



Rossmoor IN News



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February 2018

Focus on: Groups and Clubs Rugs: from pigs to pictures to peacocks

By Jean Houvener

Every Thursday, beginning at 9 a.m. and continuing until 2 p.m., up to 30 women gather, usually in the Gallery, to hook rugs. Officially, The Rug Hooking Artisans of Rossmoor, they come and go as is convenient for them, often bringing a lunch for themselves, and always with coffee and refreshments provided each week by two members, under a system of rota that permits everyone to share the task.

Long-time rug hookers Jan Levitt and Laura Setzer founded the group in 2010, starting with 10 people who wanted to learn how to do rug hooking. They all worked on the same project, learning together the basic techniques, with Jan and Laura teaching them. Since then the group has grown to their current number and learned more nuanced techniques of shading and design. There is always someone to work with any new members, showing them how to do the craft and giving advice. Almost all the members of the group have learned their craft this way.

Since the beginning, Linda Neary has been the backbone and organizer for the group, as well as becoming a teacher and adviser for newcomers.

Kits are for sale for anyone, with the beginning kit costing \$80, which provides pattern, background (linen or monk's cloth), wool, hook, and a simple hoop. Eventually most rug hookers graduate to a larger frame. Rug hooking supplies and kits are available at craft shops and online. There are also professionals who make their kits available to the group. The group shares wool as they finish projects or have extra.

Some members of the group do their own dying of wool, including special techniques for variegated even iridescent as well as solid colors. They make these supplies available for purchase to fellow hookers. There are also magazines available, complete with patterns for designs. The groups used to cut their wool by hand, but now have a cutter, which makes the job easier

and more uniform. The group also has a light box for transferring a pattern onto the background fabric.

In addition to purchasing wool from retailers, wool can be cut from clothes, especially skirts, or blankets found in thrift shops or online from Etsy or eBay. Sometimes wool clothes or wool pieces are donated to the group. Wool is difficult to find now for sewing clothing, having become too expensive, but members have found many ways to get the wool they need in the colors they want.

Patterns can be found in magazines, online, or created custom from photographs or other media. The frames are often recycled among the members as they decide they want to try a bigger or differently designed frame. There are many different sizes and shapes. Some

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Another of our beautiful Rossmoor trees

It's Fire election time. Please vote!

By Joe Haff, Fire Commissioner

The annual Monroe Township Fire Department Election will be held on Saturday, Feb. 17, between 2 and 9 p.m. in the Gallery in the Clubhouse. This election is to approve the 2018 fiscal budget and vote for two commissioners, who will serve three-year terms.

At this time, the two incumbent commissioners, Joel Kaplan and Gerry Kaplan are

the only ones on the ballot. Both have extended service on the Board of Fire Commissioners. Joel is a retired New York City fireman, while Gerry served in the Manalapan fire company. Both are residents of Regency.

Despite having several large expenditures in the near future, the Board of Fire Commissioners has held the budget to only a 5-cent increase for this year. The increase is caused by higher hospitalization insurance costs and yearly salary increases for our force of 33 firefighters.

During this coming year, we are planning to replace the aging firehouse on Schoolhouse Road. The old firehouse was originally a Department of Public Works facility. That building was demolished and the firehouse was constructed on that site in 1987. Due to the age of this facility new equipment would be too large to be accommodated there. We

(Continued on page 2)

About Bill

By Bob Huber

Just three days before this past Christmas, Rossmoor lost one of its shining stars, and I lost a close friend and a brilliant collaborator. Bill Strecker died at the age of 64 from a massive heart attack.

During all my years associated with the entertainment business, I never met anyone quite like Bill: he sang, he played several instruments, he composed and arranged music, he toured the United States and Europe with his own bands and he produced popular CDs featuring his own songs. He was also a talented visual artist. But most of all, Bill was the ultimate showman and motivator who approached everything he did with unbridled enthusiasm.

In his youth, Bill was recognized as one of the best young tenors in the country. He was headed for a promising career as a concert vocalist, but a tragic automobile accident nearly took his life. He lay in a coma for weeks. After recovery, his voice had changed, and he found he was better suited for the pop field rather than the concert stage, and a new career was born, a very successful career.

After settling in Rossmoor, Bill joined the Players and added acting and directing to his resume. He also formed a jazz group and persuaded me to sign on as keyboardist, something I had not expected to be doing at the tender age of 90. Nor did I expect to be collaborating

with Bill on three highly successful musical comedies. People were calling us the Rogers and Hammerstein of Rossmoor.

Bill's day job was president of Strecker & Son, designers and builders of massive landscape projects for New Jer-

(Continued on page 2)



Bob Huber, left, and Bill Strecker at the piano composing the music for a play.

Action Required

Each Manor will be mailed a "Survey of Age Verification." Residents are required, every two years, to fill out, sign, and return this form to Administration. The survey can be dropped off at Rossmoor Village Center or the Clubhouse, deposited in any of the RCAI Payment Boxes, or mailed, to be received no later than February 28, 2018. Details can be found in the letter accompanying the form.

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at the governors' meeting



January 18, 2018, Board of Governors Meeting

Daniel Jolly, RCAI president, opened the Board of Governors meeting at 9 a.m. with the Pledge of Allegiance.

There were no Standing Committee Meetings this month.

Mr. McQuade stated there

was a \$240,000 surplus of the budget as of November 30, 2017, but final numbers were not in from the last snow removal.

The next golf course committee meeting will be held February 6, 2018.

Mr. Jolly recognized the following employees for their

years of service: Debbie Soden, Administration, 15 years; Bob Buskett, Maintenance, 15 years; Jane Balmer, Administration, 15 years; Darren Nemow, Maintenance, 20 years; Christine Parr, Administration, 25 years and Sebrina Jinks, Clubhouse, 35 years

We've lost a friend: Bill Strecker

By Carol De Haan

Bill Strecker moved to Rossmoor in February, 2012. He went to God on Dec. 22, 2017. In the nearly six years he lived with us, the joy he brought to this community cannot be measured.

One of the first things he did was to join The Players, that sparkling group of smart, talented people that brightens up our lives with their performances. What Bill brought to the group was the kindness that shone from his eyes, his energy, his high spirits, his never-failing sense of fun, his guitar and his music – that glorious music, Music, MUSIC.

He teamed up with our Emmy-award winning playwright, Bob Huber. Together they wrote musical comedies that filled the Meeting House theater with standing-room-only crowds. His music was lyrical, toe-tapping. His audiences loved it. Often, Bill acted in a play, always a big, funny, happy character, fre-

quently in coveralls like a Midwestern farmer.

In his day-to-day life, Bill was a landscape designer. In his spare time, he was a professional recording artist. In evenings and on weekends, he collaborated with Bob Huber to write musical comedies for our enjoyment.

Then there were the musical evenings at Sal's Deli. Bill and his small ensemble set up their equipment in one corner of the Deli. The rest of

us ordered sandwiches and pizza and we sang and swayed and sometimes danced to Bill's original compositions. At the end of the evening, we went home smiling and happy in the warmth he had created.

Bill was only 64, a youngster compared with many of us. We needed him for many more years.

We loved you, good buddy. Rest in peace.

About Bill

(Continued from page 1)

sey's elite. Never one to be a desk jockey, he was on the job site every day with his crew, muddy boots and all, early in the morning till late at night.

This past holiday season Bill took on an additional project as a member of the cast of the McCarter Theatre's production of "A Christmas Carol."

It's fair to ask, when did Bill

rest? The answer is seldom: a few hours of sleep at night and, perhaps, a short nap before dinner, if he could squeeze it in.

I'm reminded of Edna St. Vincent Millay's short poem: *My candle burns at both its ends.*

It will not last the night.

But ah my foes and oh my friends.

It gives a lovely light.

Rest easy, Bill. No one deserves it more than you.

Open RCAI Meetings in February

Thursday, Feb. 8

Standing Committee Meetings 9 a.m.

Maintenance Committee

Community Affairs Committee

Finance Committee

Thursday, Feb. 15

Board of Governors Meeting 9 a.m.

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

Please watch Channel 26 for any changes or cancellations.

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

Bits & Pieces

Sue Ortiz

It's February – and, you know what that means – it's Valentine's Day and all that palaver! If you celebrate the occasion, you will find that love is in the air and everything is hearts, hearts, and more hearts. I was in Stop & Shop a few days before Christmas, and the candy aisle was equally divided between Christmas candy and Valentine's Day candy. (There was even some Easter candy, too!)

My Mom collected hearts: necklaces with heart pendants, heart-shaped pins, rings with gemstones cut into faceted hearts, Christmas heart ornaments, heart-shaped throw pillows, as well as T-shirts and sweatshirts embellished with embroidered hearts. Let's just say, hearts were her trademark.

But, heart shapes can be found anywhere. I once gave my Mom a poster filled with photographs of random heart shapes found in nature. Since then, I began noticing hearts in the oddest of places.

As the snow melted from the big freeze last month, one small patch of grass appeared in the shape of a heart. I had to take a picture of it while it was still visible. After finding the perfect parking space at Hamilton Marketplace, I opened my car door, looked down, and saw a gray wad of chewing gum that had been long-ago pressed into the macadam – into the shape of a heart! Snap...another photo! Opening a fresh can of Pringles potato chips, I was greeted by a chip with a heart-shaped hole in the middle. I kept it and would like to preserve it, somehow. I took a Caribbean cruise once (on my one foray outside my comfort zone). Wandering along the sandy shore of

Labadee, I found a perfect heart-shaped rock among the indigenous flora. Because of local laws, I had to leave it where it I found it, but I did take a photo of it.

I have also seen hearts in flowers, puddles, tree branches, and the like. If I have a camera with me, I will snap a photo; if not, then I commit it to memory. Start looking ... you will find them, too.

So, if hearts indicate love, then love is everywhere! But, then, why is there so much negativity in this world? Everybody is always fighting, arguing, or hurting ... from we humans to wee ants. Can't we all just get along?

Here's a little experiment: Try to use only positive words in your speech and writing. You will find that it takes a lot of effort to rearrange your words. But, maybe, just maybe, your determination will start a crusade around the world!

B&P

If you should find a small, knitted or crocheted heart connected to a small tag, please pick it up. It was handmade for YOU! The tag will contain an uplifting message from www.ThePeytonHeartProject.org. The Peyton Heart Project is a global project created to help end suicide and bullying and the stigma surrounding mental health issues. Each heart is made by hand (even I have made them), then placed in various locations to let the finder know that all lives matter.

B&P

The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart. – Helen Keller (American author, 1880-1968)

Fire election

(Continued from page 1)

are presently scheduling construction on the new house in the spring of 2019. By then, we will be retiring the bond issued for the firehouse on Centre Drive, thus not creating any large amount to be placed on the budget.

We are also planning to buy a new fire truck to replace our present equipment that is 26 years old. This new equipment has an 11- to 12-month lead-time from purchase to delivery. All new fire trucks are purchased with

almost all the attachments done as an as need selection.

We sincerely hope we get a nice turnout to vote this year. This has not been the case in the past. Of the approximately 3,000 registered voters in Rossmoor, only 103 voted in this election last year and the weather was perfect. If you expect to have difficulty getting over to the Clubhouse to vote, I suggest using an absentee ballot. Applications can be picked up at the E&R office. Fill out the application, mail it in, and you will receive ballots in the mail for all the coming elections.



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news items from outside organizations will be considered as space permits. All copy and pictures are subject to editing and are accepted with this understanding.

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

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February 14 is Valentine's Day

By Anne Rotholz

Valentine's Day began as a liturgical celebration, the Feast of St. Valentine. It was set up to honor one or maybe as many as three early Christian martyrs named Valentinus. Most of the information that we have from the early days of the Christian Church came by way of stories passed down orally from one generation to the next, so we have to expect discrepancies.

Catholic liturgists were aware of this when in 1969 they removed the feast from the general liturgical calendar and relegated it to celebration at the local level. It is still celebrated on Feb. 14 by the Anglican Communion and by the Lutheran Church.

Who was Valentinus? One tradition tells us that he was a priest who lived in third century Rome when Claudius II was emperor. At that time fierce wolves were known to inhabit the woods around Rome. The Romans believed that their god, Lupercus, would save them from the wolves. To show their gratitude for his help they established a festival, Lupercalia, in his honor. It was to be celebrated on Feb. 15 each year.

On the eve of Lupercalia it was customary for young Roman girls to write their names on slips of paper and to put them in a jar. Young men then came by and drew a name from the jar. The girl thus chosen would be the young man's sweetheart for the next year. Emperor Claudius forbade young soldiers to take part, fearing that having a girlfriend or a wife would be a distraction for them.

Valentinus defied the emperor by encouraging the soldiers to participate in the custom and he even married some of them. Valentinus was arrested, imprisoned and put to death on Feb. 14, the eve of Lupercalia. The anniversary of his death was chosen as a day to celebrate his life and to remind everyone that love is a precious gift.

Another tradition tells us that a second Valentinus, who was a Bishop in Termini in central Italy around the same time, was martyred for his faith the same day.

A third Valentinus preached in the Roman Province in North Africa. He, too, became a martyr. Though legends describe three people who had the name Valentinus, it is widely believed that they are one and the same person.

In later centuries we get more concrete information about Valentine's Day. An early connection between Valentine's Day and romantic love is found in the Middle Ages in the poetry of Chaucer. He writes about it in the context of courtly love. This chivalrous love, expressed between members of the nobility, was not necessarily between husband and wife.

The earliest surviving Val-

entine is a French poem written in 1415 by the Duke of Orleans while he was a prisoner in the Tower of London. The poem expresses his love for his wife whom he calls "my very gentle Valentine."

The first English Valentine was a letter written in 1477 by Margery Brewes to her future husband, British nobleman John Paston, in which she calls him "My right well-beloved Valentine."

In 18th Century England it became customary for lovers to express their love by giving greeting cards and flowers or candy. The cards were hand-made and usually had an original verse and a romantic sketch.

In 1797 "The Young Man's Valentine Writer" was published in England. This book was a compilation of sentimental verses for young lovers who could not write their own. By the end of the 18th century, printers were producing Valentine cards with verses and pictures.

In the early 19th century decorative Valentines made with flowers, ribbons and paper lace were so popular in England that they had to be produced in factories. Later, cards were mass produced and sent by mail, sometimes anonymously.



Valentine cards were introduced to the U.S. around the middle of the 19th century. Esther Hancock, who lived in Worcester, Mass. worked with her father in his stationery store. The story goes that she received a Valentine card from a friend of her father, a man who was living in England. The card inspired her to start her own line of Valentines. In the ensuing years her business became extremely successful.

In recent years it has become customary to send Valentines to family members other than one's spouse. This called for the production of a whole new range of Valentine cards. Gifts of candy, jewelry, flowers and meals at restaurants have also become very popular.

In the U.S., more than 190 million cards are sent each year. Millions of e-cards are also sent.

Valentine's Day has become so popular and so commercialized that people frequently refer to it as a Hallmark holiday.

Do I really need to change my password?

By Alex Monaco

The answer to the question is, it depends. The traditional thought on passwords was to make them unbreakable and unique, and change them often. This was considered a best practice for password management for businesses and was recommended for consumers as well.

As the Internet evolved and became consumer-centric there was an abundance of Internet sites requiring a password and ID. This evolved into a too common practice of using the same password for multiple sites to remember your passwords. Many different password-manager apps have been developed to help users manage their passwords. When used, these tools are very effective.

The tools do not solve the basic question of how often to change a password. The latest thought from most security experts is that few passwords need to be changed regularly. It is not your banking/financial accounts, but the social networking sites – Facebook, Internet Messaging, etc., that should be changed often, especially if you have many family members and friends using your computer.

