



## Merry Christmas & Happy Hanukkah





Thank you for your service! See more photos page 10.

### Important information concerning flood insurance

To: Jane Balmer,  
General Manager  
Subject: HO-6 Personal  
Insurance  
Date: November 3, 2021  
From: Allen & Stults Co.

#### January 1 Master Insurance deductible change and Flood Insurance

Personal homeowners' insurance for condominium or cooperative owners is known as an HO-6. All insurance company's coverage forms differ, but there are a

few coverage areas that exist on every HO-6: Building (sometimes called Dwelling Coverage A and or improvements and betterments) and Contents (sometimes called Coverage C and or personal property).

You select these limits based on your individual needs (number of rooms, amount of personal property, deductible). Your choice of limit for Coverage A will depend on what if any upgrades

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### Introducing General Manager Thomas Curry

By Joe Conti and  
Carol De Haan

After 19 busy years, Rossmoor's retiring General Manager Jane Balmer has yielded the baton to her successor, Tom Curry, effective Nov. 30. This follows a month in which both have worked together to achieve a seamless transition.

Curry comes to Rossmoor with many years of experience in community and property management. For the past six years, he worked as general manager at the Watergate at Landmark Condo Unit Owners Association in Alexandria, Va. There he had 75 employees serving 4,000 residents in four 18-story, high-rise buildings composed of 1,460 homes, with an annual budget of \$17 million.

Because the complex was 45 years old, Curry dealt with his share of building issues from structural repairs and plumbing leaks, to elevators and watermain breaks.

Prior to that, he spent 11 years at The Twin Rivers Community right here on Route 33 in East Windsor. As community and facilities manager, Curry had an annual budget of \$5 million, 15 full-time employees and numerous seasonal workers who maintained a community of 2,759 homes. Once again, because Twin Rivers was a 40-year-old community, Curry governed structural renovations and modernizations, road paving, landscape management, winter storm services, waste removal, and parking enforcement, among



Thomas Curry, our new general manager

the hundreds of issues that might spring up in a community of ten thousand residents.

For the six years before  
(Continued on page 2)

### How Melissa Barnard became The Furniture Lady

By Carol De Haan

It began after the Aug. 22 disaster known as Hurricane Henri. When water subsided that fateful Sunday, 111 Rossmoor homes had been damaged – some of them flooded in every room to the windowsill level. It became apparent that something had to be done to help those vic-

tims who would probably have little or nothing left.

Pondering what to do, General Manager Jane Balmer and Clubhouse Manager Melissa Barnard came up with the idea to ask other residents if they could donate furniture to neighbors who might need it. They put messages on Channel 26 and

sent SOS robocalls.

The Rossmoor response was heart-warming. Then, to everyone's astonishment, calls started coming in from nearby communities with additional offers of furnishings. Melissa asked potential donors to send her a photo of whatever piece was being offered. She and

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Melissa, third from right, as the West Windsor Lions Club delivers supplies for flood victims.

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## Curry

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Twin Rivers, Curry worked for Rutgers University as facilities supervisor, where he managed all aspects of landscape and construction matters, fire systems, pest control, and snow removal. Because Rutgers had specific needs, Curry found himself handling annual graduation ceremonies, mail services to 375 faculty and 5,000 students, and campus relocations that once included moving 750,000 volumes to another library.

He was equipped for these

varied responsibilities by his own high energy, plus a 1984 biology degree from Middlesex County College, followed by his 1986 B.S. degree in horticulture from Rutgers Cook College, and another degree in 1995, also from Cook College in landscape architecture.

Along the way, Curry picked up five additional licenses and certifications, among which is the important CAI certification as "Professional Community Association Manager."

He is also a life member of the North Brunswick Volunteer Engine Company #2,

where he responded to fire calls for more than a decade and continues to chair their annual fund drive.

As if he always had plenty of idle time on his hands, Curry served for many years as a Council member for the Borough of Roosevelt (Monmouth County), where he now lives with his wife and three sons. (He appreciates the short commute to Rossmoor.)

So now Curry returns from northern Virginia to central New Jersey as general manager in Rossmoor. We'd like to say, "Welcome home, Tom Curry. We look forward to working with you."

## Melissa

(Continued from page 1)

her staff made five display boards showing an impressive array of sofas, upholstered chairs, dining room sets, appliances, book cases, lamps, bedding, coffee tables, even some art work for the walls, and – miracle of all – two lovely spinet pianos! None of it looked like leftover furnishings. All the donations were in showroom condition, thanks to the very great generosity of the donors.

Flood victims came to the Clubhouse Gallery on several occasions to survey the offerings, which came to 250 or 300 pieces. About half have been claimed.

Coordinating the donors, recipients, and transportation has involved hundreds of telephone calls between parties, all of which kept Melissa busy from early morning till evening. It's been a big job for more than two months, and not

done yet.

### What to do with it all?

Local contractors, overwhelmed with calls to repair walls, restore electric systems, put in new flooring, etc., are doing their best to meet the need. Nevertheless, many homes will not be ready for occupancy or for new furnishings, till January or February 2022.

To the rescue came Maintenance Manager Dave Salter and those great guys in his department. They drove to the homes of donors, loaded up their trucks, and brought back all the newly claimed furnishings for storage in the Hawthorn Room. You might recall that is a very large room. Right now, it resembles a furniture warehouse.

Melissa noted that four Maintenance fellows drove all the way up to Middlesex Boro, about 25 miles each way, to bring back a full storage unit of home furnishings to Rossmoor.

Nobody pays a penny for all this transport service; Adam Morolda, Jesus Maldonado, Neil Balasko, and Antonio Torre work from the kindness of their hearts. This is in addition to all the regular work of the department, which they somehow manage to get done as well.

### Lions Club to the rescue

The West Windsor Lions Club, represented by officers Kash Delory and Varsha Naik, called Melissa to ask what they could do to help. They came to the Gallery with cases of food: breakfast cereals, many kinds of canned goods, new bath towels, packages of socks, soaps and toothpastes, apple juices, tea, jars of peanut butter and grape jelly.

### Spotswood sends food to Rossmoor

Sal and Greg from Mutual 12 are volunteers at Alice's Cup, associated with Saint Peter's Church in Spotswood, a town that was not affected by flooding. So, on three occasions, both men brought to Rossmoor boxes of cereal, cartons of milk, peanut butter, jelly, canned tuna, canned chicken, and all sorts of other non-perishable foods to sustain residents as they tried to cope with home repairs.

The empathy and generosity of so many good neighbors, community organizations, and the kindness of their volunteers has alleviated much of the tension in the lives of our stressed-out flood victims. Much gratitude to all our supporters.



The Hawthorn room has become a holding place for all the furniture donations.

## Bits & Pieces

By Sue Ortiz

It's the most wonderful time of the year, and it's beginning to look a lot like Christmas! Yes, Christmas time is here.

Baby, it's cold outside. Time to make Christmas cookies, go caroling, caroling, and buy pretty paper to wrap all those presents for Christmas. I think we'll need more than the 12 days of Christmas to get it all done, though.

Do you hear what I hear? I heard the bells on Christmas day: Jingle bells, silver bells, and a Christmas serenade. Hark! The herald angels sing Joy to the World, as well.

Want to go on a sleigh ride? Well, then, let it snow, let it snow, let it snow! Will we get nuttin' for Christmas and have a blue Christmas? Or will we see a snowfall and have a white Christmas? If it doesn't snow on Christmas, how will we build Frosty the Snowman?

*Mele kalikimaka! Feliz Navidad! Donde esta Santa Claus?* Well, I saw mommy kissing Santa Claus up on the housetop, although Santa looked a lot like daddy. Must be Santa, because Santa Claus is back in town!

Last Christmas, I saw three ships come sailing in while the little drummer boy celebrated Christmas on the beach. This Christmas, I'll deck the halls with mistletoe and holly, making it a winter wonderland. So, please come home for Christmas.

For my grown-up Christmas list, all I want for Christmas is you ... and my two front teeth! I'll be home for Christmas, so meet me un-

der the mistletoe with milk and cookies while we wait for the man with the bag. There's no place like home for the holidays!

Meanwhile, jolly old Saint Nicholas has Dominick the Christmas donkey and Rudolph the red-nosed reindeer tucked away in a manger to make sure, someday at Christmas, we don't hear that grandma got run over by a reindeer.

'Twas the night before Christmas when I found an old Christmas card from little Saint Nick. It read "Merry Christmas, Darling" and signed "Santa Baby." The postmark said it came upon the midnight clear. I spent the remainder of the evening rockin' around the Christmas tree to "Jingle Bell Rock" and thinking about my favorite things and what Christmas means to me.

What are you doing New Year's Eve? If we make it through December, we can sing "Auld Lang Syne" on that not-so-silent night.

I love Christmas music. Happy holidays.

**B&P**

"The best way to spread Christmas cheer is singing loud for all to hear." – Will Ferrell (American comedian, b. 1967)

"One of the most glorious messes in the world is the mess created in the living room on Christmas Day. Don't clean it up too quickly." – Andy Rooney (American journalist, 1919 – 2011)

"The two most joyous times of the year are Christmas morning and the end of school." – Alice Cooper (American musician, b. 1948)

## Rossmoor will send robocalls to advise in case of bad weather or emergencies

The Rossmoor administration will send automated robocalls to residents' telephones whenever it is necessary to advise about predicted snow storms, severe weather warnings, or other emergencies.

If you are not home to answer, a message will be left in your voice mail or on your answering machine.

Please be sure to check your phone or answering machine. All necessary information will be included in the message so you will not need to call the office in return.

## Open RCAI Meetings in December

Thursday, December 16  
Board of Governors Meeting...9 a.m.

This meeting will probably be held via Zoom

Please watch Channel 26 on your TV or on  
[www.rcainj.com](http://www.rcainj.com)  
for more information

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

## Our Website

Go to [rcainj.com](http://rcainj.com) to access the Rossmoor website.

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



# Rossmoor News

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

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

Letters to the Editor must be emailed to PES at [pescmd@aol.com](mailto:pescmd@aol.com) and clearly marked *Rossmoor News*.

