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VOLUME 54 / No. 11

Monroe Township, New Jersey

November 2018



Residents gather near the Clubhouse for an October tree walk.

Photo by Sara Acevedo

Walking among trees

By Carol De Haan

Can you spot a Japanese Zelkova? How about a hornbeam or a locust?

Some of us can, having accepted the invitation of our tree guru from Mutual 5, Anne Rotholz, for an Oct. 6 tree walk in Rossmoor. Approximately 30 residents, many from the Hiking Club, left the Clubhouse at 9:30 a.m. on a lovely fall morning. They trekked along Ross-

moor Drive to the East Gate and back, about 1½ miles.

Armed with a list of trees, they identified one hand-some specimen after another. There was general astonishment with the diversity of trees in that relatively short distance. Mary Ann and

Mike Niese appreciated the variety, which counts for a lot since they recently moved here from Maine, a state famous for magnificent trees.

Rossmoor's representative on the Township's Shade Tree Commission, Lorraine

(Continued on page 2)

Focus on: Groups and Clubs Yoga: exercise, stretch and relax

By Jean Houvener

Most Wednesday mornings at 9:30 a hardy band meets in the Cedar Room to do traditional yoga under the guidance of resident Norman Perkus. Perkus has been a yoga instructor at Rossmoor for 23 years. His experience extends back 45 years in all. He graciously shares his passion with the residents of Rossmoor.

The poses included sitting or lying on the mats and

standing for strength and balance. While the Cedar Room is carpeted, all participants brought yoga mats. A recent session began with warming up various joints, working on loosening and stretching the body in preparation for more vigorous work. This was followed by a period of relaxation and stretches lengthening the arms and legs in opposite directions.

(Continued on page 19)

Kick off the Thanksgiving season with friends and neighbors

By Diane England

Were you taught in school that our Thanksgiving holiday honors a celebratory meal shared by the Pilgrims with the Indians who helped them survive that first harsh New England winter? Now you may (or may not) realize that there's more of a story to be told.

Yes, the Mayflower did bring the Pilgrims to North America from Plymouth, England, in 1620. They did land and set up a colony in

what is now known as Plymouth, Mass. For that matter, in 1621 they celebrated a successful harvest with a three-day gathering which was attended by members of the Wampanoag tribe. It is from this that we derive Thanksgiving as we know it. But this holiday wasn't made official until 1863, at which time President Lincoln declared it as a kind of thank you for the Civil War victories

(Continued on page 2)

"What do you have to be thankful for?"

By Tom Croake



Yvonne Nobile



Debbie MacCauley

Thanksgiving to me is not merely a time of eating and partying. Rather, Thanksgiving is a time to gather together with family and friends to give thanks and show gratitude for the many blessings enjoyed by us in our country and lives. It's a time to reflect on our good fortune and consider others that are less fortunate.

Besides being thankful for my husband and children, someone else comes to mind, my best friend Ruth of 48 years. Ruth and I met in high school. Along our journeys, we share all the things best friends go through, marriage, children, grandchildren and vacations, many happy and sad times. Through it all, we are both always there for each other. She is a one in a million friend. If I could only get her to move to Rossmoor, it would make her best friend very happy.



Dennis Haggerty

What I'm thankful for: I'm thankful for my wife Dottie and our family. I'm thankful for our son Steven telling us about Rossmoor, it was the best decision we made. And all the programs and activities they have here. I'm thankful to participate in giving out dinners on Thanksgiving. It's very rewarding seeing their faces. Plus working with the Women's Guild and all the lasting friendships Dottie and I have made here.



Dan McOlvin

Well Tommy, a great question. The first thing that my wife Penni and I are thankful for is that we wake up in the morning and have our health. Nothing else you can do if that doesn't happen. We are also thankful for our family and

(Continued on page 2)

These trees grow in the ¾ mile between the Clubhouse and the East Gate:

- Ginko Biloba
- Japanese Zelkova
- Locust
- Eastern Red Cedar
- Pagoda
- Sequoia
- Southern Magnolia
- Sycamore
- Maple
- Pin Oak
- Green Ash
- Purple Leaf Plum
- Bradford Pear
- Sweet Bay Magnolia
- Holly
- Sweet Gum (Poplar)
- Chinese Elm
- Colorado Spruce
- Norway Spruce
- Leyland Cypress
- Crabapple
- Linden
- Hornbeam
- River Birch
- Kwanzan Cherry
- Spruce Inversa
- Willow Oak
- Dogwood
- Witch Hazel

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at the governors' meeting



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

Mr. Jolly spoke about a CAI Conference that Directors could attend taking place

the next day.

The board authorized Resolution # 18-23 Authorization to Enter into a Five-Year Contract with RM Termite and Pest Control.

Residents were briefed

on the Landscaping schedule, the Clubhouse events and Community projects that were underway.

The meeting was adjourned at 9:15 a.m.

Thanksgiving

(Continued from page 1)
in Vicksburg, Miss. and Gettysburg, Pa.

Perhaps what we learned wasn't the entire story. But it will likely remain a holiday that many in our society continue to enjoy. That said, if you want this year's Thanksgiving to have perhaps a sense of community, as the Pilgrims initially enjoyed with the Indians, plan to attend the special Thanksgiving service we hold at Rossmoor each year on the Thursday before Thanksgiving. This year's service will be on Nov. 15 at 1:30 p.m. in the Meeting House.

This program has been planned and is sponsored by the Interfaith Council. The guest speaker will be Sister Marie Colette Martelli, SCC. She is a familiar face to many in our community since she has spoken at Interfaith Council special services before. Needless to say, she has always been well received.

So, give your Thanksgiving holiday a jumpstart by attending this service. People of all faiths, as well as those who identify with no faith community, are warmly invited to attend.

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

Walking

(Continued from page 1)

Sarhage spoke about the importance of trees on our quality of life. Ozone pollution, which causes asthma, is worsening in New Jersey. Did you know that trees take up ozone and carbon dioxide? They also create the oxygen we breathe.

The walkers paused to admire the tall Ginko Biloba that grows on the grassy center mall between Old Nassau Road and Gloucester Way. Ginkos were known only in the fossil record; believed to have been extinct for 250 million years. That is, until modern times when some Ginkos were found growing around a remote Buddhist monastery where the monks had cultivated them. A Ginko tree has the unique ability to survive a

forest fire. Four of them grew within a mile of the area in Hiroshima where the atom bomb exploded. They survived the conflagration and are alive today.

When the walkers passed Madison Lane, Lucille Price drew their attention to the healthy trees she had gotten years ago from the Rossmoor Tree Nursery, alas, now defunct. Peggy Mankey identified several varieties of maple trees.

Back at the Clubhouse, the walkers enjoyed coffee, bagels, and home-made muffins. Jutta Agnello brought home-made cream puffs. Paul Pittari served as traffic control officer, making sure no rapt tree admirer failed to see an oncoming vehicle. Sara Acevedo made flyers, took photos, and worked with Anne Rotholz to organize this enriching event.

Open RCAI Meetings in November
Thursday, November 8
Standing Committee Meetings...9 a.m.
Maintenance Committee
Community Affairs Committee
Finance Committee

Thursday, November 15
Board of Governors Meeting...9 a.m.

*All meetings are held in the Village Center Meeting Room
unless noted otherwise
Please watch Channel 26 for any changes or cancellations*



News Board:

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

Editorial Assistants

Alex Monaco
Linda Monaco

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

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

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

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Bits & Pieces

Sue Ortiz

Detours are everywhere these days. Road construction, car accidents, trucks getting stuck under a bridge – any of these can take you miles out of your way, or only around the block. A five-minute commute can turn into a two-hour road trip. If only the drivers of oversized-trucks would heed the height restriction signs posted miles back, as well as on the bridge ...

Unless you're late for work or picking up your kid from school, taking new roads might awaken the senses, and you just might end up enjoying the ride.

One time, on a summer's day trip to New Hope, Pa., I ran into a detour somewhere around Hopewell, N. J. Not sure if I would end up where I needed to go, I cautiously turned down the unfamiliar road that the orange and black signs directed me. The road ahead was bumpy at first, and then it climbed to a one-lane road that wound around dense trees and boulders that were dangerously close to the edge of the pavement. I wondered about emergencies and snow removal. I surely thought I was lost, but there were lovely houses among the trees – people lived there – I could always stop for directions, if needed. In the end, it was a beautiful ride that left a lasting impression, and I would like to find that road again, just because.

"As the crow flies," might be the fastest way to travel, but it might not be the most fun or interesting. Sometimes the long way home is more desirable. Take a back road and enjoy the scenery. Just make sure you have full tank of gas. Back roads are no place to break down, and watch out for deer, especially at night, but you will find farmlands, wheat and cornfields, peep frogs, and maybe a bald eagle soaring overhead. Always carry a camera.

Go back to the old neighborhood. Take those roads you haven't traveled in a while and discover how much they have changed or been rerouted. You may find that some of them have even been replaced with townhomes or mini-malls. Alternatively, local roads could now be superhighways, with exits and tolls.

When you come to a stop

sign, and turn right, think about what would have occurred if you had turned left instead. Each choice we make has specific consequences; maybe if you had turned left, you might have won the lottery, but by turning right you met the love of your life. Who knows?

If you are on the road, and the driver ahead of you is a slowpoke or being obnoxious, try this trick to get him out of your way: concentrate on the driver and say, "turn, turn, turn" over and over. Most of the time, he will take the next left or right. I can just imagine his thoughts as he's traveling down that other road, Why the heck did I just make that turn? Try it, it works for me, and he will have a new experience himself. Maybe that's why I end up on so many odd roads.

Taking those roads less traveled will leave you refreshed and relaxed, as you will lose yourself in time while you explore.

All roads lead to home, or Jamesburg, as I always say.

B&P

"Two roads diverged in a wood and I - I took the one less traveled by, and that has made all the difference." – Robert Frost (American poet, 1874 – 1963)

"I believe that all roads lead to the same place - and that is wherever all roads lead to." – Willie Nelson (American musician, b. 1933)

"Sometimes it's the detours which turn out to be the fruitful ideas." – Roger Penrose (English physicist, b. 1931)

Thankful

Dan McOlvin

(Continued from page 1)

friends. We are blessed with a son, daughter and a granddaughter and welcome all opportunities to be with them and enjoy watching our granddaughter grow, learn and experience new things every day. It is so important to have people around that are there for you when you need them and that you are there for them when they need it. Someone once commented to me that friends are the family you choose. In the five years that we have lived in Rossmoor we have developed many wonderful friends.

Mailing Addresses

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

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



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

Q: What are the rules pertaining to golf cart usage? Do golf cart owners who charge their carts in the carports pay for the electricity they use?

A: The RCAI and the Mutual Rules and Regulations are similar and state that no vehicles of any kind may be driven on any RCAI sidewalks or lawn areas except by directors, North Gate personnel, maintenance staff, and those landscaping personnel who are authorized to operate golf carts on sidewalks in the performance of their duties.

The Mutual Rules and Regulations also state that golf carts must have a current ID-sticker obtained through the Mutual Directors, and most Mutuals charge an annual fee for a sticker to offset the cost of the electricity they use and the wear and tear on the carport. All parking regulations for resident vehicles also apply to golf carts. Chargers must be plugged directly into a GFI receptacle in the carport space or garage and a minimum of 18" off the floor on a suitable shelf with proper ventilation. All plugs must fit tightly in receptacles and cords must be up off the floor. The use of extension cords and/or power strips is prohibited and battery chargers must have an automatic shut off.

Q: This fall, numerous mature trees were removed around the Clubhouse and parking lot, why?

A: Unfortunately, many of the mature trees around the Clubhouse and parking lot were suffering from disease, insects, and lightning strikes and they needed to be removed. The strategy for 2019 is to budget for and replenish not only the trees that were removed this year, but to replace the trees that have been removed over the past couple of years. The Executive Committee will be working with the design team from High Tech to draft a plan of action within our budgetary constraints.

Many residents were concerned when the trees were removed on the side of the Clubhouse along Old Nassau Road with good reason, but keep in mind no trees are removed without good reason and the approval of Monroe Township. Each removal requires a Township tree permit and we take that very seriously.

Q: In the past, the Standing Committees met monthly. Has that changed?

A: Originally, to give you the history, RCAI had six Standing Committees: Community Relations, Finance, Education and Recreation, Medical, Maintenance, and Security,

that met on the second week of each month over a three-day period with one in the morning and one in the afternoon each of those days. It was a big commitment for the directors and staff to cover all these meetings.

Over time, the Medical Committee was renamed Healthcare Committee. The Security Committee was renamed Community Monitor Committee and later renamed again to Traffic and Safety.

In 2010, the Board of Governors voted and amended the RCAI Bylaws giving the board the authority, by resolution, to combine and reconstitute standing committees where the board determined in a reasonable exercise of its discretion that the function of one or more standing committees are insufficient to occupy the time of its volunteer members, provided that the functions of each standing committee had to be undertaken by one of the remaining standing committees.

Following the amendment change, a new standing committee was formed by resolution and named the Community Affairs Committee, combining the existing Community Relations, Education and Recreation, Healthcare, and Traffic and Safety Committees into the new committee.

Most recently, in 2016, the board approved a resolution that authorized the Agenda Committee, comprising the Executive Committee and the Standing Committee chairs, to determine whether or not any of the Standing Committees should meet when there are not sufficient resolutions or policy changes to occupy the time of the volunteer members to meet monthly.

The Standing Committees will be meeting on Thursday, Nov. 8 at 9 a.m. in the Village Center Meeting Room to review, discuss and make recommendations to the board on the first draft of the RCAI 2019 Budget. All directors and interested residents should plan to attend.

The RCAI Board of Governors, typically, meets the third Thursday of every month at 9 a.m. in the Village Center Meeting Room and the members are receptive to your comments and concerns. Since this is the decision-making body, it is best to bring your thoughts to the board. Keep in mind, the Standing Committees only make recommendations to the board; they are not the decision makers.

From the Rossmoor staff to you and your family, we extend our sincere wishes for a very happy Thanksgiving

It's time for a lifestyle makeover

By Erin Medlicott

When it comes to our well-being, Rossmoor residents shouldn't act like victims to aging. We need be active—physically, socially and spiritually. Drugs and exercise slow down the physical and mental decline that come with age, but they are not enough. According to a study from the University of Southern California, we need to connect more with others; they are calling this a "lifestyle makeover." It boils down to this: walk outside, meet up with friends, go to church and just be as active as possible.

Get up and get out

People, young or old, can successfully redesign the way they live to be healthier. While we don't have a say in our own genetic makeup, more than 50 percent of our mental and physical health is related to lifestyle. You can even start small, by riding the Rossmoor bus to grocery stores and other shopping places, by joining clubs like Ceramics, Computer, or the Dance Club, or physically increasing your flexibility and strength by taking a Zumba class or visiting the Rossmoor gym. The point is to try something new and be willing to learn.

Practice your spirituality.

A new study suggests that people aged 60 to 85 who consistently attend religious services may live longer than those who don't. Reported in the June issue of JAMA Internal Medicine, four Harvard University researchers analyzed data collected from 75,534 women over 16 years, between 2000 and 2016. They found that those who attended at least one religious service each week had a 33 percent higher chance of living longer. "This suggests that there is something powerful about the communal religious experience," the article stated, "these are systems of thought and practice shaped over millennia, and they are powerful."

Take control of your makeover

When you start getting more active and connecting more socially with others, you will be able to appreciate the relationship between what you do, how you feel, and how that affects your well-being. Research suggests that social and productive activities that we share with others are as important as physical ones for staying healthy. As we age, even little things -- reading the newspaper, cooking a pot-

(Continued on page 4)

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From the Mayor

By Gerald W. Tamburro, Mayor of Monroe Township

Proudly honoring the veterans in our community

Each November 11, we pause to honor and thank those soldiers who have served and protected our country in wartime and in peace. Originally known as Armistice Day, the date marked the signing of the agreement that ended World War I in 1918. Changed to Veterans Day in 1954, it became a day to honor all the men and women who have served in the armed forces of the United States.

Monroe Township is fortunate to count hundreds of veterans among its residents. From 99-year-old WWII veterans to our newest high school graduates headed off to the Coast Guard Academy and Navy Medical Corp, we rely on their leadership, skills and training in many ways throughout our community.

There is never enough that can be done to show our appreciation to these brave individuals, but here in the township, we strive to recognize their sacrifice and help them in return when we can.

