



Rossmoor IN News



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Monroe Township, New Jersey

DECEMBER 2023



MERRY CHRISTMAS & HAPPY HANUKKAH



Did you have your photo taken with Santa, Mrs. Claus, and Rosie the Elf at the 2023 Charity Exchange? (Diane and Dennis Arce with Rosemary Masella)



Sal Gurriero did a fabulous job selling 50/50 tickets at the Charity Exchange. The winner received over \$300!

Charity Exchange breaks all records

By Carol De Haan

This year's Charity Exchange (formerly The Bazaar) raised a whopping \$11,007.05 to exceed the previous year's \$7,900, which was considered excellent at the time. E&R Manager Melissa Barnard is quick to add that this big total includes funds raised in a few other events during the year. It is, nevertheless, an extraordinary outcome.

Sixty-five volunteers set up donated items in many of the biggest rooms in the Clubhouse. The jewelry room sparkled from wall to wall. There was a room full of kids' stuff, another with ladies' fashions, a crafters' corner, a

man cave, and the ever-popular home décor room.

But by far, the gang-buster feature was the bake shop which went from last year's \$803 to this year's \$1,626. This fantastic result can be traced to the doorstep of Greg Policastro, who so loves to bake that he donated 49 home-made cakes and loaves of every variety. Consider the price of butter, sugar, and other ingredients and you can imagine the extent of his kindness. We think Greg Policastro deserves his own TV baking show. We could all learn a thing or two.

Santa and Mrs. Claus were

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Election Day landslide for Dalina

On Nov. 7, Monroe Township Mayor Steven Dalina (D) was reelected for a four-year term with 9,979 votes. His opponent, Charles DiPierro (R) received 6,168 votes.

Downballot candidates for the Township Council were Democrats Miriam Cohen (four-year term), Terry VanDuzura (four-year term), and Mike Markel (two-year term), each of whom won by more

than 1,000 to more than 2,000 votes over their opponents.

Also reelected as Democrats were State Senator Linda Greenstein (four-year term), General Assembly members Wayne DeAngelo and Tennille McCoy (two-year terms), and County Commissioners Charles Tomaro and Leslie Koppel, (both for three-year terms).

A Christmas present

By Ken Thomas

What do you want for Christmas? Santa grants boys and girls their holiday wishes within a few days. However, some Christmas wishes take longer. My wife and I waited almost a year for Santa to deliver our present. Adopting a child is a difficult process, but having our own child seemed impossible. Which adult had the problem was not important, we just wanted a baby.

A conservative agency with strong Protestant ties accepted us as prospective adoption parents. At our first meeting, each part of the adoption process was explained. My wife and I were not confident; This agency had stringent requirements. Was there any perfect couple walking down their street? The adoption process was intense and complicated; We expected it to exceed a nine-month pregnancy.

Our church affiliation was one of their initial inquiries

and our first problem. We just recently transferred from our childhood church and Presbyterian was low on their conservative "Protestant" list for adoption. Should we continue as Presbyterians? Since our new minister would be a significant part of the agency evaluation, we were worried, because he didn't know us very well. We were attending his church regularly and I was their new assistant scoutmaster, but we two congregation members were new, new. After our meeting with him, this minister promised to contact our old minister for more intimate and important information about us. Both ministers would soon be part of our interaction with the agency. I started teaching the senior high Sunday school class.

One of the agency representatives and social workers visited us for a home evaluation. She checked an

(Continued on page 10)

Gift of Music gift cards will be available

By Linda Bozowski

Need a gift for a holiday, birthday, a get-well card or a thanks-for-doing-whatever note? How about a "Gift of Music" Rossmoor Music Association concert gift card? For a modest \$15 charge, a gift card for admission to one of this season's future concerts can be purchased at the Dec. 3 program event, or by calling

Linda at 908-217-1656.

Cards can also be requested by dropping off a note and a check payable to Rossmoor Music Association in the mail slot at the Administration Building or at the Clubhouse. The Music Association will mail the purchaser a laminated card that can be used at any one of the four remaining concerts. The gift card may not

be used at the High School events – those are contribution-only programs.

Better yet, buy two gift cards – one for yourself and one for a friend or family member. Treat yourself to one of our upcoming programs and enjoy the afternoon together.

Support the Music Association and cross one gift name off the list.

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at the governors' meeting

RCAI Board of Governors - November 16 Meeting

The November Rossmoor Community Association's Board of Governors meeting was held in the Village Center meeting room on a cool morning of one of the last warm November days. Approximately 30 residents attended in person with another 15 watching online while the 18 Board of Governors discussed RCAI business.

Secretary Bob Gleason called the roll. Motions were made to accept the October 18 BOG meeting minutes along with the Oct. 25 BOG Special Meeting – Working Session FY2024 RCAI Budget meeting minutes as written.

President Dan Jolly wished everyone a wonderful Thanksgiving and a Happy Hanukkah which begins the evening of Thursday, Dec. 7.

Treasurer Craven reported that the Association is running a positive variance of \$337,417.94.

Management Report

General Manager Tom Curry reported that the RCAI and UIW union agreement negotiations were going well, and we will have a final contract in place for the December meeting. Tom reported that the Administration had sent out two bid request packages, one for Pest Services and the other for Gate Attendant/Patrol Services. He reported that Budgets for all Mutuels had been prepared and mailed by staff. He mentioned that he was about halfway through attending each of the eighteen Mutual Association meetings to accept their FY2024 budgets. Tom reported on Administration department statistics and provided the monthly sales numbers for condominium and cooperative closings in October.

He reported on the Main-

tenance Department's volume of work, status of ongoing projects in the Mutuels, and discussed pavement projects. He mentioned that Sunset Circle was scheduled to be completed next week and the Rockport Way rebuild has been moved to the spring. Tom mentioned that TLP Heating Ventilation and Air Conditioning Inc. has been working on the HVAC rooftop system replacements in the Village Center. He also discussed the installation of Maintenance Department's snow poles and snow fencing.

Curry mentioned the Maintenance Department is currently interviewing for a maintenance mechanic and the Administration office is working on the interview process for a replacement Comptroller. He reported that FWH is currently working on the topographic study of Cedar Creek for flood modeling.

Curry then discussed upcoming E&R events. He thanked everyone involved in the Annual charity sale event which brought in more than \$10,000 for charity. He discussed ongoing Golf course maintenance and upcoming golf events and praised the fall golf course membership drive, which is now up to 34 new members.

New Business

Resolution 2023-28 Flood Mitigation Grant-Matrix Expansion- At the Oct. 25 meeting, the Board approved moving forward with the FWH proposal. A motion was made to ratify the FWH proposal to conduct the topographic study and basin expansion plan at a cost of \$9,100 to be funded through the flood mitigation grant. The motion was seconded and passed unanimously.

Resolution 2023-29 Flood Mitigation Grant – Stream model for Cedar

Brook - At the Oct. 25 meeting the Board approved moving forward with the FWH proposal. A motion was made to ratify the FWH proposal to conduct the topographic study and stream modeling plan at a cost of \$46,000 to be funded through the flood mitigation grant. The motion was seconded and passed unanimously.

Resolution 2023-30 Adoption of the 2024 RCAI Operating and Capital Budget - The Budget for the Rossmoor Community Association, Inc. for the calendar year 2024 previously reviewed and recommended for adoption by the Finance Committee was then reviewed by the Board of Governors at the Oct. 25 meeting. The Board voted on a contribution to the RCAI Capital Replacement Reserve Funds be approved in the amount of \$911,435 (\$32.98 per manor per month); and that no contributions will be made to the Capital Improvement Fund during the year from the Operating Budget; and that the contribution to the Contingency be approved in the amount of \$55,272 (\$2.00 per manor per month); and that use of \$120,000 of the previous year's operational surplus be utilized within the 2024 budget to reduce carrying charges \$4.34 per manor per month; and the total net RCAI Budget for 2024 be adopted in the amount of \$6,245,736. (\$226.00 per manor per month).

A motion to accept the FY 2024 budget was made, seconded, and approved 17 yes, 1 no.

Director's Comments:

- M7 Director Jensen asked for a compromise in 2024 regarding lifeguards at the pool. Some discussion followed.

(Continued on page 3)

Bits & Pieces

By Sue Ortiz

"Not a creature was stirring, not even a mouse ..." I wish! Usually, at this time of year, mice are depicted as cute little creatures wearing Santa hats and scarves, scurrying hither and yon spreading holiday cheer.

I had planned to write a nice holiday piece about my memories of Christmases past. But a mouse, or two, or three, got in the way. And, no, they were not donning Christmas garb, but they were doing a lot of scurrying.

Without going into the details of my discovery, let's just say those little critters left "presents" everywhere and led to the disassembling of my entire kitchen – removing everything from the cabinets and drawers, clearing off my desk, and taking stock in Lysol, disinfectant wipes, and bleach. Pots, pans, silverware, and Rubbermaid containers all needed a bleach bath. My living room became the kitchen storage area, with items crammed in shopping bags and giant Ziploc bags. (Yes, there are 20-gallon Ziploc bags!) The sofa and recliner filled up quickly.

No-see-them traps were set and, luckily, I caught three of the miscreants within a couple of weeks. But it remained unknown if any more were still trotting around my premises, so I called an exterminator, just to be on the safe side. Bait stations were placed around the perimeter of the kitchen and in the basement. (I was desperate!) "Joe" was to return in a couple of weeks to check to see if any of the bait was eaten, which would mean invaders were still present. (As I write this, the exterminator has not returned due to an unforeseen family emergency, so I cannot report on this aspect of the process.) But I was not looking forward to finding random little carcasses around, which could happen, I was told. Ew.

Feeling an uneasy victory, I procrastinated using my kitchen again. Take-out dinners replaced home-cooked meals, as I depleted my freezer supply within a couple of weeks. I ordered new shelf and drawer liners, but

the rolls sat unopened. I heard that peppermint oil keeps mice away, so I doused cotton balls with the stuff and placed them at the back of the drawers and cabinets. At least the house smells like Christmas!

Among all this chaos, I remembered I needed a new artificial Christmas tree this year. One of the shopping channels was offering a nice one that was a foot taller than my last one; its realistic branches loaded with twinkling multi-colored lights. So, I ordered it – then forgot about it. It arrived when my living room was at its most discombobulated. Of course.

Also in the living room mix were the summer fans that still needed to be cleaned and taken down to the basement. Well, there was no time for that nonsense, so I put a sticker on them, "Clean me in 2024." Just got them packed away last weekend. Four things out of the way. Phew.

I haven't opened the new tree, although I have made the first payment on it. It's returnable until January 31, at least, if I don't like it. I hope I do – I don't have the wherewithal to look for another.

I'm still in the process of getting things sorted out in the kitchen, although I've organized the living room so it doesn't look too bad now. I can sit on the sofa now.

I've begun to line the kitchen shelves and drawers and put things back, with peppermint cotton balls tucked in the back. Trying to get back to normal. But I keep thinking "they" will return, and the process will begin anew.

I hope not. I do not want to find a small Santa hat poking out of a trap.

B&P

"A mouse does not rely on just one hole." – Plautus (Roman playwright, 254 BC - 184 BC)

"I say, if you believe what you read in the comic strips, then you believe that mice run around with little gold buttons on their red pants and drive cars." – Mort Walker (American artist, 1923 – 2018)

Open RCAI Meetings in December Board of Governors Meeting Thursday, December 14 - 9 a.m.

