



Rossmoor IN News



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December 2018



MERRY CHRISTMAS & HAPPY HANUKKAH



Rossmoor Golf Course sporting the colors of the season

Focus on Groups and Clubs: African Heritage

By Jean Houvener

The African Heritage Group was the idea of three people who met on a cruise last year and discovered that they all lived in Rossmoor. The three, Adele Portee, Samirah Abdul-Alim, and Talib Abdul-Alim, discussed forming the group at Rossmoor and presented the idea to E&R after their return. The group meets on the first Saturday of the month at 3:30 p.m. in the Gallery. They have had many successful activities since their official inception in May.

Working with E&R, the group helped plan a bus trip to the African American Museum in Washington, D.C., in October. Open to all residents, 45 people took this all-

day trip, and all agreed it was a highly informative and successful outing.

Members have enjoyed two well attended "Old School Dance and Card Parties" organized by Lisa Evans and Janice Smith. In August the group got together for a barbecue dinner. After

the death of Aretha Franklin, Talib put together an amazing video tribute to this prominent and talented entertainer.

Recently, the African Heritage Group honored the famous African American artist, Romare Beardon, with a

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Man on the street

By Tom Croake

With Christmas season approaching, I asked four residents what they think of Christmas?

Gale Russo

The spirit of Christmas is what I love most: that window of time which begins shortly after Thanksgiving

and extends until just after the New Year. My husband Frank and I have found that at this stage of our lives, the pressure seems to have lifted. The gifting for us is no longer the primary focus as it once was (though of course that does not apply to the grandchildren). After all, how many more "things" do any of us really need? I love getting together with our friends, especially here in Rossmoor, where so many people have become more than friends to us. I love driving around at night and seeing the lights and decorations on the homes. I love how people just seem nicer, friendlier, happy. Where their thoughts are more on what they can do for others. For me, the

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RCAI Budget approved for 2019

By Carol De Haan

The Board of Governors, at its Nov.15 meeting, approved the RCAI budget for next year in the total amount of \$5,446,779, which represents an increase of \$193,395 over the RCAI budget for 2018.

Similarly, the contribution to RCAI from each manor, per month, will now be \$197.94, up from \$190.09 in 2018. This will result in a 2019 monthly increase to RCAI of \$7.20 per manor.

Several factors account for this increase. This explains some of the line items:

- Administration – The U.S. Security contract went up, as did the Nurses contract, and the need to upgrade Administration computers resulted in the increase of \$1.07 per manor, per month.
- E&R Administration – The bus contract went up, as did the cost of employee benefits, and the need to upgrade computers resulted in the increase of \$2.01 per manor, per month.
- Community Facilities – Our property liability insurance will go up 8.5% based on our "loss/run" history, i.e., the amounts paid out on claims; our landscaping contract went

up by 9% (but this is a three-year contract); heating costs have increased, as have repair and maintenance of equipment and buildings. All these costs bring to \$2.79 the increase per manor, per month.

- Snow Control – While we have seen no increase in our contract for snow removal, there has been an increase in snow damage, resulting in 12 cents extra per manor/per month.
- Golf Operations and Maintenance – Two factors cause an extra \$1.27 charge per manor, per month: membership is down and we have to pay a higher hourly wage (minimum wage went from \$8.60 to \$8.85 per hour) to seasonal people.
- Capital Reserve Fund – Our Engineering Reserve Study, updated in 2016, calls for a \$1.00 increase per manor, per month. This fund will replace capital items in our common facilities.

On the plus side, however, we have sources of increased income because of the following line items:

- There will be a 3%

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Even Dan Jolly's dog, Muffin, reads the Rossmoor News.



at the governors' meeting



Gerald McQuade, RCAI Treasurer, opened the Board of Governors meeting promptly at 9:00 a.m.

Mr. McQuade introduced Mr. Bill Daly from Allen and Stults Insurance who reviewed the employee health insurance plan.

Ms. Balmer reviewed the RCAI 2019 budget with a focus on the 400-cost center. The Maintenance service fee will be eliminated and the hourly labor rate will be increased. McQuade made a motion to approve the change; Mr. Murphy seconded. The motion passed 18-0.

The Board authorized

Resolution # 18-24 to Adopt 2019 RCAI Operating and Capital Budget. A vote was taken and the motion passed 18-0.

The Board authorized Resolution #18-25 Authorization to Proceed with the 2018 Refurbishment Project. A vote was taken and the motion passed 18-0.

The Board authorized Resolution # 18-26 Authorization to Purchase a New Bobcat. A vote was taken and the motion passed 18-0.

The Board authorized Resolution #18-27 Authorization to Purchase a New Van. A vote was taken and the motion passed 18-0.

The Board authorized Resolution # 18-28 Authorization to change Health Insurance Carriers. A vote was taken and the motion passed 18-0.

The Board authorized Resolution # 18-29 Delegation of the Right to Suspend Easement Rights to the Executive Committee. A vote was taken and the motion was voted down 0-18.

The Board approved the 2019 Pool Rules 17-1, Mutual Two opposed.

The Condo resale deposit fee will be consistent with the Co-Op resale deposit fee.

The meeting was adjourned at 10:30 a.m.

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.

RCAI Budget

(Continued from page 1)

increase in the rental income from the physician's side of the Health Care Center.

- Maintenance Administration – We have decided to do away with the \$10 service charge for maintenance calls to your home, and instead raise the hourly rate from \$56 to \$60 per hour. This should result in increased income to RCAI of approximately \$60,000 a year, or a saving of \$1.06 per manor, per month.

There will be no increase in the following costs:

- Annual audit fee,
- Pool management contract,
- Trash/recycling contract,
- Fire extinguisher/alarm monitoring contract, and
- Snow removal.

As always, a copy of the 21-page RCAI 2019 Operating and Capital Budget is available to interested residents at the Village Center.

Open RCAI Meetings in December

Thursday, December 13

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

Thursday, December 20

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

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

Please watch Channel 26 for any changes or cancellations



News Board:

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

Editorial Assistants

Alex Monaco
Linda Monaco

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

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

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

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

E-mail:
news@rcainj.com

Visit the Rossmoor website at www.rcainj.com

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Bits & Pieces

Sue Ortiz

As I write this, Halloween was only days ago, we just waved goodbye to Daylight Saving Time, Thanksgiving is just around the corner, Hanukkah is less than a month away, and Christmas is about 40-some days away. Soon enough, we will be welcoming in 2019. My, how time doth fly.

I'm happy to say that I am almost done with my Christmas shopping; I just need a few things for the little ones in my life. What does one get for kids aged seven to 10 these days? I was happy with Colorforms, crossword puzzle books, Barbie Dolls, an Easy-Bake Oven, and that BIG box of Crayolas. Some might say I was a spoiled child, but I don't know – I only had 11 piles of presents stacked three feet high under the tree.

Christmas is a magical time – my favorite time of year. The atmosphere is charged with excitement and joy. I love all the decorations, lights, baking cookies, and, yes, the music. My Classic iPod is filled with hundreds of Christmas tunes. From Bing Crosby's White Christmas to the Chipmunks' Christmas Song; I play them all.

I remember a time when I was about seven or eight years old, when I experienced Christmas magic. I was fast asleep on Christmas Eve when jingling sleigh bells woke me. I turned my head toward the window and saw sleigh runners silhouetted on my curtains by the bright streetlight below.

I sat up, and, with wide eyes, stared at the window. Why I didn't bolt out of bed to peek through the curtains, I don't know, but the exciting scene was over before I could blink.

I lay back down, too excited to sleep now, but also too afraid to go downstairs to check out the Christmas tree. What if Santa was just setting out my gifts? My heart pounded.

A little while later, I heard four or five random musical notes. It sounded like an organ. (These days, it would be a "keyboard.") I snuggled deeper under my covers and somehow managed to fall back to sleep.

Christmas morning arrived, and guess what I found among the myriad brightly wrapped gifts? A Magnus

organ! I knew it! It was Santa's sleigh I had seen and heard.

Was I dreaming? Probably. But it seemed so real at the time. It still does, even today. In fact, it was such a real memory, that eventually, when I learned the "truth," I refused to believe it.

I hope everyone who celebrates their respective holidays this season can remember a magical moment from their childhood! Peace! Joy! Merry! Happy!

B & P

"I stopped believing in Santa Claus when I was six. Mother took me to see him in a department store and he asked for my autograph." – Shirley Temple (American actress, 1928-2014)

"Believe in love. Believe in magic. Hell, believe in Santa Clause. Believe in others. Believe in yourself. Believe in your dreams. If you don't, who will?" – Jon Bon Jovi (American musician, b. 1962)

"Christmas, my child, is love in action. Every time we love, every time we give, it's Christmas." – Dale Evans (American actress, 1912-2001)

Did you know?

You can drop off cans of unused paint every third Saturday of the month, between 8 and 11:30 a.m.

Just take the cans of left-over paint to the Monroe Township Recycling Center at 76 Gravel Hill-Spotswood Road, where the staff is most helpful.

If the paint has completely dried in the can, you can toss it in the household trash bin. (NOT in the recycling bin.)

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

Mailing Addresses

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

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

Greenbriar at Whittingham
MONROE TWP., NEW JERSEY

December 2018—NO SHOW
January 27, 2019—Towne Centre Ballroom
February 2019—NO SHOW
March 24, 2019—Towne Centre Ballroom
April 28, 2019—Towne Centre Ballroom
May 18, 2019—Monroe Township High School
June 15, 2019—Monroe Township Middle School
July 20, 2019—Monroe Township High School
August 17, 2019—Monroe Township High School
September 21, 2019—Monroe Township High School

WATCH FOR FLYERS
October & November will be posted as soon as we have the approval.

Call the WHOA Box Office for Ticket Information
609-395-0404 Extension 220 or 221.

Man on the street



Gale Russo

(Continued from page 1)
best example of Christmas has always been at the end of that classic film "It's A Wonderful Life," when George runs back to his house to find that everyone has put their differences aside, and come together to help him get through difficulties. Corny? Perhaps, but I still cry every time I see it.

Marge Princiotta

Christmas has always been my favorite time of the year. The sights, sounds and smells of Christmas appeal to the senses and inspire emotions and love. I come from Polish-English heritage and remember Christmas from my childhood as totally magical. Not only for the tree, the lights, the traditions, the food and the gifts but for

extra special time spent with family. Then when I became a Mom, it became special in a totally different way. When I married my husband, Bobby (who was of Italian heritage), Christmas became an amalgamation of cultures. I have since lost my Bobby (who made life special), but having two grandsons has again changed the dynamic. I cannot wait for Christmastime and the joy of watching the excitement on the faces of Liam and Finn enjoying this magical time of year.



Marge Princiotta with her grandchildren Liam and Finn

Linda Croake

It's beginning to look a lot like Christmas. Stores are coming alive with beautiful decorations and magical displays. This is the most exciting time of the year for me. Children looking amazed as they glance into Santa Claus's face, especially his white fluffy beard. The smell of cookies and pies baking, the scent of pine, balsam, fir, spruce or evergreen. My favorites are pine and balsam. Speaking of trees, one Christmas my mother had a great idea to have a silver tree with a spinning color wheel. You had to get used to the tree, it was priceless. There's the joy of giving gifts to loved ones and seeing the expressions on our nieces' and nephews' faces when opening their gifts. There are also the sounds of singing and laughter. Listening to some Christmas songs/carols can bring tears to my eyes. Merry Christmas and a safe, healthy, and Happy New Year to all.



Dennis Arce

Dennis Arce

One thing I like about Christmas is all the different colored lights. I love Christmas tree lights. They should be colored lights and have no less than 10 sets. You can throw in one or two sets of clear lights, I wouldn't mind. I like driving around looking at all the decorated homes with Christmas lights. To me this sends a message of good cheer, happiness and love for all to see. And you can feel it in the air. I love sharing this feeling with my family and my good friends. That's what I like most about Christmas.

Mayor

(Continued from page 3)

trated against all people. We have an obligation as citizens to BE THE CHANGE. Not just in the face of the horrific display of hatred in Pittsburgh, but always when we witness discrimination.

As some of you know, I served in our military. I believed then, as I still do today, that we fought for our freedoms, including the freedom of religion and that each of us is created equal. Racism and religious persecution are the opposite of these values.

Our diversity, as a country and as a community, is not a weakness, but rather our greatest strength.

I hope you stand with me in this fight, because anti-Semitism, violence, and any form of hate has no place here in Monroe Township.

Wishing you a peaceful and healthy holiday season and a joyous New Year!



Linda Croake

Rogers & Hammerstein

The Monroe Township Cultural Arts Commission in collaboration with the Monroe Township Public Library will present "Rogers & Hammerstein," part of the Opera Lecture Performance Series.

The lecture performance, with Jerry Kalstein, will focus on the classic Broadway shows of Rogers & Hammerstein.

It will be held on Wednesday, Dec. 12, at 1 p.m. in the Monroe Public Library, 4 Municipal Plaza. Free admission.

Shows featured will include "Oklahoma," "Carousel," "South Pacific," "The King and I," "Flower Drum Song," and "The Sound of Music." Songs will include "People Will Say We're in Love," "If I Loved You," "Some Enchanted Evening," "Getting to Know You," "I Enjoy Being a Girl," "My Favorite Things," plus others.

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Getting to know our veterans

By Paul C. Sinnicke

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

Former Marine fought in battle of Okinawa



Paul Sinnicke in December 1943

By Paul C. Sinnicke

Cpl. Paul C. Sinnicke enlisted in the Marine Corps a few weeks after graduating from Bayonne Technical High School. Little did he know it would take him many places around the world in his three years of military service. Places like California, Hawaii, Solomon Islands in the South Pacific, the North Pacific, Okinawa, and China. He was in the deadliest island battle in the history of the United States military.