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## Insurance

(Continued from page 1)

you or any prior owner has made to your unit: carpet, wood floors, upgraded cabinets, enclosed patio and other changes that were not included in the original developer specifications. This limit also needs to be adequate to cover the Mutual's Master Insurance deductible for losses that damage the interior of your unit. Your Mutual's documents make you responsible for the Master Insurance deductible. AS OF JANUARY 1, 2022, THIS DEDUCTIBLE WILL BE \$25,000. Therefore, if you have \$15,000 of upgrades, you need no less than a \$40,000 limit for Coverage A, Building on your HO-6.

It is also very important for you to contact your agent/company and ask, "Does my coverage A include the Association's deductible without a sublimit?" Some insurers

limit the amount of this coverage to \$1,000, \$5,000 or some other lower limit. Some also misunderstand this need and refer you to the "loss assessment limit." Loss assessment covers association assessments spread equally across the community for covered losses where limits were inadequate but the type of loss would be covered by your Coverage A (a large fire, tornado or similar large covered loss).

You should not wait for your renewal to make this change. Coverages and limits can be changed midterm on a prorated premium basis. If your insurance company does not pay or limits what they will pay for the association deductible, look for a company that provides the coverage. All company's rates differ but a \$15,000 limit increase in Coverage A from \$10,000 to \$25,000 could be less than \$10 per

year and likely no more than \$50 per year, assuming you already have at least \$10,000 for coverage A.

HO-6 policies do not include any coverage for flood damage (nor do other homeowners' policies). However, insurance is available through the National Flood Insurance Program (NFIP), a federal government program. Unfortunately, many people have been under the impression that you have to be in a "Flood Hazard Zone" to be eligible. THIS HAS NEVER BEEN TRUE. Anyone can purchase flood insurance through the NFIP. Also, in the last couple of years, separate private flood insurance programs have become available. Although they may offer some advantages (no waiting period and sometimes a lower premium), there can be some pitfalls. Any misrepresented answers on the application will end up with a denial of coverage.

The recent flooding has been tragic and we wish those affected an early recovery. But residents should know that interior water damage to units occurs almost daily in Rossmoor and all similar condominium and cooperative communities of our size. Make sure your policy covers water damage including sewer and drain backup. It is generally an endorsement and not in the basic coverage. It still won't cover flooding which, as explained before, must be a separate policy. Water damage from interior causes amounts to 25% of all claims, many from frozen pipes or old water heaters.

## Rossmoor Directors honor Mayor Stephen Dalina



Mayor Stephen Dalina, left, receives a certificate of recognition from RCAI President Dan Jolly.

By Allan Kaufman

At the Oct. 20 Board of Governors meeting, Mayor Stephen Dalina was recognized for the extraordinary support he provided to our community during the COVID-19 pandemic and tropical storm Henri. As everyone knows, many of our residents suffered devastating damage to their homes in the storm. The Mayor and his staff were quick to provide assistance that gave our community valuable information so those affected could start the healing and repair process.

The business portion of the meeting had a presentation from Larry Lapidus, the representative of Waste Management. Larry provided an update on recycling and many of the directors had questions pertaining to the dumpsters: getting new ones, their positioning after the collectors empty them, and the fixing of the covers.

The other presentation came from William Daly,

from the insurance company, Allen & Stults. Daly provided an update on the various insurance plans for full-time RCAI employees. His three proposals were accepted without objection.

The New Business portion of the meeting started with resolutions that authorized the purchase of new mowers for the golf course. They were approved. Lastly, two resolutions were accepted that called for the authorization to commence with Phase three of the reopening of common facilities and expanding the activities in the common facilities for vaccinated residents. For outdoor activities such as pickleball, shuffleboard, bocce ball, and croquet, residents will no longer have to call in to E&R to reserve time.

*I can be reached at 732 690-2145 or via email, allan.kaufman0125@gmail.com. Your comments are most welcome.*

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## The Curiosity Shop opens in Rossmoor

By Mary Jane Brubaker

The Curiosity Shop, located at 2 Rossmoor Drive, is a charming new addition to the Rossmoor community. With an ever-changing and eclectic mix of vintage and new items, ranging from an old-fashioned nut chopper to a vintage occasional chair to a red racing ride-on spaceship, shoppers can find a variety of useful and fun gifts for themselves, friends and family.

Owner Joan Nielsen, a Rossmoor resident for the past four years, has extensive experience running thrift shops prior to retirement. "My goal with the Curiosity

Shop is to offer an interesting mix of unique finds," she says. "As often as I can, I scour the area for inventory. There is always something new."

After opening in early September, the Curiosity Shop has



More selections at the shop



There's a wide variety of selections at the Curiosity Shop.

received a warm welcome. "We've had a lot of traffic," says Joan. "And we've also received donations of some lovely items from local residents who are either relocating or redecorating," she adds. "Don't let your treasures go into the landfill."

Joan says she got the inspira-

tion for the shop after seeing so many useful and interesting things headed for the dumpster. She felt you might not need it anymore but someone else might just be looking for that exact item. "It's important to reuse, refinish, and resell items," she says, "so we can leave a greener earth for our grandchildren."

Come and do your holiday shopping at The Curiosity Shop.

The Curiosity Shop is open Wednesday, Friday, and Sunday from noon until 4 p.m.

## Where are we now – How flood victims are faring

By Linda Bozowski

As rain punished the area through the night of Aug. 22, many Rossmoor residents awoke to water, shallow or deep, in their homes, garages, carports and yards. Many of those folks are still working on cleaning up their homes and clearing the damages, replacing walls, floors, furnishings, appliances, and clothing, not to mention automobiles and memorabilia. Various residents from several neighborhoods agreed to provide us with bits of their experiences, and to update us on how well they are doing with their repairs. First names and street names are being used to respect the privacy of these folks. Each of them has a story to share. Three areas of Rossmoor were impacted, each one sustained considerable damage.

### Sudbury and Sharon Way area

Two residents of Sudbury Lane talked about their experiences. Sheila awoke to about 22 inches of water in her home, almost up to her hips. Unable to open her garage or front door, she sat on her kitchen table and watched a garden snake slither into one of her kitchen drawers. She saw several critters swimming in

the flood water outside the kitchen window over the sink. Around 7 a.m. she was rescued by boat and was taken in by one of her friends for the day. Staying with nearby family has been helpful as she waits for her walls, floors, appliances, water heater and heating units to be replaced. She is hoping to return to her home by early December.

Dave, the other Sudbury owner, is also seriously delayed in returning home. Dave, Sheila's neighbor, is staying with friends with his spouse and their dog. The couple's two cats are staying with other friends while renovations are underway at their home. Their upstairs tenant did not suffer any damages except in the common entryways and in the garage. Floors, appliances, furnishings – the whole list. And no insurance coverage, as most of the affected residents have learned.

### Cedar Brook area

Residents affected most directly by the over-the-top Cedar Brook include Joe and Christa and Betty of Newport Way, Myrna, Suzanne and Linda (me) on Orrington Lane, Orrington's Suzanne, who had been vacationing in Michigan, was on her way

(Continued on page 5)



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Flood victims

*(Continued from page 4)*

back to New Jersey when she heard of the storm. When she returned at the end of that flood week, she found most of the possessions in her garage to be damaged enough that they had to be discarded. Since she is a second-story resident, her home was not directly impacted, although she has had to deal with the lack of sheetrock in her garage and in the two common hallway areas in her building.

Myrna, who lives across the street from Suzanne and me, had her home gutted following the storm. She was graciously invited to use a nearby friend's home for the past two months while repairs are being gradually made in her house. Since she is still working, she is lucky to be living nearby. Repairs on my home are moving along very well, and I will be happy to leave the Extended Stay America, my home away from home for the past almost three months, by mid-November. Damage to my totaled car was addressed by my insurance carrier, but my home repairs have not been.

Joe and Christa, nearby Newport residents, are still in the midst of repairs as of this writing in early November. They were able to take advantage of the COAH financial program as were some other residents, so repairs are moving along well. Betty, also a Newport homeowner, is staying with friends. Repairs are just beginning on her home. Maybe she will return in December?

Carol, who lives on Northfield, was one of the many folks who experienced less damage but whose repairs are not yet begun since her contractor had other work already in his queue. Her sheetrock was removed in several areas to a height of two feet. Carpeting in her bedrooms was removed and floor repairs are necessary in a portion of her home. Her car drowned in three feet of water on the street in front of her house. Car insurance coverage, yes, homeowners' insurance coverage, no.

**Nautilus and Narragansett area**

The third area in Rossmoor to experience damage was more to the east. Gail, who lives on Narragansett, has been at a hotel for the past soon-to-be three months, along with her mother. She is working from home at her hotel and is anxiously waiting for repairs to be completed. Her losses were considerable and were not covered by her policy.

**What happens now?**

The sad tale is pretty much the same with each person who tells it. We were not prepared for the severity of this storm and

have no control or influence over the weather. Perhaps there might be preventive measures that could have been taken – engineering, grading, dams, more storm and retention ponds. Who knows? What we, collectively, do know is that we are struggling to return to homes that we have furnished, refurbished, cared for, made memories in, lived in for three weeks or 20 years.

Thanks to the generosity and kindness of family, friends, neighbors and strangers, we are being helped. Many or most of us have been fortunate to find contractors who are restoring sheetrock and molding and flooring. While some appliances are on backorder (like my refrigerator) or moldings are not available because they might be sitting on a boat in the Pacific, we are doing the best we can. We look forward to returning to our homes. And again, we thank those who are offering help and support!

Board of Education updates: Three new members in January, acting superintendent named

*By Linda Bozowski*

Since the school portion of our property tax bills is 60 percent, we should be kept up to date on how this significant funding is utilized. The Rossmoor News will continue to offer information about proposed construction, new and existing school programs, and other important news about our school district. We hope that you will find these articles of interest and that you will participate as interested voters and/or volunteers in our 7,000-student school system.

**Election outcome adds newcomers**

Nov. 2 marked the date for selection of new members to the Monroe Township Board of Education. Current members Andy Paluri, Peter Tufano and Rupa Siegel had decided not to seek reelection, which opened the pathway for newcomers to participate. Seven candidates vied for three seats. None of the seven candidates has ever held public office. The term of office for

these seats is three years.