You may have noticed purple Combat Veteran parking spaces at some of our mu-

nicipal facilities that have been installed to make life a little bit easier.

Veterans are also eligible for a \$250 tax reduction. If you are not already taking advantage of these savings, contact our Tax Collector for additional information.

Additionally, Monroe Township has been honoring Vietnam Veterans with a special commemorative pin to thank them for their service. This recognition is part of a larger national campaign to recognize those who served between 1955 and 1975. Please contact my office to set up an appointment.

I am pleased to announce a major initiative that I hold close to my heart; Monroe is in the planning process for a new Veteran Housing Complex, to be constructed on Cranbury Half Acre Road. This concept will bring together affordable housing units geared specifically for

veterans with the medical, dental, social, mental health and transportation services they might need. I look forward to sharing additional information with you later this fall.

Our traditional remembrance ceremony and wreath laying will begin at 9 a.m. on Nov. 11, beginning at the Monroe Township Municipal Building.

Finally, I would like to invite all our resident veterans and their families to lunch! We will host a special Veteran Appreciation Lunch on Nov. 9, 11:30 a.m. to 1:30 p.m. at the Monroe Township Senior Center. Drop in for grilled hot dogs, music and laughter on us. For more information, please call 732-521-4400, ex. 114.

I close with a thank you. Thank you to all who have served our country and their families. Your sacrifice can never be repaid.

International day for Preventing the Exploitation of the Environment in War and Armed Conflict

By Anne Rotholz

On Nov. 5, 2001, the United Nations General Assembly declared Nov. 6 as International World Day for Prevention of the Exploitation of the Environment in War and Armed Conflict. The title

is usually shortened to World Day to Protect the Environment in War.

The aim of the General Assembly is to educate people about the devastating effects that war has on our environment.

When we think about the casualties of war, we naturally think in terms of the number of soldiers and civilians who lose their lives. This is the greatest tragedy of all. We also look with great regret at cities that lie in ruins, traces of culture that are gone forever, and livelihoods that are lost.

We are less likely to think about the devastation to our environment. Water systems are destroyed, wells and crops are poisoned, and animals, birds and fish are killed. In many cases vegetation is totally wiped out. Whole ecosystems are gone. Deadly pollution becomes the norm.

Salting the earth

In the course of history war has never been kind to the environment. In the year 146 B.C. at the end of the third Punic War, Roman Emperor Aemilianus had the fields around Carthage ploughed and planted with salt so that they would not produce food.

This practice of salting the earth became an important weapon of war in the ensuing centuries. Pope Boniface used it in 1299 A.D. after destroying the city of Pal-estrina.

Torching the earth

Torching the earth has been used widely throughout the years and unfortunately

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Makeover

(Continued from page 3)

luck dish, walking the dog, or going to church -- have a powerful influence on our physical and mental health.

Get out and watch a movie, for free

Did you know you can see a free movie, four times each month, at the Clubhouse? You do not need to sign up in advance. Just come by about 10 minutes before showtime and grab a seat. Here are this month's free movie days and times. We'll see you there.

- Tuesday, Nov. 13 – 1:30 p.m. and 7 p.m.
- Sunday, Nov. 18 – 1:30 p.m.
- Tuesday, Nov. 20 – 1:30 p.m.
- Tuesday, Nov. 27 – 1:30 p.m.

Living longer can also mean living better

If we try to include a mix of social, physical and spiritual activities into our weekly routines, it can positively affect our lives for the better. We will notice increased vitality, mental health and more satisfaction in our lives. We'll be able to see decreased symptoms of depression and bodily pain. Getting active and connecting with others on a regular basis is the makeover that fits everyone.

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Getting to know our veterans

By Chris Donahue

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

World War II veteran served submariners on home front

By Chris Donahue

When World War II broke out, Trudy Skladany's older brothers enlisted and served in the Navy. Eugene was stationed in Brazil and Royal at Pearl Harbor. Her younger brother, Rene, enlisted in the Army and served in the 82nd Airborne Division.

"I went in because my three brothers were there and I felt I should do something," she said.

However, it would take a little help from her mother to make it happen.

The daughter of Royal and Clara Morrisette, Skladany was born and raised in Central Falls, R.I., and graduated from Pawtucket High School.

"I worked and lived for a while in Providence and then Warwick," Skladany said. "I was a telephone operator for the main switchboard. We were taking care of the Sea-bees (in Wickford.)"

Her family eventually moved to Norton, Mass., and she worked as a receptionist and office worker for the T.J. Holmes Company. In April 1944, she took a train to Boston and visited a Navy enlistment center. There, she got the paperwork to become a member of Women Accepted for Volunteer Emergency Service (WAVES), a division in the Navy.

"I had to bring the papers home because a woman had to be 21 [to enlist]," said Skladany, who was 20 at the time. "My father did not want to sign them. He did not want me to go into the service."

"My mother said, 'Just leave the papers with me and go to bed,' and in the morning the papers were signed."

Skladany received basic training at Hunter College in Manhattan, N.Y., for a week, then trained at Iowa State University in Ames for six weeks.

"It wasn't difficult," she said. "Basically, they taught you marching and regimental review."

"In Iowa, they taught me a couple rolls on the drums. That was the only time I ever had a drum on my shoulder," she added with a laugh.

"We did all this in boot camp. I don't think we ever had to at the submarine base."

After boot camp, Skladany was given three choices to serve. She chose the Education Office at the submarine base in Groton, Conn.

"One of the reasons I took it was because it was so close to home," she said.

Among her duties in the Education Office was providing reading material for crew members of the submarines.

"When the boys came back they brought boxloads of books they read when they were out and they would

get some new ones," she said. "Some wanted educational books, some wanted novels, some wanted historical and we would get the books that they wanted."

"I have a box in my closet that was on the U.S.S. Pike that went out all over the world with them."

Skladany worked 9 a.m. to 5 p.m. Monday through Friday, but if a ship came in on a weekend she worked if needed.

In addition to the Education Office, she recalls helping keep score for the submarine base's basketball team. Although seemingly a small part in the overall war effort, activities such as basketball, baseball and chorus helped keep everyone busy and morale high, she said.

Looking back on her two



Gertrude in her military portrait

Photo courtesy of Trudy Skladany

years of military service, Skladany said it helped lay the foundation for a successful working career that ended when she retired Aug. 1, 1986. Although she did not

(Continued on page 6)

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WW II veteran

(Continued from page 5)

attend college, she worked for three years at Temple University in Philadelphia and 27 at Rutgers University in New Brunswick. Included in her work at Rutgers was business manager of athletics for six years after being the Ticket Office manager for 10 years.

"It [the WAVES] helped me to deal with people," she said. "It helped a little with my shyness. I was very shy. I am still a little shy but it helped me mix with people and then I had no problem managing the two offices and meeting people."

"I think that is how I got to be ticket manager because I worked in the ticket office. I got along with the people who came to buy tickets, with the alumni and the students."

Among the personnel in the Recreation Office was her future husband, Edward, a specialist second class



Trudy Skladany, second from left, poses with her lieutenant, far left, and fellow WAVES outside their living quarters in Groton, Conn. Photos courtesy of Trudy Skladany

who played minor league baseball for several years as a shortstop and first baseman. They met in 1944 and were married in 1948.

He graduated from Temple and worked at New Brunswick High School as a teacher, guidance counselor and coach for 30 years. He died three days after the couple celebrated their 67th wedding anniversary.

Among Edward's teammates on the submarine base's team were several future Major League players, including Yogi Berra and Lt. Jim Gleeson. "Yogi used to go with us to the movies all the time. They were all terrific guys," she said.

Skladany, who left the service as a yeoman second class, and her husband were the parents of two boys, Edward Jr., of Hopewell; and Stephen, who died of an aneurysm at the brain stem at the age of 46. She has one



Trudy and Edward Skladany in their wedding photo in 1948

grandchild.

As for any advice for someone considering military service, Skladany, a resident of Rossmoor since Nov. 21, 2005, said: "It teaches you discipline. It teaches you to get along with people. You meet more people than in everyday life. 'And, keep smiling through thick and thin. Keep a happy face.'"

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The Innovative Aviator

By Paul Pittari

This aviator pioneer was born in 1896 in Alameda, Calif. At an early age, his father moved the family to Nome, Alaska, to pursue a dream of becoming rich as a gold miner. Failing at that, our yet-to-be aviator and his mother returned to California. As a young teenager, he became smitten with flying, but his early attempts in homemade gliders resulted in catastrophic failures.

He would, however, go on to be one of the greatest aviators in American history. At birth, he was given the names James

Harold, but later in life, he was simply known as Jimmy. As his career in flying blossomed, the world was to know him as Gen. Jimmy Doolittle.

As a test pilot at McCook Field, Ohio, in 1927, he became the first pilot to perform an aerial maneuver that had been considered impossible, an outside loop. But that was not Doolittle's only contribution to the world of aviation. In 1929, he became the first pilot to take off and land an airplane solely on instruments. With this, Doolittle

(Continued on page 9)



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International day

(Continued from page 4)
is still used today. People, animals, buildings and vegetation were purposely set on fire in order to win wars. In more recent years we have evolved to the use of massive doses of herbicides and other poisons to bring about the same result. Hopefully we will never forget the Agent Orange era.

Intentional flooding

Intentional flooding was long used as a method of war. In 1584, William of Orange had his soldiers open a series of gaps in the levies and dykes that kept the low-lying lands of the southwest Netherlands from flooding, submerging much of the area.

During WW I, flooding was used in West Flanders. The Belgian military opened the Nieuwport Canal locks covering everything within a 10-mile radius with water and killing 1,500 people.

WW II brought many intentional flooding atrocities, the most notable of which was The Yellow River catastrophe. While fighting the Japanese in 1936, the Chinese nationalist army under Chiang Kai-shek was ordered to unstop a series of dykes on the Yellow River, creating a wave of water that covered an area the size of California and killing approximately one million people.

Deliberate pollution

While discussing flooding we must remember that Saddam Hussein used the concept in a unique way. During the Gulf War the Iraqis dumped one million tons of crude oil into The Persian Gulf, causing the largest oil spill in history. They also covered the desert with lakes of crude oil.

Chemical warfare

We are all aware of the havoc wreaked by modern methods of war. New technology has brought unthinkable ways to damage and pollute our environment. Chemical warfare has been around for a long time and is still in use today.

Nuclear weapons

The greatest environmental hazard of all comes from the use of nuclear arms. Even if we had not used them to kill millions of people, their very development and the fact that they still exist creates all kinds of environmental damage.

We need to become more conscious of the declaration of the 1992 U.N. Earth Summit at Rio de Janeiro, part of which is:

“Warfare is inherently destructive of sustainable development. States shall therefore respect international law providing protection for the environment in times of armed conflict.”

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Bob's Almanac

By Bob Huber

There's a lot going on in November. The Snowbirds are heading south, and the rest of us are hunkering down for what we hope will be a mild winter.

Eastern Standard Time begins on Sunday, Nov. 4,

so remember to set your clocks back one hour Saturday night, and enjoy the extra hour of sleep.

Many important events have taken place in November: on Nov. 1, 1848, the first medical school for women opened in Boston.

Two very influential Americans were born on Nov. 4: humorist Will Rogers in 1879, (who often had a few choice things to say about America's political process), and Walter Cronkite, (1916) considered America's most trusted newscaster.

Election day is Tuesday, Nov. 6. Though this will be a mid-term election, political pundits tell us it may be the most important mid-term election in the nation's history, so get out and vote.

Speaking of elections, Franklin Delano Roosevelt was elected to an unprecedented fourth term on Nov. 7, 1944. Alas, it was to be a very short term. Suffering from years of poor health and shouldering the crushing burden of conducting wars in two separate hemispheres, President Roosevelt died on April 12, 1945.

On Nov. 8, 1900, Margaret Mitchell was born. Her novel, "Gone with the Wind," sold 10 million copies, and was printed in 30 languages. It won the Pulitzer Prize for literature in 1937. Surprisingly, it was the only book Margaret Mitchell ever wrote.

Back to things presidential: Abraham Lincoln delivered the Gettysburg address on Nov. 19, 1863, and almost exactly 100 years later (Nov. 22, 1963), who can forget that President John F. Kennedy was assassinated?

On Nov. 24, 1859, Charles Darwin published his book, "The Origin of Species by Means of Natural Selection." Darwin theorized that all living creatures descended from a common ancestor. He opened the door to a whole new perspective on creation and sparked a debate whose embers smolder even to this day.

And on Nov. 26, 1787, our first president, George Washington, proclaimed the first American holiday, a day to be set aside annually to give thanks for America's bounty.

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Why can't I fix it?

By Dierdre Thomson

It was the mid 1990s and my husband Bud and I were sitting in our den reading; he a book and me my usual stack of newspapers. It was fall and still warm enough to have the windows open. The ring of the telephone interrupted my perusal of the paper. I answered it and it was my daughter Laura who lived just around the corner. She seemed upset and when I asked why, she said, "I think something is wrong next door." Her neighbor Dave* had just called her and asked her to give his wife a message when she arrived home later that evening from a business trip. He told her that he was leaving right away to go to see his cousins in Pennsylvania. It seemed strange that he would call Laura when he could just write a note, and why would he be leaving just before his wife arrived home? Laura felt uneasy about it. Suddenly, she screamed, "Mom, I think I heard a shot." I told her to stay where she was. I would be right there.

As I pulled into Laura's driveway, I saw a policeman on the lawn near Dave's driveway. I started to get out of the car and then saw his hand reach toward his gun. I stopped and took a business card from my purse and got out with my hands up where he could see them and walked over to him. He asked why I was there. I told him that my daughter had called me, and asked if he wanted to speak with her. Laura was on her front porch watching and I signaled to

her to come. She told him what Dave had told her. It was then that the policeman informed us that Dave was dead from a self-inflicted gunshot. Laura crumbled to her knees in tears. I had come to my first on-the-job tragedy while training for the ministry, and it hit home.

I helped Laura up and told her to call our pastor, Hugh, who lived across the street from her. I then stayed with the policeman and waited for Hugh. Soon the driveway and yard were full of police cars and emergency vehicles. Hugh came right over and helped me learn what to do and what not to do during such a tragedy. About 45 minutes later, before Dave's body was removed from the shed out back, his wife Joan* came home. Hugh stepped back and motioned for me to go to her and tell her that Dave was dead. I had some experience letting families know that a loved one had died, but it was in a hospital setting where most of the time the family knew their loved one was dying. I had never had to tell someone that her husband committed suicide. Her cry was from the depths of her soul and it pierced my heart.

During the couple of days in preparing for Dave's funeral Joan was in a fog. She constantly needed help in decisions and was like a child being led by the hand to somewhere she did not want to go. She called on me a lot, and at times it seemed as though she felt, "Why can't I fix it?" Perhaps that is how

(Continued on page 11)

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Aviator

(Continued from page 6)

started a revolution in flying that opened the door to safely flying in inclement weather. We now call this technique "instrument flying," and it fostered the inception of all-weather flying, a vital necessity for the emerging airline industry. For his courageous accomplishment, he was awarded the Harmon Trophy.

By 1930, Doolittle received a commission as a major in the Air Reserve. This position allowed him to work outside the military environment, and he took a job with Shell Oil Company as the manager of the Aviation Department. By 1940, he returned to full active duty with the U.S. Army Air Corps. He was assigned a post to work with car manufacturers to convert their assembly lines to produce airplanes.

In 1941, the Army Air Corps was reorganized into a new entity. It was now called the U.S. Army Air Force. The end of the year found America entangled in World War II as a result of the Japanese attack on Pearl Harbor and the declaration of war with Germany.

As the new year of 1942 was ushered in, Doolittle was promoted to the rank of lieutenant colonel. He was also given the daring assignment of the bombing of major cities in Japan. This would be an audacious mission fraught with extreme danger. The plan would be to transport 16 twin-engine, B-25 Army bombers on an aircraft carrier to within range of Japan. They would be launched from the deck of the ship, and make their way to Japan. Once nearing the coast, they would split into groups to drop bombs on the cities of Tokyo, Osaka, Kobe, Nagoya, and Yokohama. The planes would then land in safe havens in China. No one knew for sure if the land-based, B-25 bombers could even get airborne because of the short takeoff strip of the aircraft carrier, let alone fly undetected to their targets.

With volunteer crews, Doolittle had them repeatedly practice short field takeoffs at Wagner and Eglin airbases in Florida. The volunteers did not know the plan was to bomb cities in Japan. They were only told that the mission would be very dangerous.