Paul, 93, was born and raised in Bayonne. He first tried to enlist in the Navy Seabees but had no trade experience. He enlisted in the Marine Corps and went to Parris Island, S.C., for boot camp, which included 10 weeks of marching, rifle range, KP, and scrubbing wooden floors with a toothbrush.

He finished boot camp and was sent to Camp Lejeune, N.C. Because of his mechanical background, he was sent to Quantico, Va., for artillery repair school. He had a good time; it was close to Washington, D.C., and on weekends and he had a lot of fun.

After finishing artillery training, he was given a 10-day leave and shipped to Camp Pendleton in Oceanside, Ca., to get ready to get shipped overseas. While in Camp Pendleton he had a couple of weekends free. He and a bunch of guys hitchhiked to the Hollywood Canteen where actresses came to dance with the troops. He felt lucky to dance for 10 seconds with a Hollywood legend named Betty Grable. "She was quite a pretty lady. Kay Kaiser was also there to entertain the troops with his orchestra."

Then it was time to go overseas. He boarded a troop transport with 2,000 troops. We set sail for Hawaii; at Pearl Harbor, the battleship U.S.S. Arizona was still smoking almost three years after it was hit by Japanese planes on Dec. 7, 1941.

After Hawaii, we were shipped to the Solomon Islands in the South Pacific. The First Marines had their base on Guadalcanal. It was a jungle island. It rained every day. Malaria and bugs galore.

We started training beach landings, living and sleeping out all night covered only by our ponchos and a net over our heads to protect against bugs and so forth. Now I was assigned to an open-turret tank as low man, to be a 30-caliber machine gunner.

We were sent to the Russell Islands, which was part of the Solomon Islands, for more training. Many islands had coconut groves by the thousands planted by the Australians. I liked eating coconuts until I never was hungry.

Now we were ready to board a troop transport to Okinawa. It took a few days and we rendezvoused with thousands of other vessels off-shore. A couple days before we were going to hit the beach, an aircraft carrier, the U.S.S. Franklin, passed us. It

was hit badly by Japanese kamikaze planes and was listing 45 degrees. It lost 900-plus men but it was still sailing and it was able to return back to Hawaii.

D-Day came on April 1, 1945, Easter Sunday. Around 9 a.m., we disembarked by rope ladder onto Higgins boats. As we approached the island, the weather was nice. Ocean not rough. The boat got as far as knee deep in water. We jumped off ran like hell for some kind of cover and hit the deck. Snipers were all around but there was no opposition on the beach. After one week our tanks came on shore. In the meantime, we had to do stretcher bearing. Picking up wounded and carrying them to the corpsman, we had to have our M1 with us.

Once at the battle line we



Paul Sinnicke poses on his tank in China, where he served from September 1945 to June 1946.

had heavy fire by Japanese artillery and mortars. We had to hit the deck often. It was good that the Japanese were off-target and for anything close we had to take cover. We even took cover under the tanks.

The captain of our platoon,

Capt. Hennessey, was killed by snipers. He was a great man.

We had radio men who communicated between the tanks. They were Navajo Indians using their tribal language, which the Japanese could not

(Continued on page 6)

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Chairman, McCurry Associates

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*Survey completed by Bruno & Ridgway 2016

Bob's Almanac

By Bob Huber

With all due respect to the year-end holidays, there are many other December historic events which have altered and illuminated our times. Here are just a few:

Dec. 1, 1955: African-American, Rosa Parks was arrested in Montgomery, Alabama, for refusing to relinquish her seat on a bus to a white man. The event triggered the Montgomery bus boycott by African Americans which lasted 14 months and eventually led to laws integrating public transportation.

Dec. 3, 1962: Edith Sampson was the first African-American woman to be appointed to a judgeship. She served on the Chicago Municipal Court bench.

Dec. 5, 1791: Wolfgang Amadeus Mozart died at the age of 35. In his brief lifetime he wrote 600 compositions, many of which have left an indelible effect on the world's classical music.

Dec. 5, 1901: Walt Disney was born. His gift of telling stories through ani-

mated characters has charmed and inspired generations, and since his death in 1966, his concept of storytelling continues in films and theme parks throughout the world.

Dec. 6 1492: Christopher Columbus landed on Hispaniola (now known as the Dominican Republic and Haiti), thus opening Europe's door to the Western world.

Dec. 6, 1877: Thomas Edison demonstrated the first phonograph. The ability to capture sound for replay has led to many other dimensions in communication.

Dec. 7, 1941: Japan's air bombardment of Pearl Harbor disseminated America's Western naval fleet and thrust the United States into World War II.

Dec. 10, 1830: Emily Dickinson, one of America's most beloved poets, was born. Strangely enough, it was not until after her death in 1886 that most of her poems, nearly 1800 of the 2000 she had written, were discovered in a locked bureau drawer.

Dec. 4, 1962: the space probe Mariner II sent back information from Venus. It was the first signal ever received from another planet.

Dec. 15, 1840: Napoleon Bonaparte died in exile on the island of St. Helena, whereupon Napoleon's older brother, Joseph, absconded to America with the Spanish crown jewels, finally settling in Bordentown, New Jersey. Joseph led the comfortable life of a country gentleman for 24 years before returning to Europe permanently.

Dec. 17, 1903: Wilbur and Orville Wright flew their first powered airplane. Though the flights the brothers took on that first memorable day were measured in feet rather than miles, they proved that human beings were no longer bound to the earth, and the sky was the limit.

Dec. 18, 1865: the 13th amendment to the Constitution abolishing slavery became law.

Dec. 21, 2018: the winter solstice occurs ushering in the first day of winter. Stay warm and stay well. May the coming year offer nothing but the best for you and yours. Cheer up! Spring is only three months away.

Dec. 21 marks Winter Solstice

By Anne Rotholz

Winter solstice

Winter solstice in the northern hemisphere will be on Friday, Dec. 21, at 5:23 p.m. On that day the noontime sun will be at its lowest point above the horizon giving us the shortest day and the longest night of the year and leaving the northern polar region in total darkness.

The word solstice comes from the Latin *Sol* (sun) and

sistere (to stand still). While it may appear to those of us watching from earth that the sun is indeed standing still, we know that by 5:24 it will be on its way again with a promise of lengthening days ahead.

The winter solstice has particular significance since it signals the rebirth of the year. Mankind has always celebrated important points in the annual cycle of our earth. Writ-

(Continued on page 7)



Paul Sinnicke poses with his younger brothers, Henry, who served in the Army, and Richard, who served in the Air Force.

Marine

(Continued from page 5)
decipher.

Once you back off the battle line at night, you tried to get some sleep because of fatigue, but the Japanese kept harassing us by firing on and off all night. You got a couple hours sleep, maybe, and that's all.

During the time off the line, we still had to do some stretcher bearing and go with a crew of men to blast caves that the Japanese had used. We took turns flinging satchel charges to blast open the caves.

As the war was ending, we killed or wounded hundreds of Japanese. Many Japanese were jumping off cliffs committing suicide or being killed or wounded. There were around 100,000 Japanese on the island. The campaign ended July 30.

Around early August, two atomic bombs were dropped on Japan. Thank goodness, we were already practicing to invade Japan. If we did have to invade, we were probably goners, but the Japanese surrendered and the war was over.

Next venture, our whole division was sent to north China to help the country reorganize since they had been occupied by Japan for five years. We sailed to a port city named Tianjin about 50 miles east of Peking. Poverty was rampant. Tianjin had many communities, which included Italian, German and White Russians. These people had escaped their countries because they did not want to be under their government.

During my time off, I went to the White Russian community to meet women. They taught me how to do the waltz.

Our job also was to evacuate Japanese soldiers back to their country. They were coming to us by train and we were

putting them on boats that were available. I was in China 10 months, then I was able to come back home. I came home to San Diego in a banana boat, which took 22 days. I was overseas two years.

I got discharged at Bainbridge, Md. I got a job at International Nickel Company and then Johnson & Johnson in engineering.

I had two brothers also in the service, Henry in the Army and Richard in the Air Force.

I went to Union County College and majored in mechanical engineering and transferred to Rutgers University on the GI Bill.

I met my lovely wife, Elsa Hansen, on the Asbury Park beach. She was a blonde who was born in Norway. We married in 1951. We had two children, Pamela and Paul, and eight grandchildren and two great-grandchildren.

Our vacation time was in Ocean City, N.J. We eventually bought a bed and breakfast guest house with 10 units called the Breezeway. We had this for 26 years. My wife, Elsa, was a great hostess.

We lived in Westfield 40 years. I did a lot of volunteer work such as Little League baseball, Pop Warner football, Boy Scouting for 10 years, church council for 12 years, and did a closed-circuit TV show in Rahway Hospital called "Name that Tune."

Elsa died in 1997 of breast cancer.

I go to various reunions of the First Marine Division in cities in the United States.

I have lived in Rossmoor for 15 years.

I met a lovely lady named Lena who was born in Ukraine. We have been married 13 years. She is a great cook.

That is the end of my service to the life I am still living — 93 years.

Semper Fi!

Greenwood House

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Join us for 'Lunch & Learn'

The Gift of Gratitude

This program focuses on being grateful for the little things and the health benefits that come along with doing so. This light-hearted, uplifting journey will show us ways to maintain a positive outlook despite the negativity that may arise in our lives.

Presented by: Sheli Monacchio

As Director of Life Care Resources at Van Dyck Law, Sheli Monacchio has helped families make important life decisions by providing personalized support, education, and resources. A consummate elder care advocate, Sheli is also the founder of Caring Connections of NJ & PA providing comprehensive education relating to the needs of seniors throughout the community.

FREE Lunch will be served

Courtesy of Greenwood House!

Additionally, each guest will receive a gratitude jar from Van Dyck Law!!

Where? Princeton Senior Resource Center
45 Stockton Street | Princeton, NJ 08540

When? Friday, December 14th, 2018

Time? 1:00 pm - Lunch & Presentation

Please Make Sure to REGISTER NOW!

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The Messiah – Music for many

By Linda Bozowski

This year marks the 250th anniversary of the death of George Frederic Handel, a renowned and prolific composer of the Baroque era. It also marks the anniversary of the first performance of the Messiah in Dublin in April 1742, a piece of music that has lived on for the past 258 years. Originally composed and performed as a piece of music to celebrate the Easter season, the Messiah has

grown to its current popularity as Christmas-time music. The piece, which focuses on the birth through death and resurrection of Jesus, seems to be as much beloved by persons of all faiths as those of no particular faith. Its popularity is largely due to its drama and beauty, as well as the story that it tells.

Handel composed his first opera at age 18. He went on to compose 39 additional operas. Although Messiah is

not an opera, it became his most celebrated and best-known piece of music. One of the elements that contrasts Messiah with Handel's other pieces is that in most of his work, soloists dominate the music. In the Messiah, the chorus is the voice of the music.

Music organizations feature performances of the Messiah during the Christmas season, and these performances are well attended. In the coming weeks, audiences may see or participate in Messiah performances at the following venues nearby. The listing is not intended to be comprehensive, but to offer a taste of upcoming events.

- Dec. 4 – Presbyterian Church, New Providence
- Dec. 14 – NJSO at Richardson Auditorium, Princeton
- Dec. 14 – N.Y. Philharmonic (orchestra only), David Geffen Hall, N.Y.C.

- Dec. 15 – N.J. Choral Consortium, Drew University
- Dec. 15 – N.Y. Philharmonic (orchestra only), David Geffen Hall, N.Y.C.
- Dec. 16 – NJSO at NJ PAC, Newark
- Dec. 19 – National Chorale, David Geffen Hall, N.Y.C.

To my knowledge, the National Chorale performance is the only one listed in which the audience is the chorus. Nearly 3,000 attendees sing most of the pieces in the score, accompanied by an organ and 17 guest conductors. This is the 51st anniversary performance by this organization.

As we move toward the end of 2018, let's take some time to relax and reflect. Turn on the stereo, have some hot chocolate or cider, attend a concert or school performance. And let's give thanks that we've shared another year with those we care about.

Dec. 21

(Continued from page 6)

ten accounts from various parts of the world describe the celebrations, rituals and festivities that took place at the solstice.

Neolithic structures built over 5,000 years ago such as New Grange, Stonehenge and Karnak indicate that those who built them were very familiar with the solstice. They were built in such a way that they face, frame, or otherwise welcome the winter solstice sun.

Many ancient solstice celebrations were centered on the rebirth of the sun goddess whom they believed was responsible for the return of the sun and the longer, brighter days. Examples of such festivals are Saturnalia in Ancient Rome and the old Scandinavian festival of *Juul*.

Present day festivals that are found near the solstice are Christmas; Hanukkah, the Jewish festival of lights; Kwanza, celebrating African culture; and Diwali, an Indian festival of lights.

Short Girls' Day

By Anne Rotholz

Are you 5' 2" or under? If you are, we probably share an experience that I have had many times in my life. I am in ShopRite (or any grocery store) and that package or can is just one inch too far away for me to grab it. My brain immediately goes into action.

I can step on the lowest shelf which will immediately give me the desired inches. A vision of the shelf and its contents coming down on top of me tells me that it is not such a good idea. I look around for some object that might help me to reach it.... nothing. Maybe I can use another package or can to wiggle it a bit closer. Chances are that wouldn't work and being a considerate shopper, I realize that this process could bring several items tumbling down, damaging them for the next customer.

So, what are my options? I look to see if there is a store employee in sight but most of the time no one is there. Frustrated, I resign myself to reality. I am just going to have to stand and wait until a helping hand in the form of some kind, taller shopper comes by.

But here is a twist in the tale. Before I even get a chance to ask, I hear, "Can I help you?" from a very observant lady or gentleman. I point to the object with a plea, "Can you reach....?" knowing full well that the person can and feeling humbled by the kindness.

After thanking my benefactor, I might strike up a brief

conversation. I believe that everyone likes to be appreciated and even in this busy world most people respond warmly to a short chat.