Your banking/financial accounts, email, and computer accounts should have the most secure passwords, which should be different from each other. You only need to change them if you feel the password or the site you are using has been compromised. All other account

passwords could be similar if well secured. Your email account, unless it uses two-factor authentication, should also be changed often since it could be a goldmine for hackers.

Two-factor authentication is using something you know – your password, and something you have (it could be your fingerprint or, as in NCIS, a retina scan). A cell phone is something most people have and use, so a code received via text message is an effective second factor to ensure that only you can sign in to your account. Google/Gmail, Apple, Amazon Web Services, Facebook, PayPal, etc. now provide this facility.

A new rule of thumb for password management is to use a pass phrase of at least eight characters with a mix of upper and lower case, numbers, and punctuation. It should be difficult to guess, not contain any personal in-

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Susan B. Anthony celebrated

By Jean Houvener

On Feb. 15, 1820, Susan Brownell Anthony was born in Adams, Mass. Her parents, Daniel Anthony and Lucy Read had seven children, of whom Susan was the second. They were a Quaker family with strong beliefs in social justice and in the injustice of slavery. They were also active in the temperance movement. Two of her brothers moved to Kansas and took part in the anti-slavery movement there. One fought alongside John Brown. Her sister Mary, with whom she lived in old age, was also active in the women's suffrage movement. Their father encouraged all his children, girls and boys, to become self-sufficient and to find employment to support themselves.

Anthony became involved in the anti-slavery movement by age 16, collecting signatures for petitions opposing slavery. In the 1830s and early 1840s, Congress had passed various gag rules prohibiting the receipt of petitions opposing slavery. The abolitionist movement, with support from then Representative John Quincy Adams, opposed the pro-slavery rules by repeatedly sending anti-slavery petitions to Congress.

Anthony's family had moved to New York, settling on a farm near Rochester by 1845. She helped support her family, first by teaching at

a Quaker boarding school, and by age 28 she was the headmistress of the non-Quaker Canajoharie Academy. In the course of her teaching, she became aware that women were paid only a fraction of what men were paid for the same work. Equal pay for equal work became one of her social causes as a result.

While she was in Canajoharie, the Rochester Women's Rights Convention of 1848 was held in her parents' First Unitarian Church of Rochester, two weeks after the Seneca Falls Convention. While she was unable to attend either convention, she and her parents were excited about the discussions that took place. By 1850 she had returned to the family farm, initially running it so her father could pursue his insurance business, but eventually she shifted full time into her reform movements, supporting herself with speaking fees.

In 1851 she met Elizabeth



Susan Brownell Anthony

Cady Stanton, one of the organizers of the Seneca Falls Convention. Theirs was a partnership making the best use of both women's abilities. Stanton, with her ideas, would write the speeches that Anthony with her passion, energy, and determination would deliver. By 1861 Anthony had a room in the Stanton household, helping with the care and teaching of Stanton's growing family. Stanton said of their collaboration, "I forged the thunderbolts, she fired them."

In many areas, the two

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<http://www.state.nj.us/treasury/taxation/military/vetexemption.shtml>

Please note that (1) the website says that it may take up to 3 months for this to be processed, so don't wait until April 15 to submit it; and (2) you have to print the form, sign it, and then scan it as a pdf in order to submit it on line. If you submit it online, then you will get three emails: confirmation that you submitted it; confirmation Taxation received it; and then a claim number from Taxation.



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Susan B. Anthony

(Continued from page 5)

women increasingly found they needed to work to obtain women's rights. Both were active in the Temperance movement. A woman might succeed in divorcing a drunken husband, but she would often lose the right to her children. Likewise, a married woman had no rights over any property of her own.

When Anthony tried to speak at the statewide conventions for the Temperance movement and for the New York State Teachers' Association in which she remained active, she was refused the right to speak. When later she looked back on this, she said, "No advanced step taken by women has been so bitterly contested as that of speaking in public. For nothing which they have attempted, not even to secure the suffrage, have they been so abused, condemned, and antagonized." Among the ideas for which she was condemned were the education of boys and girls together and of the admission of black children to public schools and colleges.

Anthony's views on the treatment of black people went way beyond even most anti-slavery abolitionists. She envisioned a system of equal education and equal rights for all people, male or female, black or white. She was met with strong resis-

tance and even violence, having to be escorted from a meeting for her own protection even in Rochester, where rotten eggs and broken benches escalated to knives and pistols.

In 1863 she and Stanton formed the Women's Loyal National League to support the passage of the Thirteenth Amendment. Particularly with Anthony's organizational skill coordinating 2,000 signature collectors, the group presented petitions signed by 400,000 people supporting the abolition of slavery. It represented around 4% of the population of the northern states.

She and Stanton realized that for women to be respected they needed to have the right to vote, a movement that had lapsed during the Civil War. In 1866 the two women formed the National Women's Rights Convention, which later became the American Equal Rights Association. The organization supported equal rights, and especially the right to vote, for African-Americans and for all women. They first tried to have voting rights for women added to the 15th Amendment. Sadly, the support of abolitionists was lacking, many being concerned that with women's suffrage added to the amendment, it would not pass.

Anthony continued to lobby for women's rights, in particular for the rights of married women to have property, enter into contracts, and of

divorced women to retain custody of their children. She lectured tirelessly, giving between 75 and 100 lectures per year, travelling from town to town. Formed in 1869 by Anthony and others, the National Women's Suffrage Association urged women to vote in the 1872 presidential election. Anthony and many others attempted to do so, some successfully, others turned away at the polls.

She was arrested for voting in Rochester, N.Y., where she lived. The trial was highly celebrated. She lectured on the issue at all the local towns, and when the venue was moved to a neighboring area, she lectured there as well. The judge, Ward Hunt, refused to let her speak on her own behalf until after the verdict. At the end of the trial, he instructed the all-male jury to render a verdict of guilty, and issued a fine of \$100. Finally given her chance to speak, she continued over the judge's objections with a rousing speech in defense of women's right to vote. She refused to pay the fine levied, and the judge refused to pursue the case, since that would have given Anthony the right of appeal to the Supreme Court.

In 1878 Anthony and Stanton worked with Sen. Aaron Sargent (R-CA) to present what was known as the Anthony Amendment, the first effort to get an amendment passed for women's

suffrage, but it was defeated in the Senate. Ultimately becoming the 19th Amendment, the amendment was approved by Congress and ratified in 1920, over 40 years later and 14 years after Anthony's death of pneumo-

nia and heart failure at the age of 86. By this time some states had already given women the right to vote. Anthony did not live to see it finally approved, but all women owe her a debt of gratitude.

Spunky Old Broads' Month — as if they need validation

By Myra Danon

Inconspicuously positioned among many other celebrations in February is the observance of Spunky Old Broads Month. Although this event hasn't been memorialized on any Hallmark greeting card that I have seen, it is a significant holiday. Spunky old broads, (SOBs) are okay with quiet celebrations; they don't need to share the limelight with the other special days for which the shortest month of the year is known.

Some holidays need symbols to assure their place in the hearts and minds of folks. A really popular one that is advertised a full month before it shows up on the calendar, needs candy and flowers to testify to its importance, while another day of note displays an area that is abuzz with media and hordes of people as they wait in freezing weather just to glimpse one myopic rodent in Pennsyl-

vania. They even gave him a name. Wanting to promote business, advertising executives repeat their successful campaign to mark the month by promoting sales on washing machines in honor of a young boy's birthday because he took an ax to a fruit tree. Well, yes, they waited till he became the first president before they connected his birthday to laundry, but still... I'm not sure what president they were thinking of when they added mattresses to February sales, but history tells us there were quite a number of them who might have inspired that choice.

The MeToo Movement, not quiet by any means, will be celebrated regardless of what the calendar says, has added a different dimension to this special time. It was a long time coming before it reached this point and will continue for many months and years until it achieves

(Continued on page 7)

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Spunky

(Continued from page 6)

its goals. I propose this month be revised to Spunky Old and Young People everywhere.

SOB Month needs nothing but attitude from its celebrants. So that we know from whence this occasion came, I offer some definitions from a well-worn Random House Dictionary of each of these words that mark the day.

Spunky is what it sounds like; from the Scottish *spunkie*, it is defined as plucky, spirited, having spunk or mettle. Definition number two offers the

words *torchwood*, *tinder*, *punk*. I couldn't stop there, so, wanting to get all the information I could, I found *torchwood*, which is "wood converted into an easily ignitable substance by the action of certain fungi and used as tinder; punk." Not so different from spirited, is it? Onward to definitions of *punk*, one of which is "any prepared substance that will smolder or can be used to light fireworks, fuses, etc." The picture becomes clearer.

While checking out *broads*, I had to dig through 22 definitions before I found the one that most aptly defined it in the context of the holiday: "a woman." Several

theories have been offered as to its etymology, but the one that many researchers put forth is that it originated from the old American English term "*abroadwife*, the word for a woman (often a slave) away from her husband. The earliest use of the word suggests immorality, or coarse, low-class women. Because of the negative association coupled with the rise of women's athletics, the track and field broad jump was changed to the long jump around 1967. I imagine there was some spunk involved in making that decision. With the spotlight finally brightly shining on past and current events, I

would opine that a committee is already at work revising the word *broads* to reflect the enlightened attitude that awareness brings.

Spunky Old Broads Day was originated by Dr. Gayle Carson, CSP (certified speaking professional), CMC (certified management consultant), and admitted SOB. The stated goal is a celebration for women over 50 years old interested in living a regret-free life.

More and more women of mature age are visible in virtually every aspect of public life. Undoubtedly, they need to have more than a soupçon of spunk to even enter various profes-

sions; presumably they develop more as they progress into decision-making positions.

Most recently Oprah's impassioned declaration at an award event has had a resounding impact not limited to her fans in the entertainment field.

Crowds of spectators cheered on Brittany Reese, long jumper in the 2012 Summer Olympics, crowds are still cheering for Venus and Serena Williams. Years before that, Althea Gibson and Billie Jean King were acclaimed, especially when Billie Jean was the torchwood that extinguished Bobby Riggs' fuse in a well-publicized tennis match.

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Will Soohorang make an appearance on your TV Screen? A Winter Olympics preview

By Linda Bozowski

An animated white tiger named Soohorang has been identified as the mascot for the 2018 Winter Olympics scheduled to begin on Feb. 8 in PyeongChang, South Korea and continue through Sunday, February 25. Host country South Korea was the site of the 1988 Summer Olympic Games held in Seoul, and was selected in 2011 by the International Olympics Committee (IOC), topping Munich and Annecy, France. Tokyo will host the Summer Games in 2020, followed by Beijing in winter 2022, Paris in summer 2024 and Los Angeles in the summer of 2028. No location has been determined as yet for the 2026 Winter Olympics.

The upcoming Winter Games will feature 102 events, including six new competitions. Men's and women's big air snowboarding, team alpine skiing, men's and women's mass start speed

skating and mixed doubles curling have been added to the array of battles, while athletes show off their skills among seven different sports in total. The primary sports – biathlon, bobsledding, curling, ice hockey, luge, skating and skiing – are made up of 15 varied disciplines. Two hundred fifty-nine sets of medals have been cast for the winners in a design that features a texture resembling tree trunks and are embossed with letters from the Korean alphabet.

Top competing countries in the 2014 Winter Olympics held in Sochi were Russia, which won 33 medals. The U.S. came in second with 28, and Norway finished the competition with 26 medals. Since Russia will not be competing as a country this year, the final counts will certainly be different.

The U.S. athletes in hockey and figure skating are still being determined in competitions going on over

these last few weeks before the Games. The Winter Games in Sochi in 2014 were attended by 230 U.S. athletes, compared to the 558 athletes who competed in the Summer Games in Rio in 2016. Athletes representing the U.S. have already been identified for the biathlon, curling, luge, short track speedskating and snowboarding.

To accommodate the sports array, two primary venues are being utilized. The Mountain cluster at PyeongChang includes two sites – the Alpensia Sports Park, composed of seven centers for luge, ski jumping bobsledding and two other smaller parks where freestyle skiing, snowboarding and alpine ski events will take place. The Coastal cluster is located in the city of Gangneung. That city's Olympic Park will be the home for the ice hockey, curling, speed skating and figure skating events. Another venue at Catholic Kwandong University will be utilized as well.

Eighty-nine teams have qualified to participate in these Olympics. Athletes from Russia will not compete under their country's flag, but will participate under the IOC flag as Olympic Athletes from Russia. The doping violations have caused suspension of the Russian team, but athletes who were found to have not participated in the violations are being allowed to compete in their respective sports with no penalty. Russian government officials have been banned from attending the Games, and the country's anthem and flag will have no recognition. Although Russian government officials are unhappy about the IOC's determination, it was decided that the Games would not be boycotted and that clean athletes would be permitted to carry forth in their sports.

Two North Korean figure skaters qualified for the Games and will be permitted to cross the Demilitarized Zone (DMZ) to participate for their country.

Among the competitions that will be held and televised, speed skating leads the list with 14 events. Cross country skiing (12), Alpine skiing and biathlon (11 each), freestyle skiing and snowboarding (10 each), and short track speed skating (8 slots) lead the coverage list. Among those activities with less coverage are figure skating (5), ski jumping and luge (4 each), curling, bobsledding, and Nordic combined (3 each) and ice hockey (2 time-slots). Reportedly, because the Olympics occur during the NHL season, and the IOC has declined to provide financial support, the National Hockey League has declined to participate in the Winter Olympics. The IOC had, in past Olympic years, covered costs associated with the NHL players' participation.

(Continued on page 9)

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Autism Sunday

By Anne Rotholz

February 11, *Autism Sunday*, is an international day of prayer and support for those who have autism or Asperger's syndrome, for their families and for those who work with them. It originated in England in 2002. Parents of a teenager with autism spectrum disorder, Ivan and Charike Corea, organized the Autism Awareness Campaign in the U.K. and later set up this special day.

They urged leaders of religious organizations, churches, community groups

and world leaders to support those who are on the spectrum, their families and their caregivers. The second Sunday of February has been designated as *Autism Sunday*. It is widely observed around the world.

The Autism Spectrum (ASD) is a group of complex disorders of the brain that affects a child's physical, social and language skills. Symptoms range from mild to very severe. One in every 68 children born in the United States has this condi-

(Continued on page 11)

Winter Olympics

(Continued from page 8)

NBC has signed a lengthy agreement (through 2032) with the IOC for providing comprehensive television coverage of the events. A significant change is that NBC will be broadcasting live, so that viewers will not watch a previously taped event for which the results have already been announced. Long-time announcer Bob Costas will no longer fill the primetime anchor chair. Mike Tirico will take on that role in these games. Broadcast choices will include NBC, NBCSN, CNBC and USA Network. Live streaming or on-demand viewing will be available on NBCOlympics.com and on the NBC Sports app.

According to some sources, there are financial concerns, in that ticket sales have not met expectations. It is expected that sales will become more brisk as the dates approach, as they have for other venues over the years. Security is of concern to many persons as well, but is expected to be adequate. Some countries indicated hesitation about attending the Games, but it appears that concerns have been addressed.

The first two events, curling and ski jumping, will take place on Thursday, Feb. 8. The Opening Ceremony, full of pomp and circumstance and majesty, will take place and be broadcast on Friday, Feb. 9. Let's share our pride in our athletes.

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

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"Ask the G.M."
Questions posed to RCAI General Manager Jane Balmer by Rossmoor staff and residents.

Q: What RCAI projects are planned for 2018?

A: As you may recall, the RCAI Board of Governors approved an extension of the entry roof at the swimming pool to provide more shelter from the sun. Unfortunately, until the weather breaks this project cannot begin. We hope to have it ready when the pool opens, Memorial Day weekend.

In addition to the sun shelter, the 2018 Capital Budget approved by the RCAI Board of Governors at their November 2017 meeting includes

- Upgrades to Tees and Bunkers on the golf course;
- Purchase of a van, pick-up truck and a bobcat for the Maintenance Department' and
- Purchase of a new server for the E&R Department.