The crews flew the bombers to McClellan Airfield in Sacramento for major modifications. This included removal of backup radios, bottom gun turrets and other weight saving measures. The super-secret, Norden bombsite was also removed to prevent the possibility of having it fall into the hands of the Japanese military. To provide the necessary increased range, the aircraft were fitted with rubber fuel tanks stored onboard in the crew's quarters.

The planes were then flown to the Alameda Naval Air Station just outside San Francisco, and hauled up on to the flight deck of the USS Hornet aircraft carrier. The Hornet, along with other warships and support vessels comprising Task Force 18, set sail on April 2, 1942, bound for Japan. As the Task Force got to approximately 600 miles from Japan, however, they were sighted by a Japanese fishing boat. Fearful that their position was being radioed back to the Japanese military, the American warships fired upon and sank

the enemy vessel.

This unanticipated turn of events forced Doolittle to call for an immediate launching of the bombers. The aircrews rushed to their planes to start their engines. Upon completing their pre-flight checks, the critical moment of the mission was at hand. Would the land-based, medium bombers be able to become airborne in spite of the relatively short flight deck of the ship? A B-25 normally required 3,000 feet for takeoff; however, these B-25s were modified to reduce their weight, which would shorten their takeoff distance. Plus, the aircraft carrier turned into the wind, which would allow the planes to become airborne at a lower speed. The bombers were lined up on the deck with Doolittle at the head of the line. Because he was the lead aircraft, this meant he had the shortest length of deck available for takeoff. Once he took off, the planes behind him would have an increased length of deck, thus making it a bit easier for every pilot lined up behind Doolittle's airplane. The last plane would have the longest deck length available.

When all was ready, Doolittle pushed the throttles of the twin

Cyclone radial engines to full power. As he released the brakes, the B-25 started its laborious roll down the pitching deck of the Hornet, slowly gathering speed as it approached the bow of the ship. When the plane reached the end of the deck, it dropped down off the bow of the ship, momentarily going out of sight, but the bomber slowly reappeared and started its gradual climb ahead of the ship.

One-by-one, the 15 remaining B-25s successfully launched from the Hornet and started their flight to Japan. When they reached the Japanese coastline, they split into groups as planned to attack their assigned targets. Fortunately, while en route to the target cities, the Japanese did not recognize them to be enemy planes, so they met no anti-aircraft firing or attack from Japanese fighter aircraft. The 16 B-25s dropped their bombs as planned and immediately set course westward for China.

The bombings resulted in the deaths of 40 Japanese military personnel with 400 civilian wounded casualties. Material damage was minimal, but Japan, which believed it could never be attacked by American air forces, was dealt a devastat-

ing blow to its confidence.

The premature sighting by the Japanese fishing boat had forced Doolittle to launch sooner than planned. This unanticipated factor caused the planes to burn more fuel on the way to Japan. Despite conservative fuel management, there was some doubt whether the bombers would reach the coastline of China, let alone make it to their planned landing sites.

As it turned out, one bomber running low on fuel, its pilot found it necessary to land in Vladivostok, Russia. Seized by the Russians, the bomber crew was interned as prisoners for over a year. The remaining planes crash landed in China after running out of fuel. Almost all the air crews were picked up by friendly Chinese resistance forces; however, eight flyers were captured and executed by the Imperial Japanese army stationed in China. Two others died by drowning when their B-25 crashed into the sea. The remaining flyers were safely able to return to America or to Allied forces.

Upon returning to America, Doolittle thought that his daring mission was a failure and he

would be court-martialed, because of the minimal damage inflicted on the Japanese targets, and the deaths of crew members, along with the loss of all 16 American bombers. Back in America, however, the raid was seen as an unqualified success, providing America with a great boost in morale, and demonstrating to the Japanese that their homeland was not immune to air attacks. For his courage and leadership, Doolittle was awarded the Medal of Honor from President Franklin Roosevelt, and promoted to brigadier general.

After the war, Doolittle was assigned various administrative military and civilian assignments by the presidents in office. In 1985, he was promoted to the rank of four-star general by order of Congress.

Jimmy Doolittle passed away in 1993 at the age of 96. Over the course of his life, he amassed numerous awards including the Medal of Honor for the Tokyo raid, the Presidential Medal of Freedom, two Distinguished Service Medals, and three Distinguished Flying Crosses, demonstrating that he truly was America's most innovative aviator.

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Kristallnacht — A night to remember

By Carol De Haan

It began on the night of Nov. 9, 1938, and lasted into the next day. Throughout Germany, newly annexed Austria, and the Sudetenland, hipped-up mobs of paramilitaries and civilians used sledgehammers to smash the windows of Jewish-owned stores, buildings, and synagogues. Jewish homes, hospitals, and schools were ransacked.

Rioters destroyed 267 synagogues, some of them architectural masterpieces, and over 7,000 Jewish-owned businesses. The Nazi authorities stood by and did nothing to stop this mass mayhem, although they did protect foreigners and non-Jewish businesses.

Acres of ankle-deep glass shards gave this horrendous event its name.

Initial reports held that only 91 people died in the riots. That total rose into the hundreds when historians factored in post-arrest maltreatment and the suicides of many terrified Jewish citizens.

This event had been precipitated by the shooting death in Paris of German diplomat Ernst vom Rath by a Jewish teenager, Herschel Grynszpan, possibly because a homosexual love affair had gone wrong. Although vom Rath had repudiated Nazi tactics, they nevertheless used his death as the excuse for a pogrom against Jews, as had undoubtedly been the plan since the Nazis came to power in 1933.

During the riot, more than 30,000 Jewish men were arrested and taken to concentration camps such as Dachau, Buchenwald, and Sachsenhausen. Healthy young men were marked for labor camps.

Following the riots, the Nazi government levied a fine of 20% against Jewish-owned properties, a levy worth \$5.5 billion in today's U.S. dollars, to avenge the death of vom Rath.

Insurance payments to the Jewish community for property damage amounted to 6 million reichs marks, which the Nazi government appropriated to itself as compensation for "damage to the German nation."

In the months after Kristallnacht, 115,000 German Jews emigrated to other European countries, to the U.S., to Palestine, and even to Shanghai, China.

The United States recalled its ambassador from Germany in protest. The British instituted its Kindertransport program to save refugee children. Some Australian aborigines marched through Melbourne with a petition in defense of German Jews, which was refused by the German ambassador. Kristallnacht became the fulcrum through which the rest of the world rejected the Nazi regime.

In the year after Kristallnacht, Hitler invaded Poland, which triggered World War II. America and the nations of Europe were pulled into a sec-

ond world war, which also ravaged Asia. By 1945, when Adolph Hitler committed suicide and his forces finally surrendered, six million innocent Jewish men, women, and even little children had been murdered by the Nazis. Europe had been laid waste.

It is worth remembering that one man with great personal

appeal, but a black heart and a possibly deranged mind, managed to turn mostly peaceful people against one another to the extent that worldwide more than 60 million people perished as a result of his tenure.

This amount of human suffering and agony is impossible even to imagine.

Got any exciting new records to share? Maybe Guinness could publish them

By Linda Bozowski

Once each year The Guinness Book of World Records, now known as Guinness World Records, is published. Established in 1954 by Norris and Ross McWhirter in London, this reference book is a chronicle of both human achievements and noteworthy and extreme natural events. Although the first edition was published in England, the book, now in its 62nd year, is published in 23 languages in 100 countries.

An argument over which bird was the fastest game bird in Europe brought to light that there was no definitive source of such information. Sir Hugh Beaver, the managing director of Guinness Breweries who happened to be a participant in the argument, realized that a reference book containing this and other miscellaneous information might be a success. A fellow Guinness employee recommended the McWhirter brothers as potential compilers of this sort of information, since the McWhirters ran a fact-finding agency in London. The brothers compiled the first book in 1954, and a thousand copies were printed and given away. In 1955, a 198-page edition was printed and became a best-seller. Not available in the U.S. until 1956, 70,000 copies were sold here in that year. More than 100 million copies have been sold over the past

62 years, and the book holds the record as the world's best-selling copyrighted book ever.

Many categories are included in the book: weight lifting, egg throwing, river length, time spent playing various games, the youngest or oldest person to do whatever activity. There are many persons who try to beat existing records, and the publishers do their best to confirm that the records or accomplishments are verified. Some categories have been eliminated from the book, because the activity, e.g., alcohol consumption or murders committed, are ethically unacceptable, unhealthy or dangerous.

There are currently several small museums with displays in such cities as Tokyo, San Antonio and Copenhagen. The first Guinness Museum opened in New York's Empire State Building in 1976, but closed in 1995. Other locations whose facilities have closed were located in Myrtle Beach, Atlantic City, San Francisco and Las Vegas.

The book provides interesting trivia that is often amusing, but also offers factual insights into some of the wonders of our world. Perhaps Jeopardy contestants count it among their resources. I'd bet that that information is available about the longest-playing contestant or the largest winner. Maybe I'll look it up.

MS-DOS

By Steven Gray

This month, rather than focus on the present or the possible future, as most of my articles have done, I thought I would take a trip into the past and write a bit about DOS.


DOS stands for Disk Operating System and was supposed to be pronounced as rhyming with boss. Most of my colleagues preferred to mispronounce it as rhyming with the first syllable of Bosco — might have had something to do with the chocolate flavor. MS-DOS dominated the IBM PC compatible market from 1981 to 1995 or until about 2000 if we include the partially MS-DOS based Windows 95, 98 and Millennium Edition. There were many other editions of DOS; 86-DOS, PC-DOS and DR DOS, to name three.

In addition, even though Basic was included in most versions, Basic from Compaq

would run only on Compaq computers. Other manufacturers also had their own proprietary quirks. Digital Research, the owner and developer of DR DOS was initially the owner of CP/M (Control Program/Microcomputers). That company sued IBM stating that the commands of PC-DOS were too similar to CP/M. They won the suit and forced IBM to sell CP/M alongside PC-DOS. CP/M sold for \$240 and PC-DOS sold for \$40. Who do you think really won that fight? DR-DOS did not come out until 1988 and addressed some of the shortcomings of MS-DOS. At that time, MS-DOS was available only to OEMs, (Original Equipment Manufacturers) bundled with hardware. DR DOS was cheaper and could be bought through retail channels, thus gaining a lot of users. The subsequent version of DR DOS allowed for loading into upper memory (remember that ridiculousness?) that al-

(Continued on page 11)

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MS-DOS

(Continued from page 10)

lowed programs to run in up to 620 kb of the 640 kb allotted. MS-DOS, by comparison, in versions prior to 5.0 might have only had 300 kb to 400 kb useable after all the drivers were loaded.

Microsoft responded with MS-DOS 5.0 which included advancements in memory management to match DR DOS. The fight continued with both DR DOS and MS-DOS upgrading. Windows 3.1 originally had coding that gave an error message if a non-MS-DOS was used, but that coding was never activated. Novell DOS took over DR DOS and started to do well. Subsequent releases were "buggy," which lost customers. It was about this time that Windows 95 was coming out. Novell stopped further development on DOS

Fix it

(Continued from page 8)

Dave felt, "Why can't I fix it?" as he fell into such deep depression that the only way he could fix it was by ending it. This may seem a sad article, but there is much more that I will share in next month's article. There will be some questions answered that came to mind later, questions like, "Why were the police already there when I arrived three minutes after Laura's call?"

*Names are changed.

and stopped maintenance in January 1996.

Why is all of that important? Actually, at this point, it is not very relevant except to those of us who do remember all the problems we had with DOS and with writing our own code to fix limitations.

The odd thing is that many DOS commands still work under Windows 10. A perfect example is the shut-off command that is on the desktops in the computer lab. That command is strictly a DOS command. There are other commands that can also be used to obtain specific information using either a CMD command to get a DOS window, or using the Windows PowerShell.

Anyone who still has older DOS games and would like to play them again can download a program called DosBox, which lets you emulate DOS as well as building in timing delays in the DOS programs so that they do not run too fast.

If there is any interest, I can load the DosBox onto the lab computers. I do have a USB 3½ floppy drive to transfer those old programs onto a flash drive, assuming that the floppy disk is still readable. If you have those games on a 5¼ floppy you are probably out of luck unless you still have an old computer with that drive built in.

That begs the question: what are you doing with that old turkey? Oh, wait – it is November – happy Thanksgiving.

Out of the Stone Age

The last wild-living Native American came to San Francisco

By Carol De Haan

He refused to tell his name because, in the tradition of his people, a man's name should be known only to himself and to God. He let them call him "Ishi," which, to the Yahi people of Northern California, meant only "the man."

One day in the fall of 1911, this emaciated Native American staggered onto the grounds of a slaughter house near today's Northern California city of Oroville. He was past middle age and naked but for a poncho made from a ragged scrap of covered wagon canvas. He spoke no English. He was near collapse.

The sheriff took him to a cell in the local jail, where he received a blanket, a cot with mattress, food, and safety from hundreds of curiosity seekers who stormed the jail once news spread of a "wild" man. At first, he refused either to eat or to sleep. He must have expected to be killed because that is all the Native Americans knew to expect from "white" men.

He proved to be calm and gentle, obviously no threat to anyone. What to do with this man?

Two linguists from the University of California in San Francisco received word of Ishi's presence in Oroville.

They came immediately to interview him. Armed with lists of Native American words, Professor Thomas Waterman read one word after another, hoping for communication. No reaction, until, at last, he said *siwani*, which meant yellow pine, as he tapped on the wooden frame of the cot. Ishi's eyes lit up. This was a beginning. Little by little, they found a few words they both understood. It was enough to start a new life for a lost and lonely man.

Ishi agreed to go with the professors by train (a terrifying prospect for him) to the University in San Francisco. Local people donated clothing for the trip, which pleased Ishi, all but the shoes, which he rejected as unsuitable for walking.

Ishi began his new life at the Anthropology Museum, recently endowed by Mrs. Phoebe Hearst. He had a room of his own, next to the rooms of two caretakers, and a daily appointment to work with the linguists, young Professor Waterman and Professor Alfred Kroeber, whom he called "the Chieft." (The letter "p" was easier to pronounce than the more difficult sound "f.")

Ishi took an interest in the exhibits that were being set up in display cases. He could



Ishi, the last surviving Native American of the Yahi People of Northern California

explain many things to the curators. Eventually, he began exhibiting craft-making and survival skills to the Sunday afternoon Museum visitors. Fond of the children, he gave them the arrowheads and other artifacts he had just made. His "lectures" brought crowds of admirers.

The Museum created a staff position for Ishi: he became one of the custodians, with a modest salary plus his room and board. He was paid in silver dollars, which he saved in piles of 20 each. He would set up chairs for visitors and sweep up after lectures. Ishi was naturally neat and scrupulously polite to everyone, deferential toward women.

For a man who was reserved, he nevertheless loved being around people. He often entered a room

(Continued on page 13)



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

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Stone Age

(Continued from page 11)
with, “Is evelybody hoppy?” In addition to his friendship with Professors Waterman and Kroeber, Ishi acquired a great buddy in Dr. Saxton Pope, M.D. of the nearby hospital, with whom he shared an interest in bow and arrow hunting. Ishi became the teacher to his friend, “Popey.”

Eventually wearing shoes, Ishi explored San Francisco with another new friend, Juan Dolores, who was part Indian. Juan introduced him to merchants, took him on trolley rides, and to Golden Gate Park. They even went to theater performances, where Ishi paid little attention to the action on the stage, preferring to gaze at what to him must have seemed astronomical numbers of people in the audience. Ishi had heard of the ocean, but was nevertheless astonished finally to see it.

Although Ishi never learned to read, he nevertheless memorized signs on buses and trolley cars, so that he got all around the city, even over to Oakland and back, without getting lost. He loved to hike all day around “Mount Parnasus,” the great wooded hill on

which the Museum and University were located.

In 1914, his friends persuaded a reluctant Ishi to lead an expedition into his former hill country above the Sacramento River. Ishi finally agreed to lead the two professors, Dr. Pope, and his teen-age son. Once into the hill country, they met a rancher named Apperson who accompanied them and provided horses for their journey.

Deep into the hills below Mount Lassen, the expedition went “native.” Only Ishi remained modest enough to wear a breechclout. They swam in the rivers, rope climbed the canyon walls, hunted and fished for their food, and sat around an evening campfire telling stories and singing. Ishi taught them stomp dancing as he sang and they clapped hands for rhythm. His initial reluctance abated, Ishi became the life of the party. His high spirits infected them all as he brought to life the history and experiences of his Yahi ancestors.

