



Rossmoor IN News



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Monroe Township, New Jersey

NOVEMBER 2022

E&R sets Veterans breakfast

By Allan Kaufman

The annual Veterans breakfast is back. It will take place on Tuesday, Nov. 15, at 10 a.m. in the Ballroom. The breakfast includes French toast with cinnamon/vanilla sauce, country-style scrambled eggs with ham and cheese, bacon, sausages, bagels, and mini muffins. Beverages include coffee, tea and juice.

There is no charge for any veteran who shows his or her military ID. For all others there is a charge of \$15.

This is an E&R event, not run by the Veterans group. It is open to everyone; two tickets per household. For ticket information, call E&R at 609-655-3232. Come and join those who served our country. It's a chance for you to thank them for their service.

Thanksgiving Day dinner

From the Interfaith Council of Rossmoor

Once again, as is our tradition, we would like to share Thanksgiving with you.

If you would like us to deliver Thanksgiving dinners to your home on Thanksgiving

Day for you, your spouse and/or your aide, please feel welcome to call Sal Gurriero at 732-803-9857, before Nov. 8.

We would be happy to hear from you.

God bless us – everyone.



All the glorious colors of autumn are seen in Mutual 1 Halloween display.

Bye-bye Homestead rebates

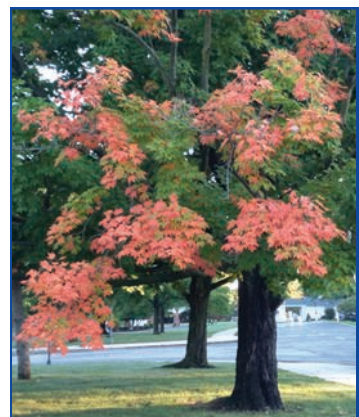
By Carol De Haan

The Homestead Rebate Program is being replaced by the ANCHOR Program, aka the Affordable New Jersey Communities for Homeowners and Renters program. There are no age restrictions with this new program, but to qualify, recipients must have either owned or rented their

homes on Oct. 1, 2019.

Applications were distributed toward the end of September, either by email or paper copies through the Post Office. If you have not received your application at this time, you must call the ANCHOR hotline at 888-238-1233. Do not delay because

(Continued on page 3)



Autumn tree colors
By Erin Medlicott



First autumn colors
By Youngae Lee

Schools Infrastructures to get a huge boost

By Linda Bozowski

At the Board of Education's August meeting of the Building, Grounds and Transportation Committee, it was announced that a massive equipment replacement program has been offered to us by Public Service Electric and Gas Company, the principal energy supplier for our school system.

Under this \$4.417 million program, PSE&G will be responsible for approximately \$3.249 million in costs, leaving the Monroe Township school system to contribute approximately \$1.167 million. This is an extraordinary offer that will help us to modernize our school infrastructure.

Maintaining infrastructure is a key item on the list of tasks that schools must do in order to provide safe environments for students and staff. Maintenance is also a key component of fiscal responsibility. We in Monroe Township can proudly say that our school district has done its best over the years to adhere to these principles, despite financial limitations.

Detailed information, made available by our district Facilities Director Gerald Tague, outlines how four of our elementary schools will benefit, what equipment has

been evaluated and will be replaced, and the projected values and costs associated with each portion of this project.

What needs to be replaced?

As part of its documentation, detailed information is presented for each school that describes the equipment proposed for replacement. Of interest is the condition and age of each component. For instance, in Woodland School, 14 of the 16 pieces of HVAC equipment slated for replacement are rated "poor" and were manufactured between 2000 to 2001.

The other two devices (condensers) were rated "good" and were built between 2016 and 2017. The rule of thumb in assessing these devices was that equipment built prior to 2010 was rated as "poor" and is slated for replacement.

Similar statistics exist for Oaktree Elementary, a newer building. All 22 heating and cooling devices are slated for replacement and are rated "poor." Mill Lake Elementary has two devices rated "good" but 18 others are rated "poor" and are budgeted for replacement.

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at the governors' meeting

October 19, 2022, Board of Meeting:

Mr. Jolly opened the meeting and announced that Debra McCauley will serve on the Employee Holiday Gift Fund Committee. He thanked all who have already generously donated to this important fund. He then asked Mr. Gleason, Secretary, to read Mr. Curry's report of the recent meeting regarding the State's One Million Dollar earmark to Rossmoor for Flood Mitigation. Mr. Gleason reported the following:

On Monday, October 17, Monroe's Business Administrator and Engineer met with Rossmoor's President, General Manager, and Engineer. It was a meeting to pre-plan for the state's one-million-dollar earmark for flood mitigation efforts in Rossmoor.

Business Administrator Allen Weinberg indicated the earmark from the state is still in progress. He will be scheduling a meeting with county and Rossmoor to discuss the parameters and regulations involved with how Rossmoor may utilize the earmark.

Engineer Dan Rush of FWH Engineering and township engineer Mark Rasiowicz of Center State Engineering both discussed the importance of a thorough study of the cedar creek basin from the Applegarth retention basins to the New Jersey Turnpike culvert. The study will show where the "pinch-points" are along the stream. They will be requesting Cedar Creek drainage study plans from the DEP for the Four Season's develop-

ment on Prospect Plains Road and the warehouse development next to the creek at Gavett and Prospect Plains Road.

Other more immediate measures were discussed included ways to reduce the level in the Applegarth basins, backflow preventers for storm drainage on Nautilus Court, trash racks for the drain at the rear of Sudbury way and finalizing the study of the Turnpike basin topographic study.

Treasurer John Craven, reported on the August 31, financial statements stating that as of August 31 the associations planned budget surplus stands at \$327,312 which is \$173,045 better than planned.

Resolution 2022-33 Resurfacing of Swimming Pool It has been 11 years since the last resurfacing of the pool. The board approved a resolution for Aquatic Services to resurface it in the spring utilizing reserve funds.

Resolution 2022-34 Authorization of NJ Bather Code, No Lifeguard Exemption for 55+ Communities in 2023. The Board of Governors authorized management to operate the pool under the New Jersey Bather Code exemption for 55+ communities without Lifeguards or guest for the 2023 pool season.

Resolution 2022-35 Amendment of Resolution 2022-13 Spa Renovation. The Board approved an Amendment of Resolution 2022-13 to charge the Capital Improvement Fund and not the RCAI Replacement Fund for this past spring's

reconstruction of the hot pool Spa as recommended by the Association's Auditor

Resolution 2022-36 Rossmoor Golf Fees. The Board approved an increase in Golf Membership Fees to help defray inflationary costs of maintaining the course effective January 1, 2023.

Resolution 2022-37 Proposed 2023 RCAI Budget. A first presentation of the draft RCAI FY2023 budget was presented by Treasurer John Craven. This is the RCAI's portion of resident's monthly carrying charges. The individual Mutual Association budgets are still a work in progress. The draft RCAI Budget currently calls for a 3.1% increase which equates to \$6.57 per manor per month. The final RCAI budget will be presented in the November meeting once the association receives final numbers on liability insurance.

Resolution 2022-38 Authorization to Renew the Insurance Plan for the RCAI Union and Non-Union Employees. The Board approved the Health Care Coverage renewal with Aetna for employees in FY 2023.

Directors' and Residents' Comments:

- A thank you to all Mutuals for donating to the Thanksgiving Dinners fund.
- A resident requested the Board meet with Comcast to negotiate a better rate on Internet service.
- Winter coats will be collected again this year. There will be a drop-off bin located in E&R and the hallway outside the Fitness Room in the Administration Building.
- A request for lights on the Pickleball court was also discussed.
- The President of the Players Club voiced appreciation for the great job done by Melissa and the E&R staff for this year's play. The staff was "unbelievable".

Bits & Pieces

By Sue Ortiz

It's time to "winterize" our homes. I recently had one of my younger cousins help me do just that to my house.

I have a two-story home, built in 1880-something, with a basement. This basement, although it has a small crawl-space section under the laundry room, is not creepy. Unless I haven't been down there in a while (I haven't), the spiders had free reign to spin their webs. A quick swish of a broom, or in this case, a leaf rake, cleared the way, and we were down.

Autumn and spring are the two main "up/down" times. Autumn is when the water line to the hose gets turned off, the hose is brought in, rakes and garden tools get cleaned and taken down, the back storm door's screens get switched out for glass panels. This door is over 60 years old, and still going strong. It takes a special person who understands how to do the semi-yearly switch, as the glass is heavy, and the framework is hard to work with. I really need to get one of those doors, like my front door, which stores the storm windows within itself. But that would lead to a new threshold, a new door frame, and probably a whole laundry room remodel. As I said, the house is old and settled. Next year, maybe.

We bring up the air conditioner cover. This is a large hand-made Styrofoam box, made by my uncle who, with my father, worked for BASF back in the day when the factory was located on South River-Cranbury Road. The factory made the hard Styrofoam beads, which would get heated and extruded into sheets of the famous, or infamous, white foam. Styrofoam was a craft supply staple in my house, and the beads became a bane to my mother's laundry days. Because of this, my Dad washed his own work clothes! Now, BASF is long-gone, as if it never existed, but the Styrofoam remains.

To assist the air conditioners, I have multiple fans. These always need a cleaning at the end of the season. It's a process to take them apart, and I always find a small spring and ball bearing on the floor after reassembly and put away. I save the bits and pieces for next year, although the fans seem to work fine without them. The fans are covered and taken

down to the basement where they stand like sentinels keeping watch on my furnace.

Speaking of which, I check the gauge on my in-basement oil tank. Oh, dear. It's down to one-quarter full. Better call for the first oil delivery of the season. It's gonna get cold any day now...

Speaking of getting cold, and old, it's also time to pull down the storm windows. It's a fingernail-chipping, swear-word-mumbling process. I have more than 15 windows to finesse the transition from summer to winter. The tracks have shifted along with the house through the years, and sometimes they don't want to budge. Then I must place removable caulking (my old favorite, "Mortite") to keep out the drafts. Add new windows to my wish list.

Even though, as I write this, it is still October, I bring up the dreaded snow shovels, because a few years back, it snowed on Halloween. However, my cousin lives around the block from me, and always helps me shovel out, but I must be prepared, just in case.

Six months from now, the whole process will be reversed. Bring up the rakes, the garden tools, fans, and hose. Take down the air conditioner cover. Turn on the water. Open the windows.

Spring...I can't wait!

B&P

"Expect to have hope re-kindled. Expect your prayers to be answered in wondrous ways. The dry seasons in life do not last. The spring rains will come again." – Sarah Ban Breathnach (American author, b 1947)

"Of all the seasons, winter is the most conducive to the great art of dormancy. This art requires an appreciation of semi-consciousness: the beautiful and necessary prelude to sleep - a special pleasure in itself that is all too often neglected, undervalued or looked down upon." – Michael Leunig (Australian cartoonist, b. 1945)

Our Website

Go to rcainj.com to access the Rossmoor website.

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



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

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

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

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Visit the Rossmoor website at www.rcainj.com

Open RCAI Meetings in November

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

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

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

Warm coats for the needy collection starts soon

By Alyce Owens

It's already November which means it's time again to go through your closets and pull out those warm coats and jackets that you no longer wear or need, and perhaps this year are willing to part with for a good cause. Why not donate them to the Warm Coats for The Needy collection sponsored by the Rossmoor Community

Church this year from Nov. 28 through Dec. 12.

Coats and jackets only, please!

And yes, you read that correctly — warm “coat or jacket” – not clothing. Please note this year the Community Church must limit its collection to winter coats and jackets only. It seems that due to the amazing generosity of the past few years, we have

overwhelmed the folks who collect and distribute this apparel to the needy.