I try to make my lack of height a positive experience. While I will never be able to reach the top shelf, I can help in other ways. I can say a kind word to the shopper with a crying child. I can let the obviously busy, working, person go ahead of me at the checkout. In a rare circumstance I can help someone who is leaving groceries behind because that person cannot pay for them.

A few years ago, a friend in California sent me a pendant inscribed with a quote from Shakespeare's play, "A Midsummer Night's Dream." It read, "though she be but little, she is fierce." I was flattered.

Thankfully we are assured by scientists that being short is not related to brain function. History gives us plenty of evidence to support this. Following are the names and height of some short women who will always be remembered for their great achievements:

- Dolly Parton 5'
- Charlotte Bronte 4' 10"
- Kylie Minogue 5'
- Madame Curie 5' 1"
- Mother Theresa 5'
- Judy Garland 4' 11"
- Joan of Arc 5' 2"
- Queen Victoria 5'
- Yoko Ono 5' 2"
- Bernadette Devlin 5'
- Cleopatra 5'
- Ruth Bader Ginsberg 5' 1"
- Lady Gaga 5' 1"
- Carrie Fisher 5' 1"
- Simone Biles 4' 8"

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A trip to the National Museum of African American History

By Jean Houvener

This past Oct. 24, a group of Rossmoorians headed off on a bus trip to Washington, D.C., to visit the Smithsonian's National Museum of African American History and Culture. This museum is jam-packed with information, and deserves the lengthy time we had to explore it. The exterior design is meant to reflect a crown from Yoruban culture of West Africa. The history galleries are on three levels that lie under a pool that is a contemplative court of flowing water; all are below ground level. The top three stories contain more contemporary exhibits.

African-American veterans of the Union Army, who met for a reunion in 1915, first conceived the idea of a museum. While various bills were brought to Congress over the years, the movement gained little momentum until the 1980s. Repeatedly the argu-

ment against such a museum was the cost involved. One proposal was for a wing of the National Museum of American History. Given the importance of African-Americans to U.S. history, that would have been appropriate, but far better is the full museum we now have.

Pushed forward by various legislators, including Rep. John Lewis, Rep. Mickey Leland, and Rep. J.C. Watts, and ultimately enjoying bipartisan support from Congress and support from the Smithsonian, legislation to bring reality to the dream of 1915 was signed into law by George W. Bush in 2001. Insurance company AFLAC donated \$1 million to the project. Oprah Winfrey also donated \$1 million at that time. Subsequently she donated an additional \$12 million. The GM Foundation also donated \$1 million. Many other donations have followed. Time was

needed to locate the museum, design how to fit it into its space, and set up the exhibits. Ultimately it opened Sept. 24, 2016.

As if to emphasize the dark beginning of the history of Africans in America, the history galleries begin at the lowest level, including a sense of the depth of a slaver ship's hold. Between 1501 and 1866 European countries enacted the largest forced migration in history of 12,500,000 enslaved Africans taken from their homes to work in the newly discovered Americas. The trade began as a trickle, by Portuguese, then French, Spanish, and later English colonial slavers. While slavery always involved the kidnapping of innocent people from their homes, the trade became increasingly brutal as larger numbers were involved. Initially a novelty in European courts and then in wealthy

homes, with the development of the Americas, the economies of Europe and the Europeans in the Americas became totally dependent on slave labor.

The sugar, tobacco, rice, and coffee raised in the new colonies required hard labor. A 7-year life span was the average survival time for a slave on the plantations. Early after the arrival of Europeans in the Caribbean, Native Americans were conscripted into slave labor. In short order, the Native Americans succumbed to the diseases and harsh conditions of the plantations, and the Europeans turned to African slaves to provide the labor they needed. Without that slave labor, economies on both sides of the Atlantic would have collapsed. In Africa, too, there were economic winners with guns and money being paid to those Africans who kidnapped and sold the captured people into slavery.

Of the slave ships, one in 10 had a rebellion. Other times, the enslaved leapt into the water to join their ancestors rather than be taken to a strange land as slaves. Olaudah Equiano, who was captured as a young boy later wrote an autobiography that tells much about conditions on the ships. The enslaved men were chained to each other, making it harder to move or rebel, as well as fitting more people into the hold. The women and children were not necessarily chained, but were subjected to abuse and assault. Portugal was responsible for bringing 5.8 million slaves, Great Britain for 3.3 million, France for 1.4 million and Netherlands for .55 million, with some 400,000 brought to the territories that became the United States. Church, government, and business were all heavily invested in slavery.

The history of the United States is riddled with laws to keep African-Americans enslaved and after the Civil War in second-class citizenship. The first man shot in the Revolution was the free black Crispus Attucks. While after the Revolution there were founding fathers who supported the abolition of slavery, in fact 12 of the first 18 presidents were slave-owners. The great accomplishment of the abolitionists was to incorporate in the Constitution that the slaves were people, not property.

African-Americans have

fought in every single war the United States has waged, including the Revolution and the French and Indian War. Nevertheless, in 1857 the Dred Scott decision of the Supreme Court ruled that those of African descent, whether slave or free, had no rights as citizens. The slave trade was abolished internationally in 1808, but that led to an increase in the domestic slave trade. The 1820 Missouri Compromise and the Compromise of 1850 were efforts to contain or expand slavery as the country moved westward, and included the infamous Fugitive Slave Act.

In 1790 there were 60,000 freed blacks in the United States. By 1860 there were 500,000. Individual states banned slavery. Following a successful suit by Elizabeth Freeman for her freedom in Massachusetts, which was followed by other suits, Massachusetts banned slavery. The Northwest Ordinance banned slavery north of the Ohio River.

Initially the Civil War was not fought to free slaves, but with the Emancipation Act of 1863 and the acceptance of escaped slaves by Union troops, the momentum shifted to end all slavery. After the Civil War all slaves were freed and the men given the right to vote as part of the legislative struggles that followed the defeat of the Confederacy, including the Thirteenth, Fourteenth, and Fifteenth Amendments. For a brief period during Reconstruction the newly enfranchised African-American citizens contributed members to state legislatures and to Congress. Then, as the Union supporters wearied of maintaining troops in the South, the laws of Jim Crow were enacted, enforcing segregation and limiting civil rights. African-Americans were under constant threat as they tried to enter society, even within the confines of their own small towns and neighborhoods. Success became an invitation to being attacked, particularly but not exclusively by the Ku Klux Klan.

The Great Migration in the early 1900s involved six million people of African descent moving north out of the south to escape those laws, a migration accelerated by World War I and the expectations of returning soldiers and those who enabled the war effort that they would no longer be subjected to menial work and dis-

(Continued on page 9)

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Revisiting Mrs. Claus

By Bob Huber

It had been several years since I last visited the old couple at their home at the North Pole, and frankly, I was concerned about what I might find. So much has changed. There is so much rancor and division in our society these days. Is there any holiday spirit left? Santa's getting on in years. Is he still up to the task? After all, he's been around since the 4th century. Nowadays you can order anything from a new car to a toothbrush on your cell phone and have it delivered the next day. Has Santa Claus become obsolete?

The door opened and a gentle warmth surrounded me, not from the fireplace, but the warmth you feel when you're in the presence of good will and good cheer. My concerns vanished.

Thank you for taking the time to talk to me, Mrs. Claus. I imagine you folks must be very busy right now.

Oh, we've been busy since the beginning of the holiday marketing season.

When was that?

July fifth.

That early?

Well, it seems like it anyway. It starts earlier every year. I can recall when people didn't even think about Christmas until after Thanksgiving. Now there are Christmas shops that stay open year 'round.

But haven't there been

other changes over the years?

Oh yes. There was a time when our elves made all the toys in our own shop. Now, we have to outsource a lot of work to China. Kids want electronic gadgets nowadays. By the time we deliver them, they're obsolete. The world moves at a much faster pace. You have to be on the dead run just to keep up.

Yet, I hope the image of the "Jolly Old Elf" remains intact.

Well, sort of. My husband can trace his ancestry back to a fourth century bishop named Saint Nicholas, who went around giving gifts to the poor. The gift giving part of it worked out pretty well all the way up to the 19th century. Then, two people changed the whole game.

Who could be that influential?

Clement Clarke Moore, a college professor who

wrote the poem "A Visit from Saint Nicholas" (The Night Before Christmas), and a political cartoonist named Thomas Nast who illustrated the poem. The combination became so popular that we had no choice but to conform to their descriptions. All of a sudden, we were saddled with a sleigh and eight reindeer, and my husband, dressed up in a bright red suit, was popping in and out of chimneys. Our dry cleaning bills were horrendous, and you'd be surprised how much it costs to feed eight reindeer.

I've often wondered why you don't go along with your husband on his Christmas Eve journey.

Staying out in the cold all night on Christmas Eve is not for me. My husband leaves the house at dusk, and I don't seem again until dawn Christmas morning. I stay home with a pot of tea and watch reruns on television.

I've seen "It's a Wonderful Life" so many times that I can recite the dialogue by heart. As a matter of fact, I hardly see Claus at all between Thanksgiving and Christmas, he's so busy making personal appearances at shopping malls.

Surely, you must take some sort of vacation when the holiday season is over.

We have a time share condo down in the Bahamas. We usually spend the month of January there. Claus shaves off his beard and cuts is hair.

I can understand why he would want to be incognito. Does he have a hobby?

If you can call it that He likes to saunter up and down the beach, telling all the bikini cuties that he's auditioning weather girls for a television show.

That must be embarrassing.

It certainly is, especially if he's wearing his Speedo.

By now, I suppose you're all prepared for the

holidays.

Oh, there's always a lot of last-minute things to do: polish the sleigh and the sleigh bells, put fresh batteries in Rudolph's nose and check "The Book" one more time.

What book?

The Naughty/Nice book. We still call it that, even though it's all computerized now. Actually, all we have to do is push a button, and bingo! There's all the information we need. We'll start loading up the toy sack next week.

In all the pictures I've seen of Santa, that toy sack looks like such a burden.

No sack filled with toys is a burden. At dawn I'll hear the sleigh pull up in the front yard, and he'll come bursting through the door, reeking of milk and cookies. He gives me a big hug, and he always says the same thing.

What's that?

HAPPY HOLIDAYS!

African American History

(Continued from page 8)

crimination. A second migration of another five million occurred during and after World War II for the same reasons, this time to the west as well as north.

The museum covers the era of segregation in restaurants, railroad cars, buses, schools, and elsewhere. It has a very moving exhibit on the 14-year-old Emmett Till of Chicago, who while visiting relatives in Mississippi in 1955, was brutally murdered, presumably for offending a white woman in her grocery store. His mother had the courage to insist on an open casket funeral so all could see what had been done to her son. Her courage led to Rosa Parks' refusal to move to the back of the bus that same year, leading to the Civil Rights Movement of the mid-20th century led by Dr. Martin Luther King, Jr.

As the Museum's exhibits make clear, there is still an ongoing struggle for equal rights, for justice, for the right to vote, for education and employment opportunities. The museum has much more than I have mentioned. It is full of information, artifacts, and media presentations that make very clear what our history involves. It is a history everyone should see and understand.



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We saw the lights!

By Linda Monaco

It's that time of year again. My favorite time of year, after Halloween and Thanksgiving. It may occur third in the holiday season, but Christmas is the best of them all. Take a ride around the neighborhood to enjoy the houses, bushes, and trees lit with multicolored lights. New York City is many watts brighter due to all the decorations in the streets, on the houses, and the stores.

A walk down Fifth Avenue gives you a beautiful array of storefronts decorated in various seasonal themes, culminating at Rockefeller Center Plaza and the 75 to 90' tall Christmas tree.

My favorite New York City Christmas tradition has always been the Rockefeller Center tree lighting. Every year, I find out what day the tree will be lit so I can watch it on TV. It all started when I was in college at New Paltz State Teachers College, New Paltz, N.Y.

A good friend, who shall remain nameless to protect the guilty, suggested that we drive down to New York City to watch the tree lighting. She had her brother's car and wanted to go somewhere, specifically, Rockefeller Center. I couldn't refuse. Who could?

It wasn't until we were on the New York State Thruway

that we realized neither of us knew how to get there. Somewhere in Jersey City (I think it was Jersey City), we stopped to ask a policeman for directions. He directed us to a tunnel (probably the Lincoln Tunnel) and gave us general directions.

It was just about this time we realized that there was a problem with the car's transmission. We couldn't go faster than 40 mph! Now, in New York City this is not a problem; you rarely go faster than 20-30 mph, but, after the tree lighting, we had to drive back to New Paltz, on the Thruway, at 40 mph. It would double the time and we had an 11 p.m. curfew. (Wow, does that date me or what?) So of course, we continued on.

A parking garage was out; they would floor the gas and the transmission would probably fall out. So we drove around and around and around and again, around Rockefeller Plaza. Would you believe we actually had a view of the tree when the lights turned on. Yeah! What happens now? We can't go back to school; the car wouldn't make it.

So of course, we went on the Long Island Expressway, at rush hour, doing 40 mph to my friend's aunt's house. Her aunt was home (Thank God) and would drive us

back to school after we stopped for something to eat; we forgot about dinner. I had my first introduction to White Castle hamburgers...that's a whole other story for another time.

We were finally on the Hutchinson River Parkway, talking about the tree lighting, heading toward the Tappan Zee Bridge, with me in the back seat giving directions. That year there was construction for the intersection of Route 684, the Hutchinson Parkway, and the Cross Westchester Expressway. Signs were down everywhere, but this was my home ground, not a problem. Despite my directions to turn, our driver did not see a sign for the bridge, so she drove right past the exit. The next sign we saw was, Welcome to Connecticut!

After making a U-turn in front of the Connecticut toll booths, we were finally going in the right direction. Still no signage for the bridge, but I had my hands around her throat and told her to turn when I said to turn, no matter what. We made it back to school just in time.