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

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

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



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Linda Bozowski
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Linda Monaco

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

volunteer writers should contact Rossmoor News Chair about any submission. **We reserve the right to edit, limit, or reject any materials/submissions according to the directives of the Editorial Board and Publisher.**

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A Halloween haunting at Rossmoor

A very happy ending

By Carol De Haan

Last month we wrote about the shameful theft of a \$500 canvas roof from a neighbor's golf cart in the carport on New Bedford Lane in Mutual 8. Now, its owner could get around only when the weather was favorable. Windstorms? Rain? Sleet? Snow? She would be housebound, perhaps for days on end.

Another neighbor, a total stranger from Mutual 6, read about this unfortunate event and decided to be part of the solution. He went on the Facebook page for Rossmoor to make inquiries, and was able to contact the victim with an offer to buy her a new canvas roof.

This empathetic soul is an avid member of the PGA community. So, in addition to loving everything golf, he also has a soft spot in his

heart for a nice golf cart. He ordered the new canvas roof from Yamaha, which was soon delivered, to the overwhelming delight of the lady who had been robbed.

Getting it unpacked and installed was a formidable task, requiring at least two strong people. A couple of sturdy neighbors showed up to do the heavy work, one of whom had just suffered a family health emergency and had delivered that ailing relative to the hospital. Back home, rather than giving in to distress, he decided to do something useful so he helped install the new canvas roof. Battered down and properly attached, the roof was a source of joy to its owner. Full of gratitude to her helpers, she claimed to be "ecstatic," and kept murmuring, "Yes, Virginia, there is a Santa Claus!"

Conclusion: There are many nice aspects to living in Rossmoor. Perhaps at the top of the list is that we care for one another.

Rusty the Goose Dog



Tom and Rusty

By Terre Martin

One of our greatest assets is our beautifully maintained golf course. Keeping it that way is the job of Tom Tucci, the course superintendent, and handler for one of his hardest working employees, Rusty, the goose dog. Rusty is a high energy, affectionate, and well mannered Border Collie. He is just a little more than two years old, and is responsible for making sure our fairways and tee boxes aren't overrun with goose droppings.

Tom got Rusty when "Rosy" was retired after almost 13 years of hard work. She could often be seen sitting next to her master in a golf truck as they perused

the course looking for goose offenders. An interim dog named Vanna was purchased, but she proved difficult to handle and didn't obey commands the way she should have. She would bolt around the pond as if chasing a mechanical rabbit as Greyhounds do on a track. So, she was re-

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RCAI Board of Governors

(Continued from page 2)

- M9 Director Brumberg mentioned a resident concern regarding security in Rossmoor considering the Israeli conflict. She also commented on leaf cleanup by the landscaper and sewer drains discussion followed.
- M17 Director Saccone mention North Gate arm timing issues.
- M11 Director Boyer asked if employees receiving Rossmoor paid training can be forced to remain an employee for a certain amount of time or repay the association for their training. Discussion followed.
- M16 Director Murphy raised a concern that JCPL is not fixing all the lights

- that are out.
 - M12 Director Gurriero thanked everyone who contributed to the Thanksgiving dinner program.
- Resident's Comments**
- M4B resident asked about repairs to portable bulletin boards in the Clubhouse.
 - M1 resident asked about only allowing American flags within the community. Much discussion followed. It was explained that that decision would need to be made by the individual Mutual Associations.
 - M5 Resident asked for a bicycle rack in front of the Clubhouse.
- There being no further business for the Board to discuss, the meeting was adjourned at 10:05 a.m.

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Rusty

(Continued from page 3)

turned to her breeder and Rusty was "hired." The importance of a well trained dog is often misunderstood. Border Collies are the most common breed of goose dog, because they still retain strong working and herding instincts. Those instincts are often bred out of other dogs, so they can be companions. Border Collies don't come cheaply either. Rusty cost \$9,000, but as a young pedigree working dog that is well trained and ready to work, he is

Rossmoor's 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.

worth the money. Tom started using a goose dog in 1996. There had been nesting geese on hole number two by the bridge that goes over the pond. They were very aggressive and attacked golfers. One golfer actually fell into the pond to escape, which prompted the need to deal with the geese. The fecal matter that they left behind also became a problem. Dangerous diseases and bacteria like E Coli, Salmonella, Histoplasmosis, Campylobacter, Coccidia, and Giardia can be spread if a golfer picks up a ball and puts his hands or the ball near his mouth. The geese problem has been handled pretty well, but year-round geese have been nesting nearby and often walk onto our course. They can usually be seen in a parade by the south gate, holding up traffic, and marching across the road. Flocks of geese can also be seen in the winter months,

because they no longer migrate due to milder winters. When asked about a goose dog story, Tom remembered a dog named "Dot from about 20 years ago. There was lame duck (no political pun intended) that couldn't or wouldn't leave the grounds. Because a goose needs a bit of a runway to take off, it was slow to ascend. Dot ran hard and fast, colliding with the goose and got locked in a tumble across the lawn. The goose survived, but Dot was so shaken up and frightened by the experience, it took her a couple of weeks to get the courage to go out on the course again. If you meet Rusty, he is friendly yet cautious. Tom says he doesn't require anything special, just lots of affection. After about a half hour of talking with Tom, Rusty finally snuck under the table and licked my hand. It felt good to be accepted!

We are blessed!

By Honey Owens

I was so disappointed when the Community Church Blessing of the Animals got rained out on Sept. 30, but Mom assured me there would be another chance for us pets to get blessed on Sunday afternoon, Oct. 22. It was well worth the wait. That day was sunny and warm and I was excited to see all my old friends and make some new ones. The nice folks of our E&R Department made coffee for all the people, and put out water and gigantic Milk Bone biscuits for us. Mine was so big, my Mom had to carry it for me; I think it will last me a week. Thanks to all the pet parents who brought their four-legged kids. As self-appointed official greeter, I tried to count them as they arrived but since counting isn't one of my strong points, I just decided to smell them instead. I'm very good at

See photos
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that. There was one cat and many dogs of all ages, sizes, shapes, and colors who came to get blessed. Emma Grace, a furry little Pekinese, even came in her stroller, and my Chihuahua friend, Pepita, wore a new dress and fancy shoes for the occasion. My black lab buddy, Maggie, and I enjoyed watching the silly little Yorkies tantalize the shih tzus. Oh, it was such fun! Mom had told me in advance that this was NOT the time to bark or fuss, so I spread that word around and all the pups apparently got the message because everyone was on best behavior. We were concerned to learn that Pastor Robin had Covid and wouldn't be doing the blessing this year. But a tall, nice man with a very soothing voice soon quieted us all down. He even brought his wife and their rescue dog, Tippy, to be blessed. All the dogs sat very still while Rev. Ted Hardgrove told us about how God made all the animals, from the alligators to the zebras, from the birds to the rhinoceroses, and even people, too. He said we should all love one another and always be kind. Then he asked our parents to remember in prayer all those pets whom they have loved and lost, and everybody got real quiet for a minute or two. After that, Rev. Ted walked around and spoke to each and every dog there, patting heads and blessing each with holy water and a personal message of love. For the old dogs, he had special prayers for comfort and peace. It was a very special time and we all seemed to understand what was happening. After that we played for a while, then everybody went home, hoping to see each other again next year. Mom says now that I've been blessed, God is watching over me. So I'm trying to not do naughty things, like bark at the doorbell or at everyone who walks on my grass. My Mom tells me every day that she loves me, and that we are a blessing to each other. That makes my tail wag. I hope Santa also will see that I'm being good, because Christmas is coming soon. Blessings for people, pet parent or not, are given at the Community Church at 11 a.m. every Sunday morning. All are welcome and invited to come and share God's love.

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Amani Concert

By Steven Gray

The Rossmoor Music Association hosted a jazz concert featuring Amani (which translates as “peace”). Amani is a quintet consisting of piano Dave Braham, sax and flute Marty Eigen, bass Alex Gressel, vocals Stephen Fuller, and drums Gordon Lane. There was even a surprise whistler, Hollis Donaldson, who joined the quintet for one completely unrehearsed but professionally done composition.

It was very refreshing listening to a well-dressed top-notch group perform without gyrating dancers, pyrotechnics, or other distractions that take away from the enjoyment of the music.

Amani performed 14 well known songs, such as “Tea for Two,” “Misty,” and “Route 66,” some with vocals and some strictly as instrumentals. Their take on “Take the A Train,” popularized by the big band sound of Duke Ellington, made you believe that their quintet was also a big band. Those of us who turned out for this wonderful performance were toe-tapping and head-nodding to the beat.

The audience appreciated their professionalism and loudly requested an encore, which the group graciously performed. If you see any advertising for Amani, I would strongly suggest making an effort to attend.



Dave Braham - piano, Alex Gressel – bass, Stephen Fuller – vocals, Marty Eigen – sax and flute, Gordon Lane – drums.

Board of Education adds new member at October 18 meeting

By Linda Bozowski

Monroe Board of Education met on Oct. 18. The absence of a quorum at the Sept. 20 meeting halted operations of the Board. One item on the Sept. agenda was to be the interviewing of residents who applied to fill the seat vacated by former Vice President Karen Walka Bierman, who resigned in August.

According to State regulations, the Board could select a replacement member if it did so by Oct. 13, but because no special Board meeting was scheduled, the selection was handed off to the County Superintendent of Schools, Kyle Anderson, who requested that Monroe’s Board make the decision since he was not familiar with the seven applicants.

According to the Board’s attorney, Vito Gagliardi, no interviews were conducted. By a five to four vote, Matthew Gorham, a former teacher in our district, now retired, was appointed to the vacant seat. Gorham will be vetted for certification of his ability to serve. His term on the Board will end at the April elections, unless he applies for and is elected to a three-year term during the voting process in April, 2024.

Gorham is a long-time resident of Monroe and is currently a realtor with New Jersey Realty.

The Monroe Board of Education is composed of nine residents and a representative from Jamesburg. Since Jamesburg no longer has its own high school, the borough has been sending students to the Monroe Township High School over the past few decades. Jamesburg pays tuition fees to Monroe High School, and is therefore entitled to representation on

the Monroe Board. That representative is limited in voting privileges to specific issues, as outlined in Board regulations and policies.

By Allen Kobezak

It’s December, and that good feeling we get when the holidays are approaching is with many of us. However, many of our residents have a good feeling any time of the year just entering one of Rossmoor’s gates.

It’s a sensation usually

experienced among the newer people in our community and those who haven’t retired yet. Maybe you’re a longtime resident, and you take for granted the less stressful life we have in Rossmoor.

Coming home after a hard day at work, a crowded mall,

or a troublesome doctor visit, you can slow down, unwind, and find comfort in your home. Or you can enjoy one of the many relaxing activities Rossmoor provides for its residents.

Everyone has some stress in life, and I’m not

(Continued on page 6)

That good feeling



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Sunday, December 10, 2023

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That good feeling

(Continued from page 5)

suggesting we can eliminate it all or that we would have a complete life without ever leaving Rossmoor. However, when that resident gate arm comes down, and you leave the rest of the world on the other side, it should be a good feeling for most of us.

But the good feeling comes only after you successfully enter Rossmoor. The gate itself occasionally causes tension for some people. They may be in too much of a hurry to reach the good life. It must be an embarrassing and costly experience to have a broken piece of the gate land on the hood of your car. Now, that is nothing to feel good about.

Let me suggest we all slow down and appreciate the good feeling of living here. And don't be impatient when you approach the gate. Be sure you come to a complete stop. When the gate arm rises, be positive it clears your vehicle.

Then, before you proceed, listen. And if you hear a train whistle, turn your car around. You might have come to the wrong gate.

The Gift of Hearing: Install telecoil technology in Rossmoor

By Betty Anne Clayton, Ed.D.

