



RCAI Budget approved for 2020

By Joe Conti and
Carol De Haan

The Board of Governors, on Nov. 21, 2019, approved the 2020 RCAI Budget in the total amount of \$5,534,109 net of income. This represents an increase of \$2.31 per month, per manor, for the coming year.

Please remember that this amount is the same for all homes in Rossmoor. If your monthly maintenance bill shows a greater amount, that increase comes from your Mutual budget.

These budget items increased for 2020:

- Hazard and Liability insurance went up by 2.5%;
- Health insurance premiums for staff went up by 6.5%;
- Contribution of \$1 per manor per month to the Reserve Fund, which plans for all capitol items that might need replacement in the next 30 years;
- Nursing Services contract went up by 3%;
- Pool Management contract went up because there are more days between Memorial Day and Labor / day in 2020;
- Trash and recycling contract went up.

These items represent income, or lowered costs, for 2020:

- Our investment income went up;
- Heating fuel costs have gone down, based on the replacement of old heating systems in the Clubhouse and Meeting House;
- Golf memberships have

gone up;

- We've saved about \$25,000 by changing the shopping bus from five to three days per week, even though the daily rate for the bus has increased;
- Rental income from the physician's side of the Healthcare Center went up 3%;

These expenses are the same as last year:

- The annual audit fee;
- The fire extinguisher service contract;
- The alarm monitoring contract;
- Lawn maintenance contract;
- Snow removal contract.

(Continued on page 2)

New Year's resolutions

By Kaytie Olshefski, BSN, RN-BC

Happy New Year! As the new year begins, we reflect on the changes we want to make. We start with good intentions and enthusiasm to improve ourselves, but the fact is, less than 30% of New Year's resolutions ever achieve success. It takes some planning to make a New Year's resolution successful. Here are some tips to help you reach your goal.

- Set a realistic and achievable goal. Take your

time and put some thought into your New Year's resolution. Be clear on what you want to achieve.

- Focus on one goal. It is easier to achieve one rather than a couple of them at the same time.
- Create your plan while you're motivated.
- When you decide on your New Year's resolution, take some time to see how you are going to fit it into your lifestyle. How is this

(Continued on page 21)

The Birds of Rossmoor

By Anne Maczulak

A New Jersey spring is agonizingly slow to arrive. Meanwhile, it's fun to think about the birds that will soon come through Rossmoor.

Songbirds, hawks, owls, shorebirds, and ducks migrate. Even New Jersey's most common hummingbird, the ruby-throated, about the weight of two dimes, flies from Panama to New England, including a non-stop crossing of the

Gulf of Mexico. Woodpeckers, like our red-bellied and the large pileated, hardly migrate at all. And as climates and ecology change, birders see changes in birds' routes and timetables. You already know one bird that has altered its migration: the Canada goose. To many people's dismay, they increasingly stay year-round. Despite the influences of humans and climate, birds try to stay mainly on four migration routes called flyways. Our Atlantic Flyway runs along the east coast. The others are the Mississippi, the Central and the Pacific Flyways.

From spring to fall the woods next to Yarborough Way give the best chance to see migrants in Rossmoor (I once saw a great horned owl roosting there), but you may get a better look by strolling

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Clubhouse tree decorated



One of the beautiful poinsettias around the Clubhouse

Important insurance information for Rossmoor residents

From Allen & Stults Co., Inc.,
Insurers

Your Mutual Association jointly procures property insurance, referred to as "Master Insurance," with the other Associations in Rossmoor. This insurance provides coverage for insured losses to the Common Elements and all unit betterments existing at the time of the initial conveyance as described in the Master Deed.

This does not include upgrades you may have purchased separately directly from the developer, from a subcontractor or from any previous owner.

The Master Insurance does not provide any coverage for enclosed patios purchased when new or added by a previous owner. The only exceptions are enclosed patios which were included in

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at the governors' meeting

December 19, 2019

The RCAI Board of Governors meeting was called to order at 9:00 a.m. on Thursday, December 19, 2019, in the Village Center Meeting Room by Mr. Daniel Jolly, President.

Mr. Gerald McQuade,

Treasurer, reported that there is an approximate surplus of a little over \$550,000 through November 30, 2019.

Mr. Jolly announced that Mr. Daniel McOlvin was appointed to the Golf Committee to replace Ms. Muriel Calvanelli and Mr. McOlvin

graciously accepted the appointment. Mr. Jolly also wished everyone a joyous holiday season and Happy New Year.

There was no other business for the Board to discuss and the meeting was adjourned at 9:10 a.m.

Letters to the editor

I would like to thank the following for their dedicated service to the Thanksgiving Dinner Program for 2019: Lucille and Joe Conti Joan and Lou Russo Maureen and Rob Roaldsen Joy and Al MacVicar Sue and Larry Archambault Gregory Policastro Paulette Mascia Dennis Haggerty Janet Taranto 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 have taken place without the Rossmoor Community.

**Thanks,
Sal Gurriero**

I'm sorry it has taken me so long to express my appreciation and thanks, but my road to recovery has taken a rather long time. I want to thank all of you from the Italian-American Club, the Emerald Society, the Rossmoor

Women Golf Clubs, the staff at RCAI, my fellow Mutual Directors, the residents of Mutual 12, parishioners of Nativity of Our Lord, and several of the local churches, my friends and neighbors, and especially my gal pals.

I appreciated your get-well cards, flowers, phone calls, food and visits to both the rehab center and my home. I want to thanks the of you who put me on prayer lists, had flowers placed on church alters and sent Mass cards for my recovery. Your prayers were answered and I'm working on getting back into the swing of things.

So many of you extended your love and offers of help

to my family while they were here caring for me and while I was hospitalized. They were amazed at the outpouring of help from all of you. I think they enjoyed the gifts of food most of all.

The friendship, love, encouragement and support you have shown me is truly appreciated. The next few months will be difficult; however, I know the warmth you have shared with me will make the road easier for me.

So my friends, THANK YOU from the bottom of my heart. May God bless each and every one of you.

**Sincerely
Muriel Calvanelli**

RCAI Budget approved

(Continued from page 1)

If any resident would like to see this report in greater detail, the whole 26-page Operating and Capital Budget is available on request at The Village Center.

Be careful where you leave your car

By Carol De Haan

The big parking lot adjacent to the North Gate is owned by the Heritage Partnership, 1 Rossmoor Drive.

A new sign, erected at the entrance to the lot, warns that parking in that lot is restricted to tenants and visitors only. It says that unauthorized vehicles will be towed to a garage in Cranbury at a charge of \$125 per hour, plus other hefty fees.

Be warned: It might cost a great deal of money to retrieve a car that has been towed.

Bits & Pieces

Sue Ortiz

I can see clearly now – it's 2020!

I remember, around 1971, talking to my mom about how old both of us would be when the year 2000 rolled around. It seemed so far away. I was about 12 years old at the time; she was probably 39 or so.

At 12, I remember thinking 39 was *old*. Well, the years ticked by; 2000 finally arrived. My mom turned 68 that year, while I turned 41. Suddenly, we weren't so far apart in ages.

And, now, 20 years past that, a lot has changed. I'm now eight years younger than my mom was in 2000. (You do the math.) She's gone. My dad's gone, too. (I miss them so much!).

My, how those years zipped by. All those memories melted into one. It makes me think of that scene from the classic 1959 movie adaptation of H. G. Wells's "The Time Machine" when the Time Traveler inserts the crystal handle into the console of his sleigh-like time machine.

He pushes the lever, slowly at first, and the camera pans to a clock on the wall, and we see the hands whirl as time passes, faster and faster. A flower grows from seedling to bloom to a shriveled stem—all in seconds. Leaves appear on trees, change colors, fall to the ground, and decay into dust.

He sees world wars fought and the devastation they bring. Buildings rise, fall, and rise again as he pushes the lever forward. In one shop window, dress hemlines on the mannequin rise and fall, too, as fashions change and the numeric dials on the Steampunk-styled console spins.

That's how I see my past: The hands of time spinning clockwise, faster and faster, until they stopped—right here, right now ... 2020 ... boom ... right in the middle of my own future!

I wish I could travel back in time, to that long-ago day, and let the two of us know what the future would hold, for both of us. How the world would change—how *my* world would change—for better or worse.

But would I really want to know?

I'd like to wish everyone a healthy, happy new year! Let's hope it's a slow year ...

B&P

"Out of monuments, names, words, proverbs, traditions, private records and evidences, fragments of stories, passages of books, and the like, we do save and recover somewhat from the deluge of time"—Francis Bacon (English lawyer and philosopher. 1561-1626)

B&P

"The secret of life is enjoying the passage of time."—James Taylor (American singer, song writer and guitarist, b.1948)

Insurance

(Continued from page 1)

the basic unit and which appear in the Master Deed as such.

The Master Insurance does not cover any personal property such as furniture, clothing and dishes. Nor does it cover any interior finishes except those that were provided by the developer in the basic unit.

In case of fire, water damage or other insured loss, the Master Insurance will pay for a painted wall, but any wallpaper, paneling, special painting or other upgrades are the unit owner's responsibility. This is also true for flooring. Linoleum as included in the base unit price at original sale is insured under the Master Insurance but upgrades of ceramic tile, parquet or carpet are the unit owner's responsibility to insure. It should be noted that your maintenance responsibilities as a unit owner are greater than what is insured under the Master Insurance and maintenance responsibilities are not insured either on the Master Insurance or on Condo Unit Owner policies.

The Master Insurance has a deductible which can change from year to year. The Mutual may make the unit owner responsible for

the Master Insurance deductible in certain circumstances. The current Master Insurance deductible is \$10,000. Most condo unit owner policies can be endorsed to cover this deductible. Make sure your personal insurance building limit will cover the Association deductible.

A unit owner needs to have a "condominium or co-operative unit owner's policy." Most insurers provide forms especially designed for this condo/coop ownership. These forms allow for the unit owner to procure coverage for building items that are the unit owner's responsibility including the Mutual Association's deductible as earlier mentioned. A unit owner also needs to be concerned about personal liability coverage, including the use of a golf cart within the community. Not all insurance companies include golf cart liability coverage for use off of a golf course.

Even if you have a good insurance advisor and have purchased the correct condo/coop unit owners policy and adequate limits, certain occurrences such as a flood will be excluded and must be insured separately. Flood Insurance is never included in a condo/coop policy and must be purchased separately.

(Continued on page 3)

Open RCAI Meetings in January

Thursday, Jan. 9

Standing Committee Meetings...9 a.m.
Maintenance Committee
Community Affairs Committee
Finance Committee

Thursday, Jan. 16

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

All meetings are held in the Village Center Meeting Room unless noted otherwise.

Please watch Channel 26 for any changes or cancellations.



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*.

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2 Rossmoor Drive,
Monroe Twp., NJ 08831

E-mail:
news@rcainj.com

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Visit the Rossmoor website at www.rcainj.com



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

Q: What are the age restrictions to reside in Rossmoor?

A: Rossmoor is a Planned Retirement Community (PRC) in Monroe Township. The Township ordinance and the Mutuals' governing documents require that 100% of the homes are occupied by at least one person, age 55 or older, and that no other permanent occupant is under the age of 48.

The federal Fair Housing Act requires that 80% of the

homes in each Mutual respond to a survey confirming the adherence to these requirements in order to be exempt from the age discrimination provisions of the Act. This information must be verified every two years and made available to the Department of Housing and Urban Development upon their request.

The last survey was completed in 2018. It is time to conduct the survey this year. The survey will be mailed to every home in Rossmoor

and we ask that you complete and return the form to the Administration Office in the Village Center upon receipt or no later than Feb. 28. IT IS IMPORTANT THAT YOU RESPOND.

Q: What projects are planned for RCAl in 2020?

A: The following areas will be assessed in 2020 to determine whether or not replacement, repair, or new is needed:

- RCAl streets and sidewalks;
- Pavers at the bocce and shuffleboard courts;
- Tennis court;
- Pickleball courts repainting;
- Roof and siding on the shuffleboard shelters;
- Roof on the Pro Shop/pool building;
- Ladies room in the Meeting House on the first floor;
- Driving range mat;
- Awning for the Pro Shop; and
- Improvements to certain tees and bunkers on the golf course.

**THE ROSSMOOR STAFF
EXTENDS ITS WARMEST
WISHES TO YOU AND
YOUR FAMILY FOR A
VERY HAPPY AND
HEALTHY NEW YEAR!**

Insurance

(Continued from page 2)

ately. There are also losses that are just uninsurable. These are typically maintenance items and are your personal responsibility. An example is a worn-out water heater that malfunctions.

Although the water damage caused by a broken water heater may be covered under your unit owner's policy, the replacement of the water heater is not covered. Also the covered water damage is always subject to your deductible and any insurance payment for carpet or contents may be reduced for depreciation (age). Water heaters need to be replaced every 10 years or sooner. Failed appliances, broken doorknobs, windows, doors and most fixtures are other examples of maintenance items that are a unit owner's responsibility and are not covered under any insurance. We also recommend that you make sure your Unit owner's policy includes coverage for "backup of sewer and drains." Although flood must be insured separately, water damage from "back-ups" can be added to most unit owners policies. This typically is by endorsement and the cost is small. Although everyone's needs differ, your personal Condo Unit owner's policy needs to have a section for "building." Different insurance companies have different names such as "Section 1 – Building" or "Coverage A – Improvements and Betterments" or "Condominium Unit." This coverage provides payment for flooring upgrades, including carpeting, patio additions, upgraded appliances, wallpaper and any other building upgrade in your unit. Many companies also allow for the Mutual's \$10,000 deductible to be paid under this section. Even for the smallest unit you should have \$25,000 of coverage in this area. If you have high quality carpet, wood floors, upgraded cabinets and appliances, \$30,000 or more may be needed. Add to this the cost of an enclosed patio if you have one.

Reminder to help you, your neighbor and your Mutual

In our 40 years of experience in Rossmoor, by far the greatest number of claims have occurred when a manor is unoccupied due to vacations or extended trips. Pipes can freeze or just break and appliances and hoses can fail due to age or other causes. Water leakage can occur for hours or days before being discovered. The ensuing damage can be extensive but can be prevented if the water is shut off at the source. Leaving the heat on is not good enough when temperatures are below freezing for many days. Pipes under cabinets and on outside walls can freeze even if a unit's heat remains on.