Well, that's my story and I'm sticking to it. I never tried to see the tree lighting in person again. I do recommend the ceremony on TV. If you missed this year's lighting on Nov. 28, the National Tree lighting in Washington, D.C., will be Dec. 6. I don't suggest driving down to see it.

'Twas the Night

By Steven Gray

November 1975

'Twas the Night before Christmas

And all through the house
Everyone was busy
Even my spouse

The tree was leaning
On the wall over there
Because we just bought it
At Tommy's Tree Fair.

The kids, of course,
Were all in the way
While we got ready
For the Big Day.

I had just settled down
For a short rest
Right in the middle
Of our pre-Christmas mess.

When next to our house
There was a loud sound
I was out of the chair and
To the window in one bound.

I tore open the curtain
And pulled up the blind
Then saw a sight
That just blew my mind.

What did I see?
Well you may ask.
There were three hundred
people
Wearing a Halloween mask.

Why were they there?
What does this mean?
Then a thought entered
My much maligned bean.

I ran to the kitchen
To take a fast look
At a calendar
Up on a hook.

At it I gazed –
My bubble did burst.
'Twas not December
But October thirty-first.

Getting organized thanks to Melvil Dewey

By Linda Bozowski

Amherst College claimed Melvil Dewey as one of its librarians in 1873. Dewey, who was a founding member of the American Library Association, was a promoter of the card system still in use in libraries, and was the developer of the book classification system that bears his name. The first version of the classification system was developed in 1876 and presented in a pamphlet form to

solicit comments from other librarians. Dewey had his classification system copyrighted in 1876, but the system was modified and expanded many times in the following years.

Other classification systems were developed during this time period, but none was as complete as that of Dewey. As the Dewey system was introduced in libraries, some librarians com-

(Continued on page 11)



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

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Veterans being celebrated by the Monroe Twp. High School soccer team. Veterans included in photo, from left: Dennis Haggerty, Tommy Croake, Trudy Skladany, Bob Macchiarola, Dan McOlvin (center) Wally Milbrod, Vinnie Piccirillo, and Sam Renda.

Veterans celebrate and are celebrated over Veterans Day weekend

By Dan McOlvin

Over two dozen Rossmoor veterans enjoyed the Veterans Day weekend. A dozen hearty veterans traveled to the United States Military Academy at West Point to watch the Black Knights beat Lafayette 31:13, extending their winning streak to six games. It was a brisk cold day that was embraced by history and tradition.

The history of West Point goes back to fortifications built on the West Point of the Hudson River during the American Revolutionary War. In 1778, that included a 150-ton iron chain across the river to defend against British troop movements. Following the war, President Thomas Jefferson signed legislation establishing the United States Military Academy on the site in 1802. Many of our greatest military leaders were West Point graduates including Generals Grant, Lee, Eisenhower, MacArthur, Bradley and Patton.

Our events continued on Sunday with just over a dozen Rossmoor veterans being celebrated at a complimentary pancake breakfast hosted by the Monroe Twp. High School soccer team.



Veterans Rowland Tudor, Trudy Skladany and Dan McOlvin with Frank Colavita in background at the West Point game.

Gina Genther from Administration was one of the soccer moms who led this effort to thank and celebrate our veterans.

The Annual Rossmoor Veterans Day Brunch followed on Tuesday, Nov. 13, when we conducted a tribute to our nation's warriors, our prisoners of war, and missing in action who never returned. We celebrated the activities of our club during the past year. The program concluded with the unveiling of memorial plaques

at the golf course flagpole where our nation's flag flies proudly with our Honor and Remember flag.

This year's Army vs. Navy football game will again be played in Philadelphia on Saturday, Dec. 8 as Army seeks to make it three in a row against their Navy opponents. Rossmoor Veterans will host an Army vs. Navy tailgate barbeque in our Clubhouse Ballroom from 3 till 8 p.m. to watch the rivalry and cheer on our teams.

Melvil Dewey

(Continued from page 10)

plained that the system was too complex for their small collections, so an abridged version was introduced. In 1930 the Library of Congress began to print the Dewey classification numbers on its card sets, and other libraries were able to utilize the system more easily.

The logic of the Dewey classification system uses ten broad categories, broken down into 100 smaller categories, organized by their respective disciplines and uses a three-digit base number. For example, Social Sciences, based on number 300, may have subsets ranging from 301.xxx to 399.xxx. Topics in categories 300 to 304 include statistics, politi-

cal science, economics, law and public administration, followed by five other subsets. These 100 categories are each more finely defined.

So what does this mean in these days of Google searches? How does the Dewey system compare to the Library of Congress Classification System, which is, to my way of thinking, so much more complex? Depending on the needs of the user, the Dewey and LOC systems and the other methodologies used to organize publications make finding information more straightforward than keying in a question like "tell me about political systems." Using a library-type system, the user can narrow down to a very fine degree the resources that help answer the pertinent topic being queried.

Despite the complex algorithms being used in computerized searches, the field of information being made available is many times too broad to make finding the information being searched for in a time-sensitive way.

Interestingly, the Dewey Classification System has continued to evolve over the past one hundred-plus years. The most current edition (the 23rd edition) was published in 2011, more than 100 years after its introduction. The 15th abridged version, which is a slightly more simplified iteration, was published in 2012. So long as there is more knowledge and more writing and more need for research, an organized system needs to be maintained. The Dewey System still fills the bill.

Peace be with you during
this Holiday Season and
throughout the coming year!

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What if no computers?

By Steven Gray

As a lot of you know, my job was a computer technician with the job title of Area System Coordinator for a large government agency. When people retired from that agency, I had to totally remove them from all computer systems and ensure that they did not leave any “backdoors” into the agency. Some of those retirees stated that they could not wait to get computers out of their lives. That has made me wonder – did they truly get computers out of their lives and what would happen if there were no computers? Let’s fantasize a bit and see how much better, or worse, things would be.

Most of you either drive, or used to drive, and had to be responsible for your cars, trucks, motorcycles, etc. Going back in time to the pre-computer cars, we had to have the points, condenser and plugs changed twice a year (sometimes more). The distributor cap had to be changed on occasion along with the ignition wires. We got great gas mileage of maybe 12 to 15 miles per gallon. Carburetors needed cleaning and possible replacement after a few years. Do we now worry about any of that?

Telephones once required a live operator. We had to pay extra for non-local calls and, in some cases, had party lines because either the cost of a private line was too high or there were not enough lines into a certain area to allow for private lines.

Television was analog and the largest set you could buy was around 26 inches. Granted you could use an antenna to receive television signals but you had to watch a lot of commercials to pay for that privilege and you got only a few channels. Oh wait – the ads didn’t change, but now we have cable and satellite that allow us to watch over 400 channels, still very

little to watch.

We would not have social media like Facebook and Twitter, so people would actually have to socialize with each other. Actually, that would be a good thing. No computers would also mean no Internet. We would have to use this strange large book called a dictionary to look things up, or possibly that set of encyclopedias you bought from that nice door-to-door salesman.

Salespeople would have to know how to make change because the cash register would only be a cash register; it would not tell them how much change to give back nor keep a running count of store inventory. Stores would close on occasion to take inventory as they would otherwise not know what they had and how much to reorder.

You could not pay any bills online and would either have to go into a bank or physically write out and mail a check. Do you buy on Amazon or eBay? Online shopping would not exist – only physical stores, now we are back to the salespeople making change.

Making something as simple as a hotel reservation would require dialing 411 to

Why can't I fix it? Part II

By Dierdre Thomson

Last month I wrote of the last few minutes of a friend’s life. I did not, however, give you background on Dave,* the years of bouts of depression that he suffered. A few weeks before Dave ended his life, he and Joan* joined us for a family picnic. I noticed that he seemed in a very good mood, actually happy. It was not until after Dave’s death that I realized that he had shown one of the classic signs of a person who had made a decision to end his life - a person about to commit suicide. Dave was happy because he had made

get information, asking for the telephone number of the Bates Motel, calling long distance to that motel, waiting until the desk clerk can flip the calendar to when you want to stay and using a credit card (if they existed) or promising to mail a check to hold your reservation.

Now imagine if you needed to make an airplane reservation as well in that ultra-fast four engine propeller plane (no computer, no jet engine) and also reserve a car to use while on vacation. Each step required a separate long-distance telephone number unless you paid for a travel agent to handle all of that. Now a few clicks and you are done with all reservations verified.

Computers have made most of our lives much easier and pretty much everything we do is faster and cheaper. I almost laugh when I am told to hold on as the computer is a bit slow today and I have to wait two or three minutes to get an answer. Pre-computer I would end up getting a call a week later to answer my question or confirm a reservation – that is over 10,000 minutes for those who like math.

So, love ‘em or hate ‘em, computers are here to stay.

all the plans for his suicide. Suicides are not necessarily spur-of-the-moment. They can often take weeks, even months to plan. Once that plan is completed, the person is relieved, and feels good. The person is happy because he or she has made a plan to “fix it.”

Dave planned everything down to the last detail, even to the timing of his death and the removal of his body before Joan arrived home. He planned it so she would not have to see him or anything to do with the suicide. He was not, however, able to keep her plane from arriving early and he was not able to prevent her arriving home while all the emergency vehicles were there, and his body was still at the scene.

It is very traumatic being drawn into such a situation. In preparation for this article, I spoke with my daughter Laura today about Dave and that terrible fall night. She reminded me that Dave wanted to be sure she would be there for Joan. Laura then said, “I still hear the shot.” After all these years the trauma of that night still affects her. As for me I felt guilty because I did not pick up on the sign of a depressed person deciding that he could not fix it. To Dave, suicide was the only option, and I had missed the red flag.

I had another feeling about that night. Dave did something else that night, something that angered me. I found out a few days later that Dave had called the po-

(Continued on page 14)

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Rossmoor Clubhouse News

December 2018

Super Bowl LIII Party

Sunday, February 3 - \$20pp
Ballroom doors open at 5:30pm
Kick-off at 6:30pm

Sausage and peppers, honey butter chicken, assorted gourmet deli sandwiches, red bliss potato salad, mixed greens salad, dessert platters and beverages.

Not interested in the game? After dinner, join us in the Gallery. We're showing "The Dressmaker" starring Kate Winslet.

On Sale December 4

WELCOME

Clubhouse
 Open daily, 8am - 10pm

E&R Office
 Open Monday - Friday, 8:30am - 5pm
 E&R Office Closed daily from
 12 noon-1pm
 609-655-3232

Melissa Vaccariello: Clubhouse Manager
 Sue Ortiz: Office Coordinator
 Sebrena Jinks: Office Assistant
 Jessica Roberts: E&R Foreman

ON SALE

EVENTS

"ONLY A NUMBER" DOCUMENTARY

Wednesday, December 5, 10:00 am, Ballroom - FREE
 A documentary that tells the story of a couples love, strength and will to survive.

SUNDAY MOVIE LUNCHEON—

"DRESSMAKER" Starring Kate Winslet
 Sunday, January 27th, 12:30pm, Ballroom
 On Sale Tuesday, December 18

NEW YEARS EVE CELEBRATIONS

New Years Eve at Noon Brunch
with Peter Custode
11:30am, Ballroom—\$38pp

Menu includes scrambled eggs, orange French toast, bacon, home fries, chicken cordon bleu, grilled salmon Florentine, salads, Italian pastries, a champagne toast & more!
 Full menu available at E&R.

SNOWFLAKE SOCIAL with DJ Mel

Friday, January 18th
7pm Ballroom \$10pp

Call-in on Tuesday, January 8 at 12:15pm
 Payment MUST be received by Monday, January 21

BRING YOUR OWN REFRESHMENTS.
ICE PROVIDED.

New Years Eve Dinner
w/ DJ Mike
7:30pm, Ballroom—\$72pp

Ring in the 2019 with Us!
 Cocktail Hour . Dinner Buffet . Carving Station
 Dessert . Champagne Toast at Midnight
 Full menu available at E&R.

ON SALE TUESDAY, DECEMBER 11th



Wednesday, May 1st
\$135pp - 2PM Show

Includes bus, gratuity & show ticket
 Bus departs pool side at 10am.

Vivian and Edward are unlikely soulmates who overcome all odds to find each other...and themselves. Guaranteed to lift your spirits and light up your heart!

IMPORTANT NOTICE

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



CULTURAL

AFRICAN HERITAGE GROUP
Saturday, December 8, 3:30pm, Gallery

AVIATION GROUP
2nd Wednesday, 1:15pm, Gallery
"Titanic in the Sky"

BOOK DISCUSSION GROUP
2nd Thursday, 3:00pm, Dogwood
"Someone" by Alice McDermott

CURRENT EVENTS ROUNDTABLE
Mondays, 10:30am, Maple

GERMAN AMERICANS
Last Thursday, 1:30pm, Cedar

KOREAN AMERICANS
Saturday, December 15, 4:00pm, Maple

LATINO/HISPANIC-AMERICANS
Last Wednesday, 6:00pm, Gallery

POLISH AMERICAN
Friday, December 7, 1:00pm, Maple

RECIPE GROUP
2nd Wednesday, 6:30pm, Maple

VETERANS GROUP
Tuesday, January 8, 10:00am, Ballroom



THE ARTS

"ALL IN STITCHES" Knit & Crochet Group
Thursdays, 1:00pm, Maple
Saturday morning classes begin in January.
Contact E&R for more information.

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

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

GALLERY EXHIBITS
Be sure to stop in and browse each month's display of art work.

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

RUG HOOKING GROUP
Thursdays, 9am—1pm, Gallery
Bring your lunch and be prepared to have some fun!

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

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

CARDS & GAMES

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

BRIDGE
Contact Clubhouse

CANASTA & MAHJONG
Contact Clubhouse

MAY I
Contact Sophie Prata.

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

MEN'S POKER
Contact Alan Lasky.

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

PINOCHLE
Please call E & R if interested.

POKER
Contact E&R

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

GET MOVING!

