



Rossmoor IN News



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Monroe Township, New Jersey

OCTOBER 2022



Shadow of a tree

Photo by Youngae Lee

Chorus kicks off new season with Sing-along

By Alyce Owens

The Rossmoor Chorus is back after their summer hiatus, planning another busy, fun season which will get started with an old-fashioned Sing-along for the Rossmoor community on Sunday afternoon, Oct. 30, at 3 to 4 p.m. in the Clubhouse Ballroom. The chorus invites residents, friends and family to come listen and sing familiar favorites from across the eras — pop songs, movie music and Broadway tunes you'll all remember, and no doubt go away humming.

For years the versatile Chorus has enjoyed a wonderful reputation in the area, presenting shows of their own, singing for clubs and organizations in Rossmoor, and entertaining at various local adult living and nursing

home facilities such as Monroe Village and The Elms. Many of these performances also include familiar numbers from some of their very talented soloists. In addition, the group sings regularly on the second Sunday of every month at the Community Church at its 11 a.m. worship service.

This year, the Chorus is looking forward to bringing their joyous music to even more folks — both within Rossmoor and in surrounding communities and facilities. Wouldn't it be fun to be a part of this dynamic group?

The mixed chorus of both men and women sing mostly four-part arrangements for soprano, alto, tenor and bass parts. The ability to read music, although helpful, is not

(Continued on page 4)

New emergency use authorized COVID-19 booster vaccines arrive!

By Margaret Drozd MSN, RN, ACNS-BC, FNP-BC, CSN-NJ

The Food and Drug Administration (FDA) has approved an emergency use authorization of two new COVID-19 booster vaccines specifically designed to prevent or reduce the BA.4 and BA.5 Omicron subvariants that together account for most cases in the U.S. The FDA has approved the Moderna COVID-19 Vaccine, Bivalent for individuals 18 and older and the Pfizer-BioNTech COVID-19 Vaccine, Bivalent for individuals 12 and older.

These new, Omicron-specific booster vaccines are called bivalent because one half of it is the original vaccine and the other half is a reformulation designed specifically for Omicron subvariants. They now replace the original Moderna and Pfizer

COVID-19 (monovalent) booster vaccines which are no longer authorized for individuals older than 12. However, the original booster vaccines are still authorized as a booster dose for children, ages 5 through 11. There are no changes to the primary doses of the Moderna, Pfizer and Janssen COVID-19 vaccines.

According to the Centers for Disease Control and Prevention (CDC), COVID-19 vaccines have dramatically reduced COVID-19 hospitalizations and deaths. Possible side effects from the new bivalent COVID-19 booster vaccines are the same as those from other COVID-19 vaccine doses.

Here are some facts about the new Moderna and Pfizer bivalent booster vaccines:

- The Moderna bivalent booster vaccine is now

authorized as a single-dose booster for individuals 18 and older.

Adults 18 and older who are eligible for a booster dose will now only be eligible

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Flu shots

By Steven Gray

This is a public service announcement from Snow White.

Getting a flu shot may make you Grumpy or Sleepy but do not be Bashful or Dopey. Any Doc will tell you that being Sneezzy with chills and fever will not make you Happy. The side effects do not last long and are much better than being sick.

I have said my piece so I think I will now have an apple and take a short nap while waiting for my Prince Charming.

Stay well everyone.

Wanted: Treasure hunters, super-shoppers, and lovers of La Jonque

By Melissa Barnard and Sue Ortiz

Formerly known as the Women's Guild Bazaar, Rossmoor's Charity Exchange will return to our community on Saturday, Nov. 5.

Start cleaning out your closets, drawers, and carports for all the stuff you don't need or use anymore. Who needs a third and fourth Bundt cake pan, anyway? One person's trash is another's treasure.

Donation drop-off days will be Thursday, Nov. 3 and Friday, Nov. 4, from 9 a.m. to 2 p.m.

If you are a baker, please consider donating something for the bake sale.

On the day of the sale, Saturday, residents will be welcome from 9 a.m. through 2 p.m. No early birds, please. Sales will be brisk with treasure hunters finding everything under the sun from delicate trinkets such as a Noritake porcelain sugar bowl, or an unusual piece of jewelry, to a brand-new coffee percolator, or picture frame. We'll have the Clubhouse filled with vintage, new, and gently worn

clothing and accessories; jewelry from all eras; knitting and craft supplies; CDs, DVDs, books, puzzles; home décor and housewares; tools and other useful gadgets; and holiday decorations. Take a break from shopping for some light refreshments and beverages, offered for sale in the Ballroom.

With his reindeer parallel-parked on our Clubhouse roof, Jolly Ole' Saint Nick, Mrs. Claus, and Rosie the Elf will join us for photos in front of our fireplace.

It's all for a good cause: All event proceeds will go toward charitable organizations, including St. Jude, SAVE Animal Rescue, and Monroe's Food Pantry.

If you are interested in volunteering on any of the three days, contact the E&R

Office, or join us at our next volunteer and planning meeting on Wednesday, Oct. 19, at 10 a.m. in the Clubhouse Gallery.

Remember to bring plenty of cash and your reusable bags to hold all those fun and exciting purchases.

You don't know what you might find that you never knew you needed.

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at the governors' meeting

On a beautiful September morning with the Village Center meeting room windows open to let the fresh air in, the September Rossmoor Board of Governors (BOG) monthly meeting opened with many attending in person and nearly an equal amount watching online as a webinar.

President Dan Jolly thank all for attending and then forwarded an Executive Committee recommendation to keep the pool open for another week. The forecasted warm weather and resident's appreciative response to the previous two week's extension of the pool season made the motion an easy unanimous BOG approval.

Dan then praised the work of the Clubhouse staff who recently completed a Rossmoor Veterans Display located within the clubhouse. Dan also announced that Forsgate Country Club has requested Rossmoor Golf's help in accommodating 60 to 100 golfers expected to play in a charity event sponsored by New Jersey Wireless Association on Tuesday, June 13, 2023. A motion was made to allow the event, it was approved 18-0.

Mr. Jolly then announced the re-creation of the Employee Holiday Gift Fund Committee. The committee sends letters to all residents asking for holiday donations for the Rossmoor staff. He appointed Barbara Krysiak, Joann Casper and Barbara Brumberg to the committee.

Treasurer John Craven, reported on the July 31 financial statements. He announced a budget surplus of \$278,822.00 which \$151,257.00 better than planned.

RCAI Management Report:
Tom Curry, General Man-

ager updated the Board on the continued elevated number of real estate transactions within the community. Additionally, he reported that management has completed the transfer of our employee payroll system to a less expensive and user-friendly payroll company.

Tom then briefed the Board on current maintenance activities and several ongoing and completed projects to include:

- The Maintenance Department completing 677 work orders in August.
- Johnson and Baran completing asphalt pavement repairs.
- The pavilion for the Bocci Court is currently under construction.
- The roadway line striping project is progressing slowly.
- The Clubhouse hallway art has been installed thanks to the Clubhouse and Maintenance department staffs.
- The Golf Course has removed multiple dead trees and their stumps.
- The Golf Course has several upcoming events including another Under Armor Juniors tournament.
- High Tech Landscape has begun the second round of shrub and small tree pruning.

Mr. Curry then reminded Directors that the individual Mutuels own the three-foot planting beds around homes. If an individual owner is not properly maintaining the bed or if shrubs are too large for the location the Mutual can and should protect their buildings by addressing the problem.

New Business:

- **Resolution 2022-30 Authorization of Health Center Building Lease**

Mr. Gleason, Secretary, read the Resolution for the approval of a five- year Build-

ing lease with Saint Peters University Hospital. Motion to accept made, seconded, and passed 18-0.

- **Resolution 2022-31 Authorization to Address Drainage Concerns on the Golf Course**

Mr. Gleason, Secretary, read the Resolution for the approval of addressing the standing water issue on the 1, 3, 6, 7, 8, 9, 13, 14 and 18 holes by using both contractors and the golf course maintenance department. The Golf Course can utilize the 2022 Capital Budget not to exceed \$21,000.00 motion made and seconded, motion passed. 18-0

- **Resolution 2022-32 Authorization to extend the Current Nurses Services Agreement with St. Peter's University Hospital**

Mr. Gleason, Secretary, read the Resolution for the Approval of the Health Center Services Agreement with Saint Peters University Hospital. as follows: A Motion to approve was made, seconded, and passed. 18-0

Directors and Residents Comments:

- Request was made for all Mutuels, to donate \$100.00 toward Thanksgiving dinners for residents who cannot get out for Thanksgiving. This event is sponsored yearly by the Italian American Club and the Rossmoor Community Church.
- Question about flooded Manors on a re-sale. Mr. Curry explained that any questions are between the Buyer and the Seller.
- Questions about Charging Stations for Electric Cars, will be addressed in the 2023 Budget.
- Appreciation for the Great Job Mellissa and the E&R staff for this year's pool season.
- Question about ways to

control vehicles who speed on Rossmoor streets.

- Request to have all the Rossmoor Club's US Mail available in the Club House rather than the Village Center for pick-up.
- Suggestion to have Maintenance Work Order procedure updated; Directors would need to sign-off before any work is completed.
- Discussion on Engineering Study for the flood. Further research is needed – this is an ongoing project.
- Discussion on an upcoming

Veterans Day Breakfast led to a motion for RCAI to pay for the first 100 Veterans who sign up to attend the annual Veterans' Day breakfast. The total cost is not to exceed \$1,500.00 and participants must show proof that they are Veterans – Motion was seconded and passed 18-0.

There was no further business for the Board to discuss a motion to adjourn was made at 10:22 a.m.

Bits & Pieces

By Sue Ortiz

I don't feel like "adulting" today.

I made a list, actually three, last night: One with things to do around the house – clean off my desk, sort out the laundry room, vacuum, dust, pay the monthly bills, wash clothes; another one with places to go – Stop & Shop, the Post Office, CVS, and the gas station to fill up the tank and check the air in the tires; and the last one listed the fun stuff: finish current craft projects, write (this column?), read, take a walk, and paint.