Hoses left attached to outside spigots will freeze and crack the pipes inside the wall or unit. It is highly recommended that you have your unit winterized by the Maintenance Department if you leave for extended trips and also that you sign up for unit inspection while you are away. Backup of drains cannot be prevented by turning off the water, but periodic inspection will allow the backup to be discovered. Taking these precautions and replacing your water heater before it breaks can eliminate most of the water damage events and will save you and your neighbor's frustration and financial loss.

Patio additions and sunroofs have flashing and their caulking deteriorates in the sun and temperature extremes. These areas need to be inspected and maintained by the resident to prevent damage from leakage to the patio and unit.

We are Allen & Stults Co., Inc., 800-792-8660, and are the insurance advisers for Rossmoor. We also insure many residents personally but you are free to utilize any agent or company you choose.

Feel free to have your agent (if not us) call us should they have any questions about the Master Insurance and what coverage and limits you need on your unit owner's policy. We welcome you to call us as well.



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Once again, we've shared the warmth

By Alyce Owens

A woman with two small children in tow walked into Your Grandmother's Cupboard and told them that her husband was unemployed, their house had just burned down, and they had nothing left but their car and the clothes on their backs. All she could do was cry. That's just one dire situation that was helped by YGC – and your contributions to "Warm Clothing for the Needy," sponsored by the Community Church. The woman's emotional reaction? "Praise the Lord, and thank you to the angels who sent us these warm coats and clothes!"

We have no idea where and to whom our "Warm Clothing for the Needy" donations go – but we do know that Your Grandmother's Cupboard assists more than 2000 adults and children every month – and even more during the long, cold winter. Some of them are now enjoying the warmth of your donations ... and love.

Once again, the generous donations of Rossmoor residents have surpassed our expectations, and the Rossmoor Community Church sincerely thanks all who participated in this worthy community-wide endeavor. Four vanloads of coats, jackets, hats, pants, sweaters, boots and more were picked up by Your Grandmother's Cupboard for distribution, free to the truly needy in New Jersey over the holidays. Thanks to your generosity, many hundreds of less fortunate folks will stay a lot warmer this winter.

This volunteer Christian outreach organization based in Toms River collects and distributes clothing, food, household items and personal necessities at 20 different "gathering places" located from one end of New Jersey to the other. This includes the homeless, the hungry, and other "invisible" adults and children in our midst with special needs.

The Benevolence Committee of the Community

Church sincerely thanks all residents who contributed to this very important outreach. This is truly God's love at work. Be assured that the folks who received

your warm clothing donations know that someone loves and cares about them, and isn't that what Christmas and Hanukkah are all about?



From the Mayor

By Gerald W. Tamburro,
Mayor of Monroe Township

Expanding services to Monroe Township seniors

Monroe Township provides unparalleled services and opportunities to the community's large and ever-increasing population of older adults with unique needs and interests. As your Mayor, I strive to maintain a stable tax rate while enhancing services to meet these unique needs wherever possible.

At the Monroe Township Senior Center, we accomplished many service-oriented goals over the past year while keeping a close eye on containing costs.

Under the leadership of Director Karen Theer, the Office of Senior Services kicked off 2019 with expanded evening and weekend programming. Members of the Senior Center participated in 45 health/fitness/lifestyle classes, over 47 free monthly programs that included presentations, lectures, entertainment, special events and seminars.

Monthly support groups provide an opportunity to connect with people who are likely to have a common purpose. The Center now has six support groups; Diabetes, Parkinson's, Cancer, Bereavement, Caregivers Support for Alzheimer's Patients and Brain Injury Support.

Through careful needs assessments, our social workers provide individualized guidance, education, emotional support, referrals and assistance.

In 2019 alone, the Senior Center team guided nearly 300 residents through the Medicare Open Enrollment process that took place Octo-

ber through early December. All appointment requests were accommodated with no wait-list.

Monroe Township is the second largest AARP tax site in New Jersey. The Senior Center staff was instrumental in helping with over 1,000 individuals with their income tax returns from this location.

Since the opening of the new medical room last summer, members have received free monthly screenings with a licensed doctor or nurse. Screenings have included cholesterol, carotid artery, vision, hearing, glucose, blood pressure, balance, memory, foot, osteoporosis, oral cancer, skin cancer, stroke, body mass, feelings screening, injury risk assessment and sleep assessment.

I would like to thank Karen and her entire staff for providing top quality services to the senior members of our community while expanding and creating new services as needed and appropriate.

If you have not yet visited the Senior Center, I strongly encourage you to stop by and see what this terrific facility and top-notch staff has to offer.

And, of course, the camaraderie and strong sense of community are among the most notable and important member benefits.

For more information regarding programming and resources, or to become a member, contact the Senior Center at 609-448-7140.

I look forward to seeing you at an upcoming event.

School District news: strategic planning

By Dr. Dori Alvich, Superintendent

Help us plan the future of Monroe Township Schools. As the new superintendent of schools, it is my pleasure on behalf of the Monroe Township Board of Education to invite you to participate in our strategic planning process. We will be working together, along with your neighbors, community members, teachers, parents, and students to create a shared vision for our schools. Three planning meetings will be held where district stakeholders will create the essential elements of a strategic plan: vision, goals, and objectives. Please plan to attend one or all of the three planning meetings. All meetings will be held at the Monroe Township High

School beginning at 7 p.m.

- Jan. 14 Meeting #1 Determination – Strengths and Challenges/ State of the Schools (snow date Jan. 27)
- Feb. 24 Meeting #2 Dream – Creating a Common Vision (snow date Feb. 27)
- March 23 Meeting #3 Design the District's Destiny – Goals and Objectives (snow date March 30)

You will have an opportunity to provide input on the future direction as well as the current strengths and needs of the district as you see them. Participation in any or all of our three meetings will be greatly appreciated. The Board of Education hopes that you, the residents of Monroe Township, will join us.

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"BROADWAY TONITE LIVE"

Saturday, March 14 — 8:30pm - \$23pp

Broadway Tonight is a highly paced musical revue starring four to ten attractive multitalented singers and dancers with numerous "Broadway" credits.

Broadway Tonight fills the stage with beautiful costumes, dramatic singing, exciting choreography and dynamic music.

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This show is open to non-residents on January 17.

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School safety – a priceless necessity

By Linda Bozowski

Schools have always striven to keep students and staff safe. Handrails, well-shoveled sidewalks, quickly patched potholes, furnishings are all kept in good repair. Good lighting, adequate staff watching over students – school safety is a top priority in Monroe Township as it is in most school districts. The need for enhanced safety measures has grown, however, with the increase in unexpected incidents in our schools and in other public places. Our school administration and our Board of Education are making every effort to ensure that our schools are even more secure for our students.

If you have visited any of our school buildings recently, you will have seen construction underway. Entrances are being reconfigured so that visitors can be recorded in security logs. Forgotten lunches, homework notebooks and musical instruments left in the car are being collected at the security stations for pick-up by students. Entry into the school buildings is even more carefully monitored than it has been in the “olden days” when parents could easily drop by classrooms to leave a tray of birthday cupcakes or pick up children with runny noses.

The Monroe Schools Director of School Security, Peter Piro, met with us recently to discuss changes occurring in our buildings to enhance safety for our students and staff. In addition to the visitor registration tracking efforts, security personnel are stationed near entryways while children are arriving and departing at the schools. Our security team now numbers 20 members, many of whom are retired police officers. Since most of our security personnel are township residents, they are familiar with our schools and students and with the concerns of our citizenry regarding school safety.

Security and safety efforts are not limited to school hours. Attendance at sporting and other social events by security staff is part of the standard operating procedures in place. Visitors to our many campuses are welcome and appropriate behavior is expected. The presence of security personnel helps encourage that behavior.

We are fortunate here in Monroe Township that we have not experienced some of the challenges faced in other districts. In part, our safety is assisted by the relationships between our students and our staff members and the open lines of communication that exist in our schools. Students feel comfortable in expressing their concerns with staff members, who then work with the Se-

curity Department and Administration in determining if intervention may be needed. As has been reported by other districts, social media postings may offer clues about potential problems that may result in investigation or referrals to counselors for student support.

Our school system Security Department works diligently to protect our students and staff while offering a supportive atmosphere in our buildings. For their efforts, we say thanks.

No more robocalls — (If we're lucky)

By Carol De Haan

On Dec. 4, 417 members of the U.S. House of Representatives voted in favor of a bill to control automated telephone messages (robocalls). Only three votes went against the measure, whose chief sponsor was New Jersey Congressman Frank Pallone. The bill now goes to the Senate, where approval is expected, since the bill was already negotiated with that body. After approval by both houses, the bill will go to the president for his signature.

nature.

This legislation will require telephone service providers to

- offer call-authentication technology;
- allow customers to block robocalls at no extra charge;
- help to identify the worst violators;
- allow the FCC to go after violators and impose heftier fines; and
- help protect doctors, hospitals and patients.

Five billion illegal robo-

calls were made last November, and 136.6 million of them were made in New Jersey. In addition to their vast annoyance, robocalls create a safety hazard in the sense that homeowners might simply decide not to answer a ringing phone and thereby miss an essential message.

Further, it has been estimated that 22 million Americans fell for automated telephone scams and were ripped off to the tune of \$9.5 billion in 2016.

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How's the air in your house?

By Carol De Haan

Feeling sluggish these days?

Need a nap after lunch?

Could it be poor air quality, i.e., less oxygen and more air-borne toxins in our snuggly, wintertime houses?

Winters in the northeast can be brutal. We get that blast of Arctic air that barrels down the east coast from Canada. So, we install draft-proof windows, add insulation to our attics, and put weather-stripping around all our outside doors. We're happy to be warmer and we're saving money on our utility bills, too. But what happens to our health as we inhale, not oxygen, but a lot of carbon dioxide and indoor pollutants?

Pollutants? I don't have pollutants in my house.

WOW! GOOD FOR YOU!

That undoubtedly means you have no carpeting, no upholstered furniture, no vinyl flooring, no plastic grocery bags, never any to-

bacco smoke, no paper products, no cleaning products, no inks, no dyes, no synthetic fabrics, no plywood or particleboard, no rubber products, no nail polish remover, and no air fresheners in your house. All these things release toxins that build up in winter when there's very little fresh air coming in.

Oh. Well, if you put it that way ...

Yes, we do. The most prevalent air-borne toxins in our homes are carbon dioxide, benzene, formaldehyde, acetone, chloroform, and other volatile organic compounds. They are mostly colorless and odorless, so we don't notice them. Nevertheless, prolonged exposure can increase stress, damage our immune systems, lessen the number of our red blood cells, increase our risk of cancer, sore throats, coughs, nosebleeds, and can also create breathing problems in susceptible people.

So should we open the windows in winter?

That's your choice. But according to a 1989 Clean Air Study from NASA, we have a not-so-chilly but effective method to purify indoor air: inexpensive, widely available house plants, such as:

- Bromeliads — a researcher at SUNY Oswego found that a single bromeliad, in only 12 hours, removed 80% of six toxic substances from room air.
- Dracaenas — All members of this large plant family pull acetone from the air.
- Spider plants absorb volatile organic compounds immediately on exposure.
- Golden pothos will clean the air of chloroform, a suspected carcinogen.
- Philodendrons, spider plants, and golden pothos are effective against formaldehyde, found in many household products.
- Chrysanthemums and gerbera daisies absorb benzene, another widespread air toxin.

Virtually any kind of houseplant will work to absorb air-borne toxins, while creating the oxygen we need to breathe. Most houseplants are inexpensive to buy, but you can often root your own

plants from cuttings that you get for free. All you need to get started is a few friends with green thumbs and generous hearts.

And remember, it's only three months till spring.

Bob's Almanac

By Bob Huber

As we enter the 20th 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 a bacon cheeseburger and a double chocolate milkshake. The subconscious mind is probably going to win.

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

Looking beyond ancient customs, January is host to many other historical events which are worthy of our attention: patriots Paul Revere (1735), Betsy Ross (1752), and Ben Franklin (1706), were born this month, as were Gen. Robert E. Lee (1807), Edgar Allan Poe (1809) and Pres. Franklin Delano Roosevelt (1882).

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

As for other note worthy events: Pres. 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.



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Birdwatching in Rossmoor



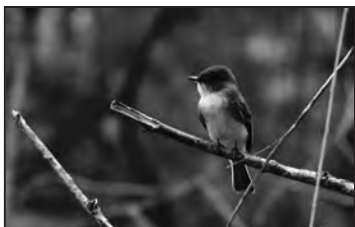
(Continued from page 1)

around Jamesburg's Thompson Park.



Golden-Crowned Kinglet

Four of my favorites happen to pass through central Jersey: eastern phoebe, golden-crowned kinglet, black-throated blue warbler and eastern bluebird. The phoebe and the bluebird winter in Mexico and the warbler stays in the Caribbean. But the kinglet is a Canadian bird that spends winter in the southern states. It's a tiny, roundish olive bird that, if you're lucky, will flash a bright golden crest. Look for them in summer and fall in the trees along Rossmoor Drive across from the 10th hole.



Eastern Phoebe

The eastern phoebe is twice the size of the kinglet with a sooty gray back and pale-yellow chest. It's a flycatcher, which means exactly that. Watch it perch on a fence or branch, then fly off in pursuit of bugs in a twisting, turning chase. It then returns often to the same branch where it bobs its tail repeatedly until the next sortie.



Black-Throated Blue Warbler

You'll find the two blue birds the most spectacular. The black-throated blue warbler flits through trees near Yarrowborough and in the park. The female is nondescript olive green. But the male has a stunning pattern: blue back, white chest and black mask and throat. It's every birder's favorite. The eastern bluebird likes open spaces so look for it on the golf course. When the sun hits the male just so, its back turns brilliant blue. The throat and chest are brick red and it has a white belly. It's the only eastern U.S. bird with that color combination. The female has the exact same colors and patterns, but duller than the male.

One of the fascinating things about songbirds is their migration. None of these four weighs more than an ounce, yet they fly over mountains, along coasts and



**Eastern Bluebird
Female (L) and Male (R)**

over open water, sometimes contending with storms. Before they leave from wintering grounds, they eat voraciously to build up fat; normally birds carry very little extra fat. By the time they reach Cape May, they're starving and exhausted and will again eat voraciously. Many of the weakest can't reach land in time and they simply fall into the sea in an event called a fallout. Once birds have eaten enough to rebuild energy on their stopovers, they take off toward their breeding territory. Bird-

ers take advantage of these stopovers to see species not normally found in New Jersey.