CHAIR YOGA
Tuesday mornings, 10:00am, Gallery
Enjoy the benefits of yoga while sitting in a chair.
Class is conducted by a certified Yoga Instructor.
Pay instructor directly

"DOWNSIZING"-Weight Loss Support Group
Wednesday, 9:30am, Maple
Call the Clubhouse for information

FITNESS CENTER ORIENTATION
Monday, December 10 at 10:00 am
Sign-up in the Clubhouse...Space limited

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

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

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

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

ZUMBA
Mondays & Wednesdays, 5:45pm, Hawthorn
Payable to instructor. Wear closed-toe shoes.



SPORTS FUN!

BOCCE
New Players Welcome!

CROQUET
New Players Welcome. Call Betty Anne Clayton.

HIKERS
Saturday, December 1—Plainsboro Preserve
Departing from Clubhouse at 9:30am

PICKLEBALL
Holiday Party—December 14 at 6:00pm

SHUFFLEBOARD
New Players Welcome.

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

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



MOVIE CORNER

"MIRACLES FROM HEAVEN"



Rated PG / 1hr, 45m / No Charge

Tuesday, December 11
1:30pm & 7pm Ballroom

Sunday, December 16
1:30pm *Gallery

TUESDAY MYSTERY MOVIES
December 4 at 1:30pm
December 18 at 1:30pm *Gallery

COMING ATTRACTIONS

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

THE CHER SHOW
Wednesday, April 17—WAITLIST

THE GREAT COURSES

TOOTSIE: THE MUSICAL—Wednesday, May 22nd

Additional Details to be Announced...



LIBRARY ON LOCATION

"STILL TOMORROW"-Thursday, December 13

Yu Xihua, China's most-famed poet, rises to stardom with her best-selling poetry book despite not having finished her high school education.
A film by Kimberly Reed [2018, 85 min]

"BRIMSTONE & GLORY"-Wednesday, December 19

Artisans at the National Pyrotechnic Festival in Tultepec, Mexico show off their technical virtuosity in an explosive celebration of delight. Directed by Viktor Jakovleski.

1PM **Gallery** No Charge

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

FYI

- RCAI Offices will be Closed on Monday, December 24th and Tuesday, December 25th in observance of Christmas.
- CONTACT THE CLUBHOUSE for information regarding events and trips.
- EVENT REMINDERS: Bring Rossmoor ID when purchasing tickets for Clubhouse events. Only two tickets per manor can be purchased. When bringing a guest/non-resident, please provide their full name at the time of ticket purchase. Tickets are non-transferable.
- TRIP REMINDERS: Trips require average physical activity. You should be in good health, able to climb stairs, and walk reasonable distances. Any guest accompanying a Rossmoor resident **MUST** be at least 18 years of age. Basic information on guests must be provided when tickets are purchased.
- CLUB PRESIDENTS & GROUP REPRESENTATIVES: Channel 26 announcements and room set ups **MUST** be handed in on the official forms. Forms can be found on the website or in the Clubhouse.
- ROSSMOOR CLUBHOUSE NJ is our official Facebook page. Follow us for Clubhouse updates, ticket sales, and event photos. You just might see yourself having a good time!
- RCAINJ.COM is the official website for Rossmoor. Here you will find everything Rossmoor! Check it out!
- EVENTS & TRIPS are subject to change.

Great Decisions

Tuesdays at 7pm, Cedar Room
February and March — \$29 Materials Fee

- | | |
|---------------------------------|--|
| •Refugees & Global Migration | •Decoding U.S.- China Trade |
| •Middle East: Regional Disorder | •Cyber Conflicts and Geopolitics |
| •Nuclear Negotiations | •U.S. & Mexico-Partnership Tested |
| •The Rise of Populism in Europe | •State of the State Dept. of Diplomacy |

Register at E&R by January 9th



Some of Rossmoor's Veterans, friends and family braved the cold weather and boarded a bus to West Point to enjoy the Army vs. Navy Football Game.



Residents enjoyed our Harvest Dance with DJ Gary Morton!




Catch a great photo of Rossmoor residents enjoying themselves at one of our events? Please forward to melissav@rcainj.com

DECEMBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>Ticket Sales</div> <div></div> <div>Today!</div>	<div>Events or trips marked * require tickets or prior registration</div>					1
2 <div></div>	3	4 <div><div>9:00am Comcast—BR</div><div>1:30pm Mystery Movie-BR</div></div>	5 <div><div>10:00am “Only A Number” Documentary—BR</div></div>	6 <div><div>1:15pm NYC Holiday Lights*</div></div>	7	8 <div><div>2:00pm Army v. Navy Football Game & Viewing Party*- BR</div></div>
9	10 <div><div>10:00am Fitness Center Orientation—VC</div><div>1:00pm “Go With Your Gut” Health Lecture—MP</div></div>	11 <div><div>1:30pm “Miracles From Heaven” Movie -BR</div><div>7:00 pm “Miracles From Heaven” Movie -BR</div></div>	12 <div><div>1:15pm Aviation’s “Titanic in the Sky” -GL</div><div>6:30pm Recipe Exchange—MP</div></div>	13 <div><div>9:00am Committee Meetings-VC</div><div>1:00pm Library on Location-GL</div></div>	14	15
16 <div><div>1:30pm “Miracles From Heaven” Movie -GL</div></div>	17	18 <div><div>1:30pm Mystery Movie-GL</div></div>	19 <div><div>1:00pm Library on Location-GL</div></div>	20 <div><div>9:00am Board of Governors –VC</div></div>	21	22
23	24 <div><div>RCAI OFFICES CLOSED</div></div>	25 <div><div>RCAI OFFICES CLOSED</div></div>	26	27	28	29
30	31 <div><div>11:30am New Years Eve Brunch* - BR</div><div>7:30pm New Years Eve Gala* - BR</div><div></div><div>NEW YEAR'S EVE</div></div>	<div></div>				

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

MEETING HOUSE SERVICES		
Catholic Society Mass	2nd Thurs	7 pm
Jewish Congregation Sabbath	2nd & 4th Fri	7:45 pm
Community Church & Communion	1st Sun	11 am
Community Church Worship	2nd & 4th Sun	11 am
Community Church & Fellowship	3rd Sun	11 am
		

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

This month in pictures

Photos by Joe Conti and Walter Gryskiewicz



The cast and crew of the play *Crooks and Nannies*



In *Crooks and Nannies* “mobsters” Lester (Arnie), Boss (Tommy) and Lenny (Alex) have a meeting.



The meeting of the Nanny Foundation



Voting Registrars, from left, were Muriel Calvanelli, Sylvia Hooper and Thelma (Tee) Lennard.



Santa (Dennis) with Rosemary Pacello, Rose LoGuerto and Santa's Helper Diane Arce



Wreaths for sale from the crafters group at the Bazaar



Snow man and woman, and figurines at the Bazaar



Santa and Mrs. Claus at the Bazaar

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Musings and Memories

By Betty Emmons

Reflections

I was born in 1925 and, if ever I thought about getting older, all I ever said to myself was I just want to be a nice old lady, and, too, that I might see the new century come in. The good Lord willing, I would only be seventy-five then and therefore it was a possibility.

Well, I did see the turn of the century and as for the nice old lady part, it depends on the day or the circumstance.

Now, having turned 90, I

look back over the years, which make an unbelievable collage for me to think on. Sometimes I smile and sometimes I frown as my mind keeps very busy with the past. So much so that I think I spend more time in reflection than it actually took to accomplish the things that I am remembering.

In any case, I am in the here and now and grateful to be here. Sure I "coulda" been, "shoulda" been, but I doubt that things "woulda" been any different. I still

would be gray haired and in love with life either because of or in spite of the ups and downs.

And now in the twilight of my years I am, even yet, looking forward to honing my ways so that I can become that nice old lady that I once aspired to be. And assuming that I am not too busy contemplating my navel, I may still frown a little as I think of things, but mostly I will smile and be content in the joy of remembering.

New Neighbors

By Christina Smith, Resident
Services Manager

Marilyn and Louis Apostolico, 273A Old Nassau Road, formerly of Lancaster, Pa.

Antoinette Babek, 238N Mystic Lane, formerly of Toms River, N.J.

Michael and Barbara Markel, 366A Old Nassau Road, formerly of Huntersville, N.C.

Elaine A. Hedstrom and Timothy Mykietyn, 209B Rossmoor Drive, formerly of Woodbridge, N.J.

Eileen Emens, 526B Terry Lane, formerly of Lehigh, Pa.

Linda Esposito, 21A Bradford Lane, formerly of Monroe Twp., N.J.

Walter and Betty Vogel, 35C Concord Lane, formerly of Sarasota, Fla.

Janet Lanni, 422N Onset Lane, formerly of Iselin, N.J.

Michelle Pesco, 451A Roxbury Lane, formerly of Cromwell, Conn.

Gail and Joseph DiPane, 365C Old Nassau Road, formerly of North Brunswick, N.J.

Carol and Harold Applegate, 334C Nantuckett Lane, formerly of Milltown, N.J.

Christine Greges, 588B Troy Way, formerly of Rahway, N.J.

Francesco and Eufemia Clemente, 85E Old Nassau Road, formerly of Monroe Twp., N.J.



Gennaro Dilorio, 226N Manchester Lane, formerly of Hamilton, N.J.

Valeria Jean Sykes, 229C Old Nassau Road, formerly of Trenton, N.J.

Linda DeSapio, 383B New Bedford Lane, formerly of Lancaster, Pa.

Fix it

(Continued from page 12)

lice before he committed suicide. That answered my question as to how the police arrived on the scene so quickly. But I also found out what he told the police. He told them only the address, and that there was a man with a gun. No mention of planning to commit suicide, no mention of his being the man with the gun. By telling the police that there was a man with a gun, he put Laura in danger, and he put me in danger. At the time I pulled into the driveway the police were still not sure it was a suicide, so they were ready to be wary of anyone who came near, hence the policeman reaching for his weapon as I started to get out of the car.

Over the years I have fought my anger. I tried to remember that Dave was not thinking clearly. It can take a long time before one can forgive such an act; yet it is so important to do. It took me a long time, but I finally did forgive Dave because I knew the stress of the anger was hurting only me. There also are times when that anger threatens to seep back. As I talked with Laura today and she mentioned "still hearing that shot," I could feel the beginnings of that anger trying to again become a part of me and I knew I had to give it back up to God. I know that despite the tragedy of Dave, both Laura and I have become stronger and have become more aware of others when they are in need. We both know we cannot always "fix it." We can, however, be there for those who need someone just to sit and listen.

* Names changed

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Letters to Editor

Successful Bazaar

I am writing to thank all the residents who volunteered three days of their time to set up and run the recent bazaar. They accepted the numerous donated items, set up the Clubhouse rooms, and then helped to sell all the items that had been donated. It was a lot of work.

Then our volunteers helped the charitable organizations load their trucks with any leftover items that didn't sell.

I send heartfelt thanks to all of you. Without each and every one of you, this great bazaar event would have been neither possible nor successful.

Happy holidays to all.
Paulette Mascia
Rossmoor Women's Club

The glory of Rossmoor

Some Rossmoorites seeking warmer climes have already flown south and more will join the exodus after Christmas. They will miss most of the winter beauty of Rossmoor when snow-covered trees like the pines and hollies help create a wonderland where even the most prosaic landscapes have a special magic.

When the snowbirds fly home in the spring, they will join us in delighting in our flowering trees like the magnolias, cherries and dogwoods.

Then in summer we will all glory in the mighty oaks, sweet gums and Japanese

erans, disabled, and working families struggling to make ends meet.

I truly appreciate your continued support and am grateful for your commitment to making a difference in our community. I invite you to share your support and the impact that we are making together with friends and family and encourage them to join our mission.

I look forward to continuing our partnership to help ensure that all Middlesex County residents in need have access to nutritious foods and necessities at all times. Together, we are partnering to end hunger!

With sincere thanks,
Jennifer Apostol
MCFOODS Director

Most Rossmoorites will know the last lines of New Jersey poet Joyce Kilmer's most beloved work: "Poems are made by fools like me, but only God can make a tree."
Gene Horan

MCFOODS says thanks

I would like to thank each of you for participating in the annual Monroe Fall Harvest Food Drive.

I truly appreciate your efforts and the generosity of your residents which resulted in about 13,250 pounds of nonperishable foods and necessities donated to us through all nine of the participating communities.

These items will restock our shelves and assist many Middlesex County residents who are unsure where their next meal might come from. Your donations will directly impact children, seniors, vet-

MCCC's Kelsey Players Present
'Twas the Night Before Christmas'

Mercer County Community College's Kelsey Theatre continues its holiday offerings with what has become a Kelsey tradition. The Kelsey Players present "Twas the Night Before Christmas" Friday, Dec. 7 at 7 p.m.; Saturday, Dec. 8 at 1 p.m. and 4 p.m.; and Sunday, Dec. 9 at 1 and 4 p.m. Children can have their pictures taken with Santa after the show.

Kelsey Theatre is located on the college's West Windsor Campus, 1200 Old Trenton Road. The theater is collecting new, unwrapped toys during all performances of "Twas" for donation to HomeFront in Lawrenceville. A collection box is located in the Kelsey Theatre lobby.

Based on the classic poem that Clement Moore penned as a Christmas present for his children, "Twas" embraces the anticipation and joy of the long-awaited midnight visit by a very special guest. This musical adaptation features Santa, his eight tiny reindeer, some remarkably talented sugar plums, and the cutest mouse in New York City. The Moore family and their neighbors will create a magical winter wonderland circa 1822 New York for audiences of all ages to enjoy.

Kelsey Theatre is wheelchair accessible, with free parking next to the theater.

For a complete listing of

adult and children's events, visit the Kelsey website or call the box office for a brochure.