With a groggy head and my lists in hand, I head downstairs. First things first. No, not breakfast ... Wordle. That daily word-guessing game that you only play once a day. Thank goodness, too. It would be addicting if multiple games were available each day, like *Words with Friends* or *Candy Crush*. I got the daily word in three guesses, as usual. "Okay, put down the darn phone and start your day," I reprimand myself.

Half an hour later, breakfast and makeup are done. Now it's time to start the "adulting." I put a load of laundry in the washing machine then stand in the middle of the room and remember #2 on my "to do" list: the laundry room needs to be organized. I look around. Nah. "Not today."

Next, I pay bills on my laptop. To quote an old British sitcom, "The *bills* are so big, we should call them *Williams*!" Get it? (No? Do I hear crickets?) After robbing Peter to pay Paul, I was good for another month. Nobody warned me about this aspect of "adulting" when I was a kid! Dad brought home the paycheck; Mom paid the bills.

On to the food shopping, gassing up the car, and stopping at the pharmacy to pick up a prescription (and some

ibuprofen for the "adulting" headache I got from paying for the gas and all those bills). These days, it seems that leaving the house always costs at least a hundred buckeroos! During my childhood, Mom took me to my appointments, worried about my health, and made the grocery lists. I just went along for the ride and got a toy and a cruller at *Two Guys*.

All that shopping, and now I don't feel like cooking. Or painting. The craft projects remain unfinished. The vacuum is on guard, waiting for a call to action. The pile of papers teeters like the Tower of Pisa as I type this, although I *am not* writing *Bits & Pieces* at this point.

Overwhelmed with "adult" responsibilities, I grab the phone to scroll *Facebook* or play *Candy Crush*. To waste time. To do anything but be an adult. But there's no excitement in it either. If I'm not doing something productive, I feel I also can't have any fun. A self-imposed guilt trip, I guess. Sigh.

I long for the days of no responsibilities. All I had to do was play, go to school, do my homework, and be good. (I was probably too good for my own good — I never got into any trouble. Where's the fun in that, though?)

And now I see a small stain growing on my living room ceiling – meaning there must be a leak in the bathroom.

Time to be an adult and call a plumber.

B&P

"Every time I see an adult on a bicycle, I no longer despair for the future of the human race." – H. G. Wells (British author, 1866-1946)

"You're dead if you aim only for kids. Adults are only kids grown up, anyway." – Walt Disney (American businessman, 1901-1966)



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

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

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

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Visit the Rossmoor website at www.rcainj.com

Open RCAI Meetings in October
Board of Governors Meeting...9 a.m.
Thursday, October 20

**It will be an in-person meeting and
will probably be held via Zoom**

**Please watch Channel 26 on your TV or on
www.rcainj.com
for more information**

Candidates for the Board of Education introduce themselves

By Carol De Haan

In November, Rossmoor residents will vote to fill three open, unpaid positions on our Monroe Township Board of Education, each for a three-year term. (A full Board consists of nine members from Monroe and one from Jamesburg.)

As has been our custom, The Rossmoor News invited the six Monroe candidates to introduce themselves and to explain their priorities regarding our school system. Several responders sent us their statements, below.

Please read their statements and use your best judgment when voting. Remember that more than 50% of your municipal taxes go to support our school system. Members of the Board of Education have the responsibility to do their best to prepare our beloved children for productive futures, while at the same time, they need to show fiscal responsibility and open-handedness toward those of us who pay through our taxes for this vast enterprise.

Here are the responding candidate statements:

Linda Bozowski

As a Monroe Township raised-and-educated current resident of Rossmoor, I have decided to seek election once again for a seat on our Board of Education. Dealing with my flood-damaged home last year pre-empted my campaigning. This year I'm ready to put forth my efforts to support our school system.

My priorities for our school system are straight forward. First, we need to support expansion of our facilities so we can provide adequate well-equipped classrooms. Supporting next spring's referendum will help us meet this objective.

Secondly, we must pro-

mote sound fiscal management. Cooperative purchasing and taking advantage of energy management opportunities are important objectives. Continued maintenance of our school infrastructure is financially beneficial.

A third priority supports assessment of our programs to ensure that all of our students are given opportunities for career-preparedness. We can point to successes of our system in offering many advanced-placement programs, and can proudly say that we offer many opportunities for our special needs students to be educated in district by caring educators. Offering more vocational programs to our mainstream students who opt out of pursuing post high school education will enable those students to pursue career opportunities.

Finally, our Board of Education must actively support community engagement and participation. Seniors, who represent about 40% of Monroe's population, have experience and skills that we can share with our Township, for the benefit of all.

On a personal note, I am a widow with three successful grown children. I have been a volunteer all of my life – PTA, Girl Scouts, school board committees in South Brunswick and Monroe, Rossmoor News, Rossmoor Music Association, and others. My Rutgers degree in accounting enabled me to have a successful career in healthcare finance for 40 years. And perhaps I'll see you at Stop and Shop. Thanks for your consideration of my candidacy.

Gail DiPane

I am running for a seat on the Monroe Township Board of Education. I retired from Rutgers University working for The Elizabeth M. Boggs

Center for Developmental Disabilities. I have lived in Rossmoor for the past four years.

I have 18 years' experience as a member of the North Brunswick Township Board of Education. I was also a member of the North Brunswick Education Foundation for 10 years.

I have three children. My daughter is a teacher in New Brunswick and my son is a

(Continued on page 4)

Our Website

Go to rcainj.com to access the Rossmoor website.

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



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Rossmoor Resident Telephone Directory

CHANGES & DELETIONS ONLY

Please mail or bring this form to the
Rossmoor Community Association, Inc., Village Center
128 Sussex Way, Monroe Twp., NJ 08831

with any changes or deletions to your name, address or telephone listing.

Information as it now appears:
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NAME: _____

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Changes for the 2022 edition:

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****All Changes must be received by DECEMBER 30, 2022****

If your name, address and/or telephone number in the
2021 – 2022 edition is correct,
it is not necessary for you to complete this form.

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

Charlotte F. Casey, GRI, SRES

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Candidates for the Board of Education introduce themselves

(Continued from page 3)

dean of discipline in New Brunswick. My other daughter is a labor and delivery nurse at Perth Amboy Hospital. To say they received a great education from attending North Brunswick schools is an understatement. I follow what the students of Monroe Township School district have accomplished and know that they are the products of a great education provided by the wonderful teachers we have in Monroe.

School facilities construction and expansion is one of my priorities. A referendum will be presented in the spring. The referendum cannot be defeated for the sake of the students of Monroe Township. We all must work together to get out the right information about what is going to be built or renovated and especially the cost to the taxpayers. Our students have to be educated properly, which means not in overcrowded classrooms.

I feel that with my 18 years' experience as a school board member and the vast knowledge attained while in that position, I can

serve this district to the best of my knowledge with no hidden agendas, just a great desire to be a part of this board in making sure that all children in this district get the best education possible.

My running mate is Linda Bozowski. Together we will work hard and make sure that we are Promoting Positive Change in the Monroe Township School District. We would like you to please consider voting for us on November 8. A great team with great work ethics-GAIL DIPANE and LINDA BOZOWSKI.

Anne Cugini

I have lived in Monroe for 13 years. I am married with two daughters that are entering MTHS and the other MTMS. I am a certified P.E. teacher, who subbed in town for several years, including a leave replacement at Barclay Brook. I've taught in East Brunswick. Currently, I am teaching at St. Ambrose School.

I was an active member of the Mill Lake/Woodland PTO. I was involved with countless events, willing to take on any required role, including chaperoning.

I want what is best for our children and will always advocate for them. I believe in the value of education and recognize that education is different for everyone. My goal is to support the students and faculty to give them the best path to success inside and outside the classroom. I am committed to improving our school district and community. Knowing what our community desires and providing the best and most fiscally responsible solutions are essential.

Carmen Alvarez

My name is Carmen Alvarez and I have lived in Monroe Township for seven years. I have five children that attend/attended our public schools. My oldest son is a MTHS 2022 graduate and will attend Rutgers Business School this Fall. My younger son and stepdaughter are 10th and 9th graders, my oldest stepson is an 8th grader, and my youngest stepson is a 4th grader at Woodland School.

I was born and raised in Elizabeth, N.J., by Cuban immigrant parents that fled the Castro regime for a better life for themselves and their future children. Professionally, I work as a bilingual School Social Worker for the Elizabeth Public Schools. I will begin my 23rd year of employment this Fall. My first 10 years in the district I worked with the gen ed population developing educational strategies and interventions along with Social Emotional Learning (SEL) curriculums. The past 13 years I have worked on the Preschool Child Study Team. I received my B.A. in Psychology from Rutgers University, my master's in Social Work from N.Y.U., and I obtained a second master's in Educational Administration from Kean University. I also have my supervisor certification. I have been a past President of the N.J. Association of School Social Workers, meeting some of our Monroe Twp. Social Workers professionally.

As a member of the BOE, I hope to assist with the implementation of universal preschool which is forthcoming from both the state and federal level. I work for a school district that has offered universal preschool for over 20 years and my experience will be beneficial. Additionally, I wish to provide a FULL day kindergarten program when the funding for universal preschool is distributed.

Chorus kicks off

(Continued from page 1)

required, and those interested in learning more about the group may sit in on any Wednesday rehearsal at 3:30 p.m. in the Meeting House to see the chorus in action. Director Janet Wilson is thrilled at the recent growth in chorus membership, which now numbers about 36, and looks forward to welcoming even more new members. For more information, call her at 609-655-4129.

Looking forward to Christ-

mas, the Chorus plans to once again go out and about in Rossmoor by Christmas caroling throughout the community, especially for our shut-ins. In addition, a full Christmas concert in the Meeting House is being planned and you'll want to watch for more information about that as the season draws near.

Wouldn't it be great to have the Chorus sing for your club or organization here at Rossmoor? For information, please contact their event coordinator, Russell Howard at 732-890-6601.

Playhouse 22
 The East Brunswick Community Arts Center

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Honey invites all her pet pals to the Blessing of the Animals

By Honey Owens

This is an open invitation to all my fellow furry four-legged friends:

Please ask your pet parents to bring you to the Blessing of the Animals on Saturday, Oct. 8, at 10:30 a.m. on the Village Green in front of the Meeting House.

