



Rossmoor News

VOLUME 55 / No. 10

Monroe Township, New Jersey

October 2019



The newly rebuilt Meeting House steeple was photographed by a drone.

Centenarian to preach again

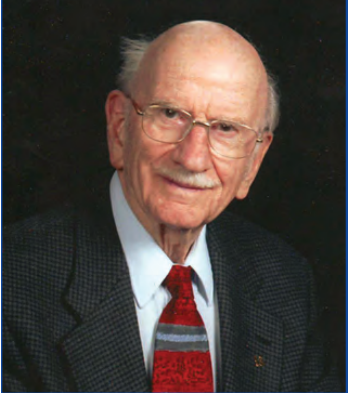
By Sidna Mitchell

The voice is strong, the mind is sharp and the inspiring message is promising. That is what residents can expect on Sunday, Oct. 13, when the Rev. Dr. Don Fletcher, age 100, returns to our Community Church to preach. Actually, the former Rossmoor resident proudly admits to being 100 and three-quarters!

Last year at 99 and a half, Dr. Fletcher announced that he wanted to come back and preach when he was 100. A former member of the Croquet Club, he also said he hoped the weather would cooperate and he could play croquet with club founder Dr. Virginia (Ginny) Allen and other members.

Born in 1919, Dr. Fletcher grew up in Korea, the son of Presbyterian medical missionaries; he earned degrees at Princeton University (B.A. and Ph.D., English) and Princeton Theological Seminary. As a pastor, the Rev. Fletcher served the Presbyterian Church in Chile, the Caribbean, and at Presbyterian Headquarters.

He also taught at high school, college, and university levels in New Jersey, Alabama, and Texas. In



Rev. Dr. Donald R. Fletcher

1993 he became pastor of Rossmoor Community Church, where he served for six years. He was also a past president of the Rossmoor Kiwanis Club and an avid six-wicket croquet player.

Dr. Fletcher and his wife, Martha, who served as the organist for the Rossmoor Church and as director of the Rossmoor Chorus, moved in 2007 to Lions Gate, a continuing care retirement community in Voorhees, N.J. He cared for Martha until her death from Alzheimer's disease in 2014.

The Rev. Dr. Fletcher continues to write, publishing nine books since 2003.

All residents, their family and friends are invited to 11 a.m. worship service at the Rossmoor Community Church in the Meeting House on Sunday, Oct. 13 to hear the Rev. Dr. Don Fletcher.

Spaghetti Dinner is coming

By Alyce Owens

Last year the popular spaghetti dinner – long a tradition of Rossmoor Kiwanis – was sponsored by the Community Church for the first time. It was a resounding success so, by popular demand, we're going to do it again.

On Oct. 29 at 6 p.m., the Clubhouse Ballroom will be the place to be to enjoy the same delicious spaghetti dinner, cooked and served by Patrick Donnelly and his great staff from Top Hat Caterers. Once again, the mouth-watering and abundant menu will consist of a tossed salad, spaghetti and meatballs, Italian bread and butter, delectable dessert, coffee and tea – all for the very low ticket price of \$15, including tip and tax. As before, this will be a BYOB affair, with soda and set-ups provided.

Open to all residents, families, and friends, this spaghetti dinner always sells out quickly, so get your tickets early to be sure to get a seat. Tables of 10 (or even smaller



groups) may be reserved in advance by calling Alyce Owens at 609-860-0866. Since seats will be assigned, please provide names of those to be seated with you when making table reservations.

Tickets will be sold in the Clubhouse Red Room between 10 a.m. and noon Oct. 17, 18, 21, and 22. Checks only please.

Mark your calendar now, buy your tickets early, and plan to be a part of this always memorable evening of great food, fun and comradery while at the same time supporting the Community Church and its worthwhile benevolence activities.

See you all Oct. 29 – and bring your appetite!

Rossmoor Resident Emergency/Disaster Information (R.E.D.I.)

**Knowing what to do is the best preparation
IT'S YOUR RESPONSIBILITY**

Why Prepare?

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

Know What to Do

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

Make a Plan

The first step is to consider how a disaster/emergency

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

Leaving vs. Staying Home
Prior to a snow storm, hurricane, rain storm or

(Continued on page 3)

Double your fun!

The renowned Percussion Ensemble from the Monroe Township High School will entertain us at the Women's Guild Bazaar in the Clubhouse, Nov. 2, from 9 a.m. to noon.

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Rossmoor News

contributors:

We have space limitations. Please limit your submissions to between 500 and 1,000 words. (Less is better.)

at the governors' meeting

September 19, 2019

The RCAI Board of Governors meeting was called to order at 9:00 a.m. on Thursday, September 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 \$444,000 through July 31, 2019.

The board approved Resolution #19-24, Authorization to Negotiate and Enter into a Five-Year Independent Contractor Agreement for Solid Waste and Recyclables Removal Services with Waste Management commencing January 1, 2020.

The board approved Resolution #19-25, Authorization to Negotiate and Enter into a Five-Year Independent Contractor Agreement for Bus Transportation Services with A-1 Limousine commencing on November 1, 2019 and changing the five day a week schedule to a three day a week schedule.

The board approved Resolution #19-26, Authorization to Enter into a Five-Year In-

dependent Contractor Agreement for Security Monitoring Services with Allied Universal commencing February 1, 2020.

Mr. Jolly announced that Ms. Debra McCauley accepted the chairmanship of the Holiday Gift Fund and Ms. Joan Avery and Ms. Mary Kansog agreed to continue to be on the committee.

Mr. Jolly suggested that the board consider some evening meetings in the future starting after the first of the year.

Residents suggested that the Monroe Township bulk pick up be changed to May or October next year rather than in the heat of the summer; expanding children's hours at the pool on the weekends next year; adding rehabilitation equipment to the Fitness Center; grand-kids day for Halloween; and honoring our residents over the age of 90 in the Rossmoor News.

There was no other business for the Board to discuss and the meeting was adjourned at 9:25 a.m.

Slow down and save your life

By Carol De Haan

In October and November, we see deer carcasses strewn all over New Jersey roads. It has been estimated that more than 1.5 million deer-related motor vehicle accidents happen annually in the U.S., with a heavy concentration in the northeastern states, at night, and in autumn.

The average auto repair bill for such an accident is inevitably several thousand dollars. And, sad as it is to kill such a gentle animal, sta-

tistics indicate that people inside the car are as likely to die as the deer.

Human activity seems to be the cause of this misfortune. In the days of the Indians, forests offered scant forage, keeping deer populations down. But since we began large-scale chopping down of tall shade trees and then planting shrubs, fruit, and ornamental trees, this lush undergrowth provides for huge increases in the deer population.

The building boom of our century leaves more and more deer with less and less land. So to solve the overpopulation problem, in our ineffable wisdom, we've created a hunting season, which panics the deer and sends



them leaping anywhere and everywhere to escape.

October presents its own special problem: the "rutting" season, the time when bucks challenge each other for the right to father next spring's little Bambi. Pawing the dirt during the fight makes ruts. It's a time when normally timid deer are so hyped-up as to lose all caution, often charging onto highways.

Please slow down as you drive in autumn. The life you save might be your own.

Another scam: Don't fall for it

By Steve Gray

I have received two calls so far, supposedly from Social Security, saying that my social security number is being used for fraudulent practices, or is being involved in

a crime. The caller uses an area code of 915. Part of the message says I must call back. However, if I call back, I lose whatever protection the Do Not Call list provides.

I worked for the Social Security Administration for almost 40 years. I can definitely state that at no time will SSA use a 900 number, neither will they call about fraudulent activity, nor will they ever use a robocall. This is a scam call.

Do not ever call these scam artists back. If the call scares you, just call the SSA at 1-800-772-1213, but never at a number beginning with 915.

If SSA were ever to call you, they will not ask for your social security number, nor will they give it out, and you will receive a letter first. If you have fallen for this nasty scheme, call SSA immediately for assistance.

Steve Gray is president of our Computer Club, and a frequent contributor to the Rossmoor News on technical subjects.

Bits & Pieces

Sue Ortiz

When I was a kid, I had no responsibilities except to go to school, do my best, and play all weekend. Mom and Dad paid the bills, the house was clean, and I was lovingly cared for.

Summertime meant sleeping late, jumping rope, swinging on my swing set, riding my bike, hanging out with my friends, who all lived in the neighborhood, swimming (well, floating with the aid of an "inner tube") in my aunt's pool, and doing all the things little kids do on an average summer day.

On rainy days, and sometimes even on sunny ones, my friends would come over to my house for marathon

games of Monopoly, Scrabble, and Life. Playing Monopoly, we made up all kinds of rules for "Free Parking," like all fees and fines would be piled at the Free Parking spot. If any of us landed on it, we'd collect all the cash.

I think playing Monopoly and Life set us up for life: getting paid upon passing Go, wheeling and dealing, buying properties, paying utilities and rent, winning contests and lotteries, avoiding Jail. Rolling the dice on my future and learning responsibilities while at play.

"Life" was also a learning tool: buying cars, getting married, putting those little pegs (children) into the back of the car, and spinning that multicolored wheel to see where life would take us next.

Scrabble was another game that we played for blood. It gave me a love for words and correct spelling. There were no computers back then to help spell check. It was all up to our brains to know our words. Luckily, my friends and I were on equal playing levels, and the games were challenging.

I didn't know it, but all this game playing as a kid was setting me up for success in the adult world.

It seems some people, including adult "kids," these days don't know responsibility. Moms have to remind their still-at-home "kids" to chip in with the bills and rent. They can't, or don't want to, comprehend responsibility. Oh, they have money in their pockets for eating out, going to movies, makeup, etc. Must be nice.

As an adult, I know my priorities. My health comes first. My home needs upkeep and heat. My car must be in good running condition, because I need it to get to work to pay for my health and home and food.

It's hard to save, but I do the best I can. AFTER all the bills are paid, THEN I might, just might, have a few dollars for FUN ... responsible fun ... like buying a new fridge. Whoop-de-doo!

So, while you play the game of life, take a ride on the Reading Railroad and make sure you mind your Ps and Qs (and As and Bs and Cs, too)!

B&P

"I hadn't been free from adult responsibilities since I was 12, and I needed to experience that. I really needed to just be a kid again." – Claire Danes (American actress, b. 1979)

"Having family responsibilities and concerns just has to make you a more understanding person." – Sandra Day O'Connor (American judge, b. 1930)

Open RCAI Meetings in October

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

Thursday, October 17
Board of Governors Meeting...9 a.m.

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

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



News Board:

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

Editorial Assistants

Alex Monaco
Linda Monaco

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

considered as space permits. Unscheduled volunteer writers should contact Rossmoor News Chairman Joe Conti about any article they wish to contribute. All copy and pictures are subject to editing and are accepted with this understanding.

Letters to the Editor must be emailed to PES at pescmd@aol.com and clearly marked Rossmoor News.

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

E-mail:
news@rcainj.com

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Visit the Rossmoor website at www.rcainj.com

Rossmoor Resident Emergency/Disaster Information (R.E.D.I.)

Knowing what to do is the best preparation

(Continued from page 1)

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

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

Evacuation

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

Share Information

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

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

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

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

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

Additional Resources

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

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

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

prepare

<http://72hours.org/>

Basic Disaster Supplies Kit

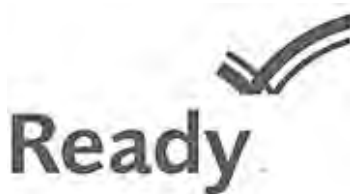
According to the www.ready.gov/ website a basic emergency supply kit could include the following recommended items:

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

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

ARE YOU R.E.D.I.?

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



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(EVENINGS & SATURDAY APPOINTMENTS AVAILABLE)

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FACILITY



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PARTNERING TO END HUNGER

MCFOODS
Middlesex County's Emergency Food Network

IMPROVEMENT AUTHORITY
MIDDLESEX COUNTY • NJ

Monroe Fall Harvest Food Drive

Canned and packaged goods only, NO glass items.

TO BENEFIT MCFOODS

Middlesex County's Emergency Food Distribution Network serves over 120 local food pantries, soup kitchens and social service agencies each week. Your kind donations will directly impact struggling seniors, veterans & working families.

Monetary donations are accepted in the form of a check made payable to *Feeding Middlesex County* and mailed to PO Box 781, Edison, NJ 08818. Thank you for your support and generosity!

101 Interchange Plaza, Suite 202, Cranbury, NJ 08512 | www.mciath.com | 609-409-5033
Facebook: [Mcfoods Network](#) | Twitter: [@MCFOODSNetwork](#) | Instagram: [mcfoods_network](#)

The Fall Harvest Food Drive in Monroe's Adult Communities is a coordinated effort among MCFOODS, Middlesex County, Middlesex County Improvement Authority, Feeding Middlesex County and Monroe Township Department of Public Works.

FOR THE MONTH OF OCTOBER

Please place your nonperishable donations in the green bins located in the clubhouse during the month of October. Most needed items include:

- Canned Chicken, Meats & Pasta
- Cereal, Granola Bars, Rice
- Macaroni & Cheese
- Vegetables (low sodium) & Fruits (low sugar)
- Dry Beans (red, black & pinto)
- Paper Products, Soap, Shampoo, Toothpaste
- Diapers & Wipes



Harvey E. Smires, M.D.

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presents at The MONROE TWP. Middle School

Comedy Night Comedy Night Comedy Night

SARGE & RICK CORSO

www.iamsarge.com www.rickcorso.com

SATURDAY, OCTOBER 19, 2019 at 8PM -- \$30.00

For flyers, e-mail: kristin@gwmonroe.net
Call the WHOA Box Office for Ticket Information
609-395-0404 Extension 220 or 221.

Catch Me If You Can

Oct. 25 - Nov. 3

\$22 adult, \$20 senior/student



KELSEY THEATRE AT MERCER
609-570-3333
www.kelseytheatre.org

MERCER COUNTY COMMUNITY COLLEGE

CONCORDIA'S FALL BOUTIQUE
SATURDAY-OCTOBER 19TH
FROM 12 PM TO 4 PM

Come enjoy a day of shopping in the Clubhouse.

We have so many vendors varying from sports memorabilia, ladies' and men's jewelry, candles, food vendors, crafts, consultants, clothing and so much more...

Invite you friends and family to join you for a shopping spree.

We will be raffling items every half hour throughout the day!

Great Bargains, Great Prizes, Great Day!!

For information call 609-655-4664

BYE BYE BIRDIE

November 8th - November 24th

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

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

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

Playhouse 22
The East Brunswick Community Arts Center

Located in The East Brunswick Community Arts Center, 721 Cranbury Road, East Brunswick, NJ 08816



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

Q: Please refresh our memories. Will the barcode reader at the entrance gates be able to read the barcode label in snow or cold temperatures?

A: The barcode reader is an optical device much like the human eye. Just as a person cannot read a sign if it is covered by snow or ice, the reader cannot read a barcode label that is obscured. This means if snow or ice has covered the barcode labels so that you cannot see it, the reader will not be able to either. Most drivers will scrape or clean vehicle windows before moving, so it is a simple matter to clean off the barcode label as well.

Q: What are the rules regarding canvassing in Rossmoor?

A: Rossmoor residents may exercise their rights to express political free speech by canvassing units between 10 a.m. and 7 p.m., Monday through Saturday, except holidays. Those wishing to canvas must provide written notice to the Mutual where they intend to canvass at least three days prior to commencing such canvassing.

They must respect their fellow residents by terminating a conversation when asked to do so and leave the area, use proper language, and not disturb the peace. Expressional literature may be handed to a resident, but no literature may be left at a manor if a resident is not at home.

The complete Rules and Regulations regarding canvassing in your Mutual are available upon request at the Administration office in the Village Center.

Q: What are the rules regarding holiday decorations?

A: Holiday decorations shall be displayed no more than four (4) weeks before the holiday and three (3) weeks thereafter.

Other garden ornaments,

statues, and decorations are limited to the doorstep, the 3' bed around the foundation, and any other existing beds (e.g. around trees). The height shall blend in with the shrubbery but in no case exceed 30". The quantity for each unit shall not exceed one for each ten linear feet of bed, although such objects may be placed in groupings pleasing to the resident.

Q: Are bird feeders allowed in the community?

A: Feeding stations and bird baths are prohibited. Outside bird houses may be installed upon approval of the Mutual directors provided they do not interfere with grounds maintenance. The Mutual may request removal (at resident's expense) if it is deemed to be a nuisance.

Q: Hurricane season is here. Anything special we should know?

A: See Emergency/Disaster Information for Residents starting on page 1.



From the Mayor

By Gerald W. Tamburro,
Mayor of Monroe Township

When Carole graduated from Montclair State and I graduated from Seton Hall, we lived on a tight budget. We were married and with our first child; we had to make every dollar count as my National Guard unit was activated and I was stationed at Fort Dix.

Five kids later, we still needed to be wise with our money.

We carried little debt and always lived within our means.

I have used those same principles as your Mayor. Yes, I have been called "frugal" and "careful," but I simply refuse to spend what we don't have.

I am proud to say 2019 is another year of flat taxes at the municipal level. Our sewer rates are the lowest in the area and our AA+ bond rating ensures we pay little interest on our debt. Our debt is lower now than when I took office and represents less than 20% of our borrowing capacity.

We limit hiring, and our recent contract negotiation reformed our health care plan to be fairer to taxpayers and employees, resulting in significant savings for you. Monroe now has the second lowest overall tax rate of the 25 towns in Middlesex County.

But there are obstacles outside the control of Town Hall. State Court-ordered affordable housing on Route 33 and Mounts Mills Road has been a challenge. I will continue to fight these developers and I won't give them an inch beyond what the state courts are ordering.

But my job is not just limited to the boundaries of Monroe. I regularly travel to Trenton to fight for the state tax relief you deserve.