Tickets for "Twas" are \$12 for adults, and \$10 for children and seniors. They may be purchased by calling the Kelsey Box Office at 609-570-3333 or online at www.kelseytheatre.net



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CULINARY CORNER

By Sidna Mitchell

Making white chocolate Christmas fudge

The Women's Guild Bazaar is over and Thanksgiving was a wonderful celebration. I baked mini loaves of chocolate chip zucchini bread, stirred up cream of potato soup as well as a sausage and kale soup for the bazaar.

Also for the bazaar, granddaughter Maggie and I assembled little bags of reindeer dust to encourage Santa's reindeer to find the homes of little ones eagerly waiting Christmas Day and lots of presents.

The bazaar is always a great time to clean out closets and get rid of those clothes we haven't worn in years—or in my case, decades! I even managed to part with some jewelry that I had long forgotten. I hope someone discovered some real treasures and found durable clothes for themselves or family members.

Now I'm on to getting ready for Christmas. Instead of gifts that I'm never sure my daughter and family really need, I'm treating them to a performance of "Holiday Inn" at the Papermill Playhouse and dinner afterwards along with their usual checks. My Christmas stamps are already purchased before the rush at the post office and my annual Christmas letter is almost complete.

Of course, I'll do some baking for family and friends. One item on that list is white chocolate Christmas fudge that I actually made for a summer birthday party.

Culinary corner

White Christmas Fudge

3 (6-oz.) packages premium white chocolate (18-ozs.)	1 1/2 teaspoon vanilla extract
1 (14-oz.) can Eagle Brand Sweetened Condensed Milk (not evaporated milk)	1/8 teaspoon salt
	1/2 cup chopped green candied cherries
	1/2 cup chopped red candied cherries

In a double-boiler, over low heat, melt the white chocolate with sweetened condensed milk, vanilla and salt.

Remove from heat; stir in cherries.

Spread on a foil-lined 8- or 9-inch square pan.

Chill two hours or until firm.

Turn fudge onto cutting board; peel off foil and cut into squares.

Store covered in refrigerator until ready to eat.

NOTE: If you don't want to use the colorful candied cherries, you could just add a cup of chopped toasted nuts.

I can be reached via e-mail at sbmcooks@aol.com.
Happy Holidays and a Healthy, Happy New Year!

African Heritage Group



Founders of African Heritage Group Adele Portee, Talib Abdul-Alim, and Samirah Abdul-Alim

(Continued from page 1)

presentation on his artistic talent and collage style of work. Participants then created their own art, making a collage of items of interest or personal to them.

At the August meeting, Talib Abdul-Alim gave a presentation of a Princeton walking tour, named in honor of Albert E. Hinds who was born in 1902 and was active in Princeton politics. The presentation can be found at princetonhistory.org/tour, and is part of the Historical Society of Princeton. The tour covers some 40 locations in Princeton that are part of African-American heritage in Princeton. It includes pictures and narration by the docent guide who leads the tours, which can also be taken in person.

In the 18th century there were slaves in the Princeton area, both on the larger farms and in the homes. The high demand for labor and services also drew many free African-Americans to Princeton to work. Princeton was a segregated town for most of its history. The African-Americans over the years had their own community, owning property and running businesses, with lawyers, doctors, and other necessities for a community.

The first African-American property owner was Caesar

Trent, who in 1795 bought the property at Witherspoon and Nassau Streets. The community grew in the vicinity of Witherspoon Street, Nassau Street, John Street, Leigh Avenue, Maclean Street, and Quarry Street.

One of Princeton's most famous residents was Paul Robeson, born in 1898, whose father Rev. William Drew Robeson was the minister of the Witherspoon Street Presbyterian Church.

When Palmer Square was developed in 1937, the residents who lived there and worked at Princeton University were displaced from Baker Street to Birch Avenue, necessitating that they commute from farther away to their jobs, which was especially hard on the older workers. While schools were desegregated in 1947, the residential segregation still meant the students were treated differently.

The presentation showed many important landmarks for the community and gave details about the residents and their roles in creating churches, businesses, civic organizations, and schools. Many of the significant structures still exist, though now in altered forms.

For information on future activities, contact Samirah or Talib Abdul-Alim or Adele Portee.

Clubs and Organizations

Because of all of you, we had another successful bazaar

By Diane England

I've said it before, and I'll say it again: It takes a village to put on the Women's Guild Bazaar. And I'm so grateful, as president of this organization, because once again, many of you stepped forward and made certain we had yet another financially successful event. Using these proceeds, some money still remaining from the New Jersey Club's donation to us for this purpose at the time they disbanded, and adding in some additional money from our

coffers, we have committed to fund five \$1500 scholarships for the 2019 graduating class of Monroe Township High School.

So indeed, that's why Paulette Mascia, once again the director of this massive event (for which I am also so grateful), and I want to thank all of you who participated in one or multiple ways with the Bazaar.

Now, let's look how we raised \$5,961. When you consider the great buys you got, you quickly realize how

many individual sales had to be made by our volunteers, and how many people were actively buying, too. Here is the breakdown by the rooms or activities:

- Women's clothing, shoes, purses, jewelry and linens-\$1,521
- Hand-knitted or sewn items and crafts-\$354
- Silent Auction-\$342
- Photos with Santa-\$215
- Fifty-fifty tickets-\$306
- Books, games, CDs, DVDs and toys-\$374
- Homemade baked goods-\$555
- Men's clothing, sporting goods and more-\$283
- Household and decorative items-\$1,450
- Ballroom Café-\$560

That all said, we made about \$87 less than last year. But we expect to have a special fundraising concert next spring which will involve members of the Monroe Township High School Chorus. It should help fund something we've not offered before, and that's a scholarship for a student intending to pursue a music education. So, watch for my article in late winter or early spring so you don't miss this event.

Let me thank you one more time for your support of the 2018 Bazaar, and wish you and your loved ones the happiest of holidays.



Left is Sandi Salmieri and on the right is Louise Ayers. Downsizers is a weight loss/control support group that meets every Wednesday morning to share recipes, tips, and health related information to assist in weight loss.

Players Pastimes

By Sue Archambault

The cast of "Crooks & Nannies," our fourth original musical comedy by Bob Huber, enjoyed a cast party held on Wednesday, Nov. 7, in the Gallery. The Players cast members and guests were treated to a showing of the DVD prepared by Barry Jacobsen. The meal and desserts certainly helped to make the evening complete.

The Players' last monthly meeting, which took place on Monday, Nov. 26, was a terrific event as well. Joe Conti introduced the DVD of a stage performance of "Hello Dolly." Joe was one of the stars of the show, which was presented in Edison, N.J. as

part of their Plays in the Park programs.

A message to Players members: dues are now being collected for 2019. The cost is \$10 per year and can be brought to our monthly meetings or placed in the Players folder in the E&R office in the Clubhouse. In lieu of December's monthly meeting, our Players Holiday Party has been set for Wednesday evening, Dec.12, in the Gallery. Players members and invited guests are welcome to attend. Further details, as to time and cost, will be forthcoming by email.



Rossmoor Chorus to present "A Christmas Masterpiece"

By Jim Wilson

All residents are invited to attend a special presentation of "A Christmas Masterpiece," performed by members of the Rossmoor Chorus. Created and arranged by noted composer Tom Fette, "A Christmas Masterpiece" will be presented on Sunday, December 16 during the 11 a.m. worship service at the Community Church. The stirring arrangement includes classic Christmas carols, Scripture readings, solos

by Laurie Moyer, Art Erickson and Soonja Nam, along with the beautiful sound of about 30 members of the Rossmoor Chorus, accompanied by talented pianist Kevin Gunia.

Led by Director Janet Wilson, the Chorus sings the third Sunday of every month at the Meeting House.

Mark your calendar now so you don't miss "A Christmas Masterpiece." It promises to be a highlight of our Christmas season.

Democratic Club news

By Catherine Hunt

The Democratic Club would like to thank everyone who participated in making 2018 a great year for the club. Highlights included our June Ice Cream Social featuring Andrea Miller, a dynamic speaker from Social Security Works. We learned that Social Security is a federal trust fund. For this reason, neither Congress nor any other entity has been able to break into the trust fund and use Social Security funds for any purpose other than Social Security payments to citizens who have earned benefits during their years of hard work.

In September, featured speaker Freeholder Shanti Narra illuminated the detailed legal work that culminated in the Middlesex County Policy regarding interaction with Homeland Security. As a result, Middlesex County taxpayers have been protected from expensive lawsuits. Relationships with federal agencies are required to conform to the rule of law, requiring judicial warrants rather than administrative warrants, which maintains our republic and keeps us from wandering back to King George! To the question, "Mr. Franklin, what form of government shall we have?" the reply was, "A Republic, if you can keep it." Middlesex County maintains judicial fiat, not

administrative fiat.

October's highlight: the bagel rally. Attendees are still talking about the delicious repast, lovely service, and time to talk with friends. Guests enjoyed free time to meet, mingle and question the candidates at their leisure. Election activities rounded out October's events, as we gathered to GOTV! (Get out that vote!)

November brought our last event of the season: our holiday shopping spree with silent auction club fundraiser. Tickets sold out quickly as usual. Guests bid on beautiful and creative gift baskets and specialty items prepared by members and friends. The lucky winners got some great bargains, and everyone shared an entertaining evening of fun, friendship, and great refreshments.

We are looking forward to celebrating once again with members at the next membership meeting in spring 2019. Elections for club officers are open to all each year. It is a real joy to participate with our members, so please consider how you would like to become active in activities or in leadership. Please let us know what we all can do to make our club better; bring your suggestions and your presence. Have a great holiday season and a happy new year!

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Happy Holidays from the Dance Club

By Judy Perkus

This year, 2018, was a good year for the Dance Club. We celebrated in no particular order: Halloween, Valentine's Day, and St. Patrick's Day. We had a '50s hop and our 34th Anniversary Dinner Dance. We've had pizza and a Chinese food buffet. We are looking forward to see what President Armen DeVivo is planning for 2019.

The Dance Club will have no dance this month because December is such a busy month with lots of happy events. Join us in January at our next dance.

All Rossmoorites are welcome, but priority goes to Dance Club members.

You may send your 2019 Dance Club dues of \$15 per couple, \$7.50 per person, made out to the Rossmoor Dance Club, to Armen DeVivo, at 449B Roxbury Lane or leave your check in an envelope in the Dance Club folder. New members, singles and couples, are welcome. Call Armen at 609-655-5799 for more information.

President Armen DeVivo and the entire Rossmoor Dance Club wish you happy holidays and a happy and healthy new year.

Italian American Club

By Tony Cardello

December brings us to our last social event of the year. It is our annual Christmas Party to be held at The Cranbury Inn on Dec. 2, from 11 a.m. to 3 p.m. It should be a lively event because we will have new entertainment this year, DJ Frank Renz, who should keep us on the dance floor.

There will not be a regular membership meeting this month due to the Christmas party.

The bingo games scheduled for Dec. 21 will be cancelled due to the proximity to Christmas.

The officers of the Club extend their wishes to all the members and their families for a very merry Christmas and a healthy and happy new year.

Emerald Society's winter activities

By Joan Avery

The Annual Emerald Society Christmas party will be at the Cranbury Inn on Dec. 9. There will be a delicious brunch, mimosas, a cheese table and dessert. Outkast Customs will provide the entertainment.

Also save Dec. 18 for the trip to Lancaster, Pa. for the American Music Theater's

Christmas Show. In addition to a stop at the Kitchen Kettle Village for lunch, dinner will be at Good and Plenty. The bus will leave at 10 a.m.

The Nominating Committee presented a slate of officers for 2019. One unanimous vote was cast for each candidate as follows: Dan Jolly, president; Carol O'Brien, vice president;

Marge Princiotta, treasurer; and Joan Avery, secretary.

Dan Jolly announced that an additional \$200 was donated to the Alzheimer's Walk.

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

Have a very merry Christmas and a happy new year.

An alternative

By Alec Aylat

Last year I tried backing out of writing the monthly Computer Club meeting announcement, which I must have been bashing out now for around 20 years. Finding no one willing to pitch in, I carried on. Now, at my additional year's end, Steve Gray will deliver as of January. We don't know for how long but my 20-year whack is warning

enough for Steve's wife to suggest they move to a less demanding retirement community.

As a result of all this pressure, Social Security has indicated that perhaps they had better be present by having someone available to address the club's meeting in the Gallery at 10 a.m., Monday, Dec. 17.

In case someone shows

up from SS (they went missing last month), club President Paul Pittari is organizing the necessary refreshment medications for 9:30. All members and guests are advised to be on hand.

I'm excused from attending, but, hey, you never know. I could be the only alternative to Social Security.

Religious Organizations

Help thank Cecile Wang, our former music director/organist

By Diane England

Sadly, Cecile Wang left us after 15 years as the music director/organist of the Rossmoor Community Church (RCC). Unfortunately, as with so many churches in this country, RCC has been struggling with declining membership and hence, declining plate-giving. As a result, we had to cut our budget for 2019 and are unable to afford the guest musicians and beautiful cantatas Cecile was so adept at providing for us. Fortunately, though, Cecile will be regularly able to utilize all her talents as a music director/organist at the Willingboro Presbyterian Church where she is now working. While we will miss her (and her husband, Steve), we're also pleased she had this great position into which to immediately step.

Of course, we wanted to honor Cecile for all her years of service and the beautiful music she has provided us; however, because of the immediate demands of her new job, it seemed best to hold this celebration after she'd officially left RCC. We're pleased to announce, though, that she'll be returning not only to be celebrated, but she'll be the organist for our Christmas service on Sunday, Dec. 23 at 11 a.m. in the Meeting House. Cake and punch will be served afterward.

To give you a little background on Cecile, before coming to RCC in 2003, she served as minister of music at the Prince of Peace Lutheran Church in Princeton Junction. There, she'd developed two adult choirs, two hand-bell choirs, a folk-ensemble choir, an instru-

mental ensemble, two children's choirs, and a children's chime choir. At RCC, despite its older and smaller congregation, Cecile was nonetheless able to develop Choristers and Chimers groups. What the congregation has also loved throughout the years was the way she introduced them to other talented choirs such as the Witherspoon Presbyterian Men's Choir, the Princeton Theological Seminary Touring

Choir, and the Chin Yun Chorus; wonderful soloists; and other musicians. She presented several wonderful concerts and beautiful cantatas for the church that were also open to our entire community.