Songbirds migrate at night. While you sleep, in spring and fall, millions of birds fly full-speed overhead in the darkness. Light pollution from densely populated places like New Jersey upsets the route of many species because they orient themselves using moonlight, stars, and the setting sun. But they also orient by magnetic fields, typical wind patterns (climate change is upsetting this too), smell, and land topography. Some species follow I-95 from Florida to Maine.

Why nighttime travel for the littlest songbirds? Researchers don't yet have all the answers. Cooler, less turbulent night air helps conserve energy. And since birds' preprogrammed genetics teaches them to navigate

by the moon and stars, nighttime is best. Hawks by contrast, soar on updrafts called thermals, which only happen during the day. So hawks migrate in the daytime. Other daytime migrants are crows, blackbirds, and the blue jay.

Most species minimize stopovers and maximize flying time. They race to get to their breeding grounds before they run out of energy and plummet. Between stopovers, songbirds can fly for 60 hours non-stop. They sleep on the wing. A bird needs much less sleep than humans, but also, a bird can shut down one half of its brain to nap while keeping the other side awake. After the rest period, it switches sides, all while flying at up to 40 miles per hour, faster if they can catch a tailwind. In 2007, ornithologists recorded a migration record. A shorebird called a godwit flew more than 7,000 miles non-stop from Alaska to New Zealand.

Violent storms force birds to make stopovers. Though this seems like a bonus rest

stop, big storms like hurricanes can make feeding very difficult. Many migrating birds prefer to navigate around storms, which avoids danger but increases the length of their trip. Overall, migration still holds many mysteries. When some bird species take off for the season, their route and their habits are completely unknown to us. One thing we do know: migration is one of the toughest accomplishments in a bird's life, and they usually do it flawlessly. After fighting weather and storms and contending with airplanes, light pollution and human-destroyed rest sites, some birds return to the very same tree to build their nest year after year. Knowing what Rossmoor's warbler and others have been through, and still face ahead, gives us an appreciation of these most impressive little members of the animal kingdom.

This is the last in the Rossmoor Birds series. If you have bird questions, feel free to contact me at write1@annemaczulak.com



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CoQ10 helps statin pain (and more)

By John Pillepich, Ph.D., CPhT

People take statin drugs to lower high cholesterol levels. Doctors prescribe them because elevated cholesterol levels are one of the risk factors for heart disease, stroke, and peripheral artery disease. Commonly prescribed statins include Crestor, Lipitor, Mevacor, Pravachol, and Zocor.

Statins work in two ways. First, they reduce the production of cholesterol in your body. Second, they help your body reabsorb the cholesterol that has built plaques in your artery walls. This reduces your risk of blood vessel blockages and heart attacks.

Unfortunately, as with many prescription medications, there can be negative side effects. Statin drugs can cause muscle pain, weakness, memory loss, and peripheral neuropathy (pain or

numbness in hands or feet). The cause of these side effects is that, along with reducing cholesterol, statin drugs reduce the body's production of a substance called CoQ10 (coenzyme Q10; also called ubiquinone and ubiquinol).

Ironically, Merck, the company that made the first statin drug, Mevacor, knew that was a potential problem. Here they had a drug that was meant to prevent certain heart problems, but the drug also had the potential of negatively affecting heart health! So, in the late 1980s, they patented the combination of Mevacor and CoQ10, but unfortunately they never made the product.

CoQ10 has a major role in energy production in the body, and when its level is reduced by taking a statin drug, negative side effects can appear. Fortunately, CoQ10 supplements are available, which might help to reduce some of these statin-caused side effects.

And CoQ10 does much more than that. Research supports CoQ10 supplementation helping with these varied health conditions: angina, congestive heart failure, diabetic neuropathy, fibromyalgia, HIV/AIDS, hypertension, migraine headaches, multiple sclerosis, muscular dystrophy, myocardial infarction, non-alcoholic fatty liver disease, Parkinson's disease, Peyronie disease, and

trigeminal neuralgia.

How can CoQ10 help all these conditions? CoQ10 (ubiquinone) is one of the most essential molecules of life and is found in all animal cells. In fact, the "ubi" in ubiquinone stands for ubiquitous. CoQ10 is a critical link in the electron transport chain, leading to the production of high-energy molecules (ATP) that are used in many chemical reactions in the body.

There are a few things to consider when using CoQ10 as a supplement. First, it's fat-soluble, so it should be taken with a meal that contains some fat or oil. Second, since it does help with energy production, it's better to take it earlier in the day, maybe with breakfast or lunch. Third, while some people may notice more energy within a few days of using it, it may take a month or two to get the maximum benefits. Finally, CoQ10 as ubiquinone needs to be activated (reduced) to its active form, ubiquinol, before it can work. As we grow older, the absorption and activation of ubiquinone decreases, so usually its active form (ubiquinol) is recommended for people more than 50 years old.

John Pillepich earned a doctorate in nutrition. He is also a certified pharmacy technician. He and his wife, Maria, are the proprietors of a nifty shop, The Pantry, near the North Gate and not far from Sal's Deli.

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Pre-retirees to convert to IRAs more often

The tax burden of Americans was already among the lowest in the world, even before the tax cut that went into effect at the start of 2018. But the cost of Social Security, Medicare and borrowing are likely to force the U.S. government to raise tax rates in the years ahead. As a result, if you're nearing retirement or already retired, that makes this a good time to consider converting a traditional individual retirement account into a Roth IRA.

Here's a short lesson on a long-term tax bracket management strategy to increase tax-efficiency in a retirement portfolio, and it sidesteps a new snag in the Tax Cut and Jobs Act that penalizes widows. Analysis from the non-partisan Congressional Budget Office shows the interest on the U.S. debt will become unsustainable in the mid-2020s. The \$21 trillion U.S. debt surges in the next few years and interest owed on the debt accelerates, along with the risk of default. As 2023 nears, running trillion-dollar budget deficits annually becomes increasingly untenable policy, and tax rates are likely to rise.

With a traditional individual retirement account, taxes on

gains reinvested are deferred. An IRA grows with no taxes owed. When you retire, withdrawals are taxed as income. A Roth IRA is different. You pay income tax up front and Uncle Sam promises tax-free withdrawals when you're retired. Inflation has been low for many years. While it is not expected to rise sharply, the real cost of the federal debt would be reduced if inflation rises.

Many surviving spouses will face a tax penalty after losing a mate under tax brackets enacted by the Tax Cuts and Jobs Act. For example, a couple with \$170,000 of adjusted gross income is in the 24% top bracket, but after one spouse dies the survivor would fall into the 32% bracket. Retired married couples converting a traditional IRA to a Roth account can avert the widow penalty with proper planning. Since Roth accounts generate tax-free income, converting to a Roth places a surviving spouse in a lower tax bracket. For example, a couple with \$170,000 of income would convert from a traditional IRA to a Roth IRA, lowering their income to less than \$157,500. If one spouse dies, the survivor would be in the 24% bracket applied to singles with up to \$157,500

(Continued on page 9)



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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.

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 re-

(Continued on page 12)

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Sound Advice

(Continued from page 8)
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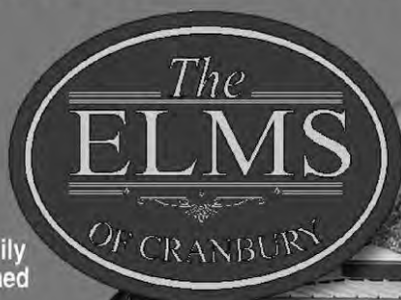
Coming up with the cash to pay the one-time conversion tax is not for everyone. However, converting makes no sense unless you have cash on hand to pay the income tax on withdrawals from your traditional IRA. Withdrawing a larger amount to pay the taxes usually is a bad idea. Tax-sensitive investing tactics like this can reduce a tax bill by a material amount all throughout a surviving spouse's lifetime. But tax-managed investing is complicated. We evaluate tax planning opportunities for clients.

Please contact us with any questions about your personal situation.

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Finally made it to my first Super Bowl



Allan Kaufman is in the plaid shirt, his friend David Castro is next to him on his left, his brother in law Mark Finsmith is at the end on left and Alfred Siegal is kneeling with the football.

By Allan Kaufman

The trip to the New York Giants first Super Bowl, Jan. 25, 1987, was just as long for them as it was for me. But the story begins a good number of years before that day.

There was a time when my father was number 34,784 on a very selective list. That was his place on the waiting list to purchase the hardest ticket in sports, season tickets to the New York Football Giants. My dad was a huge Giants fan for as long as I could remember. My first recollection of this was during the 1961 season when my dad and I watched the Giants get destroyed by the Green Bay Packers, 37-0, in the NFL Championship game.

The next year, my interest grew very quickly. My dad took the day off as we, along with his friend, Art Schildkraut, drove to Fairfield, Conn. to watch the Giants practice during their summer training camp. We left early in the morning so we could catch both the morning and afternoon practices. I was 11 years old at the time. I had an autograph pad and my dad had a camera to capture the moments when the players would take the time to take a picture and sign an autograph for me.

It was a time when you were able to walk with the players from their breakfast to the practice field and when practice was over, walk back with them toward their

dorms. It was normal that the players would say, "I'll sign after practice." They always did. I have pictures of myself with Hall of Famers, Y.A. Tittle, Frank Gifford, Sam Huff, Rosey Brown and Andy Robustelli.

My dad's friend Art took the pictures to the Giants Welcome Home Dinner, held a few days before the start of the season, and had many of them autographed by the players.

A number of my dad's friends had the precious season tickets. One of them gave his two to my dad so he could take me to my first game. We went to Yankee Stadium on Oct. 28, 1962, a day that stands out in NFL history. That day, Y.A. Tittle threw seven TD passes to set a record as the Giants defeated the Washington Redskins, 49-34. The end of that season ended as did the previous one with the Packers defeating the Giants, 16-7. Next year was not any better as the Giants lost to the Chicago Bears in the Championship game, 13-10. I still see a sure TD pass to Del Shofner, the Giants most reliable receiver, being dropped by him early in the game. A sure game changer.

My dad moved up to number 33,650. People just renewed their tickets, year after year after year, or they passed them on, after they died, to family members. Often there were fights over ownership of the tickets

when a person died. Lawyers had to be brought in to settle any family disputes. At this rate, my great-grandkids may have been moved toward the front of the list in 2075!

Well the unthinkable happened. The Giants got old, and for the next 18 years the faithful fans were treated with some of the most awful football a team could play. Early on during that period, however, there was a silver lining.

In 1968, my dad was working for a furniture company when, that spring, a customer filled out some sort of application to buy some bedroom furniture. That customer happened to work for the Giants. My dad called him, explained how big a fan he was and asked if there was anything he could do to get tickets for the upcoming season. He told my dad to check back at the end of August.

As luck would have it, the man came through with two tickets for the six home games (they played a 12-game season) with seats located in the left field bleachers at Yankee Stadium. For the football games, the seats were in the end zone. I think the cost of each ticket was \$10. That year they finished at 7-7. Still, we were looking forward to the next season as well as the tickets we thought we would be getting.

When my dad called the

(Continued on page 11)



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Super Bowl

(Continued from page 10)

man the following year, he was told he would not be able to get the tickets for him again. My dad took matters into his own hands as he reached out and wrote to the owner, Wellington Mara. Mara was quick to respond and put my dad into their system so that he would be able to get the tickets every year.

My dad and I, along with some of his friends, used to travel to the games together from our home in Yonkers, N.Y. We parked in a lot on River Avenue about two blocks from the stadium. I can still hear the guy at the lot yelling, "Closer, move closer, come on, move closer," talking about the car next to ours. We had to park so close to the next car that we had trouble getting out of the car. Obviously, they wanted to pack as many cars into the lot, at \$5 per car, as possible.

We traveled to see some truly awful Giants teams when they played their games at Shea Stadium and the dreaded Yale Bowl. Going to the Yale Bowl for two years to see one winning game was a test of Giants loyalty, or of our stupidity.

Moving into the new stadium near the Meadowlands racetrack did not improve the luck of the team. Still, the waiting list was still

around 30,000. Our tickets in the new stadium were comparable to the seats we had at Yankee Stadium, lower level in the corner of the end zone. About two years after the stadium opened, we asked if we could move our seats to the upper level and possibly get two additional seats. I guess having season tickets had its rewards. We now had four seats on the 20-yard line and most important, the seats were on the sunny side of the field.

A year later, there was another surprise. An executive for the company my dad was working for, a season ticket holder since the early 1950s, had two tickets on the 50-yard line. He was getting up in age and could not go to more than one or two games a year. He wanted to know if my dad wanted to "inherit" the tickets. He would ask the Giants to transfer his tickets to my dad's account. We now had six tickets in my dad's name. The 50-yard line seats were in the sixth row on the sunny side of the stadium. I emphasize the sunny side because in November and December, even if the temperature was in the 30's, if the sun was out, it felt 10-15 degrees warmer.

With the six tickets, one went to my brother-in-law, Mark Finsmith, one went to a

(Continued on page 12)

Think spring

By Anne Rotholz

With the exception of the evergreens, our Rossmoor trees are resting for winter. While we wait for the return of green leaves on beautiful branches we should look closely at the trees as they are now. At this time of year, they have a special beauty that frequently escapes us. The math teacher in me calls it, "The Geometry of the trees." One can now see their varied trunks and their intricate branches with differing shapes and patterns

Some of our trees give us the first hint that spring is just around the corner. In January our witch hazels will begin to produce beautiful yellow-gold flowers. They seem totally oblivious to the ice and snow all around them. Look for them on either side of the maintenance entrance to the golf course on Old Nassau Road. It seems to me that they were trimmed last year so they may be a little less obvious this spring.

With the coming of February, the weeping willows begin to turn yellow. Most of our weeping willows are gone but you can see them in Cranbury or on the way to Jamesburg.

Birds and animals are sometimes harbingers of spring, though I am not so sure that we can rely on them from here on. The early February robins are now few

and far between. These robins usually stopped here briefly during their migration flight and could be seen mostly around the Clubhouse in very early February.