I've successfully fought to expand the state's retirement income exemption, which was stuck at

\$20,000. Now it will increase to \$80,000 this year for couples and to \$100,000 in 2020. Our local retirees will be able to exclude more of their pension and retirement income from New Jersey income tax, with many paying zero income tax. In the future, many retirees may pay zero income tax under the new program. It is absolutely critical that this exemption reach \$100,000 in 2020 and we need to change the law so everyone gets the benefit of the first \$100,000 no matter an individual's income.

Recently, I worked with Assembly Speaker Craig Coughlin to restore cuts to the Homestead Credit program, providing \$3.3 million in state tax relief for Monroe seniors, as well I helped expand the income threshold for the Senior Freeze (Property Tax Reimbursement) Program. Currently, the senior freeze is limited to incomes of about \$70,000. Thanks to a vote this year, the program has expanded to incomes of \$89,000.

I appreciate the many state lawmakers, including our 14th District legislators, who agreed to meet with me on this issue which is important to Monroe residents.

In addition, I have fought to support our veterans at every turn. With my urging, in part, the state Legislature doubled the \$3,000 state income tax deduction to \$6,000. This is an important program, recognizing the unspeakable sacrifices that our veterans made for each of us.

As your Mayor, I will continue to fight for tax relief, while controlling spending and preserving our quality of life. I will address the issues impacting our community and create positive change at every opportunity. You deserve no less.

School Board election coming up on November 5 - Let's meet the candidates

By Linda Bozowski

School Board elections are typically not well attended. Since the budgeting process no longer requires the approval of the populace because of the 2% spending cap imposed by the state, prospective members are voted upon, and there is the occasional referendum. The joining of school elections with other municipal election decisions is a wise and cost-sensitive decision.

Volunteer members of local Boards of Education deserve our attention. Whether we agree or disagree with their positions on specific issues, we all owe these vol-

Board of Education seeks new funding formula

By Linda Bozowski

At the Board of Ed meeting on Sept. 4, a resolution was unanimously passed outlining the past and current financial situation in our school system and imploring the Legislature to support an alternative funding formula for schools in the state. The resolution can be viewed on the Monroe Schools website. What follows is a compressed version of the Pathway to Full Funding (S2) Bill.

- The resolution states that school administrators have spent many hours writing legislation and presenting testimony to the Senate and Assembly school funding committees.
- It further states that Township residents provide 86% of all revenues to support local schools through the local tax levy.
- The 2019-20 state aid is less than \$850 per pupil. Student enrollment has increased by 910 students over the past seven years. The District has depleted 50% of its surplus over the past two years to make up for revenue shortfalls.
- The 2019-20 special education budget exceeded \$30 million, which is ten times the amount of State aid the District receives (\$3 million).
- Security personnel and building enhancements exceeded \$1 million, which is ten times the State aid of \$100,000.
- The District transports 97% of its students due to the municipal infrastructure limitations.
- In addition, due to two recently failed referenda, the District is required to lease portable classrooms at a projected cost of millions of dollars.

The resolution will be sent to the governor, the Senate president, all legislators representing Monroe Township, and the commissioner of education. The Board is urging support for the new funding formula.

unteers a debt of gratitude for the time they give. In addition to monthly scheduled meetings, all members participate in several committees, are members of the New Jersey School Boards Association, and participate in mandatory training. Additional meetings are frequently scheduled, ad hoc committees require attendance, and requests for speakers by various groups in town add to the time requirements.

We will try to provide a brief bio on each of this year's candidates. These folks are our neighbors and maybe some are our friends. They, by virtue of their candidacy, are volunteering to commit time over the next three years to help make decisions that impact our schools, our finances, and most importantly, our children.

Three seats are being voted upon and six persons

are seeking election. Each candidate was given an opportunity to reply to a brief questionnaire from the Rossmoor News. Please get to know the candidates a little better, think about what you hear and read, and then be sure to visit your polling place on November 5. Our schools need our involvement.

The information supplied by the candidates is presented in alphabetical order. FYI, the third incumbent seat, previously occupied by Ken Chiarella, is vacant at this time and Chiarella will not seek re-election.

Michele Arminio

Born and raised in New Jersey, I graduated from Douglass College. My husband and I reside in Monroe since 1986.

I have been an engaged resident of Monroe for 39 years. Witnessing the rapidly changing landscape of Mon-

roe, I volunteered with grassroots organizations such as S.O.S (Save Open Space), MTCRG (Monroe Citizens for Responsible Government), and C.A.R.D (Citizens About Responsible Development).

Over the last 20 years I have attended a variety of Municipal Public meetings. I am also a supporting member of several local, state and regional, environmental non-profit organizations: Edison Wetlands Association, Pinelands Alliance, Lawrence Brook Watershed Partnership, Delaware River Keeper Network. I am a member of New Jersey Foundation for Open Government which advocates for compliance with New Jersey Open Public Meetings Act and Open Public Records Act.

As a two-term Monroe Township Board of Education member, I immerse myself in the issues that affect our educational system as well as the greater Monroe community. Promoting quality academic instruction benefits the community at

large. I seek a third term on the Board of Education to echo the voices of all residents and assure academic achievement for the future of our students.

As Monroe Township Board of Education member,

- I was chairperson of Policy Committee that instituted a new school safety policy;
- I reviewed programs and purchases for fiscal efficiency; and
- I voted to establish two, self-funding childcare programs that as of March 2019 showed profit of \$442,906.78. This profit helps supplement the district budget.

Corey Corbo

I have been a Monroe resident since 2011. In September I will be 39 years old. I was born and raised in Hudson County, N.J. where I attended school and worked. I am a former police officer who graduated from the Jersey City Police Academy. I have volunteered for the New Jersey Special Olym-

(Continued on page 6)



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School Board

(Continued from page 5)
pics, Salvation Army, and my local church's soup kitchen. I am also a member of my church's young adult group. Currently, I am employed as a Communications Technician.

The biggest challenges the Board will face in the next three years is regulating growing opiate epidemic. It is too easy for our students to fall victim to this outbreak. I would know, because I have suffered from it in the past and have been 100% sober since 2014. The main objective should be to educate students on the dangers of drug use. The DARE program ends in elementary school and it falls short in teaching our youth, as they move on to Middle School and High School, just how deadly the disease of addiction really is.

Secondly, I'll work with the township to slowdown residential building because of the growing issue of overcrowding.

Finally, the effectiveness of school security has been a growing issue. Currently, the security in our schools is sufficient but I strongly believe that sufficient is not enough and we should be proactive when it comes to the safety for our students and faculty.

As a former police officer, I have had assignments as a school resource officer in an inner-city school setting and I've experienced the dangers

students face behind closed doors. Additionally, I possess experience as a Police Benevolent Association representative. Part of my responsibilities included discussing contract negotiations with the city.

I care about our youth and understand what it is to make mistakes and to own up to them. If elected, I will do what is necessary so that the children of our township can thrive. My main goal is to see that our future thrives and to provide the best education possible to ensure that happens.

Gail DiPane

I am a Rossmoor resident for one year. I was born and raised in New Brunswick, married my husband Joe 46 years ago, and moved to North Brunswick. I have three children who attended North Brunswick Township Schools. I have been retired for two years. I worked for UMDNJ in New Brunswick for 21 years as an administrative assistant.

I have been volunteering since 1973 when I first started coaching Pop Warner cheerleading in North Brunswick. I coached and was sports vice president where I ran all the squads for North Brunswick Pop Warner for 20 years. I was a member of North Brunswick Woman's Club and the Lion's Club of North Brunswick. I belong to the Columbiettes from Our Lady of Peace Church where

I taught CCD for four years. I am a member of the Adams Ladies Social club and was elected president last year. I am a Eucharist Minister for Our Lady of Peace Church and a volunteer Eucharist Minister for St. Peter's Hospital in New Brunswick. I also belong to the St. Peter's Hospital auxiliary. I was co-chair for the annual Pocket Book Bingo and basket auction for the last four years and helped raise \$92,000 for the Adult/Children's Emergency Room. I also served on the North Brunswick Township Board of Education for 18 years. I was president for two years, vice-president for two years, and participated on all board committees either as a member or chairperson.

I think the biggest challenge facing the district is the lack of space to properly educate the student population. We have to concentrate on passing a referendum so all children will have an adequate learning environment.

Because of my 18 years' experience as a board member I know a lot about the way school districts are run. I will work hard for all the children to provide them with a quality education. I am very conscientious and will work hard if elected. I believe that a vote for me is a vote for an honest, hardworking individual who will make the future of this district my number one priority.

Patty Lang

I have been a resident of Monroe Township since December, 2002. I was born in Jersey City 54 years ago and earned my BA in Education from the College of Saint Elizabeth and my MA in Special Education from Kean University. I have been married to my husband Bob since 1989 and we have four children. All four of our children attended Barclay Brook, Brookside. Our three sons also attended Applegarth Middle School and the High School.

After suffering a stroke in December 2008, I retired from my position as an Inclusion Facilitator and LDTC for the Perth Amboy Public School. I have been a survivor ambassador with the American Heart - American Stroke Association since 2011. In 2014 I was named as a Garden State woman of distinction for the work that I do with them to educate the community. Before my strokes, I volunteered as a Scout leader and as a religious education teacher.

Over the next three years, the biggest challenges for the MTBOE will be (1) developing and implementing a plan to address our growing enrollment, (2) the need for additional educational spaces; and (3) attracting and retaining high-quality educators that we need.

Now we must address the trailers, which are a short term, costly solution with numerous

drawbacks, including the safety of students traveling between buildings.

An open and honest conversation between administration, the Board and the MTEA are needed to provide the salary and benefits our educators need.

I ask the voters to re-elect me so that I can continue to use my skills and experience as an effective member of the Monroe Township Board of Education. I bring with me all the skills and experience of someone who has been in the classroom. As an educator and lifelong learner, if I do not have the information necessary to answer a question or make a decision, I will ask questions and do my research. I have a strong background in Special Education Advocacy and Policy. I am a parent of children with disabilities. I know first-hand the challenges faced by families as they work with their school district to support their children in school and prepare them for life beyond high school. As an advocate and volunteer, I enjoy using my voice, knowledge, skills, and experience to help others. I am a survivor of three strokes, and I am also significantly hearing impaired. I have faced many challenges and adversities and I do not give up.

I have worked tirelessly to become the best-educated Board Member I can be. I have earned the New Jersey School Board Association

(Continued on page 7)



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Tamburro
FOR MAYOR



STEPHEN
Dalina
FOR COUNCIL



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Cohen
FOR COUNCIL

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School Board

(Continued from page 6)

New Board Member Recognition Certificate (2018) and became an NJSBA Certified Board Member (2019). I have participated in the NJSBA Future Leaders Training Program (2018). In addition to attending meetings as a member of the Policy, Personnel and Curriculum Committees these last three years, I have also participated in many additional committee meetings as an alternate. I attend Middlesex County School Board Association meetings and many school events and presentations, including the Monroe Township Special Education Parent Advisory group meetings.

I look forward to working with this community to improve and expand upon our ability to provide an education that will prepare our students for their best possible future. Their future is our future.

Louis Masters

I am 48 and have lived in Monroe Township for eleven years. I previously lived in East Windsor Township and in Port Reading. I am the married father of four sons, one at MT High School, two at MT Middle School and one a student at Applegarth School. I work in Information Technology management.

I have participated in volunteer activities in PTA, BoE, MRESC, Nativity of our Lord Church, Habitat for Humanity,

and ASPCA.

The biggest future challenge facing the Board of Education is population growth and housing the additional students. This needs to be addressed at the district level, which is why I volunteered to steer the Ad Hoc committee

I believe I can be an asset to the BoE, mainly by bringing multiple viewpoints. I have children in the school, but also recognize the need to be fiscally responsible. I have a background in IT and leveraging innovative ideas to address issues or improve efficiency. Overall, I will work tirelessly for all residents of our community to ensure all voices are heard.

Adi Nikitinsky

I moved to Monroe Township from New York with my parents in 1993. I graduated from Rutgers University with a Bachelors Degree in Computer Science.

I have been happily married for 12 years; and am a father to three wonderful kids. My wife and I chose to build our family in Monroe Township not only because of the amazing residents but also because of the excellent school system.

I have built a successful printing company 15 years strong right here in Monroe Township.

As a 28-year resident of Monroe Township, I have seen a lot of changes in our town, that have had major impacts on us. Now, with three kids in the school system, I

understand how much irresponsible spending can affect our school programs.

The biggest challenge facing the district is the overcrowding in our schools. We must look into our existing school properties: There is plenty of room to build extensions on our existing schools which will save taxpayers millions of dollars.

Second is State aid. Unfortunately, the district has been underfunded since 2008, which puts a burden on our property taxes. We must be transparent with school spending. I would advocate for fair funding and would pursue a lawsuit against the State with other districts to receive our fair share of state aid.

Third is retention of our teachers. We must work with the teachers' union on a fair contract to attract and retain good educators, and at the same time be fiscally responsible with administration salaries and wasteful spending.

I am seeking a seat on the Board of Education because we, the residents, deserve better. Our kids deserve better. Our kids' needs must be heard. Let me be your voice, your advocate. If I am elected, I will bring proven leadership, efficiency, transparency and fiscal responsibility to the Board.

Editor's Note: Because of space constraints, the previous article has been condensed.

Oxygen or Carbon – Which will you choose?

By Carol De Haan

We have to decide whether we want to preserve, and perhaps increase, the oxygen upon which our lives depend, or whether we should allow atmospheric carbon dioxide to proliferate, with its potential to destroy the entire biosphere. So far, carbon might seem to be winning.

Says who?

Says the United Nations. Scientists from that organization's Intergovernmental Panel on Climate Change met in Geneva recently to validate for politicians a 30-page summary of an underlying 1,000-page report. Here are some of the high points:

- World population will reach 10 billion people by mid-century. (That's only 31 years from now.)
- Global warming plus the increase in carbon dioxide in the atmosphere already reduces the nutritional value of staple food crops. By 2050, there will be as much as a 20% loss in such vital nutrients as all the B vitamins, zinc, iron, and protein. Ironically, the populations that will suffer most from these deficiencies are from countries that contribute the least to the worldwide problem.

- We already see flooding,

degraded land, growing deserts, thawing permafrost, and forests more vulnerable to drought, fire, pests, and disease.

Is there a solution?

According to the journal Science, the best way to deal with climate change is to plant billions of trees. Trees metabolize vast amounts of carbon dioxide. Their "waste" product is the oxygen we need to breathe.

Estimates are that we have about three trillion trees growing on the planet right now. Adding one to 1 ½ trillion more trees would enable the absorption of about two thirds of the carbon dioxide now in the atmosphere. There is enough available land on Earth for a planting of this size without destroying precious farmland.

Scientists add that planting new trees is not enough. We must stop burning or chopping down the forests that we have, and bring fossil fuel emissions down to zero if we want to save ourselves from eventual climate disaster.

Is anyone doing anything?

The State of Israel has planted so many forests that its average annual temperature has dropped by several degrees.

Last July 29, the east African nation of Ethiopia

(Continued on page 8)

IT'S TIME FOR A CHANGE

Vote LINE A, November 5th



CHARLES DIPIERRO
for MAYOR

Charles DiPierro is a lifelong resident of Monroe Township. Today, he serves as the Councilman for Ward 3, where he constantly leads the fight to provide high quality services while keeping taxes down. He also serves on the Shade Tree Commission, Commuters Committee, State Home Committee and ADA Committee. He is the Chairman of Fire District #1, a position he has held for nine years. Charles is also the broker owner of two real estate offices in Monroe Township. Charles has called Monroe home his entire life, and is running for Mayor so that it continues to be a great place to live, work, and raise a family.



PETER LoPRESTI
for COUNCIL AT-LARGE

Peter LoPresti has been a resident of Monroe Township for 33 years. For the last 27 years he has worked in Law Enforcement in various capacities, including 9 years where he worked in leadership. Peter is a small business owner and owns RKD Tree Services, which has provided tree services to many of the local senior communities here in Monroe. Peter is running for Council to stand up to overdevelopment and to keep taxes down so that Monroe remains a great place to live and raise a family. Peter is a husband and father of two. He is an avid golfer and a member of Forsgate Country Club in Monroe.



DAVID ROTHMAN
For COUNCIL AT-LARGE

David Rothman has served on the Monroe Township Planning board for 40 years and as Chairman for the past six. He has been appointed by successive Mayors of Monroe Township, regardless of party, and has a history of bipartisanship. David was previously elected Monroe Township Councilman at-Large from 1980 to 1987. During his last 2 years, he was elected Council President by his colleagues. David joined the Henry Ricklis Holocaust Memorial Committee in 1988 and is still an active member. He is running for council, to serve as a voice for the residents of Monroe Township.

Vote LINE A, to:

- Lower Our Taxes
- Revise Master Plan/ Stop Overbuilding
- Support our BOE/Demand Fair Funding
- Support NJ Bill S.3219 for State Aid for Special Education
- Stop Wasteful Spending
- Support NJ Bill S.3760 to discuss shared service agreements with local communities

Birdwatching in Rossmoor



By Anne Maczulak

Birdwatching is a great hobby. It gets us outside, offers easy exercise, and reminds us of the importance of protecting the environment. In fact, birdwatching – also called birding – is now a billion-dollar industry. Birders buy field guides, binoculars, fancy spotting scopes, cameras, and outdoorsy clothes. They book vacations just for following birds. I've traveled from the North Pole to Antarctica and lots of places in between in search of birds. In total, the Earth has about 10,000 different bird species.

Birding is easy. Birds are everywhere. It's a good hobby because, like golfing, there are always opportuni-

ties to improve one's skills. Before long, you can explain to friends and family how a yellow warbler is different from a yellow-throated warbler, which differs from a common yellowthroat.

