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Rossmoor IN News



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Monroe Township, New Jersey

DECEMBER 2024



With Santa and Mrs. Santa is Patricia Egan of Sunset Circle, who won \$385 in the 50-50 drawing at the Charity Exchange.

The Charity Exchange keeps on breaking records

By Carol DeHaan

The first inking, last Nov. 2, of something big being afoot was the many streets near the Clubhouse: jam packed with parked cars. Ditto the big lot behind the Clubhouse, and the flagpole circle in front. When I was finally able to ditch my car and get into the Clubhouse, AHA! There was the answer. Mobs of shoppers making their way up and down the wide halls from room to room. The Charity Exchange (the erstwhile Bazaar), what else?

The first room I ducked into was The Ladies' Fashion Castle: arranged by size were many tables of donated shoes

and clothing, some with designer labels. A rack of winter outerwear, priced for a mere \$5 per item, included several handsome leather jackets that must have cost a few hundred when new. They looked new to me.

Next was the mob scene in the Craft room, the walls of which were bedecked with a tremendous assortment of costume jewelry. They were doing a land-office business. I didn't even try to squeeze in.

The Red Room was full of electronics and appliances, but the real draw was big, hearty Santa and welcoming Mrs. Santa (Dennis and Diane

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Rossmoor Chorus full of good cheer as Christmas draws near

By Joan and Jason Salt

You may not believe this, but the Chorus has not one, but two Christmas concerts coming up.

If this issue of the Rossmoor News reaches you after our first concert on Monday, Dec. 2, at 7 p.m., you'll have a second chance on Saturday, Dec. 14, at 2 p.m. Join us at the Meeting House to hear some familiar songs and some fun surprises. The whole Chorus is looking forward to this opportunity to

thank the community for listening throughout the year.

Then, if you come to the Meeting House on Dec. 15, at 11 a.m., you'll hear the Chorus's final Sunday service performance of the year.

Also, spreading the joy of the season, like marmalade on rye toast, will be a roving band of carolers, serenading various Rossmoor residents at their homes. It will happen on Tuesday, Dec. 17, at 5:30 p.m. and Thursday, Dec. 19, at 1

p.m. If you hope to have them stop at your door, please call Laurie Moyer at 651-343-6565, but remember it's first come, first sung.

And, as always, anyone considering joining the Chorus in the New Year can visit a rehearsal any Wednesday (3:30 to 5 p.m.) at the Meeting House or call Chorus Director Janet Wilson at 609-655-4129.

A joyous holiday season to all!

Brunch Hooray for our Veterans!

By Carol De Haan

Veterans' Day was on Monday, Nov. 11, so in anticipation of that observance, our E&R Department created a great brunch celebration for our Rossmoor Veterans on Friday, Nov. 8.

The Ballroom was packed with 10 tables and 10 people at each table, the vets themselves and their families and guests. Christine Gray had volunteered to make a centerpiece for each table, so

the whole room looked very festive with her red carnations. The brunch buffet was superbly catered by B. Bistro of Jamesburg, giving attendees their choice of juice, coffee, or tea, then bacon, sausage, scrambled eggs with melted cheese, fried spuds, French toast or pancakes, bagels, and big bowls

of fresh fruit. It was a feast to write home about.

President Joe Salzano welcomed everyone and stressed the importance of service, honor, and loyalty to our nation. He pointed out a new feature of the veteran's alcove near the E&R office: the box for disposal of old or tattered

(Continued on page 3)

December 21 marks winter solstice

By Anne Rotholz

Winter solstice in the northern hemisphere will fall on Saturday, Dec. 21, at 4:19 a.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 *peti* (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 4:20 a.m. 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

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Sunset over Rossmoor

Photo by Youngae Lee



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at the governors' meeting

The Oct 17, 2024 meeting, held in the Clubhouse Ballroom, was called to order at 9 a.m. by President Dan Jolly. Secretary Lori Moses called the roll. A motion was made and approved to accept the Thursday, September 19, BOG meeting minutes with two minor corrections.

President Jolly thanked everyone for the prayers and condolences expressed by so many regarding the recent loss of his wife.

In Treasurer John Craven's absence, General Manager Tom Curry reported on the September financial variance report. The year-to-date surplus is \$108,333 compared to the planned budget surplus of \$46,424, meaning the association's budget variance is \$61,908 better than expected. Our budget is in good shape and should look better next month with increased Maintenance income from work being accomplished in the Mutual Associations.

Management Report

GM Thomas Curry reported the Administration office is in training mode with the new office software called CINC and with the First Citizens Bank. We anticipate a December start with First Citizens and a January start with CINC. In addition to the financial reporting improvements for our office, the new software will allow Mutual directors to access and approve their invoices, work requests, and residents' lists. The Administration office will work with directors to learn any new procedures that are eventually put in place.

Mutual and RCAI reserve studies scheduled for renewal have been completed and the 2025 budgets are in the approval process. The first reading of the FY2025 RCAI budget was dependent upon approval of various

funding resolutions in the new business portion of the meeting.

The November Committee meetings will be held in the Meeting House to assess the quality of the sound system to determine where the BOG will eventually hold their monthly meetings. Next month's RCAI BOG meeting will be in the Clubhouse Ballroom.

GM Curry reported on condominium and cooperative sales. He reported on Maintenance Department's work for September and upcoming maintenance projects, including installation of snow poles and snow fence. He commented on shutter painting.

GM Curry then reported on major projects, including the HVAC system replacements in Village Center which are near completion. The flood mitigation contractor's latest attempt to drain the 54-inch pipe on Sudbury has failed. FWH and Administration are negotiating an alternate method. Curry reported on a meeting with the engineer from FWH at Nautilus Court where a backflow preventer will be installed to prevent water from entering the Court from the Applegarth basin during flood events. FWH has also presented a very preliminary bridge design for the Cedar Creek-Newport Way road crossing nearest Applegarth Road. The design will increase flow and reduce the flood area.

Curry recommended that everyone check the Rossmoor Clubhouse news on the web or pick up a copy at the E&R office for the many upcoming events. The pool has been winterized. The Golf Course has been very busy and fall maintenance is complete on the fairways. Golf Monday events have been bringing in good income.

Curry reported on the Corporate Transparency Act, informing all directors that they will need to register.

The Act is a new federal regulation that all 54 directors must complete. They can pick up the forms in their mailboxes and the Administration office staff will help them to complete the forms.

Cooperative owners recently received an informational letter from the Administration office regarding the New Jersey Anchor rebate program. Cooperative owners need to follow the letter's instructions and re-register with the State to obtain their property tax rebate.

Curry then discussed the current shuttle service contract with A-1 Limousine, which is nearing an end. He explained that Rossmoor's shuttle schedule is very limited, used by 15 to 45 residents per week and costs \$85,000 per year. The new contract cost increases to \$90,000 per year in 2025. He explained that as Monroe Township residents, everyone is already currently paying for a similar transportation service through their property taxes. The Monroe Transportation department offers more routes, more shopping, more days of service, and a medical appointment shuttle service that we do not provide.

Motion was made and seconded not to renew the Rossmoor Shuttle service contract. Much discussion followed from Directors and residents in attendance. The motion was rescinded. A new Motion was made and seconded to further investigate the township's service, and table the matter until November's meeting. The motion passed unanimously.

New Business

• Resolution 2024-25 Reallocation of Membership Fee.

Curry explained this is a recalculation of the total placed in the Reserve Account and the RCAI Capital Improve-

(Continued on page 3)

Bits & Pieces

By Sue Ortiz

All those years ago, when I was a young girl, the anticipation of Christmas started the weekend after Thanksgiving. Stuffed with leftover turkey and all the trimmings, my parents and I headed out to a local Christmas tree farm to pick out the perfect tree that would, eventually, become the depository for Santa's gifts.

After it sat in a bucket of water for a week or so outside, the Scotch Pine was brought inside and transformed into a twinkly, tinsel cone of shiny glass ornaments – a sight to behold with a glowing star adorning the top. The fragrance of pine wafted throughout the house for the next month or so. Whichever corner of the room the tree would be placed, one piece of furniture always had to be repositioned to make room for it.

Excitement built as the days dragged on until December 25. Mom would bake cookies and buy eggnog. Christmas cards were mailed out. The letter carrier would deliver more back to us; Mom would tape them on the trim surrounding the doorways. There were so many cards, she had to overlap them.

Other decorations were brought up from the basement: garlands, wreaths with big red velvety bows, realistic looking mistletoe, antique (i.e. old) figurines of Santa, angels, Rudolph, and, of course, a Nativity set. Bing Crosby crooned *White Christmas*, Gene Autry sang *Rudolph the Red-nosed Reindeer*, and the Chipmunks chipped *Jingle Bells*, all from the Hi-Fi stereo console. It was a magical time of year!

Before I could write, my mom let me cut out the pictures of what I wanted from the Sears Wish Book and paste them on paper. We visited Santa at Britt's Department store in Freehold. Years later, I was told that I pulled off his beard and burst into tears! That was the first and last time I sat on Santa's lap.

A plate of homemade sugar cookies and a glass of milk were set out for Santa on Christmas Eve. Would he eat them? What toys would he leave me? Oh, the anticipation! I could not sleep.

One Christmas Eve, jingling bells awoke me in the middle of the night (probably eleven p.m., as I went to bed early those days). I sat up and saw the shadow of sleigh runners silhouetted on my bedroom curtains! (I swear, to this day, it was not a dream!)

A little while later, I heard four or five random musical notes. It sounded like an or-

gan. (These days, it is called a "keyboard.") I snuggled deeper under my covers and finally fell asleep until morning.

I was first down the stairs, and what did I spy by the tree? A *Magnus* organ ... all set up and ready to play! I knew it! It was Santa's sleigh I had seen and heard.

Mom was seconds behind me. We both loved this time of year. Dad, on the other hand, was a Bah Humbug. (I think he secretly liked it – at least the cookies and the eggnog!) I had to wait until he got out of bed and finished his morning ablutions to open anything. That made the anticipation more exciting, though.

My gifts were piled high – all around the tree. Except for the organ, the presents were wrapped in holiday-themed paper. I never realized that the same designs reappeared year after year. Mom, I mean Santa, must have bought it in bulk! And she, er, Santa, did a good job at hiding all those wrapped boxes, too. I still don't know her hiding spot ... our house wasn't that big.

Finally, Dad descended the stairs. Time to open presents! For me: games, puzzles, arts and crafts kits, books, Colorforms, Play-doh kits, Lego, Tinkertoys, plus Barbie, Dawn, and Liddle Kiddle dolls. There were also some nice clothes and always a new robe.

Mom got tea towels, pots, pans, a nice sweater or two, a new robe, and slippers. Dad always got a new pair of slippers, a new Norelco shaver, a "box" of Lifesavers candies, and a tool of some sort. The two of them would steal a kiss under the mistletoe. Mom would make breakfast, usually pancakes, and Dad would set about cleaning up. All the work of wrapping only to have that pretty paper torn and crammed into two or three trash bags.

