopened, in the RCAI Administration Office by one of the inspectors, usually the assistant general manager. At the annual meeting, the ballots will be delivered to the meeting by one of the inspectors and the outer envelopes will be opened and placed in one stack and the inner envelopes in another.

Owners or stockholders attending their Mutual's annual meeting must sign in and they will be given a ballot, if in good standing, for each open directorship.

Once the election is conducted and there are no more nominations from the floor, all ballots will be collected by the inspectors from those voting in person, the absentee ballots in the blank envelopes will be opened and all the ballots will be counted by the inspectors of the election.

In conclusion, the changes in the law that impact the Mutual annual meetings, are the mailing of the Nomination Form prior to the mailing of the Notice of the Annual Meeting, nominees will be listed in alphabetical order by last name on the ballot and there are no longer residency requirements for owners and stockholders to be candidates.

Should you have any questions or concerns about the voting process, please contact me at 609-655-1000 or janebalmer@rcainj.com.

The Rossmoor staff extends its wishes to you and your family for a very happy and healthy new year!

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Recipe Exchange group

(Continued from page 1)

They like to get together
and enjoy the company.

Meetings are organized in advance with four people to set up and four to clean up so not everyone is in the kitchen at the same time. Everyone brings something as part of the theme. Also, contributions to cover the costs of ice cream, for example, are welcomed. Some members also volunteer to set up decorations.

The Nov. 14 meeting was a bake-off, with members competing with a baked dish of any sort, appetizer, main course, dessert, with two independent judges choosing the winning entries and runner-up. Members brought a wide variety of culinary treats, including noodle kugel, macaroni and cheese, Mississippi mud slide cake, cheese strata, cornbread with corn and shrimp, oatmeal raisin cookies, apple crumb cake, and chicken fried rice.

Judges Ken and Elly, on break from the bridge group next door, had a hard time choosing winners from so many tasty entries. Finally, Catherine Perlongo took first prize for her noodle kugel. Runner-up was Suzanne Sulsona for her cornbread with corn and shrimp.



Catherine Perlongo, winner, and Suzette Sulsona, runner-up



Entries for the Recipe Exchange Group Bake-off

Each received an appropriate, cooking-related prize. The winning recipes are printed below. After the judging and prizes, the group happily tucked into the repast, and all agreed the offerings were both beautiful and delicious.

The next meeting will be March 13 for a tea party,

with all the delicious foods of a high tea, assuming the weather permits. Otherwise, the same party will be held in April. For questions, call Carol Lomassaro. Come and enjoy this great group. If you like to eat and enjoy good conversation, you will enjoy the Recipe Exchange group.

{proof}

A Drama

by David Auburn

February 1st – 17th, 2019

Fridays at 8pm, Saturdays at 8pm and Sundays at 3pm

Tickets are \$22 for Adults and \$20 for Seniors and Students

Tickets & subscriptions are available at playhouse22.org, at the box office or by calling 732-254-3939

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Noodle Kugel

1 lb. bag of egg noodles, wide curly ones	8 oz. sour cream
1 cup sugar	8 oz. small curd cottage cheese
1 stick melted sweet butter	2 teaspoons cinnamon, or more to taste
1 small can crushed pineapple, not drained	$\frac{3}{4}$ cup dark raisins
4 large eggs, beaten	2 teaspoons vanilla

Boil noodles and drain.
Mix all ingredients in a large bowl.
Put in 9-by-13 casserole.
Bake 1 hour at 350°.



Creamed Corn and Shrimp Cornbread

1 cup cornmeal	1 cup milk
1 cup flour	½ cup sugar
2 teaspoons baking powder	¼ teaspoon vanilla
1 teaspoon salt	½ cup honey
¼ teaspoon baking soda	1 cup cooked shrimp, chop into small pieces
1 stick butter, melted	1 small can creamed corn
2 eggs, beaten	¼ cup oil

Mix together dry ingredients.
Then add liquid ingredients, shrimp, and mix well. It will be grainy.

Put in 8½-by-9 pan and bake at 350° for about 25 minutes or until light golden brown.

Let cool for 15 to 30 minutes in pan.

Add some butter on top, if desired.

Can be eaten cold or warm.





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Getting to know our veterans

By Chris Donahue

Each month, The Rossmoor News will feature a story of a resident who has served in the military. This is the sixth in the series.

Air Force supply sergeant avoided disasters in war and peace



Albert Longo poses with his colleague and friend, Joe Turner, with whom he worked in the supply room. Longo kept in touch with Turner, a resident of Alabama, for many years after the war.

Photo courtesy of Albert Longo

upset that they broke the pact. Nick said, 'Come on, come on, we got another seat for you.'

"I said, 'I don't think so, Nick.'

As his buddies boarded the C-124A Globemaster transport plane, Longo took photos. The plane departed without him. After a five-day stay, the plane took off from Tachikawa on the return flight to Osan, but crashed about four miles from the air base after the engines failed. The crew of seven and 122 passengers, including Longo's buddies, were killed instantly.

"I couldn't eat," Longo said after he heard the news. "I wrote to my mother and my mother, God rest her soul, used to write in Ital-

ian. She said, 'That is your destiny. It wasn't meant for you. Everything happens for destino.'

"To this day, every June 18, I go and light a candle for them. That was also the date my first grandson was born."

In Korea, his tasks for the 18th Fighter Bomber Wing included driving a weapons carrier truck to a warehouse, loading and unloading planes and running a supply room.

"We were an outfit that could pack up and ship out in a moment's notice," he said. "All our shelving in the supply room was boxed, so all we had to do was nail the wood."

Among the perils of serving in Korea were visits by small planes whose pilots, nicknamed "Bedcheck Charlie," would shoot small arms and throw grenades whenever



In June 1953, military personnel, including friends of Albert Longo, board the C-124A Globemaster transport plane that crashed on its return trip from a rest and relaxation trip to Japan about a week after Longo took this photo. Longo declined a friend's invitation to go because he wanted to wait until August. — Albert Longo photo

they saw a light.

"They could go through the mountains and bypass the radar," Longo said. "All of a sudden, at 11:30 at night we would hear, 'An unidentified aircraft traveling at so many miles per hour headed this way.'"

On Feb. 19, 1953, Longo was one of scores of personnel who witnessed the crash landing of an F9F Panther jet piloted by then-Capt. Ted Wil-

liams, the future Hall of Fame outfielder for the Boston Red Sox. On one of his combat missions in Korea, his plane was hit by enemy fire. His plane was still burning when it reached Osan. As it landed, it skidded down the runway for about a mile before stopping. Longo saw Williams jump out of the plane.

"We heard he was coming in. They had to clear the run-

(Continued on page 6)

By Chris Donahue

Destino. It was the Italian word for destiny that Albert Longo's mother used to say to him when he asked why certain events occurred, especially the two times he cheated death while serving in the Air Force and once as the co-owner of a grocery store.

Longo, who moved to Rossmoor in 1995, was born in Jersey City and lived in Bayonne most of his life.

Longo's father opened the grocery store in Jersey City in 1942.

In 1952, Longo's friends enlisted in the Marines, but he enlisted in the Air Force because he wanted to go to Europe and be able to visit his relatives in Italy. "They all went to Germany. I wasn't in six months and ended up in Korea as a supply sergeant," he said with a laugh.

He went to boot camp at the now-closed Sampson Air Force Base, Seneca Lake, N.Y., then was assigned to supply school in Cheyenne, Wyo., because of his background in the grocery business.

"I tried to get flying status, but I am color blind. I couldn't read a chart," Longo said.

Longo began his service in Korea at K10 base in Chinhae.

In August 1952, he flew to Tachikawa, Japan, for his first rest and relaxation (R&R).

"For the second R&R, four or five of us had made a pact," Longo said. "We had such a good time we said the next time we would go together because in August 1953, just a month or so after, we would be rotated back to the [United] States.

"In June [1953], my buddy, Nick Sorrento from Everett, Mass., called me up and said, 'Come on down [to Osan Air Base]. We are going to Tachikawa.

"I said, 'We decided we were going in August. Are you guys crazy? I will be down.'

"I got there and I was kind of

"I bank with
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the moment
I walk in."

Kate Warren

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Know our Vets

(Continued from page 5)

way," Longo said. "People were standing on top of their huts to see."

Like many of his colleagues, Longo later had a photo taken as he sat on Williams' plane.

When Longo was sent back to the U.S., he ended up at Loring Air Base in Limestone, Maine. During his three-year stay, he would hitchhike home, but once was offered a ride in a World War II bomber because his wife, Patricia, had just given birth.

"We are in the air about 10 minutes and the pilot said we have to go back to the base because one landing gear would not come up," Longo said. "I started praying three 'Our Fathers and three 'Hail Marys.' "

The plane landed safely on one wheel and after 17 hours of repairs, Longo re-boarded the craft and flew to Mitchel Air Force Base on Long Island, N.Y.

"We were laughing like hell but it wasn't funny," he said. "Momma was right there with her destino."

Before he was released in 1956, Longo graduated from noncommissioned officers academy.

In civilian life in the 1950s, destiny reared its head for Longo while he worked at the grocery store. One day, a man pulled a sawed-off shotgun from under his winter coat, pointed it at Longo and demanded money from the cash register. He also took the chain off Longo's neck and some money from a customer who had just received change.

"Seconds seemed like hours," Longo said. As the man attempted to flee, Longo



Albert Longo sits on the wreckage of a jet that was piloted by then-Capt. Ted Williams, outfielder for the Boston Red Sox, that crash-landed at Osan Air Base, where Longo served as a supply sergeant. – Photo courtesy of Albert Longo



Albert Longo poses in his kitchen next to some of 300 or more paintings he has done since he retired, including (starting at top) his home in Bayonne; his grocery store in Jersey City; and Brummer's Ice Cream Parlor, also in Jersey City, where he met his future wife, Patricia. She is depicted sitting on the same stool where he first saw her as teenagers. – Chris Donahue photo

pulled out his handgun, aimed and wounded the thief in the thigh. The incident was one of a series of thefts and burglaries that pushed him and his brother to sell the business.

Destiny of a good kind returned for Longo in 1983 when he won a \$2.5 million Pick Six Lottery prize with several oth-

ers. "We [he and Patricia] ended up with \$165,000. I got a check for \$13,600 a year for 10 years," he said.

Looking back at momentous events in his life, Longo said, "God has been with me all of the time. Grazie a Dio! Thank God. Momma always said that, too."

Christmas spirit

(Continued from page 1)

maybe we should simply buy a new bench at Home Depot. I suggested to Tony that it might mean more to Trudy if we were able to rebuild the bench. Tony agreed and explained how he and several friends in the woodshop would take on this project to dis-

assemble the bench, trace the parts, purchase the wood and build a new bench.

Look for our article next month when we report on presenting the new bench to Trudy.

We have so many great people in Rossmoor. Beryl Levitt, Dennis Collins, and Tony DeVivo were truly Santa's elves this Christmas season.



Trudy's lawn bench before it fell apart

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What is your New Year's resolution?

By Tom Croake



Joy MacVicar:

New Year Resolutions are easy to make but hard to keep. So I thought this year I would try a new approach. I am not going to make a resolution that I have to do every day. Why? Because I have tried that and it hasn't worked for me. Instead of making a resolution that requires me to do something every day, I have decided to make a resolution that allows me the opportunity to do it on my own schedule and still accomplish what I resolved to do. My resolution is to learn to play a musical instrument. I have always admired musicians and believe music is a powerful tool for teaching, communicating, socializing, relieving stress, and enjoyment.

I have owned a musical instrument since I was in elementary school. Yes, you read that right - I have had this instrument since third grade. I took some lessons back then, played it for a while but never to my own satisfaction, so I stopped playing. However, I kept that instrument all these years. Occasionally I would take it out and play it; but since it was a struggle, I would give up. I would put it back in its case and tuck it away in the corner of my den.

But not in 2019. My New Year's Resolution is to play that instrument. I will take the advice of my brother (who could play any instrument he could get his hands on) and take that instrument out of its case, leave it on the couch so I can see it every day, set up a music stand and learn to play that instrument. He always told me if I see it, I will pick it up and play it. That is what will happen in 2019. I may not ever be able to play for others, but that's OK, I will play for myself and for my brother.



Paulette Mascia:

My New Year's resolution is to travel more frequently. My son Brian married his high school sweetheart, Karen, in October and resides in Gainesville, Fla. So, my fear of flying is over and I plan to travel more frequently in 2019.