On visits to Rossmoor, I jotted down all the birds I saw year after year. You probably already know some of them: Canada goose, mallard, American crow, American robin, and blue jay. Rossmoor also has dozens of other interesting birds. You'll soon spot them of the golf course, in trees along Old Nassau road, and at the pond outside the south gate. Let's look at a couple of other birds living at Rossmoor.



The **gray catbird** is a dark gray bird with a black cap. If you get a good look, you'll also notice a rusty color under its tail. It's related to mockingbirds, which means it produces a wide range of calls and songs. The name gives a clue to one of its unique talents. A catbird can meow. It often does this from inside dense brush or thicket containing its nest. The cat-like call is meant to scare away any birds that encroach

on its nesting territory or even predators, like jays, that steal eggs from nests.

There's a difference between calls and songs. Songs are long, often musical, phrases containing different notes. They are most common in spring when males try to attract a mate by doing their very best singing. Calls are sharp, single sounds like chirps, clucks, or quick whistles. They served to announce danger. They also help birds keep track of each other in their flock. Mates very often give soft constant calls to each other as they search for food in the woods. That way, they always know the location of their mate.



The **northern mockingbird** lives from coast to coast, unlike gray catbirds that stay mainly in the east.

Mockingbirds are one of the most musical birds in North America. They sing dozens of different songs. They belong to a group called mimids, which are birds that can mimic others, such as hawks. This is probably a protective trait like the catbird's call. And like most songbirds, a wider variety and quality of songs by the male attracts more females than the songs from a poor singer.

These birds regale the neighborhood from high perches: treetops, power poles, chimneys. Catbirds, by contrast, prefer to hide in low bushes. Young mockingbirds are born with some songs preprogrammed but also learn other songs from their parents. They are also good at mimicking alarm clocks, car alarms, and other beeps and sirens. The northern mockingbird is medium gray on top and white underneath. It has two parallel white bars on its wings. When the bird flies, the white bars produce an easy-to-see white flash.



Getting ready for Rossmoor's Blessing of the Animals are Clubhouse Manager Melissa Barnard's adorable dogs—Jesel and Holley with their little sister Oreo.

Oxygen or Carbon

(Continued from page 7)

planted 353 million trees in 12 hours. Thousands of Ethiopian citizens volunteered for this astonishing

feat.

In 2017, India planted 66 million trees, also in 12 hours, with volunteer labor.

Ireland plants 22 million trees per year, toward its eventual goal of 440 million trees.

The State of Michigan uses prison volunteers to sprout donated tree seeds. They plant 1,000 trees per year with this program.

The State of Montana is replanting all of its national forests.

Research scientists who fly into Greenland felt so guilty about their plane emissions that they purchased and planted 6,000 larch saplings to compensate the environment.

Pet reminder

Residents have an obligation to immediately clean up after their pets on all common elements. Waste should be removed/disposed by placing it in a sealed, nonabsorbent, leak proof container. Please do not dispose of pet waste in any catch basin, detention basin, or other common element.

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VOTE
Column B
November 5th

Ada Lovelace: computer pioneer

By Jean Houvener

Somewhat arbitrarily, Ada Lovelace Day is celebrated on the second Tuesday in October, meaning Oct. 8 this year. Augusta Ada Byron King, Countess of Lovelace, was born on Dec. 10, 1815, the only legitimate child of her father, Lord George Gordon Byron, well-known English poet. Byron had married Anne Isabella Noel, known as Annabella, an accomplished mathematician who was entranced with Byron but very much his polar opposite.

Disappointed that his first child was a girl and disturbed by his debts, Byron insisted that Annabella return to her parents' home and take the child with her. Their eventual divorce was acrimonious, and shortly after Ada's birth Lord Byron left England for the Mediterranean. Although fascinated by her father, Ada never saw her father after those earliest days. Lord Byron died when she was only eight.

Ada's mother, concerned that her daughter might show the signs of mental instability that her father had shown, was determined to ground her daughter in a strong mathematical and scientific education, unusual for a daughter in that time. Ada showed great aptitude in both. She was an active scholar, in spite of early childhood illnesses. Also, in spite of her mother's efforts, she showed some of the rebelliousness of her father.

She was fortunate in her marriage in 1835 to William King, who was later made Earl of Lovelace in 1838, making Ada Countess of Lovelace. They had three children. King supported Ada in her scholarly pursuits. She met many of the scientific and literary pioneers of the day, including Charles Dickens, Michael Faraday, and especially mathematician Charles Babbage, who is often viewed as the father of computers. Lovelace met Babbage when she was only 17, and immediately impressed him with her understanding of mathematics.

Babbage had been working on a machine, which he called an Analytical Engine. She questioned him and discussed the details and princi-

ples behind his machine. In 1842 and 1843 she worked on translating a paper by Italian Luigi Menabrea, a military engineer, on the Analytical Engine, adding a set of notes of her own, one of which was a detailed algorithm for deriving a Bernoulli sequence of numbers using the machine, which many consider the first computer program.

Unlike many who thought about the machine, Lovelace considered that the computer was not restricted to handling numbers, but could deal with any situation that could be reduced to patterns, foreseeing the many uses to which modern computers have been put years before the actual capability existed in the machines. Her "poetical science" ideas led her to ask questions that others did not think of. One idea she was unable to pursue was a mathematical model of the nervous system.

Sadly she died in 1852 of uterine cancer, at only 36 years of age. At her request, she was buried next to her father in the Church of St. Mary Magdalene in Hucknall, Nottinghamshire.

While virtually forgotten in the subsequent years, her legacy along with Babbage's was resurrected in the 1950s and '60s. A computer language created for the U.S. Department of Defense was named Ada in her honor. There are also many awards and medals named for her and given to girls who show interest in mathematics.

"Many persons who are not conversant with mathematical studies imagine that because the business of [Babbage's Analytical Engine] is to give its results in numerical notation, the nature of its processes must consequently be arithmetical

and numerical, rather than algebraical and analytical. This is an error. The engine can arrange and combine its numerical quantities exactly as if they were letters or any other general symbols; and in fact it might bring out its results in algebraical notation, were provisions made accordingly." ~ Ada Lovelace

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Bob's Almanac

By Bob Huber

October is a month of change, as Mother Nature prepares her domain for the winter season. The chlorophyll, which provided our summer greenery, gives way to the bright fall colors which were hidden underneath all the while.

Perhaps the biggest change to occur in October had nothing to do with Mother Nature, but it forever changed America's cultural and industrial landscape. On Oct. 1, 1909, Henry Ford introduced his, Model T automobile, putting the average American on wheels for the first time, eventually leading

to unprecedented suburban expansion. America was on the move.

That same year, in an effort to improve worldwide commerce and ensure American security, we began digging a very big ditch, the Panama Canal, across the Isthmus of Panama. Often referred to as the Eighth Wonder of the World, the project was completed in 1914. On Oct. 1, 1979, after 70 years of American control, we formally turned the Canal Zone over to Panama. An even bigger canal has now been completed to accommodate the massive new container ships.

On Oct. 2, 1967, Thurgood Marshall was sworn in as the first African-American associate justice of the Supreme Court. He remained on the bench until 1991, and his decisions changed America's conscience about discrimination and civil rights.

In another cultural first, Frank Robinson was hired by the Cleveland Indians as Baseball's first African-American major league manager on Oct. 3, 1974.

Robert Goddard, "the father of the American space-age," was born on Oct. 5, 1882, in Worcester, Massachusetts. His ideas on rocketry and space flight were originally ridiculed by the scientific community and the press, but it was the Germans who began their own rocket program by simply buying copies of Goddard's patents from the United States Patent Office, a process which was perfectly legal at the time.

On Oct. 6, 1927, New York played host to the first feature-length "talking motion picture." The film starred Al Jolson and was called "The Jazz Singer." By 1929, the "talkies" were talking on a permanent basis, and they've been talking ever since. Now, if we could only understand what they're saying.

Oct. 8, 1871, was the date of the great Chicago fire. The conflagration leveled more than three square miles of the city, destroying 17,450 buildings. Ninety thousand people were left homeless, and more than 300 persons were killed. A new Chicago

rose from the ashes to become the great city it is today.

Singer/guitarist John Lennon was born in Liverpool, England, on Oct. 9, 1940. As a member of the Beatles, the group captivated audiences in England and Germany and then took America by storm. No other musical group has had such a profound effect on popular music in America and throughout the world.

On Oct. 11, 1939, physicist Albert Einstein sent a letter to President Franklin D. Roosevelt warning that his theories could lead Nazi Germany to develop an atomic bomb. Einstein suggested that the United States develop its own bomb. It became the opening gun in a race to enter the atomic age.

American teacher and journalist, Noah Webster, was born on Oct. 16, 1758, in Hartford, Connecticut. He compiled the first American dictionary of the English language.

On Oct. 21, 1879, Thomas Edison successfully tested an electric incandescent lamp in his Menlo Park, N.J., laboratory. It is alleged that he beat several European inventors working on the same project by only a matter of days.

The Great Depression was triggered on Black Friday, Oct. 24, 1929, when the New York Stock Exchange witnessed the panic selling of nearly 13 million shares of stock. The Market crashed five days later when 16 million shares were dumped amid tumbling prices. The crisis lasted for 10 years until war clouds in Europe forced the United States to pump money into the economy by investing heavily in military preparedness.

Oct. 31 will introduce All Hallows Eve, an ancient celebration combining the Christian festival of All Saints with pagan autumn festivals. We, of course, know it better as Halloween, when little ghosts and goblins will be out and about trick or treating. Please keep them safe by being sure they are accompanied by a responsible person.

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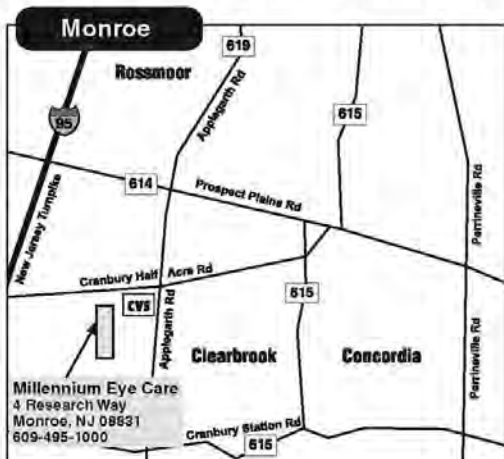
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October is Italian Heritage month

By Paul Pittari

Throughout the year, many governments and organizations designate specific months to celebrate notable causes or events. Here in America, October is observed as Italian Heritage month. As you might suspect, the word "heritage" has its origin to the word "heir" derived from the Anglo-French word "heriter."

And so, when we talk about Italian heritage, we mean those customs, traditions and beliefs attributed to a culture that has roots tied to Italy, and how those values were brought to this country by the first immigrants.

One might say that America's first Italian immigrant was Christopher Columbus who arrived on the shores of the New World in 1492. A few years later, another Italian explorer, discovered the coastline of what was to become the New England states. That man was Giovanni Caboto, but most know him by his English name, John Cabot.

In 1500, a Florentine mariner conducted extensive explorations of Central and South America. He was the first explorer to realize that the continent he discovered was not Asia, but a formerly unknown new land. He was Amerigo Vespucci, and if that name sounds familiar, you might recall from your history books that our great country, America, was named in his honor.

By 1524, another Italian navi-

gator, Giovanni Verrazzano is credited with becoming the first voyager to travel the entire Atlantic seacoast, as well as, extensive explorations of the waters surrounding New York City. His efforts were rewarded in 1960 with the opening of a bridge named in his honor, the Verrazzano-Narrows Bridge, which connects Brooklyn to Staten Island.

It took almost 400 years before the floodgates opened, resulting in the mass migration of Italian immigrants who braved the harrowing sea voyage to come to the shores of America. But as early as the mid-1700s, skilled Italian craftsmen were encouraged to settle in colonial America. Following the American Revolution, a small movement of Italian artisans flowed into America. They represented the first trickle of skilled workers in what was later to become a huge surge of immigration.

In the beginning, they came mostly from the northern portions of the newly united country of Italy. These were the urban centers where one was most likely to find master craftsmen. The southern regions, were largely rural with farming being the principal way of life. These skilled refugees from the north settled in America, and established a foothold for future Italian arrivals who were to come later in the century. These initial migrants were small in number, and widely dispersed across America. To-

ward the end of the 1800s, the character of the immigrants changed from northern artisans to southern peasants. Almost 80 percent of these Italian arrivals were agricultural laborers with no skills in industrial manufacturing. The rest were tradesmen who worked as masons, carpenters, miners, and tailors.

Most Italians coming to America entered via Ellis Island, so even to this day, the island has an aura of sacred ground for the many generations of Italian-Americans whose ancestors successfully overcame the hurdles for entry. At Ellis Island, incoming travelers were faced with a dizzying array of administrative procedures before being granted admission to the country.

Whereas most of the previous immigrants, such as the Swedes and Germans used New York City as a passageway to get to western American cities, most Italian emigres actually settled in New York City. Once accepted for entry, a number found their way to Brooklyn or the Bronx, but the vast majority of the immigrants congregated in lower Manhattan to a place that was to be known as "Little Italy." There, they were among paisanos who spoke the same dialect and had the same customs and traditions. Although in a strange and new land, being with friends and family gave them a comforting connection with the "old country."

These early Italian laborers brought their work ethic to our shores, and passed it down to

the generations of descendants who followed and were proud to be called Italian-Americans. Once settled in, the men and boys found jobs with the aid of friends and family members who had immigrated earlier, and had already found employment in the local shops and factories. They rose up early in the morning and worked long hours to provide their children with the chance for a better life than they had experienced back in Italy. Working hard and with diligent saving, they were able to provide their sons and daughters the opportunity to achieve the American way of life. Living in close proximity to other Italian families with similar

customs made courtship convenient. Before long, the younger members were matched, married, and raising families of first generation Italian-Americans.

Religion played a big part in the lives of a typical Italian-American family. The overwhelming majority were practicing Catholics who regularly attended Mass and passed this conviction to their offspring. As they had done in Italy, they celebrated the special days during the year honoring their patron saints from their home towns and villages by having colorful street festivals. To this day, one has continued to grow

(Continued on page 12)



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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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Tanks a lot

By Bob Huber

With all that's going on in the news this month, perhaps the mass media can be excused for overlooking one very significant event: October is National Toilet Tank Repair Month.

This is nothing to be flushed down the drain. According to one major manufacturer of toilet repair parts, an average leaking toilet will waste up to 78,000 gallons of water per year. That's enough to fill two average backyard swimming pools.

Toilet flushing accounts for 38% of household water use, so we thought we should get the straight poop (no pun intended) from the Cary

Brothers on their "On the House" website.

The brothers tell us that toilet tank repairs are one of the most common do-it-yourself household plumbing projects involving a modest investment of time, money, and effort. Having tackled such projects ourselves from time to time, we can attest that this is true. Most repairs can be accomplished with simple household tools, and an advanced degree in hydraulic engineering.

Most toilet tank issues involve leakage, sluggish performance, loose flush lever, faulty flapper valve (causing the need to jiggle the tank handle), and noisy refilling. Many of these problems can be resolved by simply remov-

ing the top of the tank and tightening the flush lever, which tends to work loose over time. Try not to dwell on what you see inside the tank, because it can be a disgusting sight, sometimes involving algae, mold, mineral deposits, and an upset stomach.

Noisy refilling is not a serious matter, but if combined with tank leakage, the sound of dripping water can cause serious psychological conse-

quences, resulting in the loss of sleep and the ingestion of large doses of Valium. Sometimes, by simply redirecting the filling tube to the side of the tank, rather than letting it splash directly into the tank water, you can solve this problem.

Leakage can be a more troubling problem, depending on what kind of leak is involved. If the unit is old, it may be more practical to replace the whole unit. Repair

units can be obtained at any hardware store or home center. Installation instructions are clearly printed on the box.

Better still, call the Rossmoor Maintenance Department (609 655-2121). They have plumbers on staff who respond to an average of 30 toilet tank problems per month. It's a sure bet that they can solve your problem in a matter of minutes.

Happy flushing!

What it means to be a good neighbor

By Youngae Lee

Sunday, July 27: I heard a sudden wave of wind through my backyard one afternoon. All the small particles hit the ground and the sides of my house. I was by myself and scared to death.

Ten minutes later, someone rang my doorbell. I opened the door to a woman who was frantically shouting that one of the branches had broken off the huge tree near her house and had fallen onto my car, that was parked underneath. I've seen such things happen to other people, or in newspaper pictures, but I never thought it would happen to me.

I immediately ran to my car and couldn't believe my eyes. It was completely covered by this giant branch, wearing the leaves like a perched green dress. The only way I could recognize my car was by the rear license plate. My heart was beating so rapidly and loudly.

I did not know what to do. Luckily, my husband was already on his way home. As soon as he arrived, we reached out to the insurance company and the Rossmoor administration office, and we left a mes-

sage to alert them of the possible damage to my car from the heavy storm. We assumed that the roof of the car was dented and all scratched up from the branches.

That night, I had the worst sleep, filled with nightmares and stress from the whole ordeal earlier that day. I was trying to work out all the logistics of having to rent a car, having my car sent off to the garage to be repaired, and how long it might take to get my car back, but worrying is just that: worrying. You can plan to avoid surprises, but there is no guarantee for what's in store for the future.

The next morning, as soon as I saw my car, my jaw just dropped. I couldn't believe my eyes. There wasn't a single scratch or dent on it! My car looked back at me as if to say, "Why are you so surprised to see me? Did something happen last night?"

The only word that popped into my head was "miracle." As Christians, we would refer

to this as "God's grace," or as a "blessing."

Throughout my whole life, I have had countless blessings for sure. I would put this one near the top of my list. The woman who ran to me to inform of the whole situation was an angel of God. If she had not told me that night, it would have been a rude surprise waiting for me the next morning right before I was heading in to work. I hope never to relive anything like this.