I had a whole week off school to play with and wear all my new stuff. It was a week of visiting and being visited by friends and family. Cookies, ham, turkey, eggnog – oh, my!

I was happy, Mom was tired, and Dad ate cookies, all while anticipating all the January bills. The good ol' days!

B&P

"Christmas won't be Christmas without any presents" – Louisa May Alcott (American author, 1832 – 1888)

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



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

space permits. Unscheduled volunteer writers should contact Rossmoor News 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.**

Letters to the Editor must be emailed to PES at pescmd1@gmail.com and clearly marked *Rossmoor News*.

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Visit the Rossmoor website at www.rcainj.com

Open RCAI Meetings in December

Standing Committee Meetings:

Maintenance Committee
Community Affairs Committee
Thursday, December 12 – 9 a.m.

Board of Governors Meeting
Thursday, December 19 – 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



Rossmoor Veteran's Group Steering Committee gather together for a photo at their Veteran's Day Breakfast on Friday, November 8. Photo by Melissa Barnard

Brunch Hooray

(Continued from page 1)

American flags and assured everyone that a worn-out flag, left in that box, will be disposed of with the courtesy and respect due to our nation's symbol.

A lot of socializing and warm greetings, to say nothing of picture taking, brought this pleasant event to its happy conclusion. Everyone walked out into a warm November day, well fed and smiling.

See more photos on page 10.

BOG meeting

(Continued from page 2)

ment fund each year. It is based on the Sept. 1, 2024 amount which increased the new member fees from \$1,500 to \$2,500. The first 120 new member fees are placed in the reserve. A motion was made and seconded to approve. The motion passed unanimously.

• Resolution 2024-26 Golf Club Fees

Curry presented a proposed 3% increase in golf membership fees for FY 2025. A motion was made and seconded to approve the increase. The motion passed unanimously.

• Resolution 2024-27 Authorization to Transfer Operating Funds to the Reserve Fund

Wilken and Guttenplan's auditor recommended a transfer of \$500,000 in Operational funds to the Reserve Account. A motion was made and seconded to approve the transfer. The motion passed unanimously.

• Resolution 2024-28 Authorization to make improvements to the Golf Course Hole #11

Curry explained the improvements to Hole #11 are part of the five-year golf course master plan and are included in the 2024 Capital expenditures budget. The work will be completed in-house at a third of the cost of a contractor, approximately \$45,000. A motion was made and seconded to approve the expenditure. The motion passed unanimously.

• Resolution 2024-29 Authorization for Health Insurance - RCAI Union & Non-Union Staff

Authorization to contract with AmeriHealth for 2025 employee health care, including employee contribution amounts. A motion was made and seconded to approve the expenditure. The motion passed unanimously.

• Resolution 2024-30 Five Year Contract for Solid Waste and Recyclable Re-

moval Services

Three bids were presented to the BOG for waste and recycling services. A motion was made and seconded to approve Interstate Waste Services proposal. The motion failed 8 yes, 9 no. Much discussion followed. The resolution was tabled to allow time to negotiate with vendors.

First reading of the proposed 2025 RCAI Budget

Motion was made and seconded to accept the first reading of the 2025 budget. Discussion regarding pool lifeguards followed. The Motion passed 16 yes, 1 no.

Directors comments:

• M7 Director Jensen reported on trees around RCAI that she believes are hazardous. Curry explained that an Arborist is evaluating the trees around the Clubhouse.

• M7 Director Jensen reported residents are running stop signs.

• M6 Director Mueller reported on a resident who ran over a large stop sign on Rossmoor Drive.

• M17 Director Stasik reported the Interfaith Council Thanksgiving dinner plans are going well and thanked Mr. Jolly for his donation and asked others to contribute.

Resident comments:

• A resident asked the BOG about requiring residents to have homeowners' insurance. She also asked about replacement of a hot water heater. She was informed that condominium owners cannot be required to purchase insurance or new hot water heaters.

• A resident commented that the BOG members should find out more about resident thoughts on upcoming issues and represent them appropriately. She then asked about last month's Pickleball Tennis schedule resolution. Much discussion followed.

There being no further business for the Board to discuss, the meeting was adjourned at 10:57a.m.

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Charity Exchange

(Continued from page 1)

Arce) and their smiling elf helper (Rosemary Masella). They were assisting the photographer, who would give you a professional picture of yourself with the jolly old toy maker for a mere \$5.

Into the Ballroom, (oops, the North Pole Café) you could rest your tootsies and fortify yourself with any of several hot drinks, a bagel, or a nice hot dog. Lots of people took advantage.

Newly strengthened, I popped into the Reading Room which was full of children's toys. A visiting youngster had jumped onto a small hobby horse and was giving that equine a vigorous workout. What took my attention was an assortment of miniature dolls that Mary Jane Brubaker had lined up across the mantelpiece. They were four- and five-inch-tall dolls in various ethnic garb, and also some beautiful little baby dolls with painted porcelain faces looking like collectors' items, maybe museum pieces. I hope

they found loving new homes.

At the end of the long hall, the big Hawthorn Room was full of housewares: lamps, nice pictures, cookware, glassware (some of it Waterford), serving pieces, and place settings from Lenox, Spode, Mikasa, and other first-rate manufacturers. Hard to resist.

The Mens' Cave had clothing, outerwear, suitcases, and – if you can believe it – golf clubs!

Ye Olde Bake Shoppe (get thee behind me, Satan!) inveigled me into buying a zucchini loaf, as others made off with 30 or more designer cakes from our favorite gourmet baker, Greg Policastro.

I could not sneak out of the Clubhouse without a visit to The Linen Loft, presided over by Jackie Cristiano, and full of embroidered or crocheted tablecloths and other refinements of civilization. You could find hand-made quilts, wool blankets, and believe it or not, a beige mohair blanket that could keep you toasty at the South Pole.

A very big return

According to E&R Manager

Melissa, who organized the whole event, the total pot amounted to \$13,127.25, which includes money raised at the March jewelry sale and from other sources. That exceeds the take from 2023 which was \$11,007.05, and which – we thought at the time – blew all previous records right out of the water. For example, funds raised in 2022 came to \$7,953.11.

In conclusion

Several truths come to the fore:

- Residents of this community are tremendously generous people;
- The E&R staff and the small army of volunteers who created this great occasion are all exhausted. They deserve a month on the beach in Hawaii; and
- Many of us have too darn much stuff.

Post Script

Any leftovers that were not sold are being donated to other worthy charities, such as RISE, in Hightstown, or Grandmother's Cupboard in Toms River.

Here are the recipients

By Carol DeHaan

As reported in the November Rossmoor News, these charities will benefit from the funds raised at the most recent Charity Exchange:

- Oasis, a Paterson, N.J., nonprofit that works to change the lives of women and children by breaking the circle of poverty;
- St. George's Anglican Church in Helmetta, N.J., where the New Life Pantry is open to anyone in need, and which graciously donated food and other supplies to Rossmoorites whose homes were flooded in 2021;
- Staten Island's Broken Souls Rescue and Recovery Sanctuary for severely abused and neglected dogs; and
- Some money will be donated for the distribution of Thanksgiving Day turkey dinners for anyone in our community who is shut in.

Resident starts nonprofit: Be the Warmth

By Mary Jane Brubaker

Iris Trout, a resident on Old Nassau Road since 2008, commuted daily into New York City for 20 years. "On chilly winter days," she says, "I would see hundreds of people huddling together to get warmth on city streets, and that is when I decided to help."

On her own, Iris began handing out blankets, socks, and gloves to the unhoused. In 2022, her young grandson asked if he could help and together, along with other family members and volunteers, they have been working together to bring warmth to those on the streets of both New York and New Jersey.

Given the extraordinary need Iris and her family have witnessed, they decided to establish a nonprofit 501 c 3 organization, of which Iris is the Founder and CEO. The organization is aptly named, "Be the Warmth" and is soliciting donations in any amount as well as donations of new



Iris Trout, founder and CEO of Be the Warmth

blankets, gloves, and socks.

Checks can be made out to Be the Warmth and can be mailed to Be the Warmth, Inc., 243 Broadway #9188, SMB # 58513, Newark, NJ 07104.

If you would like to donate new blankets, gloves, and/or socks, please drop them off at the Trout residence, 512A Old Nassau Road. For more information, contact Iris at trout8@gmail.com.

Howard Zitnitsky sings

By Rosemary Masella

I want you to meet one of our own residents since 2008, Howard Zitnitsky, professionally known as Charlie Howard. He has been singing professionally for over 50 years. Born in Brooklyn, he was raised in Coney Island until he joined the Navy in 1968. He spent four years in the United States Navy during the Vietnam war.

Soon after he returned home, he joined his first band and never looked back. Traveling the world with the band "New York City Swing," whose members played presidential inaugural balls, the 1996 Olympics, celebrity weddings, and all the Heisman Trophy dinners.

Charlie recently retired from the band in 2022 and has been performing at assisted living facilities all over New Jersey. He says that this work

is the most gratifying when you see the faces of these people light up to the music that they loved many, many years ago.

You can see Charlie at Sal's Roma Deli on the second Thursday of every month. Singing songs from the '60s through the '90s, and Frank Sinatra standards as well.

Winter wonder lights close to home

By Terre Martin

When people reminisce about holiday light displays, they often think of the Christmas tree in Rockefeller Center, or the animated displays in Macy's windows. Today we enjoy wonderful light shows and displays in the yards and homes around town, and also here in Rossmoor. One of the most spectacular light shows is in East Brunswick on Old Cranbury Road.

When you exit Rossmoor from the front gate, go past the entrance to the Turnpike and make the right at the light onto Old Cranbury Road. Follow it to the Middlesex County Fairground and get ready to be amazed. Nearly two million lights blink, twinkle, and shine every night in sync with holiday songs.

The display is open until Jan. 5, from 5:30 to 11 p.m. There is a cost, but it's a bargain if you carpool with friends or family (especially grandkids.) It ranges from \$30 to \$40 per car depending on the day of the week and how close it is to Christmas. You should absolutely check out their website:

sales@winterwonderlightshow.com to purchase a ticket and book an entry time. A reservation will help avoid wait time and long lines. It takes about 20 minutes for the drive through, since cars are traveling at 1 to 2 mph. No walking allowed, though.

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God Bless Us ... Ev'ry One!



Owner of two handicapped dogs mentioned in the accompanying article.

By Honey Owens

A while ago my Mom read to me the story about a grouchy old man called Scrooge and a sick little boy named Tiny Tim who walked with a crutch. Near the end of the story, Scrooge's heart was softened, and he brought a big, delicious goose to Tiny Tim's family so they would have a wonderful Christmas dinner. I especially liked the part about the goose. (I'll bet geese taste just like chicken. Oh, I really love chicken, and hamburger, and sausages. Oh dear, I'm drooling just thinking about all that food. I must learn never to write an article for the Rossmoor News on an empty stomach.)