In order of the number of votes received, winning candidates are Katie Fabiano, Gazala Bohra and Kate Rattner. These three, active participants in their children's school's parent-teacher organizations, had campaigned together and share similar points of view. Unsuccessful candidates, in order of votes received, are independents Sean Regan and Linda Bozowski, followed by co-campaigners Sarah Aziz and Neha Desai.

The new members will be sworn in as members at the Board's reorganization meeting on Jan. 5, 2022. The meeting will be open to the public and will be available on the Board's website for live-streaming or later viewing.

**Acting superintendent named**

Township Middle School Principal Chari Chanley has been named acting superintendent of schools following the resignation of Dr. Dori

Alvich effective Nov. 1. Chanley has been with the school district since 2002 and has served in the roles of assistant principal at Applegarth School from 2003 to 2009 and then principal at that facility. When the current middle school was built, she transferred there as assistant principal and then was named principal. She resides in the township with her family.

Alvich, a 17-year veteran in the Monroe Township school district, had moved through the ranks, as assistant principal at Mill Lake and Woodland Schools, principal at Brookside, to assistant superintendent from 2014 to 2019. Briefly appointed as acting superintendent in 2019, she was selected as the district's superintendent as of July 1, 2019. Her contract was extended to 2024 by the Board in 2021 in its efforts to maintain administrative continuity within the district. Alvich served as the sixth superintendent over the past 12-year period.

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It's not too late to donate warm clothing

By Alyce Owens

If you haven't yet had a chance to look into closets and drawers for gently used warm clothing to donate for the needy, it's not too late. You have until Friday, Dec. 10 to bring your donations of coats, warm jackets and pants, sweaters, boots, etc. — in both adult and children's sizes — to the "Big Red Box" located on the porch outside the Fitness Center.

If possible, please place your items in plastic bags before putting them in the box. It will be emptied frequently.

Again this year, much of the clothing will go to Your Grandmother's Cupboard, a caring charitable organization that collects and distributes clothing and other necessities to folks in severe need throughout New Jersey.

The balance of the collected clothing will be taken to St. Peter's Church in Spotswood and St. George's Church in Freehold to be shared with individuals in need.

As the COVID pandemic continues and the weather gets colder, many people don't have much to look

forward to as the holidays approach. Your clothing donations can help warm the very body and soul of someone living a life we can't even imagine, and the gift should warm your heart as well. You might call it just an old coat — they'll call it love, and know that someone cares about them.

The Community Church Benevolence Committee appreciates your generosity and extends sincere wishes for a very Merry Christmas.



The Winter Solstice

By Anne Rotholz

The winter solstice will fall on Dec. 21 in the Northern Hemisphere. On this day the noontime sun is at its lowest point above the horizon, giving us the shortest day and the longest night of the year and leaving the north polar area in total darkness.

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 the earth. Written accounts from various parts of the world describe the celebra-

tions, rituals, and festivities that took place at the solstice. Neolithic structures built over 5,000 years ago, such as Stonehenge (England) and Newgrange (Ireland) indicate that those who built them were very familiar with the solstice.

Many solstice celebrations in ancient times were centered on the rebirth of the sun goddess whom they believed was responsible for the return of the sun and for the longer, brighter days.

Examples of such festivals were the Saturnalia in ancient Rome and the old Scandinavian festival of Jul. It is no coincidence that organized religions have placed some of their most sacred festivals around the winter solstice. Hanukkah and Christmas are celebrated at this time and both feasts are closely associated with light. Christmas is sometimes known as Yule, ...doesn't it sound a little Scandinavian?

Events in the night sky in December

December is a good time to watch for special events in the night sky. Following are some things happening this year.

There will be a lunar eclipse on Dec 4. This happens at the time of our new moon so we will not see it in this area. It will be seen as a total eclipse in Antarctica and as a partial eclipse in South Africa and the Southern Atlantic Ocean.

The night of Dec. 13-14 is peak time for the Gemini Meteor Shower. Debris from asteroid 3200 Phaethon, this is probably the best shower of the year producing up to 120 bright multicolored meteors each hour. They are so bright and numerous that, despite the waning gibbous moon, it should be easy to spot some of them.

The moon will be full on Dec 19. Native Americans named this moon the Cold Moon since it ushered in some of the coldest weather of the winter season, with nights that are long and dark.

If you have never seen the Space Station (many people I talk to have not), December is a perfect time to look for it. Just look up Spot the Station on the Internet to find out when it will be going over our area.

Our Website

Go to rcainj.com to access the Rossmoor website.

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

DO YOU HAVE ANY OF THESE SYMPTOMS?

- ✓ Numbness
- ✓ Pain when you walk
- ✓ Sharp, electrical-like pain
- ✓ Burning or tingling
- ✓ Difficulty sleeping from leg or foot discomfort
- ✓ Muscle weakness
- ✓ Sensitivity to touch



YOU MAY HAVE

PERIPHERAL NEUROPATHY

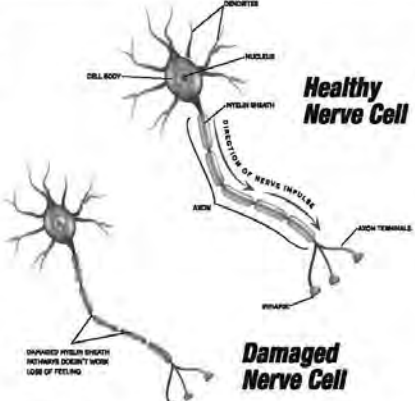
Peripheral Neuropathy is a condition that affects millions of Americans, commonly resulting in pain, tingling, numbness, and other painful symptoms in the hands, legs and feet. This pain changes your life and affects how you work, how you play and how you live.

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AllCure Spine and Sports Medicine is pleased to announce their new program for treating Peripheral Neuropathy, which includes a combination of advanced FDA-cleared treatments with breakthrough technology that aids in healing the damaged nerves. The effects of this program can be felt on the first few visits. This treatment restores, stabilizes, and rebuilds the nerves in your extremities. Treatment has also been effective in addressing painful symptoms of arthritis, MS, and other forms of chronic pain. Patients generally feel relief physically throughout the treatment period and even feel better emotionally after experiencing a reduction in pain.

HOW DO YOU KNOW IF YOU HAVE NERVE DAMAGE?

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



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# The “Black Mozart,” Chevalier de Saint-Georges

By Jean Houvener

Recently the New Jersey Symphony Orchestra presented two pieces by Joseph Bologne, Chevalier de Saint-Georges. The name was unfamiliar to me, and reading the program notes, I realized his was an amazing story. The two pieces they played were the overture to “L’Amant anonyme,” an opera he wrote and produced in Paris in 1780, and Violin Concerto in A Major, a virtuoso violin piece he wrote to display his own violin virtuosity. In his lifetime, he was often called the Black Mozart. Some 10 years older than Mozart, Joseph Bologne may have had some influence over Mozart’s music.

Born in 1745, Joseph Bologne was the son of a wealthy plantation owner in Guadeloupe. His father, Georges de Saint-Georges was based both in Paris and in the Caribbean, the source of much of his wealth. His mother Nanon was a slave of Senegalese origin, and called the most beautiful woman from Africa. Georges was married and the father of a daughter, Elisabeth, but he nevertheless recognized his son Joseph and gave him the Bologne surname. Due to a freak accident, Georges was accused of murder in Guadeloupe, so he fled back to Paris, bringing with him Joseph and his mother.

While George was later cleared of murder, Joseph and his mother remained in Paris so Joseph could receive the best education. He apparently had inherited many traits that included good looks, high intelligence, graceful and quick movement, and the ability to learn. He was enrolled in a military school where he excelled in fencing. Under the tutelage of Tessier de La Boissiere he proved to be a daunting opponent. When he graduated from the school, he was named Chevalier (or Knight) de Bologne.

During this same time period, he was apparently also being trained in music. The movements of fencing complemented his skills as a violinist. By the 1770s he was known to have published 12 violin concertos, 10 symphonies, and two string quartets. He performed with and became director of *Le Concert des Amateurs*, frequently playing the solo violin of his own and others’ works. He proved to be widely popular with the Parisian audiences. As founder of the new Concert de Loge Olympique, he commissioned pieces by Haydn.

In spite of his prodigious talent, he still faced many obstacles, including a prohibition against marrying under the French Code Noir and objection by others when Queen Marie Antoinette wanted him appointed director of the Paris Opera.

Joseph was a strong supporter for the abolition of slavery, and when the French Revolution began, a firm believer in *liberte, egalite, et frat-*

*ernite*. At the time he was colonel of the *Legion des Americain et du Midi*, a cavalry unit of colored soldiers. His soldiers loved him and his unit was highly successful in battles against Austria. In spite of this, as the French Revolution devolved into internecine conflicts, he was imprisoned for 18 months because of his associations over the years with the aristocracy and the royals.

Unable to pursue either a military or a musical career after his release, he died in 1799 of a bladder or intestinal disease. Many of his compositions were lost or forgotten at the time, but in more recent years his work has been rediscovered and revived.

The music made by the NJSO and solo violinist Augustin Hadelich required a truly virtuoso performance, and that is what we heard.

## A checklist for when a spouse or parent passes

When you lose a spouse, partner, or parent, the grief can be overwhelming. Amid that grief, life goes on. There are arrangements to be made, things to be taken care of – and in recognition of this reality, here is a checklist that you may find useful at such a time.

### First, gather documents.

Ask for help from other family members if you need it. Start by gathering the following:

- A will, a trust, or other estate documents. If none of these exist, you could face a longer legal process when settling the person’s estate.
- A Social Security card/number. Generally, the person’s Social Security number will be retired

## Sound Advice

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

shortly following the death. If you are uncertain, consider checking with the Social Security office.

Then, gather these additional highly important items.

- Any account statements
  - Deeds/titles to real estate
  - Car titles or lease agreements
  - Storage space keys/account records
  - Any bills due or records of credit card statements
  - Any social media platform information, if applicable
- Last, but not least, look for a computer file or printout with digital account passwords. Prior to their loved one’s passing, some family members may try to centralize all this information or state where it can be found.

In addition, see if the person left a letter of instructions. A letter of instructions

is not a legal document; it’s a letter that provides additional and more-personal information regarding an estate. It can be addressed to whom-ever you choose, but typically, letters of instructions are directed to the executor, family members, or beneficiaries.