In recent years in an effort to do good, but never dreaming of the possible consequences, we asked for warm “clothing,” not just coats and jackets. The community went a little overboard in its response. People began donating blouses, dresses, skirts, slacks, shirts and sweaters – even some summer items such as bathing suits and shorts.

You might say that surely the needy could use these things as well, but it became a matter of capacity. Your Grandmother's Cupboard and the local church to which we take these donations simply didn't have the space to handle all that we collected.

So this year we are concentrating on what's needed most in the winter, and requesting that you limit your donations to warm, gently used outerwear in all sizes –

(Continued on page 4)

Schools

(Continued from page 1)

Applegarth is a unique issue

The 1936 Applegarth building, previously known as Monroe School #2, is the most complex of the projects. Since Applegarth is under consideration for total renovation in a not-yet-offered school referendum being planned for next spring, it is expected that virtually all infrastructural devices will be replaced. Complicating the situation at Applegarth are several significant factors: natural gas is not available at the site, so an entire gas connection must be created; the existing underground oil tank servicing the heating system must be removed in accordance with Environmental Protection Agency regulations; potential remediation of the ground may be required if contamination is discovered during or following the tank removal and its supporting pipelines. The oldest oil burner supporting heating needs at the school was built in 1959 and is well past its expected lifetime. Of note is that it still functions (thanks to good maintenance). Other oil-burner equipment built the mid-1980s must also be replaced.

What do the numbers look like?

The current proposal offered by PSE&G is expected to cost \$4.417 million.

PSE&G has committed \$3.249 million as its incentive, with the School District cost to be \$1.167 million. The school district portion does not include the renovation component of Applegarth, so that portion of the proposal is the least costly. It is expected that monthly utility costs will decrease dramatically due to the increased efficiency of the new equipment and the reduced maintenance associated with these multiple devices.

How do we pay for it?

Replacing all of this expensive equipment will benefit our township in several ways: its efficiency makes the equipment more environmentally friendly, it will require less maintenance, and it will be less costly to operate, saving the district money. PSE&G is providing financing over a five-year period at zero (yes, “0”) percent interest, so the district's pay-back of our 25% cost share will increase our monthly utility bills, but will be significantly offset by the utility cost savings. We do not need to offer a capital expense referendum to move forward with this project, saving us legal and other professional fees

Pending final approval of the agreements, it is expected that work can begin sometime next spring. As more information is available, it will be reported in the Rossmoor News.

Rebates

(Continued from page 1)

the filing deadline is Dec. 30.

Benefits are expected to be paid out (checks or direct deposit) by next May, according to a Treasury Department spokesperson.

About two million taxpayers should receive benefits, in the average amount of \$971 for homeowners and about \$450 for tenants, all of whom must fall within certain gross income limits.

Completed applications can be filed by telephone at 877-658-2972. They can also be filed online at nj.gov/taxation. At that site, select *Property Tax Relief*, then *ANCHOR*.

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Rossmoor Resident Telephone Directory

CHANGES & DELETIONS ONLY

Please mail or bring this form to the
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128 Sussex Way, Monroe Twp., NJ 08831
with any changes or deletions to your name, address or telephone listing.

Information as it now appears:
PLEASE PRINT

NAME: _____

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PHONE: _____

Changes for the 2022 edition:

NAME: _____

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(1) PHONE OR (1) CELL: _____

All Changes must be received by DECEMBER 30, 2022

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

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

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10:00am | 2:00pm | 7:00pm

Monroe

Courtyard Marriot Cranbury South Brunswick | 420 Forsgate Drive
Wednesday, November 30th
10:00am | 2:00pm | 7:00pm

Princeton

Westin at Forrestal Village | 201 Village Blvd
Thursday, December 1st
10:00am | 2:00pm | 7:00pm

Most attendees choose to make an appointment at the end of the presentation,
so please bring your calendar with you.

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Spotlight on Sal Gurriero

By Rosemary Masella

Sal came to live at Rossmoor 16 years ago.

As a young fellow, he attended the Fashion Institute for four years of high school and two years of college, majoring in "draping" which is done when designing patterns for clothing.

Sal worked for Giorgio Armani before opening his own business making custom-designed bridal gowns.

He switched careers and for four years worked as a travel manager for J. J. Newberry Travel in New York City. Being an enterprising person, Sal soon started his own travel agency in New York, a high-end corporate travel agency that he ran for 37 years. He made travel arrangements for Diana Ross, Whitney Houston, Bobby Brown, Chaka Khan, and many other famous theater people.

When Sal moved to Rossmoor, he served as vice president of Mutual 3 for several years before moving to Mutual 12, where he again volunteered and was elected Mutual director. Sal has been president of Mutual 12 for the past six years. He was then elected to the RCI Executive Board, where he has served as vice president for

six years.

In the lively Italian-American Club, Sal was entertainment director for five years. He planned their numerous parties and other social events, always fun and well attended.

Sal volunteers at the food pantry run by Saint Peter's Church in Spotswood. When the Hurricane Henri flood caused us so much hardship in 2021, Sal and Greg Policastro were among the first to bring food and other supplies to harried victims in Rossmoor.

Sal and Greg volunteer to deliver our annual collection of warm coats for the needy to Your Grandmother's Cupboard, way down in Toms River. Some years, that can be an enormous job.

As if he didn't have enough to do, Sal joined the Mayor's



Sal Guerriero

Committee two years ago. He and other community representatives meet with Mayor Dalina four times a year to discuss issues that affect us all.

Some people turn out to be a blessing to their neighbors. Put Sal Gurriero on that list.

Soup for Seniors



By Rosemary Masella

Soup for Seniors is available to anyone who would like to have delicious hot soup delivered to his or her home twice a week. There is

no charge.

Call Nancy Kanitra Fichtelberg at 732-501-6773. She accepts donations of food or PayPal.

Warm coats

(Continued from page 3)

adults and children — as well as men's shoes and boots. Donations will be received between Nov. 28 and Dec. 12.

New drop-off location

In an effort to make it more convenient for everyone (and a shorter distance to carry those heavy bags of coats) this year the Big Red Box will be in the vestibule of the Clubhouse main entrance, just inside the front doors. Simply drive into the circle where you can unload your bags with just a few steps. Please remember to put all coats and jackets into plastic bags before depositing them in the Big Red Box.

Last year, due to Covid, we were forced to place the donation box outside the Fitness Center. Despite the area being somewhat protected from the elements, occasional blowing rain reached the box and some of the bags got wet. This year's location is dry and more convenient, but we still thank you for bagging everything you donate.

Big thanks for your help

The Community Church sincerely thanks all residents who contribute their gently used outerwear to this very worthwhile outreach, and especially appreciates the help of Sal

Gurriero and Greg Policastro for their devoted assistance in collecting your donations and delivering them to those who will distribute them to the needy.

This will be the 14th year the Community Church has sponsored this drive, and Your Grandmother's Cupboard, a caring, non-profit organization in Toms River, has been the recipient of our collection all but the first couple of years. Through their many distribution sites in New Jersey, Your Grandmother's Cupboard serves those who are living in poverty and struggling to survive — the homeless and unemployed as well as the underserved adults and children in our midst with special needs.

This is truly God's love at work and with the continued help of our generous Rossmoor residents, we hope to keep making the holidays a little happier and a lot warmer for those in need. And you'll feel better too, just knowing that you've helped others keep warm through the cold winter. To you it might just be an old jacket, but to the person receiving it, that coat or jacket will be a gift of love.

The Community Church extends sincere warm wishes and blessings to you and your families for a very happy, healthy Thanksgiving, Christmas, Hanukkah, and New Year.

* The Marvelous
Wonderettes *

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NOVEMBER 4 ~ 20, 2022

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and Sundays at 2 p.m.

DECEMBER 9 ~ 18, 2022

Fridays at 8 p.m.
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and Sundays at 2 p.m.

** Please note that our Sunday matinees are now at 2 p.m.

Playhouse 22

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Johnson & Johnson Museum

By Jean Houvener

Recently I was fortunate to visit the relatively new Johnson & Johnson Museum, something made possible by a member of my church. The museum has somewhat limited open times and access, but is well worth visiting.

The company was founded in 1886 by three brothers, Robert Wood Johnson, James Wood Johnson, and Edward Mead Johnson. While the founding was 21 years after the end of the Civil War, the brothers were profoundly impacted by the war in which their two oldest brothers fought, on the Union side as part of the Pennsylvania regiment. The three younger brothers were well aware of the terrible conditions on the battlefield for treating wounds, and particularly the lack of sanitary supplies.

Inspired by Dr. Joseph Lister and relying on Robert Wood Johnson's own early training in pharmacology, one of Johnson & Johnson's earliest products was mass-produced sterile dressings, particularly for military use. They also produced guides on how to use their products. While it was too late for the Civil War, its first major military use was in the Spanish American War in 1898. The company expanded to creating an entire military first aid kit of supplies needed on the

battlefield. They also mass-produced supplies and first aid kits for railroad workers and for home use. By World War I, they produced a wound irrigation system, originally created by a French surgeon and an English chemist.

The company was always forward looking, having originally formed to create a solution for a problem that others were not addressing. Fred Kilmer, father of the better known Joyce Kilmer, already had a legacy of seeking solutions when he joined the company in 1889. When he first came to New Brunswick in 1880, he noticed that the sewage system consisted of drainage from homes to gutters to creeks, leading to disease outbreaks. He crusaded for a better sewage system and helped develop modern sanitation.

Hired by Robert Wood as the chief science officer, he brought sanitizing theories to handbooks and encouraged the creation of antiseptic soaps and fumigators. He also hired more scientists, including Edith von Kuster, a bold move since women scientists were extremely rare and not welcomed by most businesses. Further, of the company's first 14 employees eight were women.

Between 1901 and 1903 during smallpox epidemics, Johnson & Johnson was one

of the first companies to bring vaccinations to all employees. During the 1918-1919 influenza outbreak which infected 500 million people, killing 50 million worldwide, the company adapted its surgical mask production to create epidemic masks.

In 1820 employee Earle Dickinson took two J&J products, gauze and surgical tape, to produce the first Band-aids. His new bride was prone to cutting herself

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Linda Bozowski

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Free Concerts at PNC

By Allan Kaufman

The Garden State Arts Foundation, based out of Woodbridge, sponsors the Senior Concert Series. There are usually two or three concerts in the spring and the same number in the summer. They take place in the afternoon at the PNC Arts Center in Holmdel.

There is no charge for admission or for parking. On Sept. 13, my wife Diane and I went with some friends to see "The Sounds of the '50s, '60s and '70s" with Vito Picone & the Elegants, The Vogues, and Harold Melvin's

Blue-

notes. Vito Picone is 81 years old and sounded great. The band worked their way

through a number of songs from the 50s and completed the set with their major hit, "Little Star."

The group, originally named the Val-Aires, formed in 1958 at Turtle Creek High School, in Turtle Creek, Pa., a suburb of Pittsburgh. The original lineup, composed of Bill Burkette, Don Miller, Hugh Geyer and Chuck Blasko, made it big with hits like "Five O'Clock World," "You're the One," and "Turn Around Look at Me."

The Vogues, the modern edition of the band is now composed of three singers, none from the original group. They are Troy Elich, Royce Taylor, and Bo Wagner. Elich began his singing career with the original Vogues along with original member, his dad, Stan Elich. While they were not the original Vogues in voice, they were a very good replica with strong harmonizing.



The Vogues

(The last group on stage was the group's cover band. Harold Melville passed away, as did lead singer Teddy Pendergrass, a number of years ago. Now led by lead singer, Donnell "Big Daddy" Gillespie, the band sounds and performs, if you close your eyes for a second, just like the original band. Gillespie sounds so much like Pendergrass it is eerie.