So, as I was saying, Mom read me the story, but I really didn't understand what it all meant, mostly because I just couldn't stop thinking about that goose!

Then one day in October, Mom took me to the Blessing of the Animals at the Community Church, and something happened that helped me understand the story. There were dogs of all ages and sizes — feisty little Shih Tzus, fuzzy Pekinese, and several foolish Chihuahuas. And some big ones too, like Golden Doodles, Labs, and numerous guys of undetermined ancestry. (Since I weigh only 10 lbs. soaking wet, even those dogs look BIG to me.)

Before the service started, Mom told me we were not to bark or fight or sniff each other, so I spread the word around and all the dogs and their pet parents sat quietly while Rev. Ted Hardgrove told us about how God made all the animals and the people, and that we should all love each other and be kind to one another. Then Rev. Ted walked around and spoke to all the dogs, patting their heads and blessing them with a personal message and prayer. Nobody barked or wiggled, and some even licked his hand. He didn't pick out any special dogs, but blessed every single one. Just as God blesses every single one of us — because he loves us all.

Some humans got blessed too, like my friend Carlos whose physical therapist is



Honey meets visually-impaired dog and her handicapped little friend in stroller.

helping him to walk better on his new legs; and an especially caring lady who brought two dogs with very special needs that she had rescued — one who is completely blind, and the other who rides in a stroller because he can't walk on his back legs.

I felt so sad for that little

guy because sometimes one of my back legs hurts real bad and I have to hold it up when I walk. I know Mom really loves me when she rubs it till it feels better, but thankfully I have three other legs to walk on. That's what reminded me of the story Mom had read to me about

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What is your favorite holiday?

By Rosemary Masella

Don and Marianne Paterno

When we were posed with the question, "What is our favorite holiday?" our faces lit up as we joyfully exclaimed "Christmas!" This magical holiday is not just a date on the calendar, it's a cherished time when we come together to celebrate religious observances and embrace the warmth of love shared among family and friends. Christmas brings the spirit of giving, inviting us to reflect

on our blessings while fostering connections with those we hold dear.

The air is filled with a sense of wonder and anticipation as twinkling lights adorn homes and the hustle and bustle festivities of all religious holidays echo through the streets. Christmas is not just about Christmas Day, it also includes Christmas Eve, which features an extraordinary seafood feast that makes this

holiday unforgettable. Growing up in an Italian Catholic household and now having raised our own family, the first thing that comes to mind when we think of Christmas is the Italian-American tradition of Christmas eve, "La Vigilia," or the Feast of the Seven Fishes.

This dinner brings family and friends together around the table. This meal serves as our Christmas gift to everyone at the table. The significance of the Christmas Eve feast lies not just in the food but in the importance of

family and friends coming together. We prepare a variety of seafood dishes, filling our home with delightful aromas. For the Paterno family, the Christmas season is all about love, laughter, and cherished memories. Our table is large enough to seat 20 people. We wake up at 5 a.m. and the rest of the day is spent cooking and preparing the fish. The house fills with the delightful aromas of garlic and olive oil sizzling in a marinara sauce bubbling on the stove, waiting for the Baccala or the seafood of

choice that year to be immersed in this savory tomato bath.

While we call it our 7 fish dinner, our menu often includes 9, 11, or even 13 kinds of seafood as long as we stick to an odd number. The day begins with our home filled with food and transforms into a home filled with love, laughter, and cherished memories. The Christmas season holds a special place in the hearts of the Paterno family.

Do you smoke?

If you do, please, please do not smoke outdoors. A parched, dry landscape and high winds predict disaster. If you smoke indoors, stub the cigarette out in an ashtray and leave it there. Better yet, flush it. Better yet, give up smoking.

Since Oct. 1, New Jersey firefighters, and volunteers from Colorado and Montana, have responded to more than 500 wildfires that have consumed over 5,000 acres. Many of those fires remain uncontained.

In nearby Jackson, 350 acres burned before it was brought under control. Authorities say the cause was arson.

In West Milford, the fire is burning underground, where it is exceedingly hard to ex-

(Continued on page 7)

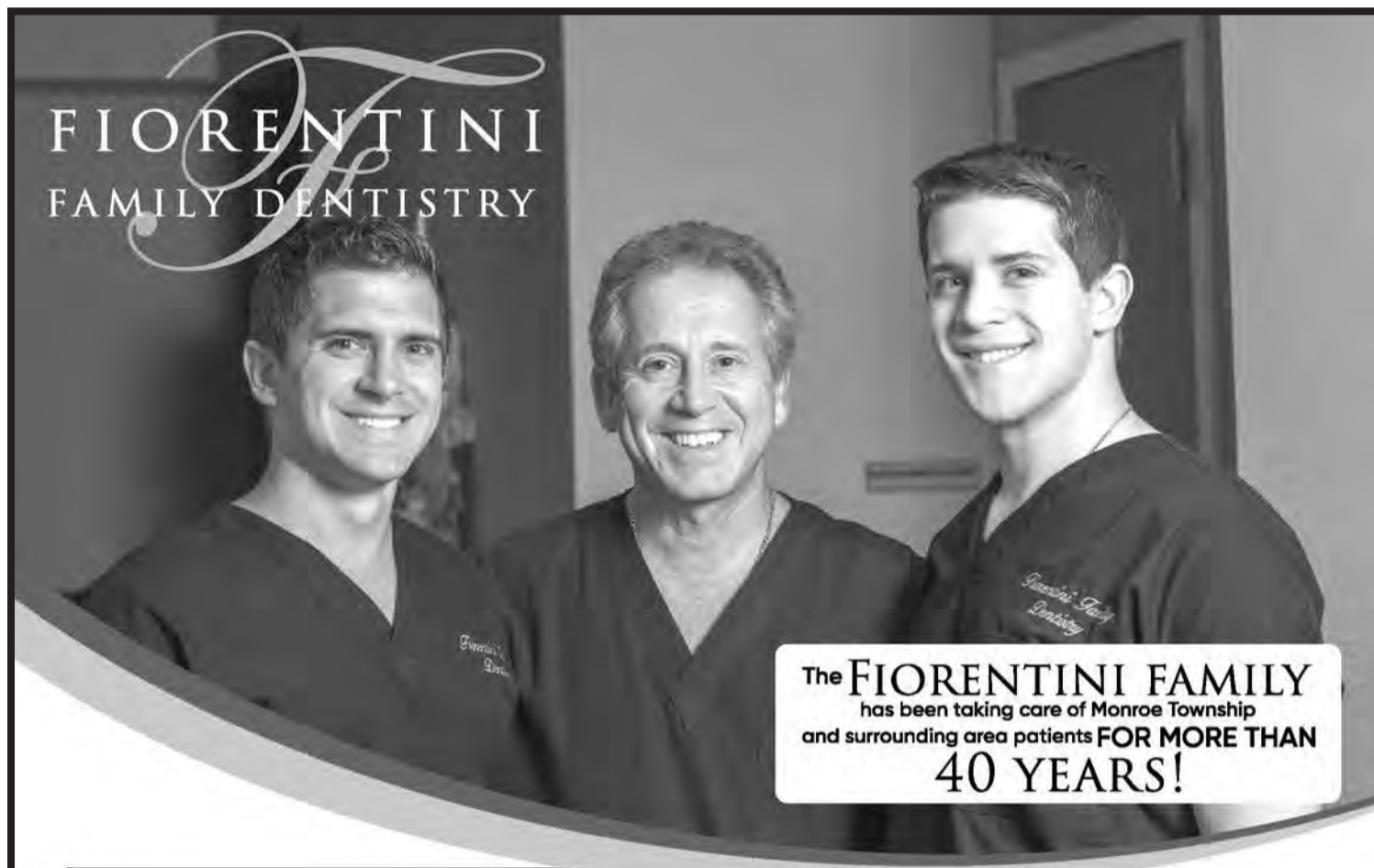
Bless Us

(Continued from page 5)

Tiny Tim. I'm sure he had a loving Mom too, but he didn't have three other legs like me, and Tim's family couldn't afford to take him to the doctor to make him better.

Toward the end of the story I learned that Mr. Scrooge realized and was sorry for all the bad things he had done in his life because he had turned away from God, and life, and love. He became a nicer person who wanted to help Tiny Tim's family so he could get well. It makes me happy to think that he got better and was able to run and play again. But most important, I think I understand now that the story has a happy ending because Scrooge learned to love and care about others again. You probably knew that. But remember, I'm just a dog and book learning doesn't always come easy.

My Mom and I, and everyone at the Rossmoor Community Church, want to share Tiny Tim's Christmas prayer with you all. "God Bless Us, Ev'ry One"



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Attack on Pearl Harbor: Memories from the home front

By Mary Jane Brubaker
Doris Herron



Doris Herron

Dec. 7, 1941, was a quiet Sunday in my town of Woodbridge, N.J. Suddenly the radio blared the news that the Japanese had bombed Pearl Harbor! I was 15 years old and in high school. I didn't fully understand what it all meant at first, until suddenly we were also at war and my father, uncle, and many of the young fellows I knew were drafted into the Armed Services. My uncle was killed.

One place the impact was soon felt was on the home front due to our having food rationing and shortages. Sugar and butter and gasoline were harder to come by, and finally buying gasoline required coupons. Nylon and silk stockings were also in short supply, and the gift of a pair of stockings was considered very special.

We bought margarine in place of butter, but the margarine came in white blocks. If you wanted the margarine to look more like butter, there was a small envelope of yellow liquid you could stir into the margarine. Meat was also in short supply, and meatless Fridays were en-

couraged for the entire country.

What Pearl Harbor means to me was the beginning of the most unhappy period of my life. To this day I avoid books, movies, plays and TV shows about World War II.

Carl Kruse



Carl Kruse

On Dec. 7, 1941, the William C. Kruse Jr. family was living at 32 University Court, South Orange, N.J. My parents were Bill and Jessie Kruse, my older brother Don was 11 and I was nine. On that day, the Noble family, friends from the Congregational church, were visiting with us with their 10-year-old son, Harrison. We three boys were playing near the kitchen door. As I recall it, in the early afternoon, 11 year-old Dick Fisher came charging across the street shouting, "The Japanese have bombed Pearl Harbor."

I knew nothing about Pearl Harbor but we four ran over to the radio in Dick's house to hear the details. It wasn't long before I learned a lot about Hawaii, Pearl Harbor, Japan, President Franklin D. Roosevelt, "the day of infamy," Winston Churchill, Stalin, Russia, Communism, China, battleships, aircraft carriers, subma-

rines, the Philippines, B-25s, P-47s, and P-51s, and Japanese zeros. I also learned about blackouts, street wardens, fire drills at Marshall school, listening to the daily news, doing without, and coloring margarine. My buddy Billy Nolan and I collected any type of scratch metal so we could get into the Cameo Theatre for free and watch a movie, a comedy, a short, and the newsreels.