The original inhabitants of our West Coast

Many native cultures had lived along our west coast for thousands of years. The first incursion of outsiders came from the south: missionaries,

Mexicans, and other Indian groups. Following the war with Mexico, the Treaty of 1848 ended the Mexican invasion.

Surface gold was discovered at Sutter’s Mill in January, 1848, in the northern hill country of the Yahi people. Within a year or two, 300,000 fortune hunters had invaded the gold fields. They were a mixture of drifters and grifters who wreaked havoc wherever they went.

Lack of immunity to western diseases caused the native population to perish in such numbers that 60% of them were dead within 10 years of the discovery of gold.

However, the biggest problem was what we today would call ethnic cleansing. In the mad rush for gold, the newcomers destroyed the habitat on which the native people depended for life. Warfare was inevitable. In the bloody years between 1850 and 1872, for every white person killed by a Yahi, 500 Native Americans were killed by whites in retaliation. They called it “God’s plan.”

This was the world around 1860 into which Ishi was born. His once populous Yahi people had devolved into small family groups that hid from settlers. Ishi cared for a sister, who eventually disappeared, and for an elderly mother, who finally died. Living alone in the hills for years, he was careful to avoid detection.

By the time he wandered into the settlement in 1911, he might have been too dazed to understand what he was doing. Or perhaps he decided that his end was near and he might as well let the whites kill him, as they had killed virtually everyone he had ever known.

By contrast, years later when reporters asked how he felt about having been locked up in the Oroville jail, Ishi happily insisted he had been treated very well indeed.

Ishi lived almost five years in the Anthropology Museum in San Francisco, during which time he acquired many devoted friends. He must have been nearly 60 years old when he developed tuberculosis, for which he was treated by his friend, Popey, (Saxton Pope, M.D.) Having no immunity to western disease, Ishi succumbed within a few months in 1916. His last words to his friends were “You stay, I go.”

He was mourned by many. Professor Waterman wrote, “He was my best friend.” Letters of condolence poured in from far and wide.

Ishi’s remains were cremated, as was the Yahi custom. In the coffin with him were several bows and arrows, a basket of acorn meal, some shell bead money, a bag of tobacco, three rings, and a few obsidian flakes. His ashes were put into a small black Pueblo jar, marked “Ishi, the last Yana Indian, 1916,” and placed in a niche in Mt. Olivet Cemetery.

November is dedicated to a celebration of Native American culture. If there is a message to Ishi’s life, perhaps it is to ask why we human beings are so willing to kill, so unable to appreciate one another?

November 15 – An important date to remember

By Linda Bozowski

In case it’s not on your calendar, Nov.15 is a date of great importance. It is National Clean out Your Refrigerator Day. Since cleaning out the refrigerator is not at the top of the fun-things-to-do list of very many people I know, let’s talk about this chore for a few minutes and think about why it is a less than favorite task.

We all understand that food has a limited life expectancy. Assuming that our refrigerators are set at the proper temperature of less than 40 degrees, milk is good for seven to 10 days, sour cream a little longer, carrots for maybe a month in the crisper drawer. Cucumbers are a little more fragile – two weeks is way too long to expect them to still have a crunch. In fact, they may be starting to disintegrate a week before that. The container of ricotta cheese, once opened to be used as a small addition to Alfredo sauce, starts its downward trend in a few more days.

Of course, there is also the story of those beautiful fruits and veggies we buy, with the good intention of using them in our healthful meals. Kale and Brussels sprout salad, delicious if it’s made within a week, but not worth the effort if that date has long passed. The watermelon that has lived on the second shelf for two weeks is now worthy of the compost bin, and then there are the grapes – we won’t talk about them.

Prepared foods have limits as well. Check the sell-by and use-by dates on the

mayonnaise, jelly and salad dressing. If a half-used tin of tomato paste is still on the shelf and it has been there for more than a few days, it’s time to discard it. Canned products that don’t get fully used, e.g., baked beans, sauerkraut, tomato paste, need to be moved into non-metallic storage containers that can be closed and should be used within a short time, lest they become part of our food waste.

Maybe that’s part of the reason that we don’t enjoy cleaning the refrigerator. Besides the yuckiness of spoiled or spoiling food, we see what foods we might have wasted. We might like to keep a variety of foods on hand for meal preparation or snacking or entertaining, but perhaps we need to think more realistically about how much food we’ll actually use in between shopping trips. We’re fortunate to have good grocery options nearby and can use delivery services as well. Shopping reasonably helps prevent waste.

Cleaning the refrigerator is actually a rewarding experience. It’s pleasing to see clean shelves and well-organized crisper drawers. Since my daughter sometimes asks how many people live in my house, I need to be mindful of keeping a tidy refrigerator that isn’t overstocked with food that will go to waste. Cleaning and disinfecting our refrigerators on a regular basis may need to move up the to-do list. It’s actually less irksome than trying to reorganize the garage. I wonder when that day is celebrated.



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The other November celebration

By Bob Huber

Thanksgiving is certainly the most important event in November, but for teens and young adults, there is also a pseudo-holiday which deserves special billing. It's called Sadie Hawkins Day, and it's celebrated on Nov.19, (and sometimes on Nov. 30).

Sadie Hawkins Day was the inspired creation of cartoonist, Al Capp, whose Hill-billy comic strip "Li'l Abner" was a "must read" for teens and young adults from the mid 1930s through the 1970s. Through a wonderful cast of rustic characters who inhabited the community of Dogpatch, characters like Lonesome Polecat, Hairless

Joe, Evil Eye Fink, Earth-quake McGoon, General Bull Moose and a host of others, Capp weaved social commentary through hysterically funny plots, and we often discovered we were laughing at ourselves.

But no "Li'l Abner" plot has endured longer than the story associated with Sadie Hawkins Day, which first appeared in the strip in 1937. It seems that Sadie Hawkins was the daughter of one of Dogpatch's earliest settlers, Hekzebiah Hawkins. Sadie was acknowledged to be the "the homeliest gal in all them hills." Fearing his daughter would remain a spinster, Hekzebiah assembled all the eligible bachelors in Dogpatch and proclaimed it was "Sadie Hawkins Day." There would be a footrace in which the bachelors were given a head start, followed by Sadie in hot pursuit. Whichever bachelor Sadie caught was obligated to become her husband. If the man objected, he was introduced to the business end of Hekzebiah's

double barreled shotgun. All the other unattached ladies in Dogpatch thought this was an excellent idea, so Sadie Hawkins Day quickly became a community event.

Sadie Hawkins Day also took on a life of its own with the reading public, and by 1939, 201 colleges and numerous high schools were holding Sadie Hawkins Day events. Long before Women's Lib, girls would aggressively pursue the boys of their choice and invite them to a Sadie Hawkins Day Dance. The boys were bound to accept. Those were the rules.

Capp created Sadie Hawkins Day as a one-time plot device, but due to its overwhelming popularity, he obligingly made it a tradition in the strip every November, lasting four decades.

Al Capp died in 1979, at the age of 70, but Sadie Hawkins Day remains alive and well, and it is still celebrated annually at many high schools and colleges; a fitting tribute to one of America's most gifted cartoonists.

Sound Advice

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

Key Facts on deducting Medical Expenses

Medical expenses can run up your expenses a lot. For that reason, the new tax law gives people a break by sweetening the long-time tax deduction for health care, at least for a couple of years.

Before the Tax Cuts and Jobs Act (TCJA), you could deduct medical expenses that exceeded 10% of your adjusted gross income (AGI). For the tax years of 2017 and 2018, the TCJA lowered the threshold to 7.5%. AGI is taxable income minus all deductions, IRA contributions and student loan interest. Of course, the medical tax break is available only to

people who itemize.

The trouble is the more generous deduction expires after 2018, when the threshold rises back to 10%. Groups like AARP are lobbying in Washington to get the 7.5% level extended or made permanent, and that could factor into your timing and decisions about medical expenses in the months ahead.


Say your AGI is \$45,000 and you rack up \$5,475 in medical costs. You multiply \$45,000 by 0.075 (7.5 percent) to get your deduction threshold of \$3,375. Only medical expenses above \$3,375 would be deductible. Result: your medical expense deduction is \$2,100 (\$5,475 minus \$3,375).

Some big-ticket items are deductible medical expenses, like long-term care insurance premiums, nursing home payments and Medicare costs - including Medicare Part B, Medigap policies, Medicare Advantage programs and Part D Prescription plans.

In addition, any health insurance you pay out of pocket can be deducted. But that can't include coverage you pay for with before-tax dollars, which is often the case with employer-sponsored medical plans.

Another big deductible item is co-payments for prescription drugs - and also out-of-pocket fees for doctors, dentists, physical therapists and other health-care professionals not covered by Medicare or any other health insurance. Add in prescription eyeglasses, hearings aids and wheelchairs, and transportation costs to and from medical appointments, as well as alcohol and drug

(Continued on page 16)



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Sebrena Jinks: Office Assistant
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EVENTS

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Friday, November 9, 8:30 am, Gallery
\$15pp - Members, \$20pp - Non-Members

"Let's Talk Nutrition" presented by Parker
Friday, November 16, 12 pm, Ballroom **FREE**
SOLD OUT!

"VOYAGE OF THE S.S. ST. LOUIS"
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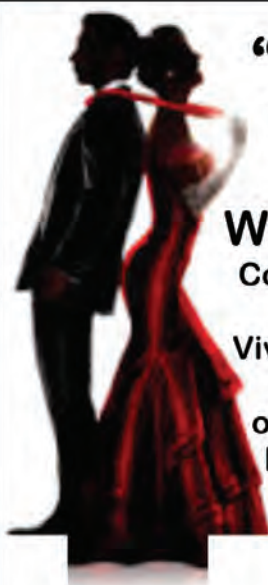
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2019 Book Selection

CURRENT EVENTS ROUNDTABLE

Mondays, 10:30am, Maple

GERMAN AMERICANS

Last Thursday, 1:30pm, Cedar

KOREAN AMERICANS

Saturday, November 17, 4:00pm, Maple

LATINO/HISPANIC-AMERICANS

Last Wednesday, 6:00pm, Gallery

POLISH AMERICAN

Friday, November 9, Maple

RECIPE GROUP

2nd Wednesday, 6:30pm, Maple

VETERANS GROUP

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Tuesday, November 13, 10am, Ballroom



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Monitor present. Supplies on your own.

RUG HOOKING GROUP

Thursdays, 9am—1pm, Gallery

Bring your lunch and be prepared to have some fun!

OPEN WOOD CARVING WORKSHOP

Fridays, 9am—12pm, Woodshop

Monitor present. Supplies on your own.

WOODSHOP

Mon-Fri 9am-3pm Saturday 9am-Noon

Open to Residents who have completed the orientation and safety class. Monitor present.

CARDS & GAMES

BANANAGRAMS

Mondays & Thursdays, 2pm, Game Room

Contact Dolores Wardrop.

BRIDGE

Contact Clubhouse

CANASTA & MAHJONG

Contact Clubhouse

MAY I

Contact Sophie Prata.

MAH JONG

Beginners and experienced players wanted. Contact Linda DeMorato.

MEN'S POKER

Contact Alan Lasky.

NINTENDO Wii

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

PINOCHLE

Please call E & R if interested.

POKER

Contact E&R

POOL ROOM

The Pool Room is open 7days, 8am-10pm (Closed for cleaning Wed. 8am—11am.)

SODUKO FOR BEGINNERS

November 28, 2pm, Dogwood. RSVP to E&R

GET MOVING!

CHAIR YOGA

Tuesday mornings, 10:00am, Gallery

Enjoy the benefits of yoga while sitting in a chair. Class is conducted by a certified Yoga Instructor. Pay instructor directly

"DOWNSIZING"-Weight Loss Support Group

Wednesday, 9:30am, Maple

Call the Clubhouse for information

FITNESS CENTER ORIENTATION

Monday, October 15 at 10:00 am

Sign-up in the Clubhouse...Space limited

HEALTHY BONES

Thursdays, 9:30am, Ballroom

This class is for those that have pre-registered.

OPEN EXERCISE DVD

Monday, Thursday, 9:30am, Hawthorn

Saturday, 9:30am, Maple

Exercise at your own pace. No Instructor. DVDs are selected from our current collection. No charge or sign-up required.

WALKING GROUP (Weather Permitting)

Mondays, 9am, Front of Clubhouse

Walk the 1 mile or the 2.5 mile loop around Old Nassau. Bring water and wear comfortable shoes.

YOGA

Wednesday, 9:30am, Cedar

Resident instructor conducts the class. No Charge. Bring floor mat. SPACE LIMITED.

ZUMBA

Mondays & Wednesdays, 5:45pm, Hawthorn

Payable to instructor

IMPORTANT NOTICE

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



SPORTS FUN!

BOCCE

New Players Welcome!

CROQUET

New Players Welcome. Call Betty Anne Clayton.

HIKERS

Saturday, November 10 at 9:30am—CH Battleground State Park

PICKLEBALL

Holiday Party on sale November 13th

SHUFFLEBOARD

New Players Welcome.

TABLE TENNIS

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

NEW! TAILGATE GAMES

3rd Friday, 9:30am-11:30am, Hawthorn/Terrace (weather permitting)
Cornhole, Ladder Toss, Giant Jenga

TENNIS

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



MOVIE CORNER



"THE LAST WORD"

Rated R / 1hr, 48m / No Charge

Tues., November 13
1:30pm & 7pm Ballroom

Sun., November 18
1:30am Ballroom

TUESDAY MYSTERY MOVIES
November 20 at 1:30pm & 7:00pm
November 27 at 1:30pm

Movies Subject to Change

COMING ATTRACTIONS

TED TALKS Forum - Date to be Announced

SUPERBOWL TAILGATE PARTY - Sunday, February 3
On-Sale December 4

KISS ME, KATE - Wednesday, April 10
On-Sale January 15

THE CHER SHOW
Wednesday, April 17—WAITLIST



Additional Details to be Announced...

LIBRARY ON LOCATION

"DARK MONEY" - Thursday, November 15

This political thriller examines the influence of untraceable corporate money in the elections and elected officials in Montana.

A film by Kimberly Reed [2018, 85 min]

"THE WAR TO HER" - Thursday, November 29

Despite Taliban threats, a Pakistani woman becomes a top female squash player. A film by Erin Heidenreich

1PM Ballroom No Charge

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

F41

- RCAI Offices will be Closed on Thursday, November 22nd and Friday, November 23rd in observance of Thanksgiving.
- CONTACT THE CLUBHOUSE for information regarding events and trips.
- EVENT REMINDERS: Bring Rossmoor ID when purchasing tickets for Clubhouse events. Only two tickets per manor can be purchased. When bringing a guest/non-resident, please provide their full name at the time of ticket purchase. Tickets are non-transferable.
- TRIP REMINDERS: Trips require average physical activity. You should be in good health, able to climb stairs, and walk reasonable distances. Any guest accompanying a Rossmoor resident MUST be at least 18 years of age. Basic information on guests must be provided when tickets are purchased.
- CLUB PRESIDENTS & GROUP REPRESENTATIVES: Channel 26 announcements and room set ups MUST be handed in on the official forms. Forms can be found on the website or in the Clubhouse.
- ROSSMOOR CLUBHOUSE NJ is our official Facebook page. Follow us for Clubhouse updates, ticket sales, and event photos. You just might see yourself having a good time!
- RCAINJ.COM is the official website for Rossmoor. Here you will find everything Rossmoor! Check it out!
- EVENTS & TRIPS are subject to change.

RSVP YOUR INTEREST

To further meet programming needs and exceed expectations, we want to hear from you! Below are some educational offerings and trip suggestions.

- 2019 Senior Condo Olympics
- "Tootsie" The Broadway Musical
- "Ain't Too Proud" - The Life & Times of the Temptations

Please RSVP your interest to the E & R Office.



Residents boarded a Trolley and toured Cape May's many historic mansions.



Players from all over NJ joined us for the Fall Pickleball Classic.