I am writing this to thank the Rossmoor administration for taking care of the matter so quickly and easily. The branches were removed immediately so that we were able to assess the possible damages to my car. I also want to thank my neighbors who checked in on me and the car, to share the same relief I had once the branches revealed nothing had happened beneath them. My husband and I are so grateful and blessed to have found this community and to have made it our new home. Thank you!

Italian Heritage

(Continued from page 11)

in popularity not only in New York City, but in Italian neighborhoods of other major municipalities throughout the country. That day is known as the "Feast of San Gennaro," which is celebrated on Sept. 19 in New York City.

When one talks about the influence of Italian heritage, it cannot be denied that one of the most significant aspects is their food. Italian cuisine ranks as the most popular ethnic food in America. In addition to pizza (the most popular fast food), we all enjoy pasta, antipastos, soups, and other delicious fare with their origins in Italian culture. Most early generation Italian families ate the same meals on specific days of the week, but nothing would compare to the Sunday meals which were sumptuous affairs starting in the afternoon and lasting several hours, accompanied with spirited discussions about the issues of the day.

As the second generation of naturalized, Italian-Americans came of age, they easily assimilated into the local mores and values of the native-born Americans. The 1930s saw the emergence of Italian-American citizenry into the celebrity of American life.

In 1934, Fiorello La Guardia, "The Little Flower," was elected the 99th Mayor of New York City and held that post until

1945. If you are old enough, you might remember him reading the comics over the radio when the city's newspapers were closed by a strike in 1939.

By mid-century, the sporting arena saw Italian-American baseball legends like Joe DiMaggio, Joe Garagiola, Yogi Berra, and Phil Rizzuto. In boxing they were represented by Jake LaMotta, Rocky Graziano, and Rocky Marciano. The field of music brought us "ole blue eyes" Frank Sinatra, as well as Perry Como, Mario Lanza and Enrico Caruso.

From entertainment to public service, or as of part of our armed forces, descendants of Italian ancestry have made inroads into all fields, establishing themselves as proud, participating American citizens. Currently, over 17 million of our citizens are classified as Italian-Americans, constituting the fourth largest European ethnicity in America.

What started in mid-19th century as a trickle of hard working, industrious immigrants suffering the arduous trek to a foreign land, along with the hardships of culture shock, turned out to become a significant, well-respected sector of the American population.

So, it's easy to see that the tribulations endured by our Italian forebears in coming to America, are a gift handed down to us to which we owe much thanks.

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Happy Anniversary

Antonino Furnari and Francesca La Manna were married in Palermo, Italy, on October 16, 1969. Antonino worked for 42 years as an inspector of the Palermo municipal police. Francesca owned and operated a plant nursery with the help of Antonino. The couple has three children, who immigrated to America in the late 1990s and early 2000s. In 2004, Antonino retired and the two decided to visit their children in the United States. After much deliberation, and the desire to be close to their children, Antonino, Francesca and their dog, Ms.

Lilly, decided to leave the only life they had ever known in Palermo and move to America. In 2014, they bought a house in Rossmoor and have been in the United States for five years. The couple enrolled in night classes together to learn the English language. Antonino is very happy with a young spirit. Francesca is a fantastic cook and loves to have her children visit. The family is very proud because it's not easy at the age of 72 and 64 to leave a life you have only ever known and move to another continent. We wish them a happy 50th wedding anniversary, and many more years of marital bliss!

Musings and Memories

By Betty Emmons

Trick or Treat, 2011

As we all know, Halloween comes at the end of October. The weather is still not too cold sometimes but there is a chill in the air and the leaves are various shades of color. The children are excited to put on their costumes and are eager to go trick or treating, only that year Mother Nature played a trick on us. We had high winds and a "la la poluzza" of a snow storm. Trees were laden with heavy snow causing branches to snap off the trees and fall, which caused both damage and blockage of roadways.

I had, however, gone to a matinee with friends and wasn't really aware of just how bad things were. In fact, we had a marvelous time, stopped for dinner and got home without incident. Once I got home though, I found four messages inquiring about my welfare, so I turned on the TV to get up to date on the storm. The picture that came on was distorted but I was able to learn the extent of the situation.

Fortunately, I still had phone service so I returned my calls and learned that two of the people who had called were without power and had used their cell phones to make a quick call to see if I

(Continued on page 14)

New Neighbors

By Christina Smith, CMCA, Resident Services Manager

Joseph Yepez, 136N Plymouth Lane, formerly of Bernardsville, N.J.

Paula Phillips, 309A Sharon Way, formerly of Garnerville, N.J.

Linda Pichlet, 149B Providence Way, formerly of Staten Island, N.Y.

Josephine Stephens, 89D Gloucester Way, formerly of South Weymouth, Mass.

Florence Christensen, 317A Sharon Way, formerly of Bergenfield, N.J.

Charles Fox, 410A Oxford Lane, formerly of Jackson, N.J.

Debbie Goldstein, 519B Spencer Lane, formerly of Monroe Twp., N.J.

Sherline Jones, 326A Nantucket Lane, formerly of Old Bridge, N.J.

Rick Wolfe, 413A Oxford Lane, formerly of Robbinsville, N.J.

Carmene Traxler, 39B Concord Lane, formerly of Villanova, Pa.

Eszter Barta, 55A Fairfield Lane, formerly of Bridgewater, N.J.

Karen Coopersmith-Tobin, 118B Old Nassau Road, formerly of Santa Fe, N.M.

Hyun and In Soo Kim, 158A Pelham Lane, formerly of Hackensack, N.J.

Saul and Sheila Strober, 115B Hanover Lane, formerly of Milltown, N.J.

Henry Hernandez and Denise Budzick, 42N Concord

Lane, formerly of Flushing, N.Y.

Michael Cooney, 20C Rossmoor Drive, formerly of Bergenfield, N.J.

Audrey McGinley, 629B Old Nassau Road, formerly of Bayonne, N.J.

Lorraine Licata and Laura Napolitano, 120A Old Nassau Road, formerly of Monroe Twp., N.J.

Stephen Oreszkiewicz, 24N Rossmoor Drive, formerly of Monroe Twp., N.J.

Debra McIntosh, 26-O Bradford Lane, formerly of Helmetta, N.J.

Javier and Cruz Payano, 95-O Gloucester Way, formerly of Perth Amboy, N.J.

Daniel and Kathleen Reiner, 112B Glenwood Lane, formerly of Monroe Twp., N.J.

Han Nam Cho, 146A Old Nassau Road, formerly of Highland Park, N.J.

Lucy Aita, 165D Providence Way, formerly of East Brunswick, N.J.

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In Memoriam

Ruth Dowdell, Rossmoor Croquet founder

By John Craven

Sadly, Ruth Dowdell, one of the founders of the Rossmoor Croquet Club, passed away on July 27 after a long illness; she would have celebrated her 92nd birthday on December 8.

Ruth and her long-time friend Dr. Virginia (Ginny) Allen started the Croquet Club in 1989 and insisted on a championship court next to the Clubhouse. The court was originally financed by the two women and other members. Many serious croquet visitors have touted the court as being one of the best in the nation, thanks to the oversight of Ruth and Ginny.

Ruth loved American Six-Wicket Croquet and played in tournaments up and down the East Coast and in Bermuda — she often won.

Born in Trenton, N.J., into a Quaker family, Ruth graduated from Colorado College with a BA, and from Boston University with a Master's Degree in education, guidance and counseling. She worked for the Boston Camp Fire Girls and moved into an executive position at the National Camp Fire Girls in New York City. She joined the National YWCA as the Executive for Conferences and Conventions before retiring and becoming active here in Rossmoor. She left her mark wherever she went.

Known for questioning expenditures, Ruth served as president of Mutual 1 and as treasurer of the RCAI Executive Committee. Ruth was committed to excellence in everything she did — leadership, croquet, cooking, golfing, painting, and outdoor activi-

ties. She was very dedicated to her friends and family. She will be sorely missed by so many people.

Carol Ann Lomassaro

January 26, 1950 – May 6, 2019

By Marie Maio Craver

The Recipe Exchange Group was her idea and she made it happen. It has been a successful and enjoyable Wednesday night that I look forward to once a month. She had many great ideas such as BBQs, ice cream socials, Halloween parties, and holiday parties, to name a few. She will be hard to replace. She put so much work into every meeting.

Carol also started the Rock and Roll Club. She loved music and concerts. She was a computer monitor. She loved the show Outlander. I can remember our discussions about the show and sometimes we watched it together. When the show returns, I will not be able to watch it without thinking of her.

She loved going to the pool. When I go to the pool, I will think of her. She loved tossing around the beach ball at the pool parties. She loved the E&R trips and was looking forward to going on many of them this summer. She was recently telling me how she was looking forward to the boat trip and seeing Smithville. I remember going to the Sands one summer with her

on a bus trip.

She loved Bingo here at Rossmoor. When I go to Bingo, I will again think of her. She loved gardening and her plants and flowers. She loved decorating her home for the holidays. When I was there on New Year's Day her tree was so beautiful. It was white with pretty decorations and I remember all the red. It was quite breathtaking. I told her she had to have me over every New Year's Day. It was a nice way to spend the day. Sadly, it will not become a tradition. I will think of her on New Year's Day.

Carol was born in Bayonne and was looking forward to participating in her hometown celebration. She moved here after living in Staten Island. My only trip to Staten Island was with Carol. She brought me to all her favorite places there. She loved to travel, and wanted to revisit Charleston, S.C., and Virginia, two of her favorite places. She also wanted to add Savannah to the mix this time.

She had a great friend in Donna Cullen, her friend for decades, who now resides in Rossmoor. Donna helped and took care of Carol to the very end. My condolences to Donna.

Carol leaves behind a son. Carol loved and had a warm and caring relationship with her grandson and granddaughter.

Monroe Township Public Library to Donate Fidget Quilts

They call them fidget quilts, twiddle muffs and comfort mitts. Quilts that keep idle, often lonely hands busy are popular among patients with Alzheimer's. The quilts typically feature items such as zippers, buttons, bows, jewelry and elastic, which are meant to provide tactile stimulation.

People living with dementia often fiddle with objects like buttons. The quilts help evoke memories for some people. Some are designed as a knitted tube, more of a muff than mittens, they are decorated with odds and ends like buttons, bells and ribbons. The idea is for the wearer to have something with which to fidget.

Drop in to the Monroe Township Public Library on Saturday, October 5 between 1 and 4 p.m. to join our Fidget Quilt/Twiddle Muff Kickoff event! Help us exceed our goal of at least 20 quilts/muffs to donate to residents in Monroe. Anyone ages 12 through adult are invited to participate.

Supplies will be available for you to sew, knit and/or assemble pieces in the Library during the event. Patterns and a limited number of kits will be available for you to take home to make your own creation to donate through the Library.

Between Saturday, October 5 and Monday, December 16, the Monroe Township Public Library will be collect-

ing completed fidget quilts and twiddle muffs to donate to Parker Adult Day Center in Monroe Township.

The Monroe Township Public Library is located at 4 Municipal Plaza, Monroe Township, NJ 08831.

Musings and Memories

(Continued from page 13)

was OK. One had the power restored the next day but the other family had to stay in a hotel for four days.

I know that I was lucky and I am grateful, but now I would like to tell you the nice part to this story. Sometime later when I looked out my picture window, I was treated to a beautiful sight. I saw the rose bushes still had buds and flowers on them. Instead of the chilly landscape I expected to see, I was treated to a lovely scene that I wish I could have painted and preserved on canvas.

Things are back to normal now but I will always remember the surprise Halloween treat I got when I saw those pink roses nestled on beds of green and covered by a blanket of pure white snow. It was beautiful for me. When I think back on the treacherous Halloween storm that hit us that year, I will not think Trick or Treat. But rather a trick and a treat and I will smile as I remember pink roses in the snow.

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Rossmoor Clubhouse News

October 2019

Monster Mash Dance Party with DJ Jean Marie



Friday, October 25
7PM Ballroom \$10pp

Prizes for Best Costumes!

Call-In on 10/15 at 12:15PM



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

Sebrina Jinks: Office Assistant

Jessica Roberts: E&R Foreman

ON SALE - NOW & UPCOMING

EVENTS

BOCCE BREAKFAST

Wednesday, October 2 at 12:30PM, \$15

OKTOBERFEST LUNCHEON—SOLD OUT

Friday, October 4 at 12:30PM, Ballroom, \$20

"ROCKETMAN" SUNDAY MOVIE LUNCHEON

Sunday, October 6 at 12:30PM, Ballroom, \$15

AARP SAFE DRIVING COURSE

Friday, November 8 at 8:30AM, Gallery
\$15 Members/ \$20 Non-Members

"MONSTER MASH" DANCE PARTY W/ JEAN MARIE

Friday, October 25 at 7PM, Ballroom, \$10
Call-in on 10/15 at 12:15PM

TRIVIA NIGHT W/ CJ THE DJ

Wednesday, October 30 at 7PM, Ballroom, \$10

SPORTS AWARDS DINNER (Pickleball & Shuffleboard)

Monday, October 28 at 5:30PM, Ballroom, \$20

VETERAN'S DAY BREAKFAST

Tuesday, November 12 at 10AM, Ballroom, \$16
On Sale 10/3

EXCURSIONS

DIY WOOD WORKSHOP - WEST WINDSOR, NJ

Monday, October 28, 11AM—2PM, \$67

On Sale 10/1

WINDCREEK- BETHLEHEM, PA

Tuesday, October 29, \$25pp—\$25 slot play

Bus departs poolside at 9AM

SOLD OUT—"AIN'T TOO PROUD" TEMPTATIONS

"TINA: THE TINA TURNER MUSICAL"

Wednesday, December 4, \$155

Bus departs poolside at 10AM

NYC HOLIDAY LIGHTS TOUR WITH LUNCH AT CASA DI NAPOLI

Monday, December 9, \$85—Departs pool side at 1:15pm

HOLIDAY SHOPPING AT CHRISTKINDLMARKT

Tuesday, November 26, \$35

Bus departs poolside at 9:30AM

On Sale 10/8



ON SALE NOW

New Years Eve at Noon

11:30AM Ballroom \$40pp

Join us for an afternoon brunch with Vocalist
Lou Ruvolo as we welcome 2020!

Menu includes scrambled eggs, French toast w/ maple
syrup, applewood smoked bacon, home fried potatoes,
chicken cordon bleu, grilled salmon Florentine, salads,
mini Danish, pastries, fruit platter and more!
Coffee, tea and water.

Rossmoor's Roaring 2020

New Years Eve Speakeasy Party

7:30 PM-12:30 PM

Clubhouse Ballroom \$78 pp

Ring in the NEW YEAR with friends and
neighbors! Entertainment by CJ the DJ.

Full menu available at E&R.

Call (609) 655-3232 for additional information

CULTURAL

AFRICAN HERITAGE GROUP
Saturday, October 5, 3:00pm, Gallery

AVIATION GROUP
2nd Wednesday, 1:30pm, Ballroom
"Buffalo Flight 3407"

BOOK DISCUSSION GROUP
Thursday, October 17, 3:00pm, Dogwood
"God Help the Children" by Toni Morrison

CURRENT EVENTS ROUNDTABLE
Mondays, 10:30am, Maple

GERMAN AMERICANS
Thursday, October 31, 1:30pm, Cedar

KOREAN AMERICANS
No October Meeting

LATINO/HISPANIC-AMERICANS
Wednesday, Oct. 30, 6:00pm, Gallery

POLISH AMERICAN
Friday, October 4, 1:00pm, Maple

PROGRESSIVE GROUP
Friday, October 11, 5:00pm, Ballroom
"Navradri Diwali"

RECIPE GROUP
Wednesday, October 9, 6:30pm, Maple

VETERANS GROUP
Veteran's Day Breakfast
Tuesday, Nov. 12, 10:00am, Ballroom

WRITERS GROUP
Thursday, Oct. 31, 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—1pm, Gallery
Bring your lunch and have some fun!

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

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



CARDS & GAMES

BANANAGRAMS
Mondays & Thursdays, 2pm, Game Room
Contact Dolores Wardrop.

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 Sophie Prata.

MAH JONG
Beginners and experienced players
wanted. Contact Linda DeMorato.

MEN'S POKER
Contact Alan Lasky.

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

PINOCHLE
Please call E & R if interested.

POKER
Contact E&R

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, October 22, 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.

T'AI CHI CHIH by Siobhan Hutchinson
Postponed due to lack of interest.

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

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

ZUMBA
Mondays & Wednesdays, 6:00pm*, Hawthorn
Payable to instructor. Wear closed-toe shoes.
*Please note new start time

Beginning October 22nd INSTRUCTIONAL Latin-Inspired Dance

will be on the schedule each week!

6:30PM Gallery

Join us for an hour of instructional
dance. Closed-toe shoes required.

No cost. Resident instructor.



SPORTS FUN!

BOCCE
Bocce Awards Breakfast Sign-up is now open!
Wednesday, October 2, 10am, Ballroom
Cost: \$17pp—Menu available at E&R

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

HIKERS
Moon Walk
Sunday, October 13 at 7:00pm, departing
from Clubhouse

PICKLEBALL
Make-A-Wish Pickleball Event
Saturday, October 12, Rain date: 10/13
Contact E&R for donation & event information

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

"DARKEST HOUR"

Rated PG-13 / 2hr 5m / No Charge



Sunday, October 20
1:30pm Ballroom

Tuesday, October 22
1:30pm & 7pm Ballroom

TUESDAY MYSTERY MOVIE

October 1 at 1:30pm & 7pm
October 15 at 1:30pm & 7pm

Movies are subject to change.