In school we said the Pledge of Allegiance, had prayers, and learned the Gettysburg Address. Patriotism was everywhere, boys were lying about their age to be able to get into the Army or Navy before their eighteenth birthday.

I have memories of the USO and Bob Hope, Rosie the Riveter, the Army, Navy, Army Air Corp, Coast Guard, Marines, and all the heroes. Most everyone was proud to be an American, loved God as a Christian or Jew, and was trustworthy; people instinctively went out of their way to help others. Those were terrible but also wonderful times.

Do you smoke?

(Continued from page 6) tinguish.

The Jennings fire, between New Jersey and New York, is still only partially controlled. Huge wooded acreage has been decimated with tremendous loss of wildlife.

All of New Jersey is under drought warning. Stage 3 fire restrictions remain in effect. No open fires, and wood, charcoal, and kerosine torches are forbidden.

Water could be in short supply. Please use water sparingly.

Seven Fishes and Midnight Mass

By Terre Martin

When I first began writing this article, I really thought it would be about the Feast of the 7 Fishes.

But as I began to write, it became so much more. Memories rushed back about special traditions, family members who are long gone but still in my heart, the incredible meals my mother prepared using the oven in the basement AND the stove in the kitchen, and the incredible experience of going to Midnight Mass.

If you're Italian/Catholic, you will probably have similar memories beginning with the *Feast of the 7 Fishes*. It's a classic from Southern Italy thanks to the Catholic Church. It was a "rule" that you had to abstain from eating meat on Christmas Eve, so the "feast" was born. Italians love all kinds of fish, so it was an easy sacrifice. The proper names for each delicacy have been altered a bit as the Italian language became "Americanized," but the food is always special.



Mounding *scungilli* (conch), *calamari* (squid), *gambaretto* (shrimp), *cozze* (mussels), *molleuschi* (clams), and *capesante* (scallops) on heaps of spaghetti tossed in an olive oil and garlic sauce is just about perfect. There are tons of recipes passed down through generations, but probably the most famous fish is *baccala* (dried salted cod fish). It can be served in many different ways, especially based on the part of Italy where the recipe originates.

After eating for several hours, and maybe taking a quick nap, some of us went

(Continued on page 8)

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Seven Fishes

(Continued from page 7)

to church. Attending Midnight Mass fulfilled two obligations...one, to attend mass on Christmas Day, and the other was to see who else went to church!

We went to Our Lady of Sorrows Church in South Orange, a beautiful Gothic-style building. Because of the proximity to New York City, we often saw Broadway, television, and soap opera stars in the congregation. They lived locally and commuted into the city for their appearances. When I wasn't gaping at celebrities, I was busy looking at the incredible stained-glass windows around the church, or trying to follow the Latin mass with my English/Latin missal.

The one person who never got to Midnight Mass was my mother. She was too busy and exhausted from all the cooking, cleaning, and planning for Christmas Day dinner! I still have and use the dining room table and chairs that my parents bought before I was born. When all three leaves are inserted, the table becomes huge (at least I thought so when I was a kid). My mom never thought to buy table mats to protect the surface, so we saved magazines and newspapers to pad the table under the beautiful tablecloths my grandmother crocheted. The chairs surrounded the perimeter where the uncles (who didn't want to help) barricaded themselves. They were cleverly locked in so they couldn't get up to carry food or drinks.

My mother never sat. She just continually brought out food and more food. We started with a huge antipasto on a lazy Susan. Everyone dug their forks into the various meats and cheeses, but she also included olives, caponata (an eggplant dish), roasted peppers, and artichoke hearts. I'm salivating as I write. Sometimes the next course was a minestrone made with *cece* or *appetite* beans and small pasta... and then came my favorite. My mom would go down to the basement to bring up the huge trays of



Italian family around the table

appetit. From a huge pot in the kitchen, she dug out heaps of meatballs, sausages, and the best *bracioli* in the world. I have tried repeatedly to capture her *bracioli* recipe, but it's not the same since she didn't make it. She would stuff it with pine nuts, chopped egg, and raisins and other herbs and spices. Then she would tie it up with string so all the good stuff didn't escape when she cooked it in the tomato gravy. The best spectacle was watching my mother unwrap the *bracioli* at the table. The meat would spin in the air and droplets of gravy went everywhere. It was crazy and wonderful at the same time. I remember having gravy stains on a blouse that just wouldn't come out.

After the pasta and "gravy meat," sometimes she would bring out a roast, or for Thanksgiving, a turkey. I know it seems incredible, but it's the truth. There were also the more American vegetables and side dishes. The last addition to the table was the tossed salad and finocchio (fennel). Italians traditionally eat their salad last. My dad said it was to "cleanse the pallet," so now you could eat the dessert!

Dessert started with a bowl of mixed nuts and a bigger bowl of fresh fruit like pears, apples, and grapes. Everyone got a nutcracker and went to work on the hazelnuts, walnuts, almonds, and

Brazil nuts. When they were in season, my mom also roasted chestnuts. Last but not least, we had the pastries and coffee. My Uncle Albert would show up at the back door in the kitchen with a huge box filled with *sfogliatelle*, cannoli, pignoli cookies, and an assortment of whatever looked good in the bakery cases. Those were delicacies in my house. I was allowed half of a cannoli at a time. The *sfogliatelle* was saved for my father, and the rest was a free for all.

Of course, no holiday meal is complete without a final taste of Appetite or Galliano. By the time we got to this part of the meal, some family members had slipped out of the room to find a bed or couch for a snooze. I still get a stomachache when I think of how much we ate, and ate, and ate.

My memories welled up as I wrote, because now my family has dwindled and many live far away. I still look at that dining table and hear the laughter and loud voices. I see the smiling faces of beloved aunts, uncles, cousins, and my parents and sister and brother. I don't know if life was better back then, but it seems shinier as it moves farther into the past. To quote a former Rossmoor resident and long-time golfer, Pat Crowley, "Every day is a gift. That's why we call it the present!" Merry Christmas and buon appetito!

Chrismukkah? Really?

By Terre Martin

Although many of our generation have never heard of this holiday, it has been celebrated in the USA with gusto since 2003, when it first appeared in a popular TV show, "The OC." The show's characters made a point of blending of Christian and Jewish traditions. While a TV show may have popularized the concept, the actual "holiday," Chrismukkah, was first used in 19th century Germany by German Jews. There is not a lot of information about how it was celebrated, but combining an image of a menorah and a Christmas tree seemed to be part of it.

I have personal knowledge of how this hybrid holiday is celebrated, since one of my



daughters married a Jewish man. Over the years, she learned many Jewish traditions along with her children by attending Hebrew School when her kids were preparing for their Bar or Bat Mitzvah; becoming an expert challah baker (a special bread in Jewish cuisine), and creating delicious shabbat dinners. So celebrating Chrismukkah was a no-brainer.

The celebration begins with a trip to a local tree farm, cutting down a fresh

(Continued on page 9)

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11:59:00, and the countdown begins

By Allen Kobezak

It's coming again: another new year filled with the unknown. It will be celebrated worldwide, but no place brings as much attention to the calendar change as the New York Times Square event.

Before this traditional celebration, New York welcomed the new year at Trinity Church, where crowds gathered to hear the church bells ring in the advancing year. Although this may have started much earlier, the first documented year of this happening was in 1801.

However, in 1904, Adolph Ochs, owner of the New York Times, wanted to celebrate the new year along with the completion of the newspaper's new headquarters. Their new building was in Times Square, formally known as Longacre Square.

He also wanted to bring more attention to the area where his newspaper was located. What could accomplish this more than a fireworks display to mark the stroke of midnight on New Year's Eve? The plan would be to launch them from the roof of the New York Times's new building.

This was a different way to celebrate the new year than the chiming bells at Trinity Church. It began a new tradition that was repeated for a few years before the first ball drop that continues until today.

However, the change from the fireworks to the ball drop

Chrimukkah?

(Continued from page 8)

Christmas tree, setting it up in a prominent place in the living room, and inviting friends over to make Hanukkah ornaments. Of course there are plenty of dreidels, an important symbol of Hanukkah. Christmas ornaments also adorn the tree. Food items reflect both Christmas and Hanukkah with appetizers like a pull apart spinach-artichoke wreath, mini latkes, and a Christmas tree cheese ball.

Her holiday preparations reminded me of my college days when I had a Jewish roommate. It was the first time I actually celebrated the holiday. For eight days she gave me cute inexpensive gifts like colored pencils, a little dreidel toy, pretty stationery, candy, and silly tchotchkes that made me smile. I, on the other hand, gave her a single Christmas gift just before we left for the semester break.

When I think about the significance of Chrimukkah, I realize that it's not about religion or symbols. It's about community. It's about bringing people together to enjoy each other's company, traditions, and stories. It's a wonderful addition to our long list of reasons to celebrate our blessings during the holiday season.

took place because the owner of the Times was forced to find a new way to mark the new year's arrival. Each year, the fireworks caused hot ashes to drop on the crowd and city streets below. Although this never halted the 200,000 or more cheering spectators, New York City officials concerned with the liability ended any fireworks inside city limits in 1907.

As long as Adolph Ochs had to make a change, he decided to advance into the modern era. Tom Edison's new innovative marvel, the electric lightbulb, was gaining popularity and opened up a chance for a safer alternative.

Walter Palmer, the newspaper's electrician, suggested using a time ball like the one on the Western Union Telegraph Building.

Artkraft Strauss designed and built the first ball, which was made from wood and iron. It had a hundred light bulbs, providing enough light for the crowd to see the falling ball as it signaled the start of the new year. The new ball, guided to the ground by a specially constructed mast, would be dropped from the roof of the New York Times building.

The ball made its first appearance in 1907, welcoming the year 1908. The ball drop in Times Square has continued yearly except for the two war years, 1942 and 1943, with their required blackouts.

Of course, over the years, the original ball has been replaced by newer versions. Each would take advantage of the technology of the time to create a more spectacular beginning to the new year.

To accompany the ball, more than a ton of confetti is

thrown by volunteers from the top of the buildings in Times Square. That sounds like a dream job for a litterbug, even without compensation.

Since the 1940s, different major networks have televised coverage of the New Year's Eve ball drop. Entertainment has been added to the celebration with music presentations by famous stars.

Now, the fireworks display is set off from barges a safe distance away on the Hudson River, allowing them to be seen from Times Square.