Cynthia Marnell:

Every New Year I resolve to try to be a better person, and try to be more patient and kind.

New Year's reminds me of how fortunate I am to have good health, happiness, and good friends. My wish for everyone is health, happiness and friendship. Happy New Year to all.



Sue Archambault

Looking back over 2018, I am reminded how lucky I am. Larry and I moved to Rossmoor more than four years ago. Our objective was to be near my parents who had lived in this community for over 20 years. While they have both passed, their legacy of enjoy-

ing this community does live on for me.

I have made such wonderful friends. They have become my "Rossmoor Family." While lots of good times abound, what is most important is that I can count on them in good time and in bad. Being retired in Rossmoor for me is truly a Shangri-La.

I have become involved in several organizations and clubs in our community. I joined the Rossmoor Players several years ago. Since that time, I have become a member of the executive board and then was voted in as president. The Players is such a wonderful group. We strive to put on the best shows possible three times a year in the form of "Just Music" in April, "This & That" in July, and our original musical comedies in October. In addition, we have monthly meetings, most of which are open to all and include Open Mike and Karaoke entertainment. It is my hope to continue to grow as a group and plan new and exciting activities.

I have made fantastic friends among the Pickleballers, and I try to lend my support whenever possible. I have also joined the Women's Guild. I volunteered in our recent fundraiser/sale. In the future I hope to be a more active member of this very fine group. As an alternate director of my Mutual, I have tried to get more involved in helping our president with his many responsibilities and functions. In 2019, I hope to be more active in this capacity as well.

Rossmoor offers so much to our residents. I am amazed when I walk through the Clubhouse at the many avenues of interest that can be explored and nurtured. In 2019, I hope to find another interest, and maybe even talent, that I can add to my Rossmoor resume.

Chamber Concert: Women Composers

The Monroe Township Cultural Arts Commission in collaboration with Bravura Philharmonic Orchestra presents Bravura Chamber Music on February 10, at 4 p.m. at the Monroe Twp. Senior Center.

In the past, women composers were not accorded their due respect. This concert highlights some of these talents, such as Fannie Mendelsohn and others in this

piano concert.

Cost: Adults \$12, patrons \$10, students free (must show current student photo ID at door)

Advanced tickets are available at the Monroe Municipal Building. Call first (732-521-4400), ask for Adam and check his availability. Tickets may also be purchased at the door the afternoon of the concert as of 2:30 p.m.



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From the Mayor

By Gerald W. Tamburro, Mayor of Monroe Township

Cold Weather Tips

The *Farmer's Almanac* has predicted that winter 2019 will be a blustery, snowy and icy affair here in New Jersey. It promises to be colder than normal through the eastern states. For those of us who aren't headed to Florida seeking a warmer climate, here are a few tips to review to make sure you and your home are safe and warm this winter season.

Prep Your Home

- Invest in weather stripping for your doors and windows. Keep heat in and cold out.
- Clean your gutters to remove any leaves or debris that is blocking the flow of water.
- Perform maintenance on your furnace and fireplace.
- Protect pipes from freezing and make sure to shut down your irrigation system.

Prep Your Car

- Put a "winter supply" box in your car for emergencies with water, blanket, and gloves.
- Check your engine coolant and antifreeze levels.
- Check your tire pressure and tread depth.
- Use winter windshield wiper fluid and make sure to check your windshield wipers.
- Switch to a winter-grade oil at your next oil change.

Prep Yourself

- When clearing off your car, dress warmly, protect your hands, face and ears, take frequent breaks, and tell someone before you go outside.
- Watch for signs of hypothermia, frost bite and carbon monoxide poisoning.
- Get a flu shot and wash your hands, often!

Monroe Township's Winter Preparation

While the gated communities manage their internal road conditions, the township concentrates on keeping our roads safe and clear. Our

Department of Public Works will be treating township roadways with brine up to 12 hours before snowstorms. The brine keeps ice from forming on roads, but only works when temperatures are above 25 degrees and cannot be used in extremely cold temperatures.

DPW begins plowing township roadways when there is an accumulation of at least 2.0 to 2.5" inches of snow on the ground. Our drivers will apply salt, coated with calcium chloride, before snow showers begin and continue to salt during the entirety of the snowfall.

Middlesex County conducts plowing operations of many of our main thoroughfares including Forsgate Drive, Applegarth Road, Perrineville Road and Spotswood Englishtown Road.

During cold emergencies, Code Blue plans will be initiated. If you or someone you know loses heat or needs protection from the elements, Monroe Town-

ship Office of Emergency Management has worked to guarantee that we have local resources in place. Every municipality in the county has identified locations to accommodate residents seeking shelter from the severe weather. Monroe has three locations designated as WARMING CENTERS, including the Monroe Township Library at 4 Municipal Plaza, Monroe Township Senior Center at 12 Halsey Reed Road and the Monroe Township Community Center at 120 Monmouth Road. These three facilities are available during regular business hours. Additional information about Code Blue is available by calling NJ Hotline at 2-1-1 or the Office of Emergency Management at (732) 521-0222.

Let's keep our fingers crossed that the *Farmer's Almanac* has missed the mark on this winter forecast. I hope you enjoy a safe and healthy winter!

Rossmoor voted

(Continued from page 1)

Watson-Coleman 11,970 and Kipnis 9,602.

For Middlesex County Freeholders:

Two seats, each for a two-year term, were open on the Middlesex County Board of Chosen Freeholders. The county-wide winners were Ron Rios with 650 Rossmoor votes, and Shanti Narra with 626 votes. Losing candidates were Richard Castaldo with 584 votes, and Lewis Glogower with 573 votes. In the Township as a whole, Rios got 11,548 votes and Narra got 11,344. Castaldo got 9,661 and Glogower got 9,363 votes.

For Monroe Township's Board of Education:

Seven candidates vied for 3 three-year positions on the Monroe Township

Board of Education. The Township-wide winners were Andy Paluri with 6,921 votes; Rupa Siegel with 6,458 votes; and Peter Tufano with 5,787 votes. The losing candidates were Richard Gibbons, Louis Masters, Martin Braverman, and Krishna Tekale.

Public Question:

The State of New Jersey posed a public question, seeking voter approval to borrow \$500 million to be used for grants to various educational institutions. Governor Murphy had halved the N.J. Legislature's proposal to \$500 million from \$1 billion because of the State's already heavy debt load. The measure passed statewide with 1,250,746 yes votes and 1,059,066 no votes. In Monroe, however, the public question was defeated with 8,983 no votes and 6,922 yes votes. Rossmoor echoed the Monroe pattern with 394 no votes and 354 yes votes.

Political pundits had long predicted a record turnout for the Nov. 6 midterm election. Statewide, more than three million votes were cast. Of that, 400,000 were mail-in ballots, an increase of 215% over the 2014 midterms, with heavier than expected participation by younger voters.

In Monroe Township, more than 48% of the registered voters did actually vote, whether at the polls, by mail-in, or by provisional ballot. This was a high rate of participation for an off-year election, when there was no presidential candidate leading the roster of candidates.



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Bob's Almanac

By Bob Huber

As we enter the 19th 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 Das 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 President 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).

As for other note worthy events: President Abraham Lincoln signed the Emancipation Proclamation on Jan. 1, 1863. On Jan. 3, 1959, Alaska was admitted as the 49th state. On Jan. 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 Jan. 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 Jan. 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.

Using a DVD is also possible but many new laptops do not come with a DVD drive, so buying an external one is an additional expense. Plus creating a DVD of data is not as easy as copying and pasting to and from a flash drive.

First you must determine what kind of USB port you have. There are two main types: the newest is called USB C and is a high-speed multi-use port that can also handle charging (on new cell phones) and video (with the right adapter). It ends in an oval connector that can be plugged in either way – there is no up or down.

The older USB comes in different speeds (3.1, 2.0, 1.0) but are all compatible with each other. These end in a rectangle and can only be plugged in one way. The USB C and the older USB are not interchangeable without an adapter.

Once you have the right flash drive, you can now plug it into your computer (desktop or laptop), create a folder, and give it a unique name (important - so that you can find it again), then copy your pictures and documents to that folder. Disconnect the flash drive (don't just remove it – you must disconnect electrically), then install it in the new computer. Find your folder, then copy your pictures into the picture folder and the documents into the document folder on the new computer. Again, disconnect electrically, remove the flash drive, then look to see that the data did copy properly. You cannot copy programs this way, programs have to be installed for them to work.

Now that you have everything copied and are happy with your new device, what to do with the old one? Android devices can be wiped, using the factory reset that is built into the operating system. An iPad can be wiped, using the reset feature. You will probably need your Apple ID to do this.

Windows devices are a bit harder because just deleting data or formatting the drive is not sufficient. Deleted data can be easily recovered and drives that have been formatted can also have data recovered by methods too ad-

(Continued on page 10)

It's January!

By Steve Gray

It is now January. You bought or received a new computer, laptop, tablet, or cell phone for Christmas, Hanukkah, Kwanzaa, or just because it was on sale on Black Friday or Cyber Monday. Now what do you do with it?

The easy answer is turn it on and figure it out. That, unfortunately, is not so easy for all too many of us who have reached the prime of our lives (sounds better than the older set, doesn't it?). If this gadget replaces an older one you can transfer your data from the old gadget to the new one. The problem is how? A cell phone is usually easy – most places will transfer all the data and pictures for you, assuming you bought your cell phone at a store and not online and that the new one has greater capacity than the old one (that is usually the case).

Moving on to tablets – if you stayed with the same type: i.e., a new iPad to replace an old iPad, or a new android to replace an old android, that again is not a big problem. With any Apple product the Genius squad at any Apple store will be glad to transfer your data (and possibly some cash from your wallet).

The same can be said for android products because places like Best Buy and Staples will be glad to transfer cash from your wallet, as well as your data.

But there are other ways. You can connect the tablet or cell phone to your computer using the charging cable and copy what you want (usually pictures) to your computer then copy them to your new device. You can also use an online storage system like One Drive or Google Drive to transfer from one device to another (or just keep them in the cloud so the device does not get clogged).

Let's move onto Windows computers. Whether a desktop or laptop, the methods are the same. You can use the same One Drive (from Microsoft) or Google Drive to upload all your data from the old machine to the new one, or you can use a USB flash drive.

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Have you donated blood lately?

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By Linda Bozowski

There is no particular time of year when the need for blood, whole blood and components, is reduced. Accidents occur, surgeries are performed, persons with illnesses need life-saving platelets, white and red cells, and plasma. Yet the number of donors is lower at this time of year. We have prepared for and enjoyed holidays and gatherings with family and friends and might not have thought about taking an hour to go to a hospital or blood bank to share a critical element with others.

Not everyone who might want to donate blood is able to do so. Certain medical conditions, including previous Hepatitis B or C, intravenous drug use or dependency, travel to an area where malaria is endemic or usage of drugs including blood thinners will make a willing prospective donor an unacceptable candidate. Overall good health is important, and the potential donor must meet specific weight requirements, usually more than 110 pounds. Donors must be between 17 and 75 years of age, but potential donors over age 75 may still be accepted. On the positive side, a potential donor who is under care for diabetes or hypertension may still be acceptable. The intake interview professional can assist in making that determination.

Platelets can be safely donated up to twenty-four times per year, but not more often than every seven days. Whole blood requires a 112 day waiting period before another donation can be taken.

The donation process is pretty simple. There is, of course, paperwork that must be completed, which includes medical and family history. A brief physical assessment and interview with a medical professional is per-

formed and temperature and blood pressure will be taken. After the potential donor is approved, he or she will be taken to a chair and a catheter will be inserted for drawing the blood. The actual blood draw may take between five and 15 minutes, depending on the patient. After the blood draw is completed, a bandage is placed over the needle site and the patient is escorted to a place where juice and a light snack are generally offered. The patient is monitored to ensure that dizziness is not occurring and after a brief rest, the patient is permitted to leave.

The donation time will vary depending on whether the donor is offering whole blood or platelets. A whole blood donation is, as noted above, pretty brief. A platelet donation takes about two to two and a half hours.

Following blood or platelet donation, the donor can resume normal activities, but should avoid heavy lifting for at least 24 hours following the

donation. Active painting should be limited as well. Speaking from personal experience, I experienced under-skin seepage following a donation since I was anxious to return to my paint brush. Although I suffered no ill effects, my arm looked pretty unattractive as it turned blue and green over the next few days.