In general the bird population here is, sad to say, decreasing. We can blame it on all the warehouses that have been built nearby but we could be a little kinder to them and feed them so that they can survive the harsh winter

Have you noticed the dramatic decrease in our squirrel population? We can thank a pair of coyotes that took up residence here for a short time in summer for that. Once their food supply diminished they moved on.

January 21 and 22 are Bald Eagle appreciation day

While this holiday was traditionally celebrated in central and southern parts of the country, it has become popular in our area in recent years. When it comes to the bald eagle, New Jersey has reason

to celebrate. In 1967 the bald eagle was placed on the Endangered Species list where it would remain until 2007. In 1970 there was only one pair of bald eagles nesting in New Jersey. While they were plentiful in previous years the use of pesticides, especially DDT, decimated the population. Although the pesticide was banned in 1972, there was still only one nesting pair here in 1980.

The banning of DDT and a major effort by biologists in the N.J. Division of Wildlife brought about a steady increase in the bald eagle population in the state. In 2018 New Jersey had 204 nesting pairs. Most of them are in the southern part of the state but we have nine in central N.J. Mercer Park and Veterans Park now have bald eagles. This is good news for all of us. We can visit them or we can "keep an eye to the sky" and perhaps spot one of them.

What if your PC screen turns red? LOG OFF!

By Carol De Haan

What to do if you're casually browsing around on your PC and suddenly the screen turns fire-engine red? Maybe you'll see an urgent message, supposedly from "Microsoft Edge," that says, "Stop Code. Critical process died/Error report."

Then you will be asked to provide your logon and password.

Presumably, some kind-hearted techie is on the other end just waiting to solve this miserable problem and restore your service. How kind, how thoughtful.

(Continued on page 12)



What you should demand from your dentist:

1. HE SHOULD LISTEN TO YOU —

When you first meet the Doctor, it's a good sign if you get to do most of the talking. After all, who knows you better than... you! Your needs and concerns are VERY important to us!

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— Peter DeFazio, D.M.D.

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

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24 HOUR EMERGENCY CARE

LOG OFF!

(Continued from page 11)

However, you might decide this is an odd situation, and better to get out by moving the cursor and clicking on the upper right-hand "X." Oops, it won't work. You are locked in.

Now what to do? Oh, just try the telephone number that's provided, after all it says "Microsoft Support."

If, at this point, you do not smell a rat, you are asking for trouble. Get out, as fast as you can. Since you cannot escape the screen by normal methods, TURN OFF the computer. Go have a cup of tea before you try to log on again. You are being scammed. Anyone who gets your logon and password will surely do his or her utmost to clean out your assets and ruin your life.

What if a user with a tender, trusting heart decides to call the "Microsoft Support" numbers? The first number given was 1-866-576-1622, and later after a second red screen, it was 1-843-941-7775. These numbers, 866 and 843, are not area code numbers, they are "redirect" numbers, meaning they could originate from anywhere. If you were to call to find out who they are, you might very well be connected to an overseas source.

That's the world we live in. The Internet was supposed to connect us all for benevolent purposes. Alas, we've become connected, but too often with crooks and scammers. Protect yourself. Be skeptical. Do not fall for messages even if they look official.

By Allan Kaufman

The inscription from the main gate at the Auschwitz concentration camp, built in Oswiecim, Poland, should remind everyone of the falsity of the inscription, because work did not make any of the one million camp prisoners, most of them Jews that were killed by the Nazis, free.

On Jan. 27, we celebrate the 74th anniversary of the liberation of the worst of the worst, the Auschwitz concentration camp. This was the largest of the Nazi camps. Auschwitz prisoners were liberated by four Red Army infantry divisions. Soldiers of the 60th Army of the First Ukrainian Front, under the command of Marshall Ivan Konev, opened the gates to the camp. About 7,000 prisoners awaited liberation at the main camp.

Major Anatoly Shapiro served in 100th Red Army Division and his troops were the first to open the camp's gates. He remembers:

"In the second half of the day we entered the camp's territory and walked through the main gate, on which a slogan written with wire hung: 'Work sets you free.' Going inside the barracks without a gauze bandage was impossible. Corpses lay on the two-story bunk beds. From underneath the bunk beds skeletons that were barely alive would crawl out and swear they were not Jews. No one could believe they were being liberated."

Journalists from the 38th army, Usher Margulies and Gennady Savin, entered the camp after the soldiers. This is what they remember:



Translation "Work Sets You Free" on the gates of the concentration camp

"We entered the brick building and looked inside the rooms. The doors weren't closed. In the first room there was a huge pile of children's clothes: little coats, jackets, sweaters, many of them with bloodstains. In the next room there were boxes filled with dental crowns and golden dentures. In the third room there were boxes with woman's hair. And then a woman prisoner brought us

to a room filled with boxes with women's bags, lampshades, wallets, purses and other leather items.

She said: 'All this is made from human skin.'

So, as we pause on this most solemn occasion, The International Holocaust Remembrance Day, we must recommit ourselves to a phrase I frequently use when it comes to thinking this could not happen again to any race or religion, "Never again!"

I can be reached at allan.kaufman0125@gmail.com. Comments and feedback are always appreciated.

It's January!

(Continued from page 9)

covered by methods too advanced to go into here.

The Department of Defense recommendation is to wipe the drive and overwrite it at least three times with garbage. One other way is to remove the hard drive and beat it to a pulp using a sledge hammer – not a really good method unless you can break all the platters inside the drive while wearing protective clothing, but great if you want to take out your anger on something.

If you need help wiping a drive, contact the Computer Club – no charge for members.

One last thing to keep in mind, if you replaced a phone, tablet, or computer because it is too old, too slow, or giving you problems, don't bother thinking of selling it or donating it because it will be too old, too slow, or will have too many problems for someone else.

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

Super Bowl

(Continued from page 11)

friend, Alan Brown, and two went to my friend, Larry Haffner and his son, Steven.

Finally, in 1981, the Giants were back in the playoffs, and a few years later, after drafting Phil Simms and Lawrence Taylor, and with Bill Parcells as the head coach, they won a first-round playoff game, after the 1984 season, against the Rams and lost to the Bears after the 1985 season. In 1986, they produced a 14-2 regular season record as they were headed to the playoffs.

Toward the end of the regular season, with the prospect of the Giants actually having the chance to go to the Super Bowl, my dad, as a season ticket holder, was sent instructions on how to apply for, as we whispered, not wanting to unnerve the football gods, Super Bowl tickets. The tickets were to be distributed on a first-come, first-served basis with our response having to be postmarked no sooner than Dec. 26.



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Rossmoor Clubhouse News

January 2020

PHS Philadelphia Flower Show

Riviera Holiday

Thursday, March 5

Cost: \$60pp - includes show ticket, bus and gratuity

Enjoy lunch at the Reading Terminal Market -

One of America's largest and oldest public markets offering an incredible selection of locally grown & exotic produce, sourced meats, finest seafood and more!

On Sale January 6

WELCOME

Clubhouse

Open daily from 8AM - 10PM

E&R Office

Open Monday-Friday

8:30AM - 5PM

***Closed Daily from 12noon-1PM**

Phone: (609) 655-3232

Melissa Barnard: Clubhouse Manager

Sue Ortiz: Office Coordinator

Sebrena Jinks: Office Assistant

Jessica Roberts: E&R Foreman

ON SALE - NOW & UPCOMING

EVENTS

"HIGH TEA" W/ DOWNTON ABBEY MOVIE

Friday, January 17 at 1PM—Sold Out

Friday, January 24 at 1PM—Sold Out

CHINESE NEW YEAR CELEBRATION

Tuesday, January 21 at 12:30PM, Ballroom, \$22

On Sale Now

TRIVIA NIGHT W/ CJ THE DJ

Wednesday, January 22 at 7PM, Ballroom, \$10

On Sale Now

YEAR IN REVIEW 2019

Friday, February 7 at 2PM, Ballroom, Free

Join us as we enjoy memories from 2019! Coffee & cake

TRIVIA NIGHT W/ CJ THE DJ

Tuesday, February 18 at 7PM, Ballroom, \$10

On Sale 1/23

"BEAT THE WINTER BLUES" DANCE PARTY w/ THE TAKE 5 BAND

Friday, February 21 at 7PM, Ballroom, \$10

Call-In on 2/11 at 12:15pm

ST. PATRICK'S DAY LUNCHEON

Friday, March 13 at 12:30PM, Ballroom, \$22

Menu includes corned beef brisket, New England potatoes, steamed cabbage, Irish soda bread & more!

On Sale 1/22

EXCURSIONS

PHILADELPHIA FLOWER SHOW & READING MARKET

Thursday, March 5, \$60—Bus departs poolside at 9:15AM

On Sale 1/6

UNMASKED: THE MUSIC OF ANDREW LLOYD WEBBER

Wednesday, February 26, \$105—Bus, grat. & Orch. ticket

On Sale 1/9

MOULIN ROUGE AT HIRSCHFIELD THEATER

Thursday, March 19, \$225—Bus, gratuity & Orch. ticket

On Sale Now

CINCINATTI REDS AT NEW YORK METS

Wednesday, May 6, \$70—Bus departs poolside at 9:30am

Cost includes game ticket, bus, grat. & \$24 food voucher

LINE DANCE

Demonstration

Wednesday, February 5

6:30PM Ballroom

RSVP your interest to E&R

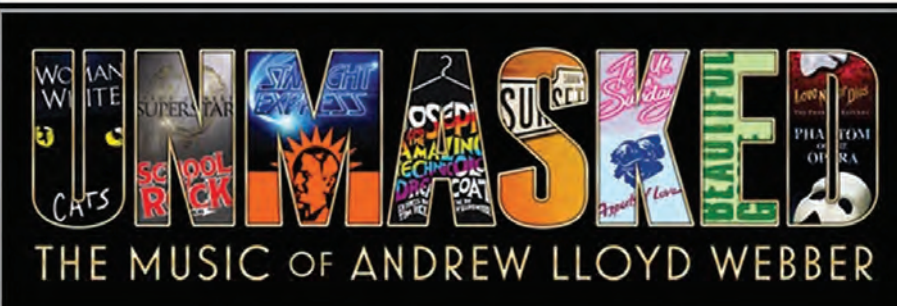
****Participants must wear closed to shoes.**



Wednesday, January 22
7PM - 9PM Ballroom \$10

Tease Your Brain & Win Prizes!
Bring your own beverages and snacks.

On Sale Now



Wednesday, February 26
7:30PM Paper Mill Playhouse

\$105pp - includes bus, gratuity & Orch. ticket

Get to know the man behind such Broadway blockbusters as Phantom of the Opera and School of Rock in a new musical revue filled with humor and heart.

CULTURAL

AFRICAN HERITAGE GROUP

MLK Celebration

Saturday, January 18, 3:00pm, Gallery

AVIATION GROUP

2nd Wednesday, 1:30pm, Ballroom

BOOK DISCUSSION GROUP

Thursday, January 16, 3:00pm, Dogwood

CURRENT EVENTS ROUNDTABLE

Mondays, 10:30am, Maple

GERMAN AMERICANS

Thursday, January 30, 12:30pm, Ballroom

KOREAN AMERICANS

Saturday, January 18, 5:00pm, Maple

LATINO/HISPANIC-AMERICANS

Wednesday, January 29, 5:00pm, Gallery

POLISH AMERICAN

Friday, January 3, 1:00pm, Maple

PROGRESSIVE GROUP

Thursday, January 16, 4:30pm, Ballroom
Dinner and movie

RECIPE GROUP

Wednesday, January 8, 6:30pm, Maple

VETERANS GROUP

Tuesday, Jan. 14, 10:00am, Ballroom

WRITERS GROUP

Thursday, January 30, 10:00am, Cedar

THE ARTS

"ALL IN STITCHES" Knit & Crochet Group
Thursdays & Saturdays, 1:00pm, Maple

ART CLASS/WORKSHOP

Wednesday, 9:30am—11:30am, Gallery
Resident/Artist Paul Pittari offers basic instruction. Easels provided. Supplies on your own.

CERAMICS STUDIO

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

POTTERY

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

RUG HOOKING GROUP

Thursdays, 9am—2pm, Gallery
Bring your lunch and have some fun!

WOODSHOP & OPEN WOOD CARVING

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.

BILLIARDS ROOM

Open 7 days, 8am-10pm
(Closed for cleaning Wed. 8am—11am.)

BRIDGE

Contact Clubhouse

CANASTA

Mondays & Wednesdays, 1pm-4pm
Contact Sandy Davidson at (609) 395-4057 or
Linda Ortlepp at (609) 664-2965

MAHJONG

Contact Clubhouse

MAY I

Contact Clubhouse

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

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

HEALTHY BONES

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

LATIN-INSPIRED DANCE

Tuesday, January 7, 6:30pm, Gallery
Join us for an hour of instructional dancing—Salsa,
Merengue, Bachata and more!

OPEN EXERCISE DVD

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

WALKING GROUP (Weather Permitting)

Mondays, 9am, Front of Clubhouse
Walk the 1 mile or the 2.5 mile loop around Old
Nassau. Bring water and wear comfortable shoes.

YOGA

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

ZUMBA

Classes will resume in January 2020. Dates TBA



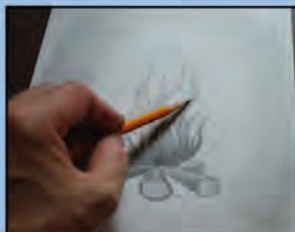
DATE CHANGE FREE Drawing Class

Wednesday January 8
10:00AM Gallery

Join us for the 30 minute video,
"Travel Sketching" featuring
artist Mark Taro Holmes, as he
leads us through a
demonstration of how he
quickly draws scenes around
him. He focuses on techniques
and ways to improve your
skills. Following the video,
participants will have an
opportunity to hone in on their
own drawing skills.

Paper and pencils will be
supplied.

RSVP your attendance to E&R
by Monday, January 6.



SPORTS FUN!

BOCCE

The 2020 Bocce Season will be April—June.
Keep an eye out for additional information.

CROQUET

Interested in playing in 2020? New Players
Welcome. Call Betty Anne Clayton.

HIKERS

2020 Schedule to be announced shortly.
* New hikers welcome! All hikes depart from
Clubhouse at 9:30am, unless otherwise noted.