It's hard for me to believe that a million people can be expected to be squeezed together like sardines in a can at the ball drop in Times Square this year. Another billion people worldwide will be watching the broadcast. That's where I'll be with my wife, comfortably sitting on my favorite easy chair near my television and just a short distance from my refrigerator. I will have a good view of the ball drop, but unlike the million people in Times Square, I won't need a backup plan for using a bathroom when nature calls.

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

December Almanac

- 1 **-1955-** Rosa Parks was arrested for refusing to yield her bus seat to a white man. There followed a year-long boycott of the city bus system. This marked the birth of the U.S. civil rights movement.
- 5 **-1933-** The 19th Amendment (prohibition) was repealed, after 14 years of outlawed manufacture, transportation, and sale of alcoholic beverages.
- 7 **-1941-** The U.S. Naval base at Pearl Harbor, Hawaii, was attacked by nearly 200 Japanese aircraft in a one-hour raid that left almost 3,000 Americans dead.
- 10 **-1950-** Dr. Ralph Bunche became the first African American to receive a Nobel Peace Prize for having mediated between Israel and nearby Arab states.
- 16 **-1773-** The Boston Tea Party saw colonial activists, disguised as Mohawk Indians, dump 342 boxes of expensive tea into the harbor, clogging it for days and infuriating the British.
- 21 Winter begins in the Northern Hemisphere. It is the first day of summer in the Southern Hemisphere.
- 23 **-1947-** The transistor was invented in Bell Labs. Its three inventors shared a Nobel Prize. Transistors sparked a worldwide revolution in electronics.
- 25 Christmas Day commemorates the birth of Jesus Christ, although the true date of his birth is unknown. Since 336 A.D., this date has been celebrated as his birthdate.
- 26 Through Jan.1, Kwanzaa has been observed as an African-American family celebration since 1966, marking the time of traditional African harvest festivals.
- 29 **-1890-** The U.S. 7th Cavalry massacred more than 200 peaceful Sioux men, women, and children at Wounded Knee Creek, South Dakota.
- 31 **-1879-** Thomas Edison publicly demonstrated his electric incandescent lamp at his lab at Menlo Park, N.J.

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This month in pictures



Santa and friends at the charity exchange



E&R sponsored a veterans brunch on November 8. In view was the Missing Man Table and some of the vets received Certificates of Recognition. It was a packed house!



Some witches showed up at the Italian American Club's bingo!

Reverend Ted Hardgrove presided over the Blessing of the Animals.

Sitting on Heaven's front porch

By Sidna B. Mitchell

After Crazy Cousin Julia from Arkansas passed away, Cousin Al from Mississippi became my favorite cousin. He held family reunions on the old homestead and built a party house for everyone's enjoyment, including the governor. I especially liked sitting in one of the big rockers on the porch with Al – he with a Scotch in hand, and me, with Bourbon and branch water.

We caught up with recent happenings and with our family activities, remembered the good times we had as kids and talked about what we wanted to do with the rest of our lives. Unfortunately, Cousin Al died rather unexpectedly after an archeological trip to Turkey. Besides being a retired Army major general and a lawyer, he also had master's degrees in archeology and theology. And, being a great storyteller, he could weave some good tales about those travels.

Despite our religious connections, Al, as a good Southern Baptist deacon, and I, a former Southern Baptist turned Presbyterian elder, were convinced we were going to heaven. (In case you didn't know, good Baptists do not drink alcoholic beverages.) We laughed at some jokes, like not finding any politicians in heaven, and decided maybe it was a good thing that we lost our campaigns – he for Mississippi attorney general and I for a New Jersey State Assembly seat.

The other night as I tried to relax to find a restful sleep, I wondered if there were any porches in heaven. Porches have always been so calming. One golfing friend has insisted that there will be golf courses in heaven. Another friend, who had promised me a ride on the back of his motorcycle, became terminally ill before that was possible. However, he claimed he would still give me that ride in heaven. So, if there can be golf courses and motorcycle rides in heaven, porches must be there!

Despite Baptists not drinking hard liquor, I recalled Al and me guiltlessly sipping our drinks on that Mississippi porch and watching the cows, the horses, the dogs, the rabbits, and the birds. Would we be able to watch earth's activities from heaven?

I could imagine sitting in a rocker on a big porch at the edge of heaven looking down on earth. But I had questions. For example, would we see kids doing some of the silly, and maybe crazy, things we did as kids? Would we find kids jumping off the trestle into the creek just before the train came down the track? Would we see kids eating watermelon or persimmons and then having a seed-spitting contest outside?

Probably not; today's kids would be inside on the computer or their cell phone.

When we were inside as adolescents, we sometimes played the game of "telephone" as we whispered to one another around the circle or "spin the bottle" as we got older. Or how about my father catching Al teaching me to drive a pickup truck long before I had a driver's license? Oh, the wonderful memories as I envisioned us taking another sip of our drinks.

Would we see turmoil and students rioting like I saw in my senior year at Ole Miss? I asked Al. After seriously discussing the so-called student protests of the 2024 spring, he chuckled. Al reminded me of his brother Gere, the lone doctor treating the wounded in the historic Lyceum after the riots at the University of Mississippi back in 1962. Not having any bandages handy, the good doctor was able to

raid the women's restroom and use Kotex pads to cover wounds.

Of course, that was also back in the days when Ole Miss had a number one football team. However, they weren't able to play on their home field because U.S. Army troops had been called in by President Kennedy after the integration of the university. Al and I started recalling some of the teams that drafted "our boys." "Baby Jake" (Jake Gibbs) was All-American in football and baseball but he chose to be one of the first baseball bonus babies by joining the New York Yankees, ultimately playing catcher. Bookie Bolen and Squirrel Griffing played for the Giants and Johnny Brewer was drafted by the Cleveland Browns. And how could we forget Rebel cheerleader Trent Lott going all the way to U.S. Senate Majority Leader years later?

Remembering those days, we started to yell "Hotty

Toddy," but decided since we were in heaven and there were the words hell and damn in that Ole Miss' chant, we'd better not risk St. Peter hearing those expletives.

As we looked out at the beautiful oceans below, Al recalled a trip he made to

Italy. As a lawyer, he represented an Italian gun manufacturer. With a defective gun in his baggage, he first landed in Paris with no problems; but after arriving in Rome, he was detained. Security kept his gun, claiming

(Continued on page 12)



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front porch

(Continued from page 11)

he had to sign some papers before it could be released to him.

Not speaking Italian and the security guard not speaking English, Al had no idea what the papers said. Back and forth they went until Al saw a priest pass by. He stopped the priest, explained the problem and the priest, in English, said, "Just sign a name." Al refused, insisting he wasn't about to sign any papers when he didn't know what they meant.

"Just sign a name," the priest repeated rather

forcibly. "Just sign a name!"

So, Al wrote 'John Hancock' on the required papers; the gun was promptly returned and Al was on his way.

After telling that story, Al sheepishly admitted, "Goodness, I never thanked that priest. Maybe I should go look for him up here and express my appreciation."

As Al left, I decided I didn't want to look down at the activities on earth. I was perfectly happy just sitting in a rocker on heaven's porch, looking out at the glorious clouds. Praise the Lord! What a wonderful, peaceful sight. I didn't even need a Bourbon and branch water.

The greatest invention?

By Allen Kobezak

What would you credit as the most important invention of the 19th century? You might say the electric light bulb, the telegraph, or the steam engine.

Well, you might have a good argument for your choice, but another invention was introduced in 1857 that I think is just as important. We all use it, I hope, but we take it for granted. I'm sure you would go into a panic mode if you ever found yourself without it when you needed it. What's the first item people will hoard before a possible

disaster when they think the stores will soon run out of this product? That's right, it's toilet paper.

China lays claim to the process that created paper, and their method of cleaning themselves with it dates back to at least the 14th century, although it wasn't commonly sold there until the 15th century.

However, in the Western world, American Joseph C. Gayetty is credited with inventing the first commercial toilet paper.

This product was once called "The Greatest Necessity of the Age." Who called it that? It was Joseph C. Gayetty himself in his advertisements. He put his reputation behind his product and was proud to put his name on every sheet.

Gayetty paper was used for about 75 years until the Northern Tissue Company introduced its splinter-free toilet paper. Wait, did I just say splinter-free? That's right. Every sheet of Gayetty toilet paper was made of Manila hemp. Manila paper is a cheaper paper product produced in a less refined process and is made from wood fibers.

So, although Joseph C. Gayetty had a good run with his product, his com-

pany ultimately followed his paper down the toilet when Northern introduced their softer, splinter-free version.

Yet, even at the height of the popularity of the Gayetty product, not everyone could afford to use it. The Sears catalog, first published in 1893, was a free option for outdoor privies for years. Its pages were recycled for a second use until the new glossy pages made them less helpful.

However, let us not forget that the Gayetty toilet paper was a wonderful improvement for people when you consider the alternatives before the Joseph C. Gayetty company started production in 1857.

The local newspapers and The Farmers Almanac were popular options in the 1800s, but people used whatever was available. You can use your own imagination.

However, any alternative to the corn cobs that some people used in the 1700s would be preferable.

I guess we all know now why we've never seen a portrait of George Washington with a smile on his face. Think about that the next time you look at a dollar bill.

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Dr. DeFazio has been practicing for over 30 years, is married, and has three daughters and three grandchildren. He enjoys spending time with his family and at his favorite pursuits which include golfing and vintage cars.

Dr. DeFazio is a graduate of Temple University and UMDNJ. He is a past Clinical Instructor at JFK Medical Center and a past Board Director for the American Red Cross.

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Understanding Qualified Charitable Distributions

As you build your legacy, considering how to leverage your charitable contributions can be a fulfilling endeavor. Qualified Charitable Distributions (QCDs) can offer an opportunity to support your favorite causes and manage your retirement income. Here are some factors to consider with QCDs and how they've changed based on recent legislation, such as the SECURE Act.

What Is a Qualified Charitable Distribution (QCD)?

A Qualified Charitable Distribution allows individuals aged 70½ or older to donate directly from specific retirement accounts to qualified charities without recognizing the distribution as taxable income. Such distributions can help you manage your required minimum distributions (RMDs). Additionally, the SECURE Act 2.0 changed the age of RMDs to 73.

Remember, this article is for informational purposes only and is not a replacement for real-life advice. We encourage you to consult with your tax, legal, and accounting professionals before modifying your retirement income strategy.¹

Age and Account Requirements

You must be at least 70½ years old to qualify for a QCD. The distribution can be made from an IRA. You can use SEP IRAs or SIMPLE IRAs so long as they are inactive, meaning that you've made no contributions to the account in the year the QCD is taken. However, keep in mind that 401(k)s and other non-IRA retirement vehicles do not qualify for QCDs.

Once you reach age 73, you must begin taking RMDs from a traditional IRA, SEP IRA, or SIMPLE IRA in most circumstances. Withdrawals from traditional IRAs are taxed as ordinary income and, if taken before age 59½, may be sub-

ject to a 10% federal income tax penalty.