Blood donation campaigns are held in most communities and New Jersey Blood Services has an office at the corner of Joyce Kilmer Avenue and New Street in New Brunswick. St. Peter's Hospital, Penn Medicine / Princeton Medical Center, Robert Wood Johnson University Hospital and CentraState Medical Center all have blood banking services. Appointments can be made and some facilities accept walk-in potential donors.

While we enjoy this holiday season and begin a new year, please think about giving a gift to someone who may truly need your help — a donation of life-saving blood.

Deer, can we believe our calendars? Give us a sign

By Myra Danon

I believed the warnings about deer that appear almost out of nowhere, on streets, roads, back-and front-yards from where they normally hang out to where we do. We are advised to be especially careful from dusk to dark during the months of October through December. This was the time deer came out to feed and needed to leave their previously safe cover and forage in more open areas. There were also reports stating that the deer population was perhaps twice, thrice, or half-a-gazillion times more than that of previous years so that we were much more vulnerable. Knowing the danger to the driver and the car, not to mention the deer, I drove with the caution required by those warnings, as I rounded every turn on every road, trying to avoid any sighting, much less a confrontation.

The news continued to report accidents and injuries, all of which were very scary. I thought that I had to be especially careful when driving near wooded areas, and I was. I always breathed more easily, and audibly, when I approached main roads, because I thought the animals, although hungry, would be frightened of traffic noise and not venture into the general hubbub of open areas. My sighs of relief were short lived, as I began to see crumpled corpses of deer lying on the sides of well-traveled roads. They evidently had been hit during early morning hours and at other times well before dusk.

One reporter interviewed a safe-driving expert for recommendations when a deer appears right before you and you

have time to react. Obviously, the first suggestion is that drivers should slow down during the suggested times of day and seasons for deer sightings. Additionally, he said, it is better to hit the deer, which would be less damaging to the driver, passenger and vehicle if the first recommendation were followed, than to veer off the road to try to avoid it. Avoiding it has been shown to cause more damage by hitting a tree, a pole, other cars, and worst of all, pedestrians. I imagine that's something most of us have not thought about before.

I tried to think of the reason these animals had ignored all the rules humans had set up for them, and I concluded that there was something they wanted and/or needed more than food that drew them to the other side of Route 33 and Route 9, where I saw them. They're animals. This is not rocket science. They ran, even though instinct may have warned them against it, because it was mating season. Clearly next year's reporting should adjust the dates and times for warnings for drivers because deer cannot tell time or read a calendar. Perhaps we should be alert this month as well. They also don't cross where the signs indicate "Deer Crossing."

Armed with these precautions, now all we need to be worried about every month of the year is the human species *tailgaters because we want to* who have not outgrown their habits from junior high school. For this, we need to look in our rearview mirrors, to realize the peril, and learn how to thwart this danger that exists all too frequently and takes a deadly toll.

How many days do you celebrate?

By Dierdre Thomson

The new year has begun. We have celebrated six days of Kwanzaa, eight days of Hanukkah and 12 days of Christmas. We have also heard on Facebook about candy canes not being allowed in a school because the person who made the decision not to allow them said that the "J" stands for Jesus. Then we see responses on Facebook that state that the "J" stands for Jew. Even that perennial favorite movie, "The Sound of Music" is being picked on. It causes me to wonder - are we of the various faiths going to have to use codes to share our faiths? It has happened, both long ago and in the not too distant past. Jews and Christians used codes to help save many Jewish children during World War II. All faiths have used codes at some point in time because of persecution.

It has been said that one of our most popular Christmas carols was written in code to help the children learn their catechism. It is a carol that has many verses, twelve in fact. Yes, it is "The Twelve Days of Christmas."

To save time and space, here is the twelfth verse and its meanings: Twelve drummers drumming: points of doctrine in the Apostle's Creed; 11 pipers piping: faithful disciples; 10 lords a-

leaping: 10 commandments; nine ladies dancing: fruits of the holy spirit; eight maids a-milking: beatitudes; seven swans a-swimming: gifts of the holy spirit; six geese a-laying: days of creation; five golden rings: Pentateuch (first five books of the Old Testament); four calling birds: the gospels; three French hens: trinity or faith, hope, charity; two turtle doves: Old and New Testaments; partridge in a pear tree: Jesus.

It has also been said that the above was not a "code" song. But either way it is still talking about a number of days, and brings this question to mind. If we are willing to celebrate six, eight or 12 days of special holidays times, why not celebrate the meanings of them 365 days a year?

A little-known January celebration

By Bob Huber

With all the activities attendant to settling into a new year, you may be excused if you overlooked one very special event: Inane Answering Message Day, celebrated on January 30.

What's the big deal? you may say. To a friend of mine named Ken it was a very big deal. It was a day to acknowledge one of life's biggest annoyances and seek revenge.

By Jean Houvener

Jan. 8 to Jan. 11 is No Tillage Week. No-till farming is not a new concept.

Born in 1674, Jethro Tull was bound for a career of law and politics, but bad health disrupted his plans and he ended up working with his father on his father's farm. He felt that the way of scattering seeds in long furrows was wasteful and tried to get the farm hands to distribute them at greater intervals. After limited cooperation from the workers, he invented a simple drill mechanism to drill only in the soil needed for the seed and planting the seeds at intervals. While it took some time to perfect the machine and to work out other issues with the process, this was in effect the first no-till experiment.

Tull found that his crop yields increased and incurred fewer costs.

Historically, tillage, the plowing and turning over of the soil, has been the major method of farming. While there are advantages to this method, it has also been a cause of depleting soil quality, particularly of micro-organisms, and of holding less moisture, contributing particularly in dry conditions to erosion and dust, as witnessed during the dust bowl in the 1930s. Because it turns the soil at depth, often with four or five passes of the plows, the process is labor and energy intensive. While it does prevent some weeds from seeding themselves, it also disrupts the lifecycle of worms and fungi, which are beneficial to the soil.

No-till farming now has more sophisticated seed drills for planting at precise intervals than Tull's original invention, but the concept is the same. Since the 1940s U.S. farmers have increasingly used this methodology. Like Tull, modern farmers use this in conjunction with leaving the residue of the previous season's crops in place to act both as nutrient and as mulch.

This method can be used both in large-scale farming and in small garden plots. For a farmer to shift to no-till farming, new equipment must be purchased and changes in timing of crops and different control mechanisms must be used, so it is not an easy transition, but once made provides many benefits. For the smaller gardeners, it can be a relief from the heavy digging many do to prepare the beds for a new season. Cover crops also often play a part, restoring nitrogen and other nutrients to the soil.

Some studies have shown that by not tilling the soil, and not exposing organic matter to decay, less carbon is released into the atmosphere as carbon dioxide or nitrous oxide. The soil definitely retains more water in a no-till system, as the plant material in the soil is able to retain more moisture, making it a particularly useful method in areas of drought. No-till farming also uses considerably less fuel.

(Continued on page 14)



What you should demand from your dentist:

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- MOST INSURANCE PLANS ACCEPTED



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

When to disclaim an inherited IRA

Should you ever pass up a chance to get more money? It depends. Suppose you're in line to inherit IRA assets. When it makes sense, you might use a "qualified disclaimer" so that the assets bypass you on the way to someone else.

A disclaimer is a legal document that lets you waive your right to receive money or property from an estate. If you execute a disclaimer, it's as if you never inherited the assets. Instead, they go directly to the next people in line to receive them. In the case of an IRA, the assets typically wind up with the account's contingent beneficiaries.

Why would you do this? There are two main reasons:

1. Assuming you don't need the money, you might prefer that the assets go directly to the younger generation, usually your own kids or grandkids. You were going to give the assets to them eventually anyway, right? A disclaimer shortens the process while lengthening the time over which the beneficiaries must take required minimum distributions (RMDs) from the account. RMDs are based on the life expectancies of the beneficiaries, so the younger they are, the longer the wealth can be preserved.

2. A disclaimer may reduce a family's overall tax liability. The RMDs from IRAs generally are taxed at ordinary income rates, which go as high as 39.6%. Younger children and grandchildren are likely to pay tax at a much lower rate.

For a disclaimer to work, it has to be an irrevocable, unqualified refusal to accept property, and it must meet the following requirements:

- It must be in writing with a declaration and signature

of the person who is making the disclaimer.

- It must identify the property (or the partial interest in the property) that is being disclaimed.
- It must be delivered to the party or entity responsible for transferring the assets (for example, an IRA custodian or trustee).
- The disclaimer has to be executed less than nine months after the property was transferred (or within nine months of when the disclaiming person reaches age 21, if that's sooner).
- As a result of the disclaimer, the assets must pass to the new recipients without any direction from the person making the disclaimer. You can't decide to give the money to someone other than the legal beneficiaries next in line.

This process can be technically complicated, so you'll need to work with an attorney to provide the proper language for a disclaimer, which must take into account whatever is required under state law. Also, take great care in completing any beneficiary designation forms furnished by an institution.

Norman J. Politziner, CFP, a resident of Encore, is an Investment Adviser Representative of Kingsview Asset Management.

For more information, questions, or comments, we encourage you to visit our website at www.politziner.com or call us at (732) 296-9355.

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Seven ways to beat the winter blues

By Erin Medlicott

Don't let the winter blues get you down. When you can stay physically healthy, socially active, and mentally challenged, you will boost your mood the natural way. Here are seven ways to beat those winter blues.

1. Just keep moving

Falls are the number one injury among adults 65 and over, but regular exercise can help prevent them. Falling leads to injuries like broken hips or other bones, and exercise is a key component to improve functional reach and balance. Go for a daily walk or join an exercise class like Healthy Bones, held each week in the Ballroom. If you have physical limitations, try chair exercises. If you're physically able, join the

Dance Club.

2. Socialize at your Senior Center

The Monroe Township Senior Center on Halsey Reed Road, near Applegarth, offers a variety of classes to keep seniors interested and active. There is also transportation available to those who need it. For more information and a schedule of activities, pick up a copy of their Senior Focus newsletter in the hallway outside our E&R Dept., or call the Center at (609) 448-7140.

3. Stay involved with your grandchildren

When visiting with your grandchildren, remember, kids LOVE an audience! Most of the time the grandkids will be happy to show you what dance moves they have, or what musical instruments they're currently playing, or what clubs or sports activities they enjoy. Encourage them to put on a show with songs, skits, or puppets and you and their parents will eat it up.

4. Get together with friends

Social get-togethers help us stay connected. Grab a friend and go to the salon together. Take a shopping trip to a mall, then dine out or see a movie. Try inviting friends or neighbors over to your house for dinner, and let them contribute one of their favorite wines. Gathering together keeps the bond of friendship strong.

5. Home electronics help you stay in touch

Your cell phone can help you keep in touch with family and friends. Use Skype or FaceTime for video calls. Communicating with family long-distance is a snap, you can view your loved ones in real time, and it's available

(Continued on page 14)

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Rossmoor Clubhouse News

January 2019

SNOWFLAKE SOCIAL with DJ Mel

Friday, January 18th
7pm Ballroom \$10pp

Call-in on Tuesday, January 8 at 12:15pm
Payment **MUST** be received by Friday, January 11

**BRING YOUR OWN REFRESHMENTS.
ICE PROVIDED.**

WELCOME

Clubhouse
Open daily, 8am - 10pm

E&R Office
Open Monday - Friday, 8:30am - 5pm
E&R Office Closed daily from
12 noon-1pm
609-655-3232

Melissa Vaccariello: Clubhouse Manager
Sue Ortiz: Office Coordinator
Sebrena Jinks: Office Assistant
Jessica Roberts: E&R Foreman

ON SALE - NOW & UPCOMING

EVENTS

SUNDAY MOVIE LUNCHEON—
"THE DRESSMAKER" Starring Kate Winslet
Sunday, January 27th, 12:30pm, Ballroom—\$15pp
ON SALE NOW

SUPER BOWL PARTY—
Sunday, February 3rd, Ballroom—\$20pp
Doors open at 5:30pm, Kick-off at 6:30pm
"Tully" starring Charlize Theron will play in the Gallery
ON SALE NOW



Great Decisions

Tuesdays at 7pm, Cedar Room

- Refugees & Global Migration
- Middle East: Regional Disorder
- Nuclear Negotiations
- The Rise of Populism in Europe
- Decoding U.S.- China Trade
- Cyber Conflicts and Geopolitics
- U.S. & Mexico-Partnership Tested
- State of the State Dept. of Diplomacy

IMPORTANT NOTICE

Effective January 1, all Woodshop participants will be required to sign updated **Woodshop Rules and Release Waivers** annually.