The moon was shining bright for our Hikers as they traveled through Rossmoor on their Hunter Moon Walk. Participants gathered in the Gallery for coffee and cookies

NOVEMBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>Ticket Sales</div> <div></div> <div>Today!</div>	<div>Events or trips marked * require tickets or prior registration</div>			<div>1</div> <div>5:30pm</div> <div>Sports Awards Dinner -BR*</div> <div></div>	<div>2</div>	<div>3</div> <div>Women's Guild Bazaar—CH</div>
<div>4</div>	<div>5</div>	<div>6</div> <div>ELECTION DAY</div>	<div>7</div> <div>10:00am</div> <div>Mutual 1 Budget Mtg—BR</div> <div>1:00pm</div> <div>Monroe Twp. Library Happenings -BR</div>	<div>8</div> <div>9:00am</div> <div>Committee Meetings-VC</div> <div></div>	<div>9</div> <div>8:30am</div> <div>AARP Safe Driving Course —GL*</div>	<div>10</div>
<div>11</div>	<div>12</div> <div>10:00am</div> <div>Mutual 5 Budget —BR</div>	<div>13</div> <div>10:00am</div> <div>Mutual 12 Budget —GL</div> <div>1:00pm</div> <div>Health Care Lecture —MP</div> <div>1:30pm</div> <div>“The Last Word” Movie -BR</div> <div>7:00 pm</div> <div>“The Last Word” Movie -BR</div> <div></div>	<div>14</div> <div>10:00am</div> <div>Mutual 2 Budget —BR</div> <div>2:00pm</div> <div>Mutual 4 Budget —GL</div> <div>6:30pm</div> <div>Recipe Exchange—MP</div>	<div>15</div> <div>9:00am</div> <div>Board of Governors-VC</div> <div>1:00pm</div> <div>Library on Location-BR</div> <div>3:00pm</div> <div>Mutual 15 Budget —VC</div> <div></div>	<div>16</div> <div>10:00am</div> <div>Mutual 9 Budget —GL</div> <div>12:00pm</div> <div>Let's Talk Nutrition – by Parker, BR*</div> <div>2:00pm</div> <div>Mutual 17 Budget —VC</div> <div>6:30pm—Bingo</div> <div></div>	<div>17</div> <div>7:00pm</div> <div>Harvest Dance-BR*</div>
<div>18</div> <div>1:30pm</div> <div>“The Last Word” Movie -BR</div>	<div>19</div> <div>10:00am</div> <div>Mutual 8 Budget —BR</div> <div>2:00pm</div> <div>Mutual 14 Budget —DW</div> <div>2:00pm</div> <div>Mutual 4C Bid —VC</div>	<div>20</div> <div>10:00am</div> <div>Mutual 6 Budget —GL</div> <div>1:30pm</div> <div>Mystery Movie-BR</div> <div>7:00pm</div> <div>Mystery Movie -BR</div>	<div>21</div>	<div>22</div> <div>THANKSGIVING DAY</div> <div>RCAI OFFICES CLOSED</div>	<div>23</div> <div>RCAI OFFICES CLOSED</div>	<div>24</div>
<div>25</div>	<div>26</div> <div>10:00am</div> <div>Mutual 7 Budget —BR</div> <div>3:00pm</div> <div>Mutual 10 Budget —GL</div>	<div>27</div> <div>9:30am</div> <div>Mutual 4B Budget —GL</div> <div>2:00pm</div> <div>Mutual 4C Budget —GL</div> <div>1:30pm</div> <div>Mystery Movie -BR</div> <div>6:30pm</div> <div>Voyage of the SS St. Louis - BR</div>	<div>28</div> <div>2:00pm</div> <div>Mutual 11 Budget —BR</div>	<div>29</div> <div>1:00pm</div> <div>Library on Location-BR</div> <div>6:30pm</div> <div>Wine & Design - BR*</div>	<div>30</div> <div>10:00am</div> <div>Mutual 3 Budget —GL</div>	



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

This month in pictures

Photos by Joe Conti and Walter Gryskiewicz

A Fashion Show



Eleanor Szalus and her inner Queen Elizabeth II



Grace Gambino in a happy hat



Guess who? (Could it be Tom Hanlein?)



We’ve been visited by a flock of egrets on Golden Pond this fall. (You might see a great blue heron as well.) Photo by Alex Monaco



After the Catholic Society Mass, refreshments were served — Italian-American style!



Lou and Joan Russo dancing at the Columbus Day bash



The Nina, Pinta, and Santa Maria sailed into the Italian-American Club’s Columbus Day bash.



Paul and Joan Lundy at the Italian-American Columbus Day event



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Lisbon and the 1755 earthquake

By Jean Houvener

The tectonic plate carrying the continent of Africa is slowly and inexorably moving north and under the Eurasian plate that carries Europe and Asia. This movement creates the Alps and causes numerous earthquakes, particularly in Turkey, Italy, and Greece. It is also responsible for the volcanoes Etna and Vesuvius. The collision of plates continues past Gibraltar and to the Azores.

On All Saints' Day, Nov. 1, 1755 an earthquake estimated to be the largest in European history occurred off the coast of Portugal. Estimates, based on the area covered and the length of time for the shaking, range from a magnitude of 8.5 to as much as magnitude 9. While the area had experienced earthquakes previously, none were as terrible as this one.

Portugal was a Catholic country, and the Jesuits exercised a great deal of control

over the populace and the educational system. Everyone attended services on All Saints' Day. The tremors began at 9:40 in the morning, just as the services attended primarily by the gentry and nobility of the city were in process. Churches were crowded and lighted candles were everywhere.

An English merchant, Daniel Braddock, who worked in Lisbon, recorded one account of the earthquake. An English clergyman, Rev. Charles Davy, who was living in Lisbon, wrote another. Both initially felt a slight movement and noise, followed by a much greater shaking and the crashing of buildings as they collapsed. Davy expected to be crushed to death as his apartment building began to fall. In the churches, packed with people, there was virtually no escape as the buildings crashed down on them. The shaking of the earth was felt as far away as Scandinavia


and Greenland.

Those who survived the first collapse and the subsequent aftershocks, which brought down more buildings, headed for the port, which was more open and flat. Davy was among them. As he recorded, much to his horror, he observed a wall of water heading straight for them up the Tagus River from the sea. Davy survived by holding on to a large beam, but many were swept away by the tsunami. The water receded and advanced several times, causing damage to the harbor, to the ships, and drowning thousands. The tsunami extended up and down the coast of Europe, impacting North Africa and Ireland, Barbados and Antigua; water in lakes and rivers even in Switzerland shifted in response to the earthquake.


The event was, however, not yet over. All the candles in the churches set fire to the wooden decorations in the churches. The fires raced across Lisbon, and continued for another six days. Between the earthquake and the fires, 85% of Lisbon was destroyed. The damage was worst in the historic center of the town near the river, and included the major buildings of Lisbon. Aftershocks continued for the next few months.

The Royal Palace was among the buildings destroyed, but King Joseph I along with much of his court were not there, having left following an earlier service that day to a smaller palace in Belem. Fortunately for Portugal, one of the most competent politicians, Sebastiao Jose de Carvalho e Melo, the secretary of state and effective ruler of the country, was also with

(Continued on page 17)



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Sound Advice

(Continued from page 14)

treatment programs.

Medical expenses are deductible only if they alleviate or prevent a physical or mental defect or illness, including dental and vision. So, you cannot deduct a gym membership if it is to promote your general wellness. However, if a doctor diagnoses you with a specific medical condition, such as obesity or hypertension, then the expense of the prescribed treatment may indeed be tax-deductible, including a gym membership.

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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Musings and Memories

By Betty Emmons

The eyes are known as the windows to the soul and I know this to be true.

There are eyes that express good and there are eyes that are dark and foreboding. I have seen love, compassion, and sadness in every color eye, anger and fear as well. We think of clever things to say and choose the words carefully but, no words need to be spoken to see hurt, hunger, unhappiness, or happiness in the eyes of those we meet along the way. We are never far wrong in what we see.

It therefore behooves us to be mindful of one another and let our eyes respond to what we see. You can be sure the message will be loud and clear without a single word being said.

I have seen volumes spoken with the eyes that have warmed another's heart, dispelled anger, and conveyed love to a longing heart. It is then, too, that I know to feed the hungry, love the unlovable and to touch the untouchable because I have seen with my heart as well as my eyes, though not a word had been uttered. Eye contact is a universal language and our thoughts and reactions to a look, glance, or a glare is one that is understood by all.

Most of us, however, are not

aware of this drama that goes on each day and that with each encounter we are all participants. To me it is fascinating and hopefully I will become more and more attuned to the unspoken messages that are expressed through the eyes; messages that are longing to be heard.

I have also noticed that alert people have bright eyes. Lazy people have dull, listless eyes. Enthusiastic people have a sparkle, and mischievous people are wary eyed. Cruelty can also be seen, but one of my favorites is lovers with limpid and lovesick eyes.

Every eye color is beautiful but the expression of our every emotion is what makes us an open book in the eyes of the beholder and the fact that not a single word is needed, says even more.

It is a wonderful language of quiet understanding that gets better with participation and practice. It is a language that, hopefully, someday will speak to all.

New Neighbors



By Christina Smith – Resident Services Manager

Gary Paris, 27N Bradford Lane, formerly of Plainfield, N.J.

Carol Giordano, 67C Amherst Lane, formerly of Highland Park, N.J.

Donna Albert, 644A Old Nassau Road, formerly of Bayside, N.Y.

Young and Hyun Yim, 199B Old Nassau Road, formerly of Dayton, N.J.

Bridget and Kevin Weir, 459A Revere Way, formerly of Kendall Park, N.J.

Elaine Hedstrom, 209B Old Nassau Road, formerly of Woodbridge, N.J.

Suzanne Rauth, 546B Springfield Way, formerly of Belleville, N.J.

Chuen Yip, 468N New Haven Way, formerly of Metuchen, N.J.

In Memoriam

Charles J. Horvath, CPA

Charles J. Horvath, former resident of Mutual 11 with his wife Emily, died August 29 in San Diego, Calif. He was born in New Brunswick and graduated from Rider University. He served in the U.S. Navy during World War II in both the Atlantic and Pacific campaigns as a radioman 1st Class. He was a controller and also served as public relations manager for the Hewlett-Packard Company. Charles was president of the Middlesex-Somerset chapter of Certified Public Accountants in 1968-69.

He also served on the New Brunswick Salvation Army Advisory Board, on The

United Way of Morris County Board of Directors, as Hewlett-Packard Credit Union Vice President, as the Chairman of the N.J. Government Committee of the American Electronics Association, and as a pro bono professional for the Private Sector Council, a non-profit, non-partisan organization founded by the Grace Commission to assist the Federal government in their financial systems.

Charles' wife Emily predeceased him in 2013. He is survived by a brother John of Bridgewater, a son Charles of Boston, Mass., a son George of Deerfield Beach, Fla., and a daughter Nancy Fazekas of San Diego, Calif.

Thank you note

Dear Rossmoor friends,

I want to thank you all for your phone calls, prayers and get-well cards during my recent hospital stay.

Everything went very well and I feel good.

God bless you all.

**All my love,
Minnie Sasso**

Lisbon

(Continued from page 16)

the King. De Carvalho organized the operations to feed the survivors and to direct the cleanup and rebuilding. The rebuilding took 15 years.

Lisbon prior to the earthquake had been one of the richest cities in Europe. Portugal had successfully explored and colonized many places, adding to its wealth, particularly from mines in Brazil. After the immense expenses of recovering from the earthquake, it never returned to its influential position, but it did survive and rebuild. Given the times, much was made of whether this was divine retribution, either for being too zealous in the Inquisition or for being not zealous enough.

De Carvalho ultimately was able to wrest control of education from the Jesuits and to reduce their influence. He brought more modern methods of government to Portugal. He required the new buildings be more resistant to earthquakes and for models to be tested for resilience. He also had all the surrounding communities surveyed to learn what had taken place, what did residents see or record, making a scientific study and collecting data used in modern times to reconstruct what had happened.

Coming as it did in the midst of the Enlightenment in Europe and the beginnings of looking to scientific explanations for events, the earthquake had a profound effect on the modernization of people's thoughts about natural events in the world around them.

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CULINARY CORNER

By Sidna Mitchell

Use those fall apples for pancakes

As a history buff, I appreciate the emails from Monticello, Mount Vernon, the League of Historical Societies of New Jersey, and the Crossroad of the American Revolution on a regular basis. I'm always looking for interesting and nearby events to attend.

In addition, as a food writer, I have written and given talks on colonial cooking so I have been known to pore over old recipes and articles on open hearth cooking. Fortunately, staffs from both Jefferson's Monticello and Washington's Mount Vernon often offer recipes that have been

modernized. In other words, instead of saying an ingredient of walnut-size we can translate that into tablespoons.

I found a recipe on the Mount Vernon website (mountvernon.org) that sounded appropriate for fall since Ken and I had planned to travel upstate New York for apples.

The Mount Vernon recipe made the pancakes from scratch but I simplified the recipe by using a pancake mix. These pancakes are tasty and easy to make for your breakfast. Here's my version of the original recipe that I cut in half.

Apple Pancake

¾ cup Bisquick or Jiffy
¼ teaspoon cinnamon
1 tablespoon sugar
1 egg, well beaten
¾ cup milk

2 tablespoons melted butter
½ cup finely chopped apples



Mix the pancake mix (Bisquick or Jiffy) with the cinnamon and sugar.

Add beaten egg, milk, butter and apples.

Do not over mix.

Bake on a hot greased griddle or in a cast iron skillet.

Serve with maple syrup and bacon or sausage.

Makes about 12 mid-sized pancakes.

NOTE: Add a half teaspoon cinnamon for a spicy taste.

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

(S)milestones



Kit Horner enjoyed celebrating a special birthday with several friends at City Streets Cafe.

Letter

To Administration,

We now have a beautiful pool sunshade as you realized it was a plus for Rossmoor, and I thank you for that.

All the petitions, letters to the editor, and statements to the Board of Governors advocating for 24-hour nurse service, that we once had, are of no consequence as long as you do not realize the benefits of having 24-hour nurse service for our residents. We hope that you will reconsider my plea and I will thank you for that.

Herb Junker

Clubs and Organizations

Soprano Soonja Nam to present special recital

By Doris Herron

Residents are in for a special evening of vocal music on Friday, Nov. 30, when gifted soprano Soonja Nam will present a recital at 7 p.m. in the Meeting House.

A member of the Rossmoor Chorus and an active member of our community, Soonja's program is being sponsored by the Chorus. It will include songs in several languages and will include a duet with bass Jim Wilson, also a member of the Rossmoor Chorus.

Admission is free, but all who attend are encouraged to bring a can of food which will be donated to a food

pantry in the area.

Soonja holds Bachelor's and Master's degrees from EWha Women's University in Seoul, South Korea, which is considered one of the best schools on the Korean peninsula. After coming to New Jersey, she studied voice at Westminster Choir College, where she gave a recital at Bristol Chapel.

In addition to singing with the Rossmoor Chorus, Soonja enjoys golf, gardening, the Rossmoor Korean Association which she founded, mahjong and painting, but singing is her favorite.



Soprano Soonja Nam to give free November recital in the Meeting House

You won't want to miss this lovely recital at the Meeting House, so mark your calendars now.



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Dance Club holds its Chinese buffet/last dance of the year

By Judy Perkus

Enjoy a Chinese Buffet dinner when the Dance Club holds its last dance of the year.

Come alone or bring your friends to the Ballroom on Saturday, Nov. 24, at 6:30 p.m. DJ Peter Lieberman will supply the dance music.

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

All Rossmoorites, couples

and singles, are welcome.

Join in on the fun. Send your \$15 per member/ \$17 per non-member check made out to the Rossmoor Dance Club to Armen DeVivo at 449B Roxbury Lane. The reservation deadline is November 16.

You may send your 2019 Dance Club dues of \$15 per couple, \$7.50 per person to Armen.

Call Armen at 655-2175 for more information.

Last Dance of the Year and Chinese Buffet — November 24

Name: _____

Phone #: _____

Address: _____

Sugar-free desserts _____

PAID-UP Member(s): _____ @ \$15 = _____

Non-member(s): _____ @ \$17 = _____

2019 dues \$7.50 pp; \$15 per couple = \$ _____

Total: _____

RESERVATION DEADLINE: November 16

Please leave your \$15 per member/ \$17 per non-member check made out to the Rossmoor Dance Club in the Dance Club Folder in the E&R Office or mail to: Armen DeVivo at 449B Roxbury Lane. 609-655-2175



Newman and Oltman Guitar Duo to perform here

Hailed as "a revelation to hear" by The Washington Post

By Gene Horan

Guitarists Laura Oltman and Michael Newman have been performing as a duo to critical acclaim for 40 years. The Guitar Player Magazine says that "the pair's Vulcan-mind-meld delivery is downright astonishing."