### Next, take care of some immediate needs.

One, contact a funeral home to arrange a viewing, cremation, or burial, in accordance with the wishes of the deceased.

Two, call or email the county clerk or recorder to request 10 to 12 death certificates; a funeral home director can often help you with this matter. (Counties usually charge a small fee for each copy issued.) Ten to 12 copies may seem excessive, but

(Continued on page 8)



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## Sound Advice

(Continued from page 7)

you may need that many while working with insurance companies and various financial institutions.

Three, if the person was still working, contact the human resources officer at your loved one's workplace to inform them what has happened. The

HR officer might need you to fill out some paperwork pertaining to retirement plans, health benefits, and compensation for unused vacation time.

Four, consider speaking with an attorney – this can be the lawyer who helped your loved one create a will or estate plan. Should your loved one die without a will, you may

want to contact a lawyer for an overview of how the probate process will work and see to what degree you might become liable if your loved one had any outstanding debt obligations.

Five, resolve to keep track of any recurring debts that your loved one had set to autopay. Consider placing the monthly bills for these debts in your name (or another family member or the executor).

Notify creditors and credit card companies that were part of your loved one's credit history. Creditors may want to know when existing debts will be paid, either by you or your loved one's estate. You can also notify the "big three" credit bureaus – Experian, Equifax, and TransUnion – of their passing, which can usually be done online, over the phone, or by letter.

**Following these steps, address financial, insurance, and credit matters.**

Investment and retirement plan accounts and insurance policies should have beneficiaries, so reach out to the financial and insurance professionals who helped your loved one as well as the person overseeing their workplace retirement plan. Talk with these professionals to learn about the possible tax implications from inheriting these as-

sets.

State and federal taxes for your loved one will also need to be paid, and possibly, other taxes for the year of their death.

Remember, this article is for informational purposes only and is not a replacement for real-life advice, so make sure to consult your tax, legal, and accounting professionals before modifying your tax or estate strategy.

If your loved one owned a small business or professional practice, a discussion with business partners (and clients) may be necessary as well as a consultation with the attorney who advised that business.

**Look after your future.**

Working through several of these issues may help bring

closure to your loved one's estate.

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

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## And the survey says...

By Allan Kaufman

We've all been there in one way or another. You buy something online, or as in this first situation for me, in the local CVS where I went ballistic. As I paid for my order, and by the way, there was nobody to assist customers if they have questions about a product while you are wandering about the aisles, I was greeted by the following message on the screen.

There was a question that had two choices for an answer. "Would you like to receive updates on sales and products via text?" If you wanted to accept, you would hit the green button. If you wanted to decline, you would hit the red button. Just what I need, more text messages that provide very little value to me. Therefore, I thought there should have been a third choice, because every time I pay for anything the same screen shows up. The third choice should be, "Never ask me this blinking question again."

Now come the surveys. We have all received emails asking us to review our experiences ranging from physician visits to ordering online from a catalog or from talking to a

person who handles catalog orders. If you believe that any of those surveys reach anyone of importance and that changes are made based on your feedback, raise your hand. I can't see it. Raise it a little higher, please.

"How likely would you be willing to recommend Comcast Cable to a friend?" Just as much as I would recommend a root canal. All surveys are dismissed outright.

The incompetence of some of the people I have dealt with is amazing. I have been an American Express Platinum cardholder for the better part of 20 years. Just recently, a travel consultant did nothing to consult and not only was the call being recorded, but I received, you guessed it, a survey via email so I can judge how well my experience had gone with their representative. A double whammy. Needless to say, I didn't respond.

Lastly comes my favorite. "This phone call may be recorded and used for training purposes." I wonder, "Who is training the trainers?" Again, I ask you, "If you believe anyone reviews the tapes of the calls raise your hand?"

I find the best solution to all this nonsense if you truly have a problem and/or if you want to heap praise on an employee (I have done so on many occasions) is to write a letter to the CEO. You may have to wait for a response or you may never get a response, but, at times, I have found that someone will get back to me. Recently, I had an issue with Lowe's. Too many issues to enumerate, but needless to say, the experience was not a good one. About a week after I expressed my dissatisfaction with both the product and the staff in a letter to the CEO, I received a phone call from one of his assistants. Do you think I would have received a similar response if I completed a survey? Raise your hand a little higher.

Text messages, surveys, the recording of phone calls all for training purposes would not be needed if the people would just, as the great coach Bill Belichick said, "Do your job!"

I can be reached at [allan.kaufman0125](mailto:allan.kaufman0125) or 732 690-2145. Your comments are most welcome.

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## Merry Christmas

By Ken Thomas

Problems don't belong on this holiday. Isn't Christmas a spiritual and joyous time? Doesn't Santa bring toys for every girl and boy? Shouldn't "Merry" be part of this holiday's description?

Per wife directions, every branch on our tree must have a little light and ornament. After two frustrating hours and some eggnog, I lit the tree. I was lit also. Merry Christmas?

With all the house Christmas stuff spread out on our lawn, a decorating design seemed impossible. I nailed a wreath to the front door. Merry Christmas?

Toys 'R Us was the only place for the Cabbage Patch Kid requested by our granddaughter. I was added to their waiting list. The doll would arrive around Easter. Merry Christmas?

The family would celebrate Christmas at my son's home this year, 550 miles by car through the snow. Merry Christmas?

Normally, Christmas cards to us are scotch taped everywhere. Only 12 cards came this year. She cried, "Nobody loves us." Maybe the 126 email and Facebook messages should have been enough? Merry Christmas?

My wife said, "Don't buy me anything for Christmas." To me, these words indicated we wouldn't exchange presents. She didn't speak to me again until January. Merry Christmas?

After Thanksgiving, my favorite local radio station began to play Christmas carols; every day, every day, every day, continually, continually, continually. Merry Christmas?

The church displayed the traditional Christmas manger scene. Our family wouldn't fit in a manger and not in the two church pews either. Merry Christmas?

We drove through the neighborhood admiring the decorated homes. One house was a huge Christmas ornament. Merry Christmas?

Our Christmas eggnog toast needed more eggnog, hold the eggs. Merry Christmas?

I read "The night before Christmas" at their bedtime. My grandson asked if Donner was a boy or girl. Merry Christmas?

The adults watched the Scrooge movie on Christmas Eve. I fell asleep. The grandchildren didn't sleep at all. Merry Christmas?

On Christmas morning our granddaughter woke us up exclaiming, "Santa was here, Santa was here!" If he was here at 2:30 a.m. decorating the den, she was right. Merry Christmas?

My grandson distributed the Christmas presents, gift after gift after gift. I got a dozen golf balls and some socks, again. Merry Christmas?

The over flowing Christmas stockings covered the fireplace mantle. "Big Foot" socks would be needed next

year. Merry Christmas?

With a scissors, Bowie knife and hacksaw, I managed to remove ten toys from the plastic packaging. Merry Christmas?

Surrounded by used Christmas wrapping and ribbon, I began to fill garbage bags. Thankfully, we don't celebrate the "Twelve Days of Christmas." Merry Christmas?

My son and I found two of Aunt Jean's fruitcakes from last Christmas in his garage.

## White Christmas

By Ken Thomas

We were young adults on school vacation at my father's home in northern New York State. The weatherman predicted 8-9 inches of snow, so my sister and her girlfriend were itching to go skiing. I was dating the girlfriend at the time and a friend was interested in my sister. Skiing was not in my plans, but I was out-numbered. My parents insisted we return for Christmas Eve services at our church.

The nearest ski area was about two hours away with excellent snow conditions and more inches predicted. Snow on Christmas Eve was definite this year. The ski area offered lessons and I signed up. My companions had some skiing experience, so they skied the slopes, while I went up and down a beginner's hill. Up or down, my new skills would prevent graduation from skiing kindergarten. My falls were spectacular and getting on or directing the skis was a slapstick comedy.

They took me to the T-bar lift heading up a mountain. My breathing at heights greater than three feet is adversely affected. I'm scared to death. As the lift went higher and higher, I closed my eyes and prayed. At mountain top, I watched skiers smoothly exit our T-bar torture. I removed one leg from the lift, fell down, dodged other skiers and crawled to safety. Would I live until Christmas Eve?

Somehow, my body had to get down the slope to a bar. Peeking over the down part edge of the ski trail, I almost soiled my pants. Down was broken bones. Down was death. In the next hour, the skiing partners tried to convince my skis to attempt the trail. I beseeched them to again demonstrate the slow down and stop technique. Hopping on Santa's sleigh or mounting Rudolph was my only survival options. With a push, the survival instinct directed my skis south. I fell down, knocked other skiers down, couldn't slow down and ended up in the parking lot.

As I watched the skiers from the bar, another problem was apparent. The snow was still accumulating and the weatherman now predicted blizzard conditions.

He looked at me. I looked at him. We left the fruitcakes until next Christmas. Merry Christmas?

I offered to split the food cost for our family Christmas meals. My share would feed Rudolf, the reindeer and four elves for the next decade. Merry Christmas?

Our granddaughter got a Cabbage Patch Kid from Santa? My wife invited everyone to celebrate New Year's with us. Merry Christmas and Happy New Year.

Signaling my companions, I suggested a home trail. Christmas Eve in church was questionable as the paved roads disappeared. After the first hour, I was staying on the highway by driving between the telephone poles and lines. No star was visible to guide us. My riders sat side-by-side, heads forward, eyes searching for pavement. The first "white out" was a scary surprise.

Thankfully, Dad's car knew the way, because I didn't. The car heater and the windshield wipers were useless. Opening the windows to brush away the snow was useless. The second "white out" was like my skiing experience. Prayer was required. All of us became practicing Presbyterians. Twenty-seven inches of snow is not a white Christmas. Twenty-seven inches of snow is a nightmare. Four wet, cold, and shivering youngsters entered the church on Christmas Eve. The three Magi couldn't be happier than these four skiers to reach their destination. Bing Crosby sang "White Christmas." We sang "O Holy Night."

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# This month in pictures

By Joe Conti and Walter Gryskiewicz



Great view from my window on Glenwood Lane, says Anne Tierney



A new morning breaks on the golf course.

Photo by Allen Kobezak



Recent heavy winds blew down most of the leaves; however, the end result was a clearer view of the sunset.