ON SALE TUESDAY, JANUARY 15th



Wednesday, April 10th
\$136pp - 2PM Show

Includes bus, gratuity & Orchestra show ticket
Bus departs pool side at 10am.

Kiss Me, Kate involves the production of a musical version of William Shakespeare's The Taming of the Shrew and the conflict on and off-stage between Fred Graham, the show's director, producer, and star, and his leading lady, his ex-wife Lilli Vanessi. A secondary romance concerns Lois Lane, the actress playing Bianco, and her gambler boyfriend, Bill, who runs afoul of some gangsters.

FIRESIDE CHATS

JANUARY—2, 16, 30

FEBRUARY—13, 27

MARCH—13, 27

Red Room, 10AM
Light Refreshments



CULTURAL

AFRICAN HERITAGE GROUP

Sunday, January 20, 2:00pm, Gallery

AVIATION GROUP

2nd Wednesday, 1:30pm, Gallery
"Triple Play-3 Crashes"

BOOK DISCUSSION GROUP

2nd Thursday, 3:00pm, Dogwood
"Outlander" by Diana Gabaldon

CURRENT EVENTS ROUNDTABLE

Mondays, 10:30am, Maple

GERMAN AMERICANS

Last Thursday, 1:30pm, Cedar

KOREAN AMERICANS

Saturday, January 19, 4:00pm, Maple

LATINO/HISPANIC-AMERICANS

Last Wednesday, 6:00pm, Gallery

POLISH AMERICAN

Friday, March 1, 1:00pm, Maple

RECIPE GROUP

2nd Wednesday, 6:30pm, Maple

VETERANS GROUP

Tuesday, January 8, 10:00am, Ballroom



THE ARTS

"ALL IN STITCHES" Knit & Crochet Group

Thursdays, 1:00pm, Maple

Saturday morning classes begin January 5th.
Contact E&R for more information.

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

During January and February, we are featuring paintings created by residents who participated in our 2018 Wine & Design series.

POTTERY

Wednesday & Saturday, 8:30am-12 Noon

Monitor present. Supplies on your own.

RUG HOOKING GROUP

Thursdays, 9am-1pm, Gallery

Bring your lunch and 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

Contact Dolores Wardrop.

BRIDGE

Contact Clubhouse

CANASTA & MAHJONG

Contact Clubhouse

MAY I

Contact Sophie Prata.

MAH JONG

Beginners and experienced players wanted.
Contact Linda DeMorato.

MEN'S POKER

Contact Alan Lasky.

NINTENDO Wii

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

PINOCHLE

Please call E & R if interested.

POKER

Contact E&R

POOL ROOM

The Pool Room is open 7days, 8am-10pm
(Closed for cleaning Wed. 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

"DOWNSIZING"-Weight Loss Support Group

Wednesday, 9:30am, Maple

Call the Clubhouse for information

FITNESS CENTER ORIENTATION

Stay tuned to Ch. 26 for January's date

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.

T'AI CHI

Coming Early 2019. Stay tuned to Ch. 26 for additional information.

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.

ZUMBA

Mondays & Wednesdays, 5:45pm, Hawthorn

Payable to instructor. Wear closed-toe shoes.



SPORTS FUN!

BOCCE

New Players Welcome!

CROQUET

New Players Welcome. Call Betty Anne Clayton.

HIKERS

Get out and moving in 2019. New Hikers welcome! All hikes depart from Clubhouse at 9:30am, unless otherwise noted.

PICKLEBALL

New Players Welcome.

SHUFFLEBOARD

New Players Welcome.

TABLE TENNIS

Tables available Tuesday, Friday, & Saturday 9-11AM. All welcome! Hawthorn Room

TENNIS

Courts available 8am until dusk. Bring your own equipment.



MOVIE CORNER

"THE LONGEST RIDE"



Rated PG-13 / 2hr, 8m / No Charge

Tuesday, January 15
1:30pm & 7pm Ballroom

Sunday, January 13
1:30pm *Gallery

TUESDAY MYSTERY MOVIES
January 8 at 1:30pm and 7pm
January 22 at 1:30pm and 7pm

Movies Subject to Change

LIBRARY ON LOCATION

"THE WORLD BEFORE HER"

Wednesday, January 16 at 1PM, Ballroom

A tale of two paths in a modernizing India. In one, a small town girl competes in the Miss India pageant. In the other, a militant woman leads a fundamentalist Hindu camp for girls.

A Film by Nisha Pahuja [2013, 60 min]

"THE LIGHT IN HER EYES"

Wednesday, January 23 at 1PM, Gallery

Filmed prior to Syrian civil war, viewers follow a conservative Muslim preacher and her students in a Damascus Qur'an school for girls. *A Film by Julia Meltzer & Laura Nix [2012, 60 min]*

No Charge

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

COMING ATTRACTIONS...

ADDITIONAL INFORMATION TO BE ANNOUNCED

TO KILL A MOCKINGBIRD — Wednesday, June 12th
On-Sale February 7th

GREAT COURSES- Forensic Science, Military Blunders and more!

TOOTSIE: THE MUSICAL—Wednesday, May 22nd



F41

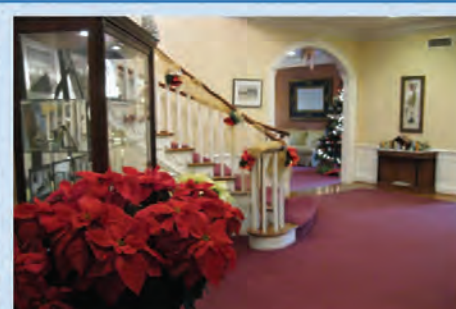
- RCAI Offices will be Closed on Tuesday, January 1st in celebration of New Year's Day. .
- CONTACT THE CLUBHOUSE for information regarding events and trips.
- EVENT REMINDERS: Bring Rossmoor ID when purchasing tickets for Clubhouse events. Only two tickets per manor can be purchased. When bringing a 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.



The Recipe Exchange group hosted their Cookie Exchange in October, then enjoyed some friendly competition at the Bake-Off.



Residents filled their bellies at "Casa Di Napoli" then ventured into NYC for a motor coach tour of it's Holiday Lights.

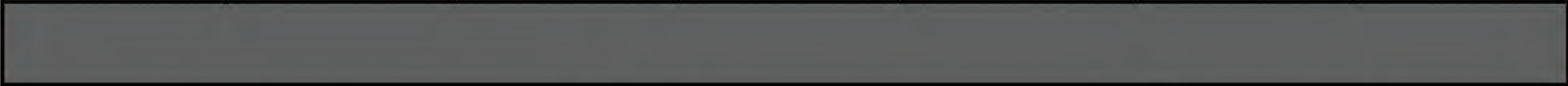


The Clubhouse was beautifully decorated for the holidays at our "Deck the Halls" Tree Trimming gathering.



JANUARY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div><div>Ticket Sales</div><div></div><div>Today!</div></div>	<div>Events or trips marked * require tickets or prior registration</div>	1 <div>RCAI OFFICES CLOSED</div>	2	3 <div>9:00am Agenda Committee-VC</div>	4	5
6	7 <div>9:30am Mutual 4B—GL</div>	8 <div></div> <div>1:30pm Mystery Movie-BR</div> <div>7:00pm Mystery Movie-BR</div>	9 <div>6:30pm Recipe Exchange—MP</div>	10 <div>9:00am Committee Meetings-VC</div>	11	12
13 <div>1:30pm “The Longest Ride” Movie—GL</div>	14 <div>1:00pm Healthcare Lecture—MP</div>	15 <div></div> <div>1:30pm “The Longest Ride” Movie—BR</div> <div>7:00 pm “The Longest Ride” Movie—BR</div>	16 <div>10:00am Mutual 2—DW</div> <div>1:00pm Library on Location-BR</div>	17 <div>9:00am Board of Governors-VC</div>	18 <div>7:00pm Snowflake Social with DJ Mel-BR*</div>	19
20	21	22 <div>1:30pm Mystery Movie-BR</div> <div>7:00pm Mystery Movie-BR</div>	23 <div>1:00pm Library on Location-GL</div>	24 <div></div> <div>6:30pm Bingo—BR</div>	25	26
27 <div>12:30pm “The Dressmaker” Movie Luncheon-BR*</div>	28	29	30	31		



INDEPENDENT CLUBS				MEETING HOUSE SERVICES		ROOM KEY	
Chorus	Wed	4 pm	MH	Catholic Society Mass	2nd Thurs 7 pm	BR Ballroom	H Hawthorn
Church Discussion	Tues	1:30 pm	MHP	Jewish Congregation Sabbath	2nd & 4th Fri 7:45 pm	C Court	MP Maple
Computer Club	3rd Mon	10 am	GL	Community Church & Communion	1st Sun 11 am	CD Cedar	MH Meeting House
Dance Club	Last Sat	7 pm	BR	Community Church Worship	2nd & 4th Sun 11 am	CH Clubhouse	MHP Meeting House Parlor
Emerald Society	4th Wed	2 pm	BR	Community Church & Fellowship	3rd Sun 11 am	CFT Craft	TR Terrace
Indian-American	Sun	9:30 am	GL			DW Dogwood	RR Red Room
Italian-American	3rd Wed	7:30 pm	BR			GL Gallery	VC Village Center
Players	Last Mon	7 pm	GL			GR Game	
Torah Study	Sat	10 am	CD				
Women's Guild	3rd Thurs	1:30 pm	BR				

This month in pictures

Photos by Joe Conti and Walter Gryskiewicz



Interfaith volunteers load the delivery bags in preparation for the Thanksgiving meal.



Some of the volunteers for the Interfaith Thanksgiving Meal Distribution are Lou Russo, Maureen Roaldsen, Lucille Conti, Ron Roaldsen, Janet Taranto, Sal Gurriero, Paulette Mascia, Joan Russo, Dennis Haggerty, and Joe Conti.



Volunteers decorated the Clubhouse. A good time was had by all.



Admiring their work on the tree



Members of the Veterans Group who watched the Army-Navy game together



Sal Gurriero presents Lucille Ricci first prize at the Italian American karaoke, with DJ Gary Morton.



Joan Avery at the keyboard during the tree trimming.



Women's Guild members with Santa at the holiday luncheon. From left are Pat Grieves, Diane England, Pat Martin, Dennis Arce (Santa), Josie Cuddy, Linda Klink and Diane Arce.

Winter blues

(Continued from page 12)

for smartphones, tablets, and regular computers. Regularly check in with children and grandchildren by email or text. Keep them up to date by taking photos of you and your friends enjoying activities.

6. Pets offer great companionship

Doctors report that senior citizens who have pets in their homes actually have lower blood pressure, lower stress, and increased physical activity. Whether you are a dog person or a cat person, you will notice that pets have a phenomenal effect on lowering depression. Walking your dog can increase your chances of meeting other dog owners who walk them at the same time you do.

7. Challenge your brain with games

Games like jigsaw puzzles, crossword puzzles, Sudoku, or word-search puzzles keep your brain healthy and challenged. If you enjoy competition, join one of Rossmoor's card games, like bridge or poker, or try mahjong. You'll meet new friends and have an opportunity for good conversation.

January 21 is National Squirrel Appreciation Day

By Anne Rotholz

If you should look out your window while reading this article, you might get a glimpse of a little furry creature scampering around your lawn. Then you might not see one for a few days. This shows that a major change has taken place in the squirrel population in Rossmoor.

I remember almost giving up on planting flowers here about five years ago. As soon as I had the flowers in place, they would be uprooted by an army of squirrels. Unlike rabbits they did not eat the plants. While they occasionally hide their food in a flower bed, it seemed to me that they just dug up my flowers for fun.

A good number of fairly large stones helped the situation. They are still there, though I did not see a single squirrel in the flower bed last summer. Unfortunately, they have been replaced by rabbits.

What happened to our squirrels? The winter of 2013-2014 was not the coldest in New Jersey history but it was the third coldest in 30 years. I remember talking with

someone the following summer and mentioning that I thought that the squirrel population here was down by about 75%.

Squirrels do not hibernate so they need to have a supply of food stored away for the winter months. Consequently, our lawns and flower beds are always under siege in the fall as they look for hiding places for their cache of food. They even use landmarks so that they will be able to find it later. Because they hide most of their food underground, they do not have access to it in extremely harsh weather.

Spring is the most difficult time of year for the squirrel. The food is mostly used up and any buried seeds, berries, and acorns begin to sprout, making them unsuitable as a food source. Many squirrels die of starvation at this time of year.