For just over two hours, with close to 10,000 seniors, it was a great way to end the day.

NJ 07095. Their website is www.gsafoundation.org and phone number is 732-442-9200.



Harold Melvin's Bluenotes

To be placed on the mailing list to receive information on the 2023 concert series, drop a note to: The Garden State Arts Foundation, Post Office Box 5013, Woodbridge,

Skits

By Ken Thomas

My advice to anyone and my personal motto is "make it fun," humor included. With family and friends, I have often roasted or toasted them during celebrations. For events or experiences, I have commented or provided paragraphs to get a grin. Holidays provide multiple hours of laughs. Writing the words provides personal satisfaction, but a skit is dessert, apple pie with a scoop of ice cream.

Generally, a skit is a short, informal comedy sketch intended to educate, illustrate, embarrass or entertain. Any of these results fit in the "make it fun" category. Dialog, characters and skit setting cannot change in some traditional skits, but others with varying ad-libs, punch lines or as a mime contribute to a successful performance also.

"Entertain me" is also a part of my motto. Think of a skit as a mini roast, toast, comedy sketch or commentary with action. Oscars and Emmy winners are welcome to perform.

An example of a simple skit that has been performed many times is the "Sit Skit." Many skits are repeated. Each new character, ad-lib, action or attempt at humor will be performed with some differences. No skit is exactly the same as a previous skit.

The skit does not require much dialog. Person #1 enters, looks around, then bends his knees into a sitting position as if on a bench. Person #2 enters and stares at person #1, who says, "Have a seat." Not to be considered mute or blind, person #2 bends his knees in a sitting position next to person #1. A third or fourth person enters and assumes the sitting position in the line on the invisible bench. The last person stands before the sitters shaking his head. He says the punch line, "I moved the bench over there!" All the sitters fall down off their bench warmers. End of skit.

Never, never, never be the third person in a skit. A teenager with a towel wrapped around his head entered our campfire area with his assistant. The assistant introduced the mystic, a wise and mystical figure who could tell the future. Actually, the only mystic power was laughter. The assistant asked for a volunteer from our audience. He said, "Give me your left shoe," handing it to the mystic. He closely examined the shoe, sniffed inside and raised it toward the moon chanting mystical words. The mystic returned the shoe saying, "It will be difficult to buy shoes for your big feet."

A second volunteer is called. "Give me your right shoe." Again, the mystic carefully examine the shoe, sniffed inside and raised the shoe toward the moon exaggerating each move. He said, "Use a foot deodorant imme-

(Continued on page 7)

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Prinsengracht 263

By Allan Kaufman
Yit-ga-dal ve-yit-ka-das..., is the start of the Jewish Mourner's Kaddash, the prayer that I started chanting, in a low voice, while on the third level of the house at Prinsengracht 263.
This past August, my wife Diane and I were fortunate to complete our European vacation in the city of Amsterdam. We had scheduled a few tours but none as important as the one that would take us to Prinsengracht 263, Anne Frank's Huis (House). It was an appropriate place to offer prayers for Anne and her family. It was also very emotional to be in the same

J&J Museum

(Continued from page 5)
in the kitchen and he saw the need for a way for her to cover the wound by herself. He took the tape and put a strip of the gauze down the middle, and the band-aid was born. It has been much revised, since, but when he showed it to his boss and his boss showed it to his boss, Robert Wood Johnson, the new product was enthusiastically received.

More recently the company is working on solutions for drug-resistant tuberculosis, for Ebola, and for COVID-19.

In 1943 Robert Wood Johnson II formalized his Credo for the company: First responsibility is to those who use the products – patients, doctors, nurses, parents; second responsibility is to the employees; third responsibility is to the community at large; and fourth is to shareholders. This is a Credo that has returned to popularity as the doctrine of shareholder value only has proven to be problematic for all concerned. The company has shown this Credo in many ways, including the numerous ways in which it has served the community, not just locally, but globally.

The museum is installed in the original pump house, which created the electricity from water-power courtesy of the Raritan River, which then drove the factories in both New Brunswick and Highland Park. While the turbines are no longer there, pictures enable you to envision how they would have powered the company.

Skits

(Continued from page 6)
diately or your friends will die.”
The assistant called my name as the third volunteer from the audience. He asked for my left and right shoe. One more time, the mystic examined each shoe, sniffed them and raised them toward the moon. The mystic said, “You are going on a long journey” and threw my shoes into the darkness around the campfire. Words can be inadequate in a skit. End of another skit.

house where she lived before she was arrested.
Anne was born in Frankfurt, Germany in 1934. When she was four and a half her family moved to Amsterdam, Netherlands, after Adolf Hitler and the Nazi party gained control over Germany. By May 1940, the Franks were trapped in Amsterdam by the German occupation of the Netherlands. In July 1942, they went into hiding in concealed rooms behind the bookcase in the building



The Frank's house

where Anne's father Otto worked.
We climbed the steps, getting to the level of where the bookcase concealed the living quarters of Anne, her family, and a few others. They lived day-to-day with the fear that they would be discovered and sent to the camps. Anne spent her days writing in a diary her father gave her. She would not allow her father to read her writings. Some of them were too personal for his eyes. Anne, all of 13 years of age, wrote about becoming a woman, her sexuality, her life



#263

in the small room, and her first kiss to one of the men living in the house, in addition to other subjects.
The family stayed in hiding until their arrest in 1944, after which the Franks were transported to concentration camps. In November 1944, Anne and her sister Margot were transferred from Auschwitz to the Bergan-Belsen concentration camp. Both Anne and her sister died at the end of March 1945 due to typhus.
It is tragic for Anne and her sister, and I'm sure many others, that they died some two months before Germany surrendered.
Otto, the only survivor of the Frank family, returned to Amsterdam after the war only to find that Anne's diary had been saved by his secretary. At first, Otto could not bear to read Anne's texts. “I don't have the strength to read them,” he wrote to his mother on Aug. 22, 1945. A month later, he had changed his mind and could not put them away.
Otto had always thought

he had a fair idea of what went on inside Anne's head. But when he read her texts, he realized that this had not been the case. In an interview in 1970, Otto said, “the Anne that appeared before me was very different from the daughter I had lost. I had no idea of the depth of her thoughts and feelings.”
Otto allowed his relatives and friends to read Anne's writings. They all felt that the texts were “an important human document, that should not be kept by Otto alone.” Otto had friends, Jan and Annie Romein, both historians, who helped Otto find a publisher. The book was published in 1947, just over five years after Anne's 13th birthday. Anne, herself, had come up with the title, “The Secret Annex.” The book has been published in over 70 languages.
While the visit to Prinsengracht 263 was the highlight of our trip to Amsterdam, we had a great experience, starting as soon as we stepped off the plane. We

(Continued on page 9)

Why There's STRENGTH in Cancer Screenings.

As a lifelong weightlifter, Michael has always made his health a priority. As Michael aged, that included getting his annual PSA screening for prostate cancer.

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Some recent “sky events”

By Anne Rotholz

Since its launch on Dec. 25, 2021, the James Webb Telescope has constantly surprised the world with unexpected discoveries. An infrared observatory, Webb is orbiting the sun about one million miles from our earth. Webb’s massive mirror can see faint, distant galaxies and so enhance our understanding of the origin of the universe.

Here are some findings shared by NASA

- Webb’s Deep Field shows sharp ultra- deep views of the universe and clusters of galaxies (“deep field Image” is a term used in astronomy to show an image of a portion of the sky taken with a very long exposure time in order to detect and study faint objects).
- A dazzling Spiral Galaxy has been captured in unprecedented detail. The Galaxy is located 29 million light years away from earth

and is about one third the size of our own Galaxy, The Milky Way.

- The Southern Ring planetary nebulae. Astronomers could not see this before. They found that these nebulae were shells of gas and dust left by dying stars. It was a kind of Star Cemetery.
- A stunning view of a collection of five galaxies never seen before called Stephan’s Quintet.
- Images of the solar system showing Jupiter with some of its moons and rings, its great red spot, and the bands in the atmosphere of the planet.
- In looking at the first galaxies that were formed in the early universe, scientists got a surprise! They found that it had 10 times more galaxies than they were aware of.
- Webb trailed an asteroid for the first time, showing that it can keep a watch on solar system objects as

well as objects in distant galaxies.

- Webb has many more surprises in store for us. Look for them in the daily news or by staying in touch with NASA reports.

DART

Astronomers and scientists have long been worried about the possibility that a crash could one day occur between the earth and one of the many asteroids that move around in its atmosphere. With this in mind, they set out to find a way to prevent such a catastrophe.

NASA’s Planetary Defense system has been working on the problem. It set up a planetary defense test, DART (Double Action Redirection Test), to try out a possible solution.

On Nov. 24, 2021, a spacecraft left Vandenberg Air Base in California on a 10-month journey. Its mission was to crash into a small moonlet, Dimorphos (530-foot diameter) in orbit around the asteroid Didymos (2,560-foot diameter).

The impact on Sept. 26 ,2022 was a success. As a result of the crash the orbit of Dimorphos was shortened by 1% or almost 10 minutes.

The Queen and I

By Carol De Haan

The slings and arrows of outrageous fortune will invade every life, some more, some less. Like Hamlet, I pondered how to respond. Having been an only child and therefore devoid of retaliation skills, I’d lapse into inept fantasies of vengeance: “This one needs a kick in the shins,” or “That one wants a bloody nose.” But since time diffuses all, life would soon slide back into its safe old routines, injustices forgotten.

But all the while, my eye was on a role model some years older than myself: Princess, then Queen Elizabeth. She was in every newspaper and magazine.

Elizabeth was barely out of her teens when the massive weight of the Commonwealth fell on her. She had no easy

While a complete study of the data has yet to come, these numbers are considered very significant by NASA.

time of it. There seemed to be a target painted on her back from the frequent brickbats that came her way, especially from the tabloid press. One curmudgeon named Malcolm Muggeridge loudly berated the young Queen for her pronunciation and for the tone of her voice. (He probably needed those black-and-blue shins.) I was indignant for her sake, and by inference, mine.

But life took me elsewhere: a house full of kids, dogs, a cat, elderly parents, and a yard full of weeds. Years passed before I came up for air.

At that point it was obvious that the Queen had managed quite well without me. She had gone through life ignoring the nattering nabobs of negativism, treating people with kindness, and smiling a lot.

Seventy years of her good will were not lost on the British people: at her recent death, they gave her a magnificent funeral the likes of which the world might never before have seen. Would the Pharaoh Ramses or Alexander the Great have been envious?

So, what is the message, since it’s clear that graciousness resonates with people? Should I quash those satisfying fantasies of payback for transgressions? Maybe let those no-good-nicks get away with it? The Queen did, for years on end.

A famous American, once called out for having misspoken, excused himself with “the Lord isn’t finished with me yet.” What a comforting thought that it might be the Lord’s responsibility to clean up my act, but if so, given my age, He might want to speed it up a bit.

Jewish War Veterans Post 609

By Charles Koppelman

The Monroe Township Jewish War Veterans Post



609 is collecting United States and foreign stamps, both on and off envelopes.

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We celebrate Veterans Day

By Allan Kaufman

At the 11th hour on the 11th day of the 11th month of 1918, the Great War ends. At 5 a.m. that morning, Germany, bereft of manpower and supplies and faced with imminent invasion, signed an armistice agreement with the Allies in a railroad car outside Compiègne, France. The day became known as "Armistice Day."