Because of COVID, it's been three long years since the Community Church and Rossmoor's E&R Dept. held our first Blessing of the Animals on Oct. 19, 2019. It was such a great success that many of the 50-plus pet families who attended (and especially those who couldn't make it) asked that we do it again. Well, you know that COVID interfered, and sadly, even took some of our favorite people. So, I think that now we need those blessings more than ever.

During these three years, many folks at Rossmoor adopted new little furry companions to ease the isolation and provide a good reason to get out for walks and fresh air. In addition, lots of new folks moved into Rossmoor bringing with them beloved pets. It's been so exciting getting to know all my new little furry friends.

I'll bet some have never even heard of a Blessing of the Animals or had the opportunity to attend one. Well, now you do. Whether you're

as small as a Chihuahua or big as a Great Dane, you are invited (on a leash of course) to join us on Oct. 8. Cats and other pets (which I'll probably be afraid of) are welcome, too, as long as they are in appropriate carriers. I sure hope that you'll all come. I know I'll be there because I kind of think of myself as the unofficial greeter, and I know there will be treats and water and lots of fun.

All Rossmoor pet parents are encouraged to bring their favorite four-legged friends or a picture of pets who cannot attend, or even those who have passed. The Rev. Robin Bacon Hoffman, Pastor of the Community Church, will read a short passage and offer a blessing to give thanks for all animals, and especially our dear pet companions, and remember those who were with us in the past. Individual blessings will be given to those pets whose owners so wish.

All pets must be leashed and under owner control or in an appropriate carrier. And it goes without saying that pet owners are reminded to pick up after their animals.

P.S. Blessings for humans — pet owners or not — are offered every Sunday morning at 11:00 a.m. at the Community Church in the Meeting House. No leashes required.



Alyce Owens' Honey before blessing of the Animals

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Updated Township Master Plan under discussion

By Linda Bozowski

The most current version of the Township Master Plan was presented on Thursday, Aug. 25, for public commentary. The 200-plus page document has been available for review on the Township website since mid-August. The document provides historical and current information about our Township, and offers recommendations for future improvements that promote resident safety, infrastructure improvements, and enhanced quality of life changes.

Prior to creation of this current version, the most recent Master Plan was presented in 2011. Several significant amendments to the Land Use Plan in that earlier report have been made over the years as the Township has grown. The current document, still in draft stage, has carefully

and cautiously projected future land usage. Noted in the commentary are the future Township affordable housing obligations that have yet to be satisfied.

Of particular interest is the delineation of land usage types: wetlands, preserved farmland, residential usage, public usage, and other types. Although Monroe Township is the largest community in Middlesex County, much of its land is characterized as “unbuildable” due to natural and governmental restrictions.

According to Kevin McGowan at the Planning office, the next public hearing is scheduled for Oct. 27. No date has been set for final revisions or approval of a finalized document. Community comments are welcomed by the Planning Board at the email address on the Township website.

Cornfields to Condos: Industry, Traffic and Infrastructure

By Linda Bozowski,

As we have grown, we have taken seriously our obligations to our residents. We have looked at and improved roadways, we have expanded our water and sewer capabilities, and we have evaluated and revised land use restrictions. Back in the old days, i.e., the sixties, if you had a farm that you wanted to sell to a developer, you were able to move forward with that plan. Whether that farm then became a housing development or a warehouse, restrictions were far less intense than those of more recent times. Planning and zoning restrictions incorporate limitations based on wetlands, land preservation goals, traffic patterns, and aesthetics.

Current land use ratios

When exploring Monroe Township, a resident may think that most of our land is covered with houses and warehouses. Not so, says the draft Master Plan. According to 2020 property tax

data, one third of our land is residential, 22% is farmland, and nearly 21% is public property. A little over 8% is commercial and industrial and almost 9% is vacant. Among all of these categories, almost one-third of our land, primarily in the southern and eastern portions of the township is covered by wetlands, unsuitable for building. If we were to compare that data to that of 1960 or any of the prior years’ tax records, we would of course see very different ratios.

Infrastructure support

According to the draft Master Plan document, Monroe’s drinking water is supplied by nine wells, including one in Rossmoor, and one surface water supply. Because the groundwater is of high quality, little treatment is required to ensure that the water is safe enough to be classified as potable. The Township also purchases water from New Jersey American Water in that section of the Township that does not have well support.

Private wells exist on properties and are not supported by the public water system. An additional well and water treatment facility are under construction and are expected to be completed in October.

Wastewater and sanitary sewage is pumped out of the Township to a treatment plant in Sayreville. Multiple pumping stations are located throughout the township. Several are scheduled for upgrades over the next few years. Many private homes not connected to the sanitary sewer system use septic tanks for waste.

Floodplain and stormwater management are high priorities for Township administration. Working with Middlesex County administration and outside consulting firms, serious assessments of our vulnerabilities and recommended prevention efforts are being explored.

Roads and rails

With residential and business construction, roads were, in some areas, upgraded to accommodate the increased traffic. Middlesex County administration is working with Township officials in assessing our traffic patterns and future needs. Road widenings, additional traffic lights, and other traffic patterns will emerge over the next several years.

In a failed effort to restrict truck traffic in the western portion of the Township, Monroe’s limitation requests were not approved by the County. Warehouse and other commercial construction in Cranbury have impacted traffic on Monroe roads, but Monroe was not successful in imposing restrictions.

Whether rail usage will make a resurgence is unknown at this time. The proposed rail link (Monmouth, Ocean, Middlesex – MOM line) between the shore area and the Northeast Corridor of N.J. Transit, a hot topic of more than a decade ago, was overruled. Whether that proposal will be resurrected is a crystal ball question, but the plan does have potential benefits to the proposed service area.

So, what’s next

According to the draft Master Plan, the Township has only about 1,500 acres of developable land, once wetlands are removed from the calculation. The projected 2,400 additional residences do not account for the Township’s affordable housing requirements (number unknown by this writer). Those residences will no doubt add more students to our already overcrowded school system, generating the need for additional school construction.

Does that mean that Monroe Township has reached its maximum development point? Only time will tell. The growth and changes have made this a very different place from what it was 60 years ago. We must continue to be involved in and aware of our community.

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Get your tickets now for the Spaghetti Dinner

By Alyce Owens

It's been three long years since we've been able to gather in the Clubhouse Ballroom for the Spaghetti Dinner which has become such a tradition here at Rossmoor.

This popular and delicious event sponsored by the Community Church will happen on Thursday, Oct. 20, at 6 p.m. in the Clubhouse Ballroom and it's time to get your tickets.

Spaghetti Dinner tickets will be sold Oct. 10 through 14 between 10 a.m. and noon in the Clubhouse Red Room. For the amazing price of only \$18 — including tip and tax — you'll get a mouth-watering and abundant meal of tossed salad, spaghetti and meatballs, Italian bread and butter, followed by a variety of delectable desserts and coffee or tea. As in the past, this feast will be cooked and served by Patrick Donnelly and his congenial staff from Top Hat Caterers. It's a BYOB affair but sodas will be available.

Open to all Rossmoor residents, family 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) can be re-



served in advance by calling Alyce Owens at 609-860-0866. Since seats will be assigned, please provide names of those in your party when making your table reservations.

Mark your calendar now, buy tickets early, and plan to be a part of this always fun and memorable evening while supporting the Community Church and its worthwhile benevolence endeavors.

We look forward to seeing you there on Oct. 20. Bring a friend and your appetite.

Look-alike

By Steven Gray

Helene and I recently decided to go to the "shore" and walk on the boardwalk in Ocean Grove. What has that to do with computers? Read on and find out.

Ocean Grove was unique when we were kids as all vehicles had to be off the streets every Sunday. That has since changed due to a lawsuit by a newspaper delivery service. Why walk in Ocean Grove? There is nothing on the boardwalk to try to grab your money and parking is free.

We parked and I set my landmarks (to find my car again) as a large house with one gable near another large house with red awnings. Off we went. On the way back I, of course, was looking for a large house with one gable followed by another with red awnings. We found both quite easily but no car! On the off chance I might have

parked a bit further down, we continued another block. Two blocks further down I see another large house with a single gable followed by a large house with red awnings. There was my car. What are the odds of seeing almost exactly the same gable and awnings setup close to each other?

What are the odds of having two web sites look almost exactly the same? Unfortunately, quite good, with only one being the real one. I recently received an email with the return address of auto_reply@geeksquad.com that had a bill for over \$300 as an auto debit. The bill looked legitimate except for the fact that it began "dear customer" and I would never use the Geek Squad to service my computer. If I cannot fix it, I know they cannot fix it. The bill did give a phone number to call as well as a hyperlink for questions. Neither of which were correct even though the rest of the

ID on the bill matched what the Geek Squad sends. The phone number belonged to someone in Richmond, Va.

What would happen if I replied to the email, clicked on the hyperlink, and/or called the phone number? I most likely would have been asked for account information in an attempt to access my bank account.

How would the average person know it is phony? Anything that starts out with "dear customer" or words to that effect should be considered a red flag. If you are dealing with a company, they have your name and will address the letter/invoice/email accordingly.

Of course, never click on a hyperlink in an email, never hit reply, and never call the phone number unless you want to be scammed. Always go directly to the company's website yourself. Mixing up gables and red awnings is one thing, mixing up real and

(Continued on page 8)

The International Day of the Girl is celebrated on Oct. 11

By Anne Rotholz

On Dec. 19, 2011 the United Nations General Assembly voted to pass a resolution designating a day of observance to honor girls around the world and to increase awareness of the issues they face.

The resolution was sponsored by Rosa Ambrose, Canada's Minister for the Status of Women. Oct. 11, 2012 was the first International Day of the Girl, and it would be observed on that same day each year. The observance supports more opportunities for girls and increases awareness of worldwide inequality faced by girls because of their gender.

Such recognition is long overdue. While gender inequalities have been around forever, they have gone largely unnoticed and, sadly, they are still frequently accepted.