So please, come and join us for this very special service. You can celebrate a wonderful woman while also celebrating the true meaning of Christmas.

Let's have a truly happy new year

Dr. Betty Anne Clayton

Do you know what really makes you happy? It's a really energizing topic to ponder. Over the past few months, I have had the pleasure of exploring the subject of happiness.

When I was invited to be the Lay Minister for the Dec. 30 worship service, at our Community Church, I knew that I would be wishing the members of our wonderful congregation a "Happy New Year 2019" at the end of the service. So, I began to think about what it means to wish someone a happy new year. Since happiness means different things to us, at different stages in our lives, I decided to explore the happiness literature through the lens of an active, older adult. I found it to be inspirational.

My message on Sunday, Dec. 30, will weave together the wisdom that is found in ancient scripture with the wisdom that can be found in contemporary research on the topic of happiness. I was amazed at the amount of research that

has been done on happiness since I last researched that topic 20 years ago. We older adults are always interested in learning about those things that will increase our lifespan, and make it more enjoyable, so I will focus on those things.

You may be surprised to hear that the prophet Isaiah shared some very basic ideas that contribute to our happiness here in Rossmoor. Our master teacher, Jesus Christ, also taught us how to have an abundant life and I will be speaking about those blessings.

We will also take a look back at how "Jonathan Livingston Seagull" found his flow and the happiness that eluded the other seagulls. What was his secret?

It is my honor to share the Dec. 30 worship service with Doris Herron who will be the organist, Tom Schank who will be the reader, and Alyce Owens who will be the Liturgist. Please plan to join us and let's explore together how we will make 2019 a truly happy new year.

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The Rossmoor News
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REASONABLE RATES

Jewish Congregation's December events

By Adrienne Brotman

The Jewish Congregation is excited about celebrating Hanukkah. On Sunday, Dec. 16, we will get together and enjoy overstuffed sandwiches of turkey, brisket, corned beef, or pastrami along with potato salad, coleslaw, and, of course, potato latkes, catered by Lox, Stock, and Deli. It is hard to choose which sandwich to have since they all sound so delicious.

Sabbath Services will be held on Friday, Dec. 7, and Friday, Dec. 21, at 7:15 p.m. in the Meeting House. The Lay Reader for the services will be Jeff Albom and the Torah Reader will be Bob Kolker. The Oneg Shabbats will be sponsored by the Congregation. Please remember all are welcomed.

Our Dec. 7 service will be celebrated on the sixth day of Hanukkah. The first candle for Hanukkah will be lit on

Sunday, Dec. 2, and the last day of Hanukkah this year will be Dec. 10.

Torah Study will be on Saturday, Dec. 8, and Saturday, Dec. 22, in the Clubhouse in the Dogwood room at 10 a.m.

Our hearts go out to the Tree of Life Congregation in Pittsburgh, Pa. On Solidarity Shabbat, we mourned the loss of the 11 individuals who were killed on Oct. 27: Joyce Feinberg, Richard Gottfried, Rose Malinger, Jerry Rabinowitz, Cecil and David Rosenthal, Bernice and Sylvan Simon, Daniel Stein, Melvin Wax and Irving Younger.

If you would like more information about the Jewish Congregation, please contact Karen Seiden, membership chairperson.

We would like to wish all Rossmoorites and their families and friends a wonderful holiday season and a happy and healthy 2019.



Gregory Peck as Msgr. Hugh O'Flaherty

"The Scarlet and the Black" to be aired here Dec. 14

By Gene Horan

"The Scarlet and the Black" is a film that tells the true story of Monsignor Hugh O'Flaherty (played by Gregory Peck), a courageous Irish priest working in the Vatican during the World War II German occupation of Italy. He is credited with saving thousands of escaped allied prisoners of war and Jews while working as a senior official in the Vatican. He built a network of hundreds of people to help him in his highly dangerous escapades.

His nemesis was Col. Herbert Kappler, head of the Gestapo in Rome (played by Christopher Plummer), who was frustrated by Msgr. O'Flaherty's diplomatic immunity while in Vatican City. His ability to evade the traps set by the Gestapo earned him the sobriquet "The Scarlet Pimpernel of the Vatican."

The Monsignor was honored by several nations after the war, including Great Britain (Order of the British Empire), The United States (U.S. Medal of Freedom), Canada and Australia. He declined a life-long pension from the Italian government.

An interesting footnote to this story: after the war Msgr. O'Flaherty regularly visited Kappler, who had been sentenced to life in prison, and eventually Kappler converted to Catholicism.

The free showing will be held in the Gallery of the Clubhouse at 1:30 p.m. on Friday, Dec. 14. Coffee, tea and light refreshments will be available and all Rossmoorites are most welcome.

The film is part of the series "Classic Films that Lift the Spirit" being presented by the Catholic Society each month.

Community Church spaghetti dinner – Magnifico!

By Alyce Owens

People are still talking about the great time they had at the Rossmoor Church-sponsored spaghetti dinner held on Oct. 10. Everyone agrees that it should become a regular thing, so we're already planning the second Annual Community Church spaghetti dinner to be held in the Ballroom during the fall

of 2019.

Thanks to everyone who came out to support this special event. Not only did you help raise over \$1,000 for the Community Church and the charities served by its benevolence efforts, you enjoyed a delicious dinner of spaghetti and meatballs and a fun evening of warm camaradery. Several folks even took away some very substantial prizes. And how about those amazing desserts, donated by our generous resident friends, Mark and Karen Lefcovich.

The Community Church extends its most sincere thanks and appreciation to all those who attended this sold-out evening, and its apologies to those who waited too long and missed out on getting tickets for this past year's dinner. Be sure to get them early next year. We look forward to seeing you there.

Catholic Society Mass Dec. 13

By Gene Horan

Father Charles O'Connor will celebrate an Advent Mass on Thursday, Dec. 13, at 6 p.m., in the Meeting House, followed by a Christmas sing-along, fellowship, and refreshments.

Other events during the month include the following:

- **The Chaplet of Divine Mercy** will be prayed at 3 p.m. on Tuesday, Dec. 18, in the Maple Room of the Clubhouse.
- **The Prayer Shawl Ministry** will meet at 1:30 p.m. in the Craft Room of the Clubhouse on Thursday, Dec. 13, and Thursday, Dec. 27.
- **The Catholic Society Council** will meet at 1:30 p.m. on Tuesday, Dec. 11, in the Meeting House Parlor.
- **The film "The Scarlet and the Black"** will be shown in the Gallery at 1:30 p.m. on Friday, Dec. 14. See separate article in this issue.



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SPORTS



The Croquet Club is ready for Halloween play.

The 29th croquet season comes to a close

By John N. Craven

As Jack Frost readies to blow his chilly breath across the croquet court, we bid adieu to Rossmoor's 29th season of Six-Wicket and Golf Croquet. As some hibernate for the winter in the south, or hunker down here in New Jersey, club members will have memories of sunny, warm days of spirited play, that were followed by the highly enjoyable "attitude adjustment" sessions each Friday. But, take heart my friends, before you can say "Winter Solstice," the warm weather will be upon us and we will be starting Season 30.

This year's in-costume Halloween play was moved up a week because of threatening weather, but it didn't dampen the Spirits of the members who came out and played a boo-o-tiful set of games. After play, members enjoyed a pizza party.

The Croquet Club held its annual meeting and luncheon on Saturday, Oct. 27. The meeting, conducted by President Sidna Mitchell, reviewed the events of the year and heard reports from the various committee members. A slate of officers for the 2019 season was nominated and elected. The meeting was followed by a buffet luncheon.

The annual holiday luncheon will be held on Wednesday, Dec. 12, at the Cranbury Inn. All members wishing to attend should send their checks to Merv Shivers. Members are encouraged to bring a small gift (\$5) to participate in a "Yankee Swap" gift exchange.

The Club welcomes all residents. Anyone seeking a form of light exercise, the enjoyment of the outdoors, an opportunity to mingle with friends and neighbors and to learn a simple yet challenging game on a pro-

fessional level playing court, should contact Betty Ann Clayton. Think about it over the winter and look for

us on the Croquet Court any Friday afternoon in the spring of 2019. Come join us; you'll like it.



The shirt designed by Phil S for the pickleball tournament

MAINTENANCE DEPARTMENT

By Dave Salter

Preparing for the holidays

With the holidays approaching and company coming, you might want to make sure your home is ready. Are your light bulbs burned out, plastic light panels dirty, do your oven and stove elements work, are your faucets leaking, is your toilet running? Just give the Maintenance office a call. We would be happy to make your holidays a little easier at this very busy time.

All snowbirds, please schedule your winterizing as soon as possible; the calendar is already getting full.

Attic insulation

With winter around the corner, call Maintenance for your free estimate.

Thermostats

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

New available services

Rossmoor Maintenance is pleased to offer these additional services: window replacements, all types of door replacements, dryer vent cleaning, and ceramic tile installation. Please call today for your free estimate.



Soonja Nam, Grace Hammesfahr, Doris Herron at the last tournament of the season

9-Holer

By Terre Martin

Congratulations to the Women's 9-Hole Club Champion Soonja Nam and Runner-up Alyce Owens. They both had a great season and finished strong. The two-week tournament was in doubt for a while. Rain delays pushed the championship back to the end of October, but everyone persevered and finished. The final week of our season was a Step-Away Scramble, which was won by the team of Soonja Nam, Tori Meiselbach and Joan Lundy.

Now that the season is over, so is my duty as secretary and publicity chair for the 9-Holers. I've enjoyed writing these articles and looking for funny quotes and jokes to end them on a positive note. I also took my last set of notes at our membership meeting. President Joyce Cassidy ran a great meeting and announced that the new secretary is Doris Herron. It must seem like déjà vu all over again for her, since she was the secretary before me.

Mary Ellen Mertz will be



the sunshine chair; Paula Richardson will be the hostess chair; Cathy Misner and Joan Gabriello will do scoring; Grace Hammesfahr will handle lucky winners; and Soonja Nam and Mary Shine will oversee membership.

Golf is one of the special amenities that Rossmoor has to offer. Our beautiful course is an incredible bargain. If you are a woman who plays or "plays at" golf, consider joining one of the leagues. If you work, there's still plenty of sunlight until 8 p.m. in the summer. You may not be able to play on Tuesday mornings with the official group, but there are still afternoons and evenings when many players are eager to get out on the course. Contact membership chair, Mary Shine, 609-655-4518, maryshine1@verizon.net, or President, Joyce Cassidy, 609-619-3618, joyce3205@aol.com for information.

A well-maintained golf course is a terrible thing to waste!

Ladies 18-Hole golf league ends season

By Arlene McBride

Results of the Oct. 9 tournament were first place (MOC) Arlene McBride, second place Sue Petersen. This was our last tournament of the season — great weather for it. Sorry to see it end. Hopefully we will have good golf weather in the fall

and winter — so enjoy.

Season 2019 will start in April. If there are any interested women looking to join the league for next year, email me at arlenemcbride@comcast.net or call 609-395-1017.

Happy holidays and happy New Year 2019.

NOTICE TO ALL RESIDENTS



Walkers, Don't Forget
This is a reminder for residents to wear reflective clothing when out walking.

HEALTH CARE CENTER NEWS

Flu Season

By Kaytie Olshefski, BSN, RN-BC

The Centers for Disease Control and Prevention (CDC) is hoping this year's flu season will not be as severe as last year's. The flu can lead to serious complications such as pneumonia, sepsis, and death. There were 80,000 deaths in the United States from last year's flu including 180 children. The flu season usually starts in October and can go into May. It commonly peaks between December and February. In North Jersey, sporadic cases of the flu were noted as early as this past September. We have already had a pediatric death in Newark, and another child died in Florida.

This year's quadrivalent flu vaccine is made up of these four strains: A/Michigan (H1N1), A/Singapore (H3N2), B/Colorado (Victoria lineage), and B/Phuket (Yamagata lineage). When you are vaccinated, it takes two weeks to develop partial immunity also referred to as antibodies to protect you from the flu. As the flu season continues, the flu virus mutates and new flu viruses circulate. So there is the possibility you could come down with the flu from the mutated flu virus. The symptoms will be milder as you have some protection from the flu vaccine and from the more serious influenza related complications.

The flu symptoms come on suddenly. It is not like a cold where it takes days for the symptoms to develop. When exposed to the flu virus, it takes one to four days, with an average of two days for a person to develop symptoms. The symptoms include sudden headache, dry cough, a runny nose, sore throat, achy muscles, extreme fatigue, and a fever. Your temperature could go as high as 104 degrees Fahrenheit.

An infected person spreads the flu germs through the air by respiratory droplets by breathing, talking, sneezing, and coughing. A person becomes infected with the flu germs when the person breathes the germs in. The flu is also spread when a person touches a contaminated surface like a door handle, phone or a counter that has the flu virus on it and then touches his or her eyes, mouth or nose. These are ports of entry for the flu virus to enter your body and have you "catch" the flu. The symptoms start to subside in a couple of days, but the tiredness and cough could persist for two weeks or longer. The flu could cause further complications especially for seniors with chronic medical conditions such as chronic heart or lung disease, asthma, diabetes, kidney disease and a

weakened immune system. Some of the other complications include bacterial pneumonia, bronchitis, sinus and ear infections, asthma and congestive heart failure.

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

Research studies are showing that vitamin D can help improve the immune system by reducing a person's chance of developing respiratory infection as in a cold and flu. Talk with your doctor to see if he or she feels you should start taking vitamin D or increase the dosage you may be taking.