To qualify for the tax- and penalty-free withdrawal of earnings, Roth IRA distributions must meet a 5-year holding requirement and occur after age 59½. Tax-free and penalty-free withdrawals can also be taken under certain other circumstances, such as the owner's death. The original Roth IRA owner is not required to take minimum annual withdrawals.¹

Limits and Adjustments

The maximum annual limit for QCDs is currently set at \$100,000 for 2024, an amount that adjusts for inflation yearly. Therefore, staying updated on the annual cap is important, as it can influence your donation strategy.¹

Financial Advantages

In addition to helping you support a charity, a QCD may also offer to help you manage your tax situation. IRA withdrawals are generally taxable, but QCDs are excluded from taxable income, meaning they don't increase your adjusted gross income (AGI). For some, this may be an opportunity to consider when balancing supporting a charitable organization and managing taxes.

Additionally, QCDs enable you to satisfy your RMD requirements. You also benefit from the fact that you don't need to itemize deductions to take advantage of a QCD, allowing you to use the standard deduction.¹

Again, this article is for informational purposes only. Speak with your tax, legal, and accounting professionals if you have specific questions about your deductions.

Charity and RMD Considerations

QCDs are versatile in that there is no restriction on the number of charities you can support, provided they qualify under IRS guidelines. However, the donation must go directly from your IRA to the charity to be a QCD. Gifts made as QCDs can fulfill all or

part of your annual RMD requirement. It's worth noting that if you donate over your RMD amount, the excess cannot be rolled over to the next year's RMD.

Final Key Details

It's prudent to confirm the status of your chosen charity through the IRS Online Search Tool or by consulting with a professional who can speak to the tax status of the organization. If you withdraw and then donate the funds, it does not count as a QCD and becomes taxable.

As with most financial strategies, your state may have specific rules impacting how QCDs are treated. It's vital to check with a tax professional about state-specific regulations.

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

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The Encyclopedia of New Jersey: Cranberry or Cranbury

By Terre Martin

Both play a significant role in New Jersey. The first is an amazing fruit that is harvested in huge bogs in the Pinelands area of southern New Jersey. It is a mainstay for fall recipes and festive holiday drinks. You can visit a bog during the Fall harvest season and actually see how the fields are flooded and this Jersey gem of a fruit is harvested.

But how about that other Cranbury, the one that often gets misspelled because of the fruit, and the one that has a glorious history?

Back in the 18th century, the name of the town was written as Cranberry and Cranberry Town. In 1857, Reverend Joseph G. Symmes suggested it be changed to Cranbury, since "bury" connotes "burgh" in old English. In 1869, the town received its new spelling and has confused non-residents

ever since.

As one of the oldest towns in New Jersey, it is a uniquely preserved 19th century village. It has hosted the likes of George Washington and his army as they marched along roads first created by the Lenape Indians. It is documented that the home of Dr. Hezekiah Stites on South Main Street is where the Marquis de Lafayette and Colonel Alexander Hamilton quartered on June 25, 1778, and General George Washington and his staff established headquarters on June 26.

Another fun fact is that Aaron Burr changed horses in Cranbury in 1804, as he fled south after his fatal duel with Alexander Hamilton. History is right down the road. Take a ride outside the gates of Rossmoor and learn more about what makes New Jersey a great state.

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El Nino

By Anne Rotholz
 For the past few months El Nino has been frequently mentioned in the daily weather news. The question that usually comes to mind is "What is El Nino and how does it affect us?"

El Nino is weather condition that usually begins in the Pacific Ocean. While it may start small it usually gains strength until it becomes large enough to affect worldwide weather patterns.

We know that weather is closely related to ocean temperatures. When the ocean is warm more clouds form, bringing more rain to any given part of the world.

El Nino is a climate pattern that begins when warm water builds up over the tropical Pacific west of South America. This warming near the equator leads to a warming of the stratosphere beginning at about 6.2 miles above the surface. Scientists are still trying to figure out how this happens.

At the same time the lower tropical stratosphere cools. This combination can shift the upper-level winds, known as the jet stream. The jet stream is like a river of air through which storms flow as it blows from west to east. Altering the jet stream can affect all kinds of weather patterns, from temperatures to storms and ferocious winds.

El Nino typically shifts the jet stream to the south. It has its greatest impact in winter when it brings milder weather to the northern part of the country and wetter conditions to the southern states.

Weather forecasters agree that El Nino weather is very

unpredictable and they are somewhat hesitant when making long range forecasts. Our latest El Nino was announced in July 2023 and continued until 2024. It was the fifth most powerful El Niño in history.

The opposite of El Nino is La Nina, the cold phase which also changes weather patterns worldwide

The term El Nino was

coined by Spanish fishermen in the 17th century. While working off the coast of Peru and Ecuador they noticed that their catch was affected by a warm Pacific current that sometimes showed up near the end of the calendar year. because it happened around Christmas they named it El Nino or "Little Boy" in honor of the Christ Child.

Who was that guy?

By Joe Haff

It happened that spring of 1958. I was in my senior year at The Ohio State University, enrolled in the School of Journalism. Part of my studies in Journalism was a course in Radio/Television reporting. The final assignment was to film a sports segment of at least 15 minutes long.

At that time, the Big Ten Golf Championships was being held on our famous Scarlet course. I would be broadcasting a 15 minute news show with my fraternity brother, Bill Hogan, doing the camera work. This should work perfectly with my assignment.

It turned out to be a beautiful day and Bill and I worked around the golf course. When we finished, I noted we were a few minutes short on our acceptable time and I got the idea as a capper on the show to interview the Ohio State captain, Marty Katula.

Marty did the interview and as we were chatting, he inquired if Bill and I were golfers. I replied that except with a few rounds at a par three course back in New Jersey and some miniature golf, not

really a serious player. Marty went on and asked the two of us to play a round with him and another player. To make it interesting, they would give us two strokes a hole in a friendly wager. Now my interest is peaked. Both Bill and I had been athletes in other sports, but I wondered how much more difficult could it be, and two strokes seemed more than enough. We settled on a date on the Scarlet course.

Several days later Bill and I show up. To play, we had to rent clubs and buy some balls. Shortly after we get there, Marty shows up with this kid he introduces as only "Jack." So we start out, me as usual topping a drive about 100 yards. Marty hits one over 250 and then Jack gets up and smokes it about 300 yards right down the center of the fairway.

I took one look at Bill and told him we were in big trouble. I don't remember the final score exactly, but I seem to recall vaguely winning one hole. Of course, I didn't know until later that I had become one of the many victims of Jack Nicklaus.

Sometime, about 10 years
(Continued on page 15)

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CULINARY CORNER

By Sidna Mitchell

Another pie instead of pumpkin

Usually for Thanksgiving and often for Christmas, folks have a pumpkin pie for dessert. After all, it's pumpkin season. However, for my Southern family we always had a pecan pie, or once in a while, we might also have an apple pie.

Of course, when we traveled about an hour from Memphis into Arkansas to the tiny town of Parkin to visit my great aunts for Thanksgiving, there was no doubt the pie would be pecan. Next

to their house was a small pecan grove. Often my family would gather up pecans before we headed back across the Mississippi River.

My mother adored Thanksgiving dinner in Parkin with Aunts Money, Dossier and Liz because there was usually some form of game in addition to a ham. In fact, I don't ever recall a turkey on the table. Aunt Liz's son-in-law Teeny – and he was a small man – usually provided something he had recently shot – pheasant, quail, duck, goose, or venison – or salmon or some other fish

he had caught. My father claimed he had to eat so much game growing up that he preferred the ham, as did I.

Aunt Money (Myrtle owned the local feed and general store) and Aunt Dossier (Zilpha) were always the ones hosting the dinner. Aunt Dossier was definitely the cook; Aunt Money brought supplies home from the store.

Back to the pecan pies. Aunt Dossier always made several pies and sometimes there was enough left over for us to take one home. Whenever I make a pecan pie for our Thanksgiving croquet group, I always want folks to take any leftovers home. However, this year I made an additional pie with some of those cranberries I had in the freezer.

Cranberry Pie

1 cup all-purpose flour
½ cup sugar
½ cup brownulated sugar
¼ teaspoon salt
2 cups fresh cranberries

Culinary Corner

1 cup chopped apples
1 cup chopped pecans
½ cup butter, melted
2 eggs, beaten
1 teaspoon vanilla extract

Preheat oven to 350 degrees.

Grease a nine-inch pie plate.

Combine the flour, sugars and salt.

Stir in the cranberries and pecans and toss to coat.

Stir in the butter, eggs and vanilla extract.

Spread the batter into the greased pie plate.

Bake at 350 degrees for 40 minutes or until a wooden toothpick inserted in the center comes out clean.

Serve with whipped cream or vanilla ice cream.

NOTE: This is easy to make and even tastes good warmed over for breakfast.

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

Trivia Fun

By Peter and Phyllis Braff

1. What is the favorite Halloween candy?

- A- Starburst
- B- Kit Kat
- C- Reeses Peanut Butter Cups

2. Who was the President before JFK?

- A- Eisenhower
- B- Ford
- C- Reagan

3. Who was the first president to be born in a hospital?

- A- James Monroe
- B- FDR
- C- Jimmy Carter

4. Which state has the most golf courses?

- A- California
- B- Florida
- C- Texas

Answers on page 16.

That guy?

(Continued from page 14)

later, I'm back in New Jersey and working for U.S. Envelope. That year the U.S. Open golf championship was being played at the Baltusrol Golf Course in Springfield. Our company had a hospitality suite at the Summit Hotel and I, being the local sales representative, had the assignment of taking our biggest customers to the golf match and then back to the hotel for some adult refreshments.

On Friday evening of the event, I was with several of our good customers, and after several visits to the bar, I saw Barbara Nicklaus and Winnie Palmer enter the restaurant. By this time, fortified with enough liquid courage, I explain to my customers that I have to say hello to my friend Barbara Nicklaus. One

thing in my favor was my wife at that time had been a sorority sister of Barbara at Ohio State. I was just introducing myself when I felt an imposing presence behind me. Who should it be but Jack Nicklaus and Arnold Palmer. After stumbling through an explanation of what I was doing there, I beat a hasty retreat to the bar and my customers. I completely forgot to bring up our first meeting.

Since then, I finally took up the game of golf and have been fortunate enough to play many courses throughout the United States and Canada. Also, four trips to Scotland playing in The International Four Ball Championship, and to England for many rounds. Never got under a ten handicap but I have shot my age several times. That's always a bucket list item with golfers.

In Memoriam



The Reverend Doctor Diedre L. Thomson

The Reverend Doctor Dierdre Thomson died at her home on Dorset Lane on Sept. 27. She was 86 years of age and had served for several years as pastor of the Rossmoor Community Church. She had lived in Rossmoor for many years and had good friends in this community.