The past winter-spring season when February and March seemed to replace each other on the calendar was very devastating for the squirrels and their number once again decreased.

The squirrel roamed the

earth long before the advent of mankind. Scientists have found squirrel fossils that date back 30 million years. They are social animals and live in colonies.

Squirrels belong to the family *Sciuridae* which has several sub-groups each with many different species. Squirrels are indigenous to all continents except Australia where they were introduced.

The Rossmoor squirrel belongs to the Eastern Grey species. This group is native to the eastern and mid-western U.S. and to south-eastern Canada. The Eastern Grey was introduced to Ireland, the U.K., Italy, Africa, and Australia.

In Ireland and the U.K., the grey squirrel is considered a pest because it threatens the native red (rust-colored) squirrel with extinction. It is bigger and stronger than the native squirrel, so it gets more of the available food supply. It carries a virus that kills the red squirrel and it has no predators.

Some people in the U.K. got so upset about the situation that they encouraged celebrity chefs to develop menus offering grey squirrel! Several years ago, Australia eradicated its population of

Eastern Grey Squirrel.

Despite its name, the Eastern Grey squirrel is not always grey in color. It can be black and white or all black. While driving through Cranbury, you might see black squirrels. We had one here a few years ago but I have not seen it recently.

The grey squirrel has a small slender body, a bushy tail and big eyes that give the animal excellent vision. Its toes have very versatile claws that make it adept at climbing. These claws allow the squirrel to come down a tree head first, which no other animal can do.

The lifespan of the grey squirrel is six years though some live up to 12 years. Two litters of two to six each are born every year. The babies are born naked, blind, and toothless. Male and female squirrels share the nest until the babies are born. The male then takes off, leaving the female to raise the babies on her own.

A squirrel's nest or den is known as a "drey". Made of dry twigs and leaves it is built on a sturdy tree branch or in the fork of two branches. It is easy to spot the nests when the trees are bare. In winter squirrels share nests in order to stay warm.

Squirrels live on a diet of seeds, nuts, berries, acorns and green tree buds. They also enjoy the bark of certain trees, other greenery and insects. A squirrel cannot digest cellulose.

Squirrels can be quite destructive. They tear up flower beds and lawns, wreck birdfeeders and munch on decorative pumpkins so they can get their tasty seeds.

The worst scenario happens when a squirrel gets inside one's house as I know from personal experience. A squirrel will scratch furniture. It will chew on plants, drapes or anything else that is available. In general, it will leave one with a mess. Thankfully, this does not happen too often.

January celebration

(Continued from page 11)

from my West Coast office to an East Coast acquaintance whom he knew would not be home. As expected, he was treated to "You have reached the Jones Hacienda. Gee, were sorry we can't answer your call right now, but if you would like to leave a message, wait for the little ol' beep."

Without a moment's hesitation, Ken slipped into a perfect impersonation of one of Hollywood's most beloved personalities: "Hi, this is Henry Fonda. I was passing through town, and our mutual friend on the West Coast said to give you a call. I'm

sorry you weren't home 'cause I thought we could have dinner or something. I'll try to reach you again if I get back this way. Bye."

On other occasions, other answering machines dutifully recorded similar calls from "James Stewart," "Boris Karloff," "Jimmy Cagney," and a whole host of other Hollywood personalities, leaving the recipients to curse the wonderful opportunity they had missed by leaving their phone answering chores to a machine, and pondering who they knew in California who would be acquainted with such famous people.

Revenge is sweet!



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Thank you

I would like to thank the following for their dedicated service to the Thanksgiving Dinner Program for 2018:

Mr. and Mrs. Joe Conti
Mr. and Mrs. Lou Russo
Mr. and Mrs. Ron Ronaldsen
Mr. and Mrs. Al MacVicar
Greg Policastro
Paulette Mascia
Janet Taranto
Joan Avery
Dennis Haggerty
Tommy Croake
Julie McGinty
Diane England

I'm 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 the Rossmoor Community.

**Thanks,
Sal Gurriero**

Musings and Memories

By Betty Emmons

Well, Christmas is now over and the New Year has begun, and I am in a dilemma as I ponder what to write so I'll just start and see where it takes me. To begin with, I have never felt the warmth of Christmas as I did this year and by all accounts you would think I'd be sad. I have no family left to celebrate the joy of Christmas with but I have never felt more blessed and less lonely than I have this year. People have reached out to me in ways I could never have imagined and the feeling of love was the best ever.

On the Sunday before Christmas I was asked to accompany a young friend to my home church and I readily accepted her invitation. She had lost her mother just a month before and her mother and I had been friends for many, many years. In fact, we were born on the same street and so going back to the church that we had attended together for over 70 years had great meaning and would be a comfort to our grieving hearts.

That Sunday, the church

was well attended and as I looked around, I suddenly realized that I was probably one of the oldest members of the church left and the children that I remembered were now young adults. It was a shocking reality but what was surprising to me was that they remembered me and I was greeted before and after the service with warm hugs and kisses and well wishes and it was wonderful.

My friend's daughter too was warmed by the love and fond memories of her beloved mom. I don't think either of us could have experienced a greater peace than was felt in that 220-year-old church that Sunday morning.

I have received many presents over my lifetime but I never got more joy from anything that I did from the love that filled me from the meaningful message until the last hug. It was magical to me and so I start the New Year filled with the true meaning of Christmas. What might have been a sad and lonely day was one of joy and I know from time to time throughout the new year I will feel the same joy in remembering.

New Neighbors



Christina Smith,
Resident Services manager

Ann and Mary Powers, 67A Amherst Lane, formerly of Monroe Twp., N.J.

Robert Jogan, 137N Plymouth Lane, formerly of Edison, N.J.

Patricia Kumorowski, 364B Old Nassau Road, formerly of Jamesburg, N.J.

Frances Caravella and Mamie Micari, 639-O Yale Way, formerly of Staten Island, N.Y.

Linda Gehron and Paul J. Falgares, 123A Rossmoor Drive, formerly of Manlius, N.Y.

George Vogel and Dolores Jasko, 103C Gloucester Way, formerly of East Windsor, N.J.

Adolph Stenftennagel, 648A Old Nassau Road, formerly of Spotswood, N.J.

James and Charlene Berry, 145A Old Nassau Road, formerly of Daytona, Fl.

Freya Cashmere, 499C Stockton Lane, formerly of Monroe Twp., N.J.

Maria Messina, 53A Old Nassau Road, formerly of Belleville, N.J.

Mildred Groholski, 51C Emerson Lane, formerly of North Brunswick, N.J.

Carl Heckendorf, 427-O Redding Lane, formerly of Helmetta, N.J.

Senior Center

Transportation to and from the Senior Center is a free service available to ALL Senior members/residents during regular business hours. Please advise us of your transportation need when registering for Center activities. Need to cancel? Please let us know immediately, noting the original purpose of your transportation need (i.e. program, appointment, etc.) Call 609-448-7140.

Did you know?

You can drop off cans of unused paint every third Saturday of the month, between 8 and 11:30 a.m.

Just take the cans of leftover paint to the Monroe Township Recycling Center at 76 Gravel Hill-Spotswood Road, where the staff is most helpful.

If the paint has completely dried in the can, you can toss it in the household trash bin. (NOT in the recycling bin.)

In Memoriam

Irene M. Lippert

Irene M. Lippert died on Saturday, Nov. 24, 2018.

Irene was born in Germany in 1932. She emigrated to Switzerland. In 1957 the family came to the United States. After retirement, she moved to Rossmoor and started the German-American and the New Jersey clubs.

Irene leaves behind her sons, Werner Klein and wife, Eva, Peter Lippert and his wife, Karin, and Maurice Lippert and his wife, Colleen; daughter, Donna Lippert Combos and husband, John; brother, Klaus; and eight grandchildren and three great-grandchildren.

Clubs and Organizations

Soonja brings Korean music, and more, to Rossmoor

By Alyce Owens

People were still on their feet clapping and smiling. "Wows" and "Bravos" rang through the air as a tiny girl, barely five years old, climbed the stairs to the stage in the Meeting House and held up a small bouquet of flowers to congratulate her Great Auntie Soonja. She had come all the way from Connecticut with her two sisters, brother and mother to hear the hour-long, solo-voice recital that Soonja Chung Nam had wondered whether she could still do. Back in 2006, she had given such a recital in Westminster Choir College where she had studied with renowned voice coach, Ann Gray. But at 76, was such a recital still possible?

The answer? Oh yes, most definitely. Just ask any of the more than 100 attendees at the Meeting House that night in late November. There is no question that, like fine wine, Soonja's voice had only gotten better with age. In a program sponsored by the Rossmoor Chorus and open to all residents, Soonja sang six beautiful Korean songs; then exhibited her versatility with a Mozart composition sung in German; the familiar Irish ditty, "Believe Me If All Those Endearing Young Charms;" and an enthralling rendition of Gounod's "Ave Maria;" all accompanied on the piano by Kevin Gunia. For the finale, Soonja was joined by Rossmoor's Jim Wilson, Bass, in a moving duet of "The Prayer," sung in Italian and English and accompa-

nied by Jim's wife, Janet. Afterward, the entire audience jumped to their feet in applause. Of course, she could do it. And it was magnificent.

Beyond the beautiful music, there was further benefit. Admission to the recital was free but Soonja had asked those attending to bring food to help those in need. As a result, more than 100 packages and cans of food were collected and delivered to the Jamesburg Food Pantry to help those less fortunate in our local area. Soonja thanks all who made this possible.

When I talked with Soonja after the concert, she told me that for years, she had been looking for the right place and time to do what perhaps

would be her last concert, and that she felt Rossmoor was that place. She had started a Korean Club at Rossmoor and was eager to integrate her fellow Korean residents into Rossmoor activities and, at the same time, introduce Korean culture to Rossmoor. What better way to bring them all together than with music?

Among the audience at this recital were many members of the Korean Club as well as Rossmoor Chorus members, and the Women's 9-Hole Golfers, all groups in which Soonja actively participates. They all had an opportunity to meet and talk at the reception which followed the concert.

(Continued on page 17)

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CULINARY CORNER

By Sidna Mitchell

Cranberry Pear Sauce

Culinary
corner

3 cups of fresh
cranberries
1 cup of brown sugar
¾ cup of water

1 apple, peeled and diced
1 Bosc pear, peeled and
diced
1 stick of cinnamon

Cook sugar and water in medium size saucepan over medium heat until sugar dissolves.
Increase heat to medium high and bring to boil.
Add the cranberries, diced apple and diced pear.
Cook until berries pop, about ten minutes.
Cook an additional few minutes or until apples and pears are soft but not mushy.
Remove cinnamon stick.
Serve warm or at room temperature.

I can be reached via e-mail at sbmcooks@aol.com.



It's not too late for this cranberry sauce

Although Thanksgiving and Christmas are past, you still may have leftover cranberries. Or if you're like me and couldn't resist the 99-cent sale, what are you to do with all those round burgundy berries?

Not to worry, I have a wonderful solution. An avid reader, particularly of culinary mysteries, I found a recipe in one of those books for a cranberry pear sauce that you'll want to eat at any meal.

The first Sunday in November, I had Cecile Wang, the Community Church's music director, and her husband, Steve, over for dinner just before her leaving for another church. Cecile would often remind me that I, as church council chair, was the one who hired her 15 years ago. Here I am as council chair again and, unfortunately, she is moving on.

We have been familiar with Cecile's musical and vocal talents but that day we learned more about Steve, who after retirement became involved with Chinese medicine and acupuncture. We also heard about their physician daughter and their son who teaches English in China. After all these years, it was so sad to no longer see Cecile at the organ, directing a chorus or leading the chimers.

For the meal I served very simple food -- pork tenderloin, roasted potatoes, cranberry pear sauce and steamed baby Bok Choy. Dessert was just brownies and ice cream.

The sauce, which also included an apple, is so easy to make and really delicious.

Discover what's on you, what's in you, and why it matters at next Women's Guild meeting

By Diane England

Did you know that some works of art hanging on the walls of museums (and perhaps in the mansions of billionaires) are not merely a feast for the human eye, but may have become a literal feast for microorganisms? Fortunately, though, while it's true some microbes destroy works of art, it appears that others could actually be employed to protect them. At least, this is what some Italian researchers have recently concluded.