Photo by Anne Tierney



Three Rossmoor friends made a trip to Hillsborough, N.J. to try something new: goat yoga. From left are Toni Carrico, Nancy Fichtelberg, and Sue Revis. They had a blast and made memories to last a lifetime.

Photo by Nancy Fichtelberg

## At the Annual Veterans Day Service



Korean War vet Frank Nobile, Dan McOlvin, and WWII Vet Bob Shine converse before the Veterans Day Service.



Our vets turned out for the Veterans Day service.



## No better place to visit

By Allan Kaufman

Growing up, first in the Bronx and then, when I was 10, moving to Yonkers, there was no better place to visit than the Bronx Zoo.

Opened in 1899, the zoo featured 843 animals and 22 exhibits. The Bronx Zoo is located on Southern Boulevard in, as you would guess, the Bronx. It is one of the largest zoos in the United States by area and is the largest metropolitan zoo in the United States comprising 265 acres. The naturalistic habitats are bounded by the Bronx River. Today they have over 4,000 animals and about 650 species.

Unfortunately, it's been about 10 years since I last set foot in the zoo. At that time, I do remember that planning a day at the zoo goes out the window when taking along our only grandchild at the time, Zoey. What we thought was important is different from what a 3-year-old thinks is important. Giraffes and lions outweighed seeing the reptiles.

Looking at the map of the zoo reminds me of the map you get when you go to Disneyland. All the exhibits are mapped out and, like Disneyland, you need to wear a good pair of walking shoes. And while you can never see everything in one visit, that first visit practically guarantees that you will be making a return trip.

If you can't get to the zoo, you can get your fix for the Bronx Zoo another way as you can get a "behind the scenes" look at the life of extraordinary animals, zookeepers and doctors on Saturday evenings at 8 p.m. as the Animal Planet, on channel 868, offers the series, The Zoo: Bronx Tales. It is amazing to see how the animals are cared for by a dedicated group of

professionals.

Locally, the Turtle Back Zoo in West Orange and the Cape May County Park & Zoo are two very good places to visit. The Cape May County facility is perfect if you only have two to three hours for your visit. The Philadelphia Zoo and, if you are traveling to the west coast, the San Diego Zoo are worthy of taking the time for a visit. But there is only one Bronx Zoo.

While it might be colder than you would like, on Dec. 27 we celebrate "Visit a Zoo Day." Some exhibits may be closed for the season, but your younger grandchildren will be on their winter break from school. It will be a perfect time to spend some time with them and their friends, the animals, at the Bronx Zoo.

*I can be reached at 732-690-2145 or at allan.kaufman0125@gmail.com. Your comments are always welcome.*

## You can't make this stuff up

By Myra Danon

When I replaced my over-the-range microwave, I was more than slightly surprised to learn that the cost of removing, installing, and disposing of my old one exceeded the price of the product itself. Let's call this work RID. All right, time for extra research, so I bought it from a well-known and reputable online company with which I had dealt successfully for many years. Let's call it the OK company; it, in turn was going to deliver the microwave from a long-time, well-known company that manufactured and sold many appliances of all types and sizes, which are good machines and do what they are supposed to do efficiently. Unfortunately, the fault didn't lie in the stars, but in the communication of some of the employees. Let's call this part of the company, the PU division.

The rep from OK told me

the appliance company would deliver it and gave me what I considered an unbelievable price for the RID process, which I, of course, questioned. He assured me that he was reading directly from the PU's manual. I later realized the manual must have been written in 1937. After many phone calls and emails, I'm reasonably sure the rep has realized it as well.

The day of delivery had arrived—it's too easy to call it DD Day, so I won't. The young man dollied it into my house and asked if he was supposed to install it. What? I said that yes, indeed, he was, to which he answered, "I'll just go to my truck and get my tools."

After 45 minutes, I knew he was a fibber. Before that, I thought he was waiting for some help from a tech; I didn't assume because we all know the little saying that accompanies the word assume. I still

wonder what would have been so difficult for him to tell the truth, or at least a better lie.

During the multiple calls and emails to the OK company, I thought of decorating the new addition with a lace runner and some candlesticks while trying to resolve my dual problem of having no microwave and having this large, ugly carton sitting in my living room. While waiting for people to answer voice mails imploring them to help, I got some help from a wonderful woman here at Rossmoor who helps countless people countless times, I finally got a phone number with a live person at the other end who made an appointment for a qualified installer to RID the new addition to my house.

I can imagine the whoppers this guy must have told while growing up, or did he grow up?

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By Charles Koppelman  
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# (S)milestones

## Proud grandparents, Joe and Lucille Conti, share the following:

The New York Fire Department reported what our grandson, Nicholas Morisano and two other brave firemen did to save two men from certain death. This is what happened.

On Oct. 28, at 12:53 p.m. Ladder 45 received a phone alarm of a fire at 729 West 186 Street for a fire in apartment 6M.

Speeding to the location, the firemen saw frantic bystanders pointing at the top floor of a six-story building, where smoke was puffing around the window frames. The building superintendent

ran up to Ladder 45 yelling there were two elderly men in that apartment.

As Lieutenant James Lee and Firefighters Nicholas Morisano and Ian Holliday made it to the fifth-floor half-landing, smoke was billowing down from the sixth floor. The apartment door was open and turbulent smoke with some fire was now lapping from the top of the frame.

In the hallway, residents were screaming that two men were still inside. Swiftly removing the residents to safety, Lee closed the apart-



**Firefighter  
Nicholas Morisano**

ment door as his men donned their protective equipment.

Opening the door, Lee used his thermal imaging camera, hoping to get a read on conditions inside. Morisano tried to run in, but found himself faced with zero visibility and multiple obstacles blocking his path. Apparently, the residents were hoarders. There was no clear way through the flaming clutter. Morisano had no choice but to start moving the clutter so he could keep low and move forward.

He created a narrow path through the smoke, the terrible heat, and all the flaming debris, even as much of it was falling down around him.

Working with no visibility, Lee guided Morisano forward, as Lee and Holiday kept on moving trash. Morisano worked his way forward and finally found an elderly male victim on the floor 15 feet inside the apartment.

While Holliday was spraying water on the fire rolling overhead, Morisano called Lee to assist the first victim. He also informed Lee that he heard moans farther into the apartment and was going to search for another victim. As Lee and Holliday struggled their way back through the smoke and flaming debris to save the first victim, Morisano -- with no regard for his own peril -- nevertheless pressed forward in the direction of the moaning.

Surrounded by flames, he made his way into a large sunken living room that was almost completely engulfed in fire. Morisano spotted the victim on the floor about six feet into the room.

Using all his determination and his bodybuilder strength, Morisano lifted the victim from the immediate area. It was difficult because of the steps, the clutter, low visibility, unstable footing, and the victim not wearing a shirt.

At this point, as the inside team reached the location, Holliday was trying to knock down some of the fire to protect Morisano and the victim.

Lee and Morisano struggled to carry out the severely burned but nonetheless combative victim, with Morisano trying to shield the injured man with his own body.

Getting through the flaming clutter with no protection was an arduous task for the three firefighters and their burn victim. But they made it. Once outside, they handed over the older man for medical attention by EMS personnel.

The inside team now attempted to re-enter the apartment to complete their primary search, but found the fire so far advanced as to make this impossible. They retreated to await the Engine Company's hose line.

### Lieutenant Lee reported on the incident. This is what he wrote about Firefighter Nicholas Morisano:

Firefighter Morisano operated at great personal risk as he entered heavy clutter conditions, not once but twice without the protection of a hose line with a well-advanced fire in progress. He knew that his exit route was severely in jeopardy, but continued to press forward in his search for victims. He found the first victim without any protection from the pressurized water can and pressed on further into the fire area because he heard the moans of a 2nd victim. Once again proving his safety came secondary to that of a trapped victim. Even

when assisting in the removal of the second victim with fire rolling down the hallway, he attempted to shield the victim with his body to reduce the injuries.

Firefighter Morisano operated in a harsh, heavily cluttered, high heat, zero visibility environment without the protection of a hose line to rescue and remove this victim. He operated in the highest traditions of the New York City Fire Department and should be recognized for his heroic actions.

### Ten fingers, ten toes...update

By Allan Kaufman

In the September issue of The Rossmoor News, I wrote about the upcoming birth of my grandson. The article centered around friends of mine wondering if having a grandson was preferable to having a granddaughter. Whenever that discussion took place, whether it was during my wife's three pregnancies or my three daughter's total of six pregnancies, I always answered by saying "ten fingers, ten toes."

I didn't care whether the baby was going to be a boy or a girl. I just wanted a healthy baby, with my catch phrase, "ten fingers, ten toes."

On Oct. 8, our daughter, Lori gave birth to Caleb Prescott Derris. A healthy baby boy with "ten fingers, ten toes."



**Older brother, Simon with Caleb (showing ten toes)**

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### New Neighbors



By Christina Smith, Resident Services Manager

Jeanne Endler, 682A Yarborough Way, formerly of North Brunswick, N.J.

Richard Piazza, 61N Old Nassau Road, formerly of Staten Island, N.Y.

Vasantlal and Manjulaben Patel, 106D Old Nassau Road, formerly of Passaic, N.J.

Eugene Drayton, 262C

Middlebury Lane, formerly of Hoboken, N.J.

Lori Berentsen and Lori LeClair, 108N Lowell Lane, formerly of Brooklyn, N.Y.

David Cole, 107C Hanover Lane, formerly of Beach Lake, Pa.

Robert and Yong-Mi Harkinish, 638A Yale Way, formerly of Monroe Twp., N.J.

Janet Gega, 334B Nantucket Lane, formerly of Old Bridge, N.J.

Shashikant and Meena Rana, 637B Yale Way, formerly of Passaic, N.J.

Hyunsung and Mary Cho, 71A Rossmoor Drive, formerly of Brookhaven, Ga.

**Email your news to:**  
**[news@rcainj.com](mailto:news@rcainj.com)**



## Clubs and Organizations

### Chorus to make your holidays merrier

By Alyce Owens

Still not feeling that Christmas spirit? The Rossmoor Chorus wants to put a song in your heart and bring a smile to your face at their Holiday Concert at 3 p.m. on Sunday, Dec. 19 in the Meeting House. Mark your calendars and plan to come. We bet you'll go away singing!