An enthusiastic group of residents from many different community groups listened carefully while Nigel Gardner, from Audio Dimensions, spoke to the Community Affairs Committee on Nov. 9. Gardner is an expert on the installation of telecoil technology in public spaces. His local installations include the Kelsey Theatre, the Princeton Library, and other 55+ communities.

Gardner's audiovisual presentation explained the many benefits that would come to our adult community through the installation of telecoil technology in our main meeting areas. Prior to the Community Affairs Committee meeting, General Manager Tom Curry gave Gardner a tour of the facilities that are under consideration for the installation of

telecoil technology in 2024.

Many Interested residents attended this informative meeting, representing groups such as the Veteran's Club, the Music Association, the Players, the Community Church, and some hearing-impaired residents whose quality of life would be greatly improved with telecoil technology.

During this holiday season, if you are having difficulty hearing, put telecoil-enabled hearing aids on your wish list. Then, you will be ready to hear the exciting presentations in our Clubhouse and Meeting House when telecoil technology is installed.

An excellent New Year's resolution, for our community would be to expand our inclusiveness. Let's include the hearing-impaired by installing telecoil technology.

Let's resolve to do that.

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Inquiring Photographer

By Rosemary Masella

What is your memory of New Year's Eve?



Aida Torres: My best New Year's Eve memory is going to Atlantic City with my husband. We would go to Harrah's Casino for the weekend. The Casino would be filled with balloons. At midnight, all the balloons would be dropped from the ceiling. It was magical and we loved going there.



Dennis Arce: My favorite memory of New Year's Eve is being together with my Rossmoor family and friends. Enjoying ourselves; happy that we are celebrating another year.



Greg Policastro and Sal Gurriero: Our favorite memory of New Year's Eve is when we went to Times Square in New York City to see the ball drop. It was a once in a lifetime experience. There were a million people there. We were in a restaurant with a view of the ball. It was an amazing evening.



Susan Archambault: My favorite memory of New Year's Eve was during Covid. Two groups of my friends met on Old Nassau Road. We brought with us pots, pans, and noisemakers. People came out of their houses and joined us at midnight. The surprise was no one complained about the noise and we didn't get in trouble.

Email your news to:
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Spaghetti Dinner highlights

By Alyce Owens

Thanks and blessings from the Community Church to all those who attended and supported their fundraising spaghetti dinner on Oct. 26. If you were there, you know that everyone had a great time with delicious food, drink, comraderie, and fun. A din of happiness resounded throughout the Ballroom, and compliments to Chef Patrick Donnelly of Top Hat Caterers were abundantly voiced.

Much deserved thanks

were expressed to Mark and Karen Lefcovich, who donated all the sodas, cupcakes, and fruit for the evening. Mark appeared unexpectedly and presented a dozen red roses to a very embarrassed and appreciative Alyce Owens, for her efforts in helping to make this event an ongoing success.

Six happy winners of the 50/50 event all went home a little richer and a lot happier. The family and friends of Edith Benning took the evening as an opportunity to

celebrate her 92nd birthday on a scale a bit larger than most previous years. Edith was unaware of the planned celebration and confessed that she had never before experienced such a birthday party with 150 voices singing "Happy Birthday" to her.

When the evening was finished, everyone went home happily full and looking forward already to next year. If you missed this year's Community Church spaghetti dinner, be sure you get a ticket early for next year.

Christmas in Trenton, 1776

By Carol De Haan

General Washington's army, 9,000 strong, had done nothing but retreat since their defeat at the Battle of Brooklyn Heights in August 1776. In the dark of night, his entire army made it silently across the East River to a landing in Manhattan near today's Kips Bay. They trudged north on Indian trails through the forests of Manhattan, just a day ahead of their British pursuers.

Fifty miles north, at Peekskill, they crossed over to the western bank of the Hudson River. Marching south through New Jersey, they passed Newark, New Brunswick, and Trenton to make winter camp near Newtown, Pa. It had been a 90-mile trek. The entire army was exhausted and mightily discouraged. Washington needed a victory to stave off mass desertions.

What had King George been doing till then?

Fearing that the 1775 rebellion of the Boston hot-heads might spread, and realizing that he lacked sufficient ground troops to control a thousand-mile-long colony, King George sought the services of the Russian Cossacks. Empress Catherine the Great gave him a swift NO. He turned to Holland, where he got another NO. But in the not yet united Germany, with its 30 warring and armed-to-the-teeth states, he found six states in need of money and willing to rent out their military. King George purchased 30,000 German mercenaries that he assigned to various colonial hot spots. The Trenton barracks became home to three regiments, or 1,400 Hessian soldiers.

The plan

After a bit of reconnoitering, Washington saw an opportunity. Selecting 5,000 able-bodied men, he intended to cross the Delaware River into New Jersey at McConkey's Ferry at midnight, make their way nine miles south, to attack the Hessian barracks just before dawn on the 26th of December, 1776. Perfect!

Of course, "the best laid schemes gang aft a-gley," and this plan was no exception. No one counted on a blinding snow storm. Three

thousand of Washington's troops could not make it across the frozen and dangerous river. The men, horses, and artillery that did get across made it by 3 a.m., already three hours behind schedule. They marched to Bear Tavern, where Washington split them into two groups: one to follow the river and attack Trenton from the south, the other to circle around and attack from the north, thereby preventing Hessians from escaping.

Along the way, farmers out for early morning chores saw the progression on nearby roads. Learning what the troops were up to, some farmers tagged along to guide the soldiers over various local pitfalls and obstacles now covered with snow. From their memoirs we learn that the whited-out road to Trenton was often marked with bloody footprints: Soldiers with no boots wrapped their injured feet in rags and nevertheless went to war.

Ground zero

The attack began at 9 a.m. In those days, Trenton had fewer than 100 houses and only two roads. Many civilians joined the hand-to-hand fighting to help Washington's forces. There is no truth to the rumor that the Hessians were tipsy from too much celebrating. They were just poorly led and totally taken by surprise. Their commander was killed and they surrendered before the morning had ended.

The upshot

Washington's surprise victory, in addition to being a great morale boost, gave his troops much needed food and other vital supplies. Two thirds of the Hessian force was captured and sent to Philadelphia as prisoners of war. One hundred and five Hessians were either killed or wounded. A few escaped, never to be heard from again.

The colonial army losses were two men who died on the march to Trenton, and five others who were wounded, among them the six-foot tall, 19-year-old Lieutenant James Monroe, who survived to become our fifth president, after whom our township is named.

Historians estimate that, of

the 23,000 Hessian soldiers who survived the war, about five to six thousand opted to remain. Some went to Canada, but the greater number of them settled in our mid-Atlantic states. They were smart enough to know a good thing when they saw it.

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What's in a name?

By Terre Martin

December 10 is Jane Addams Day, a holiday that reminds us of the date when the first woman was awarded the Nobel Peace Prize. Along with her many accomplishments, Jane Addams was known for the founding of Hull House in Chicago, a settlement house which provided social services to the poor and underprivileged.

Rossmoor has a Jane Addams too. She may not be as famous, but she too has had an exciting and notable life. Although she spells her name with one "d," the explanation for the deleted letter is clear. According to family lore, the second "d" was lost during the Depression!

While the awards with which she is credited don't

garner national or international attention, they are non-the-less noteworthy and competitive. They have been documented and accredited by none other than the well known organization, 4-H. She won her fair share of awards as an active member, including one for an outstanding apple pie. It's also hard to argue with four grand championships won with Guernsey cows!

Supporting women is close to the hearts of both women. Our Jane is an avid fan of Rutgers Women's Basketball, and for years she could be found sitting in the stands



Jane and Jean

cheering loudly for the team. She was an active member of the Cagers Club, which followed the team to games and events. She is a vocal advocate for all Rutgers sports, especially the lesser known "Olympic" sports that are doing exceedingly well in the Big 10 Conference.

Jane Addams was the youngest of eight children, while our neighbor was a twin in a family that boasts

(Continued on page 9)

A Puritan Christmas

By Anne Maczulak

In the 1640s, England's King Charles I was battling Parliament over religious, economic, and legislative differences. The conflict turned into a bloody civil war. The Puritan victory resulted in the first and only time an English monarch was executed by his own subjects. King Charles I was beheaded outside the Banqueting House on Jan. 30, 1649.

Oliver Cromwell and his fellow Puritans had signed the king's death warrant. Now that they were in charge, they planned an overhaul not only of the government, but also of people's personal lives. They began posting public notices against various "sins." For example,

"The observation of Christmas having been deemed a sacrilege, the exchanging of gifts and greetings, dressing in fine clothing, feasting and similar satanical practices are hereby forbidden."

Businesses were not allowed to close for the holiday, decorations were banned, and alcohol consumption was closely monitored. Soldiers patrolled London's streets and barged into taverns to quash any merriment. In the New World, Puritans in Massachusetts simi-

larly banned Christmas celebrations.

Outwardly, the English people obeyed the new laws. But if history has taught us anything, we know that the English common man is not easily defeated. Christmas went underground: families hid behind closed doors to sing the traditional carols – quietly. People casually sauntered their way to clandestine church services. At home they found ways to avoid the telltale aroma of a grand feast escaping through the chimney: households shared dishes instead of one family cooking an entire meal in one house.

Eventually, commoners had enough. One Christmas morning in the town of Canterbury, the mayor was dismayed to see an inflated pig bladder materialize and a football game break out. Suddenly shop keepers slammed shut their doors. Garlands went up. When the authorities tried to put a stop to Christmas activities, riots

broke out all over Canterbury, as well as in Ipswich, Bury St. Edmonds, and Norwich.

These "Pudding Riots" weakened Cromwell's hold on the government, but did not break it. Not until 1660 did Christmas officially return to England when King Charles II (the son of executed King Charles I) regained the throne and repealed the noxious Puritan laws.

It took longer for Puritanism to fall out of favor in the New World. It was about 1800 before Christmas was once again fully celebrated in the Americas. Christmas became one of our national holidays in 1870.

Today's holiday extravaganza and shopping frenzy would have been unrecognizable to people of the 17th century. However, there is no question but that we owe much of today's holiday joy to those stalwart antecedents who refused to let Christmas die.

December Almanac

Dec. 1

1955 -- Rosa Parks was arrested in Montgomery, Ala., for refusing to give her bus seat to a white man. Black citizens boycotted the bus system for a year, which eventually ended racial segregation on city buses throughout the South.

Dec. 5

1933 -- The 18th Amendment to the Constitution, in effect since 1920, was repealed, allowing the manufacture and sale of alcoholic beverages.

Dec. 6

1865 -- The 13th Amendment was ratified, abolishing slavery and involuntary servitude in the United States and any place under its jurisdiction.

Dec. 7

1941 -- The U.S. Naval Base at Pearl Harbor, Hawaii, was attacked by nearly 200 Japanese aircraft, leaving 3,000 Americans dead.

Dec. 11

1974 -- Russia sent tanks and troops into Chechnya, ending Chechnya's three-year drive for independence.

Dec. 16

1775 -- The Boston Tea Party: Colonial activists, disguised as Mohawk Indians, dumped 342 boxes of expensive tea from British ships, clogging Boston Harbor for days.

Dec. 17

1903 -- Orville and Wilbur Wright achieved the first powered, controlled flight on the beach at Kitty Hawk, N.C.

Dec. 19

1732 -- Benjamin Franklin began publishing "Poor Richard's Almanac," which eventually sold 10,000 copies per year.

Dec. 31

1879 -- Thomas Edison made the first public demonstration of his new incandescent lamp at his Menlo Park, N.J., laboratory.