So, what does this have to do with the topic you'll hear discussed at this month's Women's Guild meeting on Thursday, Jan. 17 at 1:30 p.m. in the Ballroom? Perhaps more than you'd expect. Vivian Schwartz, who spoke last winter about yesterday's and today's Museum of Natural History, will return to give the talk, "What's in You, What's on You, and Why it Matters." I suspect you're going to learn that not unlike old paintings, humans can be colonized by bacteria that increase our risk for "biodegradation."

Well, perhaps we won't be impacted in quite the way old paintings might be, but we certainly can become ill, if not die, because of an infection caused by bacteria that may have become antibiotic resistant, for example. However, medical science also now realizes the critical role gut micro-biota play in health and disease. Indeed, bacteria and other microorganisms within the gut appear to communicate with the person's immune system and participate in various metabolic processes which benefit both the person and the microbe.

This presentation should

be very interesting and beneficial, especially in these times when we're seeing more and more people going in for what should be routine surgeries, only to develop infections which result in serious complications, if not death. Thus, aren't you motivated to learn how you might avoid such a potential disaster, or to just generally experience better health because you now understand why all this matters?

Of course, you might like to know something about our speaker. Schwartz spent decades in corporate America working on the computer revolution. However, she also has gained an education in ecology, astrophysics, molecular biology, and much more from her years of volunteering for the Museum of Natural History, through her constant interactions with their scientists, curators, and other volunteers.

We're fortunate Schwartz is once again willing and able to come and share some of what she has learned with us. If you haven't already done so, put this meeting on your calendar now. In other words, get 2019 off to a great start. Not only will you experience an informative and helpful presentation, but after a likely hectic holiday season, won't it be nice to have a chance to reconnect with friends and neighbors in a relaxed atmosphere over a cup of coffee and a piece of cake?

Computer Club news

By Steve Gray

To Skype or not to Skype, that is the question. Come to our next Computer Club meeting on Jan. 21, at 10 a.m. and hear our own George Wilson's take on how to Skype, why to Skype, and hints on how to Skype best. For those who do not know, Skype was first released in 2003, acquired by eBay in 2003, 65% then acquired by the Canadian Board of Investments in 2009, and bought out by Microsoft in May 2011.

Skype allows users to communicate over the Internet by voice using a microphone, by video using a webcam, and by instant messaging. Skype-to-Skype calls to other users are free of charge, while calls to landline telephones and mobile phones (over traditional telephone networks) are charged via a debit-based user account system called Skype Credit. Some network administrators have banned Skype on corporate, government, home, and education networks, citing such reasons

(Continued on page 18)

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Players Pastimes

By Sue Archambault

The Players look forward once again to offering our residents and friends our three popular shows in 2019. "Just Music" will be presented in April. Our variety show titled "This and That" will be presented in July.

In addition, our very own Jim Wilson is already writing an original musical comedy. This production will take place in October. The Players are excited at Jim's first stab at writing a musical comedy for us. He is no newcomer to the world of entertainment. Jim worked on the Today Show at NBC for 30 years and spent the last 21 years as the news producer of the show. As a result of his talent and hard work, Jim earned a total of three Emmys for his work on

the Today Show.

As you may know, the Players hold meetings the last Monday of almost every month. Please check this paper for the most up-to-date information about these programs. Our meeting for this month will take place on Monday evening, Jan. 28. Join us in the Gallery at 7 p.m. for a program featuring Barry Jacobsen. Barry has a vast repertoire of films and an extensive knowledge of the early days of television. For this program, Barry plans to air the "Admiral Broadway Revue," which was shown on NBC in 1949 starring Sid Caesar. Because of the success of the program, NBC created the renowned "Show of Shows" with Sid Caesar and Imogene Coca.

Korean music

(Continued from page 15)

In addition to her musical talents, Soonja learned the art of floral design while still in Korea. She ran her own flower shop in Langhorne, Pa., where she frequently taught floral arrangement as well.

Another talent, not even known by many of her friends, is her skill with cooking, which she utilized as the proprietor of Soonja's Café on Alexander Road in Princeton for more than three years.

With all this talent, one might think that she would be

too busy to raise a family. Not so. Soonja and Sin-U have three wonderful children. Janima, their first daughter lives in Vienna, Austria and works as a journalist and teacher. Charles, the first son lives in Seoul, Korea and works as a teacher there. Charles has a four-year-old son named Ian. Arima, the youngest daughter, lives in Waterbury, Vt. and works as an event director.

I never cease to be amazed by the diversity and talent living in our midst, perhaps right next door. Maybe we should get to know our neighbors better.

Join us at the First Dance Club Dance of the year

By Judy Perkus

DJ Peter Lieberman will provide the music at the first 2019 Rossmoor Dance Club dance. All Rossmoorites, singles and couples, are welcome to join us in the Ballroom on Saturday, Jan. 27 at 7 p.m.

Join the fun with your friends and neighbors. 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. 18.

Send your 2019 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 609-655-2175 for more information.

ROSSMOOR DANCE CLUB

First Dance of 2019 – Saturday, January 26

RESERVATION DEADLINE: January 18th

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Membership Dues:

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Please leave your envelope with your \$8 per member/ \$10 per non-member check and 2019 membership dues made out to the Rossmoor Dance Club in the Dance Club Folder in the E&R Office or mail to Armen DeVivo at 449B Roxbury Lane. 609-655-2175

Emerald Society's winter activities

By Joan Avery

The annual Emerald Society Christmas party was held at the Cranbury Inn on Dec. 9. There was a delicious brunch, mimosas, a cheese table, and dessert. Outkast Customs provided the entertainment.

Dec. 18 was the date for the trip to Lancaster, Pa. for the American Music Theater's Christmas Show. In addition to a stop at the Kitchen Kettle Village for lunch, dinner was at Good and Plenty. Everyone always enjoys this popular trip.

Billy Phillips, along with Carol Selick, entertained the Emerald Society members with Christmas music at the Dec. 5 meeting. Very festive.

Italian American Club

By Tony Cardello

Happy New Year!

We look forward to another year of growth for the club, welcoming new members, membership meetings with entertainment, social events, and trips.

We have added one special event this year and that will be an exciting nightclub variety show with top notch entertainment on Saturday April 13. Details will be forthcoming.

The first regular member-

(Continued on page 18)

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Italian-American Club past President Rosie Miller inducts new officers for 2019. From left are Sergeant-at-Arms John Russo, Treasurer Lou Russo, Secretary Tony Cardello, Vice-President Bob Terranova, and President Joe Conti.

Italian American Club

(Continued from page 17)
ship meeting in 2019 will be held on Wednesday Jan. 16 at 7 p.m. in the Ballroom. At this meeting members can sign up for our first special event of the year, which will be our annual celebration of

Carnivale on March 5.
As in the past, all membership meetings will commence at 7 p.m. except during the Bocce season of May, June, July, and August when they will start at 7:30 p.m.
The first Bingo night will be on Thursday evening Jan. 24 at 6:30 p.m. in the

Ballroom. This year all Bingo nights will be on Thursday evenings except during the Bocce season of May, June, July, and August when they will be held on Friday evenings.
Once again, the officers of the club wish all the members and families a healthy and happy New Year.

Computer Club

(Continued from page 16)
as inappropriate usage of resources, excessive bandwidth usage and security concerns. Of course, I doubt that most of us are overly concerned about re-

source or bandwidth usage so come to the meeting and learn how to properly make use of a free program that can enhance our telephone calls.
I would be remiss if I did not mention that I am taking

over the role of publicity from Alec Aylat who has done an outstanding job for the past 20 years. I should also mention that he did not give me a choice but don't tell him I said that. See you at the meeting.

League will sponsor panel on human trafficking

By Ruth Banks
One of the fastest growing crimes in New Jersey is that of human trafficking. The LWV of Monroe Township will present a special program on Tuesday, Jan. 29, at 6:30 p.m. at the Township Public Library. It is planned to coincide with Human Trafficking Awareness Month.
The program will include a panel of experts from various fields and organizations. Panelists include: Keyla Munoz, victim specialist, FBI

Newark Division; Daniel Cruz, professor of psychology, Rutgers University; Assemblyman Dancer, co-sponsor of "Human Trafficking and Child Exploitation Prevention Act"; State Senator Thomas Kean, Jr., who has supported the efforts of the N.J. Commission on Human Trafficking; Sgt. Felix De La Cruz, Middlesex County Prosecutor's Office, Special Victims Unit; Vinisha Patel, sophomore, MTHS, participant in regional Model

UN Conference, 2018; Patricia Mojta, Prevent Child Abuse NJ, Director of Adolescent Programs.
The committee's focus has been to bring awareness about the dangers and prevalence of Human Trafficking not only to the general public but particularly to parents, teachers and those involved with children and youth. The LWVNJ has been studying this issue since 2013; the Monroe Twp. League has presented a prior program on this topic to make people aware that it can affect the youth of our community. Supporting this event are Prevent Child Abuse NJ, Women Aware, India-US Forum of Monroe Twp. (IFM), Monroe Twp. Human Relations Commission, and Lead My Way.
For more information on the program and/or the League committee, please feel free to contact Andrea Pellezzi, president, at 609-664-2146 or Ruth Mullen at 609-655-7579.

Religious Organizations

"Entertaining Angels," Dorothy Day's story, to be aired here



Dorothy Day

By Gene Horan
"Entertaining Angels," part of the "Classic Films that Lift the Spirit" series being presented by the Catholic Society, tells the story of Dorothy Day.
The film, starring Moira Kelly as Dorothy Day and Martin Sheen as Peter Maurin was rated "an exceptional movie by any measure," by the Los Angeles Daily News.
Dorothy made bad mistakes in her early life and paid the consequences. After her child was baptized, she felt an irresistible desire to follow the gospel and devote her life to the poor.
In the midst of the Great Depression, starting with only 97cents in a battered canister, she embarked on a lifetime dedication to housing the homeless, feeding the hungry, and tending the sick.

In 1933 Dorothy and Peter Maurin, a French immigrant and former Christian Brother, launched The Catholic Worker newspaper. This spawned the Catholic Worker movement, which follows religious principles to promote social justice.
Catholic Workers live a simple lifestyle in community, serve the poor, and resist war and social injustice. There are over 200 communities in the United States and some 25 in other countries.
In 1938, Dorothy Day explained her religious conversion in "From Union Square to Rome," writing the book as a letter to her brother, an ardent communist. In 1952, she wrote an autobiography, "The Long Loneliness." She died in 1980.
The free showing will be held in the Gallery at 1:30 p.m. on Friday, Jan. 25. Coffee, tea and light refreshments will be available and all Rossmoorites are most welcome.
The film, originally scheduled for showing in November, was rescheduled because of inclement weather.

Catholic Society sets activities for January

By Gene Horan
There are no monthly Masses scheduled for January or February. They will resume in March.
Activities during January include the following:
• The Chaplet of Divine Mercy will be prayed at 3 p.m. on Tuesday, Jan. 15, in the Maple Room of the Clubhouse.

- The Prayer Shawl Ministry will meet at 1:30 p.m. in the Craft Room of the Clubhouse on Thursday, Jan. 10, and Thursday, Jan. 24.
- The film "Entertaining Angels, The Dorothy Day Story" will be shown in the Gallery at 1:30 p.m. on Friday, Jan. 25. See separate article in this issue.

Jewish Congregation plans new events for the year

By Judy Perkus
The Jewish Congregation will retain the new 7:15 p.m. start time for our Friday night Sabbath services, which take place in the Meeting House.
On Jan. 11, Lyn and Morty Wall will sponsor the Oneg Shabbat, celebrating the birthdays of Morty and their son Adam, and the engagement of their granddaughter, Ilana Bagel, to Marc Oppenheim. Jeff Albom will be the Torah Reader and Janet Goodstein will be the Lay Reader.
On Jan. 25, the Torah

Reader will be Bob Kolker; Jeff Albom will be the Lay Reader. The Congregation will sponsor the Oneg Shabbat. Our cantor is Mary Feinsinger. All Rossmoorites are welcome.
For 2019, in addition to our usual Friday night Sabbath services, a Passover Seder and other religious observances, we are planning two new events: A Lag B'Omer Game Day on Thursday, May 23, and a Fun and Games event on a June Sunday. Of course, you should save the date for our annual Independence Day BBQ on Thursday, the Fourth of July, when all Rossmoorites are invited.
The current co-presidents are Ben and Judith Wistreich through February. Steven Gray and Cindy Sigl will take over for March, April and May.
New members are welcome. Contact membership Chair Karen Seiden for information.