It is time to shake the COVID doldrums that have plagued us for a year and a half, and have some fun again. Remember Christmas and Hanukkah last year? Many of us declined invitations to join family or friends at holiday gatherings; Rossmoor public buildings were on lockdown; holiday shopping was done mostly online because people feared going out into stores. And singing — well, that was just out of the question — all because of the dreaded COVID-19 virus.

Unfortunately, it's not gone

yet. But there is good news to help brighten this holiday season:

- Most of us have been vaccinated and many continue to wear masks for extra protection, providing a greater degree of safety this year than last.
- As a result, the stores are filled with happy customers eager to scoop up bargains (albeit sometimes from sparse shelves).
- Gatherings of family friends are once again being planned with eager anticipation.
- The Chorus will present a Holiday Concert for Rossmoor residents on Sunday, Dec. 19 in the Meeting House at 3 p.m.

A variety of your favorite Christmas and Hanukkah songs will be sung, with some fun solos and duets as well. Songs like "White

(Continued on page 14)

## CULINARY CORNER

By Sidna Mitchell

### Let's talk turkey (dressing)

For several years, Ken and I have celebrated Thanksgiving in Florida with Carl Kruse, another Rossmoorite, and other croquet friends. Carl cooks the turkey and we all bring the side dishes.

Just so you know, Down South the turkey is never stuffed with a bread concoction. The cornbread or bread accompaniment is called dressing and it is definitely served on the side, never inside the bird.

I didn't pay much attention to stuffing a turkey — since I never do it — until I wrote a freelance article about 50

years ago for a credit card newsletter. My research convinced me that a turkey should only be stuffed with apples or onions since you run the risk of encouraging bacteria growth if you put your dressing inside the big bird. Yankees seem to thrive on risk-taking.

My dressing is made in a huge ironstone bowl and I really do it more by taste and sight than by strictly following a recipe. However, years ago my daughter Meredith insisted that I write down a general recipe so she could prepare a full-course Thanksgiving dinner for her in-laws. Here's what I offered along with the idea to make the dressing the day before the dinner.

#### Turkey Dressing

- 1 box Jiffy cornbread mix
- 1 pound bulk breakfast sausage
- 12 chestnuts
- 8-10 slices of stale bread cut into cubes
- ½ bunch fresh parsley, chopped
- 10-ounce package fresh mushrooms, chopped

Carefully cut an X on each chestnut and put into boiling water for about five minutes. Drain and put into a 250-degree oven for about an hour. When cool, peel and chop. (You can do this a day or two before and store in the refrigerator.)

Bake cornbread according to directions and, when cool, crumble into a very large bowl with the bread cubes. (I usually use half rye or pumpernickel and half white bread.)

Cook sausage and, when cool, crumble into bread mixture. Pour in any drippings.

Add chopped chestnuts, onions, parsley, mushrooms, applesauce and eggs to the bread-sausage mixture.

Add sage, salt and lots of freshly ground pepper. Mix well with your hands, adding as much chicken broth as necessary to make a moist dressing.

Put into a large, well-greased casserole dish. Dot with lots of butter. Bake at 350 degrees for about one hour.

Check to make sure the dressing remains moist, adding chicken broth and more butter as necessary.

Be sure to cover with aluminum foil if you have to place this on the top shelf of your oven while the turkey is baking. Uncover for the last 15 minutes.

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

#### Culinary Corner

- 2 large onions, chopped
- 16-ounce jar applesauce
- 3 eggs
- chicken broth as needed
- 1-2 tablespoons of dried sage or a handful of fresh sage, chopped
- salt and freshly ground pepper to taste
- butter

## In Memoriam

Connie Previte

The Rossmoor News staff was saddened to learn of the passing of Connie Previte. Many of you may remember Connie serving as the roving photographer for the Rossmoor News. Many residents were pictured and quoted in the News for their views on various seasonal events like Halloween costumes, Thanksgiving stuffing, and New Year's resolutions. She also helped many residents with their searches for information through her work with the Library Group and the Computer Club. Below is her obituary.

Connie 'Mom', Baka' (Kelleher) Previte died on Saturday, Oct. 16, in Virginia. She was 84 years old. Connie was born in Hawley, Pa., and later lived in Connecticut and New Brunswick before moving to Kendall Park, where she raised her family. Most recently, she resided in Rossmoor, where she enjoyed helping run the library and computer room. She graduated from St. Peter's Nursing School and then worked for many years as an OBGYN nurse at St. Peter's University Hospital. Eventually she retired from Pitney Bowes in Princeton.

Connie was a beachcomber who loved spending time in Cape May. Also an

avid reader, she had an appreciation for photography, and enjoyed watching old movies with her family.

Connie was predeceased by her husband, Peter Previte, her son, Gary, two grandsons, Benjamin, and Ezekiel, her granddaughter, Leanna, and her brother Joe Kelleher.

She is survived by four children, Valerie Cleffi and her husband Barry, Natalie Pignaloso and her husband Danny, Scott Previte and his wife Jody, and Brenda Ghio and her husband Chris, 13 grandchildren, three great-grandchildren, and many other extended family members.

In lieu of flowers, memorial contributions may be made to St. Jude Children's Research Hospital, [www.stjude.org](http://www.stjude.org).

## Letters to the editor

Vaccinated guests

I asked this at the Oct. 20 Board of Governors meeting:

Why is it that guests who are fully vaccinated are still prohibited from attending our indoor services and meetings? In my case, this would be Friday night services at the Meeting House.

My question was met by silence.

A few days later, General Manager Jane Balmer, in an email to me, said that we don't allow it because that's been the policy since the pandemic started.

It's a policy that should be changed. There's no reason why the change can't take place sooner rather than later.

Allan Kaufman

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## Players Pastimes

By Sue Archambault

The Players are back.

Our first meeting will take place on Wednesday, Dec. 8, at 6:30 p.m. in the Gallery. We plan to show the DVD of our recent "This & That" show for all to see. The show was very successful. We were able to donate over \$1000 to Rossmoor residents who were affected by Hurricane Henri.

Everyone is welcome to join us for this meeting/program as long as you are on the approved Rossmoor

list. All members attending must be registered with E&R.

We will happily accept new members in the Players Club. Dues will be \$15 per person for 2022.

For those who might not know us, The Players is a very active group. We have three performances per year: "Just Music," "This & That," which is our variety show, plus our very popular original musical comedy. Jim Wilson has prepared a script to follow up his wonderful show two years ago titled, "What's



Up?" In addition, we have an open mic event every year.

The Players meet monthly, usually on the fourth Monday of the month. We always have entertaining programs, which are often interactive.

We also have parties: holiday parties, cast parties, and special celebrations. For any questions about our organization, please call Sue Archambault at 201-981-5959.

## Hello and welcome, Rossmoor veterans!

By Dan McOlvin

With just one month left in 2021, we have already begun to plan for 2022.

Meetings in 2022 will resume as in the past, being held in the Clubhouse Ballroom on the second Tuesday of each month, beginning at 10 a.m. and normally running to noon. Refreshments will be available.

Speakers planned for the first few months include

- Dave Brimmer - Outreach Coordinator Veterans Administration, who will provide information on the services available from the Veterans Administration Healthcare network. I personally use the VA for hearing, vision and podiatry and find the care to be excellent.
- Shira Yerike - Veteran Care Services, who has



**Veterans met for a Veteran's Day Service this November with the leadership of Dan McOlvin and Denny O'Malley.**

helped quite a few of our eligible veterans and their spouses qualify for money to help pay for their care.

- Jim Wilson - Director of the Rossmoor Players Group and Retired NBC Today executive, who has given fascinating presentations on his "Yesterdays at Today" that span the years from Dave Garroway, through Bryant Gumbel, and Jane Pauley. Since Jim's last presentation pre-COVID, he has added additional segments covering more recent events.

As we did previously, the Rossmoor Veterans will also arrange trips to football

games, military bases, The United States Military Academy at West Point, the New Jersey Vietnam Veterans Memorial, the Battleship New Jersey, and other points of interest.

Please feel free to share this article with any Rossmoor neighbors who served in the U.S. Military.

Looking forward to seeing you in the New Year!

Dan McOlvin

Denny O'Malley

Rossmoor Veterans Group

NOTE: The Rossmoor Clubhouse requires anyone entering the facilities to provide proof of COVID vaccination.

## Chorus

(Continued from page 13)

Christmas," "Have yourself a Merry Little Christmas," "The Dreidel Song," "Silent Night," "I'll Be Home for Christmas," and many others to which you can sing along, or just lean back and enjoy.

A free-will offering will be gratefully accepted at the concert to enable the Chorus to continue bringing joy and beautiful music to our community. Regrettably, masks and reservations through E&R (609-655-3232) will still be required.

The Chorus will present the same holiday music show for the residents of Monroe Village at 2 p.m. on Saturday, Dec. 18.

Plans are underway for the Chorus to do some outdoor caroling this year as well. Watch Channel 26 for more details on that happy event.

## Book Discussion Group is back in the Clubhouse

By Norman Perkus

The Book Discussion Group will choose new books for 2022 on Thursday, Dec. 2, at 3 p.m. in the Clubhouse. We will also be available on Zoom for those who can't get to the Clubhouse.

All Rossmoorites are welcome.

## Dance Club's promise kept

By Judy Perkus

In last month's Rossmoor News, I said "I'll give you the definition of dancing and socializing in a future article." (November 2021 issue, page 13.) I keep my promises!

According to the Merriam Webster dictionary, "socializing is an intransitive verb meaning to participate actively in a social group." For the definition of intransitive verb, please see your high school English teacher. A social group consists of "two or more people who regularly interact on the basis of mutual expectations and who share a common identity." (Do you really want to know where I got this definition? Google it yourself.)

Back to Merriam Webster:

"Dance: 1. an act of stepping or moving through a series of movements usually in time to music; 2. a social gathering for dancing; 3. a set of movements or steps for dancing usually in time to special music — the samba is a popular dance of Brazil; and 4. the art of dancing. She is studying dance."

The Rossmoor Dance Club is a social group of Rossmoor residents who enjoy dancing and socializing. They would like to be back in the Clubhouse at their monthly dances very soon.