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Sound Advice

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

Grandparenting
Infants:
Five Activities

President of NJP Associates

What you learned a generation ago about feeding, teaching, and playing with infants is virtually obsolete. Parenting skills have been transformed by new research and technology in the past 25 years. Here are tips to update grandparents on fun activities in caring for infants.

Food. Infants are receptive to trying new flavors and textures between six and nine months, according to Cinthia Scott, a Pediatric Registered Dietician (PRD®) and Certified Lactation Consultant (CLC®). When starting solids at six months, consider adding nutrition and aiding in the development of a diverse flavor palate in an infant by sprinkling in a dash of cumin, paprika, turmeric, cardamom, cinnamon, nutmeg, or mild unsalted curry powder. Every new flavor is a photo opportunity. Tag each photo of your baby's reaction with the name of the spice.

Sitting. Get on the floor or do this activity seated on a couch with your grandchild in front of you. Make it easier for your baby to balance while sitting up by placing a cushion under them to tilt their hips forward and engage muscles along the spine. "Or, if you're on the floor, rest the baby on your ankles in front of you and hold baby's thighs to support them," says Certified Pediatric Clinical Specialist Deana Rosaia. Hold a stuffed animal toy in front of

the baby to grab.

The Achoo Game. Place a stuffed animal on your head and say "Achoo!" while simultaneously shaking your head to propel the toy from your head to the floor. Infants think it's hysterical! Repeat the exercise for lots of laughs. It prompts some babies to crawl or take their first steps to grab the toy. With a slight modification, the Achoo Game may also help to promote a baby's first words; place the toy on your head and say "Ah, ah, ah," but do not say "choo." Instead, wait for baby to say "choo!"

Ms. Rachel. Helping a baby speak its first words has made Rachel Griffin-Accurso, a YouTube celebrity. Ms. Rachel's channel, Songs for Littles, focuses on language development for toddlers and infants. She started her YouTube channel in 2019 with her husband, Aron Accurso, a Broadway composer, in response to a lack of online help programs for engaging her son, who had a speech delay. Babies are mesmerized by Ms. Rachel and she's a vital force in child development and education, but always remember engagement with screens is not as valuable as is your rapt attention.

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A name

(Continued from page 8)
eight sets of twins.

A resident of Rossmoor since 1985, our Jane Adams still enjoys an 18-hole round of golf with her friends. She reminds us that living a good and productive life is a goal worth pursuing. In fact, she's still pursuing that elusive goal of a hole-in-one. "I almost made it," she laughed. "I was just six inches away."

So, while we celebrate the more famous Jane Addams, let's give a shout out to our neighbor and positive role model, Jane Adams!

Did you know...

The fastest thing we have ever measured is the speed of light. It travels 186,000 miles per second.

In one year, a beam of light will travel 5.88 trillion miles. We call that a "light year."

Our galaxy, the Milky Way, is 100,000 light years across. Earth is 26,000 light years away from the center of the Milky Way, a safe enough distance from the super-massive black hole at its center, which gobbles up anything that comes near it.

Our closest neighboring galaxy is the Andromeda Galaxy. It is 2.5 million light years distant. Astronomers say that in about five billion years, the Milky Way will collide with the Andromeda Galaxy. Both galaxies are so big and so spread out that their planets and solar systems might never collide.

There are too many galaxies to be counted. Both the Hubble and the James Webb space probes suggest that there might be 100 billion galaxies in the universe.

Astronomers tell us that, beyond a certain boundary,

the universe is expanding faster than the speed of light.

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Short girl's day

By Anne Rotholtz

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

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

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

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

After thanking my benefactor, I might strike up a short conversation. I believe that everyone likes to be appreciated and, no matter how busy, seems to enjoy a short chat.

I try to make my lack of height a positive experience. While I will never be able to reach the top shelf, I can help in other ways. I can say a kind word to the shopper

with a crying child. I can let the obviously busy, working person go ahead of me at the checkout. In a rare circumstance I can help someone who is leaving groceries behind, because that person cannot pay for them.

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

Thankfully we are assured by scientists that being short is not related to brain function. History gives us plenty of evidence to support this.

Following are the names and height of some short women who will always be remembered for their great achievements.

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

Pretty is not always better

By Myra Danon

Sometimes when shopping online, an unrelated site calls for immediate attention. My search for vintage ornate plates brought me to discover related information.

The first click led to a site that surprised me; more clicks disappointed me, and after searching dozens more sites and reading many experts' opinions, it frightened me.

Many brands of dinnerware made of china, porcelain, and even glassware contain lead and cadmium. These chemicals are present, sometimes in higher concentrations in the finest bone china from well-known companies from England and other European countries, looking all spiffy with their famous manufacturers' names imprinted in gold lettering to let you know their pedigree. Just as many, if not more, are from other countries in other parts of the world, ranging from very inexpensive to extremely costly.

Lead and cadmium are found in virtually hundreds of brands, with varying amounts. Often, the most

ornate and colorful designs have the highest amount of the dangerous substances.

There is a huge amount of information, that names the safe brands offered by people who used X-ray equipment to examine dishes more exhaustively. Some brands have smaller amounts so that the leaching into food is less damaging to us (especially children).

Fortunately, the researchers name the brands they have found to be totally lead and cadmium-free. Some of the safest plates sold today did contain less-than-safe substances when they were made in 2005. In this case, I'm glad I took a detour.

Think about this

"Speak when you are angry and you will make the best speech you will ever regret."

Ambrose Bierce
1842-1914

Short story writer, journalist,
poet, Civil War veteran

Christmas present

(Continued from page 1)

evaluation box on her list for our new baby crib in our spare room. Another representative requested a record of our weekly earnings and bank account. My worried wife borrowed two thousand dollars from her father to get us a more positive result. The rest of our background check was extensive. Our interviews alone and together were quite intimate. The questions would have made Joseph and Mary sweat. These people were serious about adoptive parents. The ministers, my involvement with kids, plus our knowing each other since childhood might have been helpful factors.

The agency tried very hard to match the parents and the baby, an almost impossible goal. The number of available babies was also an almost impossible wall to

climb. The waiting began. We finished painting the baby room. I bought a toy Teddy Bear exactly like the one my father gave me, when he returned from WW II a day before Christmas. Yes, the family gave my wife a baby shower. We read Doctor Spock and practiced changing baby diapers. The waiting continued with little hope of a child before the year ended.

Toward the end of December, and after repeated doorbell chimes, my wife answered the front door. An agency foster Mom said, "Merry Christmas" and gave us a son, our Christmas present. I still tell him he's my best Christmas present except for socks.

N.B. We have just been notified of the recent passing of author Ken Thomas. We include this story of his as testimony to the kind heart of its author. You can read his obituary in this issue.

Charity Exchange

(Continued from page 1)

the official greeters. (On the QT – it was Dennis and Diane Arce, in case you hadn't guessed.) Lots of happy youngsters, grown-ups, too, had their pictures taken in the Santa Claus photo booth, well run by Jim and Monica O'Keefe.

The proceeds of this exhausting and wonderful day will go entirely to the following causes: Saint Jude's Children's Research Hospital, EASEL Animal Rescue League and Pet Donations in Ewing Township, and Saint George's Anglican Church Food Bank in Helmetta, N.J. A bit will also be set aside to fund the Thanksgiving Day dinners for shut-ins, right here in Rossmoor.

The events of last November 4 can be a source of pride for all Rossmoor dwellers.

This month in pictures

E&R held a children’s Halloween celebration



Steve and Helene Gray got into the spirit



Jellybean from Aberdeen came to help with the festivities



One of many great costumes



Jellybean introduces herself

At the Blessing of the Animals



Reverend Ted Hardgrove reads scripture at Blessing of the Animals.



Reverend Ted blesses Maggie with Barbara Wright.

Spaghetti Dinner a success!



Chef Patrick Donnelly served at the recently held Spaghetti Dinner

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Watch the lines

By Myra Danon

Many signs pepper the local roads and highways with reading material. Ranging from speed-limit numbers to detour warnings to construction-ahead notices, in addition to deer-crossing locations that are ignored by most, including the deer.

Our community has its own signs, beginning with the huge STOP sign at the entrance. We're all aware of residents' and guests' disregard of these signs, in addition to many others, including the speed-limit notice.

This blatant disregard is an ongoing problem, especially when it comes to dumping trash in receptacles. Food is often left scattered on the

floor, a welcome mat for vermin.

The condition of the recycling bins has worsened; recyclables often end up higher than the bins' capacity, so the lids are unable to close. Often stuff ends up on the floor, leaving it to be cleared by someone else, naturally. We always find those dreaded plastic bags, despite repeated requests to take them to the supermarket for recycling.

Realizing that a newer, larger STOP sign appeared at an intersection closer to the exit I use, I reread it just to make sure of the message. It informs the driver that NJ STATE LAW STOP for (underneath it shows a

silhouette of what a pedestrian is) within crosswalk. I wondered why we needed a law that forbids drivers to continue driving their cars, which are weapons, when they see anyone within a crosswalk in front of them. I have seen people stop for dogs, cats, ducks, and even though they are not protected by law, I believe that is a good and honorable action. Does the law mean that if a driver hits a person, they will face more punitive consequences if it occurs within the crosswalk or do we think so little of drivers' minds or previous behavior, that they need large signs of warning?

Walkers, do not step over the lines.

December 21 marks winter solstice

By Anne Rotholz

Winter solstice in the northern hemisphere is on Thursday Dec. 21, at 10:27 p.m.

On that day the noontime sun will be at its lowest point above the horizon,

giving us the shortest day and the longest night of the year and leaving the north polar region in total darkness.

The word solstice comes from the Latin *Sol* (sun) and *sistere* (to stand still). While it may appear to those of us watching from earth that the sun is indeed standing still, we know that by 10:28 it will be on its way again with a promise of lengthening days ahead.

The winter solstice has particular significance since it signals the rebirth of the year. Mankind has always celebrated important points in the annual cycle of our earth. Written accounts from various parts of the world describe the celebrations, rituals, and festivities that took place at the solstice.

Neolithic structures built

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

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

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



New neighbors

By Christina Smith,
Resident Services Manager

Bey Taaneekedeze and Shirley Lee, 252A Mystic Lane, formerly of Brooklyn, N.Y.

Zhaohui Lyu and Hemie Sun, 108-O Hanover Lane, formerly of Shenzhen, China

Luis and Isabel Gomez, 215A Mayflower Way, formerly of Queens, N.Y.

Linda Vigliotti, 331A Nantucket Lane, formerly of Staten Island, N.Y.

Marina Kilimnik and Mila Shlifer, 210A Madison Lane, formerly of Old Bridge, N.J.

Fanny Cera, 378A Old Nassau Road, formerly of Howell, N.J.

Lazelle Williams, 309B Sharon Way, formerly of New York, N.Y.

Mostafa and Aurora Fat-tah, 56N Fairfield Lane, formerly of Keansburg, N.J.

Dorothy Bitetto, 593A Tilton Way, formerly of Edison, N.J.

Jitendra and Alka Vyas, 657A Yale Way, formerly of East Windsor, N.J.

Mary Vassallo and Roslyn Neal, 103C Gloucester Way, formerly of Deerfield Beach, Fla..

Anita Stewart, 204C Old Nassau Road, formerly of Bronx, N.Y.

In Memoriam

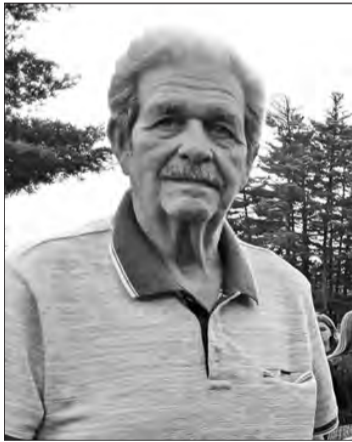
Kenneth Thomas Jr. died peacefully at home on November 14, surrounded by three generations of his loving family.