The Reserve Study includes the following for 2018:

- Repave the Village Center and Meeting House parking lots;
- Purchase some new equipment for the golf course;
- Start replacing the original heating/air conditioning systems in the Clubhouse and Meeting House over the next five years or so.

For most of these items you will not see a change, other than the enlarged sun shelter at the pool, and will only be replaced or purchased if necessary. Keep in mind prior to any of the items being purchased or replaced, the RCAI Board of Governors must approve each one after the staff establishes the need and researches the cost with several vendors/contractors.

Q: How many manors were sold in 2017?

A: There were 219 Membership Fees collected in 2017 or \$328,500. The amount of \$180,000 was deposited in the Reserve Fund and \$148,500 was deposited in the Capital Improvement Fund.

Every time there is a deed transfer, a \$1,500 membership fee is paid to RCAI. The first 120 closings or \$180,000 is deposited in the RCAI Reserve Fund to offset contributions. Membership Fees in excess of \$180,000 are deposited into the RCAI Capital Improvement Fund annually.

Q. What happens if a vehicle is left on a street, carport lane or driveway during snow removal operations?

A. It is imperative and the responsibility of all residents to know and participate in the snow removal procedure by

moving vehicles to ensure proper and complete snow removal from our streets, carport lanes, and driveways. Vehicles should be parked in residents' assigned carport spaces or garages. Second vehicles or guests' vehicles may be parked in the lower level of the Clubhouse parking lot.

Snow cannot be removed and road salt or ice melt cannot be applied in the area where a vehicle is left on a street, carport lane, parking space on a carport lane or in a driveway.

Because of the size of the Community, the miles of roads and carport lanes and the number of driveways, our contractor cannot return and remove the snow or apply road salt or ice melt where a vehicle had been parked during the snow removal efforts. It is the resident's responsibility to remove snow from the area where their or their guest's vehicle was parked and treat the area for ice.

Bob's Almanac

By Bob Huber

Most people seem to look at February as the bottom of the barrel: the holiday hoopla is over, professional football players have bashed their brains into spaghetti during the Super Bowl, and the first sign of spring, baseball spring training, won't begin in earnest for another month.

Actually, there's plenty going on in February, if you're willing to seek it out. There are at least 35 nationally recognized events vying for your attention, including Adopt a Rescued Rabbit Month, Grapefruit Month, Boost Your Self-Esteem Month and Return a Shopping Cart Month.


If that's not enough to

stimulate your corpuscles, there are individual days devoted to all sorts of things. In addition to Groundhog Day, which our local Rossmoor groundhog totally ignores, there is Abraham Lincoln's birthday on Feb. 12 and George Washington's birthday on Feb. 22. If that's a celebratory overload, you can acknowledge them both at the same time on February 17, which is Presidents' Day. And from the sublime to the ridiculous, how about Working Naked Day, or Sword Swallowing Day?


Of course, most of us will focus on Feb. 14, Valentine's Day, the day we acknowledge our love for the object of our affection with flowers, candy and mushy greeting cards. Like so many special occasions, the history of Valentine's Day is obscure. It's clouded by many fanciful legends, but most scholars believe it dates back to an ancient Roman fertility celebration. (It seems like all Roman celebrations involved fertility.) It was originally commemorated on Feb. 15. To further complicate matters, no one is absolutely certain which St. Valentine we're dealing with. There were several St. Valentines. Take your pick.

In any case, it was not until the 14th century that this feast day became definitively associated with love, and we have Geoffrey Chaucer to thank for that. In 1382, he wrote a poem to commemorate the first anniversary of England's King Richard's engagement to Anna of Bohemia. The poem read in part, "For this was St.

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Five documents at the core of an estate plan

[FINRA 8/23/2017]

Every estate plan is unique because of a particular family's circumstances. Still, most people share many primary objectives that may be reflected in five documents often found at the core of a plan.

If your current estate plan doesn't include these five items, you might need to fill the gaps. And if you don't yet have a comprehensive estate plan in place, it's probably time to make that a priority. Mortality can sneak up on anyone.

1. Financial power of attorney: A power of attorney is a legal document that authorizes another person to act on your behalf. A financial power of attorney enables the "attorney-in-fact"—the person specified to act for you—to conduct your financial affairs. Many states have a standard form for financial power of attorney.

Usually, the power of attorney is "durable," meaning that it remains in effect in the event you are incapacitated. But you

might use a non-durable power of attorney for specific purposes, such as to have someone manage your portfolio temporarily. Keep in mind that a power of attorney is enforceable only when it has been established before its creator becomes incompetent.

2. Health care power of attorney: Like a financial power of attorney, this authorizes a designated person to act on your behalf in the event you're unable to make your own decisions—in this case, about your medical care. This goes further than a living will, which generally applies only if you're terminally ill or on life support, based on the prevailing state law.

Your attorney-in-fact for a health care power of attorney needs to be someone you can trust to act in your best interests. Typically, that would be a spouse, a child, or another close family member. But you'll also need to name contingent and successor agents.

3. Health care directives: Although there are several other kinds of health care directives that you might include in your estate plan, the most common version is a living will. Without it, family members may be left in a quandary about end-of-life decisions involving your care. This can lead to turmoil and questions could even end up being decided in court.

Often a health care power of attorney is coordinated with a living will, or the two may be combined in a single document. Some states have forms combining these elements and reflecting other personal choices such as whether to donate your organs.

4. Will: No matter how sophisticated your estate plan is, you'll likely circle back to the need for a will to tie everything together. A will can be used for a wide range of purposes, including (but not limited to):

- Dividing your assets and allocating them to your beneficiaries;
- Naming guardians for your children;
- Achieving estate tax benefits;
- Arranging gifts to charity;
- Creating trusts for your beneficiaries;
- Excluding certain family members from inheriting your assets;
- Avoiding a lengthy probate process; and
- Thwarting potential legal challenges.

A will may refer to other documents in your estate plan. If you don't have a legally valid will and you die "intestate," your estate will be governed by the laws of the applicable state.

5. Revocable trusts: Finally, your estate plan may include more revocable trusts, which let you change terms based on future events or preferences. Such trusts are commonly called living trusts—or, more technically—inter vivos trusts—

because you create them while you are alive.

With a revocable living trust, you can transfer assets to the trust to be managed by a party you designate. The

(Continued on page 13)

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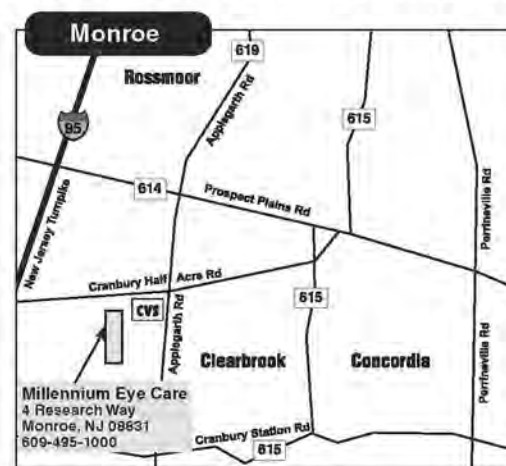
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Almanac

(Continued from page 10)

Valentine's Day, when every bird, cometh there to choose his mate." That was good enough for most people including Shakespeare, who mentioned it in "Hamlet," and the day has been associated with love and romance ever since. Even though meteorologically speaking, winter will have five more weeks to go, many people view Valentine's Day as the first harbinger of spring.

The truth is, February can be a fabulous month, if you're willing to give it a chance.

Autism Sunday

(Continued from page 9)

tion and it is four times more prevalent in boys than in girls. (Asperger's Syndrome is considered to be a less severe form of autism.)

There appears to be no one cause for the development of this condition. Research suggests that it is influenced by genetic or environmental factors or a combination of both. Most of us have someone either in the immediate or extended family who has some form of autism.

Autism Speaks, the world's largest autism advocacy program, was founded in the U.S. in 2005 by General Electric president Bob Wright and his wife, Suzanne, when their grandson was diagnosed with autism. *Autism Speaks* raises funds for research, autism awareness, and outreach to family programs.

Its logo is the puzzle piece which represents the mystery and the complexity of the disorder. Bright colors are associated with autism, especially bright blue which is considered to be a color of hope.

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New Neighbors



By Christina Smith, Resident Services manager

Gail Staiti, 372C New Bedford Lane, formerly of Brooklyn, N.Y.

Wanda A. Darden, 363B Old Nassau Road, formerly of Newark, N.J.

Christopher and Cathryn Donohue, 357C New Haven Way, formerly of Helmetta, N.J.

Daniel and Carmela D'Amato, 672A Windgate Court, formerly of Staten Island, N.Y.

Deuk and Hyeong Chun, 7C Old Nassau Road, formerly of East Brunswick, N.J.

Holly Faas, 11A Village Mall, formerly of Monroe Twp., N.J.

Marie Gardere, 492N Somerset Lane, formerly of Monroe Twp., N.J.

Ivette Aguayo, 68-O Gloucester Way, formerly of Monroe Twp., N.J.

Chung and Kyung Kim, 105N Old Nassau Road, formerly of Monroe Twp., N.J.

Priscilla Michelle Saxer, 552-O Tilton Way, formerly of Hamden, Conn.

(s)milestones

70th wedding anniversary

By Will Avgerakis

In January, Thomas and Florence Avgerakis will celebrate their 70th wedding anniversary. When asked about their success in marriage their response was simple: "patience, honesty and a passionate commitment to share their lives completely."

They have two children, George and Will, five grandchildren and two great-grandchildren.

They have lived here for over 23 years and look forward to many more.

Tom is a dedicated wood carver of all kinds of birds. His favorite is the robin but his prize effort is the eagle. He loves history and reads many biographies.

Florence is in the knitting club and an avid reader of romance novels.

Florence and Roger deBoissier and Doreen Rose, 607B Winchester Lane, formerly of Staten Island, N.Y.

Jun and Joon Kim/Chang, 426N Redding Lane, formerly of Middletown, N.J.

Patricia Brophy, 679A Yarrowborough Way, formerly of North Brunswick, N.J.

Eva Marie Turk, 688A Old Nassau Road, formerly of Staten Island, N.Y.

George and Nancy Klosek, 275B Milford Lane, formerly of Cherry Hill, N.J.

Kinga Flynn and William Weisman, 238B Mystic Lane, formerly of Freehold, N.J.

Nicholas and Lynn Alfano, 139C Plymouth Lane, formerly of Rahway, N.J.

Barbara L. Calvanelli, 340D Narragansett Lane, formerly of Rocky Hill, N.J.

Stephen and Jeanette

Biehl, 523A Old Nassau Road, formerly of South River, N.J.

Amal and Izzedin Asad, 189N Malden Lane, formerly of Monroe Twp., N.J.

John and Paula Butler, 352C Old Nassau Road, formerly of South Plainfield, N.J.

Alfonso Cortes and Magaly Hernandez Movilla, 377N Old Nassau Road, formerly of New York, N.Y.

Larry Ferguson, 632N Yorkshire Lane, formerly of Tinton Falls, N.J.

Sebrena Melette-Boone, 302B Sharon Way, formerly of Somerset, N.J.

Brian J. Lally, 186C Malden Lane, formerly of Monroe Twp., N.J.

Bharte Bavaria, 461N Revere Way, formerly of Kendall Park, N.J.

Musings and Memories

By Betty Emmons

My Definition of Love

Loving is living and without love there is no core to our being. God is love and we are to love one another.

We say we love chocolate and we do. We say we love the cat and we do, but abiding love is so much more. It comes from deep within the heart; a love that goes beyond the love of self to the point where we live for another and others.

It is hard to explain love, but it is as certain as a gentle breeze which is not tangible, but can be felt. Like an aura that surrounds us and a feeling that thrills all our senses, it is truly the emotion that makes us whole.

CULINARY CORNER

By Sidna Mitchell

The pastor asked how many people remembered Chuck Yeager. Almost everyone raised a hand because I was in a congregation of older folks. Actually, I recall reading about Yeager breaking the sound barrier but remembered meeting another famous pilot.

I had been to a conference on affordable housing in Washington, D.C., and a friend invited me to a dinner with a number of important politicians on the dais. Seated at a table near the dignitaries, I found myself next to an attractive older gentleman. After introducing ourselves, I asked him what he did. "I'm a pilot," the man answered.

Yeah, just a pilot—a famous, history-making pilot! The next day while touring the aviation section of the Smithsonian, there was his plane—Scott Crossfield was the first person to exceed Mach 2.0 and the first to survive flying faster than Mach 3.0. He had served as a flight instructor in the U.S. Navy and as a fighter pilot during World War II.

My friend, also a former Navy pilot, became friends with Crossfield. Fortunately, I had a chance to meet him again when I did publicity for the Boonton Township Fire Department opening a satellite firehouse on the Radio Aircraft Corporation (ARC) field where Jimmy Doolittle once flew. In 1929 Army Air Corps pilot Jimmy Doolittle made history there by taking off and landing at the ARC field by the use of radio beacon and transmitter, without looking out of the cockpit.

Now, my recipe this month has nothing to do with those recollections or the history. The recipe is one that I found in one of my many cookbooks and it's great for an easy and simple entree, especially during the cold winter months.

Sweet and Sour Pork

Culinary corner

4 pork chops or cubed pork
¼ cup soy sauce
¼ cup ketchup
½ cup apple jelly

Trim fat from pork chops and place in ovenproof casserole dish.

Mix soy sauce, ketchup and jelly.

Pour over pork and make sure coated.

Bake at 325 degrees for 45 minutes -- less for cubed pork -- or until meat is tender.

Serves two to four people.

NOTE: I used apricot jelly since I didn't have any apple jelly in the pantry. Also, I cubed the pork, placed the meat in a baking dish, covered it with the sauce in the morning and put that in the refrigerator until time to prepare for dinner.

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

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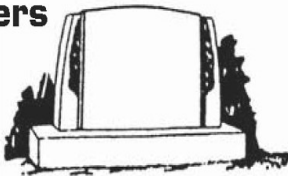
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Clubs and Organizations

Rossmoor Chorus to present “Winter Warmup” program

By Jim Wilson

The Rossmoor Chorus will present a special musical program on Sunday, Feb. 11 at 3 p.m. in the Meeting House. The Winter Warmup program combines sacred choral music, Broadway tunes and other fun songs, all to provide warmth to the community during the cold winter months.

The Winter Warmup program is for all residents. It will highlight the chorus’s talents and its love of music. “We want to share this good music with a wider audience,” according to Chorus Director Cecile Wang. “I want the entire community to see what this community has.”

The program will include “For the Beauty of the Earth,” “The Kingdom,” “Over the Rainbow,” and songs from Mary Poppins, as well as many other favorites.

The Chorus began more than 40 years ago and sings the third Sunday of every month at the Community Church, as well as at interfaith services throughout the year.

Eileen Parker has been president of the chorus for more than 10 years and calls it “a group of wonderful people who like to sing and, whether we’re singing serious choral music or fun music, we really enjoy it.” In addition to singing for many organizations here over the

years, including the Women’s Guild, the Italian American Club and the Sisterhood, she adds, “The chorus has sung in so many places in the past, in nursing homes and other places that really needed it and we just enjoy the camaraderie.”

All are invited to the “Winter Warmup” fundraiser program. Be sure to bring your friends.

Tickets are not required, but a \$10 donation at the door is suggested.

For more information, contact Jim Wilson at 609-655-4129.

Sound Advice

(Continued from page 11)

transferred assets aren’t subject to probate.

Other kinds of trusts can also be created to complement the rest of your estate plan. These trusts might be designed to minimize potential state or federal estate taxes, as well as to protect assets from creditors or in the event of a divorce.