President Armen DeVito and the Dance Club Board wish you a Happy Holiday Season. We hope to be able to see you all in the Clubhouse in 2022.



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## Art Group

By Pam Neese

Currently showing in the Gallery through December is a one-man show of oil paintings by resident Ken Cathcart.

Ken was born in Piscataway, N.J., the last of six kids. He graduated from Piscataway High School in 1969 — then graduated from Rider College with a B.S. in accounting in 1973.

In 1977, he married his wife Christine, who had two girls. Ken and Christine became corporate accountants and worked in corporate America for the next 25 years.

As a young person, Ken had no formal instruction in art. However, as far back as he can recall, he was drawing pictures. When he was about 14 or 15, he told his Mom “I want to be an artist” and she replied, “There are many starving artists out there — why don’t you become an accountant

instead.” So, he did.

In college, he continued doing pencil drawings of people — from magazines or other pictures.

In 1982, it was Christine who found an ad in a local newspaper for oil painting lessons in Highland, N.J. There he met the artist, Dorothy Yung.

Almost every Saturday morning for the next 13 years, Dorothy worked with Ken to develop his style and knowledge of oil painting. He started with traditional landscapes and still lifes; moving into Impressionism and Abstracts in the 1990 and then back to Impressionism.

In 2002, he and Christine bought an old farmhouse in Vermont and turned it into a Bed & Breakfast, which they ran for 15 years. In that time, he was still drawing and painting, but was getting tired and bored with Impressionism. Again, Christine gave him another push. In his sketches he was doing a series of “melted pots.” She said, “Why don’t you

paint them?” Ken says, “It’s a way to look at things in a different way. But this is only the beginning of my journey — where it ends up, I don’t know — but it’s going to be fun trying to get there.”

About the exhibit: One of the interesting features of this exhibit — besides seeing a nice collection of Ken’s recent work — is getting to view the sketches Ken did prior to doing the paintings. We rarely get to see the beginning drawings that lead to a painting.

About the Art Group: Ken is part of the art group that gathers in the Gallery every Friday morning from 9 a.m. to noon. The group works in all media: oil, acrylic, watercolor, pencil, and colored pencil. Members do their own projects at their own pace. People of all levels are welcome and instruction is available for all levels from beginner to more experienced.

Drop by and see what they are doing. They would love to have you join them.



Paul Pittari and Judy Mullins of the art group discuss one of Ken’s paintings.  
Photo by Pamela Neese



Ken Cathcart with a couple of his paintings.  
Photo by Pamela Neese

## Italian American Club

By Tony Cardello

Although we have not been able to have our monthly meetings and social events due to the pandemic, we have some good news that we all can share.

We will proceed with our annual Christmas Party to be held at the Forsgate

Country Club on Sunday, Dec. 12, from 11 a.m. to 3 p.m., at a cost of \$50 per person.

In addition to brunch, music, and merriment, there will be a raffle and a snowball fight.

Everyone attending must be vaccinated.

You don’t have to be a member to attend.

Maximum at a table is 12 people.

Masks are optional.

If you’d like to attend, please advise Sal Gurriero, at 732-803-9857, as soon as possible.

## Computer Club News

By Steven Gray

The Rossmoor Computer Club will hold its monthly meeting on January 17, 2022, in the Gallery. The scheduled speaker will be Steven Gray, president, on the horrors of tech support. The Club will again collect dues at that time, collecting half of the normal dues structure for the January-to-June period and will resume collecting the full amount in June to coincide with our fiscal year. Our normal dues amount is \$20 per year per person and \$30 for a couple. Half of that will obviously be \$10 and \$15, respectively. The few that paid last year will be contacted separately.

With the holidays coming up I thought it is time to remind people that deals that seem to be too good to be true might be just that. Do be aware of buying counterfeit software. That Microsoft Office suite for \$25 really sounds great but maybe it

was stolen software or, even worse, compromised software that has now infected your computer. Please buy only from reputable dealers.

We are planning future classes on LibreOffice (a Microsoft Office alternative) and Windows 11. If you have gotten a notice that your computer is not Windows 11 compatible, be advised that Windows 10 will continue to be supported through 2024 so you need not run out and buy a new computer immediately. If you do decide to buy a new computer, I only suggest you do not buy a baseline machine because you will not be happy with it, no matter what the salesman (or saleswoman) says.

Please also keep in mind that, to attend anything in the Clubhouse, you must be vaccinated and to call in and reserve a seat as per Rossmoor rules in early November, the time of this article.

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## Rossmoor will send robocalls to advise in case of bad weather or emergencies

The Rossmoor administration will send automated robocalls to residents' telephones whenever it is necessary to advise about predicted snow storms, severe weather warnings, or other emergencies.

If you are not home to answer, a message will be left in your voice mail or on your answering machine.

Please be sure to check your phone or answering machine. All necessary information will be included in the message so you will not need to call the office in return.

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## Religious Organizations

### Catholic Society news

By Lucille Conti

Many of you have inquired about the status of the Catholic Society.

I am here to tell that we are alive and well. However, because we have not been able to gather for Holy Mass and our offertory collection is our only income, we have become financially unstable. Our insurance premium is due, and it must be paid before we can assemble.

So, we have decided to

revamp our group into a club format, with dues of course, for those who are interested to join. We will meet in the Gallery on the second Tuesday of each month at 1:30 p.m. We will still be called the Catholic Society of Rossmoor and our dues will be \$15 annually. The dues will be used for stipends for guest speakers and other programs.

We hope you will take this time to find out what we have

planned and afford yourself the opportunity to share your ideas with us as well.

The dues will be collected at our first meeting. The date of our first meeting will be announced on Channel 26, when we get our house in order. Anyone who will be away for the winter may feel free to call me at 609-860-1084.

We remain steadfast in our mission to continue to share God's love with our Community.

### Oh Hanukkah, Oh Hanukkah

By Adrienne Brotman

The first candle was lit at sundown on Sunday, Nov. 28. Another candle will be lit each night until nine candles shine bright on Saturday, Dec. 4. This includes the shammash candle (helper candle).

Hanukkah is also called the Festival of Lights. It is said a small army of soldiers beat the mighty Greeks. When the Jewish people reclaimed the desecrated Holy Temple, the oil they found was only sufficient for one day to light the menorah but the menorah remained lit for eight days.

So, a great miracle happened there.

The Jewish Congregation will be having a Zoom Hanukkah Light-in on Wednesday, Dec. 1. Many members will gather to light their menorahs together on Zoom. There will be a Hanukkah party on Sunday, Dec. 5. Congregants will enjoy deli sandwiches, latkes, (potato pancakes), potato salad, coleslaw, health salad, pickles, dessert, and beverage.

Sabbath services will be on Friday, Dec. 3 and Friday, Dec. 17, at 7:15 p.m. in the Meeting House. Remember to sign up on the American

Pool App or call E&R to make a reservation.

If you would like to arrange a ride, please contact Morty Wall.

Torah Study will be Saturday, Dec. 4 and Saturday, Dec. 18. Meeting place TBD. All Welcome

If you would like more information about the congregation, call Allan Kaufman at 732-690-2145, or contact Allan.Kaufman0125@gmail.com.

The Congregation would like to wish everyone a joyous holiday season and a healthy and happy New Year.



Jewish Congregation new members, from left, are Iris Glassberg, Barbara Herman Hoff, Helen Ann Epstein, Larry Epstein, Steven Braun, Michael Marder, Steven Marcus, Therese Marcus and Rhona Friedman.

Photo by Adrienne Bronfman

### History Happenings: The Monroe Township Historic Preservation Commission

The MTHPC has been busy during the pandemic bringing virtual content to residents, and those interested in history outside of Monroe's borders.

In addition to our social media presence on Facebook and Instagram (follow us at MonroeTwpHistory) for daily posts; the commission, in partnership with the Monroe Twp. Public Information office, created virtual tours of the Dey Farm Historic Site. Visit the turn of the century Charlie L. Dey Farmhouse, circa 1830 Barn, Henry L. Miller Prospect Plains circa 1850 One Room Schoolhouse, and our new, reno-

vated Equipment Barn and all from the comfort of your favorite chair!

The commission added members Rhett Pernot, Julia Pignataro, and Joe Manber. Chair Susan Rudy, Town Historian John Katerba, founding member Warren Barnes join John Ryan, Christine Skirka, Wayne Horbatt, Lisa A. Macyda, and Wayne Baruch. See their bios on Facebook. Sadly, a lifelong resident and MTHPC volunteer, Nancy Chamberlain passed away recently.

The Dey Farm Historic Site has benefited from many BSA Eagle Scout projects

over the years. We're proud to share that in September we had our first Girl Scout, Ashley Swee, work with us to complete her GSA Gold Star Project. The Commission began its fourth year of partnership with the MTHS Rho Kappa National Honor Society, offering a scholarship contest and this year naming a volunteer representative, Jiya Joshi. Our annual Vintage Baseball Game was a big success. We always look forward to this event and hope you'll plan to attend next year's game in September 2022.

Questions? Contact us at historyinmonroe@gmail.com



## HEALTH CARE CENTER NEWS

### Age-related macular degeneration

By Kaytie Olshefski, BSN, RN-BC

Age-related macular degeneration (AMD) is the leading cause of vision loss in people 55 years of age and older. It is a disease that may affect either one or both eyes. There is no rhyme or reason as to why the disease progresses very slowly in some people and rapidly in others.

The disease affects the macula in the eye. The macula is located in the center of the retina. The retina is the light-sensitive tissue that converts light/images into electrical impulses. The retina then sends these signals to the brain. The macula allows us to see fine details in "straight-ahead" activities such as in reading, sewing, and driving. There is no eye pain associated with AMD. There is no cure for AMD and the loss of central vision cannot be restored. In AMD, vision loss may eventually progress to a person becoming legally blind.

There are two forms of AMD: dry and wet. In dry AMD, the light-sensitive cells slowly break down in the macula, causing gradual blurring to the central vision. There will be difficulty recognizing faces and more light will be needed for reading and straight-ahead vision tasks. In this form of AMD, there is a blurred spot in the center of a person's vision which eventually leads to a loss of sight. In the dry form, the doctor can diagnose this disease by drusen, which are yellow deposits found under the retina. They are usually found in people over 55 years old. Researchers have found that if there is an increase in size or an increase in number of drusen, this increases a person's risk for developing either advanced or dry AMD.