Rev. Thomson was a graduate of Douglass College and the New Brunswick Theological Seminary, from which she received her Master of Divinity and Doctor of Divinity degrees. Over the years, she was active in New Jersey churches, serving as pastor, occasionally interim pastor, and also as chaplain to the Visiting Nurse Association.

She was predeceased by her husband, James Thomson, her daughter Elizabeth Puskas, and Elizabeth's husband, Frank. She is survived by her son, James Thomson, two daughters, Jeanne Thomson and Laura Burke, seven grandchildren and four great grandchildren.

Her funeral service was held at the Old Tennent Presbyterian Church, followed by interment at Old Tennent Cemetery.

New Neighbors

By Christina Smith, Resident Services Manager

Elisa and Carlos Cevallos, 550-O Sheldon Way, formerly of Elmhurst, N.Y.

Deborah Coletti, 306B Sharon Way, formerly of Edison, N.J.

Anthony and Denise Pona, 738A Victoria Court, formerly of Bayonne, N.J.

Maria Pellerano and Peter Montague, 509A Springfield Way, formerly of New Brunswick, N.J.

Zaida Johnson, 241N Mayflower Way, formerly of Orange, N.J.

Penny Clark and Raymond Noeding, 18B Rossmoor Drive, formerly of Monroe Twp, N.J.

Bengjunio Roman, 519A Revere Way, formerly of Bound Brook, N.J.

Edith Zimmerman and Gordon Zimmerman, 622A Windsor Way, formerly of N. Haledon, N.J.

Vallabh Kalariya and Gulab Kalariya, 148C Old Nassau Road, formerly of Old Bridge, N.J.

Georgeann Smith, 108B Hanover Lane, formerly of Staten Island, N.Y.



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Clubs and Organizations

The Floppy Disk

By Steven Gray

Why write about floppy disks? Aren't they obsolete? Not quite yet as you shall see. But first, a bit of history. The first commercial floppy disks were developed in the late '60s and became available in 1971. They were 8 inches and were truly "floppy." The 5-1/4

floppy came out in 1976 which held 360 KB. The early Apple computers (like the IIC) used this size as well as the early IBM types. IBM later introduced the dual-sided high-density floppy which held the massive amount of 1.2 MB, but it flopped. Around 1986 the 3-1/2 inch double density holding 720 KB, and later the high density holding 1.44 MB be-



The Rossmoor Computer Club hosted a very informative meeting with Charles Clarkson and Joel Schneider of the Senior Medicare Patrol. From left are Steven Gray, Ray O'Reilly, Charles Clarkson, Cathleen Norback, Barbara Boyer and Joel Schneider.

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came the industry standard. There were other manufacturers that used different encoding to produce higher density, but those never became very popular, probably due to the introduction of hard drives, but that is a different subject. Keep in mind that the 3-1/2 disk was basically enclosed within a hard plastic case with a sliding door to protect the floppy part itself, something the 5-1/4 disk could not do. The 5-1/4 disk pretty much disappeared by the mid-1990s.

Enough history, why aren't they obsolete? Blame industry for that. In the 1990s, hundreds of thousands of industrial machines were built around the infamous floppy and a huge amount of those cannot be converted to any other format. It is cheaper to continue using older machines than scrap them and start from scratch. Some ATMs, as well as some aviation tech, are prime examples. Eight-inch floppies are still the preferred

method for storage in an Air Force nuclear silo. In San Francisco, the computer that controls the Automatic Train Control System needs a floppy loaded on a daily basis. This is supposed to be updated in the near future. It's not just here, as the German Navy has four frigates that still use floppies, but those are due to be upgraded, and in Japan companies are no longer required to provide data on floppies as of January, 2024.

The agency I worked for also used 3-1/2 inch floppies as a backup. Those were finally phased out before 2010 (but not much before). Since we were dealing with sensitive personal data, we were sent an extensive list of how to destroy the data on those disks. Each one had to be formatted. Fun time as we no longer had disk drives. Next best was to take a strong magnet and go over the entire disk. I found it easier to just pull the case apart, pop out the metal ring in

the center, and run the floppy material through a paper shredder, thus rendering it totally unusable (why couldn't the think tank come up with that?).

Remember when AOL sent out floppy disks by the millions? If you needed a disk, you just reformatted it rather than going out and buying new ones. Now, if you want one, you are pretty much out of luck as all manufacturing of the floppy stopped in 2011. It is possible to find them, but why would you want to? For anyone who still has some lying around and you are not sure what is on those disks, I do have a USB powered floppy disk reader (3-1/2 inch only) and can bring it to the computer lab on request. Just keep in mind that a floppy that has lain around for many years may have degraded to the point where it is no longer readable. Aren't we all glad SSDs (solid state drives) have replaced the floppy drive? After all, if Microsoft still used floppy disks, using a special format so each disk would hold 1.68 MB rather than the usual 1.44 MB, you would only need about 3400 disks for Windows 10.

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Music Association supports MTHS scholarships with concert on Dec. 15

By Linda Bozowski

Rossmoor Music Association hopes that many residents and friends will celebrate the December holiday season with an exciting program being presented by the Monroe Township High Schol award-winning Percussion Ensemble. On Sunday, Dec. 15, at 3 p.m. the Meeting House will be filled with the sounds of fifteen (or more) instruments. Among them will be bongos and other drums, bells, triangles, a vibraphone, xylophone, piano and other exciting music makers, all being played with enthusiasm by our stellar percussionists.

Among the pieces to be presented are those celebrating Hanukkah, Christmas, and the winter season. Traditional and multi-national

selections will be in the program brochure and will offer a broad array of sounds that will be old and new. There will be no ticket fees for this performance. The contributions placed in donation jars at the welcome table will be part of the acknowledgement Rossmoor Music Association is making for its second year to scholarship awards to MTHS graduating music students. In Spring 2024, RMA proudly presented two \$250 awards to students, and would be pleased to offer even more in 2025 – the awards depend on you, our generous audience!

Please plan to join your friends and neighbors at this upcoming and exciting event. And while you're at the program, buy some Gift of Music cards - a small gift for a

friend or neighbor. These small gift cards may be used for admission to a future concert during the current Music Association season. They are available for \$15 each (cash) or \$15.49 (credit card), and colorful gift envelopes are included.

Upcoming performances

The season will resume in March 2025 with the following programs scheduled:

- Friday, March 21, 2025, 7:30 p.m.: Daurov and Shieh, Cello and piano
 - Sunday, April 6, 2025, 3:00 p.m.: Olga Vinokur, pianist
 - Sunday, April 27, 2025, 3:00 p.m.: Princeton Pro-Musica Chamber Ensemble
 - Friday, June 6, 2025, 7:30 p.m.: Shelest Piano Duo.
- Hope to see you at the concerts!



Julia Garguilo and grandfather Joe Conti after Julia performed for the I-A Club

Italian American Club news

By Tony Cardello

The officers of the Club extend their best wishes to all the members and their families for a safe, healthy and Merry Christmas. We hope Santa is good to each and every one of you.

Our annual Christmas party will be held on Saturday evening, Dec. 7, at 6 p.m., in the Ballroom. In-

cluded will be a buffet dinner catered by Tuscany of Old Bridge plus two servers. Entertainment will be provided by DJ and singer Ken Ryan.

There will not be a membership meeting or Bingo in the month of December.

The present slate of officers will continue to serve in the coming year, 2025.

Korean-American group members learn CPR

By Youngae Lee

On Oct. 21, there were two CPR classes for members of the Korean American group.

In two sessions, 14 members, 7 each, participated and tried to practice their best. This course was not easy for the elderly because chest compressions and rescue breathing should be performed kneeling down. Nevertheless, it is important to save lives by learning the

skills needed in an emergency.

In particular, the instructor taught them how to perform CPR on adults, children, and infants differently. As many members are grandparents, they fully paid attention to lectures to deal with unexpected situations while taking care of grandchildren.

According to the lecturer, only a small number of residents have taken the course

compared to the 2,300 households living in this community.

All attendees received a book with detailed explanations and pictures. The instructor encouraged them to practice at home from time to time, so that they would not forget it.

Even though it was very hard work, everyone agreed that it was a valuable opportunity to have.



The attendees received training to assist adults



The team learns how to help infants

Dance Club news

By Louise Intindoli

The Dance Club had a howling good time at the annual Halloween Dance on Oct. 26. Many attendees were in spirit with wonderful costumes. A parade of those in costume resulted in several prizes for most creative ideas. Peter Lieberman once again provided an evening of haunting music to dance to.

December is our hiatus month, giving all a chance to celebrate the very busy season. The Dance Club will be back in force in January 2025. A full list of dates and times for 2025 will be available in the January issue of the Rossmoor News.

We wish all a very happy New Year and will see you all on the dance floor in January.



Al and Joy MacVicar at the Halloween dance.

December 21 marks winter solstice

(Continued from page 1)


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 in such a way 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 of Diwali.



Reminder
Please Pick
Up After
Your Dog.



The birthday girls of Mutual 4B are, from left, Lynda Smythe, Elena Chalcraft, Lori Moses, and Terri Benetti.

Ladies of Mutual 4B

By Youngae Lee

On Oct. 16, the Mutual 4B Ladies monthly meeting was held. This gathering of about 20 people is an enviable gathering.

It has been a long time since Pat Egan arranged the Ladies Group at Mutual 4B. This gathering is meaningful to help neighbors and those in need, and to celebrate joyful occasions together.

In particular, we celebrate birthdays every month, sharing homemade cakes.

In November, considering the busy schedule of Thanksgiving, we decided to plan and prepare for a Christmas party on Dec. 18 at the Gallery in the Clubhouse.

We welcome all our neighbors who live in 4B and hope that many will attend the December party.

If you have any inquiry about this group, please contact Pat Egan at 908-812-1428.

SPORTS

Croquet Club Halloween play

By Mary Jane Brubaker

There were some strange and spooky sightings on the croquet court as players adopted alternate personas for the annual "Halloween Play" on Oct. 25. Having entirely too much fun on the court are the Great Pumpkin (aka Barbara Jensen), the Evil Harlequin Jester (aka Alyce Owens), and the Wicked Witch (aka Rebecca Redington).



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

Good will to all - a month of meaningful holidays

By Shlomoh Sherman

December was so named because this was the tenth month on the calendar when the Roman year started in March. In 153 BCE, the Roman senate changed the beginning of the year to January since that month is named after the god of beginnings, Janus.

The eight-day Jewish celebration known as *Hanukkah* commemorates the rededication during the second century B.C.E. of the Second Temple in Jerusalem, where Jews rose up against their Greek-Syrian oppressors in the Maccabean Revolt. *Hanukkah*, which means "dedication" in Hebrew, begins on the 25th of *Kislev* on the Hebrew calendar and usually falls in November or December. Sometimes called the Festival of Lights, the holiday is celebrated with the lighting of the *Menorah*, traditional foods, and gifts.