World War I took the lives of more than 9 million soldiers; 21 million more were wounded. Civilian casualties numbered close to 10 million. The two nations most affected were Germany and France, each of which sent some 80 percent of their male populations between the ages of 15 and 49 into battle.

It took Congress until 1938 to make Armistice Day a legal holiday and until 1954 for the word "Veteran" to replace the word "Armistice" with Nov. 11 being called Veterans Day. We honor all the veterans at Rossmoor at their Nov. 15 breakfast.

My dad, Morris Kaufman was inducted into active service in the Air Force on July 23, 1943, three months after his 18th birthday and one month after graduating high school. The Army kept him stationed in the United States for close to two years. During that time, he was trained at a clerical school at Fort Logan, just outside of Denver. Then, as a teletype operator at Chanute Air Force Base in Rantoul, Ill.

He stayed in the United States until March 20, 1945 when he was shipped to Paris, arriving by boat, some two weeks later on April 3, 1945. By all accounts my dad did not see any action as the American troops had taken back the city in August the previous year. Additionally, he arrived five weeks before VE-Day. But the time he spent was very productive as he found time to be with his twin brother Harry and their older brother Lou pictured by the Eiffel Tower. All I know is that my father's oldest brother is in the middle. There is no way for me to tell on which side of the picture my dad is standing.

My dad was discharged on Feb. 12, 1946. It appears as though he returned to the states on Sept. 14, 1945 and stayed at Fort Dix, for 10 months before he was separated from the service on Feb. 12, 1946. He was discharged with the rank of Corporal. Mustering out he received \$300.

I'm sorry I never asked him about his service time before he passed away, as he could have told me about the time he spent with his brothers and his time in Paris. My dad and his brother were 20 years old and his older brother was 26 when this picture was taken.

My dad was just a regular

soldier, as was his twin brother. Their older brother was a war correspondent/photographer, who happened to travel with General George Patton, at times. They were like the millions of others who stepped up to the plate during that war and all subsequent wars and conflicts, wherever that takes our men and women.

Let's take a minute to say thank you to a veteran you come across. And it doesn't have to be only on Nov. 11. May God bless and watch over our veterans and those men and women now serving our country.



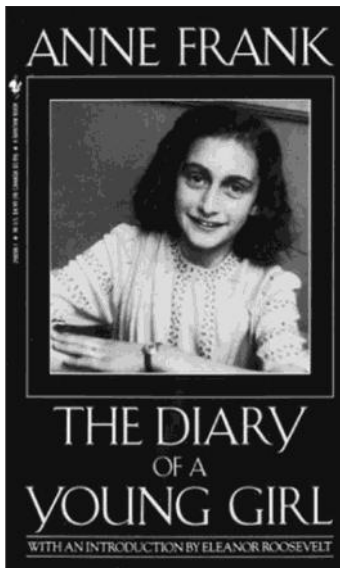
Morris Kaufman with his twin, Harry and older brother Lou (center)

Prinsengracht

(Continued from page 7)

stepped into Gay Pride week, filling the cafes and coffee houses with thousands of visitors and a great Gay Pride parade. We also took a cruise around the city, a walking tour of the Jewish Quarter and of course, the required visit to the Red-Light District.

Enjoy Amsterdam and its lively nightlife, but make sure you set aside some time to visit the *huis* where a 13-year-old girl will tear at all your emotions.



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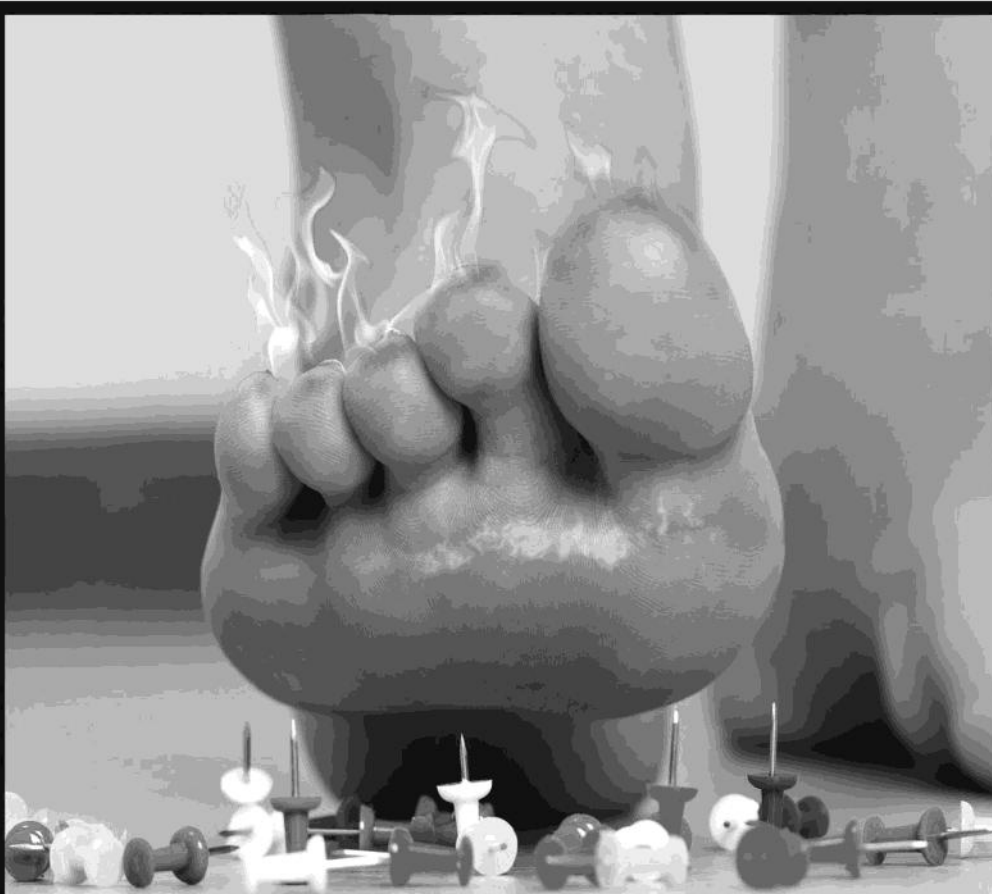
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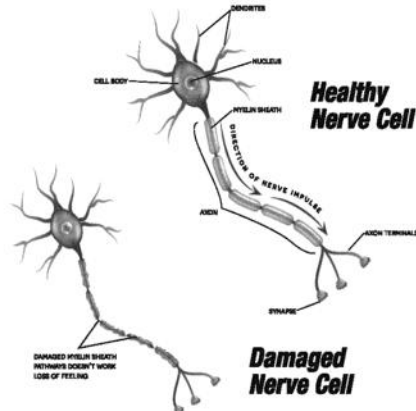
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HOW DO YOU KNOW IF YOU HAVE NERVE DAMAGE?

Peripheral neuropathy is the consequence of damage to your peripheral nerves. There are over 100 different kinds of peripheral nerve disorders or neuropathies – some are the result of a disease like diabetes, while others can be triggered by a viral infection. Still others are the result of an injury or compression on the nerves. No matter where the problems begin, it is imperative nerve disorders are resolved as soon as possible to prevent permanent damage. Many people suffer with pain for years, not realizing that their symptoms may be due to Peripheral Neuropathy. Symptoms start gradually, then get worse, including numbness, burning or tingling sensations and sharp, electrical-like pain. Treatment options have been limited to a small assortment of pain medications, which can lead to further issues. Ignoring the problem or masking the symptoms has never been a viable solution. If you suffer from any of the aforementioned symptoms, we can help.



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This month in pictures

Dance Club celebrates its 38TH anniversary



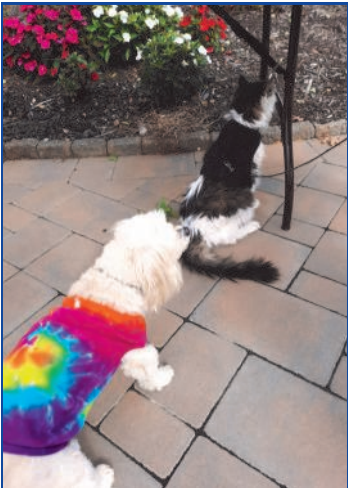
Above and below: the dancers.



The Dance Club celebrated its 38TH anniversary, complete with a cake.



Blessing of the Animals at the Meeting House



This Is Tough - Part Nine

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

Well, the month of September turned out to be a big distraction for reviewing, revising and editing the infamous novel that serves as the basis of my "lack of publishing" frustration. The co-author, D. F. Miller sort of knew I was taken aback when he heard of my appearance in a Rossmoor original musical comedy titled, "What's Next" that delivered three back-to-back-to-back performances from Sept. 29 thru Oct. 1.

I have yet to let my co-author in on this happening, and now that it has passed into legend and lore, I may indeed tell him all about the

many, many rehearsals and shows. I must say I didn't dwell on the book at all during September, as I was enthralled with meeting so many talented people who grace our part of the world. I hope I didn't disappoint the fans out there.

(Ed. Note: This publication as well as Rossmoor itself does not support or even refer to the writer's predilection as presented for as everyone knows, Mr. McMahon did not arrive with any fans or folks who even follow him. This of course does not include Sandy, his dog, who is held captive in his house and sort of has to follow him

around.)

Yes, I now have a chance possibly to let down a whole bunch of people who have followed this series of articles since their arrival in the March 2022 issue. Not unlike TV shows such as "Peyton Place," "As the World Turns," or "All My Children," I know that several of you have been on the edge of your seats awaiting the big news that a publisher expressed interest in actually printing and delivering this next great American novel to the American people. My heartfelt sympathy goes out to those who unfortunately fell off of their seats when they leaned too far. I have heard everyone who suffered that accident has completely recovered, and those folks have come over to the "I hate McMahon" side! Oh, well.

So, what happens next? For the curious, I must get on my editing horse, fulfill the early promise made years ago that this _____ book would publish, and please all of you who have stuck it out. (Feel free to fill in the blank in front of the word "book.")

Okay, so in October (this promise will appear in November as the paper is published on the first of the month following the submitted entries) the content of the

next report will change to reflect an actual progress report and steps taken to come closer to the publishing step in this amazing voyage.

Speaking of voyages, I really believe that cruise

lines should be interested in booking a traveling cast and crew for "What's Next." If that happens, I will have yet another alibi why I didn't do what I promised all of you I would do.

(s)milestones



Party time in Mutual 8

Luis Muniz and family recently celebrated the 15th birthday of their little best friend, "Pepita," the short-haired Chihuahua. In human years, she would be 91. Pepita's mother was the

Muniz family pet, so Pepita has lived every day of her life with them.

From left, are Luis Muniz holding the birthday pooch, his wife Gladys, son David and his wife Cynthia. In front, holding birthday presents, are grandchildren Christopher and Leah.

Luis tells us that Pepita likes walks, loves to ride in cars, barks at everything that moves, and has become quite the neighborhood fashionista with her numerous outfits. Lucky little doggie with such a loving family.



Sidna Mitchell, left, and Kaitlyn Spina. Kaitlyn, granddaughter of residents Joan and John Mischak, joined Rossmoor's Sidna Mitchell at the University of Mississippi School of Journalism's Overby Center. In September, Sidna was a panelist recalling the days when Ole Miss was integrated, 60 years ago. Kaitlyn asked Sidna to sign the book, "James Meredith Breaking the Barrier," to which Sidna contributed a chapter.

Veterans, We Need You!

By Joe Salzano

The Veterans Group extends an invitation to all residents who served in the United States Military to attend our meetings every second Tuesday of the month at 10 am in the Ballroom of the clubhouse. Information is available on channel 26.