This list of estate planning basics can be a good starting place for many families. You’ll need the help of an experienced attorney and other advisors to create a plan that fits your family’s needs.

Norman J. Politziner, CFP, a resident of Encore, is a Registered Representative and Investment Adviser Representative of Equity Services Inc. Securities and investment advisory services are offered solely by Equity Services, Member FINRA/SIPC, 4401 Starkey Rd., Roanoke, VA 24018. (540) 989-4600.

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08/23/2017
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Italian American Club

By Tony Cardello

Now that we have recovered from our holiday parties, it is time to party again. Our annual Carnevale/Mardi Gras celebration will be held on Tuesday Feb. 13 from 5:30 to 9:30 p.m. in the Ballroom.

The affair will be a sit-down dinner catered by Twin Oaks and will cost \$35 per person. For those of you wishing to have a libation, it is BYOB. Entertainment and DJ for the evening will be Jerry Castaldo who has appeared in the past.

Our new Social Director, Sal Gurriero, suggests that all who attend wear a mask or costume.

We will not have a membership meeting in February due to the Carnevale celebration.

The next membership meeting will be on March 21 at 7 p.m. in the Ballroom. Bingo will be played on Feb. 23 at 6:30 p.m. in the Ballroom.

Lou Russo wants to remind anyone who has not paid the 2018 dues to please do so ASAP.

Eat, dance and be merry with the Dance Club

By Judy Perkus

Wear red for the Dance Club’s Valentines Dance Party on Saturday, Feb. 24. We will be in the Ballroom from 7 to 10 p.m. enjoying the music of DJ Danny Pisce. In addition to the dancing and socializing, we will have sandwiches, snacks, dessert (sugar-free available), coffee, tea and soda. Choice of ONE sandwich per person: Ham, salami and cheese; pastrami; turkey; or tuna salad.

Bring your Valentine, bring

your friends, or come alone and meet some friends. All residents are welcome – singles and couples. To reserve: please send your check made out to the Rossmoor Dance Club (\$15 per PAID-UP MEMBER, \$17 per guest) to Armen DeVivo at 449B Roxbury Lane by Feb. 15. Send your 2018 Dance Club dues of \$15 per couple, \$7.50 per person to Armen, if you’ve not already done so. Call Armen at 655-2175 for more information.

Rossmoor Dance Club February 24th Valentine’s Dance Party

Name: _____
Phone: _____
Address: _____

RESERVATION DEADLINE: February 15th

Paid-up Member(s): @ \$15 = _____

Non-member(s): @ \$17 = _____

2018 dues \$7.50 pp; \$15 per couple = \$ _____

Total _____

Sandwich selection(s) _____

Please send check made out to
The Rossmoor Dance Club to:
Armen DeVivo at 449B Roxbury Lane. 609-655-2175
or leave in an envelope in the Dance Club folder

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Focus on: Groups and Clubs Rugs: from pigs to pictures to peacocks



The Rossmoor "Hookers"

(Continued from page 1)

make their own frames.

The final product is personal to each rug hooker — it is possible to be as creative as you like or as guided as you need. The members create rugs, pillows, wall hangings, and gifts for family members. Some even put their rugs on the floor to

walk on!

For this group of enthusiasts, their weekly meeting is more than the chance to create something beautiful, it is also a chance to relax, talk about what is happening in their lives, and to be in a special place where they can be themselves. When members are ill, the

group sends a card. In December they have a holiday potluck dinner together. Most would agree that whatever else the week might bring, they always make time to find an inner peace on Thursday with the Rug Hookers. Stop by to check it out; you might just decide to stay.

Players pastimes

By Sue Archambault

As you know, our own Bill Strecker passed away in December. The loss to us all, including the Rossmoor Players, is enormous. He leaves a hole that can never be filled.

Our monthly meeting took place on Monday, Jan. 29 in the Gallery at 7 p.m. In light of the loss of Bill, we felt that we were not really interested in doing our planned program, which was our ad lib night. Instead, we played the

DVD of the first musical comedy that Bob Huber and Bill Strecker wrote for the Players. Everyone enjoyed watching "Between Engagements." Bob's script was a fun romp of out-of-work actors and friendly ghosts. Bill's music was wonderful. In future months, The Players will show the other two DVDs written by Bob and Bill. Check the Rossmoor News and Channel 26 to be kept in the loop.

The Celebration for Life

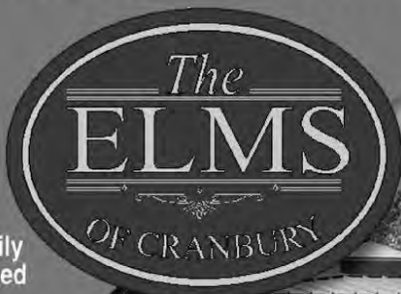


service for Bill Strecker took place on Jan. 30, in the Meeting House. A recording of Bill singing his own composition "The Waiting is Over" was played as people entered the Meeting House. Included in the service was a medley of Bill's songs from the three plays performed by Janet Wilson on the piano. Joe Conti served as master of ceremonies and welcomed everyone to the service. He then shared a personal tribute to Bill. The Players sang the opening numbers Bill wrote for "Between Engagements," "It's News to Us," and "Over Easy." Sue Archambault then spoke about Bill's endless contributions to the Rossmoor Players. The Chorus sang "Where is the Light," "Over the Rainbow," "Kyrie," and "Go in Peace." Jim Wilson sang a solo, "Ave Maria." Attendees had the opportunity to offer tributes to Bill, including one delivered by Jim Wilson and written by Bob Huber, Bill's friend, fellow musician and collaborator on all the plays. Also included in the program was a montage of photos prepared by Al Parker with a musical background by Bill himself. The service ended with Bill's rendition of "Where is the Light."

February's Players meet-

(Continued on page 16)

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Rossmoor Clubhouse News

February 2018



"LUCK OF THE IRISH" ST. PATRICK'S DAY LUNCHEON



Friday, March 16
12 Noon...Ballroom
\$20pp

Music by Anthony Tabish
On Sale Now

Buffet Menu includes: Corned Beef & Cabbage, Parsley Potatoes, Veggie Lasagna, Cole Slaw, Rye Bread, Irish Soda Bread, Dessert and more...

WELCOME

Clubhouse

Open daily, 8am - 10pm

Closed daily from 12 noon-1pm

E&R Office

Open Monday - Friday, 8:30am - 5pm
609-655-3232

Michelle Williams: Clubhouse Manager
Erica Hardeo: Clubhouse Supervisor
Sue Ortiz: Office Coordinator
Sebrena Jinks: Office Assistant
Jessica Roberts: E&R Foreman

ON SALE THIS MONTH

EVENTS

SUPER BOWL LII

Sunday, February 4, 5:30pm, Ballroom, \$20pp

Sold out...wait list available!

WINE & DESIGN

Thursday, February 15, 6:30pm, Gallery, \$15pp

On sale February 6

CHINESE NEW YEAR DINNER DANCE

Friday, February 16, 6:30pm, Ballroom, \$25pp

Music by DJ Mel

On sale now!

AARP SAFE DRIVING COURSE

Friday, April 6, 8:30am, Gallery

\$15 members \$20 non-members

Checks payable to AARP

Sign-up now in the Clubhouse!

EXCURSIONS

ATLANTIC CITY-TROPICANA

Wednesday, March 21, \$25pp (\$25 slot play)

Departs Poolside at 9am

On sale February 1

MY FAIR LADY at LINCOLN CENTER

Wednesday, March 28, \$145pp

Departs Poolside at 10am

Wait List Available!

PAPERMILL PLAYHOUSE...The Sting

Thursday, April 26, \$58pp

Departs Poolside at 6pm

On sale February 1

HEART OF THE FINGER LAKES WITH SENIOR TOURS

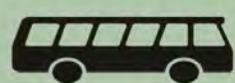
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- *pick up prescriptions
- *buy new clothes for a special event
- *get a ride to the Clubhouse or Medical during shopping bus hours

For more information on the bus service, please call
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JERSEY BOYS at the New World Stages

Wednesday, April 11

Departs Poolside 3:30pm...7pm Showtime

\$98pp includes orchestra seat & bus

On Sale Now

JERSEY BOYS



CULTURAL

AVIATION GROUP
2nd Wednesday, 1:30pm, Ballroom
"Lunar Excursion Module"

BOOK DISCUSSION GROUP
2nd Thursday, 3:00pm, Dogwood
"They Came Like Swallows" by William Maxwell

CURRENT EVENTS ROUNDTABLE
Mondays, 10:30am, Maple

GERMAN AMERICANS
Last Thursday, 1:30pm, Cedar

GREEK AMERICANS
1st Tuesday, 1:00pm, Maple Room

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

POLISH AMERICAN
1st Friday, 1:00pm, Maple

VETERANS GROUP
Tuesday, March 6, 10am, Ballroom
Bring another Rossmoor vet with you!

WRITERS GROUP
Last Thursday, 10am, Cedar



THE ARTS

"ALL IN STITCHES" Knit & Crochet Group
Thursdays, 1pm, Maple

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

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

GALLERY EXHIBITS
The month of February will feature an open show by our Rossmoor residents. Be sure to stop in and browse.

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

RUG HOOKING GROUP
Thursdays, 9am–2pm, Gallery
Bring your lunch and be prepared to have some fun!

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

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

CARDS & GAMES

BANANAGRAMS
Mondays & Thursdays, 2pm, Game Room
Fast paced crossword style word game to keep you on your toes. Contact Dolores Wardrop.

BRIDGE
Contact Clubhouse

CANASTA & MAHJONG
Contact Clubhouse

MAY I
Contact Sophie Prata.

MEN'S POKER
Contact Alan Lasky.

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

PINOCHLE
Wednesdays, 1:00pm Dogwood
Contact John Cristiano.

POKER
Mondays and Fridays.
Contact Dolores Griefff.

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

GET MOVING!

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

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

FITNESS CENTER ORIENTATION
Tuesday, February 13, 10:00am
Sign-up in the Clubhouse...Space limited

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

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

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

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

ARE YOU INTERESTED?

JAZZ INTEREST GROUP
KOREAN AMERICAN GROUP
PHILADELPHIA ART MUSEUM
Let us know in the Clubhouse

Library on Location
"My Love, Don't Cross that River"

89-year-old Kang Gye-Yeol and 98-year-old Jo Byeong-Man are married and have lived together for 76 years. While they spend every day like a newlywed couple, they now must face the reality of their aging romance. This film captures the fleeting moments of their twilight days.

Wednesday, Feb. 21
1PM...Ballroom...No Charge

Program is in collaboration with Monroe Twp. Library & PBS

FIRESIDE CHAT & COCOA
Wednesday, February 21
10am Red Room
ALL WELCOME



SPORTS FUN!

BOCCE
Attention Snowbirds...If you plan on playing in the 2018 Bocce Season, please let us know in the E&R office by March 1, 2018.

CORN HOLE
Friday 9am–11am Hawthorn/Terrace

CROQUET
New Players Welcome. Call Betty Anne Clayton.

HIKERS SEMI-ANNUAL MEETING
Wednesday, February 7, 7pm, Maple Room
New Hikers Welcome!

PICKLEBALL
New Players Welcome.

SHUFFLEBOARD
See you in the Spring of 2018!

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

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



MOVIE CORNER



"VICTORIA & ABDUL"

Starring Judi Dench

Rated PG-13

110 Minutes

No Charge

Sun., Feb. 18 1:30pm Ballroom

Tues., Feb. 20 1:30 & 7pm Ballroom

TUESDAY MYSTERY MOVIES
February 6 & 27

Movies Subject to Change

COMING ATTRACTIONS

Details TBA

HUNTERDON HILLS PLAYHOUSE..."CAROLE KING TRIBUTE"
Saturday, May 5

FRIDAY NIGHT DANCE PARTY w/ DJ MIKE
Friday, April 6


SUNDAY MOVIE LUNCHEON
Sunday, April 29

WINE & DESIGN
Thursday, May 17

ANNUAL TRUNK SALE & SHREDDING PARTY
Saturday, June 2

Have Fun...Be Healthy...Learn Something New

Ballroom Dance Classes



Information Session March 1
in the Hawthorn Room 6:30pm

Taught by Pam
"Dance with Me" National Champion

Classes begin March 8
8-week session \$48.00
Drop in rate \$7.00 per class

No partner needed – couples and singles welcome

F41

- **RCAI Offices Closed** on Monday, February 19 in observance of Presidents' Day.
- **COMCAST Q&A** Tuesday, March 27...9am-11am...Ballroom
- **CONTACT THE CLUBHOUSE** for information regarding events and trips.
- **EVENT REMINDERS:** Bring Rossmoor ID when purchasing tickets for Clubhouse events. Only two tickets per manor can be purchased. When bringing a guest/non-resident, please provide their full name at the time of ticket purchase. Tickets are non-transferable.
- **TRIP REMINDERS:** Trips require average physical activity. You should be in good health, able to climb stairs, and walk reasonable distances. Any guest accompanying a Rossmoor resident **MUST** be at least 18 years of age. Basic information on guests must be provided when tickets are purchased.
- **CLUB PRESIDENTS & GROUP REPRESENTATIVES:** Channel 26 announcements and room set ups **MUST** be handed in on the official forms, Forms can be found on the website or in the Clubhouse.
- **ROSSMOOR CLUBHOUSE NJ** is our official Facebook page. Follow us for Clubhouse updates, ticket sales, and event photos. You just might see yourself having a good time!
- **RCAINJ.COM** is the official website for Rossmoor. Here you will find everything Rossmoor! Check it out!
- **EVENTS & TRIPS** are subject to change.

PICTURE PERFECT

All Smiles at the Latino Group
Holiday Celebration



Honor & Remember Flag



Two Peas in a Pod



The Three Musketeers



Ringin' in the New Year



Let's hear it for 2018





FEBRUARY 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9:00am Agenda Committee-VC 	2 Groundhog Day 	3
4 Superbowl Sunday 5:30pm *Super Bowl Party-BR/GL 	5 10:00am Mutual 7-BR	6 10:00am Mutual 11-MP 1:30pm Mystery Movie-BR 2:00pm Golf Committee-VC 7:00pm Great Decisions-CD 	7 7:00pm Hikers Meeting-MP	8 9:00am Committee Meetings-VC	9 2:00pm Mutual 17-VC	10
11 2:00pm Chorus Concert-MH	12 9:00am Mutual 2-VC	13 10:00am *Fitness Center Orientation 7:00pm Great Decisions-CD	14 Valentine's Day 9:00am Mutual 1-DW 	15 9:00am Board of Governors-VC 6:30pm *Wine & Design-GL	16 Chinese New Year 6:30pm *Chinese New Year Dinner Dance-BR 	17 2:00pm-9:00pm Fire Elections-GL 
18 1:30pm Movie "Victoria & Abdul"-BR	19 Presidents' Day RCAI OFFICES CLOSED 	20 10:00am New Resident Meeting-GL 1:30pm & 7:00pm Movie "Victoria & Abdul"-BR 7:00pm Great Decisions-CD	21 10:00am Fireside Chat-RR 1:00pm Library on Location-BR (see page 3) 3:00pm Mutual 10-VC	22	23 10:00am Mutual 9-MP 6:30pm Bingo-BR 	24
25	26	27 1:30pm Mystery Movie-BR 2:00pm Mutual 4c-GL 7:00pm Great Decisions-CD	28 Purim 		<div>Events or trips marked * require tickets or prior registration.</div>	<div>Ticket Sales  Today!</div>

“Love is a promise; love is a souvenir, once given never forgotten, never let it disappear.”

~John Lennon

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

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

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

This month in pictures

Photos by Joe Conti and Walter Gryskiewicz



Skip the exercise today!



No problem



President of Your Grandmother’s Cupboard Michael Lehmann picks up another load of warm clothing from the overflowing Big Red Box in the Meeting House vestibule.