PICKLEBALL

Special thanks to the Monroe Pickleball
Fundraising Group, players, Make-A-Wish
staff and spectators for a great day.

SHUFFLEBOARD

Interested in playing in 2020? New Players
Welcome. Contact E&R for details.

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

"THREE BILLBOARDS OUTSIDE EBBING, MISSOURI"



Rated R / 1hr 55m / No Charge

Sunday, January 26

1:30pm and 7pm Ballroom

Tuesday, January 28

1:30pm and 7pm Ballroom

TUESDAY MYSTERY MOVIE

January 7 at 1:30PM and 7pm

Movies are subject to change.

RSVP Your Interest

"Wicked" or "Dear Evan Hansen" on Broadway

Wine & Train Tour * Ladies Day in Lancaster

Mackinac Island, NY Tour

Car Show * 5 Day Cruise (out of Bayonne)

Make Your Own Gourmet Ravioli

QVC Studio Tour

Murder Mystery Dinner

Arrangement of trips is dependent upon number of residents interested. If you want to see something special, call E&R!

LIBRARY ON LOCATION

"Inventing Tomorrow"

Wednesday, January 15 at 1PM, Ballroom

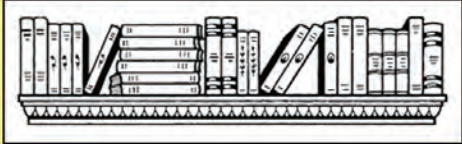
Teenage innovators from across the globe prepare their projects for the largest convening of high school scientists in the world, the Intel International Science and Engineering Fair. A film by Laura Nix. [2018, 80 min]

"What Tomorrow Brings"

Wednesday, January 22 at 1PM, Hawthorn

Inside the very first girls' school in a small Afghan village, education goes far beyond the classroom as the students discover the differences between the lives they were born into and the lives they dream of leading. A film by Beth Murphy. [2016, 90 min]

No Charge—Program is in collaboration w/ Monroe Twp. Library & PBS



F41

RCAI Offices will be Closed on Wednesday, January 1st in observance of New Years 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.



African Heritage Group gathered together for their Kwanzaa / End of Year Celebration.

Did you know that each of the seven days of Kwanzaa are dedication to one of the following principles?

Unity, Self-Determination, Responsibility, Cooperative Economics, Purpose, Creativity & Faith.



Residents gathered in the Red Room to decorate our Christmas tree and fireplace mantle.





JANUARY 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Events or trips marked * require tickets or prior registration	Ticket Sales Today! 		1 	2	3	4
5	6 9:30am Mutual 4B Open—VC 	7 1:30pm Mystery Movie—BR 7:00pm Mystery Movie—BR	8 9:00am Mutual 1 Open—VC 9:30am Intro to Art—GL 1:30pm Aviation—BR 6:30pm Recipe Exchange-MP	9 9:00am Committee Meetings-VC 	10	11
12	13 1:00pm Healthcare Lecture—MP	14	15 10:00am Mutual 2 Open—DW 10:00am Fireside Chats-RR 1:00pm Library on Location - BR	16 9:00am Board of Governors-VC	17 Afternoon “High Tea” with Downton Abbey Movie*	18
19	20 	21 12:30pm Chinese New Year Celebration—BR*	22  1:00pm Library on Location - H 7:00pm Trivia Night—BR*	23 6:30pm Bingo—BR 	24 Afternoon “High Tea” with Downton Abbey Movie*	25
26 1:30pm “Three Billboards” Movie—BR 7:00pm “Three Billboards” Movie—BR	27	28 1:30pm “Three Billboards” Movie—BR 7:00pm “Three Billboards” Movie—BR	29 10:00am Fireside Chats-RR	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 7:15 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



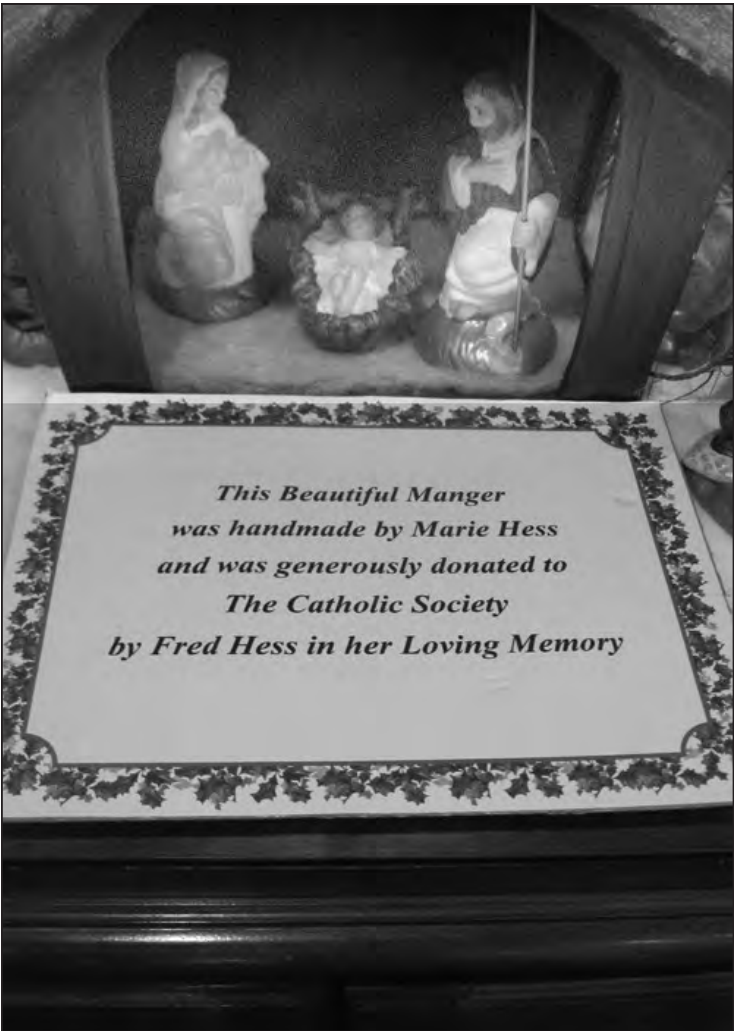
Willing hands who decorated the Christmas tree in the Red Room are, clockwise from center-left, Joy and Al MacVicar, Lucille Conti, Dale Ralston, Pat Haggerty, Melissa Barnard, Paulette Mascia, Sal Gurriero, Dennis Haggerty, and Debbie MacCauley.



The main stairway in the Clubhouse is festooned with holiday ribbons and bows.



Enjoying the Italian-American Club Christmas party are, clockwise from center-left, Dennis Arce, Dot and Dennis Haggerty, Al and Joy MacVicar, Larry Archambault, John and Debbie McCauley, and Diane Arce.




The manger scene displayed in the Clubhouse was donated to the Catholic Society by Fred Hess.



Sharing holiday joy and good food at the Italian-American Christmas party are, clockwise from center-left, Vinnie and Gail Piccirillo, Yvonne and Frank Nobile, Tom and Linda Croake, Nancy and Bill Bloom, and Penni and Dan McOlvin.




Christmas crèche in the Clubhouse



Happy New Year!

Best Wishes for a Healthy and Happy 2020!



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FABRIC & UPHOLSTERY SHOP ON PREMISES

The Rossmoor News Deadline is the 7th of every month.

Wright Brothers Day: Part 2

By Jean Houvener

On Dec. 17, 1903, Orville and Wilbur Wright flew the first successful heavier-than-air machine in a series of flights at Kitty Hawk, N.C. The Wright brothers had proven that humans could fly. They had spent \$1,000 of their own money from 1900 to 1903 to prove that. No one knew better than they how much remained to be done, but the era of aviation had begun.

On that same day, they planned to fly again, but a sudden gust of wind caught the Flyer, tangled John Daniels in the wiring, and tossed the Flyer down the beach, wrecking it and mercifully leaving Daniels unharmed and, as he liked to say, the first survivor of an airplane crash. The brothers and the wrecked Flyer returned to Dayton.

They wanted to design a heavier machine, but needed to turn their attention to the bicycle shop and the necessary profits to finance their designs. They also determined that they could reduce expenses by remaining in Dayton rather than testing their machine in Kitty Hawk. They found a field a 40-minute trolley ride away where they could continue their tests. While their studies of bird flight and their experiments had led them to the wing warping they used from the beginning, the small size of the field necessitated that they perfect turning and landing in a controlled way.

With their Flyer II they attempted several flights in 1904 with one failed component after another before finally flying 1,000 feet on Aug. 13. Trying, fixing, revising one thing after another, they persevered methodically and carefully. On Aug. 24, a gust of wind brought Orville crashing to the ground at 30 mph. While no bones had been broken, he needed a month to recover. They shifted to a catapult mechanism to take off, rather than depending on the wind.

On Sept. 20 using the catapult to take off, Wilbur flew to a height of 20 to 25 feet and flew in a circle and came back to ground in a controlled landing, a feat that had never been done before. In October the British government approached them about purchasing the new Flyer. The U.S. War Department turned down a proposal from the brothers a few months later.

The year of 1905 was spent developing the Flyer III, which would be bigger and more powerful than its predecessors. In addition to developing the equations for the power needed by the Flyer, they were also learning how to better control the machine to increase lift or make use of the warp. By this time, they were flying 11, 12, 15 miles at a time, controlling the elevation, turns, and path of the plane. Local

papers were finally waking up to the historic activity on their doorstep. By the end of the year, the French began to show interest in the Flyer.

A New York company, Flint & Company, offered the brothers \$500,000 for the sales rights for their planes outside the U.S. The Germans offered \$500,000 for 50 Wright Flyers. The French wanted the brothers to come to France so they could discuss sales in person. In May 1906 Wilbur headed to Paris.

Until then the French had been dubious about the Wright brothers' accomplishments. While discussions continued as to what the Wright brothers could sell to the French, Wilbur enjoyed visiting the Louvre and Notre Dame and other attractions of Paris. He impressed his French hosts with his erudition, not just of aeronautics, but of history, art, and culture. Orville, worrying the whole time in Dayton, finally joined Wilbur in July. Charlie Taylor also arrived shortly thereafter. As the months passed without any contracts, all three went back to Dayton in early 1908.

Wilbur stopped en route in Washington, D.C., and was pleased to learn that the U.S. War Department had accepted their bid for a Flyer for \$25,000. The French followed in March with an agreement with a French company. In April of 1908, they returned to Kitty Hawk to reassemble the Flyer and were practicing flying it by May. The tests ended with a spectacular crash from which Wilbur emerged bruised and sore, but with no broken bones. Wilbur returned to France and Orville was to go to Washington.

Wilbur found his best support in France from Léon Bollée, who offered a field in Le Mans for test flights and offered the use of his auto factories for him to rebuild the Flyer that had been packed and shipped, and was waiting for him in customs. The parts were a disaster when Wilbur unpacked them, for which he initially blamed Orville, but ultimately it turned out that customs inspectors had done the damage. Ever practical, Wilbur set out to repair and recreate whatever was needed. At the factory, all the workers were impressed with Wilbur's skill and dedication. Given the detail and specificity of what needed to be fixed, Wilbur had to do most of the work himself. He also suffered burns from a loose radiator hose when he started up the engine to test it. Nevertheless, on Aug. 8, 1908, he and the machine were ready to fly. He circled the field, flying just under two minutes, for two miles. This was the first demonstration in France that the plane actually flew.

Many successes and some accidents followed. The flights moved to a larger field belonging to the French army.

In Washington, Orville was having similar successes and accidents. An increasing number of people came to watch the flights, which were lasting for longer distances and time. On Sept. 17 Orville was taking a young army lieutenant, Thomas Selfridge, on the flight with him. While not the first passenger to fly with him, Selfridge was the heaviest. All was going well when suddenly a blade from the propeller dislodged and fell from the plane. While Orville tried his best to glide the plane to a landing, it crashed to the ground. Both men were carried off to the hospital. Orville was in critical condition, but Selfridge was dead.

In nine years, this was the worst accident either brother had had. Although worried about the loss of income from her teaching, for weeks Orville's sister Katharine nursed and cared for him in Washington, bringing him back to health and strength. While not yet well and on crutches, he and Katharine returned to Dayton after almost six weeks in the hospital. In late December Orville and Katharine set sail for France. On Dec. 31, 2008, Wilbur and his Flyer competed in the Michelin cup, flying 77 miles in over two hours, winning the cup.

The Wright Company was created to build the planes for sale and for the brothers there were more awards and prizes, including a flight over the New York Harbor and up the Hudson River by Wilbur and a flight over the Eiffel Tower in a Wright Flyer by their friend the Comte de Lambert. Over the years, the two brothers never flew together; finally feeling they had done all they could for aviation, they took a flight together in May of 1910. Orville also took his 82-year-old father up in the Flyer, which he enjoyed immensely.

In 1911, Wilbur was busy with business in Europe and New York. Exhausted, he contracted typhoid fever and died May 30, 1912. Bishop Wright died at 88 on April 3, 1917. Katharine continued to take care of the house and Orville, but at 58, married fellow Oberlin classmate Henry Haskell and moved to Kansas City, two years later dying of pneumonia March 3, 1929. Orville lived on, sold the Wright Company for a good profit, and witnessed the progression of flight as well as its destructive use in war, dying of a heart attack aged 77 on Jan. 30, 1948.

Information for this article is from the excellent biography by David McCullough "The Wright Brothers."

Thoughts about January

By Bob Huber

I confess, I don't like January. It seems to be twice as long as any other month, and it offers nothing to look forward to. It just sort of lies there like a lump. Even those hardy souls who like to romp in the snow can be short-changed. Nor'easters aside, January may not yield that much of the white stuff. Even February, which features some of our nastiest weather, shows promise by harboring Valentine's Day and the start of baseball spring training.

People cope with January in various ways, everything from

leaving town for warmer climes to sitting on the couch with a large bowl of popcorn, watching football games. The rest of us are left to deal with the situation as best we can. There are, of course, a number of national January observances worthy of our attention, but there are other equally legitimate observances, which appear to have been created by people who had too much time on their hands.