Throughout his life, Ken was many things, including a scoutmaster, a trumpeter, an engineer, golfer, bowler, lover of the Star-Ledger puzzle section, committed Giants fan, bridge player, deacon at Prospect Presbyterian Church, avid reader, storyteller, and writer. Most importantly, he was a loving husband, father, grandfather, brother, uncle, and friend.

He was particularly proud of his volunteerism and decades of leadership as the scoutmaster of Troop 3 in Maplewood, NJ, which earned him Silver Beaver recognition and a Mapleleaf Award.

In recent years, he enjoyed working on his book, partaking in his writer's group, and sharing his work with family, doctors, and friends. He was particularly pleased when a story of his made it into The Rossmoor News.

Kenneth is survived by his wife of 55 years, Suejayne; son, Bill Thomas, and wife



Kenneth Thomas

Laura; daughter, Stacy Thomas, and husband Mark Smith; sister, Carol Bowers and husband Jim, brother Dennis Thomas and wife Tammy; nine grandchildren and seven great-grandchildren as well as many loving nieces and nephews.

Memorial Services will be held on Saturday, December 9 at Prospect Presbyterian Church, 646 Prospect St., in Maplewood, NJ. Visitation will be at 1:30 p.m., and services at 2:30 p.m. As an expression of sympathy, memorial contributions may be made to Johnsonburg Camp and Retreat Center.

CULINARY CORNER

By Sidna Mitchell

Here’s a pretty dessert for the holidays

Every year we usually have a few people over for a Christmas brunch. That way, if they have obligations to attend a Christmas dinner or another function, they can start with an early celebration. I’ve done a Southern brunch like we Mitchells had for years -- pork chops, country ham, cheese grits, biscuits, scrambled eggs and Bloody Marys.

Some folks, even Ken, seemed to think that was a bit much so I settled for some type of casserole, a meat, some fruit, and dessert. Last year I “invented” a Christmas trifle that was so pretty and really delicious. Here’s that recipe.

Merry Christmas! Happy holidays! And wishes for a peaceful new year!

Christmas Trifle

17.5-ounce package sugar cookie mix
1 package pistachio pudding mix

Culinary Corner

Several drops of green food coloring
1 can cherry pie filling
1 carton Cool Whip

I originally made this Christmas trifle with a vanilla cake mix. However, that makes too much cake and it’s very soft and crumbling. Either buy an angel food cake at the grocery or try the sugar cookie mix that I have bought for the Death by White Chocolate recipe.

Simply prepare the pistachio pudding according to directions, adding several drops of green food coloring to enhance the shade.

Also, buy the angel food cake or prepare the cookie mix according to directions; break into small pieces and put in the bottom of a trifle dish.

Add the cherry pie filling next -- I added two tablespoons of strawberry vodka so the mixture wasn’t so thick, reserving three or four cherries for decoration.

The fourth layer is the Cool Whip. Repeat the layers to the top and decorate the Cool Whip with the reserved cherries.

This is very easy to make and is really pretty, actually, it’s rather stunning. And it’s so delicious! Several of my guests had seconds. I’m not sure where I got the idea to make this and it’s not that expensive when you buy the ingredients at the Dollar Store. I guess I should say the Dollar Tree Store, since everything now costs at least \$1.25.

Clubs and Organizations

Yoga in our golden years

By Shatrughan Dawani

The Indian American Club invites residents to participate in safe chair yoga three times a week, free of charge, on Mondays, Wednesday, and Fridays, from 4:30 to 5:15 p.m. in the Cedar Room. The sessions are led by a certified yoga instructor.

Modern research has demonstrated innumerable times that practicing yoga has preventive and therapeutic outcomes. It can help the body age with fewer aches and pains and even reverse some existing conditions. This is because of the slow and gradual stretching and lengthening to make the muscles a bit stronger and more flexible. Yoga can also help you feel more energetic, reducing stress and anxiety.

Meditation

For more than a year, the Indian American Club has conducted sessions on heartfulness meditation also free of charge for residents, every Saturday from 10:30 to 11:30 a.m. in the Gallery. Walk-ins are welcome

A wise man was once asked: “What you have gained from meditation?” He answered, “I gained nothing. On the contrary, I lost anger, anxiety, depression, insecurity, fear of old age and death.”

Happiness is not something that happens to us. It is a condition that we must practice. We have to practice smiling; we have to practice relaxing. If we don’t practice relaxing, like most people, we are probably practicing stressing. Often we find that we can actually predict that every day we are going to stress about the same

things, especially at roughly the same time. Stress will not bring any change for the better.

Becoming motivated is not something that passively happens to us. It is something we must do.

Making good decisions does not passively happen to us. Making good decisions is something we must do. Meditation will help us change the way we feel, so we can change how we think, and that will help change what we do. If we fail to accomplish these goals, we are not going to accomplish the things in life that we want to accomplish. It is just that simple.



High School musicians will bring joyous sounds to the Meeting House

By Linda Bozowski

On Sunday, Dec. 3 at 3 p.m., residents and friends will hear the exciting music offered by the Monroe Township High School Chorus. More than 30 talented students in grades 9 to 12 will perform pieces from a variety of genres and styles and are sure to bring smiles and applause from our audience.

Many of the vocalists have qualified for acceptance into the Central Jersey and New Jersey Music Education Association ensembles, distinctions earned by audition. Membership in the Regional and All State Choruses are also annual.

Directed by faculty members Lindsey Reinhard and Joshua Acampado, students are offered the opportunity to learn music from many composers and from various cultures. Our school music program, which begins in the elementary schools, continues to help students develop their musical

skills and earn recognition in regional and statewide performance opportunities.

Next season, the Music Association will offer, for the first time, recognition and monetary awards to graduating High School students from funds raised at the upcoming student concerts this year. The Percussion Ensemble and the Jazz Band will present programs in the spring – dates for these performances will be announced in upcoming issues of the Rossmoor News and on Channel 26. We are asking attending residents and guests to contribute generously to these student award funds in recognition of the talents being developed by our students. All contributions will be awarded back to graduating students.

Please mark your calendars for this December event and plan on celebrating the holiday season and the talents of our students.

Rebecca Bergknoff, CPA

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Happy holidays from the Dance Club

By Judy Perkus

In 2023, we wore red for Valentine's Day, green for St. Patrick's Day, hula skirts and brightly colored shirts for a Hawaiian-themed dance, and costumes for Halloween. We

ate pizza and ice cream, enjoyed a Chinese Buffet, and feasted at our Anniversary Dinner Dance. The Dance Club is happy to have been able to dance and socialize again this year.

Since this is such a busy month, the Dance Club will have no dance in December. Join us in January at our next dance. All Rossmoorites are welcome, but priority goes to Dance Club mem-

bers. We look forward to seeing what President Armen DeVivo is planning for 2024. You may send your 2024 Dance Club dues of \$20 per couple, \$10 per person, made out to the Rossmoor Dance Club, to Armen DeVivo at 449B Roxbury Lane, or leave your check in

an envelope in the Dance Club folder at the Village Center. New members, singles and couples, are welcome. Call Armen at 609-655-5799 for more information. President Armen DeVivo and the entire Dance Club wish you happy holidays and a happy and healthy New Year.



Dance Club members in costume



At the Halloween Dance

Italian American Club news

By Tony Cardello

The officers of the Club extend their good wishes to all the members and their families for a safe, healthy merry Christmas and happy new year. Our annual Christmas party will be held on Saturday, Dec. 9, at 6 p.m., in the Ballroom. It will be a sit-down dinner catered by Top Hat and will be a BYOB affair. The DJ for the evening will be fellow member Rick Pur-

cell, who will keep the party lively with music, fun, and games. There will also be a free raffle for three baskets of goodies. There will not be a membership meeting or Bingo night in December. The present members of the Board have been nominated, and agree, to serve for 2024. We gave a donation of \$200 to the Maui relief fund, after the fires they suffered.

Windows 10 vs Windows 11

By Steven Gray

Windows 10 vs Windows 11. They look very similar, so what is the difference?

Windows 11's system requirements are more stringent than Windows 10's. For example, Windows 11 will only run on 64-bit PCs (which is most of them at this point). In addition, your PC will need a TPM 2.0 chip and UEFI firmware with Secure Boot capability, both of which are part of your bios and probably should not be changed. The design itself of how you view your screen has also changed. Windows 11 is more MAC-like with pastel colors and rounded corners. You don't really see this difference without a side-by-side comparison, but the

screen does look better. The start menu was to the center. It can be moved back to the left side if you so choose. Live Tiles (an experiment in being superfluous) is gone. The Microsoft Store has been redesigned for ease of use. One big change is in locating all your apps. With Windows 10, you clicked on the Win key (either on the keyboard or on the screen) and you got a list of all your programs with the tiles to the right. In Windows 11, the win key brings up the supposedly most used tiles (which can be personalized). To access all your programs, you need to click on the "all apps" button in the upper left of the tile screen. A step forward (?) for

(Continued on page 15)

Medicare Open Enrollment Ends Dec. 7



Photo courtesy of Getty Images

Comparing coverage options could save you money

FAMILY FEATURES

If you're enrolled in Medicare, it's important to remember Medicare Open Enrollment is open through Dec. 7 each year. It is the time for people with Medicare to compare their prescription drug and health coverage options for the upcoming year.

It is important to compare your options because plans can change every year – even your current choice may be changing. Your health needs can change, too. By comparing all your options, you could save money, find a coverage option better tailored to your needs or both.

How to Compare Prescription Drug and Health Coverage Options

Medicare.gov is the official source for information about Medicare and Open Enrollment. You may see enrollment information from various insurance companies and other sources. Start at Medicare.gov to get unbiased information to find the type of coverage that best meets your needs.

Comparing prescription drug and health coverage options is easy at Medicare.gov. You can input the list

of medications you are taking and conduct a side-by-side comparison of plan coverage, costs and quality ratings. If you are happy with your current choice, you don't have to do anything. If you choose a new option for 2024, you can enroll right there.

Before you enroll in a plan, consider the following:

- Check if your health care providers are in a plan's network.
- Check if your prescriptions are included on a plan's formulary and if the plan works with your pharmacy.
- Check the plan's Star Rating on Medicare.gov to see how it performs on quality, customer service and more.
- Remember low monthly premiums may not always be the best overall value for your specific needs.
- Review a plan's estimated total costs to you, including deductible and other out-of-pocket costs.
- Check if Medicare Advantage plans offer extra benefits, like vision, hearing or dental coverage, if you need these services.
- Remember that you may need a referral or prior authorization for some services under Medicare Advantage plans.

Vaccine, Insulin and Drug Cost Savings

Improvements to the Medicare program are adding up to savings and improved access to affordable treatments because of the Inflation Reduction Act.

- **Insulin:** If you have Medicare and take insulin, you'll pay no more than \$35 for a month's supply of each covered insulin. This includes people who have Medicare drug coverage (Part D) and all Part B covered insulins.
- **Vaccines:** People with Medicare drug coverage will pay nothing out of pocket for adult vaccines, including the shingles vaccine, that are recommended by Centers for Disease Control and Prevention's Advisory Committee on Immunization Practices.
- **Drug Cost Savings:** In 2024, people enrolled in Part D who have very high drug costs will get some relief. Once they reach a certain threshold on paying out-of-pocket costs – what we call the catastrophic phase – they will no longer have additional cost sharing or copays at the pharmacy.