RSVP Your Interest

"Music Man" Starring Hugh Jackman
"West Side Story" on Broadway
Wine & Train Tour * Philadelphia Flower Show
Ladies Day in Lancaster
Mackinac Island, NY Tour
Radio City Christmas Show * Car Show
5 Day Cruise (out of Bayonne)
Make Your Own Gourmet Ravioli
QVC Studio Tour

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

LIBRARY ON LOCATION

"The Birth of Sake"

Wednesday, October 16 at 1PM, Ballroom

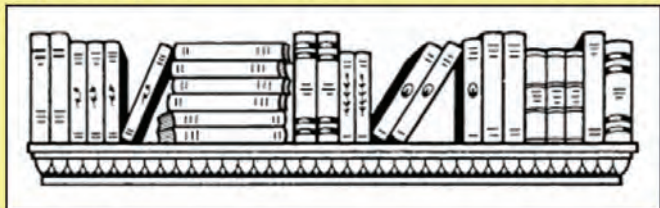
A two year journey inside Japan's Yoshida Brewery, a 144-year-old family run company where brotherhood of artisans, ranging from 20 to 70, spend 60 months in nearly monastic isolation as they follow an age-old process to create sake, the nation's revered rice wine. Directed by Erik Shirai [2016, 90 min.]

"Campaign"

Thursday, October 24 at 1PM, Ballroom

This is democracy—Japanese style: the story of a man plucked from obscurity by the ruling political party to run for a critical city council seat. Directed by Kazuhiro Soda. [2008, 53 min.]

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



F41

- **RCAI Offices will be Closed** on Monday, October 14th in observance of Columbus 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.

Mayor Tamburro joined Rossmoor's WWII Veterans for a photo at a recent meeting. Clubhouse Manager, Melissa Barnard and group leaders Denny O'Malley and Dan McOlvin joined for a photo too!



Great work Rose!

"Thumbs up" if you're having a great time!



Residents gathered together for an evening out with CJ the DJ—our NYE Evening Entertainer! Don't forget to sign up for NYE.

On September 19, New York Yankees clinched the AL East Title for the first time since 2012, beating the Los Angeles Angels... And our residents were there to witness it!



Paul Pittari put the final touches on some Wine & Design beverage coasters.



OCTOBER 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <div>Get Your Tickets Now!</div> <div>1:30pm</div> Mystery Movie –BR <div>7:00pm</div> Mystery Movie –BR	2 <div>10:00am</div> Bocce Awards Breakfast –BR*	3 <div>Get Your Tickets Now!</div>	4 <div>12:30pm</div> Oktoberfest Luncheon –BR* <div>Get Your Tickets Now!</div>	5 <div>12:00pm</div> Mutual 12 Picnic–BR
6 <div>1:30pm</div> “Rocketman” Movie Luncheon –BR*	7 <div>10:00am</div> Mutual 5 Open–VC <div>2:00pm—7:00pm</div> Flu Shots–BR	8 <div>Get Your Tickets Now!</div> <div>9:00am</div> Comcast—BR	9 <div>1:30pm</div> Aviation “Buffalo Flight 3407” - BR <div>6:30pm</div> Recipe Exchange-MP <div>Yom Kippur</div>	10 <div>9:00am</div> Committee Meetings-VC	11 <div>2:00pm</div> Mutual 17 Open–VC	12 <div>Make-A-Wish</div> <div>Pickleball Fundraiser</div> <div>Join us at the courts & show your support!</div>
13 <div>Make-A-Wish</div> <div>Pickleball Fundraiser</div> <div>(Raindate)</div>	14 <div>Golf Outing</div> <div>1:00pm</div> Health Lecture—MP <div>RCAI Offices Closed</div> <div>Columbus Day</div>	15 <div>Get Your Tickets Now!</div> <div>1:30pm</div> Mystery Movie –BR <div>7:00pm</div> Mystery Movie –BR	16 <div>1:00pm</div> Library on Location-BR	17 <div>9:00am</div> Board of Governors -VC	18	19 <div>10:00am</div> Blessing of the Animals—Village Green at MH <div>Blessing of the ANIMALS</div>
20 <div>1:30pm</div> “Darkest Hour” Movie –BR	21 <div>Golf Outing</div>	22 <div>Get Your Tickets Now!</div> <div>1:30pm</div> “Darkest Hour” Movie –BR <div>7:00pm</div> “Darkest Hour” Movie –BR	23 <div>Temptations on Broadway*</div>	24 <div>1:00pm</div> Library on Location-BR <div>6:30pm</div> Bingo—BR <div>Get Your Tickets Now!</div>	25 <div>7:00pm</div> “Monster Mash” Dance Party-BR*	26
27	28 <div>11:00am–2:00pm</div> DIY Wood Workshop* (W. Windsor, NJ) <div>5:30pm</div> Sports Awards Dinner –BR*	29 <div>Windcreek Casino</div> <div>Bethlehem, PA*</div>	30 <div>7:00pm</div> Trivia Night –BR**	31 <div>HAPPY HALLOWEEN</div>		

INDEPENDENT CLUBS			
Chorus	Wed	4 pm	MH
Church Discussion	Tues	1:30 pm	MHP
Computer Club	3rd Mon	10 am	GL
Dance Club	Last Sat	7 pm	BR
Emerald Society	4th Wed	2 pm	BR
Indian-American	Sun	9:30 am	GL
Italian-American	3rd Wed	7:30 pm	BR
Players	Last Mon	7 pm	GL
Torah Study	Sat	10 am	CD
Women's Guild	3rd Thurs	1:30 pm	BR

MEETING HOUSE SERVICES		
Catholic Society Mass	2nd Thurs	7 pm
Jewish Congregation Sabbath	2nd & 4th Fri	7:15 pm
Community Church & Communion	1st Sun	11 am
Community Church Worship	2nd & 4th Sun	11 am
Community Church & Fellowship	3rd Sun	11 am

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

This month in pictures

Photos by Joe Conti and Walter Gryskiewicz



First place winning team in the bocce tournament includes, from left, Debbie McCauley, Minnie Sasso, Dennis Hagerty, and Helen Reho. Not pictured are Captain Al Longo and Janet Decker.



Second place winners in the bocce tournament are, from left, Cal Schwartz, Maureen Vergano, Grace Gambino, Captain Dave Voight, Harriet Schmidt, and Barbara Boyer.



Third place winners in the bocce tournament are, from left, Don Russo, Paulette Mascia, Fred Galella, and Tony Cardello.



Spectators enjoyed the bocce tournament.



Linda Klink at the bocce tournament



Godfather Al Longo (He's doing well.)



One summer night in Rossmoor



Do we need a goose crossing sign? Nobody is going anywhere until they cross.



Janet Wilson, (left), and Alyce Owens, (right), express their appreciation to Kevin Gunia, (center) for his many hours as organist/pianist for the Rossmoor Chorus.

Clubs and Organizations

Don't forget these special Women's Guild events

By Diane England

We have two great events to discuss. Find what you need to know about the Women's Guild Bazaar and the Holiday luncheon below.

Do you intend to donate items for the Bazaar?

We'll be collecting gently used goods at the Clubhouse on both the Thursday and Friday before the Bazaar (on Oct. 31 and Nov. 1) from 9 a.m. until 1 p.m. in the Hawthorn Room. If you have extra recycled bags and hangers, we could use these as well.

Do you plan to shop at the Bazaar?

Doors will open on Saturday, Nov. 2 at 9 a.m. Since we can't price all items, you may need to ask a volunteer manning that area for a price (volunteers should be wear-

ing name tags).

Please remember this event is a fundraiser for scholarships for college-bound Monroe Township seniors. We have so many sales that if every sale was just a dollar higher, we could give out one more \$1500 scholarship. If every sale was two dollars higher, we could give out two more scholarships. Since the prices you'll be quoted will undoubtedly be extremely reasonable, if you wish to pay more than the quoted price, we'll gladly accept your donation.

We'll be accepting cash only—other than checks for Silent Auction items. The Silent Auction closes at 1 p.m. You must be present at that time to write a check for those items for which you

were the highest bidder. We ask that all Auction items be removed from the Clubhouse at that time.

Here is your guide to the bazaar sales rooms:

- Gallery: Women's clothing, jewelry and linens;
- Craft Room: Knitted and other hand-crafted items;
- Red Room: Silent Auction and pictures with Santa; (Pet pictures with Santa will be from noon to 2 p.m. on the front porch. Please, do not bring your pet into the Clubhouse.)
- Entrance Hall: Fifty-fifty tickets;
- Reading Room: Christmas decorations;
- Dogwood Room: Games, puzzles, toys, CDs/DVDs, and current books;
- Cedar Room: Baked goods and more;

- Maple Room: Men's clothing, sporting goods, and other items appealing to men;
- Hawthorn Room: Cooking and baking utensils, dishes, serving pieces, small appliances, picture frames, wall art, lamps, and a variety of decorative items;
- Ballroom: Beverages as well as breakfast and lunch food items.

Do you plan to be a Bazaar volunteer?

Members who wish to volunteer on one or more days should report to the Hawthorn Room by 8:30 a.m. on any day you wish to work—unless you've been assigned a room to work the day of the Bazaar itself. In this case, please report to that room by 8:30 a.m. Any non-member who'd like to volunteer should check in at the Hawthorn Room at 8:30 a.m. on Thursday, Oct. 31. Please have a check made out to the Women's Guild for \$12 to cover the annual dues.

Do you wish to attend the Women's Guild's Holiday luncheon?

Kick-off your holiday season by attending this luncheon, with a hot buffet once again prepared by Twin Oaks Catering. It will be Monday, Dec. 2, at noon in



Tom Smith, who was one of the premier colorists in the comic book industry from the 1980s until the early 2000s, stands in front of some of his work. You'll be able to see actual examples at the Women's Guild Meeting on October 17.

the Ballroom. For the luncheon's musical program, we're so pleased that Janet Wilson will return to play the piano while her husband, Jim Wilson, will again lead us in singing carols and other holiday songs.

Ticket sales will commence at our meeting on Thursday, Oct. 17, at 1:30 p.m. in the Ballroom. Please have a check for \$17 made out to the Women's Guild. Non-members who hope to attend this event should watch Channel 26 in early November to see if such tickets are available.



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CULINARY CORNER

By Sidna Mitchell

Fall means time for soup

After my father died and my brother and I left home, my mother would often make a big pot of vegetable soup and leave it on the back of the stove. Every day for lunch she would eat some of the soup until it was all gone. I thought, "How silly!"

Years later my husband would fix a big pot of vichyssoise, put it in the refrigerator and pour out some of the cold potato-leek soup for

lunch every day until it was all gone. Again, I thought, "How silly!"

Now that I'm older, I found that practice not so silly and really easy. Maybe I've just gotten lazy but that big pot of soup works for me. Often my vegetable soup is simply made by cleaning out all the leftovers in the refrigerator and maybe adding some potatoes, rice, or beans.

Recently, I found a box of mushrooms about to go bad so I pulled out a recipe for an easy-to-make soup.

Mushroom Soup

- 1 quart of beef broth
- 2 cups of coarsely chopped fresh mushrooms
- 1 medium onion, chopped

Culinary corner

- ½ cup of finely chopped fresh mushrooms
- salt and pepper to taste

Combine the beef broth, the two cups of coarsely chopped mushrooms and the chopped onion in a large saucepan.

Bring to a boil; then reduce to a simmer, uncovered, for about 30 minutes.

If you want a simple broth, strain the soup through cheesecloth or a fine mesh strainer; discard the mushrooms and onion.

Salt and pepper to taste and garnish with the half cup of finely chopped mushrooms.

For a cream soup, don't strain, just puree the soup, season, and add half and half. Garnish with the half cup of finely chopped mushrooms.

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



Put the Music Association concert on your calendar

By Linda Bozowski
Be sure to mark your calendars for the upcoming Music Association program scheduled for this coming Friday, Oct. 4 at 7:30 p.m. Vocalists Jody Kidwell and

Markus Beam will be accompanied by pianist Jeff Uhlig at the Meeting House and will present an evening of exciting music. Classically trained in opera, mezzo-soprano Kidwell

has performed throughout the United States and abroad. When not performing as a guest soloist with orchestra backing, Kidwell has directed the children's choir at Congregation Rodelph Shalom and taught vocal students at her private studio in Philadelphia.

Baritone Markus Beam's wide repertoire ranges from the 17th to the 20th centuries. A graduate of Philadelphia's Academy of Vocal Arts, Beam has also performed internationally and has won many competitions for his opera work. La Boheme and Figaro are among the works he has sung.

Pianist Jeff Uhlig has been a guest performer at Rossmoor on several previous occasions. The Philadelphia Orchestra, the New York Philharmonic and the Metropolitan Opera have been graced by his skills at the keyboard. Uhlig's skill as a chamber music player has entertained audiences in the United States and Russia. He currently serves as Vocal Coach and Principal Keyboardist with the Ocean City Pops Orchestra.

We welcome Uhlig back to our stage and extend a warm welcome to new guest performers Kidwell and Beam.

Players Pastimes



By Sue Archambault
The Players' musical comedy productions have proven to be a popular option in Rossmoor in the past. This month, the Players will be presenting a brand new musical comedy.

Jim Wilson, a news producer and news writer for the Today Show for more than 25 years, utilized his writing expertise and experiences in order to write the book, music, and lyrics for "What's Up."

The play is about a struggling morning TV show in Clayton, Ohio. In order to improve their poor ratings, the cast and crew of the station formulate zany and entertaining ideas and schemes.

The play will be performed in the Meeting House on the

evenings of Thursday, Oct. 17, and Friday, Oct. 18, plus a matinee performance on Saturday, Oct. 19.

Tickets will be on sale Friday, Oct. 11, Monday, Oct. 14, Tuesday, Oct. 15, and Wednesday, Oct. 16 in the Red Room from 1 to 3 p.m. Sal's Roma Deli and Pizzeria will also be selling tickets Friday, Oct. 11 through Saturday, Oct. 19. Tickets will cost \$10 in advance and \$12 at the door. Refreshments will be served.

There will not be a Players general meeting in the month of October due to the vigorous rehearsal schedule and performances during the month.

Computer Club meeting

By Steven Gray, President
Interested in your family history? Wondering the best way to obtain that information, aside from asking the relatives you hate talking to?

Our monthly Computer Club meeting on Oct. 21 will feature our own Fred Milman to give the roots of growing your own family tree. If you have any inter-

est in genealogy (or just want to prove that you are not related to those "idiots"), come on out for hints and tips on how to start and continue what can be a very fascinating hobby.

The meeting starts in the Gallery at 10 a.m. with the three "C's" (coffee, cake and conversation) beginning at 9:30 a.m.

Good food, music, fun and prizes at the Dance Club's Halloween Dance

By Judy Perkus
The Dance Club will celebrate Halloween in the Clubhouse Ballroom on Saturday, October 26, at 6:30 p.m. Join us for an evening of food, fun, and all kinds of dance.

DJ Peter Lieberman will provide the dance music for all Rossmoorites, singles and couples. There will be prizes for costumes. The menu includes fried chicken, mashed potatoes, coleslaw, dessert, and hot and cold beverages.

The cost is \$13 per member and \$15 per non-member. Checks are to be made out to the Rossmoor Dance Club and sent to Armen DeVivo by the reservation deadline of

ROSSMOOR DANCE CLUB
Halloween Dance
Saturday, October 26, 2019

Name(s) _____

PAID-UP Member(s): @ \$13 = \$ _____

Non-member(s): @ \$15 = \$ _____

CHECK TOTAL: \$ _____

Place your check made out to the Rossmoor Dance Club in an envelope and leave in the Dance Club folder in the E and R Office by October 17 or mail to:
Armen DeVivo, President
449B Roxbury Lane, Monroe Twp., NJ 08831
Tel: 609-655-2175

Emerald Society's fall activities

By Joan Avery
Don't forget to mark your calendars for the very popular trip to the Christmas Show at the Sight and Sounds Theater on Dec. 10. Also mark your calendars for the Emerald Society's Christmas Party to be held at the Cranbury Inn on Sunday, Dec. 1.

The Emerald Society picnic in August was a great success. We had music and sing-alongs by Outkast Customs and delicious food, including hamburgers, hot dogs, BBQ grilled chicken, pasta and salads.

Dan arranged for members of the Emerald Society to enjoy a great sightseeing cruise on the River Belle leaving from Point Pleasant with lunch at the Shrimp Box on Sept. 5. Everyone had a fabulous time on the water, which was very calm, and the lunch at the Shrimp Box was delicious.

Dan announced that the Emerald Society has donated \$125 to the Smile Train.

Dan is going to appoint a Nominating Committee for a full slate of officers for the Emerald Society at the next meeting, which will be on Oct. 23.



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Come hear these inspirational lessons

By Diane England

Do you ever find it challenging to deal with your deteriorating body? As seniors, if we don't learn to cope with our ever-increasing limitations, we're apt to fall into despair. Fortunately, though, we can often learn from the experiences of others. The speaker for the Women's Guild meeting on Thursday, Oct. 17 at 1:30 p.m. in the Ballroom, suffered a massive stroke, but any attendee should glean important lessons from Tom Smith's story.

This Rossmoor resident suffered a massive stroke over five years ago while he

was still in his fifties. And certainly, it was a life-changing event with some negative repercussions. Tom, however, learned experientially that when one door closes, another opens. In fact, he had an experience on the day of his stroke that made it easier for him to move fearlessly through that door and seize new opportunities stretched out before him.

You might say Tom implemented a superhero approach to his stroke recovery, but then, having been intimately involved with comic superheroes for over

twenty-five years as a colorist for both Marvel and DC comics, Tom has given much thought to the lessons these fictional characters can teach us. What is the power he most admires? That of perseverance.