Our group consists of World War II, Korean and Vietnam Veterans. Anyone who served is welcome whether or not you served during combat.

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Clubs and Organizations

Emerald Society presents "The Sting" on its 50th anniversary

By Erin Medlicott

On Wednesday, Nov. 2, at 2 p.m., the Emerald Society will present "The Sting" in celebration of the film's 50th anniversary. "The Sting" is a story about Irish gangsters from Chicago and New York that takes place in 1936. Following the murder of a mutual friend, aspiring con man Johnny Hooker (Robert Redford) teams up with an old pro, Henry Gondorff (Paul Newman) to take revenge on the ruthless crime boss responsible, Doyle Lonnegan (Robert Shaw).

When it debuted "The Sting" became the fourth largest-ever money-making film up to that time. The screenplay was inspired by real-life cons Fred and Charley Gondorff and documented by David Maurer in

his 1940 book, "The Big Con."

Soundtrack music selections from Marvin Hamlisch will be played before the film starts, and also during the ten-minute intermission midway through the film. Hamlisch won an Oscar for Best Original Song, "The Sting." In addition, the movie won Best Picture, and George Roy Hill won an Oscar for Best Director.

Fun Fact: Robert Shaw's limp wasn't in the script. He had slipped on a handball court in Los Angeles just a week before filming and damaged his knee pretty badly. That left him wearing a knee brace that could, very fortunately, remain out of sight under 1930s-style pants. Shaw was really limping throughout the film.

Admission is free for Emerald Society paid members;

other residents may attend for \$2. Movie style snacks will be served: popcorn, soda, candy, and of course, we won't forget the coffee. See you then!

Italian American Club

By Tony Cardello

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

We thank all the members who attended the Catholic mass offered for our deceased members on Oct. 13 in the Meeting House.

The next membership meeting will be held on Nov. 16 in the Ballroom at 7 p.m. At this meeting there will be nominations for officers for the coming year.



New Neighbors

By Christina Smith
Resident Services Manager

Stephen and Linda Bonura, 721A Mount Vernon Road, formerly of N. Brunswick, N.J.

Edward Johnson, 286C Sunset Circle, formerly of Highland, N.J.

Maria Cruz, 330A Nantucket Lane, formerly of Palm Coast, Fla.

Michael and Ellen Ciacciarelli, 703B Old Nassau Road, formerly of Howell, N.J.

Susanna Castro, 60-O Old Nassau Road, formerly of Cranbury, N.J.

Kathleen McGuire, 112A Glenwood Lane, formerly of Trenton, N.J.

Carol Favor, 49P Old Nassau Road, formerly of Matawan, N.J.

Judith Siedman, 444B New Haven Way, formerly of Budd Lake, N.J.

Edward and Isabel Ramirez, 15D Old Nassau Road, formerly of New York, N.Y.

Susan and Gregory Gallo, 32N Old Nassau Road, formerly of Newport Beach, Calif.

Keith Treich and Susan Branstner, 289A Sudbury Lane, formerly of Metuchen, N.J.

Eva Foster, 338B Narragansett Lane, formerly of Iselin, N.J.

Lin Feng and Xiu Fang Liu, 32-O Old Nassau Road, formerly of Flushing, N.Y.

Mirna Echevarria, 95P Gloucester Way, formerly of South River, N.J.

Christine Gray and Patricia Wentworth, 231C Marblehead Lane, of W. New York, N.J.

Thomas Williams, 166C Portland Lane, formerly of Somerset, N.J.

CULINARY CORNER

By Sidna Mitchell

Trip to Mississippi and a Pot Roast

After several days of events for the 60th anniversary of the integration of Ole Miss, I returned home exhausted -- it was a stressful and emotional trip. Since there was no direct flight into Memphis, Tenn., I booked a flight to Nashville and drove three hours to our family homestead in northeast Mississippi to visit my cousins Al and Martha Jo.

The next day I was off to Germantown, Tenn., to see my brother and to Memphis for a book signing of "James Meredith: Breaking the Barrier." I didn't write the book; I contributed a chapter about my experience as editor of the Daily Mississippian, the student newspaper, when James Meredith integrated the university and a deadly riot broke out. Shotsie, my best friend from college and president of Kappa Kappa Gamma, our sorority, drove down from Missouri for the book signing event and to take me out for a wonderful barbeque dinner.

Then I drove down to Oxford, home of the University of Mississippi, to be on a panel at the journalism school, discussing the events of 60 years ago. Among the more than 200 attendees at the Overby Center for Southern Journalism and Politics was the granddaughter of Rossmoor residents Joan and John Mischak. A dinner with other speakers and university officials followed.

The next day I had a chance for a delightful visit with the almost 100-year-old mother of a former journalism school dean. That night

was a huge event honoring James Meredith and bestowing numerous honors on him. The recognitions included the director of the U.S. Marshals Service making Meredith an honoring marshal.

Previously, I had been interviewed by the BBC, the Mississippi Public Broadcasting, a Memphis television station and with a couple of newspaper reporters.

At 5 the next morning, I checked out of the Inn at Ole Miss and drove the four plus hours to Nashville to fly back to Newark. Did I mention that I was totally exhausted by the time I got home that evening?

As I checked all those emails I hadn't had time to read, there was one from Southern Living about the Mississippi pot roast. How appropriate I thought. Years ago, one of my Mississippi cousins who had spent most of her adult life in Missouri insisted I try this easy recipe. Since Ellen and her husband raised Black Angus cattle on their ranch, she was always looking for beef recipes.

Mississippi Roast

- Put chuck or rump roast in crockpot. Do not add water.
- Sprinkle with dry ranch dressing mix and then sprinkle with dry au jus dry mix.
- Put a stick of butter on top.
- Surround with pepperoni peppers.
- Cook on low for seven to eight hours.
- DO NOT ADD WATER.

When ready to serve, remove from crockpot and serve with boiled or mashed potatoes and a tossed salad.

This really is easy and very delicious.

The Players

What's Next?

By Sue Archambault

The Rossmoor Players performed Jim Wilson's original musical comedy "What's Next" to enthusiastic audi-

ences on Sept. 29, 30, and Oct. 1.

The Rossmoor Players monthly meeting will take place on Monday, Nov. 28, in the Gallery at 7 p.m. We will be treated to the live re-

cording of "Hello Dolly" starring our own Joe Conti when it was performed by Plays in the Park in Edison, N.J.



The cast of the latest play by Jim Wilson *What's Next I*



Join us on Sunday, Nov. 20 – RMA Concert date change

By Linda Bozowski

The Rossmoor Music Association will be presenting a program featuring the Virtuosi Quintet on Sunday, Nov.

20, at 7:30 p.m. A blend of sounds from flute, bassoon, oboe, clarinet and French horn offers a wonderful mix of sounds, as the musicians

present pieces composed from the 16th to 20th centuries. The Quintet has entertained audiences all around the country with its lively mix of baroque to contemporary pieces.

Four additional programs are scheduled for this series year. All performances will be presented at the Meeting House on Friday evenings, beginning at 7:30 p.m.

- Dec. 9, Princeton Pro Musica Chamber Chorus will present a holiday concert
- April 21, 2023, Mezzo-soprano Natalie Megules will offer an array of jazz and Broadway pieces
- May 19, 2023, All Seasons Chamber players will offer an instruments-only mix of lively pieces
- June 16, 2023, Ivory & Gold® returns, with flutist/singer Anne Barnhart and pianist/singer Jeff Barnhart, who will surprise us with a mix of instrumental and vocal delights

RMA season subscribers may present their ID cards, and individuals who wish to enjoy the entertainment may purchase their tickets before the program at a cost of \$15. Subscriptions for the season will also be available for purchase before the program at a cost of \$60.

At this time, we will be encouraging but not be requiring masks, in accordance with CDC safety guidelines.

Chinese buffet to be served at the last dance of the year

By Judy Perkus

DJ Peter Lieberman will provide the music and the Rossmoor Dance Club will provide a Chinese buffet; so, come alone or bring your friends to the last dance of the year. We'll be dining and dancing in the Ballroom on Saturday, Nov. 21, at 6:30 p.m. In addition to the buffet, we will have dessert (sugar-free available), coffee, tea and soda.

Join in on the fun. Send your \$18 per member, \$20 per non-member check made out to

the Rossmoor Dance Club to Armen DeVivo at 449B Roxbury Lane. All Rossmoorites – singles and couples – welcome.

We were not able to have a sit-down dinner in September, but we did enjoy a yummy anniversary cake, as well as learning a new line-dance.

You may send your 2023 Dance Club dues of \$20 per couple, \$10.00 per person to Armen.

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



Dance Club officers are, from left, Treasurer Lucille Ricci, Vice President Lili Sakowski, President Armen DeVivo, and Secretary Judy Perkus.

Photo by Ronni Levine

Last Dance of the Year and Chinese Buffet — November 26

Name: _____

Phone #: _____

Address: _____

Sugar Free Desserts: _____

RESERVATION DEADLINE: November 17

Please send your \$18 per member, \$20 per non-member check made out to the Rossmoor Dance Club to:
Armen DeVivo at 449B
Roxbury Lane. 609-655-2175



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Veterans Group

By Alex Monaco

On Tuesday, Sept. 13, our Veterans group had its monthly meeting with an interesting presentation given by Doug Martin about the Riverine Operations in Vietnam. Doug served as a skipper selected to run a Fast Boat operating off shore and on the various rivers and bays of Vietnam during the war.

A number of the members spoke about their tours as

well, identifying areas where they served on the map Doug presented, along with a slide show of pictures taken during his tour.

In addition, the Honor and Remember Room provided by E&R was revealed to the Veterans group. This room contains mementos of our Veterans' service. A retired Honor and Remember Flag is on display along with a plaque memorializing all our Veterans who have passed since the group was formed. Another plaque recognizing the efforts of the groups founding leaders Denny O'Malley and Dan McOlvin



The Honor and Remember alcove

Rossmoor Computer Club



Computer President Steve Gray introduces Guest Speaker Tom Smith at the Club Meeting I



**Plaques of remembrance
top: Honoring the founders
of the Veterans Group
Denny O'Malley and Dan
McOlvin**

was presented as a surprise to both parties. The room is a work in progress with more plaques and pictures to come.

Next time you are in the Clubhouse, drop by and visit the Honor and Remember Room. It is diagonally across from the E&R Office.

Mutual News

Mutual 1 news

By Dale Ralston

The Sept. 9 open directors' meeting had a better turn-out than in previous meetings. It was good to see many new residents and, of course, many of the regular faces we see at all our meetings.

There were many issues discussed: fogged windows, the buildings being completed, landscaping, and trees were the main topics of conversation. All fogged windows will be scheduled and completed in 2023. The 91 Building will start roofing/siding/doors in February, 2023, weather permitting.

This leaves two buildings yet to be completed, the 73 and the 80 buildings. There are two buildings to just have siding/doors completed, the 85 and the 83 buildings. Once the buildings are completed, many other areas such as carports, concrete work, and pavement, will be placed on the schedule as well. Your maintenance fee is applied to all expenses in the Mutual.

Paulette Mascia addressed the RCAI electric program, which is now through JCP&L directly for the cheapest rates. She also stated to be careful of the electric and other scams that are happening throughout the community. Especially do not sign on with a different electric company from the one we are using now (JCP&L). Other rates may be cheaper

(Continued on page 15)

Friendly reminder

- Pets must be leashed at all times
- Pets must be kept within 3 feet from any walk or curb
- Pet Owners must clean up after their pets

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

Mutual News

Mutual 1 news

(Continued from page 14)

for the first month but later you could be paying a lot more. Be wise and careful. Never talk on the phone to a caller you don't know. Hang up immediately. Social Security or the IRS will never call you on the telephone.