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 2019-20 edition:

NAME: _____

ADDRESS: _____

1 PHONE OR 1 CELL: _____

All Changes must be received by July 12, 2019

If your name, address and/or telephone/cell number is in the 2018 edition correctly, it is not necessary for you to complete this form.

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The assembled Interfaith Council volunteers are seen after packing the Thanksgiving meals that were delivered to local families.

Community Church

January 2019 Calendar

By Linda Klink

January 6	Communion Service at 11 a.m. Preacher ~ Rev. Joanne Petto Organist ~ Beverly Scheibert
January 9	Worship Committee at 9:30 a.m.
January 13	Church Service at 11 a.m. Preacher ~ Rev. Robin Bacon Hoffman Organist ~ Beverly Scheibert
January 14	Deacons Meeting at 10 a.m.
January 15	Finance Committee Meeting at 10 a.m.
January 17	Women's Guild Meeting at 1:30 p.m.
January 20	Church Service at 11 a.m. Preacher ~ Christina Manero Organist ~ Kevin Gunia Music Presentation ~ Rossmoor Chorus Fellowship Hour at Noon
January 21	Council Meeting at 10 a.m.
January 22	Library Committee Meeting at 1:30 p.m.
January 27	Church Service at 11 a.m. Preacher ~ Rev. Kahlil Carmichael Organist ~ Beverly Scheibert

All Church Services are in the Meeting House. Rossmoor Church is an ecumenical church, and all are invited to worship and become a member.

HEALTH CARE CENTER NEWS

The winter blahs

By Kaytie Olshefski,
BSN, RN-BC

The hustle and bustle of the holidays is over, but the days seem to be getting shorter, the nights are colder, and the snow and ice seems to be endless. Could it be the winter blahs? This is when we feel sluggish, have less energy to do things or go places, we are hungrier, and our mood changes.

What can we do about the winter blahs? The shorter days have a biological effect on our brain and make us feel less energetic. The disturbance in our biological clock also affects our mood, behavior and sleeping patterns. This in turn makes us move somewhat more slowly. To reset our biological clock, we need more sunlight at this time of year. Studies have shown that getting as much sunlight as possible will help to lift our spirits. Simply sitting by a window in the sunlight will do.

There is a disorder known as Seasonal Affective Disorder (S.A.D.) which is caused by decreased sunlight. The symptoms of S.A.D. include less energy, mood changes, little control over our appetite, decreased productivity/creativity, memory problems, less social interaction, and lowered ability to cope. Have you had these symptoms for at least three years in a row? Talk with your doctor because he or she may diagnose these symptoms as S.A.D.

Here are some ways you can help chase the winter blahs away

- Find the sunniest room in your home and sit in the sunshine. Sit there and enjoy the warmth of the sun.
- If you have errands to do, take advantage of the daylight hours to do your activities.
- Walking outside in the sunshine will not only invigorate you, but also help to chase those winter

blahs away.

- Keep a regular sleep cycle by going to bed at the same time and getting up at the same hour every day.
- Try to reduce the stress in your life.
- Treat yourself to something you like. Read a good book, burn a fragrant candle, or sip some hot tea. These little things will help to lift your mood.
- Taking a time out just for yourself will help you relax, which is important mentally and physically.
- Eat more fruit and vegetables. In the winter we tend to grab sugary foods and carbohydrates, but we should balance it out with protein.
- Eating comfort foods is not only nourishing, but will warm us up with a satisfied feeling.
- Keep in contact with family and friends.
- Laugh! Rent a classic comedy video and laugh along with family and friends.
- If you can, take a winter vacation to a warm sunny climate.

Are you experiencing more than the winter blahs? Are you feeling depressed? Symptoms may include:

- A persisted sad mood;
- A loss of interest in things you formerly took pleasure in;
- Change in weight, sleep, and activity level;
- Difficulty concentrating; and
- Feeling of worthlessness and guilt and thoughts of death and or suicide.

Talk to your doctor. There are treatments available that may include medication, relaxation/talk therapy, and support groups.

We start the New Year with Saint Peter's lecture with Dr. Vikram Sathyendra, an orthopedic surgeon, speaking on "Rotator Cuff Tear Symptoms and Treatment" on Monday Jan. 14, at 1 p.m. in the Maple Room of the Clubhouse. If you are interested in attending, please call the Health Care Center at 655-2220.

We all wish you a very happy, healthy, and prosperous New Year!

A Message from High Tech Landscapes, Inc.

By J. Voss

- Our fall cleanup has been completed. Please tune to Channel 26 daily for more information. Please note this may change if ground was snow covered in December.
- 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 debris out front Sunday night for us to pick up Monday morning.
- High Tech Landscapes would like to wish you a happy new year.

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

SPORTS



9-Holer

By Mary Shine

Hope the holidays were magical for you and your families. All best wishes for a happy, healthy 2019.

Once the snow stops falling, we will start thinking of the spring golf season. The 9-hole ladies golf league plays every Tuesday morning from April to October and we are always looking for new members to join us.

Our PGA pros, Ted and Ray, are always helpful and provide free golf clinics each month of the season to help keep us on our game. If you are new to Rossmoor, or have been here and would



like to get back to playing golf, this could be a group for you. Check us out; we have a lot of fun.

More of the latest golf news will be coming your way next month. Any woman interested in joining our ranks should contact membership Chair Mary Shine at 609-655-4518, or maryshine1@verizon.net, or President Joyce Cassidy at 609-619-3618, or joyce3205@aol.com for information.

MAINTENANCE DEPARTMENT

By Dave Salter
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 greatly hinder snow removal.

The Maintenance Department needs your cooperation during clean up. All information will be posted on Channel 26 prior to the storm. The Maintenance Department, 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 unprepared and try to reschedule any doctor's ap-

pointments. 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 18. Please, 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!

Firefighters – Why do we do what we do?

By Lt. M. Daley

Consistently I meet people who reside in our community and usually the conversation turns to the Fire Department. There are some questions that are asked regularly. One always seems to come up: "What do you do while you are in the firehouse?" It is a question that doesn't have a very simple answer, for there are multiple facets that contribute to the answer to this. Consider the following points for what we do:

We are the ones who bring multiple skills from our experiences to this profession: some of us are electricians, mechanics, plumbers, HVAC techs, and communications specialists who apply these skills to solve problems for our residents.

We are the ones who are continuing our education to provide more service to our constituents; we hold certifications as EMTs, fire inspectors, fire officials, arson investigators, accredited fire officers, accredited chief training officers, and rescue specialists.

We are the ones who continue to serve beyond the scope of our duties in the department: some of our members serve with other departments and specialized teams, such as the FEMA Urban Search & Rescue Team from New Jersey that traveled to Florida and North Carolina for the recent hurricane responses.

We are the ones who are spending a large proportion of our time behind the closed doors of our fire stations, training in the skills we utilize on the emergency scene, practicing our craft behind the scenes so that when we are called upon, we operate with precision and efficiency.

We are the ones who spend our time beyond our duty to charitable causes we hold dear; we are the ones who collect aluminum cans at our stations to raise money for the Burn Center at Saint Barnabas to support care for child burn victims; and we team up at Saint Baldrick's events to raise funds for children stricken with cancer.

We continue to do what we do because we all have a common characteristic within our service, and that is the core of our profession: Service. Service with compassion, care and efficiency with every response. Therein lies the answer, for it has never been about what we do, it has always been about who we are.

Respectfully,
Lt. M. Daley
FO; CTO; MFI; CFEI; IAAI-FIT

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Senior Center Highlights

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Registering with the Office / Senior Center is free and available to Monroe Township residents, 55 and better. Around the 15th of the previous month members are required to sign-up for the activities. To access activities online, visit www.monroetwp.com, and look for the "Office of Senior Services" link under "Departments". Call the Office at least 24 hours in advance for transportation to and from the Senior Center. For members unable to attend a registered program, please sure to cancel.

Here's to Your Health

Family Relations: On Thursday, January 3, at 10:30 a.m., Dr. Gregory Moore explores the many dynamics of family relationships, from discussing sensitive issues to the differences between helping and enabling.

Bagels Plus: On Friday, January 4, at 10 a.m., join Linda M., from The Gardens at Monroe, and Kate Jenkins, from Care Street Home Care Agency, as they discuss the cost of Home Care with the focus on Long Term Care and Catastrophic Insurance.

The Bulging Bagel and Other Tales: On Monday, January 7, at 10:30 a.m., join Caren Alter, RD, CentraState, as she puts portion

distortion in its place and provides helpful tips on avoiding portion pitfalls while eating at home and out.

Preventive Health Challenge: On Wednesday, January 9, at 10:30 a.m., Vinny Smith, Horizon NJ Health Educator, discusses how to stay healthy and enjoy life. Find out what to do to prevent disease and illness. Free cholesterol screenings available after the presentation.

Inflammation Top 10: On Wednesday, January 9, at 1:30 p.m., join Dr. Dave Wendel, D.C., Natural Health and Wellness, as he discusses how inflammation happens in the body and the most common causes of it.

Mindfulness Benefits: On Thursday, January 10, at 1:30 p.m., join Surbhi Saini as she discusses the benefits of staying positive, in the moment, and how making simple changes can bring peace and joy to your life.

Singing Bowls: On Friday, January 11, at 1:30 p.m., Nadine Roberts, Certified Practitioner, via RWJUH, brings Himalayan Singing Bowls to the Center to demonstrate the healing benefits of vibrational medicine. Space limited.

Rewire Your Brain: On Monday, January 14, at 10:30 a.m., join Clarisa Ro-

(Continued on page 22)

Monroe Senior Center Announces Evening and Weekend Programs

The Monroe Township Senior Center announced today that it will institute new evening and weekend programming in 2019.

The new lifestyle and fitness oriented classes, lectures and entertainment are geared toward the Township's active senior community while offering flexible options for those who maintain traditional daytime work hours.

"Monroe Township is blessed with a vibrant senior community and the programs announced today are a reflection of the interests and needs of this population," said Mayor Gerald W. Tamburro. "We recognize that many seniors are not available to participate in programming during the traditional work day so we sought out extended evening and weekend options."

Thursday evening classes begin January 10 as follows: Ballroom Dance at 6 p.m., Boomers Fitness Challenge military-style exercise class at 6 p.m., Gentle Mat Yoga at 7 p.m. and Shape It Up strength-building workout at 7 p.m.

Saturday morning classes begin January 12 include: Get Fit Core total body workout at 9 a.m. and Meditation at 10:15 p.m.

Classes run for ten sessions

each at a cost of \$40 per person class. Cost for the Ballroom Dance class is \$40 per couple. Singles also may register at a reduced price of \$25 per person. Best efforts will be made to pair single participants with dance partners.

The new programming includes a "Senior Pop-Up" series of free educational seminars that will be held at 10 a.m. on select Saturdays throughout the year, beginning with Healing with Crystal Bowls on January 12 and Benefits of the Daily Stretch on January 26.

Also new for 2019, the Senior Center will offer featured entertainment one Friday evening per month, depending upon the schedule. The first featured performance will be a Country Jamboree: A Traditional Country Music Celebration at 7 p.m. on January 25.

All classes and programs are for registered members of the Senior Center only. No walk-ins will be permitted to participate.

For more information or to register for these and other programs, contact the Senior Center at 609-448-7140. Space is limited so register early. Checks should be made payable to Township of Monroe.

"The new year stands before us, like a chapter in a book, waiting to be written." -Melody Beattie



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Less than **20%** of US adults
are aware that complications of flu can include heart attack,
worsening of diabetes, stroke, and disability.
Source: Online omnibus survey of 1,004 adults (18 years and older) living in the United States was conducted in October 2018

ROSSMOOR COMMUNITY ASSOCIATION, INC.

SNOW POLICY AND PROCEDURE

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 snowstorm (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/freezing 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 re-

moval 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 **imperative and** 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, carport lanes, **and driveways**. 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.

NOTE: Snow cannot be removed and road salt or ice melt cannot be applied in the area where a vehicle is left on a street, carport lane, parking space on a carport lane or in a driveway. Due to the nature of the size of the Community, the miles of roads and carport lanes and the number of driveways, the contractor cannot return and remove the snow or apply road salt or ice melt where a vehicle had been parked during the snow removal efforts.

IT IS THE RESIDENTS RESPONSIBILITY TO REMOVE SNOW FROM THE AREA WHERE THEIR OR THEIR GUEST'S VEHICLE WAS PARKED AND TREAT THE AREA FOR ICE.