RCAI President Daniel Jolly, far right, announced the Rossmoor Employee Service Awards. From left, Sebrena Jinks, E&R, 35 years; Christine Parr, Administration, 25 years; Darren Nemow, Maintenance Dept., 20 years; Bob Buskett, Maintenance Dept., 15 years; Jane Balmer, General Manager, 15 years; Debbie Soden, Administration, 15 years.



The Chorus sings “Shout the Good News!”



Father Stanley administers the Sacrament of Healing to the congregation.



An older building, the Schoolhouse Road firehouse cannot accommodate today’s larger vehicles and needs to be replaced.



Fire Commissioner Joe Haff and Chief Peter Gasiorowski hold architect’s rendering of the proposed new firehouse for Schoolhouse Road.

HAIR by Dawn

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Rediscover the Museum of Natural History at the Women's Guild

By Diane England

Did you visit the Museum of Natural History as a child and experience love at first sight? Well, even if you only became acquainted in more recent years (or you've yet to meet), you'll want to hear this month's Women's Guild guest speaker on Thursday, Feb. 15 at 1:30 p.m. in the Ballroom. Vivian Schwartz, whose talk is titled, "The Museum of Natural History—Yesterday and Today," loves this institution. She's been volunteering at the museum since her retirement from decades in corporate America "working on the computer

revolution." She says she has gained an education in ecology, astrophysics, molecular biology and more which she couldn't have gained elsewhere -- thanks to the scientists, curators and other volunteers who work at the museum.

Vivian will show you some of the museum's "glamour shots" and tell stories about these pictures. She'll talk first about the halls you'll be familiar with even if you've visited decades ago. After that, she's going to talk about the halls that have been changed in more recent times—or during the

past 20 years.

I spent a day once being guided around the museum by Vivian. I can tell you she's so knowledgeable, and her enthusiasm is contagious. Also, many of us have enjoyed her "Science Today" presentations at the Senior Center. Because I suspect men as well as women would like to hear this talk, as the Guild's president, I invite any resident to join us this month. And as always, there will be refreshments and time for fellowship following this talk. So please, put this talk on your calendar now.

The wonderful world of social media

By Fred Milman

Come join the wonderful world of social Media on Presidents' Day at the Feb. 19 meeting of the Computer Club in the Gallery at 10 a.m. when Yours Truly will take the floor to discuss how to round out your days while staying in touch, observing, sharing, travelling, bragging, and even doing business online.

Social media is becoming an integral part of life online as social websites and applications proliferate. Most traditional online media include social components, such as comment fields for users. In business, social media is used to market products, promote brands, and connect to current customers and foster new business. All your usage is free, but there are now extensive advertisers

taking advantage of the huge participating audiences.

The most widely used, Facebook, is the place for social diversity. You can see the latest activities/pictures of your grandchildren, celebrate birthdays, anniversaries and holidays, and even start and/or participate in political or environmental rants. There are also multitudes of educational programs, affiliates, membership, and community activities. The program allows you to control who can see your posts, and you can send to specific people, designated groups of people, or share with the online world.

The image and short movie venue, Instagram, is for visually oriented users, providing an opportunity to share your life via snapshots and/or short movies taken by smartphone as events hap-

pen. You can specify who you want to follow (keep track of) as well as who can see your posts.

The employment place, LinkedIn, is the place to network and obtain employment. Primarily it is to find a new job, but it is imperative for maintaining contacts and staying in touch with your "network".

How to become famous/notorious, Twitter, is where "news" breaks. What's happening right now locally, among your friends, around the globe, and especially within the political arena as evidenced by our president's "tweets."

Hopefully, Fred will forgive Alec's editing and be even more instructive at what is likely to be an informative and widely discussed meeting. One suggestion is to bring your own best "tweet."

Players

(Continued from page 14)

ing will take place on Monday, Feb. 26, at 7 p.m. in the Gallery of the Clubhouse. The program is one that has been postponed from an earlier date on two occasions. The evening's entertainment will be interactive and will involve volunteers joining in on improvisation games. Norman Perkus will add his expertise as the director of the evening. We will use our imaginations to amuse and entertain each other. Come and join us as participants and/or audience members. We need both to make our evening a successful one. It should prove to be a most enjoyable time for all.

We have adjusted our 2018 calendar of shows a bit: "Just Music" will still take place on April 19 and 20; however, the program will now be titled "Just Bill Strecker's Music." All musical numbers will involve the Players performing songs from Bill's three shows and also his three CDs. Our "This and That" variety show is still scheduled for July 19 and 20. The Players are planning to perform a play on Oct. 18, 19, and 20, but we must make decisions as to what this will entail. Please check upcoming newspapers for updated information.

Emerald Society's winter activities

By Joan Avery

President Dan Jolly has arranged another trip to Lancaster, Pa., on May 1. This is a special occasion since there will be two shows plus dinner. First there will be the Magic Lantern then the show at Sights and Sounds. The cost will be \$110 because of the two shows. If you want to sign up now, call Dan. This trip will fill up soon.

Dan has also arranged for another day at Doolan's for the Irish Feast on March 12. A wonderful beginning to the New Year. Dan is also working on a trip to Lake George

from May 21 to May 24. More information will follow. Dan is taking reservations now for this trip. There is also a trip planned for June 9 to the Dutch Apple Theater, where the show will be "Grease."

In December, Billy Phillips had a fun sing-a-long, and in January, Ian Gallagher was very entertaining. Also it should be noted that the Emerald Society donated \$100 to the Cancer Foundation.

The Emerald Society continues to have fabulous activities for all members to enjoy.

Mutual News

Mutual 10

On Jan. 10, a special meeting of the Mutual 10 Board of Directors was held to appoint a director and an alternate to serve until the next Annual Meeting this spring. The board is pleased to announce that Debbie McCauley was appointed to serve as the Maintenance Director and Gary French was appointed to serve as an Alternate Director. Mutual 10 residents should contact McCauley with any maintenance issues and French will be happy to assist along with the other directors and alternates.

In the next month or so, Mutual 10 owners will receive the initial information in the mail regarding the Annual Meeting scheduled for April 25 in the Gallery. If you are interested in becoming a director or alternate, that would be the time to put your hat in the ring.

LWV-MT to focus on electoral reform, March school referendum

By Ruth Banks

The League of Women Voters of Monroe Twp. will hold its regular monthly meeting on Feb. 26 at 1 p.m. in the courtroom of the Municipal Building. Even as the members anticipate celebrating the League's 30th anniversary in June this year, planning is underway to join the 34 Leagues in New Jersey in implementing its new mission — Empowering Voters, Defending Democracy.

The League will be working with the LWV-NJ in implementing Fair Districts New Jersey, a nonpartisan campaign dedicated to ensuring that New Jersey's election districts are drawn in a way that is transparent, representative and impartial.

Over the years, the League has advocated for certain adjustments to the electoral system. This year it is hoped that two bills which it is backing will be introduced in the next legislative session — automatic voter registration (AVR) and voting rights restoration for people with criminal convictions.

In addition, League members are working on expanding in-person early voting, and allowing for online voter registration. We are also seeking legislation requiring candidates to supply an email address when filing for office. The Monroe Twp. League is in full support of this. It will facilitate the ability of constituents as well as League voters service members to communicate with candidates. It would permit the League to prepare information for Vote411, the League's online voters' guide, and assist us in setting up forums or meet and greet programs.

In addition to participating in some of the above activities, the Monroe Twp. League will also work on a civics education study, following up on the human trafficking situation in the area, monitoring the issue of funding for women's health in New Jersey, joining the efforts to protect our natural resources, and keeping an eye on campaign finance issues.

Perhaps closer to home, the League will work with the Board of Education to inform its members and the community about the school referendum in March.

LWV-MT is a political nonpartisan organization with state and national affiliations open to men and women. For more information, please feel free to contact any of the following: Andrea Pellezzi, president, at 609-664-2146; Judy Perkus, 609-395-1552; Marsha Rosenbaum, voters service, 609-409-0930; Adrienne Fein, membership, 609-860-5984; or Ruth Banks, 609-655-4791.

SPORTS



Ladies' 18-hole leaguers - reaching out for women golfers

By Arlene McBride

As of this writing our first snowstorm of the winter hit us with a blast; maybe this will be our last. Too early to think of golf while we are in the middle of a snowy, cold month; spring will be upon us soon. We'll take you around the course and I'm sure you'll be surprised at how challenging our golf course is.

A membership form will be printed with this article. Why wait? In 2018 join the ladies 18-hole league. Please don't let another golf season go by without belonging to a competitive and fun golf league. Contact Arlene McBride at 609-395-1017 or arlenemcbride@comcast.net.

Keep warm and safe this winter.

Rossmoor 18-Hole "Ladies' Golf League 2018 Membership Form

Please return the membership application by April 8, 2018 or earlier.

Membership fee: \$75.

Prospective members, please enclose a current USGA handicap card or five Rossmoor scorecards attested by a league member and your check in the above amount. (Maximum handicap – 40)

Name: _____

Address: _____

Phone: _____

GHIN #: _____

Email Address: _____

Please make checks payable to:

"Rossmoor Ladies' 18-hole Golf League." Send check with membership form to: Arlene P. McBride, 352A Old Nassau Road, Monroe Township, NJ 08831, **OR** place the check with membership form in the Ladies 18-Hole box in the Pro shop.

Notice



'Tis the season to remember to be attentive to your surroundings and exercise extra care when walking on exterior surfaces during periods of inclement weather. If it is absolutely necessary to drive during a snow storm, please drive slowly and give snow removal vehicles the right of way.



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Mailing Addresses

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

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

Religious Organizations

Attend free series of classes on end-of-life issues

By Diane England

Have you watched someone experience a long and painful death and said you didn't want that to happen to you? Or, on the other hand, perhaps you heard about someone who decided to forego treatment, but you silently were thinking that, as the poet Dylan Thomas once suggested, you did not want to go gently into that good night. Of course, there's also the possibility that you haven't even thought about such matters at all — and you'd hardly be alone, either.

Even if you have voiced your desires to family or friends, but not filled out paperwork known as advance directives, others intervening on your behalf may be legally bound to do things against your wishes. This need not happen to you, not if you'll attend and pursue the advice given in a program called "Conversation of Your Life" which will be taking place here at Rossmoor twice in 2018 all because of a collaboration between the Community Church and the New Jersey Health Care Quality Institute which developed this program for delivery throughout communities in New Jersey. The Horizon Foundation for New Jersey funds this statewide initiative.

This eight-week course of two-hour sessions will include the following:

Week One: A panel discussion of advance directive planning—including why it's important. This panel will include a lawyer, a member of the clergy, and a physician.

Week Two: A second panel discussion covering the various types of advance directives and how you decide which is right for you.

This panel will include a lawyer, a physician, and a social worker.

Week Three: The showing of a film (aired on PBS) titled "Being Mortal" which will be followed by a facilitated discussion.

Week Four: A facilitated card game that helps you to clarify your personal priorities regarding end-of-life issues, followed by further opportunity for conversation.

Week Five: Estate planning with representatives from Merrill Lynch that the Community Church has brought onboard to help them oversee fiscal matters and investments.

Week Six: Answers to all your questions about planning a funeral with a local funeral director.

Week Seven: An informal luncheon at which you'll hear from the author of a book that addresses end-of-life issues.

Week Eight: Coffee and conversation with the social worker and group facilitator you'll have already met who can guide you in filling out the paperwork specific to your desires and needs.

The first series of "Conversation of Your Life" will be held on Tuesday evenings from 6:30 p.m. to 8:30 p.m. in the Gallery. The start date is May 1 and the end

date is June 19. The second series will be held on Tuesday afternoons from 2 to 4 p.m. in the Gallery. That start date will be Oct. 2, and the final session will be Nov. 20.

Even though the course is free of charge, you must pre-register. Also, please only register if you believe you can attend all eight sessions since space will be limited. However, we'll be placing people on waiting lists if need be, so should something happen between the time you sign up and the course begins, we ask that you cancel so your seat might be given to another. You can register by contacting the Community Church secretary, Linda Klink, Monday through Friday between the hours of 9:30 a.m. and 12:30 p.m. at 609-655-2321, or stop by in person at the office upstairs in the Meeting House.

We look forward to seeing you at this most important series of presentations. But first, give yourself a pat on the back for not only taking this step to ensure your end-of-life is apt to unfold in accordance with your desires, but also realize you'll likely have spared your loved ones unnecessary anguish. And really, isn't this extremely important to you, too?

Ash Wednesday, February 14

By Diane England

Ash Wednesday is Feb. 14. If you're a Christian who'd like to have an ash cross placed on your forehead to suggest you know that Christ died for you, please plan to attend a special service being held by the ecumenical Community Church at 12:30 p.m. that

day in the Meeting House. Since some of our Christian residents have not traditionally participated in this ritual, certainly you should feel comfortable joining us for the service only. We warmly welcome you as we mark the beginning of the Lenten Season.

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Gilbert and Eleanor Kraus are surrounded by some of the Jewish children they rescued from Nazi Germany in 1939.

Give your taste buds a treat at the Academy of Culinary Arts

By Diane England

Some of you had the chance to enjoy this very special trip in the past when Ruth Klein organized it for the New Jersey Club and then later, for the Women's Guild. Others of you only heard about what a great trip you'd missed, and were then likely told that if the opportunity to go on it ever occurred again, you should quickly sign up. Well, that opportunity has arrived.

This trip to the Academy of Culinary Arts in Cape May, New Jersey will take place on Tuesday, April 24. The bus will leave poolside at 9 a.m. You should plan to be gone for the entire day. You will enjoy a delicious four-course meal (you'll have a choice of entrée) at the Academy and then, on the way home, you'll visit Smithville where you'll have the opportunity to shop in its charming colonial-style village.

There is other good news. You can purchase more than two tickets (\$65 per ticket) because this is a fundraiser for the Community Church. You may bring outside guests (adults only). So, how do you sign up? By making a

check payable to the Rossmoor Community Church (again, \$65 per ticket) and sending it to Ruth Klein (514-A Sutton Way) along with the names of all the people for whom you're purchasing tickets and each person's phone

number (for emergency purposes). You won't receive a ticket from Ruth. Instead, consider your canceled check your receipt. Since Ruth intends to fill the bus by March 22, you'll want to get your check to her soon.

"A Man for All Seasons," winner of six Academy Awards, to be aired

By Gene Horan

"A Man for All Seasons" is the fifth film in the series being presented by the Catholic Society on the third Friday of each month. It tells the story of Sir Thomas More, Chancellor of England, who maintained silence at the cost of his life when King Henry VIII demanded that he approve his divorce and marriage to his mistress.

The title comes from a description of More by a contemporary, Robert Whittington, who wrote in 1520 that "More is a man of an angel's wit and singular learning. I know not his fellow. For where is the man of that gentleness, lowliness and affability? And, as time requireth, a man of marvelous mirth and

pastimes, and sometimes of as sad gravity. A man for all seasons."

The film, originally a highly successful play by English playwright Robert Bolt, won six academy awards: Best Picture, Best Actor (Paul Scofield as Thomas More), Best Director (Fred Zinnemann), Best Screenplay (Robert Bolt), Best Cinematography-Color, and Best Costume Design.

Orson Welles, Robert Shaw, Wendy Hiller and Susannah York had major parts in the film. It won four Golden Globe Awards and four New York Critics Circle Awards.

The free showing will be held in the Gallery at 1:30 p.m. on Friday, February 16. Coffee, tea and light refreshments will be available and all Rossmoorites are most welcome.

Rescuing 50 Jewish children from certain death

By Hadassah Aylat

An incredible story of an American couple who, against all odds, brought the single largest group of children out of Nazi Germany during the Holocaust and into the United States, is told by narrator Alan Alda, in this dramatic film to be shown on Monday, Feb. 19, at 1:30 p.m. in the Gallery.