The Miracle of *Hanukkah*, not mentioned in the book of *Maccabees*, is the central part of this Jewish holiday. It tells the story of how a small

amount of oil miraculously lasted eight days to light the *Menorah* in the Temple in Jerusalem. Ignoring this miracle is one reason that *Maccabees* is not included in our bibles.

Hanukkah 2024 begins on the evening of Wednesday, Dec. 25, 2024, and ends on

the evening of Thursday, Jan. 2, 2025. This year it coincides with both Christmas and New Year's Eve and New Year's Day.

I wish all my Rossmoor and Facebook family and friends a joyous *Hanukkah* and Christmas.

Jewish Congregations happenings

2 Rossmoor Drive, Monroe Township, N.J.



By Adrienne Brotman

Sabbath Services

Friday, Dec. 6 and Friday, Dec. 20

7:15 p.m. Meeting House

All Welcome

Dec. 20 please join us in celebrating Lyn and Morty Wall's 65th Wedding Anniversary.

Hanukkah Party

Friday, Dec. 27

4:30 p.m. Ballroom

Deli Sandwiches, latkes, salads, desserts, and beverages

Members \$26, Non-Members \$36

Contact Barbara 973 476-5702 for more information.

Zoom Hanukkah Candle Lighting

Monday, Dec. 30

If you would like more information about the congregation, contact President Cindy Sigl at 908 962-2754.



The Jewish Congregation donates three wagons full of food donations from the Rossmoor community. Thanks go to everyone who donated to this wonderful cause.

Golf Course updates

By Terre Martin

A clear windshear covering was installed around two thirds of the pavilion so gathering outside after the round to watch golf and football can continue through the fall and beyond.

The renovation project will begin on hole #11. The renovation project will include the following:

- A complete redo of the left

fairway bunker, making it a bit smaller and moving it further to the right of its current location.

- Removal of the right side fairway bunker as well as the tree to the right of it.

- The grass area that was once rough in between the two fairway bunkers will be cut down and become fairway moving forward.

- A new fairway bunker will

be built just off of the fairway on the right, approximately 50 or so yards from the green.

- The front greenside bunkers on the right and left side will be cleaned out and refreshed with new sand and drainage.

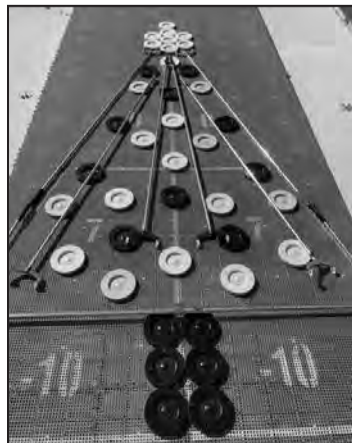
- The rear right bunker will be removed and a grass hollow will take its place.

- The tree that is near the left greenside bunker is scheduled to be trimmed back on the sides, narrowing it up.

2025 renewal of membership dues

Membership applications for the 2025 season, which begins on Jan. 1, will be mailed out the last week of November. Applications and payment for the 2025 season are due back to the Pro Shop by Jan. 31, 2025. If, for some reason you do not receive an application in the mail, please contact the Pro Shop and one will immediately be

(Continued on page 19)



Happy
Holidays
from the
Rossmoor
Shuffleboard
members

HEALTH CARE CENTER NEWS

Submitted by Elizabeth Caruso, MSN, RN, COHN-S,
Nurse Manager Community Health Services,

Strategies for managing COPD symptoms and enhancing quality of life

Chronic Obstructive Pulmonary Disease (COPD) is a common and serious lung condition that primarily affects seniors. COPD-related conditions, including chronic bronchitis, and emphysema, which cause breathing difficulties, can make getting through each day quite a chore.

No question about it: It's terribly difficult to concentrate on the fun side of life when you are struggling to breathe. On the positive side, if you manage your condition properly with the help of your doctors, you can maintain a good quality of life.

Understanding COPD

COPD is usually caused by long-term exposure to irritants that damage the lungs. Exposure to cigarette smoke is a common culprit, but exposure to chemical fumes, air pollution, and even dust over your lifetime can contribute to COPD. Further, genetics can play a role, too. This is why some people develop COPD even though they haven't smoked a day in their lives, or quit many years ago.

Symptoms and Diagnosis

The most common symptoms of COPD include shortness of breath, chronic cough, and wheezing. COPD sufferers also contract frequent respiratory infections.

Walking and climbing stairs can become difficult for COPD sufferers as symptoms tend to worsen over time.

Think you may have COPD? A simple lung function test, called a spirometry test, which is typically performed during a visit to the pulmonologist, can confirm diagnosis as quickly as it can rule COPD out! The key point here is this: the sooner COPD is diagnosed, the easier it will be for you to manage the disease.

Managing COPD

Even though there is not yet a cure for COPD, you can make lifestyle changes and take medication to manage the symptoms and, hopefully, slow disease progression.

- **Quit Smoking:** The most critical step in managing COPD is to quit smoking. Continuing to smoke will accelerate lung damage and worsen symptoms. If quitting seems difficult, seek support through smoking cessation programs, which can provide guidance and resources.
- **Medication:** There are several medications your doctor may prescribe to help control symptoms. These include bronchodilators, which relax the muscles around the airways,

and inhaled steroids, which reduce inflammation.

- **Oxygen Therapy:** For some seniors with advanced COPD, oxygen therapy may be necessary. This treatment helps maintain adequate oxygen levels in the blood, reducing

shortness of breath and allowing for better activity levels.

- **Pulmonary Rehabilitation:** This program combines exercise, education, and support to help improve your ability to breathe and stay active. Pulmonary rehabilitation has been shown to enhance the quality of life and reduce symptoms in people with COPD.

Are you wondering whether vaccines hurt or help our COPD? The answer is that people with COPD contract respiratory infections more easily than those without the

condition. These infections exacerbate COPD symptoms. Therefore, stay up to date on all vaccines – including flu and pneumonia – to reduce the risk of getting a respiratory infection. Living with COPD can be challenging, but with the right approach, seniors can manage their symptoms and maintain a fulfilling life. It's essential to work closely with healthcare providers to create a personalized management plan, stay active, and make healthy lifestyle choices. By taking these steps, seniors with COPD can enhance their quality of life and continue to enjoy their golden years.



Monroe Township Cultural Arts Commissioner Cathleen Norback (Rossmoor) and Associate Angela DeNitto (Encore) attended the Monroe Township Green Fair 2024. Photo by Kyle Johanesson

Golf Course

(Continued from page 18) mailed to you.

In closing, The Rossmoor Team would like to extend our gratitude to all of our long-standing members, our newest members, and the residents of Rossmoor for all of your support and loyalty. We wish everyone a safe and happy holiday season with

friends and family.

Bookmark our website page

During days of inclement weather and to find out the current updates for the range and cart rules of the day, please visit rcainj.com and click golf course and then click daily conditions.

If you have any questions, please contact the Pro Shop 609-655-3182.

A small diversion on the baseball field

By Allen Kobezak

During the Great Depression in the 20th century, our nation experienced a long economic downturn and stock market crash. It caused business failures and bank closures, leaving about one-fourth of our labor force out of work, with their future looking grim.

However, major league baseball continued in the middle of hard times. Even with ticket prices reduced, attendance shrank to about 50% of the pre-depression years. But the people who could still afford to attend the games in the big parks could still see the likes of Babe Ruth and Lou Gehrig hit balls out of the park.

Baseball was also America's pastime for people who could not afford to see a major league game. Even before the Depression in the eastern cities, there were Textile Leagues composed of company employees who continued to play even after their jobs were gone. In rural America, there were town teams using sand-filled grain sacks for bases and chicken wire for backstops.

They all needed an outlet to forget about this crisis that they had no way to control. And their friends and neighbors needed to occupy their minds with something other than their troubles for a

(Continued on page 20)

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Baseball

(Continued from page 19)
few hours.

This story is about a baseball game between two amateur teams that were identical in one way. Each team had a roster consisting of only brothers playing every position. The game they played was the All Brothers Baseball Championship in Wichita, Kansas.

The Deike brothers of Hye, Texas, were one of those teams. They lived in a small farm community with a few hundred people.

Fritz Deike, the father of the all-brothers team, owned the baseball field where the team played. But calling it a baseball field might be misleading. It was actually a multi-use field.

On the ball team's off days, Fritz's flock of sheep grazed the meadow. They kept the grass short enough for play without mowing.

The field did not have grandstands, so fans brought their picnic lunches and spread their blankets anywhere they could find a clean, open space on a Sunday afternoon.

The team the Deike brothers fielded was a hard-playing bunch who pitched, caught, and hit the ball well. Theirs was the team the other town teams in the area hoped to beat.

Before Victor, the family's youngest boy, was old enough to play with his brothers, the team recruited outside the Deike family to complete the team.

One of these out-of-family players would become a well-known major leaguer. But it would be in a different sport, the game of politics. As a baseball player, Lyndon Baines Johnson was a tall, thin teenager who was a good fielder and reliable hitter. However, as a teammate, he was hard to get along with and always wanted to be the center of attention. Nevertheless, LBJ is only a minor sideline in this story.

You may have heard the story about the traveling salesman. This story also involves a traveling salesman who worked for the Nueces Coffee Company. The salesman passed through Hye, Texas, heard about the Deike brothers' baseball team, and had the spark of an idea that would become the All Brothers Baseball Championship.

This would be an excellent way to promote the coffee company, which would pay for all expenses, including team uniforms. This Texas team couldn't afford uniforms, and taking a team photo wearing them would be one of their proudest moments.

The only thing missing in the plan was another baseball team with enough brothers to field against the Deikes. The search lasted several weeks and ended with the ten Stanczak brothers from Waukegan, Illinois.

The youngest Stanczak player was 20, while two Deikes were 14- and 16-year-olds. On paper, the Stanczaks appeared to be the better team. The city team had the reputation as the best all-brothers team, winning several amateur league tournaments. One brother even had a major league team interested in him. It appeared that God might also be a fan of the Stanczaks, with one of his servants, Father Michael Stanczak, playing third base.

The game was held on Aug. 18, 1935, following the National Baseball Congress World Series semi-pro evening game in Wichita's Lawrence Stadium.

The underdog Texas team had never played under the lights before, but they came out swinging, taking a 3-0 lead in the first inning. If this was a fictional story with fictional players, we all know the underdog would win every time.

However, the Stanczak brothers ended the second inning with seven runs of their own and never looked back. They won the All Brothers Baseball Championship 11-5 over the Deike brothers.

No matter the outcome, this game was important because it created a distraction for the players and fans who needed to forget about what tomorrow might bring. This was only one small diversion on the baseball field that helped our nation's people endure the Great Depression of the 20th century.

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- 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.)
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