If you come down with the flu, call your physician immediately to start on an antiviral medication. There is a new antiviral medication on the market called Xofluza (brand name) approved by FDA last Oct. 24. The three other antiviral medications are Tamiflu®, Relenza®, and Rapivab®. All four of these antiviral medications ease and shorten the flu symptoms. The antiviral medications should be started within

48 hours of when your symptoms started. These medications will reduce symptoms, shorten the length of time you are ill, and reduce the risk of developing complications from the flu such as pneumonia. Getting prompt treatment is the difference between having a mild illness and having a serious illness requiring hospitalization. Speak with your physician and inform him or her of all medications you take as there are possible side effects. The potential side effects of antiviral medications include nausea and vomiting.

If you still need to get your flu shot, we have the three different flu vaccines: the Standard, Flublok, and High Dose. We also have the two pneumonia vaccines Prevnar 13 and Pneumococcal 23. We do require a prescription from your doctor indicating which of the two pneumonia vaccines your doctor would like you to have. Please call the Health Care Center for more information and to arrange to have the nurse give you your vaccine in the Health Care Center. If you are homebound and would like a flu shot, please call the Health Care Center for more information.

In our lecture series from Saint Peter's University Hospital, Laura Vetter, a Registered Dietitian and a Certified Diabetic Educator, will be speaking on "Go with Your Gut" on Dec. 10 at 1 p.m. in the Maple Room. If you are interested in attending or would like more information please call the Health Care Center at 655-2220.

A Message from High Tech Landscapes, Inc.

By Jeff Voss

- We will finish our fall cleanup by the end of this month. Please tune to Channel 26 daily for more information.
- Round-up will not be sprayed anymore due to cool temperatures.
- Please call the East Gate phone and leave a message with any questions or concerns, 609-655-5134.
- Ornamental grasses around the utility boxes and in established beds around the common

facilities will be trimmed by the end of the month.

- Winter pruning will begin next month.
- Annual flowers have been replaced with fall pansies and tulips.
- Street sweeping will be completed this month.
- Please remember to put any garden debris out front at the curb on Sunday night for pick up on Monday morning.
- High Tech Landscapes would like to wish you a happy holiday.

IMPORTANT NOTICE

Motorists must obey the rules of the road while driving within the Community including, but not limited to, observing the posted speed limits, No U-Turn, Yield, and One Way signs; stopping for pedestrians; making a full stop at all stop signs; and exercising extreme caution when entering RCAI streets from lanes or other areas without stop signs.



MT League of Women Voters: Looking Back at 2018

By Glorious Moore

At this time of the year, organizations, like people, often stop to consider all that has happened during the past 12 months. As we look back at 2018, we, the Monroe Township League of Women Voters (LWV), again like many of you, are amazed at how quickly the year has passed, and as in our personal lives, we have experienced both high points and disappointments.

In the high points category, we certainly include our 30th anniversary celebrations. We celebrated 30 years of public service in Monroe Township. Our celebration included three events scheduled throughout the year. We began with a brunch on May 20 at Forsgate Country Club, which honored four township leaders: Ruth Banks, Irene Goldberg, John Katerba, and Leslie Koppel.

We are very appreciative of the support and participation of Senator Greenstein, Freeholder Ron Rios, Mayor Tamburro, and the members of Monroe Township Council and Board of Education at that event. On July 8, we moved outside for a fun afternoon at Dey Farm. We and our guests of all ages enjoyed picnic lunches, games, music and great conversations. Town Historian John Katerba led a guided tour to acquaint us with the history of the restored schoolhouse on the property.

The third and final event in our celebration was a presentation on Sept. 25 featuring a dramatic portrayal of League founder, Carrie Chapman Catt, by Pat Jordan from the Heritage Theatre Guild at the Monroe Township Library. In recognition of the fact that Sept. 25 was National Voter Registration, we concluded the event with a voter registration drive.

The League's general meetings this year included many well-known and knowledgeable guest speakers: Jeff Brindle, executive director, NJ Election Law Commission; Elaine Flynn, Middlesex County clerk; State

Senator Linda Greenstein; John Katerba, author and town historian; Dr Michael Kozak, former Monroe Township superintendent of schools; Sandy Matsen, LWVNJ legislative agent; and Alan Weinberg, Monroe Township's new business administrator. These folks were instrumental in bringing added depth to our members' and visitors' understanding of various policy issues.

In support of our goal to ensure that every Township resident who is eligible to vote can register, we held eight voter registration drives. This year, for the first time, we held a drive in Jamesburg at the public library.

We were pleased to participate in the Green Fair and Oktoberfest.

This year has been filled with productive activity, but we are frequently reminded of the ever present need to continue true to our mission to advocate for and educate voters about their rights and responsibilities as citizens in our democracy. Please check our website, www.lwvmonroetwpnj.org, and our Facebook page, Monroe LWV, for more information about the event.

If you are interested in being part of creating change that benefits us all, we invite you to consider membership in the League of Women Voters. The League of Women Voters is a non-partisan organization that does not support a specific party or candidate but does, after research, advocate and act on a wide range of public policy issues. Membership is open to women and men 18 and over. There are varied opportunities to utilize your skills in areas of interest to you. If you would like more information about the Monroe Township League of Women Voters, contact us at lwvmonroetwp@gmail.com. We also invite you to attend one of our general meetings held on the fourth Monday of the month at the Monroe Township Municipal Building.

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SNOW POLICY AND PROCEDURE

POLICY

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

PROCEDURE

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

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

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

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

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

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

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

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

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

COMMUNICATION

Fire/Police/First Aid Emergencies 911

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

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

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

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

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

Residents are responsible to leave accurate and pertinent information.

Snow Removal Operations Updates/Cancellations/Bus Service Channel 26

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

RESIDENTS' RESPONSIBILITY

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

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

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

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

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

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

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

Revised by the RCAI Board of Governors, September 2016



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

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

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

PRIORITIES

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

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

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

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

Monroe Township Public Library

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

Book Café

Wednesday, December 5.
Session 1 at 11 a.m. for existing group members

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

Socrates Café

Wednesday, December 5 at 7 p.m. Socrates Café are gatherings around the world where people from different backgrounds get together and exchange thoughtful ideas and experiences while embracing the central theme of Socratizing; the idea that we learn more when we ask questions along with others. Register at the Welcome Desk.

New Jersey Library Association Holiday Store

Friday, December 7 through Sunday, December 9. The full New Jersey Library Association Holiday Store will be open to everyone at the Monroe Township Library during library hours to shop for great book and library-themed gifts for almost everyone on your holiday shopping list. Purchase literary-themed toys, puzzles, mugs, tees, nightshirts, totes, throws, stationery, character stuffed animals, jewelry, Christmas cards, Hanukkah gifts, Poe, Shakespeare, Harry Potter, Jane Austen, Vonnegut, gifts for the movie, mystery, music, sci-fi lover, and so much more. We accept cash, checks and credit cards.

Poets Corner

Friday, December 7 at 11 a.m. A workshop and reading group for all ages. Please bring 12 copies of your work. Registration is not required.

Current Events Discussion Group

Saturday, December 8 at 10:30 a.m. Enjoy a discussion about the year in review in the world of global and domestic affairs. Light refreshments provided. Register at the Welcome Desk.

Short Story Discussion Group

Wednesday, December 12 at 11 a.m. Leah Wagner moderates a discussion about 100 Years of the Best American Short Stories. This month we will discuss "Dien

Perdidi" by Julie Otsuka and "The Semplica-Girl Diaries" by George Saunders. Register and reserve your copy at the Welcome Desk.

Boheme Opera NJ Series

Wednesday, December 12 at 1 p.m. Getting to Know Rogers & Hammerstein. This lecture performance will focus on the classic Broadway shows of Rogers & Hammerstein. Presented by the Cultural Arts Commission. Registration is not required.

Genealogy Club

Wednesday, December 12 at 1:30 p.m.vBeginner and experienced genealogists are welcome. Registration is not required.

International Film

Presented by The Friends of the Library Thursday, December 13 at 2 p.m. Drama/Mystery/Thriller (France - 2005) A married couple is terrorized by a series of surveillance videotapes left on their front porch. Shown in French, with English subtitles. Rated R. Runtime: 2 hours. Tickets are \$1.00 and are available at the Circulation Desk and at the door before each showing.

Tech Express

Friday, December 14 from 12 p.m. to 1 p.m. Drop-in with your electronic device to get personalized help from a Librarian. Bring your charged and registered device and necessary passwords. Registration is not required. First come, first served.

Friday Afternoon Movie

Friday, December 14 at 2 p.m. Documentary/Biography - An exploration of the life, lessons, and legacy of iconic children's television host, Fred Rogers. PG-13. 94m. Movies are free.

Coffee and a Book

Tuesday, December 18 at 10:30 a.m. Join a book discussion moderated by Monica Teixeira. This month's title is Maisie Dobbs by Jacqueline Winspear. Coffee and cookies provided. Register and reserve your copy at the Welcome Desk.

George Ivers Display Case Fine Arts Gallery

Artist Beverly Fishman will display watercolor and pastel paintings.

Closings

The Library will close at 5 p.m. on December 24 and will remain closed on December 25 for Christmas Day and close at 5 p.m. on Monday, December 31.

TRANSPORTATION TIDBITS

Important phone numbers:

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

Monroe Township Transportation 609-443-0511

Middlesex County

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

St. Peter's University Hospital

On Time Transportation 1-800-858-8463

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

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Real Estate For Rent

FOR RENT: VERMONT with 1 bedroom, 1 bath; first floor. 134B Old Nassau. Call (609) 235-9009.

For Sale

NON-SECTARIAN DOUBLE GRAVE - Oaklawn Memorial Park, South Brunswick, NJ. Well below market price. (609) 395-0990.

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

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Senior Center Highlights

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

Registering with the Office / Senior Center is free and available to Monroe Township residents, 55 years of age and older. Around the 15th of the previous month members are required to sign-up for the monthly activities. Call at least 24 hours in advance should you need transportation to and from the Senior Center.

HERE'S TO YOUR HEALTH Drivers' Safety Class: On Tuesday, December 4, at 8:45 a.m., enhance your driving skills during this AARP-sponsored program. For pricing and space availability, please call the Office.

Bagels Plus: On Friday, December 7, at 10 a.m., Linda Mundi, from The Gardens at Monroe, and Sheli Monacchio, from VanDyk Law host this interactive workshop, with gifts and prizes, to explore practical ideas and practices to increase our sense of appreciation.

The Holiday "Ten": On Monday, December 10, at 10:30 a.m., learn how to avoid seasonal weight gain during this informative talk about staying fit and healthy during the holiday season. Before drinking that eggnog, join us on December 10.

Winter Wellness: On Thursday, December 13, at 11 a.m., join Erin Carlucci, Community Nurse Manager from Parker at Monroe, as she explores healthy habits in battling sickness this winter season. Healthy snacks provided too.

The Sugary Truth: On Friday, December 14, at 10:30 a.m., discover how your health may be affected by excess sugar in your diet during this engaging workshop with Jennifer Shukaitis, Asst. Professor, of Rutgers Cooperative Extension. Learn the differences between natural and added sugars and find out where the hidden sugars lurk.

Reflexology: On Monday, December 17, at 10:30 a.m., join Shelly Botwinick as she discusses the benefits of reflexology as you learn practical self-care techniques.

Meditation: On Tuesday, December 18, at 10:30 a.m., decompress from the holiday stress as Judy Kalman helps you relax with various imagery and breathing techniques.

Brain Games: On Monday, December 24, at 10 a.m., discover what's going on in your brain during this enlightening DVD presentation that includes interactive games and try-at-home ex-

periments. This will totally mess with your mind...in a good way.

Staying Sharp: On Thursday, December 27, at 10:30 a.m., Dr. Arthur Kwok, CentraState, discusses how to stay sharp in your senior years. Discover ways to prevent memory loss and learn practical skills to combat intellectual decline.

LAUGHS, LYRICS, LECTURES

Wendy & Rik: On Tuesday, December 4, at 2 p.m., enjoy a musical afternoon with this dynamic duo. A little shtick, a little song, and a little dance await you.

The Belle Tones: On Thursday, December 6, at 2 p.m., get ready to be entertained by this fun and fabulous trio who sing favorites of the season as well as popular show tunes.

Musical Wonderland: On Tuesday, December 11, at 2 p.m., John DeRosalia serenades us with his guitar and performs a variety of holiday songs and standards.

TED Talks & Discuss: On Wednesday, December 12, at 10:30 a.m., we welcome Ellie and Caryl as they introduce TED Talks to our Senior Center. This month, the topic is: "Photos that Changed the World" with speaker, Jonathan Klein, of Getty Images. Do images effect change? Let's discuss this after the short video.

Leonard Cohen Music: On Wednesday, December 12, at 2 p.m., David Brahinsky, guitarist and singer, accompanied by Kai Altair, bring us The Leonard Cohen Songbook, from "I'm Your Man" to "Hallelujah".

Michael & Ted Present: On Thursday, December 13, at 2 p.m., our friends from WWFM's The Classical Network, share the life and career of Mary Martin, the first lady of the American Musical Theatre, including her rendition of "My Heart Belongs To Daddy".

Misunderstood Goat: On Monday, December 17, at 2 p.m., join Joe DelGiudice, photojournalist and self-proclaimed goat fanatic, as you learn about this fascinating animal; the one which provides us with everything from cheese to sweaters.

All about Dickens: On Tuesday, December 18, at 10:30 a.m., join Irene Curran as she discusses how Charles Dickens came to write *The Christmas Carol*.

Three Holiday Shorts: On Wednesday, December 19, at 2 p.m., gather round as professional actors dramatically read three short stories that capture the wonder of the holidays: *Holiday*, by Richard Christian Matheson; *Auggie Wren's Christmas Story*, by Paul Auster; and *A Nineteen-Fifties Jewish-American Christmas Story*, by David Sipress. Approximate run time: 1 hour.



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