Gilbert and Eleanor Kraus never intended to become heroes, but in early 1939, as conditions were worsening for Jews living inside Nazi Germany, the Philadelphia couple embarked on a risky and improbable mission for saving Jewish children. The U.S. State Dept. made it nearly impossible to bring refugees into the country, even children. The Krauses, who were Jewish, also had to face the risks of travelling into Nazi Germany and dealing with the Gestapo in order to carry out their plan. The film is very exciting.

Refreshments will be served. All residents, men as well as women, are welcome. Please bring non-perishable food items for the Food Pantry.

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Community Church

February 2018 Calendar

By Linda Klink

- February 1 – Women's Guild Board Meeting
Physical and Spiritual Exercise
- February 4 – Communion Sunday
- February 6 – Chime Choir Rehearsal
- February 7 – Staff Meeting
- February 8 – Physical and Spiritual Exercise
- February 11 – Church Service
- February 13 – Chime Choir Rehearsal
- February 14 – Worship/Music Committee Meeting/ Staff Meeting
- February 15 – Physical and Spiritual Exercise
Women's Guild Meeting
Museum of Natural History
Yesterday and Today
Vivian Schwartz, Speaker
- February 18 – Church Service
Guest Preacher – Rev. Joanne Petto
Fellowship Hour
- February 19 – Council Meeting
- February 21 – Operations/Staff Meeting
- February 22 – Physical and Spiritual Exercise
- February 25 – Church Service
- February 27 – Library Committee Meeting
- February 28 – Staff Meeting



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A heartfelt letter of thanks for your donations of warm clothing for the needy

By Alyce Owens

Following is a letter of appreciation from Your Grandmother's Cupboard to all those who donated to the Community Church's Warm Clothing for the Needy drive.

Dear Members and Spe-

cial Friends of the Rossmoor Community Church,

Thank you so very much for your recent donation of warm clothing to Your Grandmother's Cupboard. For the people struggling to survive this terribly cold win-

ter your coats, boots, gloves, hats and other winter clothing were a godsend, and you can't imagine the happiness they brought to the "shoppers" who really needed these items and were able to take them home AT NO COST.

We are indeed grateful for your generosity year after year, and for caring about the less fortunate members of our community – storm and accident victims, the homeless, the hungry, needy seniors and other "invisible" children and adults in our midst with special needs.

As you know, we provide FREE clothing, shoes, food, diapers, toiletries and personal hygiene items to those who need them. The numbers are awesome. We are seeing hundreds and hundreds of people walking into our clothing depots in Toms River and hundreds more at the soup kitchens and food pantries where we bring our trucks and trailers full of supplies and set up our tables

on the sidewalk, or inside if there is room. The numbers are now between 2,000 and 3,000 every month!

There is no other organization anywhere in New Jersey or anywhere in the U.S. that even comes close to serving so many people who are so desperately in need of the necessities of life that you and I take for granted.

All of us at YGC want to say a special thank you for your wonderful donation (four van-loads) but, more important, from all these people who would tell you thank you, but do not know who you are. Hope you all had a wonderful holiday and that 2018 is good to all of us.

Sincerely,
Michael Lehmann, president,
and Clark Paradise, chairman

The Community Church sincerely thanks all who contributed to this very important outreach. This is truly God's love at work. Be assured that the folks who received your warm clothing donations know that someone loves and cares about them.

Catholic Society sets reorganization meeting

By Fred Mytnick

The Catholic Society has set a reorganization meeting for Tuesday, Feb. 20, at 1:30 p.m. in the Meeting House Parlor. The Society is looking for new ideas to meet the needs of our changing community. All interested residents are invited.

Other activities scheduled for February include the following:

- The **Chaplet of Divine Mercy** will be prayed at 3 p.m. on Tuesday, Feb. 20, in the Maple Room of the Clubhouse.
- The **Prayer Shawl**

Ministry will meet at 1:30 p.m. on Thursday, Feb. 8, and Thursday, Feb. 22, in the Craft Room of the Clubhouse.

- The film "**A Man for All Seasons**" will be shown at 1:30 p.m. on Friday, Feb. 16, in the Gallery of the Clubhouse. For more details see the separate article in this issue, page 19.

There will not be a Catholic Society Mass in February. The next Mass will be celebrated in the Meeting House at 7 p.m. on Thursday, March 15, and will be hosted by the Emerald Society.



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In the dumps

By Dierdre Thomson

It was winter 1974. We had a heavy snow storm; my husband was on a business trip. My friend who was recovering from a divorce and had custody of their three children called me late evening. She was "in the dumps." We talked and listened to each other for quite a while. As we talked we began to reminisce about growing up in the Utica/Syracuse, New York area. The snow storms were always heavy and as soon as we could we would be out skating, sledding and building snowmen.

Suddenly, we decided that we should get together for some sledding. After all, it was only 9:45 – p.m. My friend and her children came over with their sleds. My four children had their sleds ready, and off we went back and forth on Craig Road. It was safe because back in the 1970s, if three cars went by in 24 hours we got up to see what was going on. We enjoyed the sledding and then went in for popcorn and warming up by the fire.

Coming back to 2018, many people were not happy with our January 4th storm. But storms can often bring back warm memories even when those warm memories are forged at 10 p.m. on a cold, snowy road.



Jewish Congregation: 50th Anniversary luncheon ahead

By Ben Wistreich

With snow and ice on the ground as we write this, everyone can see why we're thinking about spring, Saturday, April 14, and the sumptuous feast being planned for the Jewish Congregation's Anniversary.

The 50th Anniversary Committee has made final plans for the catered luncheon in the Ballroom, choosing a caterer known to many at Rossmoor. The unique menu is set, the contract is signed, the gift for every attendee has been ordered, and the guest list will be finalized when the responses arrive. Several Congregation members have come forward to help the Committee

with such things as place cards at every seat, tablecloths for all the tables, and the myriad of other details that come up without notice.

The Men's and Friends Club, for the fifth year in a row, celebrated New Year's by going to Capuano's Restaurant on Old Trenton Road. The date was Wednesday, Dec. 27. Our members and their friends, more than 25 in all, a new record, had their choice of anything on the lunch menu with everything included. This was the best-attended event of seven during the year. And the Men's and Friends now look forward to 2018 restaurant choices.

The Feb. 9 Sabbath Service will have Norm Perkus

as Torah Reader and Janet Goodstein as Lay Reader. The Feb. 23 Service will have Jeff Albom as Torah Reader and Bob Kolker as the Lay Reader. The Congregation will sponsor the Oneg Shabbat at both Services. Those wishing to sponsor a Sabbath Service should contact co-Gabbai Janet Goodstein. Cantor Mary Feinsinger leads our Services, which begin at 7:45 p.m. in the Meeting House.

The Congregation's monthly Board Meeting will not be held in February, but will resume in March. Meetings are held on the first Tuesday of every month (except February) at 7 p.m. in the Dogwood Room.

The Day the Music Died...

By Rey Redington

William Hart (Bill) Strecker died, unexpectedly, of a heart attack on Friday, Dec. 22, 2017, in Short Hills, N.J. For the many who experienced the joy of knowing him, or even for the many who might have just encountered him, Friday Dec. 22, 2017, is the day a bit of our personal music died.

Among many things, Bill was a cast member of the current production of "A Christmas Carol" performing at the McCarter Theatre in Princeton, N.J. The play's director, Adam Immerwahr, wrote to the company, citing Bill's extraordinary talent, his smile, his way of bringing joy wherever he went. Immerwahr urged everyone to honor Bill's memory by living life to the fullest, by spreading cheer, and by being as inspiring to others as Bill was.

And so, surely, he will be missed.

Bill was born July 21, 1953, in Bayshore, Long Island, to John Strecker and Virginia Hart Strecker, both now deceased. He is survived by brothers Jeff and John Robert, and sisters Ginny and Janet. Sister Franny and brother Terry predeceased Bill.

Bill married the love of his life, Margaret, on February 14, 1985. Soon after, they, with her son Aaron, started Strecker and Son Landscape and Design.

The joys of Bill's life were Aaron and his wife Michele, and their children Brianna and Dylan; Bill's son Bill Jr. and his wife Rachel and their children Eleanor, Elijah, and Levi; and his daughter Jenny and her husband Ryan Erickson, and their children Kai and Willow.

Bill was an artist who brought his passion for beauty and balance in life to all he did. He was born with an exceptional singing voice, earning a scholarship to Baylor University. He left



William Hart Strecker

Baylor on a musical journey that took him all over the world and he played and wrote songs throughout his life.

Following a horrific car accident in 1998, he awoke from a lengthy coma to declare that he was devoting himself to his music. He put together the William Hart Strecker Band and produced several successful CDs, and played throughout New York and New Jersey.

At the same time Bill maintained Strecker and Son Landscape and Design, creating award-winning projects throughout the area. He was a natural performer and took an interest in acting on stage over the last few years. He became the musical director for the Rossmoor Players,

writing original music for numerous productions.

He enthusiastically performed in local theater companies, including the McCarter Theatre in Princeton, where he was a beloved ensemble member of "A Christmas Carol" at the time of his death. Bill's zest for life was contagious and an inspiration for others. His love, passion and undying sense of humor will keep his many friends telling his stories for years to come.

Bill wrote and sang, "Keep on lovin', every chance you get!"

Burial was at Brainerd Cemetery in Cranbury, N.J. A celebration of his life was held at the Meeting House on Jan. 30.

Second session of "Catholicism 101" to be held

The Catholic Society is presenting a series of programs titled "Catholicism 101." It is an open forum seeking to clarify the doctrines of the church and its teaching and disciplines.

The second session will take place at 11 a.m. on Wednesday, Feb. 21, in the Meeting House Parlor.

The main facilitator of the program, assisted by other catechists, is Deacon John Zebrowski. The main sources of reference are the "Catechism of the Catholic Church" and the Bible.

The program is open to all who have an interest in learning more about Catholicism, including those who might perhaps have misunderstandings about some of its teaching.

It is also for Catholics wishing to refresh and/or enhance their knowledge of their two thousand year old faith.

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

Email your news to: news@rcainj.com

IMPORTANT NOTICE

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



HEALTH CARE CENTER NEWS

Winter safety

By Kaytie Olsheski,
BSN, RN-BC

Winter is upon us as in bygone years. Winter certainly challenges us and this is a good time to review how to stay safe in the next coming months. Here are a few reminders.

- The Health Care Center has a "Snow List." If you are on chemotherapy, receiving radiation, or on dialysis please call the Health Care Center and let us know the days and time of your treatments. We will inform the Maintenance Department who will shovel you out in time for your treatment as per snow removal policy.
- If you have an emergency physician's office appointment, have the doctor's office call the Health Care Center at 609-655-2220. The Health Care Center will inform Maintenance Department.
- Please read the community's snow removal proto-

col. When inclement weather arrives, watch Channel 26 for the order in which Mutuals are shoveled.

- Monroe Police Department has a "Special Needs Registry." This registry is for individuals with disabilities and frail elderly individuals. In an emergency situation, necessary steps are taken to accommodate these individuals. This two-page form can be obtained from the Health Care Center and Administration Office. After completing the form, it is sent to the Monroe Police Department. This information is kept at the police department.
- If the weather is inclement, only go out if it is really necessary. When the temperature drops everything refreezes and all the melted snow turns to ice. Don't go outside for the newspaper or the mail – it is not worth falling or worse fracturing a bone.
- Protect your skin by applying heavier lotions and

creams.

- Limit the amount of time when you are outside, to avoid frostbite.
- Know the signs of hypothermia, known as the "umbles": mumbles, fumbles, grumbles, and stumbles. When your body temperature drops it affects your heart, nervous system and other organs in your body.
- When outdoors, dress warmly. Wear loose fitting, layered, lightweight clothing. Protect your ears, hands, and feet from frostbite. Wear a hat outside. You lose 60% of your body's heat from your head. A scarf is important to cover your mouth to protect your lungs from the frigid air. Make sure your hat and scarf do not block your vision or hearing.
- To reduce your chance of falling when leaving the house, use rock salt, sand, or some other de-icing compounds on the steps and walkways.
- If you use a cane, replace the rubber tip before it becomes smooth as it will become slippery when wet.
- Your boots should have a non-skid sole. Rubber soled boots have better traction in the snow.
- Remove your boots as soon as you come back into the house. The melting snow and ice may lead to a slippery floor and cause a fall.
- Know your physical limitations. Do not over exert yourself. Be aware of the signs and symptoms of a heart attack. Common warning signs of a heart attack include lightheadedness, dizziness, becoming short of breath, tightness or burning in chest, neck, arms or back.
- Always keep your cell phone fully charged, and if you use electronic devices,

keep them fully charged.

- If you lose power, have within easy access flashlights, a battery powered radio, and warm blankets. Please familiarize yourself with Administration's protocol on the availability of seeking shelter in the Clubhouse before there is a power outage.
- Make sure your smoke and carbon monoxide detectors are working.
- Never use your stove or oven to heat your home.
- If you use a space heater, as the name implies, it needs space. Keep the space heater at least three feet away from anything that might burn so as not to catch on fire.
- In these winter months, keep a little extra nonperishable food in the pantry, just in case you cannot get out to the grocery store. If it comes to the point where you are running low on food, grocery stores do offer a home delivery service for a nominal fee.

- Winterize your car. Check the anti-freeze level, make sure the tires are properly inflated, replace worn out windshield wipers, and make sure the gas tank does not go to empty.
- If you must be somewhere during this inclement weather, consider other means of transportation than driving your car.
- Most important, inform your family and/or friends of your travel plans.

We will not have a lecture in February. In past years, February has been a very inclement month with snow and ice. We feel it would be safer for residents and the lecturer not to venture out in that kind of weather. We will resume our monthly lectures March 12 with Dr. Dinesh Singal, from Cardio Metabolic Institute, Heart and Vascular Center and Director of Cardiac Catheterization Lab at Saint Peter's University Hospital. He will speak on "Preventing and Reversing Heart Disease."

A message from High Tech Landscapes, Inc.

By Jeff Voss

- Please call the East Gate phone and leave a message with any questions or concerns. 609-655-5134.
- Winter pruning will continue throughout the winter.

- Please remember to put any debris out front Sunday night for us to pick up Monday morning.
- Damaged turf will be fixed in the spring. Please tune to Channel 26 for any new updates.

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By Lieutenant Mike Daley,
Fire District 3

Carbon Monoxide (CO) is an invisible, odorless gas that is created when fuels such as wood, natural gas, propane, and gasoline are burned incompletely. There are many sources of CO within the home such as cooking equipment, heating equipment, and motor vehicles inside the garage. A person can get CO poisoning with a small amount of CO




A home carbon monoxide detector

over a long period of time, or by a large quantity of CO over a short period of time. That is why it is imperative that CO detectors are installed throughout the residence. Here are some tips for dealing with possible CO within the residence:

1. CO detectors should be installed on every floor of the home, and outside each sleeping area. Follow the manufacturer's recommendations for placement and mounting instructions.
2. Choose a CO alarm approved by a qualified test laboratory.
3. Test your alarms at least once a month.
4. If the alarm sounds, move to an area of fresh air and call the fire department. The Fire Department has monitoring devices that can detect the presence of CO and determine the cause of the alarm.
5. If a vehicle is being

(Continued on page 23)



From the Mayor

By Gerald W. Tamburro,
Mayor of Monroe Township

Monroe is recognized statewide as an Environmental Steward

I'm happy to announce that we've added yet another award to our growing list of accolades here in Monroe.

Already this past year, we've been hailed as a Tree City, one of the nation's safest cities and a municipality with one of the lowest tax rates in the County.