In truth, Tom exhibited this trait prior to breaking into this business. He worked dead-end factory jobs for over ten years before getting his real break—teaming up with the superstar artist, George Perez. Since Perez was known for drawing crowd scenes with perhaps a hundred characters—all of whom the fans could identify—he needed a very special colorist. Because Tom proved to be that person, the two of them proceeded to work on hundreds of comics together.

Today Tom may share his autograph, as well as the lessons he has learned from comic superheroes about dealing with real-life challenges, at various events attracting Marvel and DC comic book fans. He also returns to the facility where he pursued rehabilitation

himself, striving to uplift those facing this seemingly daunting task as well as an uncertain future. Tom also speaks wherever he can both inspire others and be of service.

The Women's Guild is grateful that Tom has agreed to speak to us. Since we

can't stop the deterioration of our bodies, and many of us will contend with some type of disability at some point in time, I suspect all of us could be helped by hearing Tom's inspirational story and lessons learned. Thus, we look forward to seeing you on Oct. 17.

Italian American Club

By Tony Cardello

The month of September brought us to the end of summer, the beginning of fall and Rossmoor Downs 2, which once again was a complete sellout. As usual it was a fun evening with much whooping, hollering and waging.

Our next social event will be our annual Columbus Day party on Saturday evening, Oct. 12, from 6 to 10 p.m., catered by City Streets. The cost will be \$35 for a full sit-down dinner. Entertainment for the night will be singer Ken Ryan.

Please note there will not be a membership meeting in October due to the Colum-

bus Day party. The next meeting will be on Nov. 20 at 7 p.m.

Bingo will be played on Thursday Oct. 24 at 6:30 p.m. in the Ballroom.

We will sponsor the October Catholic Mass in the Meeting House on Thursday, Oct. 10, at 7 p.m. Please let Lucille Conti know if anyone would like to donate flowers and refreshments. Volunteers are also needed.

A happy Halloween to all the members and their families.

Democratic Club

By Catherine Hunt

The Democratic Club would like to thank everyone who participated in our August meeting, from our excellent speaker, Lauren Skowronski of Sustainable Jersey, to the members and visitors who joined in the discussions, helped decide the votes, and volunteered. We now have new leadership volunteers and new service committees.

Lauren explained how Sustainable Jersey works with local governments and public schools to pursue sustainability initiatives. The organization provides leadership, research, expertise, coaching, well-defined guidance planning, some funding and other resources. Over 150 New Jersey leaders and experts from federal and state agencies, universities, non-profit organizations, and the business sector provide a process of discussion and research to help communities pursue and complete priority actions and earn prestigious certifications. This is a free program to all N. J. communities. Monroe Township has earned the coveted silver certification and is working toward a star in energy and waste.

To get started, a municipality adopts a resolution of participation and then registers on the website: 222.sustainablejersey.com. Monroe Township's Green Team can be found under Monroe Township Environmental Commission; meeting dates and times are posted on the website. Rossmoor residents are invited to participate.

Monroe's Green Team hosted the Monroe Township annual Green Health & Wellness Fair on Saturday, Sept. 28, at the Monroe High School. A record crowd attended the festivities: lecture series, special features, over 100 exhibitors, food and music, electric car demo, and

(Continued on page 19)

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This event will not include a formal marketing presentation, but sales associates will be on hand to answer your questions.



Religious Organizations

Who's on a spiritual journey?

By Betty Anne Clayton

Our magnificent Meeting House turns into a serene house of worship on Sunday mornings where residents can gather at 11 a.m. to share their spiritual journey. All are welcome at the Community Church. It doesn't matter who you are or where you are on your spiritual journey. You are warmly welcome here.

The Community Church is truly an ecumenical fellowship of Christians and seekers. Approximately a quarter of our membership come

from a Roman Catholic background, including our new pastor who was ordained as a United Church of Christ minister following her career in engineering and information technology.

Another quarter of our membership comes from a Presbyterian background. Those with a Methodist background are a close third. You may be surprised to know that there are also many members who were Lutherans, Episcopalians, United Church of Christ, Baptists,

and Reformed Church of America. We also have one member who never belonged to a church before joining the Community Church. So, you see, it's never too late to start your spiritual journey.

A few of our members wished to continue their membership in the church they attended before moving to our community so they became dual members when they joined the Community Church.

If you would just like to learn more about this warm and welcoming fellowship of Christians, or explore the possibility of becoming a member, please join the Membership Team on Wednesday, Oct. 16, at 6:30 p.m. in the Clubhouse's Dogwood Room when members will share their own spiritual journeys. You will find a warm welcome, so please plan to join us.

may have thought the group disbanded. We hope you will join us in the festivities. Please call Marie at 732-851-2043 with any questions.

The Recipe Exchange group carries on

By Marie Craver

The Recipe Exchange group is carrying on in the name of our founder, Carol Lomassaro. We are continuing to act as a group and have new members with some great new ideas. We plan to explore healthy eating and to exchange ideas and recipes around this theme. Meetings are held in the Maple Room at 7 p.m. on the second Wednesday of the month.

The Oct. 9 meeting will be our annual Halloween party. Come in costume if you like. Please bring a pumpkin to paint. Lucy Aita of Lucy's Big Beautiful World of Painting will provide the paints. She is a new resident of Rossmoor and a new member to our club. Aita produces an award-winning educational show for East Brunswick TV (EBTV), which is also carried on other cable channels across the country and is available on YouTube. She is going to be a great asset. We will be sharing side dish recipes for Thanksgiving.

On Nov. 13, Aita, who is an accomplished cook, will demonstrate how to make pasta. We will all make our own pasta by hand. Members will take home what they make.

The Dec. 11 meeting will be our annual holiday party. We will paint a holiday ornament, and eat dinner together.

Please watch Channel 26 for what recipes we will be exchanging and what food we will be serving. All residents are invited to join our meetings. We also hope to see returning members who

Democratic Club

(Continued from page 18)
more.

Please be invited to attend our October meeting, the Bagel Rally, to be held in the Ballroom on Tuesday, Oct. 22, from 9:30 to 11:00 a.m. Meet the candidates. Come one, come all, enjoy the warm companionship and delicious food.

Catholic Society

By Lucille Conti

The October Holy Mass will be celebrated on Thursday, October 10 at 7 p.m. in the Meeting House. As is the tradition, this Mass will be planned and hosted by the Italian American Club of Rossmoor together with the Catholic Society. Father Paolo Fedrigoni, of the Consolata Fathers, will be the Celebrant and Mr. James Palmer will be the Organist/Cantor. And, of course, the Altar flowers will be provided and the refreshments will be prepared and served by members of the Italian American Club. Please join

us for this very joyful celebration of the Eucharist.

We will be showing another inspirational film to lift your spirits on Friday, October 27 at 2 p.m. in the Gallery. The title will be announced on Channel 26.

The Prayer Shawl Ministry will gather on Thursdays, October 10 and 24 at 1:30 p.m. in the Craft Room.

The Chaplet of Divine Mercy will be recited on Tuesday, October 22 at 3 p.m. in the Dogwood Room.

Please join us for our Council Meeting on October 8 at 1:30 p.m. in the Meeting House Parlor.

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 MAKING AN IMPACT



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



Karen Seiden, Susan Tuil, Dolores Grieff, Shelley Strauss, and Jeanette Squires enjoy playing Mexican Train at Fun and Games Day on August 18.

Try something new; try something different

By Adrienne Brotman

The sounds of dice rolling, tiles cracking, laughter, and occasional shouts of Farkle filled the Ballroom Sunday, Aug. 18, as the Jewish Congregation hosted a fun and games day. Mexican Train, Syzygy, Farkle, Rummy, Rummikub, and other games were played. It was also Sundae Sunday, with players making and eating ice cream creations and cookies. The sugar free ice cream was a big hit.

The fun was enhanced by a Tricky Tray and 50-50 raffle, resulting in a generous donation to HCE, an organization founded 62 years ago, whose primary purpose is creating employment opportunities for individuals with disabilities and other barriers to employment while providing worthwhile services to the business community.

Yom Kippur Services will begin with Kol Nidrei, Tuesday, Oct. 8, at 8 p.m. in the Meeting House. The Lay Reader will be Janet Goodstein. Services will resume the following day at 10:30 a.m. and conclude with the Neilah and Yizkor service at 5 p.m. Cantor Mary Feinsinger will once again be singing our prayers accompanied by organist Barry Kloda. Cantor Mary will be our Torah Reader, Janet Goodstein will be the Haftarah Reader and Jeff Albom will be the Lay Reader. We welcome all members in good standing to our Yom

Kippur services and those who have purchased tickets.

The Jewish Congregation invites all congregants to a Break-the-Fast at the conclusion of Yom Kippur, Wednesday, Oct. 9, after services in the Ballroom, approximately 6:30 p.m. There will be platters of whitefish, tuna and egg salads, herring, bagels and lox and, of course, Challah, soda, decaf coffee, tea and desserts, both sugar free and regular. The cost is \$22 for members, \$25 for guests, and \$12 for children. Reservations and payment can be mailed to Jeff Albom, 473B Rockport Way or placed in the congregation's folder in the E&R office. Reservation deadline is Sept. 20.

Following Yom Kippur is the holiday of Sukkot, which begins on the evening of Oct. 13 and lasts for eight days concluding with Simchat To-

rah. The Sukkot period is a time to remember the wandering in the desert for 40 years following the exodus from Egypt. There will be a Simchat Torah party on Sunday, Oct. 19, in the Hawthorn Room at 11 a.m. There will be a Yizkor service on Monday, Oct. 21, at 10:30 p.m. at the Meeting House. All are welcome to the Yizkor service.

There will be an Interim Congregation meeting on Wednesday, Oct. 16, at 1 p.m. in the Gallery in the Clubhouse. We hope to see our members there.

Sabbath service will be Friday, Oct. 25, at the Meeting House at 7:15 p.m. All are welcome.

If you would like information about our Congregation, please contact Karen Seiden, our vice president of membership.



Celebrating Hadassah Aylat's 95th Birthday are Sylvia Weshnak, Norm Perkus, Jeff Albom, (Hadassah with cake) Cindy Sigl, Janet Goodstein, and Judy Perkus, at Torah Study.

October 19 set for animal blessings

By Sidna B. Mitchell

Preparations are underway for Rossmoor's first "Blessing of the Animals" on Saturday, Oct. 19, co-sponsored by E&R and the Community Church. The service will start at 10 a.m. on the Village Green in front of the Meeting House. The Rev. Robin Bacon Hoffman, pastor of the Community Church, will bless the pets of our residents.

"We are excited to participate in this celebration recognized worldwide and host

our first 'Blessing of the Animals' in October," said Melissa Barnard, Clubhouse Manager and dog owner. "Our brief, non-denominational service will welcome the furry and feathered, finned and scaled."

"For many people, companion animals are so often a powerful source of unconditional love and affection," she continued. "This deserves to be acknowledged and celebrated more. The love we give to and receive

(Continued on page 21)

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SPORTS



September was a busy month for Rossmoor Croquet

By John N. Craven

Rossmoor Croquet held a potluck attitude adjustment on Aug. 16, which was a great success. A BIG thank you goes out to all contributors who provided a wide range of entrees and desserts.

September was chock full of activities; Rossmoor Croquet held its annual golf croquet tournament and a rematch with Meadow Lakes. The Rossmoor-Meadow Lakes match is usually an annual event, But Meadow lakes couldn't wait a full year to avenge the defeat that Rossmoor handed them in July. This time, the "Rossmoor Rampagers" will again take to the road looking to beat Meadow Lakes on their own turf.

The annual "Kooky Kroquet" and barbeque, rescheduled because of foul weather in July, was held on Sept. 21. After a morning of Krazy play, lunch was served on the patio.

It seems as if the 30th season was just getting underway when the leaves began to change color and the warm breeze off the golf course became cool and crisp. At the end of October, Rossmoor Croquet ends its seasonal play.

October brings the annual meeting/fall luncheon to be held on Saturday, Oct. 26, at noon in the Gallery. Final play will take place on Halloween, Thursday, Oct. 31. "Halloween play" is the only time during the season when members dress not in their "whites," but in Halloween costumes. Spirited games are expected and, as always, a potluck attitude adjustment will be held in the Cedar Room afterward.

The annual winter holiday luncheon will be held on

Wednesday, Dec. 11, at a place yet to be determined.

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 a chance to learn a simple yet challenging game on a professional level playing court, contact Betty Ann Clayton. Look for us on the Croquet Court any Friday afternoon. Come join us; you'll like it!

9-Hole Golf

By Mary Shine

Two more tournaments to go for this season. Oct. 1 – "Low Gross" and closing day "Step away Scramble" on Oct. 8.

Executive Board will meet on Oct. 15 in the Cedar room. A General Membership meeting will be held on Oct. 22, also in the Cedar Room. Very important for ALL members to attend this general membership meeting.

Results of August tournaments: Aug. 6 Low Gross – Flight A - Grace Hammers-



fahr – Flight B Maureen Danahy; Aug. 13 – Even Holes – Flight A – Paula Richardson – Flight B Alyce Owens; Aug. 20 – Low Net – Flight A – Tori Meiselbach, Flight B Cathy Misner; Aug. 27- Member/Member – first place Grace Hammersfahr/Joan Gabriello; second place Paula Richardson/Tori Meiselbach.

Enjoy this beautiful fall month.

Rossmoor Community Church

October Calendar

- Oct. 3 Women's Guild Board Meeting
- Oct. 5 Memorial Service for Joe Schneider 11 a.m. in the Meeting House
- Oct. 6 Communion Service 11 a.m. in the Meeting House, Pastor —Rev. Robin Bacon Hoffman
- Oct. 9 Worship Committee Meeting, 10 a.m. in the Parlor
- Oct. 13 Sunday Service, 11 a.m. in the Meeting House, Guest Pastor — Rev. Dr. Donald Fletcher
- Oct. 15 Finance Committee Meeting, 10 a.m. in the Parlor
- Oct. 16 New Members Meeting, 6:30 p.m. in the Dogwood Room
- Oct. 17 Women's Guild Meeting, 1:30 p.m. in the Ballroom, Tom Smith, speaker — stroke recovery
- Oct. 19 Blessing of the Animals, 10 a.m. on the lawn of the Meeting House
- Oct. 20 Sunday Service, 11 a.m. in the Meeting House, New Member Reception and Fellowship Hour, Pastor — Rev. Robin Bacon Hoffman, Organist — Joyce Irwin
- Oct. 21 Council Meeting, 10 a.m. in the Parlor
- Oct. 27 Sunday Service, 11 a.m. in the Meeting House, Pastor — Rev. Robin Bacon Hoffman, Organist — Joyce Irwin
- Oct. 29 Spaghetti Dinner 6 p.m. in the Ballroom

Animal blessings

(Continued from page 20)

from a pet can be unmatched."

Pastor Robin plans to offer a prayer and an overall blessing for the animals, followed by individual blessings if the pet owners so wish. If pets cannot be present, their owners are encouraged to bring photographs of their animals for the blessing. Water and treats will be available to all animals that are in attendance.

All animals are required to be on a close leash with owner control or in an appropriate carrier for the safety of other pets and their owners. All owners are reminded they must pick up after their animals.

Since this event is one that would appeal to children as well as to our mature residents, grandchildren may be invited along with other family members and neighbors.



Golf Course Highlights

By Ted Servis, Rossmoor Golf Professional

What's going on at the Golf Course? Fall is upon us but there is still plenty of golf to play. The weather in October and November can be good, and it's the perfect time to come out and play.

The Golf Course is in fantastic condition thanks to Tom Tucci and his staff. A reminder that all Pro Shop credits must be used up by Dec. 31, 2019, or you will lose them, there is plenty of Pro Shop merchandise in stock. If there is something you need and we don't have it, we can order it for you. We are having an end of summer sale, all men's clothing 20% off, and all ladies' clothing 50% off, in stock items only.

If there is anything we can help you with, or any questions we can answer please give us a call at 609 655-3182. Thank you, and enjoy the fall golf season.

Remember that the Golf Course is currently offering a referral incentive of \$200 in Pro Shop credit for bringing in new members.

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Ladies' 18-Hole golf league tournaments

By Arlene McBride

The Club Championship tournament was held on Aug. 6 and 13 with the following winners in each flight — A Flight: Janet Decker; B Flight: Denise Romano; C Flight: Joan Semen. With all the heat that was upon us, the girls held their own and came through.

On Aug. 20, Scramble tournament was held. First place team: Carol Faraci, Maria Hogan, Nancy Nita, and Sandy Pellicane. Second place team: Pat Crowley, Janet Decker, Cathy Dougherty, and Joan Lundy. After the scramble a luncheon/meeting was held. The election of officers was decided upon for season 2020. The following will be installed at our closing day luncheon/meeting in September: Maria Hogan, president; Jo Schwegel, vice president;

Sandy Pellicane, treasurer; Joan Semen, secretary; Pat Mueller, tournament chairperson; Arlene McBride, publicity.

On Aug. 27, Low gross/low net winners: first place, low gross, Janet Decker; second place, low gross, Carolyn Meyer; first place, low net, Arlene McBride; second place, Sue Petersen.

On Sept. 3, low gross/low net winners: first place, low gross, Carolyn Meyer; second place, low gross, Jo Schwegel. First place, low net, Sue Petersen; second place, (MOC) Cathy Daugherty.

Congratulations to all above for a job well done.

We survived a very hot summer; now we can look forward to nice fall weather to finish up our golf season.

Happy Halloween!



On the far left is John Cristiano, our Shuffleboard team captain. With him are the other team members and also some of the volunteer scorekeepers.

Shuffleboard team continues its hot streak, winning the Mayor's Cup

By Allen Kobezak

The Rossmoor Shuffleboard team played in the Mayor's Cup tournament on Sept. 5 and continued its successful season, winning the cup for the first time since 2015. We had the home field advantage this year with Rossmoor hosting the games that were sponsored by the Monroe Township Recreation Department.