Inequalities exist in areas such as education, employment, medical care, legal rights, nutrition, child safety, etc. The global picture can be depressing and, unfortunately, COVID has not helped.

Child labor is widespread in many countries.

Global development plans do not consider girls and their issues.

More than 62 million girls around the world have no access to education.

(Continued on page 8)

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October 20th
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South to freedom

By Jean Houvener

Most of us learned in school about the Underground Railroad, a network of safe houses, guides, and routes north out of the slaveholding South to northern states and to Canada used by escaped slaves. What is far less known is that there were also routes to freedom in Mexico, particularly from Louisiana, Mississippi, Alabama, Texas, and the Indian Territory, which later became Oklahoma.

Day of the Girl

(Continued from page 7)

Sexual violence against girls is rampant in many countries and predators frequently go unpunished.

Globally one in four girls is married by age 18.

Girls 5-14 spend 160 million more hours on household chores than boys of the same age.

The theme for this year's Day of the Girl is "Digital Generation, Our Generation." It encourages girls to take their place in the forefront of our technological world, not an easy task by any means.

Look-alike

(Continued from page 7)

phony websites is entirely different.

My final rant is that using online banking is safe as long as your username and password are entirely different from any you use for email and social media. Do not use easily guessed information like your present address, your birthday, or your pet's name, as that information is too readily available.

While researching information about the U.S.-Mexican border, historian Alice Baumgartner found references she had not expected relating to escaped slaves and to slave catchers crossing into Mexico to bring them back to their owners. A recent article in the Smithsonian magazine discusses this escape route. While not documented by first-hand memoirs, such as Frederick Douglass's writings about the northern route, and without the guides like Harriet Tubman, possibly as many as 10,000 slaves escaped south to Mexico, around 10% of escaped slaves.

Baumgartner's research is more based on finding individual stories in newspapers and official records and looking for descendants who have the stories passed down from their ancestors. She has written a book about these findings. The journeys were grueling and dangerous, with little water, food, or protection from those hunting them.

One woman's great-great-grandfather, Nathaniel Jackson, bought 5,335 acres near the southern tip of what is now the state of Texas. He fell in love with, freed, and married a slave.

He was sympathetic to the cause of the escaping slaves trying to reach Mexico, and along with other residents of the area helped them escape across the Rio Grande to Mexico. Other escaping slaves settled into the general area, marrying into the families that had moved there from farther east to escape from the expanding U.S. and to remain part of Mexico. Nearby neighbor John Webber, who fell in love with, bought and freed a slave woman for his wife, built a ferry to carry not only his trading goods, but also escaped slaves, to Mexico.

In 1821 Mexico won its freedom from Spain and quickly wrote some of the most progressive laws not only abolishing slavery, but protecting slaves who escaped from the neighboring U.S. states, whose version of slavery the Mexicans heartily disapproved. While free once they reached Mexico, the ex-slaves were always in danger of being kidnapped by bounty hunters and slave catchers. Mexican civilians and military personnel fought against these kidnappings.

One story Baumgartner found was about Manuel Luis del Ferra of Reynosa, who was awakened by screaming, who grabbed his rifle, and found two men trying to kidnap a woman whom one of the men, William Cheney, claimed was his property. The woman, Mathilde Hennes, who had escaped from Louisiana, was by then a

valued member of the household. While the second man escaped, Cheney was arrested, imprisoned, and sent home without Hennes. There turned out to be many instances like this when Baumgartner continued to search the records. At one point the Mexican Army sent a sizeable contingent and two artillery to the Rio Grande to stop some 200 Texans from invading to seize escaped slaves.

There were also numerous complaints from the slave owners, and Congress sought — but did not receive — an extradition treaty authorizing the return of escaped slaves. In 1803 with the Louisiana Purchase by the U.S., the border with New Spain was near the current border between Louisiana and Texas. Settlers, on the other hand, continued to push past that border and brought slavery with them.

By 1821, much of the current state of Texas was effectively farther west. These new settlers disagreed with Mexico's more limited slavery and by 1836 Texans fought for and won their independence from Mexico, forming an autonomous republic, and in 1845 Texas became a slave state in the U.S. From 1846 to 1848 the Mexican-American War, fought largely because of disputes over the border between Texas and Mexico, resulted in Mexico's loss of the rest of Texas as well as California, Nevada, Utah, Arizona, New Mexico, and parts of Kansas, Oklahoma, Colorado, and Wyoming.

One well documented story about the migration to Mexico was that of the Seminole and Black Seminoles, who had originally escaped to Spanish Florida. The Seminoles were eventually forced west into the Indian Territory. They ultimately left there to flee south to Mexico. Veterans already of the Seminole wars in Florida, they formed a colony under Mexican law to defend the Mexican border against incursions by Comanche and Apache warriors.

The scarcity of actual first-hand reports indicates how important it was for the escaped slaves to keep a low profile. By slipping into the communities where they found refuge, they were better able to elude the slave catchers, bounty hunters, and Texas Rangers trying to pull them back into slavery. The continuous push by Southern politicians to expand slavery farther and farther west led inevitably to secession and the War Between the States, as it was called at the time, now called the Civil War, in 1861.

Email your news to:
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A fitting way to start the month

By Myra Danon

To acknowledge the International Day of Older Persons, Oct. 1, I submit this essay I found in an older folder marked miscellaneous. The edges were creased, the tint of the paper was yellow, and the author was listed as unknown.

*Lord, I am growing older
Lord, Thou knowest I am*

growing older.

Keep me from becoming talkative and possessed with the idea that I must express myself on every subject.

Release me from the craving to straighten out everyone's affairs.

Keep me from the recital of endless detail. Give me wings to get to the point.

Seal my lips when I am inclined to tell of my aches and pains. They are increasing with the years and my love to speak of them grows sweet as time goes by.

Teach me the glorious lesson that occasionally I may be wrong. Make me thoughtful and not nosy, helpful, but not bossy. With my vast store of wisdom and experience it does seem a pity not to use it all. But Thou knowest, Lord, that I want a few friends at the end

"A" Words

By Ken Thomas

My English teacher must be in an A-fib condition continuously. The spoken word barely resembles our language. Whenever he asked a question in class, the student was required to respond with the correct verbs and nouns together. Words were his children and I became a grandchild.

I was watching an interview on television last week. The first response was "amazing." On another channel, the response was "awesome." In several other interviews, the responses were amazing or awesome. These two "A" responses did not seem very emotional or genuine to me. Did they express the level of emotion expected?

Awesome and amazing have been overused for a long time. Great and super may be less meaningful also. Euphoric may chase interviewers to a dictionary for definition and spelling. Are those interviewed afraid of expressing themselves emotionally? Embarrassment and ridicule? Are their answers unsophisticated or grammatically correct? Performers, athletes, and politicians are interviewed every day.

My response to joy, problems, and surprises is jeepers creepers. Repeated use has earned me a colorful T-shirt from my grandchildren with the "JC" words. Responses have changed drastically, but the word cool holds the record for longevity.

As an author, my world is words. How have words of joy and surprise changed? To keep control, I limited my curiosity to approximately one hundred years. Jeepers creepers! Slang words appeared everywhere. Early non-slang responses in the 1900s could include speechless, flabbergasted, outstanding, hallelujah, or amen. The slang responses were phooey, egads, ducky, hotsy-totsy, okey-dokey, jake, or holy smoke. In the middle 1900s, a slang response was far out, groovy, no way, out of sight, later alligator, show me, or say what. Did you ever say, "Swell"?

Toward the end of the century, the more formal "A" words might be astonished or astounding, but isn't slang more emotional; omigod, mamma mia, no way Jose, really, or no problem. Duh or huh are not acceptable in any year.

Words have become letters; Laugh out loud (LOL), Can't remember

stuff (CRS), Just kidding (JK). Computer language almost eliminates emotion. Letters require a book of definitions. I've included many years of responses, excluding curse words. They certainly express joy or surprise, but are not part of my vocabulary. Other words could have been included in "A" words. However, shouldn't an individual's responses be more personal and not copied?

(Continued on page 11)

As I reread it and appreciated its message, I suspected that the author was from generations ago; the words *Thou* and *knowest* gave me my first clue. I started my search, and Google was my first step. I couldn't help but notice that October also lists Smart is Cool Day (only one day?) toward the end of the month, and since I couldn't resist being cool, I embarked on my quest by celebrating two special days.

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This month in pictures

The Rossmoor Chorus Rehearses for the next event

Photos by Jim Wilson



Catholic Society Mass



Monsignor Curry distributes Communion



Blessing of the Prayer Shawls



Lucille Conti addresses the congregation



JellyBean the clown, who lives in Rossmoor, stopped by the pool on Saturday. Have a wonderful day!!

Photo by J.P. Genovese

Spotlight on Janet Wilson

By Rosemary Masella

Today I had the pleasure of interviewing the very talented Janet Wilson, the musical director of the Rossmoor Chorus, which has 41 members, and the Players Club. She has been married to Jim Wilson for 44 years, and they have two children. They met at college in Syracuse in the chorus and are still sharing music together.

Janet and Jim have a very strong Christian faith and love lifting up spirits. Janet comes from Boston, and loves Rossmoor because it reminds her of a New England village.

She has a very musical background. Her Dad played eight musical instruments, her Mom played the piano and they sang solos together while she played the piano. Her great-grandfather was also a musician. Talent runs in her family.

Janet's Mom taught her how to play the piano when she was 8 years old. She took professional lessons from junior high school through the end of high school. After college she became a kindergarten teacher and a music teacher. She gave piano lessons after school, and put on piano recitals with her students; they loved it.

Jim worked for 35 years at NBC where he started as a coffee boy and worked his way up to win three Emmy Awards for best news show, a very impressive accomplishment.

Janet and Jim now devote themselves to the Chorus



Janet Wilson

and Players clubs. Janet also plays the organ. The Chorus goes Christmas caroling and performs in local nursing homes. They put on a show for the Rossmoor flood victims to raise money for them and give the people some joy.