I'm proud to inform you that our most recent recognition comes from Sustainable Jersey, an organization that provides tools, training and financial incentives to municipalities that are pursuing environmentally sustainable programs.

We received word in December that the organization has awarded our community with silver-level certification, an exclusive designation that has been reserved for only 47 other municipalities in the State and only two others in Middlesex County.

Monroe's Green Team spent countless hours preparing and submitting documentation to Sustainable Jersey that detailed our efforts to promote sustainability within the Township.

Along the way, our Administration, Clerk's office, Department of Public Works, Engineering, Police Division, Library, Planning and Zoning and a number of other Municipal Departments assisted the Green Team's volunteers in this intensive and time-

consuming information-gathering process.

In addition to reaching a minimum of 350 action points, calculated through a system that assigns point values to specific environmental actions, our community was also required to meet several broader priority actions. Among a dozen priority actions outlined by Sustainable Jersey, Monroe qualified for silver certification due to its lauded practices regarding prescription drug and safety disposal, a sustainable land-use pledge and recycling waste reduction and compliance.

The Green Team's final report gave a summary of these actions, along with everything from our emergency communications to our energy efficiencies and even our community forestry and bicycle and pedestrian plans.

While reviewing our application, I'm told that Sustainable Jersey took some of our more extraordinary initiatives into consideration as well, such as the newly installed LED lighting and electric car-charging station at the library, our approximately 8,000 acres of preserved properties and our ever-expanding and well-attended Green Fair.

Many of these nuances, combined with our enhanced efforts to communicate these programs and measures with the public, ultimately helped elevate our status from the previously held bronze level to our current silver certification.

Having passed the rigorous requirements needed for this award, Monroe will be silver-certified for three years, leaving us as a prime candidate for a number of grant programs through Sustainable Jersey and reaffirming our steadfast commitment to green living.

I'd like to congratulate our Green Team, its volunteers and our Council liaison Miriam Cohen on all their hard work in achieving this monumental goal.

If any of you are interested in joining our Green Team, a very worthwhile endeavor, I encourage you to attend one of their regular meetings, which are held in the Monroe Township Library, 4 Municipal Plaza, every second Wednesday of the month at 6:30 p.m.

Monroe swears in new and returning members to township council



The 2018 Monroe Township Mayor and Council. From left are Councilman Leonard Baskin, Council Vice President Elizabeth Schneider, Council President Stephen Dalina, Mayor Gerald W. Tamburro, Councilman Charles Dipierro and Councilwoman Miriam Cohen.

At the Jan. 3 Township Council reorganization meeting, officials swore in several returning members, along with one Council newcomer.

"I'd like to welcome everyone and I look forward to building on a cohesive relationship with all of our members, both new and familiar," said Monroe Mayor Gerald W. Tamburro. "This is a group of dedicated leaders, who will be working together for a common purpose and in the best interest of the taxpayers over the next few years."

During the meeting, Elizabeth Schneider entered into her second term as Councilwoman. On task with the evening's agenda, members also unanimously selected Schneider to serve as Council vice-president and her fellow Councilman Stephen Dalina as president, each taking on their respective roles for a second year.

Following her successful bid in November, Councilwoman Miriam Cohen, who was tapped in March to replace Freeholder Leslie Koppel after her appointment to the Middlesex County board, will serve out the unexpired two-year term.

Councilman Leonard Baskin, appointed to his seat in July, was also sworn-in to his first four-year term with the Township.

New to Council, Charles Dipierro took his oath alongside his wife, mother, children and extended family members at the Jan. 3 meeting.

Dipierro is a lifelong resident of Monroe and a product of the Township's school system. He went on to attend Richard Stockton College in Galloway, earning a bachelor's degree in business and accounting with a minor in computer science.

Professionally, he has owned several local businesses that included landscaping, contracting and paving companies. Dipierro opened his own real estate company in Monroe in 1999.

In 2004, Dipierro was elected as a Commissioner to Fire District No. 1, where he's served as chairman for the past eight years.

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Carbon monoxide

(Continued from page 22)

- warmed up, remove it from the garage after starting the vehicle. Close the garage door while the vehicle is running outside, as CO can make its way into the residence through the garage.
- During a snowstorm, make sure the vents for the dryer, furnace, stove, and fireplace are all clear of snow.
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Changes for the 2018 edition:

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****All Changes must be received by July 13, 2018****

If your name, address and/or telephone/cell number is in the 2017 edition correctly, it is not necessary for you to complete this form.

Monroe supports state efforts to preserve federal tax deductions for residents

In response to sweeping federal tax reforms that limit certain itemized deductions, the Monroe Township Mayor and Council approved a measure at the Jan. 8 meeting supporting a plan by New Jersey officials that would allow residents to write off a portion of their property taxes as a charitable contribution.

New Jersey Governor-elect Phil Murphy and lawmakers are advancing efforts to ensure their constituents receive the full deduction for State and local taxes, which were undercut by recently adopted federal tax legislation.

Under their proposal, New Jersey taxpayers would be permitted to file portions of their property tax bills as charitable contributions to public service entities, such as municipalities, counties and school boards.

Charitable contributions were one of the few deductions the federal government left intact under the new code. As previously approved by the Internal Revenue Service, public services deductibles are considered charitable contributions in 22 other states.

"New Jersey and Monroe residents are under siege by the new federal government tax plan that unfairly increases the tax burden on our residents," said Monroe Mayor Gerald W. Tamburro. "I applaud the State's efforts to fight back and I will step

forward to make sure our residents get a fair shake. While we have kept municipal taxes flat for four years, I worry that without the State legislature acting to reinstate these deductions, it may harm our home values and impact our municipal services. I support Governor-elect Murphy's efforts and encourage the legislature to address this unreasonable federal action."

At the Jan. 8 meeting, the Monroe Township Council unanimously approved the resolution supporting the State's efforts to preserve the deductions.

"This previous deduction has been in place for more than a century," said Monroe Council President Stephen Dalina following the meeting. "Our State taxpayers already subsidize other states by paying more into the federal treasury than the federal government reimburses back to New Jersey in spending. Federal lawmakers have essentially implemented a double taxation policy here with New Jersey residents paying federal income taxes on State and local taxes. Governor Murphy's proposal should provide some relief."

Monroe's resolution is en route to Trenton with copies forwarded to Murphy, as well as Senate President Steven Sweeney, Assembly Speaker Craig J. Coughlin and other State legislators representing the Township.

February Calendar of Events for Monroe Township Public Library

Sit-N-Stitch

Fridays, February 2 and 16 at 10:30 a.m. Stitch a project; assist others, share tips, projects and patterns. Bring your own supplies. Registration not required.

Poets Corner

Friday, February 2 at 11 a.m. A workshop and reading group for all ages. Please bring 10 copies of your work. Registration is not required.

Friday Afternoon Movie

Fridays, February 2 and 16 at 2 p.m. February 2: 2017 Biography/Drama/History Queen Victoria strikes up an unlikely friendship with a young Indian clerk named Abdul Karim. Rated PG-13. 1h, 52m. February 16: 2016 Comedy/Drama/Romance The wife of a successful movie producer takes a car trip from the south of France to Paris with one of her husband's associates. Rated PG -13. 1h, 32m. Movies are free. Registration is not required.

Keep Collective Pop-Up Shop

Saturday, February 3. Keep Collective is personalized charm-based jewelry used to tell a story. The Monroe Township Library Foundation is now providing Pop-Up Shop rental space on select Saturdays between 10 a.m. and 4 p.m. Local residents with their own direct sales businesses (LuLaRoe, Pampered Chef, Tastefully Simple, Rodan & Fields, crafters, bakers, e.g.) should visit one of our service desks or

our website for an application to rent the Pop-Up Shop space at the Library.

Current Events Discussion Group

Saturday, February 3 at 10:30 a.m. Enjoy a discussion about the latest in global and domestic affairs. Light refreshments provided. Register at the Welcome Desk.

Coupon Club

Monday, February 5 at 1:30 p.m. Clip, swap and trade coupons. Discuss deals, share frugal tips and shopping experiences. Bring a pair of scissors and your stash of non-expired coupons. Registration is not required.

Liftoff!

Celebrating Spaceflight Documentary and Hollywood Film Series.

Tuesday, February 6 at 12:30 p.m.: 1999 two-hour NOVA special chronicles the untold science and engineering story of how we got to the moon.

Saturday, February 10 at 12:30 p.m.: 1995 American space docudrama directed by Ron Howard and starring Tom Hanks that dramatizes the aborted 1970 Apollo 13 lunar mission. Rated PG, 2h, 20m

Tuesday, February 13 at 12:30 p.m.: 2016 PBS documentary about the pre-space program. U.S. Air Force pilots and scientists lay the groundwork for the U.S. space program through project "Man High." Runtime: 51 minutes.

Tuesday, February 20 at 12:30 p.m.: 2000 Action/Adventure/Thriller. When a retired engineer is called upon to rescue a failing satellite, he insists that his equally old teammates accompany him into space. Rated PG, 2h, 10m. Registration is not required.

Book Café

Wednesday, February 7. Session 1 at 11 a.m. for existing group members. Session 2 at 1 p.m. for new members. Discuss books that you have read. Light refreshments will be served. Register at the Welcome Desk.

Socrates Café

Wednesday, February 7 at 7 p.m. Participate in this international group based on the philosophy of Socrates. Pose questions, listen to others, raise challenges and consider other alternatives. Monroe resident Noreen Gummie moderates. Register at the Welcome Desk.

Library Board of Trustees Meeting

Monday, February 12 at 6:30 p.m. The Library Board of Trustees will meet the second Monday of this month due to Presidents' Day.

Varicose Veins

Wednesday, February 14 at 10 a.m. Varicose veins and spider veins can cause pain, discomfort and may lead to serious health and circulatory problems if left untreated. Chief of Podiatry at University Medical Center at Princeton Kenneth Gold-

man, MD, FACS double board certified in general surgery and vascular surgery discusses causes and the latest treatment options. This program is co-sponsored by Princeton HealthCare System Community Education & Outreach. Register at the Welcome Desk.

Short Story Discussion Group

Wednesday, February 14 at 11 a.m. Leah Wagner moderates a discussion about 100 Years of the Best American Short Stories. This month we will discuss "The School" by Donald Barthelme and "The Conventional Wisdom" by Stanley Elkin. Register and reserve your copy at the Welcome Desk.

Lunch with Friends

Presented by The Friends of the Monroe Township Library on Wednesday, February 14 at 12 p.m. Bring your brown bag lunch and learn about "Mindfulness" with reference librarian, Jen Rojas. Cookies will be provided. Registration is not required.

Genealogy Club

Wednesday, February 14 at 1:30 p.m. Genealogists of all expertise levels welcome. Registration is not required.

Coffee and a Book

Tuesday, February 20 at 10:30 a.m. Join a book discussion moderated by Monica Teixeira. This month's title is *Valley of the Moon* by Melanie Gideon. Coffee and cookies provided. Register and reserve your copy at the Welcome Desk.

The Moth

Wednesday, February 21 at 11 a.m. Join us for an amazing book discussion of *All These Wonders: True Stories About Facing the Unknown*, which was released in March 2017. The Moth's mission is to promote the art and craft of storytelling and to honor and celebrate the diversity and commonality of human experience. The Moth was founded by the novelist George Dawes Green, who wanted to recreate in New York the feeling of sultry summer evenings in his native Georgia, when moths were attracted to the light on the porch where he and his friends would gather to spin spellbinding tales. Moth Radio Hour is heard on over 450 radio stations worldwide. Register and reserve your copy at the Welcome Desk.

Sewing Class: Pillow Cases

Thursday, February 22, 6 p.m.-8 p.m. and Monday, February 26, 3 p.m.-5 p.m. Learn how to sew pillow cases. Class is 2 hours. Students must take the Meet Your Sewing Machine class or have prior machine sewing knowledge to take this class. Ages 18 and over. Students must bring 2 yards of fabric to class. Register at the Reference Desk, by phone or online at www.monroetwplibrary.org.

Friends of the Library Meeting

Tuesday, February 27 at

(Continued on page 25)



The American Heart Association
Recommendations for Physical Activity in Adults

For Overall Cardiovascular Health:

At least **30** minutes of moderate-intensity aerobic activity

At least **5** days per week for a total of **150** minutes

OR

At least **25** minutes of vigorous aerobic activity

At least **3** days per week for a total of **75** minutes

or a combination of the two

AND

Moderate **HIGH INTENSITY** muscle-strengthening activity

At least **2** days per week for a total of **2** sessions

For Lowering Blood Pressure and Cholesterol:

An average of **40** minutes of moderate-to-vigorous-intensity aerobic activity

3-4 days per week

© 2016 Learn more at heart.org/ActivityRecommendations.

Senior Center Highlights

Monroe Office of Senior Services & Senior Center
12 Halsey Reed Road, Monroe Township, NJ 08831
609-448-7140

Membership Has its Benefits

Registering with the Office / Senior Center is free and available to Monroe Township residents, 55 years of age and older. Around the 15th of the previous month and members can sign-up for the special, monthly activities either via phone or in-person for all programs with a fee. From your home, visit www.monroetwp.com, and look for the "Office of Senior Services" link under "Departments" to access the calendar/newsletter online.

Advance registration is recommended to ensure easy admission into a program; and, if needed, transportation to and from the Senior Center. Registration is also available on the same day of an event from 9 to 11:30 a.m. For members unable to attend a registered program, a cancellation phone call is appreciated. For more information, please call the Office/Senior Center at: 609-448-7140.

Here's To Your Health

Please register in advance

Bagels Plus: On Friday, February 2, at 10 a.m., join Linda (The Gardens at Monroe) and Sheli (Always Best Care) as they host the topic of Advance Care Planning. Tina Ruane, Elder Care Coordinator, of Garland Elder Law Offices, discusses how to pick a healthcare agent, how to determine preferences for care, and who will make decisions for you if you cannot. Please register early.

Income Tax Assistance: From February 5 through April 10, on Mondays and Wednesdays, by appointment, AARP-trained volunteer tax counselors provide free income tax assistance to individuals with low-to-moderate incomes. Limited time slots available for those in need of transportation services. Tax appointments are made through one staff member; so, if Rosanna is not available, please leave a message. All messages will be responded to in the order that they are received.

Meet the Author, Arlene Maybloom: On Monday, February 12, at 2 p.m., meet Arlene Maybloom, au-

thor of *Sunshine on a Cloudy Day*, which is a collection of poetry reflecting her highs and lows as a stroke and cancer survivor. Arlene shares these poems with you during this insightful reading session...straight from her heart.

Your Salty Ways: On Wednesday, February 21, at 1:30 p.m., join Catherine Chan, RD, from RWJ Diabetes Education Clinic, for an informative session on your salt consumption. Discover how much salt we really need, identify salt heavy foods, and learn how to curb your salt cravings.

Reduce Your Diabetes Risk: On Thursday, February 22, at 1:30 p.m., join Sandra Byer-Lubin, Certified Diabetes Educator with UMCP's Diabetes Management Program, to find out what normal glucose levels are and how to reduce your risk for diabetes and heart disease.

Dealing with Loss: On Monday, February 26, at 1:30 p.m., Rabbi/Chaplain Bryan Kinzbrunner, from the Wilf Campus for Senior Living, discusses how to deal with different forms of loss and provides helpful coping tools during these dreary and cold winter months.

Memory & Diet: On Tuesday, February 27, at 1:30 p.m., we welcome back Caryn Alter, RD, from ContraState's Star and Barry Tobias Health Awareness Center, as she explores the health benefits, for both your brain and body, with a delicious style of eating.

Laughs, Lyrics, & Lectures

Please register in advance

The Music of ABBA: On Thursday, February 1, at 1 p.m., enjoy all of the hits that this popular pop group, from Sweden, generated during the 1970's, in this music video collection of over 30 songs. From *Mamma Mia* to *Dancing Queen* to *Take a Chance on Me*, ABBA's music is timeless.