The township also supplied a great barbecue lunch at the end of the matches. Our special thanks go out to Rick Siemon, the coordinator for the Recreation Department.

The Gardens at Monroe

sponsored a generous breakfast of coffee, bagels, and muffins that greeted the players of the eight communities that competed in the games this year.

This year's Rossmoor Mayor's Cup team for shuffleboard consisted of John Cristiano, team captain, Mary Leone, Paul Falcone, Bob Gleason, Jackie Cristiano, Antonio Furnari, Liz Walko, Michael Fisezi, Judy Gamache, Pat DiPierro, Angel Espinosa, and Allen Kobezak. They played in seven hard fought matches and came out on top in all seven of them. No other community won more than four games in the tournament.

Their opponents this year were Renaissance, coming in second, and Concordia, a close third. Stonebridge, Clearbrook, Encore, Regency, and The Ponds also competed.

This win followed Rossmoor's dominant, gold winning performance in the Senior Condo Olympics and continues a winning season for all of the Rossmoor Shuffleboard members.



Rossmoor's Liz Walko went home a winner in her first Mayor's Cup appearance.

A Message from High Tech Landscapes, Inc.

By Jeff Voss

- Please call the East Gate phone and leave a message with any questions or concerns, 609-655-5134.
- The last lawn application of the year will be done between Oct. 25 and Nov. 30. This is a fertilizer and agricultural ground limestone on all turf areas except the outside

perimeter along Forsgate Drive and Applegarth Road. Gypsum will be applied to the outside perimeter.

- The second pruning of all bushes and flowering shrubs started in September.
- Fall cleanups have started this month.
- Annual Flowers will be replaced with a fall pansy.

- Winter pruning will start Jan. 1.
- Please remember to put any debris out front at the curb Sunday night in order for us to pick up Monday morning.
- Just a reminder, the newly installed soil and seed need to be watered at least twice a day, 45 minutes in the morning and evening.

WARNING Attention, Runners, Bike Riders and Pedestrians

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reflective gear when
out in the community
at night.



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HEALTH CARE CENTER NEWS

Flu Season

By Kaytie Olshefski
BSN, RN-BC

Last year's flu season was not as severe as we have experienced in years past, but it did set a record for being the longest flu season. Last year's flu season lasted 21 weeks. The Centers for Disease Control and Prevention (CDC) reported for 2018-2019 a lower number of people coming down with the flu, hospitalizations, and deaths from the flu. CDC estimated there were 42.9 million people who had the flu, 647,000 hospitalizations, and 61,200 deaths. The 2017-2018 season was estimated to have had 48.8 million illness, 959,000 hospitalizations, and 79,400 deaths. It commonly peaks between December and February, but last year it trailed off in April.

This year's quadrivalent flu vaccine is made up of these four strains: A/Brisbane (H1N1), A/Kanas (H3N2), B/Colorado (Victoria lineage), and B/Phuket (Yamagata lineage). When you are vaccinated, it takes two weeks to develop partial immunity/antibodies for protection from the flu. Full immunity develops by four weeks. I hear people say, they came down with the flu even though they had the flu vaccine, and that is very true. This is because as the flu season continues, the flu virus continues to mutate and a new flu virus is now circulating. The flu symptoms will be milder as you have some protection from the mutated flu virus with the four flu strains in the flu vaccine and continue to provide some protection from the more serious influenza related complications.

Flu symptoms come on suddenly. It is not like a cold where it takes days for the symptoms to develop. When exposed to the flu virus, it takes 1 to 4 days, with an average of 2 days for a person to develop symptoms. The symptoms include sudden headache, dry cough, a runny nose, sore throat, achy muscles, extreme fatigue, and a fever. Your temperature could go as high as 104 degrees Fahrenheit. An infected person spreads the flu germs through the air by respiratory droplets by breathing, talking, sneezing, and coughing. A person becomes infected with the flu germs when the person breathes the germs in. The flu is also spread when a person touches a contaminated surface like a door handle, phone or a counter that has the flu virus on it and then touches his/her eyes, mouth and/or nose. These are ports of entry for the flu virus to enter your body and where you "catch" the flu. The symptoms start to subside in

a couple of days, but the tiredness and cough could persist for 2 weeks or longer. The flu could cause further complications especially for seniors with medical conditions such as chronic heart or lung disease, asthma, diabetes, kidney disease, and weakened immune system. Some of the complications include bacterial pneumonia, bronchitis, sinus and ear infections, asthma and congestive heart failure.

What can you do? Your first line of defense is to get your flu shot. It is so important for people who are at high risk to get a flu shot. It is recommended to get seven to eight hours of sleep, eat a well-balanced diet with green leafy vegetables, and do regular exercise to lessen your chance of getting the flu. Wash your hands frequently with soap and water and if you are not near water use a hand sanitizer. Stay away from people who are sick. If you become sick, stay home so you do not share your germs with other people.

Research studies are still on going, but evidence is showing vitamin D may help improve the immune system, which in turn may reduce a person's chance of developing a respiratory infection such as a cold or flu. But before you start taking or upping your vitamin D on your own, talk with your doctor to see if he/she feels you should start taking vitamin D or increasing your present dosage.

If you come down with the flu, call your physician immediately to start on an antiviral medication. There is Xofluza (brand name) approved by FDA on Oct. 24, 2018. The three other antiviral medications are Tamiflu®, Relenza®, and Rapivab®. All four of these antiviral medications ease and shorten flu symptoms. The antiviral medications should be started within 48 hours of when your symptoms started. These medications will reduce symptoms, shorten the length of time you are ill, and reduce the risk of developing complications from the flu such as pneumonia. Getting prompt treatment is the difference between having a mild case of the flu and having a serious illness leading to hospitalization. Speak with your physician and inform him/her of all medications you are taking since there are possible side effects. The potential side effects of antiviral medications include nausea and vomiting.

Our second flu clinic will be held on Monday, Oct. 7, from 2 to 7 p.m. in the Ballroom. We will offer three flu vaccines: Standard, Flublok, and High Dose. We will also have two pneumonia vaccines there: Prevnar 13 and Pneumococcal 23. If you need a

pneumonia vaccine, we do require a prescription from your doctor indicating which of the two pneumonia vaccines your doctor would like to you to have. Please bring your insurance card with you when you come for your flu/pneumonia vaccine.

If you are not able to make the flu clinic and need a flu and/or pneumonia shot, please call the Health Care Center (655-2220) to make arrangements to get your vaccine(s). We are providing a service to have a Community nurse go to homebound resident's homes who would like a flu shot. Please call the Health Care Center for more information and to arrange for the Community nurse to give a flu shot to a homebound resident.

In our lecture series from Saint Peter's University Hospital, the lecture will be "Neuropathy vs Low Back Pain" with Anthony Alfieri, DC, a chiropractor from All-Cure Spine and Sports Medicine. He will speak on "Neuropathy is not something you have to live with; there are treatments that can provide a better quality of life. The low back may play a role in how your legs and feet feel, but finding the relationship between the two dictates the treatment plan. Whether it is neuropathy or a low back pain condition, both are treatable." He will be speaking on Oct. 14 at 1 p.m. in the Maple Room. If you are interested in attending or would like more information please call the Health Care Center at 655-2220.

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Your Garden



By Mel Moss

Dawn Redwood

This tree has a long botanical name, which is appropriate for such a tall-growing tree. Its botanical name is *Metasequoia glyptostroboides*, and it is one of three species of conifer known as redwoods.

This particular variety is native to the Luchuan County in the Hubei Province of China. It is the shortest growing of the redwoods but for the average home property it is still probably too large. It can grow anywhere from 70 to 100 feet tall.

From fossil records, the dawn redwood is known to have existed as many as 50 million years ago. It was discovered in 1941 growing in the

wild near the town of Modaopi, China. Seeds were collected from this site and sent to the Missouri Botanical Gardens in 1947. Since its rediscovery, the dawn redwood has become a popular ornamental tree here in the U.S.

The tree grows well in damp but well drained locations and best in high organic soil. It is a fast-growing tree that forms a pyramidal shape. As the tree matures the bark becomes deeply fissured. Its base forms a wide flare. A friend of mine had one in his back yard and for a number of winters the squirrels would strip off almost all of the bark, apparently to eat it. That never seemed to bother the tree because new

bark would develop each spring.

Dawn redwoods produce ½ inch long needles like green leaves every spring. Those needles will turn reddish-brown before dropping off the tree in the fall. It is one of the very few deciduous conifers. The tree also produces one-inch, oval shaped cones, which hold their seeds for future trees.

Given that this tree species has existed for many millions of years, it is a remarkably trouble-free plant. It can be susceptible to frost damage because it often continues to put out new growth well into late fall. This new growth can be caught by an early hard freeze, especially in the four-to-eight hardy zone where it thrives. Since its introduction here in the U.S. in the 1940s, it has not developed any serious insect or disease problems. Japanese beetles and spider mites can cause minor damage but this is usually cosmetic and rarely if ever life threatening. In the valleys of central and western China, where these trees grow naturally on slopes, they thrive wonderfully.

The dawn redwoods in the U.S. are often planted in landscapes, in public parks, in large estates, or in farm areas, because of the size they can grow to. One popular cultivar is the Gold Rush Dawn Redwood, which is a smaller tree that grows to about 50 feet tall and 20 feet wide. It is more manageable for a moderate sized landscape site. Like the original dawn redwood, it needs only minor pruning and grows in the same pyramidal shape.

If you would like to view a dawn redwood up close, you can do so right here in Rossmoor. Several of them grow in the center island along Rossmoor Drive. Two of the largest grow eight to 10 feet apart on the center island just past the intersection of Old Nassau, headed toward the east gate. You will see that they are very tall, pyramidal in shape, and the trunk flares out at its base.

They are magnificent.

MAINTENANCE DEPARTMENT

By Dave Salter

Helpful reminders

As the weather starts to become colder, it is important that homeowners prepare for the winter.

1. Make sure all windows are closed properly.
2. Check all window weep holes, make sure they are open
3. Drapes & electrical cords should not hang on the baseboard heaters.
4. All outside hoses should be disconnected and

drained.

5. If you have an inside shut off valve for your outside faucet, you should turn it off.
6. Have a can of de-icer on hand, for those frozen door locks on both your cars and manor doors.
7. Test your baseboard heaters to insure they function properly.

Please schedule your winterizing as soon as possible. The calendar is already get-

LWV MT reminds all: You count!

By G. Moore

The Monroe Township League of Women Voters, along with hundreds of partner organizations across the country, is working to prepare American households for participation in the 2020 census.

The League's Campaign Finance Reform Committee is sponsoring an information session on Wednesday, Oct. 2, at 6:30 p.m. at the Monroe Public Library. We invite you to attend this special event that will feature speakers from the New York Regional Census Office and the N.J. Counts Project who will explain how the census will work, why it is important and how it will affect you.

The U.S. Constitution mandates that a count of America's population be made every decade—a decennial census. The first decennial census was ordered by Thomas Jefferson in 1790 and has continued in use every decade since then.

The census data collected is extremely important for many reasons. It is used to determine how many representatives each state gets in Congress. Election district boundaries are drawn based on census counts. At the state and local levels, census data drives planning to meet residents' need for services like schools, emergency services and roads. Some federal funds, approximately \$675 billion annually, are

distributed to states based on census data.

An inaccurate or incomplete census may mean that the power of our vote in government is diminished. It may mean also that our communities do not receive the appropriate level of funding for necessary services. For this reason it is important that there be no barriers to anyone living in the United States participating in the census. Everyone must be counted.

April 1, 2020, is Census Day, but the data collection process starts in mid-March when most households will receive an invitation to respond to the census questionnaire. A special process is in place to count people who do not live in households such as students living in university housing or the homeless. Every household will have the option of responding to the questionnaire online, by mail, or by phone. Census workers will follow up in person with all households that do not respond.

Federal law requires that your responses to the census questionnaire be kept confidential and not released in any way that could identify you. Nor is your information to be shared with law enforcement agencies or used to determine eligibility for government benefits.

Remember: every house-

(Continued on page 25)

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Less than 20% of US adults

are aware that complications of flu can include heart attack,
worsening of diabetes, stroke, and disability.



Source: Online omnibus survey of 1,004 adults (18 years and older) living in the United States was conducted in October 2018



The new firehouse to be constructed at the intersection of Schoolhouse Rd. and Buckelew Ave.

October is fire prevention month



By Mike Dailey

The National Fire Protection Association 2019 Fire Prevention campaign is focusing on your getting safely out of your home. This year's Campaign Message is: "Not Every Hero Wears a Cape; Plan and Practice Your Escape!"

This year's message focuses on rapid and systematic escape; with today's home fuel packages, a resident has as little as two minutes to escape after the smoke detector activates. Senior adults have a higher percentage of fatalities when fire strikes. Additionally, we want to provide our customers with some safety tips:

1. **Half of the U.S. home fire deaths** occur between the hours of 11 p.m. and 7 a.m., when most people are likely to be asleep.
2. **Practice exit drills in your home twice a year.** Conduct one during the day and one at night; utilizing different ways out of the home.

Be sure to have a meeting place for everyone after they exit the building.

3. **A working smoke alarm** can make the difference between life and death in a fire by providing early warning for a hasty escape. Replace them if they are older than 10 years; combination CO/Smoke detectors should be replaced every seven years.
4. **Teach children how to escape on their own.** In the event you cannot reach them, be sure they know how to exit their home by themselves.

5. **Get out and stay out!** Call 911 from a cell phone or a neighbor's home.
6. **Change the batteries in your detectors twice a year.**
7. **Make sure your address is visible for fire departments.** Arriving units should be able to find the address quickly both day and night.
8. **Close the doors as you leave.** This can delay the spread of smoke and fire.

Fire Prevention Week is October 6 - 13. Check with your local fire department for events and demonstrations for fire safety in your area. For more information, visit www.nfpa.org/fpw to learn about this year's fire safety campaign.

Please do not hesitate to call the fire department, in the event of a fire, no matter what size it is. Your local fire department has the tools and the training to make sure any fire is out and has not spread to any exposed area.

For more fire safety tips, visit our web site at www.MTFD3.com and check out some other sites for fire safety: www.nfpa.org www.fire.gov



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LWV MT

(Continued from page 24)

hold is important. You count!

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 the month at 1 p.m. in the Monroe Municipal Courtroom.

Mailing Addresses

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

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

Monroe Firehouse Contract bid opening

By Joe Haff, Fire Commissioner

A contract has been awarded for the construction of the new firehouse on Schoolhouse Road. This building is needed to replace the existing firehouse at this location which cannot accommodate the new equipment.

The low bidder at the opening on Aug. 29 was Frankoski Construction of East Orange, with a bid of \$4,717,788. This amount was slightly higher than the bond that we had obtained. We believe that with several cuts in the current budget we can handle the overage. We are planning to start construction later this fall. As soon as construction is completed, we will tear down the existing firehouse.

We are still working on changing our February election date to the fall general election. There are several reasons for this. If the election is held in the fall, the budget will not be on the bal-

lot as long as it doesn't exceed a 2% increase. Also, the county will not charge the district for tabulating the absentee ballots. Last year they charged over \$3500 for this service. We would also save the expense of running a separate election which would be around another \$3000.

We have found that many state regulations will have to be satisfied to effect this change by the 2020 election date. The voting districts must coincide with the fire districts. Presently this does not line up and several changes are needed. The main obstacle is Voting District #4 in the 2nd ward: which is a very large district in the southwest portion of Monroe and is presently divided by the 2nd and 3rd fire districts.

On the weekend of Sept. 13, a contingent of our District #3 firefighters flew out to train on the new fire engine we purchased. After the training, they will drive truck here.



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Senior Center Highlights

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609-448-7140

Registering with the Office / Senior Center is free and available to Monroe Township residents, 55 years of age and older. **Around the 15th of the previous month members are required to pre-register for ALL monthly activities.** Please be sure to call the Office at least 24 hours in advance should you need transportation to and from the Senior Center. For members unable to attend a registered program, please be sure to cancel.

Judge for Yourself: On Monday, October 7, at 11 a.m., Judge Jen returns to share true cases with you so that a discussion, and possibly, a debate can ensue, during this interactive program.

Manny Music: On Monday, October 7, at 1:30 p.m., groove to Manny's eclectic beat as he sings and plays the conga drums to bring you a mix of Motown, Latin, and Caribbean music as well as pop hits and jazz standards with a Latin-flare. Hosted by Senior Helpers and Chelsea at Forsgate, enjoy this fun day with refreshments.

Blood Pressure Screening: On Tuesday, October 8, by appointment, keep your blood pressure in check with this free screening. Please be sure to set-up your appointment time early!

Miracle: On Wednesday, October 9, at 1 p.m., enjoy

this 2004 film that features Kurt Russell as the determined coach whose goal was to beat the unbeatable Soviets at their own game during the 1980 Olympics. This is a movie mixed with hockey action and hope.

Fletcher's Double Act: On Thursday, October 10, at 2 p.m., Raconteur Radio returns to provide this theatrical presentation of Lucille Fletcher's *The Hitch-Hiker* and *Sorry, Wrong Number*. With vintage commercials and sound effects, the actors get into character to perform these suspenseful radio plays.

Sat. Pop-Up/Amendment Affecting Community Assoc.: On Saturday, October 12, at 10:30 a.m., join Damon Kress, Esq., for this informative talk about The New Jersey Department of Community Affairs' proposed amendments and how they could impact your community association. The proposed changes to the Planned Real Estate Development Full Disclosure Act could affect the way in which your community functions.

Processed Foods: On Tuesday, October 15, at 10:30 a.m., explore the world of processed foods with Jennifer Shukaitis, Assistant Professor, Rutgers Cooperative Extension. It's more than frozen meals, fast food, and boxed mac and cheese. Come to this interactive

workshop to learn how these foods effect our diet.