Mascia also explained about the assistance a resident could receive toward their electric bill. Residents should go to the Monroe Township Tax Office or to the Monroe Senior Center to inquire about this allowance on their electric bills.

Mutual One's Budget Meeting is set for Nov. 9 at 10 a.m. in the Ballroom. Light refreshments will be served. We hope everyone will attend.

This budget meeting will state what the increase will be for the next year and what your maintenance fee is applied to in the Mutual.

Looking forward to seeing you then. Have a wonderful fall season.

Any questions, call

Paulette Mascia, president, 609-860-1183; Deirdre Thomson, vice president, 732-757-5190; or Dale Ralston secretary/treasurer, 609-655-7587, between hours of 9 a.m. and 5 p.m. Any emergencies, call 911. Any manor backups or issues after 5 p.m. or on the weekends, call the security North Gate for assistance, 609-655-1868. Security will reach someone to help you.

**Thank you
Your Board of Directors**

Mutual 2 news

By Rosemary Masella

Mutual lawns were edged by High Tech. Front doors are being painted. We will replace trees that were cut down. Five new residents will be moving in.

We have a busy month. If you know of anyone who will be alone on Thanksgiving, the Italian American Club will resume delivering Thanksgiving dinners to anyone who wants them. Call Sal Gurriero, 732-803-9857.



This bench was dedicated to the memory of Muriel Calvanelli. People came to the dedication in the rain to honor Muriel.

Mutual 12 news

By Linda Monaco

On Oct. 1, family and friends of Muriel Calvanelli gathered on the corner of Old Nassau Rd and Winchester Drive to dedicate the corner bench to a person who has enriched the Rossmoor community with her knowledge, experience, caring, and love of life. Muriel and her husband, Joe (deceased) moved to Rossmoor on June 1999. Muriel served on the Board of Governors, Executive Board, and Financial Board, as an active Italian American Club member, and as Director/Treasurer of Mutual 12 for 15+ years. She will be missed.



Mutual 10 news

By Judie Sforza

Great turnout in September! See you again this month.

On the evening of Sept. 9, Mutual 10 held its first nighttime meeting in the Clubhouse Cedar Room. Instead of the usual eight or nine people who come to the open meetings, this one was attended by over 40 residents, close to the numbers we typically get for the Annual and Budget Meetings. The format was both business and pleasure.

We began first with an opportunity for any of the attendees to introduce themselves, speak about their professional lives, where they came from before Rossmoor, why they wound up here, and any other anecdotal stories they wished to share. There was a very positive response to this exchange which gave everyone a new awareness of who our neighbors really are as real people, not mere addresses.

The conversations continued for a good while, as refreshments were provided after the meeting. The overwhelming response from the residents was to "do this again," so we have forwarded a request to E&R for an evening meeting on the calendar of Mutual 10 meetings for 2023. Once confirmed, all four meeting dates and times will be published.

Our next meeting will be held this month at 2 p.m. on Nov. 16 in the Clubhouse Gallery. Prior to the meeting, you will have received by mail a packet of information with an Agenda and proposed Mutual Budget for 2023. This very important meeting will afford an opportunity to ask any questions regarding Mutual plans for

the future, as well as provide some information regarding the proposed RCAI budget for 2023, to be approved by the Board of Governors later in November. We hope to see you all there.

Mutual 16 news

By Russell Howard, Director

- **Emergency Contacts Needed** – We ask all residents of Mutual 16 to supply us with an emergency contact – Relationship/Name/Phone so that we may better serve our Mutual when an emergency arises for an individual resident as needed. You may reach out to Russ Howard by email or phone 732-890-6601.
- **Patio Amendment Vote and Meeting** -- Mutual 16 Directors want to let you know that the Amendment permitting patios was approved. Each unit owner can now claim 120 sq. ft., adjacent to the sunroom doors, as Limited Common Property and install a patio should they want one. Forms need to be submitted for each patio, so please check with your directors before you proceed.
- **Mutual 16 Book Club Announcement** - Love to read? Join our Mutual 16 Book Club. We are planning to start our own Mutual 16 book club. We plan a monthly or bi-monthly reading selection and discussion. If interested contact Cathy Nicola at 732-672-5283 or Penny McOlvin at 718-873-4510.
- **Hospitality/Visitation/Wellness Committee** – Visits are being made to new residents of Mutual 16 and those who are sick. Penni McOlvin and Carolyn Sgromo would like us all to

help them be "The Soup Ladies for Mutual 16." We can't stress enough to let your directors know if any of your neighbors are having health issues and need our help in some small way. (Volunteers needed to make soup.)

- **Sunshine Committee** – Chairs are Lois Hurley, Ann Collins, and Mary Shine. We will announce upcoming birthdays in our Mutual Newsletter, in lieu of the Sunshine Committee trying to wish each of our residents happy birthday individually (a monumental task for sure). This committee works with our Hospitality group to help bring smiles to residents in need.
- **Social Committee** - Our holiday party will be here before we know it. Save the date: Dec. 14, noon to 3 p.m. in the Clubhouse Ballroom. Rossmoor Chorus will entertain, performing traditional carols, a sing-along and solos or duets.
- **Disaster Committee** - We have developed a call List where we have split the residents into groups to check to see if they are prepared for any weather-related event or crisis.
- **Baking Committee** - On Wednesday, Oct. 26, Jo Schwegel and Virginia Theokas held our first baking club get together. It will run once a month for six months. Each month it will be open to the first six to eight people who respond. Hopefully everyone will

(Continued on page 16)



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Deacon Bob blesses the animals at Nativity of The Lord Church.

Blessing of the animals

By Paulette Mascia

On Monday, Oct. 4, at 6:30 p.m., Deacon Bob of the Nativity of our Lord

Church performed a Blessing of the Animals. It was a beautiful ceremony for many dogs, a cat, and all

their owners.

Each animal received a Saint Francis medal. Deacon Bob did a great job and when rain threatened, he invited us all indoors. Smiles abounded.

Holiday Concert & Sing Along
SUNDAY, DEC 4, 2022 AT 7PM

Chiu-Tze Lin, Music Director and Conductor
 Featuring : Chiu-Ling Lin Piano in Gershwin Rhapsody in Blue

Princeton Alliance Church **Advance Ticket \$20**
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Honor Our Brave Men & Women at a VETERANS DAY CELEBRATION
Sunday, November 6, 2022

Veterans please join us at the Senior Center
12 Halsey Reed Road 12:00 -2:00 P.M.

Light Refreshments & Entertainment

Registration Required
Call 732-521-4400 ext. 114

Catholic Society

By Lucille Conti

The Catholic Society is planning a Remembrance Mass as a Memorial for the faithful departed of the families of the Catholic community in Rossmoor. Remembrance Cards, which would have been written at the October Mass gathering, will be placed on the altar.

The Remembrance Mass will be celebrated on Thursday, Nov. 10 at 1:30 p.m., in the Meeting House.

Our celebrant will be Father Silva Nalaka, Pastor of Nativity of Our Lord Parish. The organist will be James Palmer. Refreshments and fellowship will follow.

We hope that you enjoyed

"The Chosen" as much as we enjoyed presenting it to you. Series 111 will be shown soon. We will try to purchase the tape when it is available. We would like to have more programs to help us grow in our faith together as a community here at Rossmoor. If you have any suggestions that you may want us to have, please let us know. Please call me at 609-860-1084.

On behalf of the Catholic Society of Rossmoor, we wish each and every one of you a most happy Thanksgiving Day. Until we see each other again, pray for peace, stay healthy and enjoy God's blessings!



Fr. Paolo from Consolata Missions visits with Lucille and Joe Conti after the October Mass.

Jewish Congregation

2 Rossmoor Drive
 Monroe Township, N.J. 08831



- **Shabbat Services-** The Meeting House
 Friday, Nov. 4 and Nov. 18 at 7:15 p.m.
- **Torah Studies – The Dogwood Room**
 Saturday, Nov. 5 and Nov.

19 at 10 a.m.
 Hanukkah Party
 The Congregation will host the annual Hanukkah party on Wednesday, Dec. 21, at 1 p.m. in the Ballroom.

Mutual 16 news

(Continued from page 15)

have a chance to participate. In December, it will be open to everyone for a cookie exchange. Each month they will explain what will be made, what supplies to bring and where it will be held. You do not need to be a baker. The recipes are simple, but the company will be fun. A total social event. October was Apple Crostata (rustic apple pie) month.

- **Americanism Committee**
 - God Bless the United

States of America! The Americanism Committee would like to congratulate our very own Dan McOlvin and Denny O'Malley on the 5th anniversary of the creation of the Rossmoor Veterans Group, which honors Rossmoor Veterans both past and present. Well done! With Veteran's Day approaching, we will distribute curbside flags for each Manor on Nov 10. Veterans Day is the next day, and we ask that you proudly display them for the week. God bless our veterans.

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HEALTH CARE CENTER NEWS

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

Monkeypox: What you need to know

The Centers for Disease Control and Protection (CDC) is tracking an outbreak of monkeypox that has spread across several countries that don't normally report monkeypox, including the United States. The monkeypox virus is spreading mostly through close, intimate contact with someone who has monkeypox. Anyone who has been in close, personal contact with someone who has monkeypox is at risk.

Signs and symptoms of monkeypox

People with monkeypox get a rash that may be located on or near the genitals (penis, testicles, labia, and vagina) or anus and could be on other areas like the hands, feet, chest, face, or mouth. You may experience all or only a few symptoms. The rash can initially look like pimples or blisters and may be painful or itchy and will go through several stages, including scabs, before healing.

Additional symptoms may include

- Fever
- Chills
- Swollen lymph nodes
- Exhaustion
- Muscle aches and backache
- Headache
- Respiratory symptoms such as a sore throat, nasal congestion or cough

Sometimes, people have flu-like symptoms before the rash. Some people get a rash first, followed by other symptoms.

How long do monkeypox symptoms last?

Monkeypox symptoms usually start within three weeks of exposure to the virus. If someone has flu-like symptoms, they will usually develop a rash one to four days later.

Monkeypox can be spread from the time symptoms start until the rash has healed, all scabs have fallen off, and a fresh layer of skin has formed. The illness typically lasts two to four weeks.

If you have a new or unexplained rash, or other symptoms, avoid close contact with others until you have been checked out by a healthcare provider. When you see a healthcare provider, wear a mask, and remind them that this virus is circulating in the area.

If you have any symptoms of monkeypox, talk to your healthcare provider, even if you don't think you had contact with someone who has monkeypox.

How monkeypox spreads

Monkeypox can spread to anyone through close, personal, often skin-to-skin contact, including

- Direct contact with monkeypox rash, scabs or body fluids from a person with monkeypox;
- Touching objects, fabrics (clothing, bedding or towels), and surfaces that have been used by someone with monkeypox;
- Contact with respiratory secretions; or
- Through intimate contact.

A pregnant woman can spread the virus to her baby through the placenta.

It is also possible for people to get monkeypox from infected animals, either by being scratched or bitten by the animal or by preparing or eating meat or using products from an infected animal.

Treatment for monkeypox

There is no treatment specifically for monkeypox. Because the viruses that cause monkeypox and smallpox are closely related, drugs and vaccines developed to treat and protect against smallpox may be effective for monkeypox.

However, the type of treatment for a person with monkeypox will depend on how sick someone gets or whether they're likely to get severely ill. Most people with monkeypox recover fully within two to four weeks without the need for medical treatment.

Some people, like those with a weakened immune system or genital or anal rashes, may need treatment. Drugs used to treat monkeypox require a prescription and must be requested by a healthcare provider through the local or state health department.