Medicare Can Help

To compare options and find the best coverage to fit your needs:

- Visit Medicare.gov and conduct side-by-side comparisons of costs and coverage.
- Call 1-800-MEDICARE. Help is available 24 hours a day, including weekends.
- Access personalized health insurance counseling in your community at no cost, available from your State Health Insurance Assistance Program (SHIP). Visit shiphelp.org or call 1-800-MEDICARE for locations near you.

Information provided by the U.S. Department of Health & Human Services.

Medicare Options

There are two main ways to get Medicare coverage: Original Medicare and Medicare Advantage (Medicare-approved plans from private companies). There are differences between the two that are important to understand when reviewing your coverage options.

- With Original Medicare, you get your health care through Medicare Parts A and B. You can join a separate drug plan to get Medicare drug coverage (also called Part D). And you can see any doctor that takes Medicare anywhere in the U.S.

■ Medicare Advantage is an alternative that usually bundles your health and drug coverage all in one plan. Some plans may offer extra benefits that Original Medicare doesn't cover – like certain vision, hearing and dental services. In many cases, you can only use doctors who are in the plan's network.

If you are new to Medicare or need to review the ways you can get your Medicare coverage, visit Medicare.gov and click "Get Started with Medicare."



Photo courtesy of Getty Images

EXTRA HELP WITH PRESCRIPTION DRUG COSTS

If you are struggling with prescription drug costs, Extra Help is a Medicare program that can help pay for your drug coverage (Part D) premiums, deductibles, coinsurance and other costs. If you make less than \$22,000 a year (\$30,000 for married couples), it's worth it to apply. Visit ssa.gov/extrahelp or call the Social Security Administration at 1-800-772-1213 to apply. The program will expand to cover more drug costs for people with limited resources in 2024. People who qualify for Extra Help generally will pay no more than \$4.50 for each generic drug and \$11.20 for each brand-name drug.

Players events



Scenes of “Stick with Me”



Tom Douglass and Susan Archambault learn how hard it is to order a pizza in “Stick with Me.”

Windows

(Continued from page 14)

Windows, a step backwards for actual use.

Windows 11 lists the following propaganda: “Windows 11 includes performance improvements, such as faster web browsing and faster wake up from sleep mode. Windows Hello is a biometrics-based technology that lets Windows 10 and 11 users authenticate secure access to their devices, apps, and networks with iris scans, facial recognition or fingerprints. Windows 11 updates, which run in the background, will be 40% smaller, so they’ll take less time to download and install. The new operating system will help users extend battery life on their laptops.” Yeah, right. Doing updates in the Lab, I have found that the Windows 11 systems are actually slower loading than the Windows 10 systems. All the computers in the lab are exactly the same except for the operating systems. For anyone else buying a new computer, Windows 11 will seem faster as it will have

a newer and faster processor, motherboard, etc. Windows Hello really is a great way to access your system – if it works. I use Hello on a Microsoft Surface but have been unable to use it on a fairly new Dell laptop nor on any of the laptops brought into the Lab for updates. Should we believe everything we read? Maybe not.

The future will bring us Windows 12 (currently under development by Microsoft), which may or may not be a “service,” one that needs a yearly subscription, like Microsoft 365.

Maybe we can look forward to not needing computers, just have microchips implanted that can be swapped out depending on our needs at the time. Imagine the following conversation: “What is wrong with you? You are sounding more and more like your father. Let me check what chip you are using. Oh that’s why, you put in the ‘chip off the old block’ by accident.”

Happy holidays to all from the Computer Club.



The cast of “Stick with Me”



The bank loan goes away as Delbert McPuddles saves the day in “Stick With Me.”



Veterans Group Welcomes Members

All Veterans, come join us at our meeting at 10 a.m. every second Tuesday of the month in the Ballroom.

Mutual News

Mutual 16, where our neighbors are family

By Russ Howard

Every month we publish our Mutual 16 newsletter. For October, in our Personality Spotlight feature, we introduced one of our newest neighbors and their life stories and how they came to Rossmoor: Bob and Noreen Tarwacki. Our September issue featured Jim and Maria Hogan and in August it was Jean Houvener and Sandy Smithson, all of whom are longtime Mutual residents. We continue to feature one of our residents each month. If you are interested in reading our neighbors’ stories, feel free to reach out to Russ Howard and he’ll provide you with a copy. It’s fun reading about our residents, especially those here in Mutual 16.

Our book club, the Mutual 16 Page Turners, for September, read “Little Fires Everywhere,” by Celeste Ng. The hostess was Virginia Theokas, who provided

lunch, (the best cook of Mutual 16, so rumor has it) and she made an incredible shrimp orzo salad, a Greek salad, spinach and cheese spanakopita, and homemade coffee cake and biscotti. Our October book club was hosted by Lucille Conte, who chose “The Little Italian Hotel,” by Phaedra Patrick. More to come on this next month.

Our baking club started up again in October. It was held at Jo Schwegel’s house. Our co-chairs for this date, Jo and Virginia Theokas made sure those attending knew what supplies were needed. They baked an apple cider donut bundt cake. They served slider sandwiches, salad, and dessert accompanied by some wine, water, and sodas to keep everyone hydrated before the chore of the baking began.

We held a newcomer’s



Bundt cake prep

breakfast for Badrat Zaklama, Mike Handerhan, and Jennie Lauricello, along with surrounding neighbors and our directors and alternates. Penni McOlvin and Carolyn Sgromo organized, baked, and cooked some wonderful quiches, cakes, and muffins, along with fresh fruit and homemade whipped cream, and some very tasty Bloody Marys. They hosted break-

(Continued on page 16)



Ernie and Carol Magor are seen with Four Star General Daniel R. Hokanson at the New York Jets game.

Mutual 17: Spotlight on WW II veteran

By Babs Burford-O'Reilly

A few months ago, I introduced our residents to Ernie Mogor, PFC, highlighting him as a World War II veteran. Since then, Ernie has been a busy guy.

The New York Jets invited

Ernie and his wife Carol to be special guests at their opening game on Sept. 11. Ernie was able to bring guests, and his cousin Michael came from Ohio with his two sons. The Jets escorted Ernie onto the field where he was presented with a Merit of Honor pin. The

(Continued on page 16)

Mutual 16

(Continued from page 15)
fast at Carolyn's house. We always look forward to welcoming in any new residents to establish a friendship that will last for years.
We held our annual fall get-together in the Hawthorn Room, on Oct. 13, catered by Sal's Deli. We had home-made dishes and desserts by many residents in attendance. It was quite a crowd this year and fun was had by all. We even held a 50/50

raffle split up into several prizes so more folks could win. We will be holding our Christmas party at the Forsgate Country Club on Dec. 9.
Our American-ism committee published this prayer for our service men and women, "God, thank You for the selfless sacrifice of these veterans and of their families. Help us to remember them, to pray for them, and to care for them. Please bring all our departed veterans into Your Kingdom and console their families with Your unfailing love."



Bundt cake crew



Above and below, the Giants and Jets fans



Desserts galore

Mutual 17

(Continued from page 15)
honor was completed by Four Star General Daniel R. Hokanson. Steven A. Castleton, Secretary of Army Civilian Aide, was also present. As Ernie was honored, he stood and waved to the cheering crowd.
Ernie said the Jets treated him like royalty. They enjoyed lunch and met several Jet players. They had first

row seats on the first level. It was the Jet's home opening game which they won, so all around, it was an amazing day.
As if that weren't enough excitement, on Oct. 28, Ernie and Carol set off for Hudson, Mass., for a book release and signing. Andrew Biggio wrote "The Rifle 2." Andrew had toured the United States with a rifle and had roughly three hundred WW II vets sign that rifle. Over 25 World

War II veterans enjoyed the book release and lunch. Ernie, as a WW II vet, signed the books, "Ernest Mogor, Private First Class, WW II," for almost two hours.
Up next for this Mutual 17 veteran is a trip to Germany, to visit the very ground he fought on as a youngster of 19 years.
So, stay tuned for more adventures of Ernie – I told him we might have to make the Germany trip into a book.

SERVE FLAVORFUL,



SUSTAINABLE SEAFOOD

FAMILY FEATURES
Whether seafood night at your house means sauteed shrimp, baked fish or anything in between, it's an exciting excuse to bring the family together for favorite meals. Delicious recipes abound when seafood is on the menu.
However, this is no longer your grandparents' seafood. Today, more than half of all seafood consumed in the U.S. is farm-raised – a practice known as aquaculture. While the industry has made strides throughout the last few decades, from increasingly sustainable farming practices to technological advancements that can help feed a growing population, not all farmed seafood is equal and neither are the certifications you see on its packaging.
For more than a decade, the global nonprofit Aquaculture Stewardship Council (ASC) has created and enforced the world's strictest standards for farmed seafood. Its sea green ASC certification label is only found on farmed seafood that meets these high standards – helping seafood shoppers make informed purchasing decisions.
It's a movement some of the nation's leading seafood grocers and chefs are getting behind.
"About 2/3 of our seafood offerings are raised on farms, which reflects both growing supply and demand," said Abe Ng, CEO of the Sushi Maki restaurant chain and market stations. "There's

a much broader customer understanding and appreciation of aquaculture than, say, 10 years ago. However, not all farmed seafood is equal in terms of quality, environmental sustainability and social responsibility."
A unique combination of standards help ensure supply chain integrity from the farm to the store while protecting the environment, workers and communities. ASC's sea green label only appears on seafood from farms that have been independently assessed and certified as environmentally and socially responsible.
"Whether your seafood is wild-caught or farmed, what matters to today's shoppers is that it's high-quality, flavorful and was fished or farmed in a responsible way that's good for you and the planet," said Roger O'Brien, president and CEO of the Santa Monica Seafood market and cafe. "Farm-raised seafood that's been responsibly certified by the ASC delivers on the assurance that the seafood you're buying is what it claims to be, which is a key commitment we make to our customers."
With a trusted certification like the ASC, you can confidently enjoy make-at-home recipes like Honey Mustard Crunch Salmon, Blackened Shrimp Tacos with Creole Remoulade Slaw and Almond Stuffed Rainbow Trout without sacrificing taste or sustainability.
To find more certification information and discover family-friendly seafood recipes, visit SeaGreenBeGreen.org.

Honey Mustard Crunch Salmon

Recipe courtesy of North Coast Seafoods

- 1 bag (1 pound, three 6-ounce portions) North Coast Seafoods ASC-certified Naked Norwegian Salmon
- salt, to taste
- pepper, to taste

Honey Mustard Glaze:

- 1/3 cup honey
- 1/4 cup whole-grain mustard
- 2 tablespoons smooth Dijon mustard
- 2 tablespoons mayonnaise
- 2 teaspoons horseradish
- 1 teaspoon smoked paprika

Crunch:

- 3/4 cup panko breadcrumbs

- 2 tablespoons dried parsley
- 2 tablespoons olive oil

Thaw salmon and pat dry. Arrange on oiled baking tray. Season with salt and pepper, to taste.

To make glaze: In small bowl, combine honey, mustard, Dijon mustard, mayonnaise, horseradish and paprika; mix until well combined. Chill glaze until ready to use.

To make crunch: In bowl, combine breadcrumbs, parsley and oil; mix well. Reserve.

Preheat oven to 400 F. Top each salmon portion with 1 tablespoon glaze and spread evenly over fish. Press crunch evenly onto glaze.

Bake 15-17 minutes until fish is cooked through. Serve with drizzle of remaining glaze.