When You're Smiling: On Tuesday, October 15, at 1:30 p.m., discover the funny in America Popular Song with Fred Miller. During this lecture-in-song, he plays tunes that are "life-enhancing stimulants to humankind." From Danny Kaye to Fanny Brice to Jimmy Durante, enjoy songs that will make you smile.

Scary-Fun Musicals: On Wednesday, October 16, at 2 p.m., join Sam and Candy Caponegro as they take you on a creepy-crawly journey of scary-fun musicals. Experience musicals that are filled with whimsy, wonder, and a touch of horror, from *"Sweeney Todd, The Demon of Fleet Street"* to *"The Adams Family."*

Flu Shot Clinic: On Thursday, October 17, from 10 a.m. to 11 a.m., the Middlesex County Office of Health Services, offers flu shot vaccines. (More info available on the cover.)

More About Birding: On Thursday, October 17, at 10:30 a.m., join Kathy Easton, local longtime birder, for a stimulating, interactive program about New Jersey's avifauna via slides and audio recordings. Species discussion includes blackbirds, cormorants, eagles, egrets, and more. Learn fascinating facts about natural history.

Michael and Ted Present: On Thursday, October 17, at 2 p.m., delight in the music of Ol' Blue Eyes as Michael and Ted, from The Classical Network, discuss the life and career of Frank Sinatra. This lecture focuses on his solo career that began in 1942 with Tommy Dorsey and Harry James, through his "Bobby Sox" years to his earlier work in musical films. (Rescheduled from July.)

Art of the Masters: On Friday, October 18, at 2 p.m., Christina provides a brief talk on the life and work of Ansel Adams. Participants, who requested participation in the project, will create a masterpiece using mix media in the artist's style. Space limited.

Gallbladder 101: On Monday, October 21, at 10:30 a.m., learn more about the gallbladder, the mystifying organ, with Saswati Chakraborty, CSW, MBA, Monroe Village/Village Point. Unless you are having problems with it, your gallbladder usually goes under your radar. Find out about its main function, what to do when your gallbladder attacks, and how to keep it healthy.

iPhone Basics: Starting on Monday, October 21, at 1 p.m., join Joel and Art for this 2-day (Oct. 21 and 28) workshop to help you get iPhone savvy. Learn what this handheld phone and mini-computer in one can do. (This course is not recommended for Android users.) **Course fee: \$10 p.p., due upon registering.**

Climbate Change and Me: On Tuesday, October 22, at 1:30 p.m., join Jim Del-

(Continued on page 27)

Monroe Township Public Library

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

Boheme Opera NJ "The Birth of an Opera"

Wednesday, October 2 at 1 pm. This lecture performance will focus on a current opera composer from the New Jersey area who will explain the process of creating and developing a new opera from start to finish. Featured will also be samples of his completed works and a question and answer session. Grant funding has been provided by the Middlesex County Board of Chosen Freeholders and Middlesex County Cultural and Heritage Commission through a grant provided by the New Jersey State Council on the Arts/ Department of State. This series is presented in partnership with the Cultural Arts Commission.

Registration is not required.

Socrates Café

Wednesday, October 2 at 7 pm. Socrates Café are gatherings around the world where people from different backgrounds get together and exchange thoughtful ideas and experiences while embracing the central theme of Socratizing; the idea that we learn more when we ask questions along with others. Join us and pose questions, listen to others, raise challenges and consider other alternatives. Monroe resident **Noreen Gumnick** moderates. Register at the Welcome Desk.

Meet Your Sewing Machine

Thursday, October 3 from 6 pm to 7 pm and Monday, October 7 from 3 pm to 4 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.

Sit-N-Stitch

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

Poets Corner

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

Music Circle

Friday, October 4 from 3 to 5 pm. Musicians of any level are welcome to play popular songs of various decades in a campfire-style setting. Songs will be done in simple 3-4 chord arrangements and lyrics will be shown on the projector for everyone to follow along. Join us and feel free to bring any songs you'd like to lead as well! Registration is not required.

Current Events Discussion Group

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

POV Documentary Films

Sunday, October 6 at 10:30 am and 1 pm

10:30 am: A 2008 earthquake levels Beichuan, Sichuan Province, China. Follow three families as a modern replica quickly rises in its place. (2014, 53 minutes)

1 pm: Together for 76 years, South Korean couple Kang and Jo spend each day like newlyweds, but now must face reality of their aging romance. (2017, 60 minutes)

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

Coupon Club

Monday, October 7 at 1:30 pm. Clip, swap and trade coupons. Discuss deals, share frugal tips and shopping experiences. Bring a pair of scissors and your stash of non-expired coupons. Registration is not required.

Hawaiian History and Culture Presentation

Wednesday, October 9 at 11 am. Learn about various facets of the Hawaiian Islands in this interactive and visually stimulating presentation. **Mahealani** will cover the geography, history, and culture of the islands. Registration is not required.

What's Your Next Book?

How to Find the Right Book for Your Group

Thursday, October 10 from 10 am to 12 pm. So many books ... so little time. How do you know what your book group should read next? There are so many choices! A bestseller? Another book by a familiar author? A memoir? **Rosalind Reisner** will help you navigate the ocean of good discussion books; how to figure out what you enjoy reading and what works for your group. Register at the Welcome Desk.

International Film sponsored by The Friends of the Library

Thursday, October 10 at 2 pm. There will be no charge for International Films in 2019 as a 30th Anniversary bonus thanks to the generosity of the Friends of the Library. Registration is not required.

Friday Afternoon Movie

Friday, October 11 at 2 pm. Biography/Comedy/Drama Laurel and Hardy, the world's most famous comedy duo, attempt to reignite their film careers as they embark on what becomes their swan song - a grueling theatre tour of post-war Britain. Rated PG, 98 Minutes

Movie is free. Registration is not required.

POV Documentary Fall Film Series

Saturday, October 12 at 1 pm. A film by Erick Stoll and Chase Whiteside. Three brothers confront the chasm between adolescent yearning and adult realities when

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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 Bus 609-655-4401
Hours 10:00 -11:00 a.m. and 2:30 p.m.- 4:00 p.m.

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

Middlesex County

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

St. Peter's University Hospital

On Time Transportation 1-800-858-8463

All schedules are available outside the E&R office (near the copy machine) or via the Web at rcainj.com and following the links Facilities, Clubhouse and Activities, and Bus Info.

Classified Advertising

Transportation

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

CAROLE’S SHUTTLE – Local and long distance. New cars, affordable. (732) 997-8094.

AMERICAN CAB & LIMOUSINE – We’ll take you anywhere. Reservations available. Credit cards accepted. (609) 529-6943.

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.

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

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

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

Home Improvement & Services

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.

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

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

THE PAINTER = 30+ years experience. Residential/commercial.. Rossmoor resident. Free estimates. References available. Call (908) 208-4062.

Miscellaneous/ Services

SAFETY BELTS INSTALLED on golf car. Your home. \$150. Brent (609) 915-0845.

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

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

BRIDGE LESSONS – Intermediate and beginner groups available. Please call for info. (609) 655-3211.

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

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

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

Tax/CPA Services

CERTIFIED PUBLIC ACCOUNTANT – Want a CPA who comes to your home? Personalized attention to your tax questions or problems at reasonable rates. Rebecca Bergknoff, CPA (732) 718-4359.

Wanted to Buy

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

Rossmoor Real Estate For Rent

AVAILABLE IMMEDIATELY – First floor, two bedrooms, two bath, Massachusetts in excellent condition \$1700/month. Call Arlene Feinstein, Re/Max Greater Princeton (609) 575-7577.

Help & Health Services

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.

CARING ELDER CARE – We will help you with personal care, household tasks and outdoor errands. Free consultation. Reasonable rates. Elizabeth (646) 413-0813.

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

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.

LEASE A NIECE HOME CARE – Assistance with personal and household activities. Cooking, shopping, paperwork, appointments, companionship, local transportation. Companions, CNA’s, CHHA’s. Tracie (732) 521-HOME (4663).

THE LIVING TO 100 CLUB offers fresh and exciting takes on growing older, from our weekly blog to our live radio shows (www.voiceamerica.com/show/3898/living-to-100.club). Visit us at www.Livingto100.Club and sign up for our email list.

House Cleaning

AFFAIRS IN ORDER – Cleaning services, estate sales, staging, cleanouts, packing, holiday decorating. Mikayla Rose (732) 664-6738.

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.

QUALITY HOUSE CLEANING – Experienced and reliable. Trustworthy and respectful. References. (609) 858-4296.

Classified Information

All Classified ads must be received by no later than the 14th of the month preceding publication month.

Mail to:
Princeton Editorial Services
P.O. Box 70
Millstone Twp., NJ 08510

RATES

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

Choose any below

- Clearbrook □ Rossmoor □ Encore
- Concordia □ GW Voice
- Regency □ Renaissance

- Note: Phone numbers count as one word. Do not count punctuation. Do not abbreviate.
- Check or money order must accompany insert, made payable to Princeton Editorial Services
- Phone number or address which appears in ad must appear on check or money order to ensure proper credit.

Senior Center Highlights

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Giudice as he explores the impact of climate change and what we can do as individuals to make a difference without sacrificing certain comforts.

Drivers Safety: On Wednesday, October 23, at 8:45 a.m., enhance your driving skills during this AARP-sponsored program. For pricing & space availability, please call the Office.

Transfusion Free Meds: On Friday, October 25, at 10:30 a.m., Lynn Manley, BSN, RN, Coordinator of Bloodless Medicine at St. Peter’s University Hospital, discusses care options to assist your health other than receiving blood.

Health Resources: On Friday, October 25, at 11:30 a.m., join Jennifer, from the Monroe Township Library, as she shows you how to search for quality health resources online.

Jerry’s Travels: On Friday, October 25, at 1:30 p.m., join Jerry for an arm-

chair tour of Spain. This trip takes you from Madrid to Seville, with stops at Valencia and Granada. See awesome sights including Costa del Sol, Marbella, the Tomb of Christopher Columbus, and the plains of La Mancha (home of Don Quixote).

Married to Broadway: On Friday, October 25, at 7 p.m., the Broadway stage comes to our Center stage with LES MIS Broadway cast stars, Barbara Russell and Ron Sharpe. Enjoy hit Broadway songs from past and current blockbuster shows.

Halloween Party: On Thursday, October 31, from 1 to 3 p.m., join us for a “bootiful” day filled with enchanting appetizers, games, music and dancing. Put on your Halloween Best because the best costumes will receive a prize! Do you have the “Cutest”, “Most Original”, or “Scariest” costume? Find out! Price: \$10 per person, due upon registering. (No refunds after October 18.)

Library

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brought together to care for their 93-year-old grandmother. (2018, 77 min).

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

Coffee and a Book

Tuesday, October 15 at 10:30 am. Join a book discussion about *In the Midst of Winter* by Isabel Allende. Moderated by **Monica Teixeira**. Coffee and cookies provided. Register and reserve your copy at the Welcome Desk.

Page Turners

Thursday, October 17 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 *Not Your Usual Narrator*. Light refreshments provided. Register at the Welcome Desk.

Musician’s Showcase

Sunday, October 20 at 2 pm. Through vivid imagery and symbolism, **Sharon Goldman**, is a powerful voice in the contemporary music scene. Sponsored by the Friends of the Library. Registration is not required.

Cultural Arts Juried Art Show

Monday, October 21 through Sunday, October 27. Visit our annual art show during library hours. Presented in partnership with the Cultural Arts Commission. Registration is not required.

Princeton Symphony Orchestra Chamber Music

Monday, October 21 at 1 pm. Concert of works for oboe quartet, oboe, violin, viola, cello. Presented by the Cultural Arts Commission.

Registration is not required.

Tech Express

Tuesday, October 22 at 2 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.

Friends of the Library Meeting

Tuesday, October 22 at 4 pm

Author Expo

Wednesday, October 23 from 10 am to 8 pm. Join us for this day-long author meet and greet event. Meet local authors and discuss their books. You may purchase books directly from the authors and have them autographed and ready for holiday gift-giving. Please bring cash or checks only.

Authors who wish to participate in this event should complete the application located on our website <http://www.monroetwplibrary.org/news/local-author-expo> or at any service desk within the Library

Confidence Workshop

Thursday, October 24 at 11 am. Have you ever felt that you are not enough? Has your lack of confidence led you to procrastinate? Have you ever watched opportunities pass you by? Professional confidence coach **Judy-Ann Chung** provides tips for building your confidence. Register at the Welcome Desk.

Medicare Fraud

Wednesday, October 30 at 11 am. Don’t be a victim! Learn how to protect yourself against Medicare fraud, waste and abuse. Have your Medicare questions answered. Medicare changes for 2020 will also be covered. **Angela Eilerbe** of Senior Medicare Patrol will present.



New Directions

IN HEALTH AND WELLNESS

An educational medical series brought to you
By AllCure Spine and Sports Medicine

This month's topic: **SPINAL DECOMPRESSION**

Say goodbye to back and leg pain ...without surgery!

NEW Non-surgical, FDA approved treatment for Back Pain now available locally

30 Million Americans suffer from back pain every day, affecting everything that you do, from work to play... and ultimately your quality of life.

With 7 out of 10 people experiencing low back pain at some point in their lives and low back pain being one of the most common reasons for patient visits to primary care physicians as well as hospitalization, there is no doubt that low back pain exists in epidemic proportions today.

Back Pain:

Causes and Coping

There are many causes of back pain. Some people develop it over time, others are injured in sports, work, or auto accidents. A good deal of sufferers also complain of pain and numbness in their legs, usually the result of spinal conditions such as sciatica, stenosis and herniated discs.

Regardless of the cause, people cope with pain differently. Many people try to wait back pain out

only to find that it keeps getting worse. They buy new mattresses, try different stretching exercises, learn new techniques for sitting and standing, etc., yet their condition doesn't improve. Some make repeated trips back and forth between their medical doctor, chiropractors and/or physical therapists. Others opt for surgery, and while it is true that surgery may be the answer for certain types of back injuries, it is highly invasive and not without serious risks.

Therefore, when considering your treatment options, ask yourself... If there is a solution to back pain that doesn't require surgery, all under one roof, is it worth exploring?

A New Hope for Lasting Pain Relief

We at AllCure Spine and Sports Medicine are here to tell you that the answer is YES! Our integrated treatment program offers effective non-surgical relief for back pain. In fact, we have helped thousands of back pain sufferers just like you get rid of their back pain and return to a higher quality of life since 2002.

After years of study, training and trials, we have developed a mode of care incorporating a combination of advanced FDA-cleared treatments with breakthrough technology that aids in the restoration, stabilization, and relief of your specific condition. The options are non-surgical, provided under one roof and covered by most insurances, including Medicare. Healing effects can be felt on the first few visits.

Spinal Decompression: FDA-Approved, Non-Surgical Relief for Back Pain

Spinal decompression therapy can be used to treat disc bulges and herniations, disc degeneration, sciatica, spinal stenosis, arthritis, facet syndrome, and chronic pain in the low back. This type of treatment employs a motorized traction machine that gently stretches the spine,



**HELLO WORLD:
NEW Non-surgical,
FDA approved treatment
for back pain
now available locally...
covered by most major
insurances, including
Medicare!**

relieving pressure that builds up on the discs and nerves. By creating negative pressure within the disc, referred to as *negative intradiscal pressure*, a vacuum is formed, drawing the bulging and herniated disc material back into the disc space, relieving pressure. Over time, this may cause bulging or herniated disks to retract, taking pressure off the nerves and other structures in your spine, which helps promote movement of water, oxygen, and nutrient-rich fluids into the disks so they can heal. This process of non-surgical decompression allows the body to heal itself naturally.



Vax-D Spinal Decompression
There are many types of decompression machines available today. At AllCure

Spine and Sports Medicine you will find the latest medical technology, including Vax-D Non-Surgical Spinal Decompression. Vax-D's state-of-the-art decompression tables have been successfully operating for over 25 years throughout the world and is one of the FDA-cleared technologies available at AllCure Spine and Sports Medicine. More than 3,000 patients a day receive this treatment in the U.S. alone. Numerous clinical studies are available for review at www.vax-d.com.

In addition to Vax-D, we employ a variety of other wellness modalities as part of our integrated back pain treatment program:

- Acupuncture — Through clinical trials, acupuncture has been proven effective in treating various medical conditions, including back and neck pain, and has been expanded into conventional medicine practices throughout the world.
- Physical Therapy — A traditional

treatment methodology aimed at the treatment and curing of certain ailments common to patients suffering with chronic or severe pain. Its primary aim is to bring back the patient to his/her normal self, free of any pain or suffering.

- Cold Laser — A gentle, non-invasive procedure which is successful in treating chronic conditions without pain or discomfort to patients.

If you are suffering from the discomfort and numbness associated with back pain, the doctors and staff of AllCure Spine and Sports Medicine invite you to call their office and schedule a complimentary consultation. Say goodbye to pain and hello to a world of relief.

Are YOU a candidate for Spinal Decompression?

Types of symptoms that
can be relieved include:

Back/Neck Pain
Leg Pain/ Numbness
Chronic Low Back Pain
Sciatica
Stenosis
Neuropathy
Failed back surgery
Herniated/
Degenerated discs

**NEW CBD OIL
TREATMENTS
NOW
AVAILABLE!**



goodbye back pain...

hello world.

**We accept
most major
insurances
and
Medicare!**

**Get the non-surgical, FDA-cleared treatment for
sciatica, stenosis and herniated discs**

FREE MRI/ X-Ray Review

Limited to the first 30 callers! Call today to secure your appointment!
Expires 10-31-19

732-521-9222

AllCure
SPINE & SPORTS MEDICINE

**350 Forsgate Drive
Monroe Township
NJ 08831**

allcurespineandsports.com