Medicines like ibuprofen (Advil, Motrin) and acetaminophen (Tylenol) can help you feel better. Your healthcare provider may prescribe

(Continued on page 18)



In 2022, our Bocce team won first place. Pictured above are, from left, Len Caglianone, Dennis Haggerty, Maryann Penn, Paulette Mascia, and Lucille Renda.



Rossmoor hosted the Monroe Mayor's Cup Shuffleboard Tournament

TOWNSHIP OF MONROE

VETERANS DAY OBSERVANCE

THANKING ALL VETERANS FOR THEIR SERVICE!!

PLEASE JOIN MAYOR DALINA AND THE TOWNSHIP COUNCIL

FRIDAY, NOVEMBER 11, 2022

9:00 A.M. VETERANS PARK, AVENUE K


WREATH LAYING SERVICES

ROSSMOOR

COMMUNITY

COVID-19 Moderna Vaccine Clinic

BY



SAINT PETER'S
UNIVERSITY HOSPITAL
A MEMBER OF SAINT PETER'S HEALTHCARE SYSTEM

November 17
December 12

11:30 a.m. - 12:30 p.m.

Ballroom

First, second and booster doses of the Moderna COVID-19 vaccine are available at this clinic.

How to make a COVID vaccine appointment:

1. Online through ZocDoc: saintpetershcs.com/covid-clinic

or

2. Call 732.339.7909, Monday to Friday: 8:00 a.m to 4:30 p.m.

Please bring your vaccine card and insurance card with you at the time of your appointment.



Rossmoor Website

Go to rcainj.com to access the Rossmoor website.

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

Health Center

(Continued from page 17)

stronger pain relievers as well.

For a rash in the mouth, rinse with salt water at least four times a day. Prescription mouthwashes, sometimes called miracle or magic mouthwash, or local anesthetics like viscous lidocaine can be used to manage pain. Oral antiseptics like chlorhexidine mouthwash can be used to help keep the mouth clean.

Contact your healthcare provider if pain becomes severe and unmanageable at home.

Rash relief

If you have a rash due to monkeypox, the most important thing is to try to not touch or scratch the rash. This can spread the rash to other parts of the body, increase the chance of spreading the virus to others, and possibly cause open lesions to become infected by bacteria. If you do accidentally touch the rash, wash your hands with soap and water and avoid touching sensitive areas like your eyes, nose, mouth, genitals and anus.

Topical benzocaine/lidocaine gels can be used for temporary relief. Oral antihistamines such as Benadryl and topical creams such as calamine lotion or petroleum jelly may help with itching.

Soaking in a warm bath (using oatmeal or other over-the-counter bath products for itchy skin) may offer some relief to the dry, itchy sensations that can come with the rash.

Monkeypox prevention

Take the following three steps to prevent getting monkeypox:

- Avoid close, skin-to-skin contact with people who have a rash that looks like monkeypox.
- Avoid contact with objects and materials that a person with monkeypox has used.
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer, especially before eating or touching your face and after you use the bathroom.

The CDC recommends vaccination for people who have been exposed to monkeypox and people who are at higher risk of being exposed to monkeypox.

Please review the latest information about monkeypox at the following: <https://www.cdc.gov/poxvirus/monkeypox/index.html>

Please note: We are screening for this when you come into the nursing office in your community. Please call your nursing office with any questions.

Time-Saving Weeknight Meal Solutions

FAMILY FEATURES

Whether it's long days at the office, calendars full of social commitments or evenings spent enjoying your little ones' extracurricular activities, it's easy to find yourself short on time to spend in the kitchen. Calling on quick and easy mealtime solutions can be just what your family needs to ensure dinners together are always on the menu.

Start with a versatile base ingredient that can be used in a variety of recipes from snacks and appetizers to main courses and sides. For example, you can add protein-packed Success Boil-in-Bag Tri-Color Quinoa to your pantry for a good source of fiber in meals to keep your family moving.

Enjoy its light, nutty flavor in a twist on Taco Tuesdays with these Baja Fish Taco Bowls, a deconstructed take on classic fish tacos that swap out the tortilla for quick-cooking quinoa mixed with nutrient-dense kale and drizzled with a zesty lime and yogurt crema. As a tasty way to encourage kiddos to eat fish and veggies, it can also help you add hearty whole grains to the weekly menu while savoring a lighter version of traditional Baja sauce.

These delicious, bite-sized Beef and Quinoa Meatballs provide a perfect meal prep option for families as they can be mixed and matched with your loved ones' favorite sides from rice to steamed veggies. Adding quinoa to your meatballs is a quick upgrade of plant-based protein that adds flavor to every bite.

Baked in marinara sauce and topped with mozzarella cheese, they're simple to put together before tossing in the oven for an easy weeknight solution. Another tasty hack: turn this dish into kid-friendly sliders by warming dinner rolls right alongside the meatballs.

Find more quick yet flavorful family meal ideas at SuccessRice.com.



Baja Fish Taco Bowls

- Beef and Quinoa Meatballs**
- Prep time: 20 minutes
Cook time: 25 minutes
Servings: 4
- 1 bag Success Tri-Color Quinoa
 - nonstick cooking spray
 - 1 pound extra-lean ground beef
 - 1 egg
 - 1/4 cup grated carrot
 - 1/4 cup finely chopped onion
 - 2 tablespoons ketchup
 - 2 garlic cloves, minced
 - 1 tablespoon soy sauce
 - 1/2 teaspoon salt
 - 1/2 teaspoon black pepper
 - 1/4 teaspoon dried oregano leaves
 - 1/4 teaspoon dried thyme leaves
 - 1 1/2 cups marinara sauce
 - 1/2 cup shredded mozzarella cheese
 - 2 tablespoons chopped parsley

Prepare quinoa according to package directions.

Preheat oven to 400 F. Coat large baking dish with nonstick cooking spray; set aside.

In large bowl, mix quinoa, ground beef, egg, carrot, onion, ketchup, garlic, soy sauce, salt, pepper, oregano and thyme.

Form mixture into walnut-sized meatballs and arrange on prepared baking sheet.

Bake approximately 20 minutes, or until cooked through and golden brown.

Spoon marinara sauce over top then sprinkle with cheese; bake 5 minutes, or until sauce is hot and cheese is melted.

Remove from oven and sprinkle with parsley.

Tip: Make sliders by slicing dinner rolls in half and placing meatballs on bottom halves. Cover with top halves of rolls and serve.



Beef and Quinoa Meatballs

- Baja Fish Taco Bowls**
- Prep time: 10 minutes
Cook time: 10 minutes
Servings: 4
- 2 bags Success Tri-Color Quinoa
 - 2 tablespoons olive oil
 - 4 white-fleshed fish fillets (5-6 ounces each)
 - 1 teaspoon Cajun seasoning
 - 1/2 teaspoon salt
 - 3/4 cup plain Greek yogurt
 - 1 tablespoon lime zest
 - 1 teaspoon lime juice
 - 1/4 teaspoon ground cumin
 - 4 cups packed baby kale
 - 1 ripe avocado, halved, pitted, peeled and thinly sliced
- Prepare quinoa according to package directions.
- In large skillet over medium heat, heat oil. Season fish with Cajun seasoning and salt. Cook 2-3 minutes per side, or until fish is lightly browned and starts to flake. Set aside.
- In small bowl, stir yogurt, lime zest, lime juice and cumin.
- In medium bowl, toss quinoa with kale. Divide between four bowls. Top each with fish, sliced avocado and dollop of yogurt and lime crema.
- Substitutions:** Use taco seasoning or chili powder in place of Cajun seasoning. Use arugula or baby spinach instead of kale.

League of Women Voters reminder

By Linda Bozowski

Nov. 8 is an important day. We may exercise our opportunity to vote. Please be sure to mail in or drop off your ballot, or visit the polling places in person. As a reminder, please keep the following dates in mind.

Early voting: Sunday, Oct. 29, through Sunday, Nov. 6. In-person early voting can be done at the Monroe Township Public Library (please check library hours). Early voting can also be accomplished using the official drop-box for Monroe Township, located at the Monroe Public Library to the right of the Library entrance.

The Monroe Twp. Chorus presents “On Broadway”

By Thomas J. McMahon

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

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

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

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

Join us for some Broadway magic.

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

In-Person Early Voting

Saturday, October 29 through Sunday, November 6

In-person Early Voting enables all registered voters to cast their ballot in-person, using a voting machine, during a nine-day period prior to Election Day at any early voting location within Middlesex County. You may choose to vote in person, when it's most convenient for your schedule. The Monroe Township Library has been designated as an Early Voting location. In-person early voting locations will be open Saturday, October 29 through Sunday, November 6. Hours will be Monday-Saturday, 10 a.m.-8 p.m. and Sunday, 10 a.m.-6 p.m. No appointment is necessary. Early Voting Centers are for in-person voting for any registered Middlesex County residents. Vote by mail ballots may be mailed via USPS or deposited in the secure drop box located outside of the library, accessible 24/7. On Election Day, Tuesday, November 8, 2022, voters must report to their regular polling place to cast an in-person ballot.

Voting by mail: Deadline is 3 p.m. on Monday, Nov. 7. In-person submission of mail-in ballots to the County Board of Elections, 11 Kennedy Boulevard, East Brunswick is 8 p.m. on Nov. 8 (Election Day). Ballots mailed via the U.S. Postal Service must be postmarked by Tuesday, Nov. 8, and must be received within seven days of the election by the Board of Elections.

Election day voting: Nov. 8. Use the polling place indicated on your sample ballot or check the Board of Elections website using your mailing address to determine the correct polling place.

Candidates: U.S. House of Representatives, District 12, and Monroe Board of Education (six candidates vying for three seats).

Key message to all residents

It is our opportunity, in this country, to voice our opinions. One important way that we are able to do so is by exercising our right to vote. Every election is important. Please vote!

CLASSIFIED Ad

COUPON

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

MAIL TO:

Princeton Editorial Services

P.O. Box 70

Millstone Twp., NJ 08510

RATES FOR ONE PUBLICATION

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

Multiple: 10 words in two publications = \$14 x 2 = \$28.

10 words in three publications = \$14 x 3 = \$42.

Check those that apply:

☐ Clearbrook Courier ☐ Concordian

☐ Encore Speaks ☐ GW Voice

☐ Regency Reporter

☐ Renaissance Reflections

☐ The Rossmoor News

☐ Check here for all seven

All ads must be mailed with payment.

No classifieds accepted by phone or email.

Note: Phone numbers count as one word. Do not count punctuation. Do not abbreviate.

State category/heading, ie., "For Rent", "For Sale", "Help Wanted." No charge for the heading.

One check or money order must accompany insert, PAYABLE TO

PRINCETON EDITORIAL SERVICES

Email your news to:
news@rcainj.com

Contact Waste Management

609-587-1500

ID# 61565342007

for pick up of household items

NO electronics

NO upholstered furniture

NO mattresses

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 Transportation609-443-0511

Middlesex County

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

St. Peter's University Hospital

On Time Transportation1-800-858-8463

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

Recycle information from Waste Management



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

Classified Advertising

Home Improvement & Services

Help & Health Services

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Miscellaneous/ Services

House Cleaning

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

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

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

COMPUTERS CUSTOM BUILT & REPAIRED - RJF Sales Company LLC.* Time to clean your computer and get educated on protecting yourself from scams. Desktop and laptop repair in your home. I am fully vaccinated; I use a mask. Virus removal and protection. Monroe resident with over 20 years of computer experience. (732) 723-9537 or (732) 967-3400. Please leave message; most calls returned same day.

COLLEGE STUDENT to do light computer work \$20/hour. Call (973) 564-8047.