During the month of January we are encouraged to adopt a rescued bird, get organized, enjoy polka music, and unchain a dog. There are special weeks de-

voted to Elvis's birthday, a hunt for happiness and we are asked to avoid name-calling. There are individual days devoted to a happy *mew* year for cats, drinking straws, riding on the subway without our pants on, taking bubble baths, rubber duckies, Fig Newtons, popcorn, and peanut butter.

If none of these suggestions pushes your button, you'll simply have to make up your own list, or better still, consult the calendar in this issue of the Rossmoor News. You'll find many interesting things to do to chase away the January doldrums.

Part Two – My journey to a cochlear implant

By Betty Anne Clayton, Ed.D.

After 25 years of wearing increasingly more technically advanced hearing aids, I became a candidate for a cochlear implant. My speech recognition score was at 16%. That means that I heard only 16% of the words that were said to me.

Having done all the required testing, and having been medically cleared by my geriatrician for surgery, I arrived at Overlook Medical Center on Nov. 1. The surgery took about two and a half hours. The implant surgeon, Dr. Jed Kwartler, has an outstanding track record of doing cochlear implants since 1993, and I was blessed to have him as my surgeon.

During surgery, Dr. Kwartler implanted a magnet under the skin just above my right ear. He then drilled a one mm hole in my skull, behind the ear, through which he threaded an electrode into my cochlea. The electrode stimulates the cochlea, which directly stimulates the pathway to the brain. That small incision, behind my ear, was totally healed just five days later. There were no stitches as he sealed the incision with derma glue; however, the internal healing required a month. In the meantime, I had the wobbles caused by the fluid in the ear. I used a walker for the first week after surgery and then graduated to a cane. Over the next few weeks, my balance gradually improved. I still move more slowly as my balance is not as good as it was before, which is a common side effect with the surgery. At the post-op visit with Dr. Kwartler, I received a medical card that I will have to use in airports. I will also receive one from Cochlear America, the company that makes my implant equipment.

On Nov. 26, my audiologist, Dr. Brittany Pasquarello, activated my cochlear implant. The audiologist is the person who is turning on my implant and giving me access to sound, I will be following up with her several times in the next six months until everything settles. For each cochlear implant you are allowed two external de-

vices, the N7 and the Kanso. The N7 is a device that sits on the ear and the Kanso is a completely off the ear processor. She placed the N7 processor over my right ear and put the coil with the magnet to match up with the magnet that was inserted under the skin. Then she turned on the sound and asked me to raise my hand when I heard sounds. At first, the sounds I heard sounded like *Daffy Duck* but, within a relatively short period of time, I was hearing words. They sounded like they were in an echo chamber. I was told that as my brain gets used to using the new processing equipment, the sounds will become clearer and they have.

Then Dr. Brittany, that's what I call her, placed my new *ReSound* GN LINX Quattro hearing aid in my left ear. This will, in time, be paired to work with my cochlear processor and my I-Phone for phone calls and music. She took a mold of my left ear in order to create a small unit that will be attached to the hearing aid and placed in my ear canal to enhance the hearing in my left ear. You see, I am also severely impaired in my left ear and am a candidate for a second cochlear implant. Some people do well with one implant and one hearing aid, others end up getting implants for both sides; it depends on your hearing journey. The good news is that this new hearing aid is placed in a charging unit overnight and never needs those pesky little batteries.

At my activation visit, Dr. Brittany also presented me with a large backpack full of equipment that Cochlear America gives to its clients. It came with a personalized name tag that says, Cochlear Family Member Betty Anne Clayton, and has my order number on the tag. The backpack contains the technical equipment that I will learn to use over time. There is a user guide for each piece of equipment. It is a bit overwhelming at first! So far, I have used the remote control that raises and lowers the sound remotely and switches between two pro-

grams. I have also learned how to put the battery unit on the end of the processor. The battery is attached to a charging unit that is plugged into the USB port on my computer for overnight charging.

When I meet next time with my audiologist, she will place a *Kanso*, which means "simple" in Chinese, on my magnet. It is a second kind of processor. The processors come in different colors to match your hair color. Since I plan to let my hair grow out naturally, I chose the grey *Kanso*.

In my backpack, I found a little booklet that instructed me to download the Nucleus Smart App from the App Store, log in with my Cochlear Account details and create an account. This app will allow me to adjust my settings across a range of environments to help me to hear my best. I can also access personalized hearing information with the Hearing Tracker and locate a missing sound processor without carrying an additional remote control. Learning to use the app is my immediate challenge.

Dr. Brittany will introduce me to additional pieces of equipment in the future and I will start hearing therapy. I will keep you updated on my progress in part three of my cochlear implant journey.

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For Whom the (School) Bell Tolls – AVID Program offers additional opportunities

By Linda Bozowski

School programs have changed dramatically over the past fifty years for many reasons. We have technologies that didn't exist when we were in school, populations are more diverse, students need to be prepared to meet challenges in trade schools and colleges, at their jobs and even in such basic places as the grocery store. We hope that we are helping to prepare our young people in our families and at our schools. The AVID program at our middle and high schools is offering some students additional opportunities to be better prepared for the challenges they may face.

If we think of the education system as a bell curve, we start at one of the shallow ends providing assistance to students with physical or developmental needs. Moving to the middle, the largest portion of the bell, are about 70% of our students, those who are physically and developmentally able to succeed within the day-to-day classroom environment with teacher and family support. At the other shallow side of the bell are those students who are able to move forward with advanced courses, maybe even taking introductory college courses. These students may need less support and may be more self-reliant as they move through their schooling.

We will be taking a look at what is offered to all of our students over the next few months. While all of our students are important, some-

times it may seem that those in the middle get less attention, sort of like the middle child syndrome we may have experienced in our families. The AVID program is in place for some of those students in the middle group as an enhancement for those students who may need just a little nudge to move more easily through school. The program offers tools that foster better organizational skills, promote more clear and logical reasoning, and helps build self-esteem and self-confidence. Let's take a look at how the program works.

At Monroe Township Middle School, Assistant Principal James Higgins is the coordinator of the AVID program. The AVID acronym stands for Advance Via Individual Determination. The program, established in San Diego, Calif., in 1980, was originally designed to provide additional enrichment to minority students. Over the years, the focus of the program has changed and now students who participate are of no particular ethnicity, have average or above average grades, are potentially college-bound – in other words, students who are likely to be more successful with a little extra guidance. The program spread beyond San Diego to more than 500 middle and high schools in the U.S. by 1997 and across 13 foreign countries. In Monroe Township, the program is offered at the high school as well as at the middle school. A pilot program in one of the

elementary schools is in process as well.

Student participation in the program is based on several criteria: nomination by teachers, understanding of the objectives and approval by a student's parents, completion of an application to participate, and an in-depth interview with each prospective student by AVID teachers and guidance department professionals. Space in the program is limited. At the present time, the program at middle school serves 100 students spread through six sections or modules.

The AVID program is considered an elective class, that is, students may choose AVID instead of an alternative elective course like art or music. The class meets every other day; it alternates with physical education classes, and is considered to be literacy based. What that means is that students focus on developing skills in writing, inquiry, and research, working collaboratively with other students, developing better organizational skills and expanding their reading time.

According to Higgins, students who participate in AVID stay with the program, with a very low dropout rate. Throughout the country, over 90% of AVID graduates attend college, a higher proportion than might usually be expected, and most of these students continue with their college programs. Similar success rates occur here in Monroe.

Although the district pays a fee to participate in the AVID

program, the benefits to the students participating in the program are significant. Students make a move from "average" to more successful and confident. The skills being fostered in the AVID

structure are also shared within other classrooms, so even non-AVID students benefit from the literacy-based curriculum. Sounds like being a "middle child" is not such a bad place to be.

New Neighbors

Christina Smith,
Resident Services Manager

Beth Babeu Kelly, 267A Milford Lane, formerly of Hamilton, N.J.

John Calandruccio and Barbara Fritsche, 56D Fairfield Lane, formerly of North Brunswick, N.J.

Ann Collins, 708A Yarbrough Way, formerly of Belmar, N.J.

Carolyn Baer, 108A Lowell Lane, formerly of Columbus,



N.J.

Susan West, 545A Springfield Way, formerly of Metuchen, N.J.

Joanne Fate Baird and Ethel Fate, 621A Old Nassau Road, formerly of Asbury, N.J.

Scott C. Schultz, 114B Providence Way, formerly of Plainsboro, N.J.

CULINARY CORNER

By Sidna Mitchell

Warm fruit dish for cold winter days

As a member of the Sarasota County Croquet Club's publicity committee, I was asked to check out the sports exhibit at the Venice Historical Society. Unfortunately, the croquet club was considered too new—it's only been around for 20 years—to be part of the exhibit.

Disappointed that the historical folks were not interested in our club that has more than 200 members and has hosted national tournaments, I started to leave; however, I can never pass a gift shop. Right away I discovered the sale corner and "The Sunshine State Cookbook" that, of course, I had to purchase.

When I stretched out for my afternoon nap, I flipped through the cookbook looking for a fruit recipe to go with a ham dinner I planned

for two friends. (Rossmoor resident Carl Kruse had hosted Thanksgiving; he had a ham he didn't use that day and was willing to share.) In the cookbook were recipes for the usual fruits such as oranges, pineapples and strawberries. However, I have never heard of cerimans, annonas, cherimoyas, soursops, calabazas, carambolas, pummelos, calamondins, bignays, ambarellas, mangosteens, mamey, jaboticabas, sapodillas or canistel.

Obviously, none of those unknowns were going to work for me so I searched my old cooking columns on my laptop for a recipe that I have made numerous times. I was not successful so I turned to the Internet. Here's a recipe that I tweaked; the results are a delicious accompaniment to ham and leftovers keep for several days.

Culinary
corner

Curried Fruit

16 oz. can sliced pears, well drained	¼ cup packed brown sugar
20 oz. can pineapple chunks, drained	3 teaspoons curry powder
15 oz. can apricot halves, drained	2 tablespoons butter
15 oz. can sliced peaches	¼ cup reserved juice
¼ cup white sugar	4 oz. jar maraschino cherries (optional for color)

Preheat oven to 350 degrees.

Drain all the fruit into one bowl and arrange fruit in an oven-proof casserole dish. Reserve the juice for this recipe and other uses.

Put the butter, ¼ cup reserved juice in a small saucepan along with sugars and the curry powder.

Simmer over low heat and stir until the butter is melted and everything is well blended.

Pour sauce over the fruit and stir to make sure all the fruit is covered with the sauce.

Bake at 350 degrees until warm (about 10 to 15 minutes).

Remove from the oven and serve with ham or any meat.

NOTE: I added dried cranberries for some color. I can be reached at sbmcooks@aol.com.

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

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Clubs and Organizations



The Rossmoor Chorus prepares to sing the Christmas cantata "City of Light" at the Rossmoor Community Church

Players Pastimes

By Sue Archambault

The Players look forward to continuing to offer our residents and friends our three very popular productions in 2020. Our program titled "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 a sequel to his original musical comedy presented last October named "WHAT's Up." This new production will be performed in October. The Players are very excited,

since Jim's first, a musical comedy written for us, received rave reviews from our audiences.

As you might know, the Players also hold meetings on the last Monday of almost every month. Please check this newsletter for the most up-to-date information about these programs. Our meeting for this month will take place on Monday evening, Jan 27. Join us in The Gallery at 7 p.m. for a program featuring a DVD of a "This and That" performance of yesteryear.



The program was first performed 10 years ago and featured past and present Players members. A highlight of the show was the premier performance of the Rossmoor Rockettes, which, I understand, was a showstopper. All are welcome to attend this meeting.

Last month, the Players attended a lively holiday party. This yearly event included a complete dinner and entertainment in the form of singing by Frank Sasso and karaoke group numbers of holiday songs and oldies. A wonderful time was had by all.

We are accepting dues for the Players 2020 membership. The cost is \$10 per person for the year. Place your check in the Players' folder in the E&R office at your earliest convenience and label the envelope "Dolores." Please support us by joining our wonderful club.

checks payable to "Rossmoor Emerald Society."

We are excited that most of our helpers will still be with us this coming year. There are a few new volunteers, and there is always room for more, so if you want to help, just let one of us know and we will be glad to put you to work.

See you at the Jan. 22 meeting.

Emerald Society elects new board

By Linda Klink

Happy New Year! I hope everyone had a wonderful holiday season.

Our new Board, including Ron Reid, Erin Medicott, Bob Landman, Barbara Wright, and Betty Anne Clayton, with myself as president, is looking forward to a fun year. Our first meeting will be on Jan. 22 at 1 p.m. and we will have a survey available for the members to help us plan for the coming year.

There has been some confusion about the dates of our meetings, so let me clear that up right now. We will meet the fourth Wednesday of each month, with the exception of March and December. In March we will have a Saint Patrick's Day Party on March 11, in the evening. In December, our Christmas Party will be on Dec. 14, in the afternoon. The regularly scheduled meetings will now be at 1 p.m. in the Ballroom. Please note the time change. We will still have trips and parties, as well as the annual picnic, but we will look at some new ideas for the coming year. Dates for any trips and the annual picnic will be determined at a later date.

Dues will remain the same at \$15 per year and are payable by check only. You can either bring your dues to the Jan. 22 meeting or leave it in the E&R Emerald Society mail file. Please make your

January Computer Club Meeting

By Steven Gray

David Shinkfield, an instructor with the non-profit Computer Learning Center at Ewing, will discuss some new Windows 10 features during a special presentation, "Overlooked Features of Windows 10," to be presented on Monday, Jan. 20 at 10 a.m. in the Gallery. The program is free and open to all residents.

David will discuss several of these new Windows 10 features, focusing on what they can do and how to access them. He will also discuss Power Toys, how to see the recent history of your

work on your computer, some useful Windows links when talking to your grandchildren, and how to link your Android phone to your PC. He will also discuss some new features for Gmail and the Chrome browser.

Democratic Club

By Catherine Hunt

The Democratic Club meetings have been changed to the third Tuesday of every month, starting January. The meetings will still be from 7 to 9 p.m.

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An artist at work

Start the New Year exploring new pastimes

By Pamela Neece

The Art Group recently welcomed new member Sue Egan, who does watercolor paintings. Sue uses a very cool brush that has a built-in reservoir of water to automatically wet the brush as she dips it in the paint and applies it to the paper.