The concert is sponsored by the Rossmoor Music Association and will be held in the Meeting House on Friday, Nov. 9, at 7:30 p.m. Tickets for non-subscribers will be available at the door for \$15. (Please note that Frisson Ensemble, originally scheduled for this date, had a conflict and had to cancel.)

For those who love the spirited music of Spanish composers like Manuel de Falla and Isaac Albéniz, this concert is a must. President Faith Knabe of the Music Association wants the Rossmoor audience to know that "guitar music is more than folk songs and flamenco" and that this concert will convince them of that.

Ensemble-in-Residence at Mannes School of Music since 1987, Newman & Oltman's concert tours have taken them to world cultural capitals and premier venues across five continents and to 49 of the United States.

Laura Oltman teaches guitar at Princeton University and Lafayette College. Michael Newman serves on the guitar and chamber music faculties of Mannes School of Music and The College of New Jersey.

Collaborations

The Duo has demonstrated extraordinary stylistic and cultural breadth in their collaborations with such diverse artists as Pulitzer Prize-winner author Frank McCourt, composer/conductor Marvin Hamlisch and the Pittsburgh Symphony Pops, mezzo-soprano Frederica von Stade, fiddler Eileen Ivers, pianist Clarice Assad, violinist Tim Fain, and the Calder and Turtle Island string quartets.

New music

Champions of new music, Newman and Oltman have built a unique repertoire of works for two guitars by leading and emerging composers, such as Paul Moravec, Augusta Read Thomas, Daniel Binelli, Lowell Liebermann, Dušan Bogdanović, Arthur Kampela, Michael Chapdelaine, and Roberto Sierra.

Their collections of music arranged for two guitars are published by Theodore Presser and Mel Bay Publications. One of their recent commissions, *Concierto Buenos Aires*, composed for them by Nuevo Tango Master Daniel Binelli, received acclaimed performances by Newman and Oltman with l'Orchestre de l'Opéra de



Newman and Oltman, Guitar Duo

Reims in France. The legendary Cuban composer Leo Brouwer is currently working on a new duet for the duo.

Recordings

Their recordings uniformly garner critical praise: "A reference standard" (Billboard); "Their duet recordings reveal a finely blended sound and true unity of timbre and style" (The New York Times); "beautifully realized performances" (Guitar Player Magazine).

As founders and music directors of New Jersey's Raritan River Music, the Duo was awarded the National ASCAP/Chamber Music America Award for Adventurous Programming

The Program

In this 40th Anniversary Retrospective Concert the Duo will perform the following works: "No Feathers on the Frog," by Dosan Bogdanovic; "El Circulo Magico" and "Danza del Molinero," by Manuel de Falla; "Raritan Triptych," by Paul Moravec; and from "Imagens de Nordeste," by Celso Machado,

Also, "Chora Coração," by Antonio Carlos Jobin; "Chorinho das Comadres," by Luiz Simas; "The Last Song," by Clarice Assad; and several works by Isaac Albéniz arranged by Newman and Oltman.

Yoga

(Continued from page 1)

Throughout the exercises, Perkus carefully describes and explains how to perform the poses, giving clear step-by-step instructions. The series of movements that form the sun salutation were the most vigorous, and seemed designed to improve core strength. Each participant was advised to proceed at his or her own level of comfort and ability. More advanced stretches followed.

Various exercises involving the breath were also performed and integrated into the poses. The session ended with a meditation. This is a small group, and with the mats it could become crowded in the Cedar Room, but it is a welcoming group that is happy to receive new members. Check Channel 26 for possible cancellations, but usually the group meets every week.

Players Pastimes

By Sue Archambault

The Players' fourth original musical comedy took place last month to rave reviews from our fans. Bob Huber's "Crooks and Nannies," with additional music by Bill Strecker, was a fun romp, which garnered much laughter and applause.

Hopefully, you were in the audience for one of our three performances and can relate to enjoying the play. Also in October, was The Players' yearly Halloween party in lieu of our usual meeting. Some

Players wore costumes and participated in the contest. Everyone enjoyed the games played and the refreshments served.

The Players' monthly meeting will take place on Monday, Nov. 26 at 7 p.m. in the Gallery. Joe Conti will introduce the DVD of a stage performance of "Hello Dolly." The play was presented in Edison, N.J. as part of their Plays in the Park programs. Joe played Horace Vandergelder in this production, which was very well re-

ceived.

A heads-up to Players members: dues are now being collected for 2019. The cost is \$10 per year and can be brought to our monthly meeting or placed in the Players folder in the E&R office in the Clubhouse.

Also, our Holiday Party has been set for Wednesday, Dec. 12 at 6:30 p.m. in the Gallery. Further details will be forthcoming by email.



Democratic Club - Final event of the year

By Susan Kostbar

Back by popular demand, the Democratic Club will again host a Holiday Shopping Spree and Silent Auction, a fundraiser event for the club, open to all. This event is scheduled for Tuesday, Nov. 27, from 7 to 9 p.m. in the Gallery, immediately following the Thanksgiving weekend, timed as a jumpstart to your holiday shopping.

We'll have refreshments, an assortment of appetizers, desserts and wine, all included in your \$8 ticket price. The highlight of the evening are the many beautiful themed gift baskets that are part of the silent auction. You will be able to bid on some wonderful gifts and help the club at the same time. If you'd like to donate a themed gift basket, please call Arleen Cunningham at 609-662-7353. For a fun community evening, please plan to join us for the Holiday Shopping Spree and Silent Auction. Last year's event sold out! Only 50 tickets are available (max for the Gallery). Tickets are available by calling Delia Gaines, Democratic Club Treasurer, at 609-395-8259.

As a reminder, please be sure to remit your 2019 club dues now. Dues remain at \$15 per person. For membership information, please call Ann LaCascia at 609-235-9540.

And looking ahead to 2019, if you have an interest in becoming more involved with Rossmoor's Democratic Club and have an interest in running for a spot as an officer of the Club, please submit your name to be part of the 2019 spring elections.



Holiday Shopping Spree and Silent Auction November 27 in the Gallery 7-9 p.m. \$8

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Emerald Society's fall and winter activities

By Joan Avery

The very popular Billy Phillips entertained the members at the September Emerald Society meeting and the DooOpps entertained at the October meeting. Everyone enjoyed the music.

Save the date, December 9, for the Annual Emerald Society Christmas party at

the Cranbury Inn. There will be a delicious brunch, mimosas, a cheese table and dessert. Outkast Customs will provide the entertainment.

Also save Dec. 18 for the trip to Lancaster, Pa., for the American Music Theater's Christmas Show. In addition to a stop at the Kitchen Kettle Village for lunch, dinner

later will be at Good and Plenty.

President Dan Jolly announced that the Emerald Society donated \$200 to the Alzheimer's Foundation.

Remember, dues to the Emerald Society of \$15 are due before the end of the year.

Please note there will be no November meeting.

Barbara back giggling and Googling at Computer Club

By Alec Aylat

For the umpteenth time, Barbara Thompson returns to the Computer Club in the Gallery on Monday, Nov. 19, at 10 a.m., to cast her customary spell on club members and guests who also, incidentally, are welcome to enjoy coffee and cake with us at 9:30.

As she always does, Barbara will super-charge and fine tune your Google searching experiences with her own special tips and

(Continued on page 21)



King and Queen of the Italian American Club are Ron and Maureen Roaldsen.

Italian American Club

By Tony Cardello

Daylight Saving Time begins on Nov. 4, so remember to turn back your clocks one hour.

In spite of a horrific downpour, the Catholic Mass sponsored by the club on Oct. 11 was well attended. We thank all who weathered the storm.

The Columbus Day Party on Oct. 13 was another success with great food catered by Twin Oaks and music by Mike Malone, whose mix of music made the party a lively event.

The Volunteer Dinner will take place on Nov. 6 from 5:30 to 9:30 p.m. in the Gallery.

The next regular membership meeting will be on Nov. 14 at 7 p.m. It will be our annual karaoke night with DJ and entertainer Gary Morton, who will supply the lyrics and music for all singers and non-singers who dare to perform.

This will be the last membership meeting for the year because of the Christmas Party in December.

Bingo will be held in the Ballroom on Nov. 16 at 6:30 p.m. The December 21 bingo is cancelled.

The officers of the club extend their wishes for a very happy Thanksgiving to all the members and their families.

Join us for the Women's Guild holiday luncheon

By Diane England

Yes, we'll be having it again this year. The Women's Guild holiday buffet luncheon, catered by Twin Oaks, will be held on Monday, Dec. 3 at noon in the Ballroom. It's always a nice way to kick off the holiday season, isn't it? And, for the

same low price of \$15 as we had last year, you can savor: Chicken Tenders Marsala Eggplant Rollatini Penne pasta with broccoli and sundried tomatoes Rice Pilaf Potato salad Tossed salad with assorted dressings Semolina bread and butter Cake Coffee and tea

Since everyone seemed to really enjoy singing Christmas carols the last two years, we intend to do the same this year. Thus, we hope everyone is in good voice that day.

Our members had an opportunity to buy tickets at our October meeting. Any remaining tickets will be sold on a first-come, first-served basis. You may purchase two tickets (preferably by check). You may purchase your ticket in person at the church office (upstairs in the Meeting House) during the Monday/Wednesday/Friday office hours from 9 a.m. to noon from now until Nov. 16. If tickets are sold out before then, we'll put you on a waiting list. Linda Klink, who is the church secretary as well as our vice-president and program director, will be happy to assist you.

We look forward to seeing

(Continued on page 21)

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Religious Organizations

Community Church celebrates 10 years of collecting warm clothing for the needy

By Alyce Owens

This is the 10th year the Community Church will sponsor a community-wide collection of gently used coats, jackets, boots and any winter clothing for the needy. As you have in the past, we hope that all Rossmoor residents will go through their closets and pull out anything not worn in a while that can help someone less fortunate stay warm this winter.

Starting Sunday, Nov. 11 through Wednesday, Dec. 12, please bring your donations of warm clothing in men's, women's and children's sizes to the big box

marked "Warm Clothing for the Needy" in the vestibule of the Meeting House.

All clothing will be given directly to those in need through Your Grandmother's Cupboard, a caring, non-profit organization that collects and delivers clothing and other necessities to 20 distribution sites in New Jersey. The people receiving these donations are among the working poor, unemployed, and homeless in N.J. who are struggling to make ends meet from week to week.

All contributions will be

delivered in time to help make Christmas and the holidays a little happier and a lot warmer for those in need. And yours will be too, just knowing that you've helped others stay warm through the cold winter. To you it might just be an old jacket, but it will be a gift of love to the person who receives it.

The Community Church Benevolence Committee appreciates your generosity, and extends sincere warm wishes for a very happy Thanksgiving, and a healthy and very merry Christmas and happy Hanukkah to all residents and their families.

Catholic Society schedules Healing Mass



Monsignor Radano distributing communion to the congregation.

By Gene Horan

A Healing Mass sponsored by the Catholic Society will be celebrated at 1:30 p.m. on Tuesday, Nov. 13, in the Meeting House. The priest

celebrant will administer the Sacrament of the Anointing of the Sick. The Sacrament of Penance (confession) will be available in the Meeting House Parlor at 1 p.m.

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

By Gene Horan

"Entertaining Angels," part of the Classic Films that Lift the Spirit series being presented by the Catholic Society, tells the story of Dorothy Day.

The film, starring Moira Kelly as Dorothy Day and Martin Sheen as Peter Maurin was rated "an exceptional movie by any measure" by the Los Angeles Daily News.

Dorothy made bad mistakes in her early life and paid the consequences. After her child was baptized, she felt an irresistible desire to follow the gospel and devote her life to the poor.

In the midst of the Great Depression, starting with only 97 cents in a battered canister, she embarked on a lifetime dedication to housing the homeless, feeding the hungry, and tending the sick.

In 1933, Dorothy and Peter Maurin, a French immigrant and former Christian Brother, launched The Catholic Worker newspaper. This spawned the Catholic Worker movement, which



Dorothy Day

follows religious principles to promote social justice.

Catholic Workers live a simple lifestyle in community, serve the poor, and resist

(Continued on page 22)

Computer Club

(Continued from page 20)

tricks designed to make you a Master Google Searcher.

From "settings" to "drop-down" menus, to search options, and from email services, to recipes and safety issues, to shopping online, and from maps to images, Barbara will amaze you with what it is possible to accomplish with Google while browsing happily on a safety track and giggling away.

Please note the time and day. It is scheduled for Tuesday at 1:30 p.m., not the usual Thursday evening, so that those who cannot attend in the evening can participate.

Persons in wheelchairs and with walkers are welcome and it is suggested that neighbors help neighbors to ensure that those who wish to participate can do so. The Meeting House is wheelchair accessible and provisions will be made for those with special needs.

Refreshments and fellowship will follow.

The following events are scheduled during the month.

- **The Chaplet of Divine Mercy** will be prayed at 3 p.m. on Tuesday, Nov. 20, in the Maple Room in the Clubhouse.
- **The Prayer Shawl Ministry** will meet at 1:30 p.m. on Thursday, Nov. 8, and Thursday, Nov. 29, in the Craft Room in the Clubhouse.
- **The Catholic Society Council** meeting will be held at 1:30 p.m. on Thursday, Nov. 8, in the Meeting House Parlor.
- **The film "Entertaining Angels,"** the story of Dorothy Day, will be shown at 1:30 p.m. on Friday, Nov. 16, in the Gallery of the Clubhouse. See separate story in this issue for details.

Women's Guild

(Continued from page 20)

everyone at this event. This luncheon will be in lieu of our regular December meeting, just as the Bazaar will be in lieu of our regular November meeting. Meanwhile, though, let us wish you a Happy Thanksgiving! Also, I hope to see you at the special Thanksgiving service which I'll be attending since I am a member of the Interfaith Council. You might want to read my separate article about that event if you haven't done so already.

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REASONABLE RATES

Community Church Calendar

- Nov. 1 Drop off articles for Women's Guild Bazaar (drop offs should go to the Hawthorn Room)
- Nov. 2 Setup for Women's Guild Bazaar (drop offs will continue and should go to the Hawthorn Room)
- Nov. 3 Women's Guild Bazaar ~ 9 a.m. to 2 p.m.
- Nov. 4 Communion Sunday Service ~ 11 a.m.
Rev. Robin Bacon Hoffman, Preacher
Cecile Wang, Music Director/Organist
- Nov. 6 Conversation of Your Life ~ 2 p.m. in the Gallery
- Nov. 11 Sunday Service ~ 11 a.m.
Rev. Robin Bacon Hoffman, Preacher
Cecile Wang, Music Director/Organist
Don Sheasley, Soloist
- Nov. 12 Deacons Meeting ~ 10 a.m.
- Nov. 13 Finance Committee Meeting ~ 10:30 a.m.
- Nov. 13 Conversation of Your Life ~ 2 p.m. in the Gallery
- Nov. 14 Worship/Music Committee Meeting ~ 9:30 a.m.
- Nov. 15 Thanksgiving Interfaith Service
Hosted by Catholic Society
- Nov. 18 Sunday Service ~ 11 a.m.
Rev. Robin Bacon Hoffman, Pastor
Janet Wilson, Musician
Rossmoor Chorus, Music Presentation
Fellowship Hour ~ Noon
- Nov. 19 Council Meeting ~ 10 a.m.
- Nov. 20 Conversation of Your Life, 2 p.m. in the Gallery
- Nov. 25 Sunday Service ~ 11 a.m.
Rev. Robin Bacon Hoffman, Pastor
Janet Wilson, Musician
- Nov. 27 Library Committee Meeting ~ 1:30 p.m.

All church services are held in the Meeting House
We are an ecumenical church and all are welcome!

Festival of Lights, also known as Hanukkah, will soon be here

By Adrienne Brotman

According to Joe-maller.com there are 16 different ways to spell Chanukah. I personally prefer this spelling along with Mr. Maller who states on his web site that he too prefers to spell it with a C and not an H.

(Editor's note: The Rossmoor News conforms to the professional standards of the print media industry, as delineated in The Associated Press Stylebook. That resource requires the spelling "Hanukkah.")

At this time of the year, many Jewish families begin thinking about Hanukkah. Whether it is when to have a Hanukkah party, or what gifts to buy family and friends, where to purchase candles for the menorah, etc.

Hanukkah means "dedication." It is a celebration of the Jewish Maccabees defeating the Syrian soldiers in Jerusalem and thus being able to reclaim their holy temple from the Syrian King Antiochus, who had dedicated the temple to the Greek god Zeus. It is said a great miracle happened there. When the Jews reclaimed the temple, they had only enough oil to keep the candelabra lit for one night but, according to legend, it remained lit for eight nights, until they could find or make more oil.