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

ANNA'S HOME CARE – Certified professional caregiver is looking for live-in/live-out job in Monroe Township. Experienced, references. Driver's license. Accepts long-term care insurance. Low prices. Private care option. Call Anna at (609) 917-4208 or (908) 337-7462.

PROFESSIONAL CARE-GIVER from Ukraine, looking for live-in/live-out job. Experienced, references. Call Olga (908) 335-4181.

WANTED TO BUY wheelchair accessible mini van. Late model, in excellent condition. Robert: (718) 473-6902.

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

AAA TRANSPORTATION—Monroe area. (Encore resident.) Transportation to airports, trains, piers, NYC, and I will drive your car to and from Florida. Reasonable rates. Call Howard (732) 979-3085.

RELIABLE AND DEPENDABLE Airport Rides. Please call Gregg Dreyer anytime at (908) 447-0998.

LIMO GUY — Our 20th year. We go almost anywhere. Upgraded SUVs. \$100 to Newark Airport. \$205 Philadelphia. \$205 JFK. We go almost anywhere. 24/7. Call (732) 803-2521.

ANA SANTOS HOUSE CLEANING Services—Experienced, dependable, changes bed sheets, will start laundry. Uses own vacuum cleaner. Reasonable. References available. Please call Ana at (732) 337-5743.

TINA's CLEANING SERVICES—Great prices. Call today at (203) 501-9245.



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

Make the Holidays Magical with Hearty Meals



Roasted Chateaubriand with Red Wine Gravy and Lemon-Garlic Asparagus

FAMILY FEATURES

Capturing the magic of the holidays often happens at the dinner table as loved ones toast the season with stunning meals worth celebrating. This year, call the entire family together and make your festive feast truly memorable with pairings that offer favorite flavors for all.

Starting with tender cuts of meat hand-trimmed by master butchers at Omaha Steaks, these dishes from chef David Rose call to mind the extravagant holiday gatherings of yesteryear with modern twists you can claim as your own.

Roasted Chateaubriand with Red Wine Gravy and Lemon-Garlic Asparagus offers classic taste while Pepper-Crusted Prime Rib with Creamy Horseradish Sauce and Crushed Potatoes brings some zing to the kitchen. For seafood lovers looking to make a splash at this year's get-togethers, Crab Stuffed Lobster Tails with Dirty Rice provide a savory, succulent pairing worthy of the season.

Visit OmahaSteaks.com/Blog to find more recipes fit for the holidays.

Roasted Chateaubriand with Red Wine Gravy and Lemon-Garlic Asparagus

Recipe by Omaha Steaks Executive Chef David Rose
Prep time: 15 minutes
Cook time: about 90 minutes

- Chateaubriand:**
- 1 Omaha Steaks Chateaubriand (2-4 pounds)
 - kosher salt
 - ground black pepper
 - 1/4 cup grapeseed oil
- Red Wine Gravy:**
- Reserved chateaubriand juices
 - 1 medium shallot, small diced
 - 2 garlic cloves, minced
 - 1 1/2 cups red wine
 - 4 tablespoons unsalted butter, divided
 - 2 tablespoons all-purpose flour
 - 2 1/2 cups water

- 2 beef bouillon cubes
 - 1 tablespoon stone ground mustard
 - kosher salt, to taste
 - ground black pepper, to taste
- Lemon-Garlic Asparagus:**
- 1/4 cup olive oil
 - 1 pound jumbo asparagus, stems trimmed and spears blanched in salted water
 - 1 pinch kosher salt, plus additional, to taste, divided
 - 1 pinch ground black pepper, plus additional, to taste, divided
 - 1/4 teaspoon crushed red pepper flakes
 - 2 garlic cloves, minced
 - 1/2 lemon, juice only
 - 2 tablespoons unsalted butter
- To make chateaubriand: Pat chateaubriand dry with paper towels. Season on all sides with salt and pepper, bring to room temperature, about 30 minutes.

Preheat oven to 250 F.

In large cast-iron pan, bring grapeseed oil to high heat. Sear chateaubriand on all sides until golden brown, 2-3 minutes per side.

Remove chateaubriand from pan, reserving pan drippings; place chateaubriand on wire rack-lined baking sheet. Bake according to cooking chart for cook time and desired doneness. Use meat thermometer to ensure doneness.

Rest chateaubriand 15-20 minutes. Slice to desired thickness.

To make red wine gravy: Bring cast-iron pan with reserved chateaubriand drippings to high heat then add shallots and minced garlic. Brown 30 seconds. Add red wine and deglaze pan, cooking until reduced by half, about 3 minutes.

Reduce heat to medium and whisk in 2 tablespoons butter and flour until all clumps have disappeared and mixture is well-incorporated, 3-4 minutes.

Add water and bouillon cubes; bring to boil then whisk in stone ground mustard.

Reduce to low heat and simmer until achieving sauce-like consistency, 7-8 minutes.

Season with salt and pepper, to taste. Turn off heat and whisk in remaining butter until fully melted and emulsified into sauce.

To make lemon-garlic asparagus: In large saucepan, bring olive oil to medium-high heat.

Add asparagus and season with salt, ground black pepper and crushed red pepper flakes. Sear undisturbed about 1 minute.

Turn asparagus and add minced garlic, sauteing about 10 seconds. Add lemon juice and continue sauteing until reduced by two-thirds, about 1 minute.

Turn off heat and add butter, stirring until emulsified into pan sauce. Season with salt and ground black pepper, to taste.

Serve chateaubriand with lemon-garlic asparagus and red wine gravy.



Crab Stuffed Lobster Tails with Dirty Rice

Crab Stuffed Lobster Tails with Dirty Rice

Recipe by Omaha Steaks Executive Chef David Rose
Prep time: 15 minutes
Cook time: 30 minutes
Servings: 4

- Dirty Rice:**
- 2 cups jasmine rice
 - water
 - 1/2 cup vegetable oil
 - 1 pound Omaha Steaks Ultra-Premium Ground Beef
 - 1 tablespoon kosher salt, plus additional, to taste, divided
 - 1 teaspoon black pepper, plus additional, to taste, divided
 - 1 teaspoon garlic powder
 - 2 teaspoons smoked paprika
 - 2 tablespoons unsalted butter
 - 1 medium red bell pepper, small diced
 - 2 green onions, minced
 - 1 cup small diced yellow onion
 - 1/2 cup tomato-based sofrito
 - 3 1/2 cups chicken broth
- Crab Stuffing:**
- 3/4 cup mayonnaise
 - 2 teaspoons seafood seasoning
 - 2 teaspoons Dijon mustard
 - 1 teaspoon Worcestershire sauce
 - 1/2 lemon, juice only
 - 20 butter crackers, finely crushed
 - 1 pound jumbo lump crab meat
- Crab Stuffed Lobster:**
- 2 tablespoons unsalted butter, melted

1 teaspoon kosher salt
1 teaspoon fresh lemon juice
4 Omaha Steaks Cold Water Lobster Tails (5 ounces each), halved lengthwise

To make dirty rice: Rinse jasmine rice with water until water is clear. Drain.

In large saucepot, bring vegetable oil to medium-high heat.

Add ground beef, 1 tablespoon salt, 1 teaspoon black pepper, garlic powder and smoked paprika; saute 5 minutes until browned.

Using slotted spoon, remove browned beef and set aside.

Add butter to pot then add red bell pepper, green onions and yellow onions. Saute 2 minutes until lightly caramelized.

Add sofrito and jasmine rice to pot; saute 1 minute. Add cooked ground beef and chicken stock; bring to boil. Once mixture boils, reduce heat to simmer 10 minutes. Turn off heat and leave lid on pot 5 minutes. Fluff rice with fork and season with salt and pepper, to taste.

To make crab stuffing: In medium bowl, whisk mayonnaise, seafood seasoning, Dijon mustard, Worcestershire sauce and lemon juice.

Gently fold in crushed butter crackers and crab meat. Set aside.

To make crab stuffed lobster: Preheat oven to 425 F.

Stir melted butter, salt and lemon juice. Brush lobster tails with butter mixture.

Divide crab stuffing into eight portions. Stuff each lobster tail half with crab stuffing, pressing stuffing into lobster. Place stuffed lobster tails on aluminum foil-lined sheet pan and bake 10-12 minutes, or until golden brown. Serve with dirty rice.

Pepper-Crusted Prime Rib with Creamy Horseradish Sauce and Crushed Potatoes

Recipe by Omaha Steaks Executive Chef David Rose
Prep time: 10 minutes
Cook time: about 2 1/2 hours
Servings: 4-6

- Creamy Horseradish Sauce:**
- 15 ounces crema or sour cream
 - 1/3 cup mayonnaise
 - 2 tablespoons horseradish
 - 2 tablespoons apple cider vinegar
 - 2 tablespoons minced fresh chives
 - 2 teaspoons Worcestershire sauce
 - 1 tablespoon fresh lemon juice
 - 1 teaspoon hot sauce
 - 1/2 teaspoon kosher salt, plus additional, to taste, divided
 - 1/2 teaspoon white pepper, plus additional, to taste, divided
 - 1/4 teaspoon onion powder
 - 1/4 teaspoon garlic powder
 - 1/4 teaspoon smoked paprika
- Pepper Rub:**
- 3 tablespoons kosher salt
 - 1 tablespoon ground peppercorn medley
 - 2 teaspoons ground guajillo chili
 - 1 teaspoon dried thyme leaves
- Prime Rib:**
- 1 Omaha Steaks Boneless Heart of Prime Rib Roast (4 pounds)
 - pepper rub
 - 1/4 cup grapeseed oil
- Crushed Potatoes:**
- 1 pound baby red skin potatoes
 - cold water
 - 1 pinch kosher salt, plus additional, to taste, divided
 - 1/4 cup olive oil

2 garlic cloves, minced
2 tablespoons finely minced Italian parsley
ground black pepper

To make creamy horseradish sauce: In medium bowl, whisk crema, mayonnaise, horseradish, vinegar, chives, Worcestershire sauce, lemon juice, hot sauce, 1/2 teaspoon salt, 1/2 teaspoon pepper, onion powder, garlic powder and paprika until well-incorporated. Season with additional salt and white pepper, to taste.

To make pepper rub: In small bowl, stir salt, peppercorns, chili and thyme.

To make prime rib: Pat prime rib dry with paper towels. Season on all sides with pepper rub and bring to room temperature, about 30 minutes.

Preheat oven to 250 F.

In large cast-iron pan, bring grapeseed oil to medium-high heat.

Sear prime rib on all sides until golden brown, 2-3 minutes per side.

Place seared prime rib on wire rack-lined baking sheet. Bake according to cooking chart for cook time and desired doneness. Use meat thermometer to ensure doneness. Cook until internal temperature is 10 F below desired doneness.

Rest prime rib 15-20 minutes. Slice to desired thickness.

To make crushed potatoes: Preheat oven to 425 F.

Add potatoes to stockpot. Cover with cold water by about 1 inch and add 1 pinch salt. Over high heat, boil 8-10 minutes, or until fork tender. Drain and completely cool with running cold water.

Once cool, carefully crush potatoes with palms until skin breaks and potatoes are slightly crushed.

In medium bowl, whisk olive oil, garlic and parsley.

Place crushed potatoes on aluminum foil-lined baking sheet and toss lightly with olive oil mixture. Season potatoes on both sides with kosher salt and ground black pepper, to taste. Roast potatoes until crisped and golden brown, 15-17 minutes.

Serve prime rib with crushed potatoes and creamy horseradish sauce.



Pepper-Crusted Prime Rib with Creamy Horseradish Sauce and Crushed Potatoes