Another new member, Dave Slimm, expressed an interest in working with

member Pam Neece to learn woodblock printing. Dave is an experienced wood carver, who has created carved birds. He's looking forward to moving from the three-dimensional to the two-dimensional. He has his picture transferred to a block of wood and he's ready to carve.

What is your interest or what would you like to learn?

Come explore with us on Wednesday mornings at 9:30 in the Gallery.

The Art Group operates as an open studio welcoming anyone who wishes to create—drawing, watercolor painting, oil or acrylic painting, etc.—in a group environment. Instruction is available. Everyone brings his or her own supplies.

Italian American Club

By Tony Cardello

The officers of the club wish all the members and their families a very happy, healthy and blessed New Year. May good fortune follow you throughout the year.

We look forward to a new year of membership meetings with entertainment, social events, bingo and continued growth with the addition of new members.

The Christmas party held on December 8 at Forsgate Country Club was a huge success. There were 149 people in attendance and all had a great time. Everyone was given a raffle ticket for a chance to win a basket of cheer compliments of Santa Claus. The snowball fight topped off the fun day.

Tune into Channel 26 for the dates of the January membership meeting and bingo.

Lucille Renda reminds us that 2020 membership dues are now payable.

The sign-up for our annual Carnevale celebration will be at the Jan. 15 membership meeting.



Sal Guerriero as Olaf at the Italian American Club Christmas party

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View historic television memorabilia at Women's Guild

By Diane England

Sometimes we become aware the consequences of our actions immediately. Other times, it might take years. At the Women's Guild meeting on Thursday, Jan. 16, at 1:30 p.m., in the Ballroom, you're going to hear about the latter from our guest speaker, resident Barry Jacobsen. Indeed, he learned about the consequences of some of his actions almost two decades later — through a front-page article in The New York Times.

This newspaper story discussed how, in 2000, the staff of City Center in Manhattan found scripts and other memorabilia from "Your Show of Shows" — a 1950s television program that had become a pinnacle of television history. The items were discovered in a closet that had been locked and painted over. It appeared the items had been left there

undisturbed for decades. But how could this have ever happened?

Barry had a possible answer. He knew about this closet which was once near a sixth-floor office suite at 130 West 56th Street which later became known as the writers' room. Here, Sid Caesar, Mel Brooks, Neil Simon, Carl Reiner, Mel Tolkin, Lucille Kallen, and many others had once written comic sketches for the early 1950s show.

In 1976, as a recent college graduate, Barry had accepted a job as the office assistant to a man named Max Liebman. Because of his youth, Barry had never seen the television show that Liebman had once produced and directed. But since "Your Show of Shows" once dominated Saturday night programming, there was also a time when the entire City Center building was util-

ized by Liebman and his staff. In 1976, though, Liebman — now in his mid-70s — was the sole occupant of an office suite that had once been famous.

Barry was introduced to a one-man operation, and much memorabilia from the former television show was still present. Among these items were films of 158 of the total 160 episodes of Your Show of Shows. They are called kinescopes.

Barry still has some of these kinescopes, as well as other memorabilia. Because of actions Barry took following Liebman's death, other institutions, such as Lincoln Center and the Smithsonian, do so as well.

There's more to the story than I'm sharing here. I haven't filled in all the blanks. Thus, you'll just have to come and hear it all from Barry himself. You'll actually see comedy clips from some of those kinescopes of original shows. It should be a fascinating program that you won't want to miss, so please put it on your calendar now.

Meanwhile, until we see each other on the third Thursday of this month, let me wish you and your loved ones a wonderful and healthy 2020.

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Dance Club President Armen DeVivo and Santa. Tony DeVivo is sitting on the left and DJ Donny Pesce, right, at the November dance

Join us at the first Dance Club event of the Year

By Judy Perkus

Maybe it was because he knew the Dance Club was not having a December dance, or maybe he was in the mood for Chinese food from the yummy Chinese buffet, but Santa Claus dropped in at our November dance and posed for photos, too.

I don't think that Santa will join us but DJ Angelo will be back to provide the music at the first 2020 Dance Club dance. All residents, singles and couples, are welcome to join us in the Ballroom on Saturday, Jan. 25 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.17.

Send your 2020 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 2020 – Saturday, January 25

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Please leave **your envelope** with your \$8 per member/ \$10 per non-member check and 2020 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

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SPORTS



The spirit of Rossmoor Croquet continues through the winter

By John N. Craven

The annual holiday luncheon was held on Wednesday, Dec. 11, at the Cranbury Inn. Those in attendance had a choice of entrees, and enjoyed a sumptuous meal. Conversation centered on the highlights of the past season and some reports on the "snowbird" players who are enjoying the warm weather and sunny croquet courts in Florida. After dessert, as we did last year, members participated in "Yankee Swap" gift exchange. Each person chose a gift and upon unwrapping, could exchange it for the gift opened by the person before them. It was all in good fun

and was the highlight of the party.

Although playing ceased at the end of October, "Attitude Adjustment" continues every Friday at 5 p.m. in the Cedar Room. Members can bring their own refreshments and enjoy lively conversation and some great fun. It's a great way to pass the time in the winter months. The 31st season of Rossmoor Croquet will start with the opening day luncheon, to be held in the Gallery on Saturday, April 25.

The Club welcomes all residents. Anyone seeking a form of light exercise, the enjoyment of the outdoors, an opportunity to mingle with

friends and neighbors, and to learn a simple yet challenging game on a professional level playing court, contact Betty Ann Clayton. Think about it over the winter and look for us on the Croquet Court any Friday afternoon in the spring of 2020. Come join us, you'll like it.



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Community Church Calendar

- January 2 Bible Study at 10:30 a.m.
- January 5 Communion Service at 11 a.m.
Pastor — Rev. Robin Bacon Hoffman
Organist — Kevin Gunia
- January 9 Bible Study at 10:30 a.m.
- January 12 Church Service at 11 a.m.
Pastor — Rev. Robin Bacon Hoffman
Organist — Kevin Gunia
- January 14 Finance Committee at 10:30 a.m.
- January 16 Bible Study at 10:30 a.m.
- January 16 Women's Guild Meeting at 1:30 p.m.
- January 19 Church Service at 11 a.m.
Pastor — Rev. Robin Bacon Hoffman
Organist — Kevin Gunia
Music — Rossmoor Chorus
- January 20 Council Meeting at 10 a.m.
- January 23 Bible Study at 10:30 a.m.
- January 26 Church Service at 11 a.m.
Pastor — Rev. Bacon Hoffman
Organist — Kevin Gunia
- January 30 Bible Study at 10:30 a.m.

Religious Organizations

Catholic Society Highlights

By Lucille Conti

Dates of note for January 2020:

Council Meeting: Thursday, January 9 at 1:30 p.m. in the Meeting House parlor

Holy Mass: Tuesday, January 14 ,at 1:30 p.m. in the Meeting House

Prayer Shawl Gatherings: Thursdays, Jan. 9 and 23, at 1:30 p.m. in the Craft Room

Recitation of the Chaplet of Divine Mercy: TBA

Movie: TBA

We wish you and yours a healthy and blessed New Year.

A Bit of Jewish Trivia

By Marjorie Heyman and Adrienne Brotman

In the month of January, or if you are following a Jewish calendar, the month of *Tevet*, there are no holidays except a minor fast day, which occurs on Jan. 7 this year, or the tenth of *Tevet*. In Judaism there are six fast days, which occur throughout the year. The most observed one is the fast of *Yom Kippur*, the Day of Atonement, which occurs in September or October.

Some, like the Fast of *Tevet*, are minor, in which one fasts from sunrise to sunset, (instead of 25 hours, as in the *Yom Kippur* fast). This fast is in remembrance of the conquest of Jerusalem in 586 B.C. by the Babylonian King Nebuchadnezzar and the destruction of the First Holy Temple.

The Congregation will hold regular scheduled services on Jan. 10 and Jan. 24, at 7:15 p.m., in the Meeting House. On Jan. 10, Janet Goodstein will be the Lay Reader and Jeff Albom will be the Torah Reader. Jeff will serve as Lay Reader on Jan. 24, while the Torah Reader will be Bob Kolker. The Oneg Shabbat, refreshments following services, will

be sponsored both evenings by Lyn and Morty Wall. The first date celebrates Morty's birthday; the second celebrates the birthday of their son Adam.

All are welcome to attend our services, which feature the beautiful voice of our Cantor Mary Feinsinger.

Torah Study, conducted by Rabbi Lauren Levy, will be held in the Dogwood Room at 10 a.m. on Jan. 11 and Jan. 25.

For information about becoming a member of the Congregation, please contact Karen Seiden, vice president of membership.

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REASONABLE RATES

LWVMT: The year ahead

By G. Moore

The Monroe Township League of Women Voters extends greetings for a great new year to you all. We are excited by the challenges and opportunities facing us in 2020. The League anticipates a program year jam-packed with activities contributing to our drive to "Making Democracy Work."

In 2020, the League of Women Voters (LWV-National) will celebrate its 100th anniversary. In Monroe, we will join more than 700 other local and state chapters in offering special events and activities during the year to celebrate this historic milestone.

The League of Women

Voters National President Chris Carson issued the following statement regarding the League's efforts ahead:

"Today we are faced with many challenges that threaten to compromise our democracy. Our efforts to support voting rights and to fight against voter suppression and discrimination at the local, state and national levels have been very successful, and this has been achieved primarily by educating and empowering voters, circulating special petitions, and intervening in several critical court cases."

In the year ahead, LWVMT will focus its efforts primarily in the following areas.

- Looking forward to the upcoming elections, we will continue our commitment to register, educate and mobilize voters.
- We will work with our partner organizations to fight gerrymandering and to bring to New Jersey a fair, transparent and inclusive redistricting process that ensures that all voices are heard and all votes matter.
- We will support efforts to protect the vote by supporting legislation that seeks to end voter suppression, voter fraud, and that works to ensure the accuracy of the vote by utilizing modern registration processes and equipment.

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The League has always been a grass roots organization composed of community activists committed to good government. Its success is due to the work of thousands of volunteers across the nation. Still, there is work to be done. If you wish to participate in the on-going effort to protect the bedrock of our democracy — the vote — we invite you to work with us on the issue that excites you.

The League of Women Voters of Monroe Township is a nonpartisan political membership organization whose goal is to empower citizens to shape better communities. Visit our website, lwvmonroetwpnj.org, to learn more about us. We invite you to attend our general meeting on the fourth Monday of each month at 1 p.m. in the Monroe Municipal Courtroom.

HEALTH CARE CENTER NEWS

New Year's resolutions

(Continued from page 1)

going to affect your life? How much time and effort will it take for you to achieve it?

- Write your resolution down. Start a journal and write down your goal and the progress you are making. Every day as you read your journal, it will reinforce your commitment.

- Achieve your goal in small steps. It is overwhelming when your goal is large. An example is losing weight. If you break it down to five-pound increments instead of looking at the total amount you want to lose, you will be more encouraged and motivated to stay with your plan as you reach your mini goals.
- Put a timetable and deadline to your goal. In this way, you will be able to track your progress as you

work toward your goal.

- If during the year, your resolution ends up by the wayside, there is no reason why you cannot restart your resolution right then and there instead of waiting till Dec. 31.
- Share your resolution with your family and friends. This is a powerful motivator and provides you with a strong support system to keep you on track.
- Don't forget to treat

MAINTENANCE DEPARTMENT

By Dave Salter
Snow

The snow season is upon us and here are a few reminders. When a snowstorm is predicted, all vehicles must be removed from streets and lanes to make for efficient plowing and for the 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, because doing so 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. Try to reschedule any doctors' appointments. Residents with medical conditions that require essential outside treatment (such as dialysis or chemotherapy) must register with the Healthcare Center before a winter storm emergency to make sure they are cleared and able to get out

for these appointments. Please read the Snow Policy in the Rossmoor News.

Christmas trees

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

Available services

Our Maintenance Department is pleased to offer additional services. For example, window replacement, all types of door replacements, dryer vent cleaning, attic insulation, and ceramic tile installation. Please call today for your free estimate.

yourself with a small reward every month, and especially when you reach your goal.

- Most of all remain flexible. Expect things to happen and change, because life has a funny way of doing that.

As we start the new year, our first lecture from Saint Peter's University Hospital lecture series will be "Balance" by Jeff Norton, a physical therapist from Ivy Rehab Physical Therapy, on Monday, Jan. 13, at 1 p.m. in the Maple Room. For more information, or to attend the lecture, please call the Health Care Center at 609-655-2220.

All the nurses at the Health Care Center wish you and your family a very happy and healthy New Year!



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January 2020 Calendar of Events for Monroe Township Public Library

All events are open to the public.

To register online: www.monroetwplibrary.org

Sit-N-Stitch

Fridays, January 3 & 17 at 10:30 am. Socialize with needleworkers of all types and skill levels. Assist others, share tips, projects and patterns. Bring your own supplies. Registration is not required.

Poets Corner

Friday, January 3 at 11 am. A workshop and reading group for all ages. Please bring 12 copies of your work. Registration is not required.

Pop-Up Shops

Saturday, January 4: Slipper socks, scarves, ear muffs and winter hats. Cash only, please.

Saturday, January 18: Jewelry and Wearable Art by New Jersey Artisans. Cash and checks will be accepted.

The Monroe Township Library Foundation provides Pop-Up Shop rental space on select Saturdays between 10 am and 4 pm. Local residents with their own direct sales businesses should visit one of our service desks or our website for an application to rent the Pop-Up Shop space at the Library.

Current Events Discussion Group

Saturday, January 4 at 10:30 am. Enjoy a discussion about global and domestic

affairs. Light refreshments provided. Register at the Welcome Desk.

POV Documentary Film

Sunday, January 5 at 10:30 am: A two-year journey inside Japan's Yoshida Brewery, a 144-year-old family-run company, where a brotherhood of artisans, ranging from age 20 to 70, spend six months in nearly monastic isolation as they follow an age-old process to create the nation's revered rice wine. 90 minutes. This film is presented in collaboration with the award-winning documentary series P.O.V. (www.pbs.org/pov). Registration is not required.

The Great Courses: Encore Presentation

Sunday, January 5 at 1 pm: This is your second chance to catch this DVD lecture series. This session covers European interest in the New World from Columbus through Puritan settlers in Massachusetts Bay in the 1660s. Each session consists of two 30-minute DVDs, followed by a brief discussion. Registration is not required.