Blackened Shrimp Tacos with Creole Remoulade Slaw

Recipe courtesy of Coastal Seafoods and Fortune Fish & Gourmet
Prep time: 30 minutes
Cook time: 10 minutes

Coleslaw:

- 1/3 cup mayonnaise
- 1 tablespoon capers, chopped
- 1 teaspoon stone ground mustard
- 1/3 cup parsley, chopped
- 1/2 teaspoon horseradish
- 1/3 cup red onion, diced
- 1 tablespoon Cajun seasoning
- 1/2 bag coleslaw mix

Tacos:

- 6 small corn tortillas
- 1 tablespoon Cajun seasoning
- 1/2 pound peeled and deveined ASC-certified shrimp, thawed
- 3 green onions, sliced
- fresh salsa or pico de gallo (optional)
- 1 lime, sliced (optional)

To make coleslaw: In bowl, mix mayonnaise, capers, mustard, parsley, horseradish, red onion and Cajun seasoning. Mix coleslaw and about 3/4 of dressing. Stir until coated then add more dressing, if desired. Refrigerate coleslaw until ready to serve.

To make tacos: Heat grill to medium heat. Once hot, toast tortillas on each side until browned on edges. Stack toasted tortillas on plate and cover with towel until ready to serve. Pour Cajun seasoning over shrimp and stir until shrimp are coated.

Cook shrimp 3-5 minutes per side, or until shrimp are firm and Cajun seasoning is blackened. Remove shrimp from grill to prevent overcooking.

To serve, place about 1/4 cup coleslaw in each tortilla then top with 3-5 shrimp and green onions. Top with salsa or pico de gallo, if desired. Squeeze wedge of fresh lime over top, if desired.



Almond Stuffed Rainbow Trout

Recipe courtesy of Riverence Provisions

- 2 ASC-certified Riverence Steelhead Trout fillets (8 ounces each)
- nonstick cooking spray
- 1/2 cup sliced almonds, toasted and coarsely chopped
- 2 tablespoons lemon zest
- 2 tablespoons lemon juice
- 1/4 cup chives, chopped
- 1 1/2 cups breadcrumbs
- 1/4 cup Italian parsley
- salt, to taste
- pepper, to taste
- 1 egg, beaten
- kitchen twine (6-inch lengths)
- 1 tablespoon olive oil

Preheat oven to 350 F.

Rinse steelhead trout fillets and pat dry with paper towel. Line baking pan with parchment paper and spray with nonstick cooking spray.

Mix almonds, lemon zest, lemon juice, chives, breadcrumbs and parsley. Season with salt and pepper, to taste.

Add beaten egg to breadcrumb mixture and stir until well incorporated. Lay first trout fillet skin side down on baking pan. Place twine pieces underneath fish, spacing 1 1/2 inches apart; leave untied.

Place breadcrumb mixture over trout fillet and remaining trout fillet on top of breadcrumb mixture, skin side up.

Secure trout fillets together using kitchen twine. Brush olive oil on trout and sprinkle with salt and pepper, to taste. Bake 15-20 minutes, or until fish is cooked through. Slice into portions to serve.

Community Church December Schedule

- Dec. 3, 11 a.m., Advent Holy Communion Service
Pastor Robin will preach: "Advent: Preparing for Something New"
- Dec. 10, 11 a.m., Advent Worship
Pastor Robin will preach: "Preparing, Our Holy Work"
- Dec. 17, 11 a.m., Advent Worship
The Chorus will sing the Hallelujah Chorus.
Pastor Robin will preach: "Let the Rejoicing Begin!"
- Dec. 24, 5 p.m., Christmas Eve
A traditional Service of Lessons and Carols, with Moriah Kam and guest musician Kevin Gunia.
There will only be an evening service on December 24.
- Dec. 31, 11 a.m., Worship
Guest Pastor: The Rev. Sue Goodwin

Christmas Eve at the Community Church

By Pastor Robin Bacon-Hoffman
Christmas is coming. The congregation of the Community Church invites all residents and their families to join us on Sunday, Dec. 24, at 5 p.m., for a Christmas Eve service of Lessons and Carols.

Gathering together, we will hear the familiar story,

sing favorite songs and listen to special music of the season. Guest musicians will include harpist Michele Mountain, as well as Kevin Gunia, former accompanist of RCC and the Rossmoor Chorus.

Please note: there will be no Sunday morning service on Christmas Eve.

HEALTH CARE CENTER NEWS

New Year's Resolutions: Build a happier and healthier life

By Bari Siegel
New Year's resolutions are personal commitments that can help you begin the year with a fresh start. As you set out to enjoy holiday celebrations this year, take a few moments to reflect on some things you might like to take on as healthy lifestyle changes in 2024. Here are some examples you might want to consider:

Have an attitude of gratitude. This change costs you nothing but can make a difference in how you view the world and the people around you. Take a few moments every morning before you get out of bed, and then again before you fall asleep, to think about all the people and things you are grateful for. It could be as simple as dinner that evening or that you are excited about seeing your grandchildren soon. Having an attitude of gratitude will add fulfillment to your life.

Agree to 20 minutes of movement daily. Taking a minimum of 20 minutes out of daily life for active movement can be the key to healthy aging and may improve your quality of life. If

you are already active, congratulations! If not, consider taking a walk, swimming, or even taking a yoga class.

Make better food choices. As we age, we need to eat more nutrient-dense foods. This means making better choices to maintain a healthy weight and stay strong and healthy. Fruits, vegetables, protein (lean meats), dairy, whole grains, and good fats (such as avocado and olive oil) are essential to a healthy diet.

Stop smoking. It doesn't matter your age; you are never too old to quit smoking. Remember when the U.S. Surgeon General told the American public that "smoking is dangerous to your health?" That was on Jan. 11, 1964 – almost 60 years ago! If you are still smoking, it's time to stop. Your friends, loved ones, your lungs, and the rest of your body will thank you for eliminating smoking from your life.

Spend time with the young. If you have grandchildren, resolve to spend more time with them. If you don't have kids, consider volunteering at a nearby

school or after-school program. Research shows that older adults who spend time with young people have better mental health and physical outcomes.

Get your health screenings done sooner rather than later! Make an appointment for your annual physical with your primary care physician. Discuss with your healthcare practitioner about health screenings and vaccinations needed to ensure you are in tip-top shape for 2024.

While many people approach their New Year's resolutions with enthusiasm, it's important to remember that achievable goals lead to long-term success. Each new year offers the opportunity for growth and self-improvement.



Hanukkah

By Cindy Sigl
If you go back in time to 164 BCE, you may have had to take sides in a holy war. While Jews were living in the Seleucid Empire, many were acclimating to the land and Hellenistic lifestyle and customs.

Yochanan, the High Priest, saw a danger in that. The Syrians were worshiping idols, as opposed to Judaism, which emphasized truth and moral purity as commanded by G-d in the Torah.

When Antiochus came to power a little while later, he suppressed Jewish law. He was considered a lunatic by many and enacted a series of harsh decrees. Mattityahu, an old Priest, was determined to remain loyal to the covenant which G-d made with his ancestors. Judah Maccabi, his family, and supporters were against the influence of the Syrian-Greek lifestyle and took up swords

to fight the powerful army. Their little band of men defeated the Syrian army twice and then turned to cleansing the Temple, which had been defiled.

For eight days they intended to celebrate, but the pure oil they found would only be good for one day. Much to their joy, it lasted for eight days. On the twenty-fifth of the month of *Kislev*, in the year 3622 (139 BCE), they dedicated the Second Temple of Jerusalem. Yet the fighting was not over. There were many battles after this initial victory. But

the person who led the charge, Judah Maccabi, is the individual about whom we still sing today.

Hanukkah is celebrated today with foods cooked in oil, like latkes (potato pancakes) and donuts. We light a menorah with eight branches and one higher one called the *samash*. We light one candle the first night and continue adding one more each night at sundown. Into the darkness, let there be light.

Our Hanukkah party will be on Dec. 8. It should be a delicious night of deli and songs.

Jewish Congregation

2 Rossmoor Drive
Monroe Township, N.J. 08831



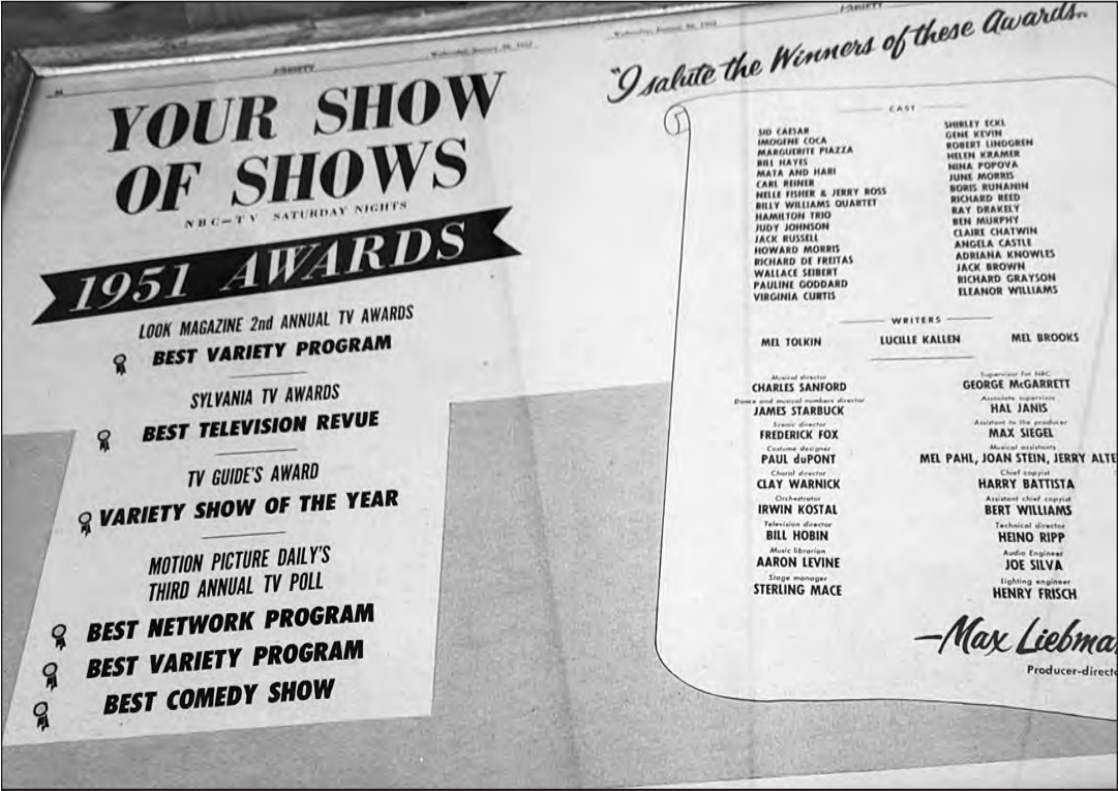
- **Sabbath Services – The Meeting House**
Friday, Dec. 1 at 7:15 p.m.
Friday, Dec. 15 at 7:15 p.m. Oneg sponsored by Morty and Lyn in honor of

their 64th wedding anniversary.

- **Annual Hanukkah Party – Clubhouse Ballroom**
Friday, Dec. 8 at 4:30 p.m.



The Rossmoor Jewish Congregation recently hosted Barry Jacobsen, above, giving a talk and showing some memorabilia as well as videos of *Your Show of Shows*. Barry worked for Max Liebman, the producer of *Your show of shows*. He related his experience with the show to the audience



A listing of the awards presented to the show

Getting together for “Croquet Halloween”



A grand time was had by all.

December at the Monroe Township Public Library

How to Hire a Contractor

Tuesday, December 5 at 11:30 a.m.