Thus, today we light one candle on the first night and on every successive night, an additional candle is lit until, on the last night, eight candles are burning brightly in the menorah, a candle holder.

Many families celebrate this holiday by giving presents to their children, although it is not specified in the Jewish religion that Hanukkah is a time for giving gifts. Some families give one gift per night, or just one big gift on the last night of Hanukkah. Other families give money to their children, which they call gelt.

Dreidel, a gambling game, is played. The dreidel is a four-sided top with a Hebrew letter written on each side. It is said the Maccabees would

play dreidel to trick the soldiers into thinking they were gambling when they were actually studying Torah.

Potato latkes are a traditional food eaten for Hanukkah, usually with applesauce or sour cream. Potato latkes are a reminder of the Hanukkah story, and the miracle of the oil.

The first night of Hanukkah and the first candle will be lit on Sunday, Dec. 2. The congregation will celebrate Hanukkah on Saturday, Dec. 16. Details will be posted on Channel 26 next month.

Sabbath Services will be Friday, Nov. 2. Jeff Albom will be the Torah Reader and the Lay Reader will be Janet Goodstein. On Friday, Nov.

16, Jeff Albom will again be the Torah Reader and Jessica Romer will be the Lay Reader. Jessica is the daughter of Sam and Ruth Romer, long-time active members of the congregation before they passed away. Services will be held in the Meeting House at 7:15 p.m. Please note new time for Friday night services. Remember all are welcome.

Torah study classes will be on Saturday, Nov. 3 and Saturday, Nov. 17 with Rabbi Lauren at 10 a.m. in the Dogwood room of the Clubhouse.

We would like to wish all Rossmoorites and their family and friends a happy Thanksgiving.



Rabbi Lauren Levy pointing out a specific section of the Torah before various members of the congregation. Photo by Helene Gray

LWV MT ends 30th year with holiday luncheon

By Ruth Banks

The League of Women Voters of Monroe Twp. will observe its 30th anniversary with its annual holiday happening luncheon on Nov. 12 at the Cranbury Inn. It will top a year of special programs during which several members of the community were honored for their participation in the township's well-being.

The luncheon will start at 11:30 a.m. Information on reservations can be obtained from Adrienne Fein at 609-860-5984.

The guest speaker will be Ingrid Reed, currently on the board of N.J. Spotlight.com and formerly at the Eagleton Institute of Politics. Reed had a wide audience among League members going back to when she directed the N.J. Project at Eagleton. Prior to her current interests, she was vice-president for public affairs and corporate secretary of the Rockefeller University in New York City and then assistant dean of Princeton University's Woodrow Wilson School of Public and International Affairs.

The next League meeting is tentatively scheduled for Jan. 28. It will address some of the issues of human trafficking with a focus on children and youth. It will be aimed at informing parents and other adults of the ways in which children and young people can be caught in a web of danger.

Other programs being considered by the various committees include juvenile justice issues, the role of plastic in our environment, and a deeper look at redistricting.

The League is a nonpartisan political organization open to men and women. It neither supports nor opposes candidates running for political office.

For more information on League meetings and programs feel free to contact Andrea Pellezzi at 609-664-2146, Judy Perkus at 609-395-1552, Marsha Rosenbaum at 609-409-0930, or Ruth Banks at 609-655-4791.

The League wishes all a happy Holiday Season, and a year of peace.



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Dorothy Day

(Continued from page 21)

war and social injustice. There are over 200 communities in the United States and some 25 in other countries.

In 1938 Dorothy Day explained her religious conversion in "From Union Square to Rome," writing the book as a letter to her brother, an ardent communist. In 1952, she wrote an autobiography, "The Long Loneliness." She died in 1980.

The free showing will be held in the Gallery at 1:30 p.m. on Friday, Nov. 16. Coffee, tea and light refreshments will be available and all Rossmoorites are most welcome.

SPORTS



2018 Golf Croquet tournament "A Wicket Success"

By John N. Craven

The tension, as they say, was so thick that you could cut it with a knife. After two days and 28 games of head to head competition, it came down to the two best teams squaring off in a winner-take-all match. When the dust settled, Charlie Christian and Alyce Owens edged Sidna Mitchell and Cyndi Hazen to take home the Poulin Trophy as the 2018 Golf Croquet Tournament champions.

The annual Golf Croquet Tournament is held every September. Teams are drawn by lot, a week prior to play and Round Robin play determines the finalists. After the last ball smashed through the final wicket, the club members figuratively hoisted the winners on their shoulders into the Clubhouse for a sumptuous pot luck luncheon.

In other news, the rematch scheduled with Meadow Lakes for the last week of September was cancelled due to a week of heavy rain. It is expected that the Rossmoor Rampagers will sweep the 2019 completion with a demonstration of strong team



2018 Golf Croquet Tournament winners: Alyce Owens and Charlie Christian.

play.

Other October highlights included the annual meeting and luncheon, where next year's Club officers will be elected. Also, the always spirited, "Halloween Play," in which club members play in Halloween costumes before a round of trick or treating. Both events will be reported in the next issue.

Our annual holiday luncheon will be held on Wednesday, Dec. 12 at the Cranbury Inn.

The Club welcomes all Rossmoor residents. Anyone seeking a form of light exercise, the enjoyment of the outdoors, an opportunity to mingle with friends and neighbors and to learn a simple yet challenging game on a professional level playing court, contact Betty Ann Clayton. Think about it over the winter and look for us on the Croquet Court any Friday afternoon in the spring of 2019.

Come join us, you'll like it.

Ladies' 18-Hole golf league continued through end of October

By Arlene McBride

As our golf league season winds down, we had many good tournaments and a nice camaraderie among the members. The weather was very hot, humid and rainy, but we hung in there. Therefore, we agreed to play through the end of October since we missed so many weeks in September due to rainy weather.

Closing day luncheon/meeting was held in an outside venue on Sept. 25. Members not present will be informed about the changes that will be implemented for the 2019 season.

Election of officers/committees for season 2019 was voted on at our

closing day luncheon/meeting: president, Lanie Kartagener; vice president, Joan Messick; treasurer, Sandy Pellicane; secretary, Joan Semen; tournament chairwomen, Maria Hogan and Carolyn Meyer; publicity, Arlene McBride.

Results of the Oct. 2 tournament, low gross, low net are: low gross first place, Maria Hogan; second place, Carolyn Meyer. Low net first place, Carol Faraci; second place, Sandy Pellicane. The fairways were very wet, the greens were very bumpy but these girls are good! Congratulations.

If anyone is interested in joining next year, please contact arlenemcbride@comcast.net or call 609-395-1017.

9-Holer news



Tori Meiselbach winner

By Terre Martin

The only tournament that was held in September was a Step Away Scramble which was won by the foursome of Terre Martin, Marjorie Heyman, Paula Richardson, and Alyce Owens. Everything else got rained out, including the club championship, which was moved back to October.

The one bright spot in a month of rain was the Golf Social which was held on Sunday, Sept. 23. But even that ended up with only a dinner. Thanks to Pros Ted and Ray for putting together the foursomes which never materialized. The golf portion of the social was canceled by mid-afternoon, but people started filling the Ballroom by 6 p.m. The hot buffet was delicious, and the wine flowed freely.

We were treated to a medley of golf songs by the singing group of Jim Hogan, Nancy Wojnar, Tony Calamoneri, Bob Danehy, Joyce Cassidy, and Howie Zinitsy. They were accompanied on the piano by Marie Bills. Another highlight was picking raffle winners for a golf lesson with Assistant Pro Ray Bridey. Denise Romano and Tori Meiselbach were the lucky winners.

Thanks to the cooperation of all the golf leagues, the event was a great success. Ed Har-



kins, Doug Martin, and Pat Connor represented the Men's Club; Joan Messick and Joan Semen represented the 18-Holers; and Terre Martin and Joyce Cassidy represented the 9-Holers.

Look for information about a cocktail party in the spring to jump start the season. The aim is to reignite the spirit of camaraderie and fun among all the golfers. Everyone will be invited to join in, even if they don't play golf.

Nine Hole membership chair, Mary Shine, can be reached at 609-655-4518, or maryshine1@verizon.net. President Joyce Cassidy is at 609-619-3618, or joyce3205@



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HEALTH CARE CENTER NEWS

Mobility

By Kaytie Olshefski,
BSN, RN-BC

Preventing falls is a high priority, but having the mobility for activities of daily living goes without saying. As we age, we do not have the energy level we once had. We tend to become more sedentary for a variety of reasons. It could be because of health problems, pain, injuries, weight issues, or no desire to get moving. Getting older does have its privileges, but keeping the body moving is even more important than when we were younger.

The benefits of exercising outweigh all excuses we may come up with. There are so many good reasons to keep moving. Physical activity helps to maintain your weight or, if you trying to lose weight, it will help to burn calories to lose those extra pounds. Exercising helps to relieve some of the aches and pain associated with chronic illness.

Physical movement helps the body in so many ways. It helps to keep the immune system strong and keeps the digestive system functioning. Weight bearing exercises build up bone cells to help us avoid osteopenia/osteoporosis. Through exercising, diabetics are able to

get a better control of their blood sugar, and exercise lowers blood pressure for people with hypertension.

We all know the saying, "If you don't use it, you lose it." The muscles in your body will atrophy and basically become lazy which in turn causes weakness. Moving your joints in different exercises alleviates discomfort such as with arthritis. There are four different exercise plans you need to do to stay mobile.

- Balance – keeps you from falling and improves balance;
- Cardio - improves endurance for daily activities. The heart is a muscle and needs exercise to stay strong;
- Strength and power training – improve your muscles and posture, and gives you stamina. Lifting weights builds up muscles and improves balance;
- Flexibility - improves mobility and helps to keep you balanced and from falling.

Chair exercises are excellent and a safe option, especially if you are worried about falling or have a medical condition where it is safer for you to exercise sitting down. Chair exercises are gentle on all the muscles. There is stretching, aerobics, yoga, range of motion. Your heart benefits from these exercises.

There are other benefits to physical activity. It helps you to sleep better. Regular exercising helps you to fall asleep faster and wake up feeling more refreshed and energetic. All studies agree that exercising releases endorphins that relieve stress and decreases feelings of sadness, depression, and anxiety.

It is never too late to start and reap the rewards of exercising. But before you delve into an exercise program, have your doctor clear you. Your doctor will tell you what exercises to avoid if any and how much weight you should be lifting, depending on your medical condition. If you have a

medical condition, take that into consideration when you plan your physical activity. Your doctor may even suggest what type of exercises he or she considers would be best for you.

A very popular excuse one always hears "I have no time to exercise" or "I'm too busy". But yet, we find time for other things. Find a time of the day that is "me time." Some people may find the mornings to be the best time to exercise without feeling tired, fatigued or with less pain. You know your body best and make the best decision that is good for you.

Once you get the OK from your doctor, start slowly and build up steadily. For example, your walk is for a total of 20 minutes. You walk 10 minutes one way and 10 minutes back. In time you increase the distance by 10 minutes. So now you will walk 15 minutes one way and 15 minutes back. The Department and Health Services guideline on exercise is 150 minutes of moderate exercise per week. To break it down, it is equal to 30 minutes five days a week.

There are other types of exercise to benefit you beside walking. Water aerobics are easy on the joints and still give you a full workout. Yoga involves different poses focusing on strength, flexibility, and balance. Tai Chi uses movement that increases balance and strength.

Find a buddy to work out with. Your buddy will encourage you, especially on a day when you have no desire to do it.

Here are some ways to be mobile: Listen to music as you exercise; walk in a mall and window shop as you go past the stores; pass the time on a treadmill by watching a TV show; if golf is your game, walk instead of riding in a golf cart; or if you chat on a portable phone, walk around the house.

In our lecture series from Saint Peter's University Hospital, Dr. Kunal Amin, a podiatrist, will speak on "Common Foot Problems and Diabetic Foot Care" on Nov. 12, at 1 p.m. in the Maple Room. If you are interested in attending or would like more information, please call the Health Care Center at 655-2220.

If you have not received your flu shot, we have the three different flu vaccines, the Standard, Flublok, and High Dose. We also have the two pneumonia vaccines, Prevnar 13, and Pneumococcal 23. We require a prescription from your doctor indicating which of the two pneumonia vaccines he or she would like to you to have. Please call the Health Care Center for more information and to arrange to have the nurse give you your vaccine in the Health Care Center. We will also give you the flu vaccine in your home if you are homebound.

Fire safety tips for older adults

By Mike Daley

When it comes to fire safety for older adults, the facts are surprising:

- Older adults represent 14% of the population, but make up over 39% of the fire deaths;
- The risk of people over 65 dying in a fire is nearly three times greater than the general population; and
- Older males were at 65% greater risk than older females.

With that in mind, here are some tips to keep everyone safe from the threat of fires:

- **If you smoke, do it outside.** Use a deep ashtray with water to wet the remains. Do not smoke near oxygen.
- **Give space heaters space.** Keep them at least three feet from anything that can catch fire.
- **Stay in the kitchen while cooking.** Never leave cooking unattended, especially stove top cooking or frying. If there is a fire, keep a lid close by to smother the flames, and then call 911.
- **Stop, drop, and roll.** If your clothes catch fire, stop, don't run, and drop to the floor. Roll over back and forth keeping your face covered. Get medical help right away.
- **Smoke detectors save lives.** There should be at

least one on every floor of the home, near the sleeping areas. Test them every month. Remember that detectors have a life span of approximately 10 years, and combination CO units are even less. Replace the detectors once they are outdated.

- **Carbon dioxide detectors save lives.** A CO detector is required in the immediate vicinity of the sleeping areas, and in every room adjacent to the room containing a Fuel Burning Appliance (FBA) such as a kitchen, furnace room or garage. They are also necessary on the floor above the floor with the FBA.
- **Know your escape plan, and practice it.** Know two ways out of every room in the event of an emergency.
- **Get out and stay out.** Call 911 from a neighbor's phone or a cell phone.
- **Plan your escape around your abilities.** Keep a phone next to your bed, along with medications, glasses, canes or other mobility equipment so you can exit as quickly as possible.

For more information, visit our web site (www.mtfd3.com) or check out www.nfpa.org for more great safety tips.

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Monroe Township Chorus presents The Bright Side of Life

By Micki Meyers

On Sunday, Nov. 18, the Monroe Township Chorus will perform an uplifting, joyous, fun filled concert for everyone.

We will look at, and sing about, the bright side of our lives. This performance will look back at our yesterdays and sing its way into your hearts today. You will be surprised to realize how many of the heartwarming words you know. Joyful images will fill your heads, hearts, and eyes. You will be flooded with memories and will most likely know the songs and the celebrities who first sung them.

The Chorus, together with Director and Conductor Sheila Werfel, and Music Director David Schlossberg, will look at the bright side of

life. This performance is not to be missed and when you exit the theatre, you will be humming and singing the tunes.

Members of the chorus who reside in Rossmoor are Natalie Becker and Tom Smith.

We look forward to seeing you at the Richard P. Marasco Center for the Performing Arts at 1629 Perrineville Road. (The Monroe Township Middle School) when the doors open at 1:15 p.m. on Sunday, Nov. 18. The Performance will begin at 2 p.m.

This is a free concert, no tickets required.

Everyone is welcome!

For additional information, contact Sheila Werfel, Director at 609-619-3229.

Email your news to:
news@rcainj.com

MAINTENANCE DEPARTMENT

By Dave Salter

Heating units in Mutuals 1, 2, 3, and 4

Furnace servicing is again being offered to homeowners of Mutuals 1, 2, 3 and 4. The charge for this service is \$35 plus tax. Servicing includes inspection of system, checking elements and wiring, oiling the blower motor and replacing the filters. Please call as early as possible for an appointment.

Winterizing Manors

The Maintenance Department offers a winterizing service for homeowners who leave during the winter months. The fee is \$125 plus tax (unless you have two hot water heaters, in which case there is an additional \$25 charge). We offer a weekly inspection which is \$30 a month, and RCAI strongly recommends that you have this done. Contact our office as soon as you know your dates and to pick up the forms.

Attic Insulation

With winter around the corner, call Maintenance for

your free estimate.

Thermostats

With the fall coming, you should turn on your heat thermostats to make sure they are working properly before the cold weather sets in. If you find they are not working, we can replace your thermostats. If you have PSG thermostats, we strongly recommend that you have them replaced because they can over heat. Please give us a call for pricing.