There will be a new play at the end of September. and a singalong in October in the Clubhouse. Jim wrote eight new songs for the musical. They are very active in the Music Ministry Church in Jamesburg; Janet sings and teaches Sunday School.

Janet's parents lived at Rossmoor and were active in the community. Jim and Janet purchased a house four doors away. Janet's Mom is now 94.

Trash and Recycling Reminders

- Please remember to separate your household kitchen trash from your recycling
- Use the proper trash and recycling dumpsters
- Trash means household kitchen garbage, not construction debris
- NO plastic bags in the recycling Dumpsters. Recycle them at the supermarket

Another occasion to celebrate

By Myra Danon

Tucked inside the 23rd day of October's calendar, almost a week before Halloween, someone (maybe Hallmark) decided to declare this day each year as Mothers-in-Law Day. I suppose they had a reason to make it five months away from the day in May. How thoughtful. Now the only other decision is what to recognize as a gift worthy of this event.

Many selections of plants were readily available and appreciated by mothers for years, which included carnations, daisies, roses, tulips, and an overabundance of many other varieties. These gifts represented many of the

characteristics universally ascribed to mothers: love, beauty, purity, comfort, happiness, and scores of other descriptions. How much easier could choosing a really special gift for a special person be?

For Mothers-in-Law Day, members of the group entrusted with this decision apparently went to some lengths to designate the perfect gift for that special woman on her day. Perhaps the choice represented their thoughts and/or feelings; we will never know; however, they decided on a plant that has tall dark green leaves with pointy tips not unlike sword spikes, and a concen-

tration of poison that causes swelling of the tongue and throat. It is called mother-in-law's tongue. It is also known as snake plant, a familiar looking plant that we see in many locations in addition to farms and florists. It is not beautiful or colorful as are other plants we consider for gift giving.

Beauty is in the eye of the beholder, however, and like almost all other Mother Nature's creations, these unembellished snake plants are quite remarkable in their ability to absorb several toxins including formaldehyde, nitrous oxide, benzene, and produce more

(Continued on page 12)



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“A” Words

(Continued from page 9)

Before ending my curiosity research, I found some assembled words called idioms as responses. They have been used for more than a hundred years also: “Don’t do anything I wouldn’t do,” “A piece of cake,” “A sight for sore eyes,” “Hit the nail on the head,” or “Is that a fact.” More modern idioms are: “Hang in there,” “So far so good,” “On the ball,” “Head over hills,” or “Back to the drawing board.” An idiom count is infinite.

Maybe one-word responses can’t fully express an emotion. The two “A” words, amazing and awesome, fall short of a memorable interview response, some idiom responses also. My English teacher tried to increase our vocabulary. Amazing and awesome are not a vocabulary. Could the interviewer be asking the wrong question for a definitive and exceptional response? Maybe he should increase his vocabulary also? Questions and answers are a challenge.



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MICHAEL KULBACKI, MANAGER N.J. LIC. NO. 4870

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Sound Advice

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

First 10 days of a Lottery Win

If you have won the lottery, your life has changed forever, and you get to determine what that means. You can use this change to shape your life going forward.

It will be challenging, confusing and at times complex, but all of that can be managed by you to create outcomes you will enjoy for the rest of your life. You can do this, and eventually look back with pride on how you managed your lottery experience from the first week onward.

In addition to keeping your

winning ticket under lock and key, here are five things you can do to as you absorb the shock of change:

First 48 hours

- **Know your deadlines, 60 days** to choose lump sum or annual payments and **12 months** to claim your winnings. Use these time periods to determine what works best for you. Do not move too quickly to claim your money before you have time to understand the consequences of each option and the long-term impact of putting your new money into action.
- **Form an inner circle**, forget about not telling any-

one, that will just add to your stress. Form an inner circle of a few, two or three, people who can keep your privacy. You will need people to talk with, people who make you feel safe. Do not expect them to know how you are feeling or what you should do. Their job is to be good listeners and look out for your wellbeing while you process the experience.

- **Buy a new cell phone**, give the number to your inner circle and the trusted advisors you eventually hire. Ask an inner circle person to check your messages on the old phone. They can keep you posted on important personal communication.
- **Pay attention to your health**, this is high stress time that may last a few months. Eustress, the kind of stress that comes from a good event, can have the same negative impact on your body and your brain as distress. Focus on stress management; learn about the upside of stress.

First Ten Days

- **Form a Brain Trust** of collaborative professionals in this order: Certified Financial Transitionist® (CeFT®) lawyer, CPA, family wealth counselor, and eventually an investment manager, and Realtor®. Before you think about investing, moving, setting up trusts and gifting, give yourself time with someone trained to help you personally process this major life transition event.
- **Get on Your Balcony**, a CeFT® is trained to help you step back, get a balcony view of your new landscape.
- **Identify who and what is sacred** and needs to be protected as the waves of change begin to hit your life.

You may find sleeping to be your biggest challenge in the short term. This is normal so just go with it, you will eventually adjust and sleep again.

Keep in mind none of us make our best decisions when we are tired.

Once word gets out, you will find people, including professionals, asking what you are going to do with your money. It is okay to say you don't know yet, you are working on it. Once you get your Brain Trust you can develop some specific language to let people know you have a trusted team helping you. In the beginning everyone should respect your need for time to settle into such a big life changing event.

This may or may not be the biggest thing to happen in your life. Either way it is a before-and-after kind of event that you can use for your wellbeing and that of those you care about. Lean

in, take your time, and make this transition count.

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

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

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This Is Tough - Part Eight

By Thomas J. McMahon (aka J. T. Brian)

And so, the summer dragged on and on until it melted away. The now eclipsed season left my co-author Dave and me with feelings of some regret. Individually, those feelings were placed on hold anytime the two of us had a good meal, or enjoyed a laugh. Many times, the usual bellowing underscored the simple fact that we both have done just enough to edit, promote, and otherwise divine a sale of this soon-to-be American Classic.

Oh, there was some progress to be sure. Dave and I chewed the fat many times over the past three months, as we called many, many technical meetings to carefully chart our next steps. Here is a transcript of one of these meetings that will go a long way defining the extent of thought, intelligence, resolve and determination. It will set the stage for that moment when a hand is extended toward the two of us that does not slap our faces but welcomes us into the literary world as equals of F. Scott Fitzgerald, Henry James, Emily Bronte, and of course Arthur Conan Doyle. Wow, what company this is! Unfortunately, all of these giants of the industry are no

longer with us, but if they were, they would undoubtedly comment on the inclusion of Brian and Miller.

Fitzgerald would liken us to the waiters who served the wonderful main characters in his many books, while Henry James would mention his fascination with just how we categorize our surroundings found within the setting of Hamilton Avenue. Emily Bronte would rue that a street akin to Hamilton Avenue was so-o-o unique, it could not possibly exist in the United Kingdom. And Sir Arthur Conan Doyle would plead with us to grant him the rights to the book so that Sherlock could solve yet another baffling case.

I mean, folks, with that type of literary backup, it is painfully obvious that our work should have already been picked up, and if that had occurred I would be writing this while still vacationing on an island that Dave and I recently purchased.

But, alas, these circumstances with all of the defined associated activity do not exist. Dave and I continue to bicker and chide each other. My children refuse to discuss the book. My friends laugh when I say anything about it. And most people just smile and walk away. It's lonely at the top. Or the bottom. Or being indistinct. Or ignored. Or ... or ... or ignored. (By the way, that one really, really, really hurts.)

So, I have made a resolve to actually do something about all this. I will ... I will ... I will do something. That would be different from what we both have done lately. Nothing.

I hereby resolve that I will get busy in October and threaten Dave to also get busy! So, see you in November with an update that should knock your socks off. My apologies for any pain that may be incurred along the way.

Another occasion

(Continued from page 11)

oxygen than all other plants. Studies have shown that humans can survive in sealed rooms with the clean fresh air that is produced by several snake plants. NASA has reported on the power of these plants. Nature lovers consider them a vital part of their environments and generally have groupings of them throughout their homes. Kind of a lifesaver, then, this sharp, spikey plant.

Perhaps this choice of a mother-in-law's tongue to represent this day honoring mothers-in-law was a pretty good choice. Now we can appreciate less well-known presents, knowing they can be lifesavers. We thank you for helping us celebrate our special day, and in return, we will refrain from giving you advice – but only for that one day.

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Will You Love Me Tomorrow?

By Allan Kaufman

When having a discussion of best groups of the 1960s, we start with the Beatles and work our way backward to the Rolling Stones, The Dave Clark Five, The Moody Blues, Herman's Hermits, The Four Seasons, and Beach Boys. Rarely, if ever, does the discussion include any of the girl bands of that period.

There were many girl groups of the 60s, they seldom played instruments, but could hold their own against guys. Here is my list of the best of the best.

The Supremes

They were the most accomplished of all the groups. The Supremes were an American singing group and a premier act of Motown Records during the 1960s. Founded as The Primettes in Detroit, Mich., in 1959, the Supremes were the most commercially successful of Motown's acts and are, to date, America's most successful vocal group with 12 number one singles on the Billboard Hot 100. The group included Florence Ballard,



The Supremes

Mary Wilson, and Diana Ross, with Ross being the lead vocal of the group.

At their peak in the mid-1960s, the Supremes rivaled the Beatles in worldwide popularity, and it is said that their success made it possible for future African American R&B and soul musicians to find mainstream success.

The group disbanded in 1977, with Ross embarking on a very successful solo career.

Martha and the Vandellas

Right behind the Supremes, this group delivered hit after hit. Formed in 1957, the group achieved fame in the 1960s with Motown. Lead singer, Martha Reeves had a voice that mesmerized audiences. The group's string of hits included "Come and Get These Memories," "Heat Wave," "Quicksand," "Nowhere to Run," "Jimmy Mack," "Bless You" and "Dancing in the Street," the latter song becoming their signature single. "Dancing" is one of my all-time favorite songs. Selected members of the group were inducted into the Rock and Roll Hall of Fame in 1995 and the National Rhythm & Blues Hall of Fame in 2013.

The Crystals

The Crystals, based in New York City, were considered one of the defining acts of the girl group era in the first half of the 1960s.