Wet AMD is considered advanced. A person who has advanced AMD in one eye is at a high risk for developing it in the other eye.

There are three stages of AMD in the dry form:

- **Early AMD** – There are no symptoms at this stage. During the eye exam, the doctor can detect either several small drusen or a few medium-sized drusen.
- **Intermediate AMD** – There is a blurred spot in the center of the vision. People with intermediate AMD need more lighting for straight-ahead activities. Upon an eye exam, the doctor may see many medium-sized or large-sized drusen.
- **Advanced Dry AMD** – The blurred spot becomes larger and darker until it takes over the person's

central vision. There will be difficulty recognizing faces or even reading, unless the objects are very close. There is vision loss in this stage.

In the wet form, new blood vessels develop behind the retina and grow under the macula. These blood vessels are very fragile and will often leak blood and fluid. This in turn causes the macula to move from its normal position and causes damage within the macula. One way a person may check for this is by staring at a grid using each eye separately. This grid is known as the "Amsler grid," which is composed of straight lines going vertically and horizontally; it resembles a checker board. In the center of this grid is a black dot. If the lines appear to be wavy instead of being straight, or if the lines appear to be missing, this may indicate AMD.

Some of the risk factors in developing this disease are:

- **Age** – The risk of developing this disease increases as one gets older. It may start as early as middle-aged.
- **Smoking**
- **Obesity**
- **Race** – (Caucasians have a higher risk).
- **Family history** – A person with a family history of AMD has a higher risk of developing the disease.
- **Gender** – Women tend to have a greater risk of developing AMD compared to men.

AMD is diagnosed through a comprehensive eye exam. One of the things your physician may ask you to do is to look at an Amsler grid every day to test your vision.

Once the diagnosis has been made for AMD, your physician will determine which form of AMD is present and then decide what the best course of treatment should be. If dry AMD is diagnosed, the doctor will determine the stage at which your vision is. If diagnosed in the early stage, the goal of treatment is to delay and to try to prevent the progression of the disease to the advanced stage. Research by The National Eye Institute's Age-Related Eye Disease Study (AREDS) found that taking a specific high-dose formula of antioxidants reduces the risk of developing advanced AMD. Nutrients such as lutein and zeaxanthin, omega 3 (either through supplements or eating fatty fish such as salmon, sardines, mackerel, herring, and albacore tuna), vitamin C, vitamin E, and zinc antioxidants may delay the onset of advanced AMD. However, these nutri-

ents are not a cure. Your physician will speak with you in detail about this form of treatment.

There are different forms of treatment for wet AMD. The goal is to decrease and even try to stop the progression of vision loss. Treatment options may include photodynamic therapy, or laser surgery. Photodynamic therapy involves using the drug Verteporfin. The drug is given intravenously and travels through the body's bloodstream. This drug is activated by light and when the drug reaches the eye, it will adhere to the surface of the new blood vessels. The doctor will then aim a light at the back of the eye for about 90 seconds to activate it.

There are also medications called anti-VEGF, that are injected into the eye. This treatment will only slow down the rate of vision loss. This form of treatment is only temporary and may require further treatments.

There are some things a person has control over as far as reducing their chances of developing or even slowing down the rate of progression of the disease:

- Stop smoking (including cigarettes, cigars, and vaping);
- Control high blood pressure;
- Protect your eyes from harmful sunlight; ultraviolet light and blue light damage the retina and increase your chance of developing macular degeneration;
- Wear sunglasses that screen out 99-100% ultraviolet A and B rays;
- Use sunglasses specially designed for macular degeneration. These sunglasses have side panels and a ridge at the top to keep the sun from reaching your eyes;
- Eat a healthy diet that is low in saturated fats and high in fruits, vegetables, and green leafy vegetables;
- Exercise regularly; and
- Maintain healthy weight.

There are low vision aids available to help to improve your ability to see:

- Improve the lighting in your home by using brighter lights and/or trying to reduce the glare that occurs with low vision;
- Write in large letters using a broad felt tip pen on white or light colored paper;
- Use magnifying glasses. They come in varying magnifications and may either be handheld or free-standing;
- Talking devices are available in watches, phones, and reading machines; and
- Library for the Blind is a

good resource to obtain material to assist you with decreased eyesight.

It is very important to take an active role in your health care. You need to work very closely with your eye care professional if you have this disease. Ask questions about the diagnosis, what treatments would be best for you, and have the doctor explain them. There are many organizations and support groups that can help with your questions and can suggest ways to try to improve your vision.

#### Flu shots

If you have not received your flu shot, we have the three different flu vaccines: the standard, Flublok, and the high-dose. We also have the two pneumonia vaccines: Prevnar 13 and Pneumococcal 23. We require a prescription from your doctor indicating which of the two pneumonia vaccines your doctor would like to you to

have. We also provide the service of giving homebound flu shots. Please call the Healthcare Center at 609-655-0927 for more information.

#### Balance screening

Do you lose your balance at times or feel unsteady on your feet? Saint Peter's Community Mobile Health is providing a screening called Timed Up and Go (TUG). It is a simple screening test to assess and measure your mobility, balance, walking ability, and fall risk. The screening will be on Thursday, Dec. 9, on the Doctor's side of the Health Care Center from 8:30 to 11:30 a.m. If you are interested, please call 732-867-1059 to schedule an appointment.

#### Our best wishes

From all the nurses at the Healthcare Center, we would like to wish everyone a very joyous and healthy holiday season.

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### As a reminder!!!



**Pedestrians – Please wear light or reflective clothing when walking in the dark.**

**Also, always walk against the traffic (on the left however you are facing.)**

**Bikers – Always ride with the traffic (on the right).**







# Rossmoor Community Association, Inc.

## Snow Policy and Procedure

**POLICY**

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

**PROCEDURE**

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

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

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

1. Pre-salting streets and carport lanes to prevent snow from bonding to the surface.
2. Plowing all main and secondary streets (see list of streets under "Priorities") continuously after an accumulation of 2" or more or as required by RCAI management.
3. **Once the storm ends**, separate crews and separate equipment will begin plowing lanes and carports; plowing perimeter and main sidewalks; plowing driveways and finally shoveling of the main, front entrance walks and stoops leading to the main entrance doors of the manors. Secondary walks and stoops on the sides or backs of manors will not be shoveled or treated with ice melt.
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.

**Utmost 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 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 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.**

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.

**Revised by the RCAI Board of Governors  
September 2016**

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	Thornton 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



## Monroe Library

### Monday Meditation

Mondays, December 6 & 13 at 9:00 a.m.

Grab a chair or mat and enjoy guided breathing exercises, meditation, and simple stretches to start your day! This program will be held virtually via Zoom. We will meet just twice this month. There will be no session on December 20 or 27. \*Registration is not required. Please visit the Library's website at [www.monroetwp.library.org/virtual-programs](http://www.monroetwp.library.org/virtual-programs) for meeting ID and password information.

### NJLA Store

December 10 through December 12

The full New Jersey Library Association Holiday Store will be open to everyone in the meeting room during library hours. Find great book and library-themed gifts for almost everyone on your 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.

### Page turners

Thursday, December 16 at 11:00 a.m.

Looking for something to read or add to your reading list? Library staff will present and recommend a variety of titles pertaining to a different topic, both new and old titles. The theme for this session is Staff Favorites. This program will be held in person. \*Registration is required. Register in advance at the Welcome Desk, online at [www.monroetwplibrary.org/calendar](http://www.monroetwplibrary.org/calendar) or by phone at (732) 521-5000.

### Short Story Discussion Group

Thursday, December 16 at 2:00 p.m.

We will discuss the next two titles in The Best American Short Stories of the Century, "Wild Plums" by Grace Stone Coates and "Theft" by Katherine Anne Porter. This program will be held in-person at the Library. \*Registration is required. Register in advance at the Welcome Desk, on our website at [www.monroetwp.library.org/calendar](http://www.monroetwp.library.org/calendar) or by phone at (732) 521-5000.

### Coffee and a book

Tuesday, December 21 at 10:30 a.m.

Join us to discuss Richard Russo's Chances Are... Reserve a print copy on the library website at [www.monroetwplibrary.org](http://www.monroetwplibrary.org) or by calling the library.

Place a hold on a downloadable ebook or audiobook through eLibraryNJ on our website. This program will be held in-person. \*Registration is required. Register in advance online at [www.monroetwplibrary.org/calendar](http://www.monroetwplibrary.org/calendar) or by phone at (732) 521-5000.

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## Classified Advertising

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

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

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**DOG WALKING & PET SITTING** by Izabela. Monroe resident. Reasonable rates. Fully vaccinated. Very dependable. 732-718-3800. Call or text.

### Help & Health Services

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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) 917-4208 or (908) 337-7462.

**CERTIFIED, FULLY VACCINATED**, professional, driver's license, caregiver is looking for a job. Experienced, references. Good price. Helen (732) 610-2811 or (732) 610-6830.

**LEASE A NIECE HOME CARE AGENCY.** Assistance w/personal and household activities – cooking shopping, appointments, local transportation. Companions. CHHAs, RNs. (732) 521-HOME or (732) 521-4663.

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for pick up of household items

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**NO upholstered furniture**

**No mattresses**

### Recycle information from Waste Management



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

### TRANSPORTATION TIDBITS

#### Important phone numbers:

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

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

Middlesex County

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

St. Peter's University Hospital

On Time Transportation ..... 1-800-858-8463

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



**MONROE TWP.  
FIRE DISTRICT #3  
AT YOUR SERVICE,  
ANYTIME.  
[www.mtfd3.com](http://www.mtfd3.com)  
609-409-2980**



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For the third consecutive time, while continuing to deal with COVID-19, Saint Peter's University Hospital has received an "A" grade for safety excellence. This demonstrates the unwavering commitment by our entire team to deliver the best care to the patients and families we serve.

**To learn more about Saint Peter's University Hospital,  
call 732.745.8600 or visit [saintpetershcs.com](http://saintpetershcs.com)**



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Note: The Leapfrog Group grades hospitals on data related to how safe they are for patients. For more information, visit [www.hospitalsafetygrade.org](http://www.hospitalsafetygrade.org)