Weather stripping

Do your doors have the proper weather stripping? In the winter do you feel cold air around your door? Putting on new weather stripping can help with your heating bills, so please give us a call.

Channel 26

It is very important that you keep an eye on Channel 26. It is the Rossmoor information highway. There is information regarding road closures, the landscaping daily schedule, important meetings, RCAI information, as well as Mutual information, and much more.

A Message from High Tech Landscapes, Inc.:

By Jeff Voss

- Please call the East Gate and leave a message with any questions or concerns, 609-655-5134.
- Ornamental grasses around the utility boxes and in established beds around the common facilities will be trimmed

between now and December.

- Fall cleanups will continue through December.
- Please remember to put any garden debris out front at the curb on Sunday night for pick up on Monday morning.

The Tamburitzans To Perform

The Tamburitzans is the longest-running U.S.-based folk ensemble dedicated to the performance of music, song, and dance of international cultures.

On December 1 at 7 p.m., the huge and talented cast will perform a colorful array of traditional dance selections from Eastern Europe and beyond. Their impeccable performance skills, beautiful costumes, and uplifting music are a joy to behold.

The venue is the Monroe Township High School Performing Arts Center, 200 Schoolhouse Road.

Tickets: general \$30, patrons \$25, students free (must show ID at the door)

To buy tickets online, go to <http://www.monroetownshipculturalarts.com/event/tamburitzans/>

By phone, please call 1-800-514-3849 from 9 am-10 pm or call (732) 521-4400 from 8:30 am to 4:30 pm.

Tickets will also be available for purchase at the box office one hour before the performance

The event is sponsored by The Monroe Township Cultural Arts Commission and The Patrons of The Arts with support from Mayor Gerald Tamburro and The Monroe Township Council.

Monroe Named Among Safest Cities in State

According to SafeWise, a nationally recognized survey, Monroe Township ranked among the state's top safest cities this year.

Compiling data from a recent FBI Uniform Crime Report, SafeWise named Monroe Township the 4th safest city in Central Jersey and the 11th in the state.

"Our community's reputation and low crime rate are

due to the preemptive planning of our officials and law enforcement," said Mayor Gerald W. Tamburro. "It's no coincidence we made this list, and I'm so proud of our vigilant residents and our police officers for helping make our town safe."

Of the Township's approximate population of 45,000, only 3.61 property crimes occur per 1,000 residents,

according to www.safewise.com/safest-cities-america.com.

In its report, SafeWise mentions Monroe Township as one of only three Middlesex County cities to crack the top 50 Safest Cities in the state.

In order to meet SafeWise prerequisites, eligible cities must have a population of 10,000 or more.

Calendar of Events for Monroe Township Public Library

(Registration is not required unless otherwise noted)

Annual Jewels of New Jersey Show and Sale

Sunday, November 4 from 11 a.m. to 4p.m. Holiday shopping simplified at this annual sale of distinctive handcrafted jewelry and wearable art from New Jersey artisans. Proceeds benefit the Monroe Township Library Foundation.

Princeton Symphony Orchestra Performance

Chamber Music Concert Series. Monday, November 5 at 1 p.m. Presented by the Cultural Arts Commission.

Coupon Club

Monday, November 5 at 1:30 p.m. Clip, swap and trade coupons. Discuss deals, share frugal tips and shopping experiences. Bring a pair of scissors and your stnon-expired coupons.

Book Café

Wednesday, November 7.

Opera Lecture Series

The Monroe Township Cultural Arts Commission in collaboration with the Monroe Township Public Library will present: Opera Lecture Series with Jerry Kalstein entitled *It's Still Funny, Satire in Opera* on Wednesday, November 14, at 1 p.m.

Discussed will be the use of satire in opera over a span of more than 100 years with music by composers such as Mozart, Rossini, Offenbach and Gilbert & Sullivan. Works featured will include *The Music Director*, *An Italian in Algiers*, *Orfeo aux Enfers*, *HMS Pinafore*, *Mikado*, and *Pirates of Penzance*, plus others.

Free admission.

Session 1 at 11 a.m. for existing group members

Session 2 at 1 p.m. for new members. Discuss books that you have read. Light refreshments will be served. Register at the Welcome Desk.

Senior Health Jeopardy!

Wednesday, November 7 at 2 p.m. A fun, interactive and educational program for older adults in a Jeopardy game format. Grab a giveaway! Just like the TV show! Sponsored by the National Council on Alcoholism and Drug Dependence, Inc. Register at the Welcome Desk.

Socrates Café

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

Lead My Way: A Global Perspective of Domestic Violence

Thursday, November 8 at 11 a.m. This award-winning

30-minute documentary examines the far reaching and long lasting effects of domestic violence. It dispels any myth that a black eye or a faint bruise tells the complete story. Fueled by science, shame, and stigma, the effects of domestic violence continue far after the abuser and victims have separated. Produced and directed by Ritu Chopra.

International Film presented by The Friends of the Library

Thursday, November 8 at 2 p.m. Drama/Crime/Thriller (Argentina - 2000) Two con artists try to swindle a stamp collector by selling him a sheet of counterfeit rare stamps (the "nine queens"). Shown in Spanish, with English subtitles. R. 1h, 54m. Tickets are \$1.00 and are available at the Circulation Desk and at the door before each showing.

Friday Afternoon Movie

Friday, November 9 at 2 p.m. Comedy/Drama/Romance - Four lifelong friends are inspired to spice things up after reading 50 Shades of Grey in their monthly book club. With each of them in a different romantic situation, the women gather inspiration and tips for the bedroom and try new things later in life. PG

(Continued on page 26)

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ROSSMOOR COMMUNITY ASSOCIATION, INC. SNOW POLICY AND PROCEDURE

POLICY

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

PROCEDURE

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

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

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

1. Pre-salting streets and carport lanes to prevent snow from bonding to the surface.
2. Plowing all main and secondary streets (see list of streets under "Priorities") continuously after an accumulation of 2" or more or as required by RCAI management.

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

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

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

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

Extreme caution should be used if residents must use the walkways during a storm and during the thaw/freezing cycle that typically follows each storm until all the snow/ice has melted. Each resident should consider having a supply of ice melt or grit for their personal use.

COMMUNICATION Fire/Police/First Aid Emergencies 911

Upon notification of a pending fire, police or first aid emergency requiring emergency personnel, the snow re-

moval staff/contractor on site will make reasonable efforts to clear the road, walkway and/or driveway in the area where emergency personnel require access prior to or simultaneous with emergency personnel arrival.

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

Snow Removal Operations Concerns
Maintenance Office 655-2121
Monday–Friday 8:30 a.m. – 12:00 noon
and 1:00 p.m. – 5:00 p.m.
North Gate 655-1868
After hours/evenings/weekends

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

Residents are responsible to leave accurate and pertinent information.

Snow Removal Operations Updates/ Cancellations/Bus Service Channel 26

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

RESIDENTS' RESPONSIBILITY

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

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

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

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

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

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

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

Revised by the RCAI Board of Governors, September 2016



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

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

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

PRIORITIES

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

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

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

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

Library

(Continued from page 25)

-13. 1h, 44m. Movies are free.

American Sign Language Beginner Class

Saturday, November 10 at 1 p.m. Communicate with your hands! Learn basic American Sign Language (ASL) signs in this one-hour class taught by instructor Diana Meade. She will cover the alphabet, numbers, colors and more. For ages High School & Up. No prior experience is necessary. Space is limited. Registration is required. Sign up online at www.monroetwplibrary.org or call 732-521-5000.

Gentle Yoga Series

Tuesdays, November 13, 20 and 27 at 10:30 a.m. We are offering this introductory gentle yoga series of 6 sessions for \$30. The fee is non-refundable. There is a maximum of 15 participants. Register at the Welcome Desk.

Tech Express

Tuesday, November 13 from 11 a.m. to 12 p.m. Drop-in with your electronic device to get personalized help from a Librarian. Bring your charged and registered device and necessary passwords.

Short Story Discussion Group

Wednesday, November 14 at 11 a.m. Leah Wagner moderates a discussion about 100 Years of the Best American Short Stories. This month we will discuss "Awaiting Orders" by Tobias Wolff and "What We Talk About When We Talk About Anne Frank" by Nathan Englander. Register and reserve your copy at the Welcome Desk.

Boheme Opera NJ Series

Wednesday, November 14 at 1 p.m. *It's Still Funny: Satire in Opera*. Explore the use of satire in opera over a span of more than 100 years with music by composers such as Mozart, Rossini, Offenbach and Gilbert & Sullivan. Works featured will include The Music Director, An Italian in Algiers, Orfeo aux Enfers, HMS Pinafore, Mikado, and Pirates of Penzance, plus others. Presented by the Cultural Arts Commission.

Page Turners

Thursday, November 15 at 11 a.m. Looking for something to read or add to your reading list? This ongoing event takes place on the third Thursday of every

month. Library staff will present and recommend a variety of new titles pertaining to a different topic each month, both new and old titles. This month's topic is Thrillers! Light refreshments provided. Register at the Welcome Desk.

Spams and Scams

Friday, November 16 from 10 a.m. to 12 p.m. The FBI Newark Division will offer information and advice on types of frauds, recent fraud trends, debt collection, identity theft, imposter scams, banks and lenders, telephone and mobile services, and other topics. This program is offered in partnership with the Jewish Federation. Register at the Welcome Desk, or online at www.monroetwplibrary.org.

Marc Black's History of the 1950s and 60s Through Popular Song

Friday, November 16 from 2 p.m. to 3:30 p.m. Join us for this multimedia presentation of song, storytelling and laughter with New York Blues Hall of Fame inductee, Marc Black. Register at the Welcome Desk.

Puppy Pals: The Seeing Eye

Saturday, November 17 at 2 p.m. The world's oldest guide dog school is coming to Monroe Library! Learn what it takes to raise and train puppies to become Seeing Eye guide dogs. Meet and greet the puppies after the presentation.

Louise Penny Book Discussion

Tuesday, November 27 at 2 p.m. Join a discussion about Canada's famous sleuth Chief Inspector Gamache and the good people of Three Pines, Quebec as they unravel a good mystery. Book discussion about *A Rule Against Murder*, the 4th book in the series, moderated by Paula Simon. Register at the Welcome Desk.

Closings

The Library will be closed on Tuesday, November 6 for Election Day, Sunday, November 11 and Monday, November 12 in observance of Veterans Day. The Library will close at 5 p.m. on Wednesday, November 21 and will remain closed on both Thursday, November 22 and Friday, November 23 in observance of Thanksgiving.

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

TRANSPORTATION TIDBITS

Important phone numbers:

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

Monroe Township Transportation 609-443-0511

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

St. Peter's University Hospital
On Time Transportation 1-800-858-8463

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

Classified Advertising

Transportation

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

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

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

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Miscellaneous/Services

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

AVON CALLING – Just in time for the holiday season. Call Mary (609) 860-8047.

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

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

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

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

Help Wanted

INSIDE SALES POSITIONS – MarketReach – Lawrenceville. Casual, flexible, competitive pay. (609) 448-6364.

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CERTIFIED PUBLIC ACCOUNTANT – Don't let your tax questions linger. Talk to a CPA today. Rebecca (732) 718-4359.

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

Help & Health Services

HOME CARE, rides and cleaning. Reliable Rossmoor resident. Reasonable rates. Call (609) 642-8514.

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

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

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

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Senior Center Highlights

12 Halsey Reed Road, Monroe Township, NJ 08831
609-448-7140

Registering with the Office / Senior Center is free and available to Monroe Township residents, 55 years of age and older. The monthly newsletter, Senior Focus, is distributed around the 15th of the previous month and members are required to sign-up for the special, monthly activities. To access our activities from home, visit www.MonroeTwp.com, and look for the "Office of Senior Services" link under "Departments" to access the calendar and newsletter.

Please be sure to call the Office at least 24 hours in advance should you need transportation to and from the Senior Center. For members unable to attend a registered program, please sure to cancel. For more information, please call the Office/Senior Center at 609-448-7140.

HERE'S TO YOUR HEALTH

Personal Safety: On Monday, November 5, at 2:30 p.m., prevent yourself from becoming a target of crime by joining Detective Brian Dziomba, Monroe Township Police Department, as he shares crucial info on scams, identity theft and home security.

Holiday Blues: On Friday, November 16, at 10:30 a.m., join our very own Susan Schwartz, CSW, Supervisor of Social Services, as she shares different ways to chase away those holiday blues and tips on how to deal with triggers that cause sadness and anxiety.

Drivers Safety Program: On Monday, November 19, at 8:45 a.m., enhance your driving skills with the help of this AARP-sponsored program.

Living with Diabetes: On Monday, November 19, at 10:30 a.m., discover how healthier lifestyle choices can help reverse Type II diabetes complete with a nutritious demonstration. Presented by: Saswati Chakraborty, Monroe Village at Spring-Pointe.

Healthy Ageless Brain Habits: On Monday, November 26, at 10:30 a.m., discover which parts of the brain you must exercise in order to make it work better, faster, and stronger. Marilyn Abrahamson, MA, CCC-SLP, CentraState Medical Center, shares how to expand your brain's volume via new lifestyle habits.

Meditation: On Tuesday, November 27, at 10:30 a.m., join Judy Kalman as she helps you decompress

with various relaxation techniques. Space limited.

Standing Tall: On Thursday, November 29, at 10:30 a.m., learn about common postural changes and exercises to prevent neck and back pain. Presented by CentraState.

LAUGHS, LYRICS, & LECTURES

MUSIC BINGO: On Monday, November 5, at 1:30 p.m., enjoy a music twist on a classic game with Tara Feeley. Listen to songs and try to get BINGO! **Tickets: \$3 p.p., due upon registering in-person, in advance.**

The Travel Club: Starting on Monday, November 5, at 3 p.m., Roy Goldman hopes to educate and help local seniors plan international trips for solo and group travel. As a travel consultant for the Expedia Cruise Ship Center, he has a wealth of information to share.

Amateur Sleuths: On Friday, November 9, at 10:30 a.m., mystery authors, Peggy Ehrhart and Eileen Watkins, present their program: *"The Amateur Sleuth: Could You be the One? Could You Write One?"* Learn about the most popular subgenre of mystery fiction, "COZIES", and what traits make a successful sleuth.

Patty's Tribute: On Friday, November 16, at 2 p.m., Patty Carver pays tribute to the music of Rodgers and Hammerstein, singing their top hits, such as *Okla-homa, Shall We Dance*, and more.

About Seurat: On Monday, November 19, at 1 p.m., Maurice Mahler, thru lecture and film, examines the meaning of Georges-Pierre Seurat's composition, *A Sunday on La Grande Jatte, 1884*.

Francine and Joel, All the Way: On Monday, November 19, at 2:30 p.m., enjoy this all-inclusive program featuring a musical feast of rock, Broadway, The Great American Songbook, contemporary songs and more. Tributes to Elton John, The Jackson Five, Frank Sinatra, The Carpenters and more.

The Pilgrims: On Wednesday, November 21, at 10:30 a.m., sit back and witness the true story of a small group of English Separatists, who sought religious freedom, planted the seeds of the American dream. DVD presentation with subtitles. (2 hours.)

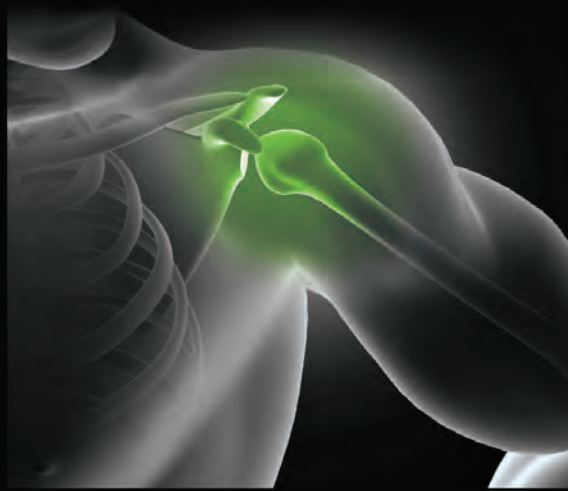
About Manet: On Monday, November 26, at 1 p.m., Maurice Mahler, explores the life and work of Edouard Manet.

Musical Journey: On Tuesday, November 27, at 1:30 p.m., Marvin Fischer circles the globe during this musical adventure that covers over 12 countries, in story and song.



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