Their 1961-1964 chart hits, including "There's No Other (Like My Baby)," "Uptown," "He's Sure the Boy I Love," "He's a Rebel," "Da Doo Ron Ron," and "Then He Kissed Me," featured



The Crystals

three successive female lead singers, and were all produced by Phil Spector with Darlene Love, brought in from the Blossoms singing the lead on "He's a Rebel," and Dolores Brooks singing the lead, taking over for Barbara Alston, on "Then He Kissed Me."

The latter three songs were originally ranked #267, #114, and #493, respectively, on Rolling Stone magazine's list of The 500 Greatest Songs of All Time.

The Shirelles

Founded in 1957, The Shirelles were an American girl group notable for their rhythm and blues, doo-wop and soul music, they gained popularity in the early 1960s. The Shirelles have been described as having a "naive schoolgirl sound" that contrasted with the sexual themes of many of their songs.

They have received numerous honors, including the Pioneer Award from the Rhythm and Blues Foundation, as well as being inducted into the Rock and Roll Hall of Fame in 1996, and named one of the 100 Greatest Artists of All Time by Rolling Stone in 2004.

Two of their songs, "Will You Love Me Tomorrow" and "Tonight's the Night," were selected by Rolling Stone on its list of the greatest songs of all time.

The Shangri-Las

The Shangri-Las were an American pop girl group of the 1960s. Formed in 1963, the group included sisters Mary and Betty Weiss and twins Margie and Mary-Ann Ganser. They were all students at Andrew Jackson High School in Queens. Between 1964 and 1966, they charted with several hits documenting teen tragedies and melodramas. They remain known for their hits "Remember (Walking in the Sand)," "Give Him a Great Big Kiss," and in particular, "Leader of the Pack," which went to #1 in the U.S. in late 1964.



The Shangri-las

The Ronettes

Based out of New York City, one of the most popular groups of the 1960s, they placed nine songs on the Billboard Hot 100, five of



The Ronettes

which became Top 40 hits.

Among the Ronettes' most famous songs, with the sexy Ronnie Spector singing the lead, are "Be My Baby," "Baby, I Love You," "(The Best Part of) Breakin' Up," and "Walking in the Rain," all of which charted on the Bill-

board Hot 100. "Walking in the Rain" won a Grammy Award in 1965, and "Be My Baby" was inducted into the Grammy Hall of Fame in 1999. The Ronettes were inducted into the Rock and Roll Hall of Fame in 2007. The group was inducted into the Vocal Group Hall of Fame in 2004. The Ronettes were the only girl group to tour with the Beatles.

Groups such as the Angels, with their hit "My Boyfriend's Back," The Dixie Cups song "Chapel of Love," and the Marvelettes with their mega-hit, "Please Mr. Postman" also dotted the landscape in the 1960s.

So where were you when you heard "Will You Love Me Tomorrow," with someone you loved?

The Monroe Township Chorus presents "On Broadway"

By Thomas J. McMahon

A performance of incredible selections of well-known songs from the Broadway stage will be presented on Sunday, Nov. 20 by the Monroe Township Chorus.

Under the direction of founder and Director Sheila Werfel and Music Director David Schlossberg, it will be a most enjoyable afternoon that will spur your memories with the music we have all come to love.

The performance will be

held at the Richard P. Marasco Performing Arts Center in the Monroe Township Middle School at 1629 Perrineville Road, Monroe.

The doors will open at 1:30 p.m. The concert will begin at 2 p.m. This will be a performance not to be missed. Admission is \$5 per adult at the door. Children through high school age are free.

Join us for some Broadway magic. For additional information, contact Director Sheila Werfel at 609-619-3229.

Trick or treat

By Ken Thomas

Three of my friends were planning to trick or treat together. I begged Mom non-stop for two days, before she gave me permission to join them. The four of us dressed as hobos, a minimal attempt at costumes. Our plan was to quickly fill a bag with candy and hang out together. With masks, four hobos might pass a Halloween costume inspection. We chose homes in our neighborhood with a Trick or Treat history of several candy bars per hobo. In the third block, we rang the doorbell of an elaborately decorated home. The owner was dressed as a King and he gave each of us regular size candy bars, no mini bites, from a large bag of treats. Smiling, he offered a challenge. Whoever answered his question could reach into the bag with one hand for as much candy possible. The King's question

was, "Why did they bury a Scotchman on the side of a hill?" Two of my friends quickly answered incorrectly.

Together, we tried to guess the answer. The plan was a return to the King's Castle for more candy, but none of our answers seemed fit for this King. The hobos continued to knock on other doors for more bag fillers, while the question melted two Snicker's bars during over heated thinking. With our best guess, we rang the King's doorbell again. He smiled at our incorrect answer and pointed to the stairs. We retreated and returned with another incorrect answer. Shaking his head, the King gave us one more "try." The try failed. Smiling, he repeated the question, "Why did they bury a Scotchman on the side of a hill?" The answer? "Because he was dead." Trick or treat!



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Mutual News

Mutual 3

By Marilyn Sliva

By the time you read this article, Mutual 3 will have had the fall open director's meeting. Items reviewed were the roofing project recently completed for eight buildings as well as 20 hot water heaters installed in mostly second floor units. Other projects either completed or underway were door and railings painted, cement replacement, window replacements, as well as the usual maintenance repairs.

We continue to have issues with residents not recycling correctly and not breaking down boxes in the dumpster. If you don't want to recycle correctly, then just use the green dumpsters for all your trash. Putting anything in the yellow recycling dumpsters that doesn't belong costs the Mutual money from the subsidy we receive from Waste

Management. That subsidy helps us stretch our budget to get more projects completed in the Mutual.

In addition, just a reminder – no renovations to manors are allowed without completing a work permit order and submitting it to the Maintenance Department for initial approval. If you have any questions about this procedure, please contact one of the directors.

We would like to welcome new residents who moved into Mutual 3 this year:

M/M Peter Riccardi
M/M Kasturi Rajagopalan
Ms. Patricia Daye
M/M Frank Esposito
Ms. Carla Kenny
Ms. Asuncion Binas
Mr. Tadayuki Ito
Ms. Esthel "Millie" Velasquez

And wedding congratulations to two residents: Sheila Davis and Brad Keefer, on August 6

David Krotosek and Darlene Daly, on June 22

Our final meeting of the year will be the 2023 budget meeting which is scheduled for Dec. 1 at 10 a.m. in the Gallery. All residents are invited to attend.

Directors: Robert Danehy,
Sandy Salmieri, Marilyn Sliva
Alternate Director: Erin Mendlicott

Mutual 8

By Carol Franks, president

We are pleased to announce that we have new neighbors in 14 homes since the beginning of this year, and quite a few additional homes are due to close shortly. That is good news for Mutual 8.

If you have not yet met your new neighbors, take a few minutes to stop by to say Hello and make these people feel welcome. They will be happy to know that Rossmoor is a friendly place in which to live.

Ana and Donald Dougan, 326A
Brian and Kerryann Barry, 382A



Carol Turner's little piece of heaven in Rossmoor

John and Roseann Kiernan, 375A
Ernst and Kathleen Gabora, 352N
Ann Krynicky, 355A
Patricia Battle, 353N

Kalyan and Jaba Das, 333C
John and Christine McNutt, 348B
Steven Severini and John Dallessandro, 370A
Suk and Eun Lee, 346B
Ronald and Cecelia Brazinski, 344A
Naniariv Elrasheddy, 336N
Vincent Jia, 333A
Peter and Phyllis Braff, 348C

Mutual 17 barbecue

By Babs Burford-O'Reilly

On Sunday, Aug. 21, Mutual 17 had their first barbecue in over two years. For a few of our residents it was their first Mutual 17 event. It was the first event for me and my husband Ray; having moved here in October 2019, we arrived just in time for all the shutdowns.

We were very impressed with the way the Mutual came together and pitched in to make it a great day. Debra headed the committee to make it all happen. Holly, Anne, Theresa, Helene, and myself were on the committee. Debra had a great blueprint from past years, so we followed that, and everything went smoothly.

The event was held in the Ballroom of the Clubhouse with access to the outside. Everyone pitched in to help set up and Tony and Peter manned the grills. Residents contributed their own specialties, and the dessert table was overflowing. The new residents were introduced, and a good time was had by all.

I hope this barbecue is the first of many events.

In appreciation

I would like to thank everyone for their calls and get well cards I have received over the last week. I am very grateful.

The operation went well and I'm feeling better each day.

Again,
thank you.
Joe Conti



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CULINARY CORNER

By Sidna Mitchell

Another idea for that squash

Even this fall we had yellow, aka summer, squash from our site at the Monroe Community Garden. I've previously mentioned all the different dishes, breads and soup I've made from the abundance of those yellow things.

The recipe this month is from the "White Trash Cooking." When I first bought the cookbook years ago, I called my Southern mother to tell her about my purchase. There was a huff and then a long pause from her. Relating titles of a few of the recipes, I noted that some called for Jack Daniels and others for Godiva chocolate. Another huff and pause from my Mississippi mother. "Well,

at least they're not po' white trash!" she claimed.

There are a number of really good and simple recipes in the cookbook. My late husband George's favorite dessert was resurrection cake that called for a whiskey sauce made with Jack Daniels Black Label. That's really good Tennessee sip-pin' whiskey that you don't want to waste in baking or cooking. I always substitute cheap bourbon.

Back to this month's recipe. If you don't find yellow squash in the grocery or from your neighbor's gardening efforts, just substitute a cup of pureed pumpkin. That idea came from another cookbook using squash instead of pumpkin in a bread that I made. Here's my version of an easy and tasty recipe.

Yellow Squash Pie

1 cup sugar
¾ teaspoon salt
¾ teaspoon ginger
1 teaspoon nutmeg
1 cup grated yellow

Culinary Corner

squash
3 eggs
1 cup heavy cream
1 nine-inch unbaked pie shell

Add sugar, salt and spices to squash and mix thoroughly.

Beat eggs, add cream and mix with squash.

Pour mixture into unbaked pie shell.