Coupon Club

Monday, January 6 at 1:30 pm. Clip, swap and trade

(Continued on page 22)

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Monroe Township Public Library

(Continued from page 21)
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: Turning Points in American History

Tuesdays, January 7, 14 & 21 at 1 pm. The history of America is shaped by many long-term trends and subtle forces.
From the Great Epidemic through 9/11, this series explores important mo-

ments and themes of the American past. Professor Edward T. O'Donnell presents a fresh and unique look at American history in this DVD lecture series. Each session consists of two 30-minute DVDs, followed by a brief discussion.

- January 7: Battle of Saratoga & Shays' Rebellion
- January 14: Industrial Revolution & Election of 1800
- January 21: Marbury v. Madison & Transportation Revolution

Registration is not required.

Sleepy Storytime
Tuesday, January 7 at 6:30 pm. This is a new program suitable for children age 5 and younger along with their families or caregivers. Listen to stories and sing songs one evening each month at Sleepy Storytime! Children are encouraged to wear pajamas and bring a stuffed animal. Registration is not required.

Book Café
Wednesday, January 8. Session 1 at 11 am; Session 2 at 1 pm. Discuss books that you have read. Light refreshments will be served. Space is limited. Register at the Welcome Desk.

Short Story Discussion Group
Wednesday, January 8 at 11 am. Join us for a discussion about "Everything is Far from Here" by Cristina Henríquez in Best American Short Stories and "Deaf and Blind" by Lara Vapnyar in O. Henry Prize Stories. Register at the Welcome Desk.

Genealogy Club
Wednesday, January 8 at 1:30 pm. Beginner and experienced genealogists are welcome. Registration is not required.

Financial and Physical Fitness for Seniors
Thursday, January 9 at 6:30 pm. This is the first in a monthly series of programs. January is our New Year's Resolution event. Greg Shannahan of Putnam Investments will discuss Medicare and healthcare.

Jon Gallo, fitness author and owner of Results Boxing and Fitness in the Brunswick Square Mall in East Brunswick, will discuss physical fitness for seniors. Register at the Welcome Desk.

Mass Hysteria: Alfred Dreyfus
Fridays, January 10 and 17 at 11 am. Alfred Dreyfus, a French Army officer in 1894, was found guilty of treason and condemned to 12 years of isolation by the army he faithfully served. This event, triggered by prejudice, suspicion and fear divided a nation. Two-part lecture by Julian Davis. Register at the Welcome Desk.

Keep these contaminants OUT of your recycling bin:

- Plastic bags
- Food and liquids
- Electronics and small appliances
- Textiles, bedding, rugs and carpet
- Hoses, holiday lights, hangers, extension cords
- Plastic bags, film, sheeting, flexible film packaging
- Paper napkins, plates, cups, tissues
- Polystyrene foam
- Tires, auto parts, scrap metal
- Concrete, wood, construction debris
- Yard waste, wood
- Non-recyclable plastics

Adhering to these standards can save you money by reducing Rossmoor's trash pick-up charges.

Friday Afternoon Movie
Fridays, January 10 & 24 at 2 pm. Friday, January 10: Through his bond with his owner, aspiring Formula One race car driver Denny, golden retriever Enzo learns that the techniques needed on the racetrack can also be used to successfully navigate the journey of life. Comedy/Drama/Romance, Rated PG, 1 hour, 49 minutes

Friday, January 24: Mike Banning is framed for the attempted assassination of the President and must evade his own agency and the FBI as he tries to uncover the real threat. Action/Thriller, Rated R, 2 hours, 1 minute

Movies are free. Registration is not required.

POV Documentary Film
Saturday, January 11 at 1 pm: A team of rebel heroines works to change the way women are prosecuted in a Queens, NY courtroom. 90 minutes

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

Tech Express
Tuesday, January 14 from 2 pm to 3 pm. 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.

Page Turners
Thursday, January 16 at 11 am. Looking for something to read or add to your reading list? Library staff will present and recommend a variety of new titles pertaining to a different topic each month, both new and old titles. This month's theme is Survival Stories. Light refreshments provided. Register at the Welcome Desk.

Meet Your Sewing Machine
Monday, January 13 from 3 pm to 4 pm. Thursday, January 16 from 6 pm to 7 pm. Learn about sewing machines with this hands-on session for adults, ages 18 and over. You will learn how to wind a bobbin, thread a needle and practice stitching. Registration is required. Register at the Reference Desk or www.monroetwplibrary.org, beginning Tuesday, December 3 at 9:30 am.

International Book Club
Tuesday, January 21 at 10:30 am. Join a book discussion about The House at the Edge of Night by Catherine Banner (Italy). Spanning nearly a century, through secrets and mysteries, trials and sacrifice, this beautiful and haunting novel follows the lives of the Esposito family and the other islanders who live and love on Castellamare. Coffee and cookies provided. Register and reserve your copy at the Welcome Desk.

Library Board of Trustees Meeting
Tuesday, January 21 at 6:30 pm.

Evening DIY Craft

Thursday, January 23 at 7 pm. Need something fun to do after dinner? Make a unique Message in a Bottle craft. Decorations and supplies will be provided. This is for adult patrons only. Registration is required. Register at the Reference Desk.

3D Printer Demonstration
Thursday, January 23 at 7 pm. Did you know that the library has a 3D printer? Register for a 3D Printer Demonstration, see a 3D printer in action, understand how it works, and learn how it is used at the Library. All ages welcome. Registration is required. Register at www.monroetwplibrary.org, at any service desk in the Library or call (732) 521-5000.

Author Talk with Shari Nichols
Sunday, January 26 at 2 pm. Local author Shari Nichols will sign books and describe how she went from struggling writer to award-winning author. She will discuss her book, Midnight Desire, which is set in New Jersey. Register at the Welcome Desk.

Non-Fiction Book Discussion
Monday, January 27 at 2 pm. We will discuss The Day the World Came to Town: 9/11 in Gander, Newfoundland by Jim DeFede. Register and reserve a copy at the Welcome Desk.

Meditation & Sound Healing
Friday, January 31 at 11 am. Practice deep breathing exercises then enjoy a guided meditation and sound healing session with Tibetan singing bowls, crystal bowls, wood chimes and drums. Feel free to bring a pillow or blanket for comfort. Presented by Madison Joo, certified in Sound Healing I and Reiki II. Registration is not required.

George Ivers Lobby Display Case
Literary prize-winning books of the past

Fine Arts Gallery
Paintings and Artwork by Vibha Singh & Reena Singh

Socrates Café
The group will not meet in January. We will resume sessions in February.

Closings
The Library will be closed on Wednesday, January 1 for New Year's Day and on Monday, January 20 in observance of Martin Luther King Jr. Day.

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

Rossmoor News contributors:

We have space limitations. Please limit your submissions to between 500 and 750 words. (Less is better.)

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 2020 edition:

NAME: _____
ADDRESS: _____
(1)PHONE OR (1)CELL: _____

****All Changes must be received by July 17, 2020****

If your name, address and/or telephone/cell number is in the 2019 edition correctly, it is not necessary for you to complete this form.

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.

TRANSPORTATION TIDBITS

Important phone numbers:

Rossmoor Bus609-655-4401
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

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

EXPERIENCED LIMO DRIVER – NYC, airports, anywhere. Former Clearbrook resident. Call John on new number (732) 810-2810.

ARNIE'S DRIVING SERVICE – Need a ride, call Arnie. Local, airports, anywhere. (609) 751-1612.

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

LIMO GUY, INC. – Our 17th 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, \$155 Philadelphia, \$175 JFK airports. We go almost anywhere 24/7. Call (732) 452-9222.

Home Improvement & Services

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.

Automotive Repair Service

F & L SERVICE CENTER – Let us care for your car as if you were our parents. We will handle all your automotive needs with care and respect. Located in the BP Gas Station at Concordia Shopping Center. \$5 off any service. Call Lee at (609) 409-4444.

Miscellaneous/Services

HAVE SCISSORS, WILL TRAVEL - 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.

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 USB backup up to 32GB. (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. (7 3 2) 5 8 9 - 4 9 7 4 . techbuddybarb@aol.com

Tax Preparation/Services

PERSONALIZED IN HOME TAX PREPARATION. Reasonable rates. Rebecca Bergknoff, CPA (732) 718-4359.

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

Wanted

KNITTER WANTED to complete and assemble baby sweater. Please call Beverly (732) 895-0357.

Wanted to Buy

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

For Sale

BRAND NEW EXERCISE BIKE for sale. Please call (732) 407-8842 or (609) 655-1651.

Help & Health Services

COMPANION/DRIVER – Compassionate, experienced Rossmoorite happy to assist. Judy (609) 655-1026.

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.

Our Website

Rossmoor now boasts an improved website: rcainj.com.

The Amenities page features the ability to access Channel 26 slides anytime. Check it out!

CARING ELDER CARE – We will help you with the care you need including personal care, household tasks and outdoor errands. Elizabeth (646) 413-0813.

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.

House Cleaning

ERICA'S CLEANING SERVICES – Free estimate. Great references. Call at (203) 207-1241.

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

JULIANA CLEANING SERVICES – Free estimate. Great references. Call me at (732) 430-6868.

MONROE TWP. FIRE DISTRICT #3 AT YOUR SERVICE, ANYTIME.
www.mtfd3.com
609 – 409 – 2980



The Princeton Symphony Orchestra Chamber Music Series

Music from China
Hear traditional Chinese music as performed on an erhu, a two-string bowed instrument, a pipa, a four-string plucked instrument, and a zheng, a type of zither with a more than 2,500-year history. The performers will be Wang Guowei, erhu; Sun Li, pipa; Wang Junling, zheng. The event will be held on Feb. 10, 1 to 2 p.m. at the Monroe Township Public Library, 4 Municipal Plaza, Monroe Twp. Admission is free. The event is sponsored by the Monroe Township Cultural Arts Commission, chaired by Maria C. Naumik, with support from Mayor Gerald W. Tamburro and the Township Council and the Monroe Township Patrons of the Arts, Inc.

Kelsey Theatre Kicks Off 2020 with the Comedy “Calendar Girls,” Jan. 3-12
Merchandise Sales, Special Performance To Benefit Capital Health Cancer Center

WEST WINDSOR — The Kelsey Theatre at Mercer County Community College (MCCC) and the Pennington Players kick off the New Year with the popular, fun and risqué British comedy “Calendar Girls” — a true story based on the lives of 11 extraordinary Women’s Institute ladies who pose nude for a calendar to raise money for the Leukemia Research Fund. Dates and show times are Friday, Jan. 3 at 8 p.m.; Saturday, Jan. 4 and Jan. 11 at 2 and 8 p.m.; and Sundays, Jan. 5 and Jan. 12 at 2 p.m. Kelsey Theatre is located on MCCC’s West Windsor Campus, 1200 Old Trenton Road. The community is invited to an opening night reception with the cast and crew on opening night, Jan. 3. “Calendar Girls” first opened at England’s Chichester Festival Theatre and thereafter embarked on a national tour. Since that time, it has become the fastest selling play in British theatre history. The story of “Calendar Girls” begins when John, who shortly after being diagnosed with lymphoma, passes away. His wife Annie and her friends resolve to create a “nudie” calendar to raise money to buy a settee for the hospital waiting room. To everyone’s surprise, the calendar attracts a torrent of international attention and the group’s newfound fame threatens a close friendship. The stage version of this remarkable story has received critical acclaim, both domestically and abroad. “Calendar Girls,” with a script adaptation by Tim Firth who also co-wrote the movie, achieves exactly what it sets out to do. It makes you laugh, it makes you cry, and it leaves you feeling better about life than you did when you entered the theatre,” according to the British daily newspaper, The Telegraph. In keeping with the spirit of the true story that inspired the production, merchandise sold during the performances will benefit Capital Health Cancer Center. In addition, the Pennington Players will present a special fundraising performance for the Cancer Center on Friday, Jan. 10 at 8 p.m., which includes a reception with appetizers and a silent auction from 6:30 to 7:30 p.m. The \$25 ticket price includes the reception and show, with all proceeds to benefit the Cancer Center. More details at www.calendargirlsbenefit.com. Tickets are \$20 for adults, \$18 for seniors and students and may be purchased online or by calling the Kelsey Box Office at (609) 570-3333. Kelsey Theatre is wheelchair accessible, with free parking next to the theater. For a complete listing of adult and children’s events, visit the Kelsey website or call the box office for a brochure. *Note: The production contains adult language and partial nudity, and may not be appropriate for all audience members.*

CLASSIFIED AD COUPON

Check those publications that apply:

☐ The Clearbrook Courier ☐ The Concordian ☐ Encore Speaks

☐ GW Voice ☐ Regency Reporter ☐ Renaissance Reflections

☐ The Rossmoor News

☐ Check here for all seven publications

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

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

RATES

\$14 for 10 words. 50 cents each additional word *per publication*.
Sample: 10 words in two publications = \$14 x 2 = \$28.00

No discounts apply. All ads must be mailed with payment.
No classifieds accepted by phone or email.

- Note: Phone numbers count as one word. Do not count punctuation. Do not abbreviate.
- State category/heading, ie., “For Rent”, “For Sale”, “Help Wanted.” You will not be charged for the heading.
- One check or money order must accompany insert.

MADE PAYABLE TO PRINCETON EDITORIAL SERVICES, INC.

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

Name _____

Tel. # _____

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

PLEASE PRINT YOUR AD ON 8.5 X 11” PAPER



Rossmoor Community Association, Inc.

Snow Policy and 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 stoops on the sides or backs of manors will not be shoveled or treated with ice melt.

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

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

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

Snow Removal Operations Concerns

Maintenance Office
655-2121
Monday – Friday
8:30 a.m. – 12:00 noon
and 1:00 p.m. – 5:00 p.m.
North Gate 655-1868
After hours/evenings/weekends
North Gate personnel may take messages for supervisory staff on site during a winter storm and snow/ice removal operations. Residents are responsible to leave accurate and pertinent information.

Snow Removal Operations Updates/Cancellations/Bus Service

Channel 26
Reasonable efforts will be made to keep residents informed during a snow emergency, but it may not always be possible.

RESIDENTS' RESPONSIBILITY

It is ***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.

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.

**Revised by the RCAI Board of Governors
September 2016**

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	Thornton 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