Meet staff from the Monroe Township Construction Department and learn what they can do for you when planning your next construction project. Get tips to ensure the most positive experience and avoid unscrupulous contractors. Understand construction applications and permit procedures, and what to expect during your construction project. Gain insight on prior approvals from the zoning department. Registration is not required. This is an in-person program.

Book Café

Wednesday, December 6 at 11:00 a.m. & 1:00 p.m.

What have you been reading? We want to know! Join other book lovers for a lively discussion. Book Café is a perfect place to find your next great read or share

what you have enjoyed. This is a hybrid program. Join us via Zoom or in person. Registration is required.

Crafty Creations

Wednesday, December 6 from 3:00p.m. to 5:00 p.m.

Let's get crafty and make a winter ornament using quilling! For ages 18 and over, this program is a perfect opportunity to get your creative juices flowing. All materials will be provided. This program will be held in person. Space is limited. Registration is required.

Book Theme

Thursday, December 7 at 3:00 p.m.

Welcome to our Book Club with a twist! Each month, a book is selected based on a theme (space, western, animals, etc.). The key is to have fun and think outside the box when sharing your favorite books. This program is held in person. Registration is required.

tion is required.

New Jersey Library Association Holiday Store

- Friday, December 8
- Saturday, December 9
- Sunday, December 10

Visit the New Jersey Library Association Holiday Store at the Monroe Township Library and shop for gifts for everyone on your holiday 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. Drop in to shop during library hours.

All You Need Is Love Book Club

Friday, December 8 at 11:00 a.m.

Join our modern romance book group to discuss "The Flatshare" by Beth O'Leary. This is a hybrid program. Join us via Zoom or in person. Registration is required.

Open Sewing

Monday, December 11 at 3:00 p.m. OR Thursday, December 14 at 6:30 p.m.

Students will bring their own projects on which to work – there is not a planned project; everyone will be working on their own. Students must take the Meet Your Sewing Machine class or have prior machine sewing knowledge to take this class. Ages 18 and over. Registration is required. Register for just one session.

Socrates Café

Monday, December 11 at 7:00 p.m.

Socrates Café are gatherings around the world where

people from different backgrounds get together and exchange philosophical perspectives based on their experiences, using the version of the Socratic Method developed by founder Christopher Phillips. Moderated by Dr. Allan Cooper. This is an in-person program. Registration is required.

Photography Club

Tuesday, December 12 at 3:30 p.m.

This monthly club is open to Township residents ages 12+ and welcomes all skill levels. No experience is necessary to join. Bring a camera (smart device is acceptable) and share your love of photography. This is an in-person program. Registration is required.

Library Board of Trustees Meeting

Tuesday, December 12 at 6:30 p.m.

Caregiver Support Group

Wednesday, December 13 at 11:00 a.m.

This Caregiver Support Group meets at the Library monthly on the second Wednesday of the month and is intended for caregivers only; no solicitation and no distribution of promotional materials. Led by Kat Verdi, MAT CDP, CADDCT, Certified Alzheimer's and Dementia Care Trainer, of The Gardens at Monroe. This is an in-person program. Registration is not required.

Creative Writing Workshop

Wednesday, December 13 from 12:30 p.m. to 2:00 p.m.

Join this small group, instructor-led workshop to improve your writing skills, give constructive criticism and get feedback on your work. Bring a typed copy of your work (1,500 words or less). Whether it is a complete

short story or a piece of a larger project, be prepared to read your work to the group and receive feedback. Space is limited. Registration is required. This is an in-person event for adults 18 or older.

Genealogy Club

Wednesday, December 13 at 2:00 p.m.

Beginner and experienced genealogists welcome to discuss research, share findings and resources. This program is held in person. Registration is required.

Crafty Creations

Wednesday, December 13 from 6:00 p.m. to 7:30 p.m.

Create a Christmas tree centerpiece, made by folding a book. For ages 18 and over. All materials will be provided by the library. This program will be held in-person. Space is limited. Registration is required.

International Film Discussion

Thursday, December 14 at 2:30 p.m.

Hosted by the Friends of the Monroe Township Library. Films are available to stream for free on Kanopy, accessible with your library card online at <https://monroetw.kanopy.com>. The discussion is virtual and will be held via Zoom. Register to receive the link to the Zoom meeting. The December film title will be announced at the end of the November session.

Mahjong Club

Friday, December 15 from 2:00 p.m. to 4:00 p.m.

Join us for some casual, non-competitive rounds of traditional Chinese mahjong. There are no joker tiles in this style of play. Brush up on your skills, become more confident with your game-

(Continued on page 19)

MAINTENANCE NEWS

By Dave Salter

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

Attic Insulation

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

Thermostats

With the fall coming upon us, you should turn on your heat thermostats to make sure they are working properly before the cold weather sets in. If you find they are not working, we can replace your thermostats for you. If you have PSG thermostats,

Rossmoor strongly recommends you have these replaced because they can overheat. Please give us a call regarding pricing.

Heating Units serviced in Mutuals 1, 2, 3 and 4

Furnace servicing is again being offered to homeowners of Mutuals 1, 2, 3 and 4. The charge for this service is \$49, plus tax. Servicing includes inspection of system, checking elements and wiring, oiling the blower motor, and replacing the filters.

Please call for an appointment.

Library

(Continued from page 18)
play, and meet players of all levels. Mahjong sets are provided.

Pop-Up Shop: Bundle Up Babe Boutique

Saturday, December 16 from 10:00 a.m. to 4:00 p.m.

Start your holiday shopping early with Bundle Up Babe Boutique. Pick up purses, handbags, ponchos, capes, vests, hats, gloves, and scarves for women and men. This vendor accepts cash, credit cards, Venmo, Zelle, and Cash App. The Monroe Township Library Foundation provides Pop-Up Shop rental space on select Saturdays between 10:00 a.m. and 4:00 p.m. Local residents who have their own direct sales businesses are welcome to submit an application to sell their merchandise, Pampered Chef, Tastefully Simple, Mary Kay, crafters, etc. This space is not intended to sell a service. Interested vendors should visit one of our service desks or download the application to rent the Pop-Up Shop space at the Library.

Monroe Township Chorus Holiday Concert

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

It's time to get in the holiday spirit! Join us for a festive concert performed by Monroe Township Chorus. All ages are welcome. Registration is required. The performance will be held at Monroe Township Library.

Page Turners

Thursday, December 21 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 2023 Wrap Up – books read in 2023 (not necessarily new titles), including input from library staff and we'll ask attendees to share their favorites from 2023. This is a hybrid program. Join us via Zoom or in person. Registration is required.

Short Story Discussion Group

Thursday, December 21 at 2:00 p.m.

We will discuss "The Rotifer" by Mary Ladd Gavell in "The Best American Short Stories of the Century" edited by John Updike and "Rainbows" by Joseph O'Neill in The Best Short Stories 2022 edited by Valeria Luiselli. This program is held in-person. Registration is required.

Fine Arts Gallery

Mixed media abstract art by Monroe resident Audacity Markoff will be on display in the Fine Arts Gallery through December 2023.

George Ivers Lobby Display Case

The Lobby Display Case will feature Louise Palaggi in December 2023.

The Monroe Township Public Library will be closed on Sunday, December 24

and Monday, December 25 for Christmas.

The Friends of the Library will not meet in December 2023.

Did you know?

Did you know that the Monroe Township Library offers At Home Services? This personalized service is for patrons who are unable to visit the library due to health or mobility issues. Our friendly, knowledgeable staff will bring library materials right to your door. Eligible items include: regular and large print books, books on CD, movies, magazines, notary services by appointment, Talking Book and Braille, digital & downloadable services, music CDs (from other libraries in the consortium). Call the Library at 732-521-5000 ext. 135 or email ahs@monroetwplibrary.org for more information.

Rossmoor Website

Go to rcainj.com to access the Rossmoor website.

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

Contact Waste Management

609-587-1500

ID# 61565342007

for pick up of household items

NO electronics

NO upholstered furniture

NO mattresses

TRANSPORTATION TIDBITS

Important phone numbers:

Rossmoor Bus.....609-655-4401

Call-in hours are: 9:00 – noon and 2:30 p.m.- 4:00 p.m.

Schedule is available at www.rcainj.com under "Amenities".

Monroe Township Transportation609-443-0511

Middlesex County

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

Recycle information from Waste Management



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

CLASSIFIED Ad COUPON

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

MAIL TO:

Princeton Editorial Services

P.O. Box 70

Millstone Twp., NJ 08510

RATES FOR ONE PUBLICATION

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

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

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

Check those that apply:

☐ Clearbrook Courier ☐ Concordian

☐ Encore Speaks ☐ GW Voice

☐ Regency Reporter

☐ Renaissance Reflections

☐ The Rossmoor News

☐ Check here for all seven

All ads must be mailed with payment.

No classifieds accepted by phone or email.

- Note: Phone numbers count as one word. Do not count punctuation. Do not abbreviate.
- State category/heading, ie., "For Rent", "For Sale", "Help Wanted." No charge for the heading.
- One check or money order must accompany insert, PAYABLE TO PRINCETON EDITORIAL SERVICES

Classified Advertising

Home Improvement & Services

ELECTRICAL CONTRACTOR—Call Rich. LLC. Licensed, bonded and insured. Reasonable rates, References available. Free estimates. Call (908) 601-1948.

RELIABLE QUALITY PAINTING & More. 15 years' experience. Call me to discuss, no obligation. No job too small. 609-409-7096 or 908-385-5869.

THE PAINTER – 30+ years experience, residential/commercial Rossmoor resident. Free estimates. References available. Call (908) 208-4062.

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.

Miscellaneous/Services

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

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

Help & Health Services

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

CLASSIFIED ADS GET THINGS DONE!

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.

For Sale

FOR SALE. Sofa in mint condition. 90 inches long. \$400.00. Call Eileen (732) 861-9112.

Wanted To Rent

CAR-PORT RENTAL-- Looking to rent. Car-port in Mutual 10 from 12/01/23 through 4/30/24. Call (201) 637-6217.

Wanted to Buy & Sell

ALWAYS BUYING: Non-Sports Cards, and Comic Books, 28 Harrison Ave., Englishtown, NJ (Bldg. 9). (732) 490-5700. micalizzifurniture@gmail.com

CARS AND TRUCKS bought and sold. CASH paid. Call (732) 208-0571.

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

Transportation Services

THE PRACTICE OF DRIVING. Safe, reliable and courteous transportation anywhere, anytime. (732) 647-5861.

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


BOB'S RIDES FOR CASH. All airports and N.Y.C. Locals. Concordia resident. Call Bob at (609) 819-1240.

NEED A RIDE? NJ/NY/PA. Airports, cruise terminals, medical appointments. (609) 642-9877.

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

House Cleaning

Shannon's Sunshine Cleaners— friendly faces. Fast service. Fully insured. 908 413 0961.

Reminder Please Pick Up After Your Dog.





AMERICA'S BEST
AMBULATORY
SURGERY
CENTERS

2022, 2023, 2024

Newsweek

statista 

Among the nation’s best ambulatory surgery centers

three years in a row.

The CARES Surgicenter at Saint Peter’s Healthcare System has been recognized among the best ambulatory surgery centers in the nation for three years in a row by *Newsweek*.

In our state-of-the-art facility, surgeons perform same-day breast, colorectal, gynecologic, orthopedic, plastic and reconstructive and urologic surgeries, and procedures to treat conditions of the eyes, feet, ear, nose and throat. We treat children and adults with surgical expertise, while providing the compassionate care for which Saint Peter’s is known.

To learn more about the CARES Surgicenter, call 732.565.5400
or visit saintpetershcs.com/cares



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