Bake in hot oven (450 degrees) for 10 minutes, then reduce temperature to moderate oven (350 degrees) and bake 40 minutes longer or until a toothpick inserted in center of pie comes out clean.

NOTE: I substituted half and half for the heavy cream. The original recipe called for one cup of steamed squash but I decided if the pie was to bake for so long, then simply grating the squash would work and be much quicker. Admittedly, the completed pie didn't look very appetizing so I topped it with Cool Whip, and everyone said the pie was really delicious.



NEW NEIGHBORS

By Christina Smith, Resident Services Manager

Sandra Stark-Houck, 493B Somerset Lane, formerly of Edison, N.J.

Wes and Joanne Traskiewicz, 529A Old Nassau Road, formerly of Monroe Twp., N.J.

Michelle and Peter Ricciardi, 96D Glenwood Lane, formerly of South Plainfield, N.J.

Maria Romanello, 204N Rossmoor Drive, formerly of Metuchen, N.J.

Javier and Silvia Pozotrigo, 148B Old Nassau Road, formerly of S. Plainfield, N.J.

Patricia Johnson and Theodore Handerson, 455A Roxbury Lane, formerly of Bloomfield, N.J.

James and Maria Martin, 438B Newport Way, formerly of Levittown, Pa.

Sharon Meisels, 395B Orrington Lane, formerly of Kew Gardens, N.Y.

Augustus and Marjorie Smith, 399A Newport Way, formerly of Old Bridge, N.J.

Susan Harroun, 454A New Haven Way, formerly of New Hyde Park, N.Y.

Margaret McEvoy, 193B Mayflower Way, formerly of Glen Gardner, N.J.

Marcelo and Lina Valenzuela, 181A Rossmoor Drive, formerly of Garwood, N.J.

Enkuang and Mei-Chuan Fong, 192-O Malden Lane, formerly of Rockaway, N.J.

Janet Katz, 154A Providence Way, formerly of Parlin, N.J.

Wai Cheong and Yin Sum Mak, 392-O Orrington Lane, formerly of East Brunswick, N.J.

Aleksey and Saniya Nestervoa, 639-O Yale Way, formerly of Plainsboro, N.J.

Song Ki and Young Mi Choi Jeong, 129B Providence Way, formerly of Bay-side, N.Y.

Brian and Kerryann Barry, 382A New Bedford Lane, formerly of South River, N.J.

Patrick and Marie O'Brian, 729B Mt. Vernon Road, formerly of Freehold, N.J.

Clubs and Organizations

Emerald Society's updates

By Erin Medlicott

At our September meeting, Emerald Society members voted to change the monthly meeting time from 7 p.m. to 2

p.m., starting with the Oct. 5 meeting. Meetings will be held in the Clubhouse Ballroom on the first Wednesday afternoon of the month. We

also elected two new Board positions.

Members voted for a December holiday event, to be held on Sunday, Dec. 18, for a 2 p.m. live performance of "A Christmas Carol" at Playhouse 22 on Cranbury South River Road. Tickets are \$18 per person. Members can purchase tickets at our October meeting. Cash or checks will be accepted. Checks should be made payable to "Playhouse 22."

For more information, please email EmeraldSocietyR@gmail.com, or call Erin Medlicott at 732-747-6752. Looking forward to seeing you at our Oct. 5 meeting.



RMA Concert date change

By Linda Bozowski

The Rossmoor Music Association has a change to its upcoming schedule for this fall. The Oct. 21 program featuring the Virtuosi Quintet will be presented on Sunday, Nov. 20 at 7:30 p.m. The mix of flute, bassoon, oboe, clarinet, and French horn offer a wonderful blending of sounds as the musicians present pieces composed between the 16th to 20th centuries. The Quintet has entertained audiences all around the country with its lively mix of Baroque to contemporary pieces.

On the agenda for the remainder of the 2022-2023 season are four additional programs. All performances will be presented at the Meeting House on Friday evenings, beginning at 7:30 p.m.

Dec. 9, Princeton Pro Musica Chamber Chorus will present a holiday concert;

April 21, 2023, Mezzo-soprano Natalie Megules will offer an array of jazz and Broadway pieces;

May 19, 2023, All Seasons Chamber players will offer an instruments-only mix of lively pieces; and

June 16, 2023, Ivory &

Gold® returns, with flutist/singer Anne Barnhart and pianist/singer Jeff Barnhart, who will surprise us with a mix of instrumental and vocal delights.

The program will begin at 7:30 p.m. in the Meeting House. Season subscribers may present their ID cards,

(Continued on page 17)

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Players

By Sue Archambault

“What’s Next,” our original musical comedy by Jim Wilson, was performed in the Meeting House at 7 p.m. on Thursday, Sept. 29 and Friday, Sept. 30. In addition, there was a matinee performance at 2 p.m. on Saturday, Oct. 1.

Refreshments, served at the completion of the play, were included in the entry cost.

The book and music were written by Jim Wilson, with the exception of one musical number by Bill Strecker and Bob Huber. The naming of our stage in their honor and the inclusion of this song help to keep the memory of these two wonderful Players



in our hearts and minds. Judging by the audience’s reactions to the play, it was a Players’ triumph.

The Players’ monthly meeting will take place on Monday, Oct. 24, at 7 p.m. in the Gallery. This is our annual Halloween Party, and will therefore be open only to Players’ members. Wear your favorite costume for our Halloween parade and win prizes. There will be fun games, and refreshments will be served.



August attendees at the Korean- American club meeting photo - Youngae Lee

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- Sheet Rock
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- Decks

Email your news to:

news@rcainj.com

Korean-American Group news

By Yungae Lee

On August 29, we had our monthly meeting with about 20 members present.

We had planned to have a lecture by Mr. Suh, president of the N.J. Korean-American Mutual Aid Association, to learn about enrolling our group in the Association.

Unfortunately, the speaker was not able to make it due to medical reasons. Instead, we informed our members about the Senior Citizen Discount Program for EZ pass,

State Park Free Pass Application info, and Handicap Parking Permit Application details.

We also discussed the upcoming events and other useful information about this community and its members’ needs.

Our next meeting is planned for October. We keep in touch with all members via group chat almost daily.

Even from last year, there have been several newcom-

ers who have become members of our group.

President Youngae Lee will plan many good events for the members and also for other people of the community to introduce them to Korean food and culture.

The Korean-American Group will continue to have monthly meetings and for anyone who is interested, please contact Youngae Lee at 201-230-0805 or yalee1980@gmail.com.

All are welcome!



Ninety-five-year-old former Dance Club president Anne Azzinaro and other dancers at the August Dance

Italian American Club

By Tony Cardello

The long hot summer ended in September and our membership meeting and Bingo were back after vacation.

Rossmoor Downs 2 on Sept. 10 was a complete sell out with 121 members in attendance, including the tellers and the horses.

The next membership meeting will be held on Oct. 19, at 7 p.m. in the Ballroom.

The next Bingo night will be on Oct. 14, at 6:30 p.m. also in the Ballroom.

Halloween Dance

By Judy Perkus

Join the Dance Club for our Annual Halloween Dance in the Ballroom on Saturday, Oct. 29, at 7 p.m. Get your costumes ready for a fun night with great dance music by DJ Angelo and prizes for your costumes. Desserts, snacks, coffee, tea and soda

will be available.

Please send your \$8 per member/ \$10 per non-member check made out to the Rossmoor Dance Club to Armen DeVivo at 449B Roxbury Lane.

All Rossmoorites, singles and couples, are welcome.

Call Armen at 609-655-2175 for more information.

Halloween Costume Dance Party

Saturday, October 29th @ 7 PM

Name(s): _____

AND \$8 per member/\$10 per non-member checks to:
ROSSMOOR DANCE CLUB
c/o Armen DeVivo, 449B Roxbury Lane,
or leave your envelope in the Administration Office/
Village center (Dance Club) folder by Oct. 21



Janet Wilson leads the Sing Along with the Rossmoor Chorus.

Photo by Jim Wilson

Religious Organizations

Catholic Society news

By Lucille V. Conti

The Italian American Club will, once again, host the October Holy Mass as a Memorial for the Club members who have passed during this past year. The Memorial will include those who Fran Gatti had been made aware of during the pandemic as well. It will be celebrated on Thursday, Oct. 13 at 1:30 p.m. in the Meeting House. Father Paolo Fedrigoni of the Consolata Fathers will be the Celebrant and the Cantor will be announced.

Refreshments in the Italian style will be served.

Season II of "The Chosen" will be shown on Mondays,

Oct. 17 in the Ballroom, 24 in the Gallery, 31 in the Ballroom, and on Nov. 7 in the Ballroom. Again, a free will offering will be great appreciated.

We look forward to seeing everyone at these happenings.

Let us not be remiss in thanking each and every one of you who volunteer to set the Table of the Lord; to prepare and serve our refreshments and clean up after everyone has gone. We couldn't do this without you.

Until then, pray for peace, stay healthy and enjoy God's blessings.



Msgr. Joseph Curry and Catholic Society President Lucille Conti

Sukkot 2022

By Allan Kaufman

Sukkot is a seven-day holiday that asks us to think about the idea of "home" and what it means to have a roof over our heads. It also reminds us to slow down and reconnect with the natural world. We build something called a "*sukkah*," a temporary structure that must have two and a half or three sides, to remember the huts the Israelites built when wandering in the desert for 40 years. This year, *Sukkot* 2022 begins on the evening of Sunday, Oct. 9, and ends on Sunday, Oct. 16.

Sukkot has a few traditional items that are helpful to know about, specifically the *sukkah*, *lulav*, and *etrog* (which are part of the "four species").

Sukkah: a temporary structure that must have two and a half or three walls. The variety of materials that can be used for the walls is only limited by your imagination. Anything that grows in the ground and has been severed from its source can be used for the roof.

The roof material is known as "*skhakh*," from the Hebrew for "covering." Palm or evergreen branches are often used; the branches must be left loose and not bundled. During the day, the roof must offer more shade than sun, and at nighttime, we should be able to see the stars between the branches of the roof.