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

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
Milford Lane	Rockport Lane	Yorktown Lane

Revised by the RCAI Board of Governors, September 2016



It is incumbent upon each resident to be attentive to the surroundings 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.

Senior Center Highlights

(Continued from page 21)

mero, from Mindful Consultants, as she explores how to keep your mind razor-sharp and stress at bay with the use of the 4-Step Brain H.A.C.K. to cultivate more awareness of thought.

Drivers' Safety Class: On Tuesday, January 15, at 8:45 a.m., enhance your driving skills during this AARP-sponsored program. For pricing and space availability, please call the Office.

Release Negativity: On Tuesday, January 15, at 10:30 a.m., Dr. Anna Kress focuses on positive and practical ways of minimizing worry to improve your health and lift your spirits.

Hormones to Blame: On Wednesday, January 16, at 10:30 a.m., join Dr. Dave Wendel explores belly fat and how hormonal imbalances can lead to unwanted weight gain and ill-health.

Got Five Wishes? On Wednesday, January 16, at 1:30 p.m., discover why your "Five Wishes" are an important step to self-exploration and to meaningful conversations about advance care planning with your loved ones.

Palliative Care: On Thursday, January 17, at 10:30 a.m., learn more about the importance of and differences between hospice and palliative care programs. Amelia Vastola, MSW, Princeton HomeCare, will address your questions about this support.

Eat Well, Age Well: On Wednesday, January 23, at 10:30 a.m., join Mary W. Myers, RDN, for an informative discussion on the 2019 recommendations for nutritional needs as we age. As the old Tibetan proverb states: "Eat half, Laugh triple and Love without measure."

Mindful Stretching: On Thursday, January 24, at 1 p.m., Lori Morell, Parker at Monroe, provides an interactive chair program that incorporates range of motion movement and flexibility to maintain a healthier body. Light refreshments, too.

Rotator Cuff: On Monday, January 28, at 10:30 a.m., Dr. V. Sathyendra, St. Peter's University Hospital, discusses the symptoms of and treatment options for

rotator cuff tears.

Life's Support: On Monday, January 28, at 2 p.m., join Andrea Casey, Certified Life Coach, for this introductory, group coaching session. Discover how "The Wheel of Life" will target areas in your life that need nourishing.

Anxious to Awesome: On Tuesday, January 29, at 10:30 a.m., Shelly Botwinick, Holistic Health Educator, explores simple, but powerful techniques to promote peace of mind and lower harmful hormones caused by stress.

Laughs, Lyrics, and Lectures

Mandolin Intro and Class: On Thursday, January 3, at 2 p.m., if you are interested in learning how to play via the tablature method, join Jerry Sperling for this introductory session. The class commences on January 10, for 10 sessions. Students must purchase their own instrument; and, information will be provided.

Ringin' in 2019 with the Jimmy Givens Trio: On Friday, January 4, at 2 p.m., get ready to dance or sway in your seat as the Jimmy Givens Trio fills the room with hip music.

The Frozen North: On Monday, January 14, at 1:30 p.m., join Chris Kosseff, photographer, as he explores the far ends of our planet with photos of Greenland, Alaska, and the high Canadian artic. See rare wildlife and remote landscapes.

NOVA Knows: On Tuesday, January 15, at 1:30 p.m., explore the mysteries of the universe during this enlightening presentation that ponders the question: *Are We Alone?*

Worldly Book Tour: On Thursday, January 17, at 10:30 a.m., it's time to discuss the book, "Midwinter Break" by Bernard MacLaverty (Ireland) with Monica, from the Library. Space limited. Only for members who have read the book.

Music of Webber: On Friday, January 18, at 10:30 a.m., enjoy this star-studded tribute to Andrew Lloyd Webber's songs as Glenn Close, Antonio Banderas, and others perform memorable melodies from *Cats*, *Sunset Boulevard*, and more.

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 rcainj.com and following the links Facilities, Clubhouse and Activities, and Bus Info.

Classified Advertising

Transportation

EXPERIENCED LIMO DRIVER – NYC, airports, anywhere. Former Clearbrook resident. Call John (732) 610-0703.

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

MARVIN'S CAR SERVICE – Low rates. Airports, piers, NYC, Philadelphia. Anywhere 24/7. Ride in style for less. (908) 812-6299.

LIMO GUY, INC. – Our 15th year. We go to all airports. Late model Lincoln Towncars. Holds four passengers in total comfort and style. SUV's now available with approximately \$40 additional charge. \$75 to Newark, \$150 Philadelphia, \$170 JFK airports. We go almost anywhere 24/7. Call (732) 452-9222.

Home Improvement & Services

THE PAINTER – 30+ years experience, residential / commercial, Monroe resident. Free estimates. References available. Call (908) 208-4062.

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.

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

T-K-S HOME IMPROVEMENTS – Full service contractor. Kitchen, baths, basements, painting, tile and more. No job too big or small. License #13VH05970500. (609) 259-2574.

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 (MONROE) – for a day, a week, or up to a month. Our home or yours. True animal lovers. Barb (732) 735-4243.

BRIDGE LESSONS – If you have never played before or are rusty, beginner classes and intermediate (for more experienced) will begin in February. Play the most popular card game in the world taught by a professional instructor. Groups or individual, in your clubhouse or mine. Please call (609) 655-3211.

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. (732) 723-9537 or (732) 967-3400. Please leave message, all calls returned same day.

TECH BUDDY – Simple step-by-step help with smartphones, computers and tablets. Large print solutions for low tech problems. Beginner to Advanced. Patience and enthusiasm included. Wireless printers, Netflix, Amazon Alexa setup and training. Have Alexa remind you of your appointments, read audiobooks, more. \$5 off setup. Free quote. (732) 589-4974. techbuddy-barb@aol.com

Tax/CPA Services

CONCERNED / PUZZLED by the new tax laws? I can explain. Taxes prepared in the comfort of your home. Rebecca Bergknoff, CPA (732) 718-4359.

GREGORY TAX SERVICE – In-home appointments, 30+ years of experience. Fully trained on tax law changes. Reasonable fees. Concordia resident. Jim Gregory (732) 236-4498.

For Sale

ESTATE SALE – Bedroom set \$450, two wing chairs \$250, coral tufted sofa \$400, dining set with six chairs, china closet \$550, love seat \$125, wooden rocker \$125. All items mint condition. Shown by appointment in Rossmoor. (732) 549-3125.

Wanted to Buy

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

Help & Health Services

LEASE A NIECE – Assistance with household activities, cooking, shopping, paperwork, appointments, companionship. Local transportation. Live in or hourly. NJ born and bred. Tracie (732) 904-3885.

CARING ELDER CARE – We will help you with personal and household tasks. Free consultation. We're experienced and caring. Elizabeth (646) 413-0813.

AT ANGEL TOUCH HOME CARE we provide excellent care for the elderly with licensed, insured and bonded thoroughly screened aides. We are a company that cares for our patients and makes sure they are treated by the best. 24-hour care (living with resident). Elderly companionship. Call (609) 907-6059.

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.

Painting

INTERIOR PAINTING— Reasonable rates. Quick service. Call Chris at 973-557-7647

House Cleaning

HENRYKA'S CLEANING SERVICE – Professional house cleaning. Quality work. Call (609) 586-0806.

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

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• Check or money order must accompany insert, *made payable to Princeton Editorial Services*

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

Monroe Township Public Library

All events are open to the public.
www.monroetwplibrary.org

Celebrating 30 Years

The Monroe Township Library will celebrate its 30th Anniversary on Monday, April 1, 2019, with a series of special events. Wednesday, January 2 at 10am: Library 30th Anniversary Time Capsule. Wednesday, January 30: 1989 Film Festival all day. Stay tuned for more details and more events.

Sit-N-Stitch

Fridays, January 4 and 18 at 10:30am. Stitch a project; assist others, share tips, projects and patterns. Bring your own supplies. Registration not required.

Poets Corner

Friday, January 4 at 11am. A workshop and reading group for all ages. Please bring 12 copies of your work. Registration is not required.

Current Events Discussion Group

Saturday, January 5 at 10:30am. Enjoy a discussion about global and domestic affairs. Light refreshments provided. Register at the Welcome Desk.

POV Documentary Film Series

Sunday, January 6 at 10:30am and 1pm.

10:30am: Set in the Hasidic enclave of Borough Park, Brooklyn, a group of tenacious Hasidic women are smashing the patriarchy in their community by creating the first all-female volunteer ambulance corps in NYC. 1h 30min.

1pm: A documentary on Ed Koch, the mayor of New York City from 1978 to 1989. 1h 40min

This film is presented in collaboration with the award-winning documentary series P.O.V. (www.pbs.org/pov). Registration is not required.

Coupon Club

Monday, January 7 at 1:30pm. 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.

The Great Courses: America's Founding Fathers

Tuesdays, January 8, 15, and 22 at 1pm. Professor Allen Guelzo, Gettysburg College, in partnership with the Smithsonian, presents the men who shaped the U.S. Constitution, in this DVD lecture series. Each lecture uses one of the Founder's principles and words, as a basis to create a picture of the Americans who contributed in forming the world's oldest continuously operating instrument of government.

January 8: James Wilson's Executive & John Rutledge's Committee

January 15: Rufus King's Slaves & David Brearley's Postponed Parts

January 22: John Dunlap and David Claypoole's Broadside & Alexander Hamilton's Papers

Each session consists of

two 30-minute DVD, followed by a brief discussion and light refreshments. Registration is not required.

Tech Express

Tuesday, January 8 from 2pm to 3pm. Drop-in with your electronic device to get personalized help from a Librarian. Bring your charged and registered device and necessary passwords. Registration is not required. First come, first served.

"Take Only What You Can Carry"

Japanese Internment Camp Lecture on Wednesday, January 9 at 11 am. In early 1942, the United States government suspended the rights of more than 100,000 Japanese-American citizens and banished them to prison camps. Julian Davis presents a lecture about one of the most shameful episodes in American history. Register at the Welcome Desk.

Short Story Discussion Group

Wednesday, January 9 at 11am. Leah Wagner moderates a discussion about *100 Years of the Best American Short Stories*. This month we will discuss the final story in the collection, "At the Round Earth's Imagined Corners" by Lauren Groff. Register and reserve your copy at the Welcome Desk.

Genealogy Club

Wednesday, January 9 at 1:30pm. Beginner and experienced genealogists are welcome. Registration is not required.

POV Documentary Film

Saturday, January 12 at 1pm. When two siblings undertake an archaeological excavation of their late grandmother's house, they embark on a journey in search of what life remains in the objects we leave behind. 1h 34min. This film is presented in collaboration with the award-winning documentary series P.O.V. (www.pbs.org/pov). Registration is not required.

Friday Afternoon Movie

Fridays, January 11 and 25 at 2pm. Friday, January 11: (Action, Comedy, Crime) Debbie Ocean gathers an all-female crew to attempt an impossible heist at New York City's yearly Met Gala. PG-13 1h 50min

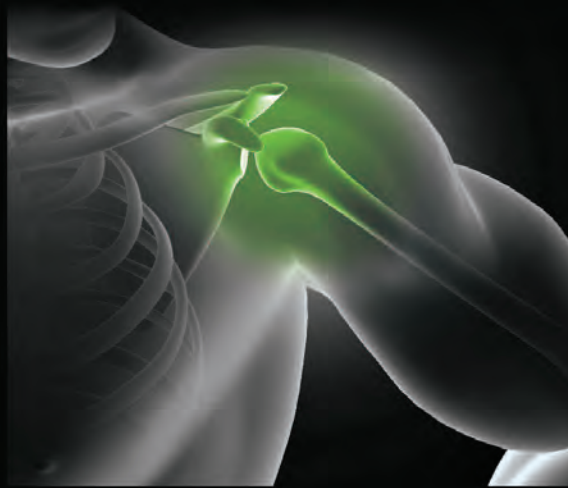
Friday, January 25: (Drama, Mystery, Thriller) Following the death of her father, a woman returns to her home village for the first time in 15 years, to claim the tenancy to the family farm she believes is rightfully hers. NR 1h 30min

Movies are free. Registration is not required.

International Book Club

Tuesday, January 15 at 10:30am. Join a book discussion about *Behold the Dreamers* by Imbolo Mbue (Cameroon). Moderated by Monica Teixeira. Coffee and cookies provided. Register and reserve your copy at the Welcome Desk.

PAIN OR DISCOMFORT?



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- Neuropathy
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