Arba minim (four species):

The four species consist of the *etrog* (citron, which looks like a large bumpy lemon), *lulav* (palm branches), *hadassim* (myrtle branches) and *aravot* (willow branches). There are special blessings involving the *etrog* and *lulav*.

One *Sukkot* tradition involves the *etrog*, or citron, a fruit similar to a lemon, and the *lulav*, a bouquet made up of palm, myrtle, and willow branches. People shake the *lulav* in a special way to send a blessing out to all of creation.



Sukkah



Lulav

Jewish Congregation

2 Rossmoor Drive
Monroe Township, N.J. 08831



Yom Kippur Services –

The Meeting House
Tuesday, Oct. 4 at 7 p.m. –
Kol Nidre
Wednesday, Oct. 5 at 10:30 a.m. and 5 p.m.

Shemini Atzeret Yizkor Services–

The Meeting House
Monday, Oct. 17 at 10:30 a.m.

Shabbat Services–

The Meeting House
Friday, Oct. 14 and Oct. 28 at 7:15 p.m.

Torah Studies – The Dogwood Room
Saturday, Oct. 8 and Oct. 22 at 10 a.m.

RJC Semi-Annual Meeting –

The Gallery
Wednesday, Oct. 12 at 1 p.m. Refreshments will be served.

RMA Concert

(Continued from page 15)

and individuals who wish to enjoy the entertainment may purchase their tickets before the program at a cost of \$15. Subscriptions will be available for purchase as well before the programs at a cost of \$60 for six season performances.

ances.

We are concerned for the health, safety, and well-being of our patrons, musicians, and staff. We are following guidelines and recommendations outlined by state and local officials and the Centers for Disease Control (CDC). At this time, we will be encouraging, but may not be requiring, masks.



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Sports News

Shuffleboard members say, “Thank You, Woodshop, and Alex”

By Allen Kobezak

When we found that some of the carriers we use to hold our shuffleboard disks were in poor condition, our shuffleboard representative, Jackie Cristiano, went to the Woodshop in the Clubhouse for help.

Alex Monaco used his woodworking skills to repair the one carrier that was still salvageable, build a new one, and stain them both. He did an excellent job; his attention to detail didn't go unnoticed, and I'm sure they will hold up through many years of service.

Again, thank you.



New disk carrier

Every vote counts – urge everyone to register and vote

By Linda Bozowski, League of Women Voters, Monroe Township

While the upcoming Nov. 8 election does not include presidents or senators on the ballot, voters are urged to cast their votes for members of Congress, local candidates, and future members of Boards of Education. Voter turnout is traditionally low for mid-term elections, but these voting opportunities are important in our communities.

We, as seniors, may have an opportunity to encourage our children, grandchildren, and other younger members of our families to exercise their voting privileges. Citizens may register after they have attained the age of 17 and are eligible to vote after they have reached the age of 18 years. There are a number of other requirements,

but New Jersey has made voter registration a pretty straightforward step.

Registration can be done in person, by mail, or online. To be eligible to vote in the Nov. 8 election, registration must be completed by Oct. 18, which is 21 days before the election. Registration can also be done when a poten-

tial voter obtains a driver's license if all requirements have been met.

Visit the Middlesex County Board of Elections website for more information and a downloadable paper form. And please mark Nov. 8 on your calendar as well and exercise your voting privileges.

League of Women Voters offers Township historical facts

By Linda Bozowski

The League of Women Voters of Monroe Township is pleased to offer a presentation by township historian John Katerba at its meeting on Oct. 24. Katerba, a lifelong resident, served as chairperson of the Township Historical Preservation Committee and has au-

thored several books outlining much of Monroe's history.

The presentation will be held at the Public Library at 7 p.m. The meeting is open to the public, and League membership is not a requirement to attend. Please join us and learn a bit more about our community.

Health Care Center: COVID-19 booster vaccines arrive!

(Continued from page 1)

for one Moderna bivalent (or new) booster dose.

- The Pfizer bivalent booster vaccine is now authorized as a single-dose booster for individuals 12 and older.

Children ages 12 through 17 and adults 18 and older who are eligible for a booster dose will now only be eligible for one Pfizer bivalent (or new) booster dose.

Children ages 5 through 12 who received the Pfizer BioNTech primary series and who are now eligible for a booster dose will now only be eligible for one Pfizer monovalent (or original) booster dose.

- The Moderna and Pfizer bivalent booster vaccines can be administered a least two months after either the completion of a primary series of the two-dose Moderna or Pfizer vaccine or the single-dose Janssen vaccine; or after receiving the most recent (original) booster dose of the Moderna or Pfizer vaccine.
- Individuals cannot receive either bivalent booster

vaccine if they have not completed at least an age-appropriate primary series of the Moderna, Pfizer or Janssen vaccine.

- There are no changes to the Pfizer COVID-19 primary series – first and second doses of the vaccine – for children ages 6 months through 11 years.
- Individuals with COVID should wait for the booster vaccination at least until they have recovered from the virus, if symptoms were present, and are no longer in isolation.
- In addition, individuals who recently had COVID-19 may consider delaying a primary series dose (first or second dose) or booster dose by three months from experiencing any COVID symptom or testing positive without symptoms.
- Based on eligibility, other vaccines, such as the flu vaccine, can be given at the same time as the COVID bivalent booster vaccine. Getting both the flu and bivalent booster

vaccines at the same visit increases the chance that an individual will be up to date with their vaccinations.

- However, it is recommended that individuals who received the monkeypox vaccine wait at least four weeks before receiving the COVID bivalent booster vaccine.

Updated recommendations for the COVID-19 vaccine can be found at <https://www.cdc.gov/vaccines/covid-19/clinical-considerations/covid-19-vaccines-us.html>.

To find an “At a glance” schedule for the COVID-19 vaccine, visit <https://www.cdc.gov/vaccines/covid-19/downloads/COVID-19-vacc-schedule-at-a-glance-508.pdf>.

We continue to schedule our COVID Vaccination clinics in each community monthly and will be bringing out the new Bivalent Moderna booster to these clinics. Please call your nursing office or the Saint Peter's Covid Hotline at 732-339-7909 with any questions.

Shuffleboard Tourney winners



Women's first-place winner of the “High 4 Disk Tournament” was Nenita Francisco



Men's first-place winner of the “High 4 Disk Tournament” was Michael Fisezi.



Norma Scarlett and John Cristiano were the winning team in our “Mixed Doubles Tournament”



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Monroe Township Public Library

Virtual Author Talk:
Dr. Aziz Gazipura
Thursday, October 13 at 4:00 p.m.

Join us for a fascinating experience with Dr. Aziz Gazipura, one of the world's leading experts on social confidence as he discusses how to stop being too nice and worrying about what others might think. Are you too nice? Do you find it hard to be assertive and ask for what you want? Did you know millions of people struggle with being "too nice"? Being nice can make it hard to speak up, say "no," or do something that might upset someone. Dr. Gazipura will showcase lessons from his book "Not Nice" to teach participants that the opposite of nice is not mean but rather real. You'll learn how to say "no" when you want and need to, confidently ask for what you want and eliminate feelings of guilt, anxiety, as well as stop worrying about what others will think. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Meet the Author:
John Katerba
Saturday, October 22 at 1:00 p.m.
In his third book, "Monroe Township & Jamesburg: Years Gone By", John D. Katerba once again preserves his hometown's history with the help of his dear friends and his passion for area history. Through commentary, a slide show and presentation of artifacts, the author will present a glimpse of forgotten businesses, schools, and the townspeople that are remembered in this publication. Questions and answers will follow. This in-person event is sponsored

Sing with the Monroe Twp. Chorus "On Broadway"

By Tom McMahon
Calling all sopranos, altos, tenors or basses to join the Chorus and prepare for our next performance of Broadway music. Enjoy the fun and camaraderie of a wonderful group of men and women.
We are pleased to announce that Rossmoor residents help to swell our ranks along with many communities in and around our area represented throughout the entire Chorus.
We would be delighted to add many more folks to the growing roster.
We sing four-part harmony and rehearse Tuesday mornings from 9 to 11 a.m. at the Monroe Township Senior Center, 12 Halsey Reed Rd.
All Monroe Township residents are welcome. Senior Center Membership is required.
For more information, contact Director Sheila Werfel at 609-619-3229.
We don't sing because we're happy, we're happy because we sing.

by the Monroe Township Historic Preservation Commission. Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.
Health & Wellness Reading Club
Monday, October 24 at 2:30 p.m.
We will read and discuss "The Happiness Project" by Gretchen Rubin. This program will be held in-person at the Library. Registration is required. Register at the Welcome Desk, our website at www.monroetwplibrary.org/calendar or (732) 521-5000.
3D Printer Demonstration
Thursday, October 27 at 7:00 p.m.
See a 3D printer in action, understand how it works, and learn how it is used at the Library. All ages welcome, but space is limited. This program will be held in-person at the Library. Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

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Monroe Township Transportation609-443-0511
Middlesex County
Area Transportation (MCAT)1-800-221-3520
St. Peter's University Hospital
On Time Transportation1-800-858-8463
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.

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.

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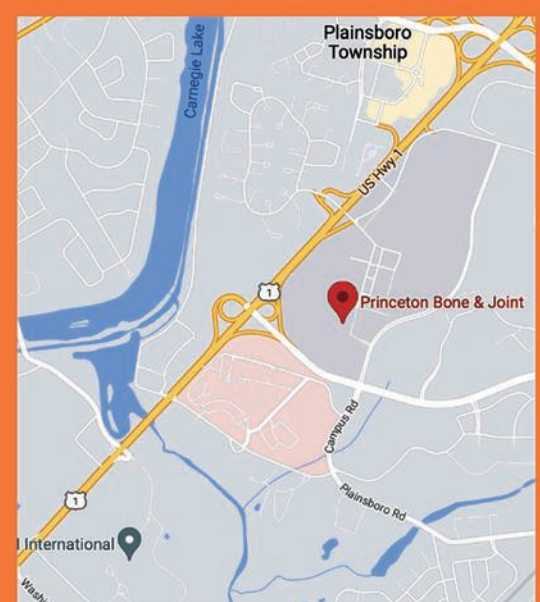
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