ENCORES: On Friday, February 2, at 1:30 p.m., delight in 18n stunning moments from the Metropolitan Opera, during this special DVD presentation that features some of the greatest stars in opera.

Karaoke with Rick: On Monday, February 5, at 2 p.m., join Rick as he fills the room with lovely tunes...and your favorites...while you select and sing along to the songs you love. It's a fun and interactive afternoon!

The Salem Witch Trials: On Tuesday, February 6, at 1:30 p.m., explore the hysteria that was created more than 300 years ago during this DVD presentation about the Salem Witch Trials (February 1692 to May 1693). Discover the causes

and results behind the accusations.

Movie Times: On select days this month, enjoy a featured, oldie but goodie. **On Wednesday, February 7, at 1 p.m.,** after the presentation about the Salem Witch Trials, follow-up with *THE CRUCIBLE* (starring Daniel Day-Lewis as John Proctor). Then, **on Wednesday, February 14, at 1 p.m.,** get your laugh-on with *THE BIRD-CAGE* (starring the late but always great, Robin Williams). When registering, please note the movie title/date.

Twin Obsessions: On Thursday, February 8 and 15, at 1:30 p.m., join Julian Davis as he unravels the complex tale of Henry Ford and his two obsessions: The Model "T" automobile and the promotion of an infectious brand of anti-Semitism. When registering in advance, you will be automatically enrolled in both dates.

Pizza Plus: On Friday, February 9, at Noon, enjoy a slice or two of pizza while viewing the movie classic, *MY FAIR LADY*, starring Audrey Hepburn. Tickets: \$6 p.p., due upon registering in-person, in-advance. Space limited for optional viewing pleasure.

Honest Look at Abe: On Tuesday, February 13, at 2 p.m., we welcome back Jim DelGiudice, photojournalist, as he examines images of Abraham Lincoln as they relate to the man, his times, and the evolution of press and celebrity photography. What made Lincoln, self-described as "tousled", such a popular subject for photographers?

Amazing Shadows: On Tuesday, February 20, at 1:30 p.m., learn more about the National Film Registry ~ a list of America's classic movie treasures. This DVD presentation, which is approximately 90 minutes in length, uncovers the debate and drama surrounding the creation of this cultural archive.

Jerry's Travels: On Friday, February 23, at 1:30 p.m., sit back and enjoy Jerry's armchair tour of Scandinavia. After a stop at London, you will set sail on the Baltic Sea to visit the Scandinavian capitals of Helsinki, Finland, Stockholm, Sweden, Copenhagen, Denmark, and Norway.

Acoustic Café: On Wednesday, February 28, at 2 p.m., we welcome Sheli Monacchio singer/songwriter/guitarist, of Caring Connections and Always Best Care, as she shares her original, musical stories relating to love, life, loss, and hope. This show is an intimate, "coffeehouse-style," set up. Light refreshments, too!

(Continued on page 26)

HOME SAFETY TIPS



How To Deter Home Burglary

- Invest in good quality locks on doors and windows. This includes all sliding glass doors as well. Make it difficult and time consuming for a burglar to gain entry.
- Whenever you go outside, lock the door and take the key with you, even if you are just stepping next door or out in the backyard.
- Don't put valuables where they can be seen from the window, especially items that can be easily carried.
- Be sure your garage door can be secured. Do not leave it open when you are away; an empty garage broadcasts your absence.
- When you aren't home, use a timer set to turn interior lights on and off at varying intervals as though your home was still occupied.
- Don't keep large amounts of cash or really valuable jewelry around the house.
- If a stranger comes to your door asking to use the telephone, make the call yourself. Don't invite them in.
- Don't hide a spare key under the doormat or flowerpot. Thieves know all the good hiding places.
- Invest in a good security system along with motion sensor lights installed out of reach.
- Keep any tools that could be used to break into your home locked away in the garage.
- Always double check that doors and windows are locked even during daylight hours.
- Videotape the contents of your home. Keep the video and the list of all valuables in a safe place, such as a safe deposit box.

How To Safeguard Your Home While on Vacation



- Strive to make your home look as lived-in as possible while you're away.
- Don't broadcast your plans but do let your neighbors and local law enforcement know.
- Arrange to have your mail and newspapers either stopped or picked up daily.
- Use automatic timers to turn on a radio and lights at different intervals to hide the fact you aren't home.
- Turn down the ringer on the telephone. An unanswered telephone is a dead give-away.
- Be sure you don't announce your absence on your answering machine message or email.
- Leave your blinds as you normally would if you were home. Only close them all the way if that is what you would normally do.
- Move valuables away from windows.
- Be sure to close and lock the garage as well as any storage sheds, etc.
- Be sure someone knows your itinerary and your estimated time of arrival and return.
- If you get lost while traveling, ask directions of local law enforcement, not complete strangers.
- Be sure your vehicle is in good working condition and that you have taken enough money. Do not carry large amounts of cash, use credit cards and travelers' checks.
- Arrange for a friend or relative to inspect your property periodically.
- Do not leave a key in a hiding place.
- Check and double-check all windows and doors on every level and garage doors before leaving.

Car Safety



- In traffic, keep doors locked and windows up
- Park and lock your car and remove the keys
- Park in areas that are well lighted
- Cruise around a bit in shopping centers parking lots until you find an open parking place close to a well-lighted entrance.
- When you return to your car, check in and around it, and have your keys *in your hand* and ready to use.
- If you are followed by another vehicle, go to a public place or, better, police station. If near home, stop at the staffed gate house to alert security.
- Keep valuables in trunk or hidden in the car and do not keep valuables in the glove box
- BE COURTEOUS! Confrontations often occur when drivers become frustrated about how others drive.
- If you have car trouble: Raise the hood, use emergency flashers, tie something white around your antenna or mirror.
- Carry a 'HELP' sign and keep a can of tire inflator in trunk. Stay inside the car, lock the doors and if help is offered, ask for the police. Do not allow strangers to help you "fix that flat." Thieves, especially near banking institutions, are known to ice pick car tires, so they'll go flat in a short distance then come to your "rescue" with theft in mind.
- Remember to regularly check your car's oil, gas, water and tires. Service your car regularly.
- Invest in an auto club membership, such as AAA, so you may have roadside assistance help you in any emergency, from fixing a flat to towing.
- Keep a charged cell phone with you when away from home. You can preprogram important numbers so that they are immediately available.
- Keep a flash light in your auto and attach a light-weight, slimline flashlight to your keychain.

Library

(Continued from page 24)
6:30 p.m.

George Ivers Display Case
Monroe Township Middle School student artwork
Fine Arts Gallery
Paintings by Charles Thalor

Library Closings

The Library will be closed on Monday, February 19 for Presidents' Day.

All events are open to the public.

www.monroetwplibrary.org

Classified Advertising

Transportation

EXPERIENCED LIMO DRIVER – NYC, airports, anywhere. Former Clearbrook resident. Call John (732) 610-0703.

NAT TRANSPORTATION – Monroe resident. All airports, shipyards, NYC and local. Doctor and hospital visits. (917) 657-5611.

LIMO GUY, INC. – Our 15th year. We go to all airports. Late model Lincoln Towncars. Holds four passengers in total comfort and style. \$85 to Newark, \$155 Philadelphia, \$180 JFK airports. We go almost anywhere 24/7. Call (732) 452-9222.

CALL DOREEN – I'm back! My new number is (609) 284-4308. Thank you.

EXPERIENCED DRIVER – Doctor and hospital visits, supermarkets, airports. Carl (908) 812-6326.

Home Improvement & Services

STAINED GLASS entryways, privacy windows, kitchen cabinets. 25 years' experience. Over 105 customers in Monroe Township alone. Please call Frank Stupor (732) 239-6915. Thank you.

INTERIOR PAINTING – Wallpaper removal. 30 years experience. Please call Ken – Diamond Painting. (609) 655-1525 or (732) 446-0400.

T-K-S HOME IMPROVEMENTS – Full service contractor and handyman services. No job too big or small. License #13VH05970500. (609) 259-2574.

RELIABLE HANDYMAN SERVICES – Local resident. No job too small. All labor guaranteed. Call me to discuss – no obligation. Reasonable rates. Call (609) 409-7096 or (908) 385-5869.

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

Miscellaneous/Services

ALTERATIONS/SEWING NEEDS – I can come to you. Joan (609) 655-4363.

PET SITTING – Furever Friends is licensed and insured with 10 years' experience in pet care. We take care of your furry friends while you are away. Call Tricia and Elaine (732) 631-5506 or pet-sittersnj1@gmail.com

PET SITTERS – Our home or yours. True animal lovers. Barb (732) 735-4243.

HAVE SCISSORS, WILL TRAVEL – All hairdressing services. Will come to your home. Licensed hairdresser. Call Georgianne (732) 985-8129.

TECH BUDDY – Simple step-by-step help with smart-phones, computers and tablets. Large print solutions for low tech problems. Real Beginner to Advanced. Patience and enthusiasm included. Wireless printers, Netflix, Roku, Amazon Alexa and Echo – setup and training. Did you know that Amazon Alexa can remind you of all your appointments? Play Jeopardy? Read books? Free quote. (732) 589-4974. techbuddy-barb@aol.com

COMPUTER REPAIR - RJF Sales Company LLC. Is your computer running slow? It may need a tune-up. Desktop and laptop repair in your home. Custom built computers. Virus removal and protection. Monroe resident with over 20 years of computer experience. Free USB flash drive with service. (732) 723-9537 or (732) 967-3400. Please leave message, all calls returned same day.

Tax Preparation/Services

CERTIFIED PUBLIC ACCOUNTANT – Taxes prepared in the comfort of your home. Reasonable rates. Rebecca (732) 718-4359.

INCOME TAX PREPARATION – Michael Stiller-MBA. 40 years' experience serving senior communities. In-home appointments. (732) 718-9050.

GREGORY TAX SERVICE – In-home appointments. Reasonable fees, 30 years' experience, IRS, AFSP. Jim Gregory (732) 236-4498.

Wanted

CHABAD JEWISH CENTER is collecting old liquor bottles as charity fundraiser. Call Estelle (609) 664-2608.

Wanted to Buy

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

Help & Health Services

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

HELP WITH shopping, home care, transportation. Call (732) 796-5503.

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

CARING ELDER CARE – Special offer for February. No charge for the first hour. We are experienced and caring. Elizabeth (646) 413-0813.

Housecleaning

IZABELA'S CLEANING SERVICE - Professional house cleaning. Quality work. Local references. Very reasonable. Years of experience in the area. European quality. (609) 954-0181.

HOUSE CLEANING to clean your home expertly and thoroughly. References, honest, courteous and experienced. Reyna (609) 371-4775. You'll be glad you called.

Sing with the Monroe Twp. Chorus

By Sheila Werfel

Are you a soprano, alto, tenor, or bass residing in Monroe Township and interested in joining the Monroe Township Chorus? We sing four-part harmony and rehearse at the Monroe Township Senior Center, at 12 Halsey Reed Rd., every Tuesday morning from 9 to 11:30 a.m. beginning Tuesday, Jan. 9.

Men and women of all ages are welcome and you do not need to be a senior citizen to participate. Come join the fun and camaraderie of a wonderful group of people and share the gift of song.

"We don't sing because we're happy - we're happy because we sing."

For more information, contact Sheila Werfel, Director at 609 619-3229

Senior Center Highlights

(Continued from page 25)

Artistically Speaking
Paper Trails: Starting on Tuesday, February 6, from 10:30 to 11:30 a.m., we welcome back Barb and Samantha, from PaperTrailsNJ, for this fun 3-Day Workshop (Feb. 6, 20, 27) where you will discover some tricks of the trade. Learn some DIY paper crafting methods and make two cards per session. All supplies provided. Course fee: \$45 p.p., due in-person, in advance.

Mixed Watercolor: Starting on Thursday, February 22, at 12:30 p.m., join Jeremy Taylor, watercolorist, for this 5-session multi-level watercolor class which uses other mediums as well as natural and synthetic papers. Demos, one-on-one critiques, and special exercises will enhance your own personal style and technique. Course Fee: \$50 p.p., due upon registering in-person, in advance. Space limited. Ask for a supply list when you register. (Last Class on

March 22.)

Watercolor Experience: Starting on Friday, February 23, at 12:30 p.m., join watercolorist, Jeremy Taylor, for this 5-session class for beginners/advance beginners. Explore watercolor technique and develop your own style. Demos, personal critiques, and exercises, designed by Jeremy, will be provided. Course Fee: \$50 p.p., due upon registering in-person, in advance. Space limited. Supply list available. (Last Class: March 23.)

Center Transportation

Transportation to and from the Senior Center is a FREE service available to ALL Senior members/residents during regular business hours. Please advise us of your transportation need when registering for Center activities. Need to cancel? Please let us know immediately, noting the original purpose of your transportation need (i.e., program, appointment, etc.)

Ugly Duckling reveals its beauty in "Honk! A Musical" at MCCC's Kelsey Theatre Feb. 9-18

West Windsor, N.J. – Join The Yardley Players at Mercer County Community College's (MCCC's) Kelsey Theatre for a wise, funny tale about a chick named "Ugly." Shunned by the other barnyard animals for being different, he ultimately finds acceptance when his special kind of beauty is revealed. "Honk! The Musical" comes

to the Kelsey stage Fridays, Feb. 9 and 16 at 8 p.m.; Saturdays, Feb. 10 and 17 at 2 p.m. and 8 p.m.; and Sundays, Feb. 11 and 18 at 2 p.m.

Kelsey Theatre is located on the college's West Windsor Campus, 1200 Old Trenton Road. A reception with the cast and crew follows the opening night performance on Feb. 9.

An award-winning family show direct from Britain, "Honk" offers a universal message about compassion and acceptance – for ducks and people too! British playwrights George Stiles and Anthony Drewe's witty musical is based on Hans Christian Andersen's classic tale, *The Ugly Duckling*. Described as a story "for anyone who has ever felt like honking when the rest of the world goes quack," the show is filled with memorable musical numbers, creative choreography and charming costumes. Winner of three awards for Best Musical, including the 2000 Laurence Olivier Award, "Honk" has enjoyed immense popularity with audiences in the United Kingdom and on tours worldwide.

Tickets are \$20 for adults, \$18 for seniors, and \$16 for students and teens. Tickets may be purchased by calling the Kelsey Box Office at 609-570-3333 or online at www.kelseytheatre.net. Kelsey Theatre is wheelchair accessible, with free parking next to the theater. For a complete listing of adult and children's events, visit the Kelsey website or call the box office for a brochure.

CLASSIFIED AD COUPON

Check those publications that apply:

- ☐ The Clearbrook Courier ☐ The Concordian ☐ Encore Speaks
☐ GW Voice ☐ Regency Reporter ☐ Renaissance Reflections
☐ The Rossmoor News

☐ Check here for all seven publications

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

Princeton Editorial Services, Inc.

P.O. Box 70, Millstone Twp., NJ 08510

RATES

\$14 for 10 words. 50 cents each additional word per publication.

Sample: 10 words in two publications = \$14 x 2 = \$28.00

No discounts apply. All ads must be mailed with payment.

No classifieds accepted by phone or email.

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

• State category/heading, i.e., "For Rent", "For Sale", "Help Wanted." You will not be charged for the heading.

• One check or money order must accompany insert.

MADE PAYABLE TO PRINCETON EDITORIAL SERVICES, INC.

• Phone number or address which appears in ad must appear on check or money order to ensure proper credit.

Name _____

Tel. # _____

(Above information is for Princeton Editorial purposes only if we need to contact you. Above information will not be published.)

PLEASE PRINT YOUR AD ON 8.5 X 11" PAPER

ROSSMOOR COMMUNITY ASSOCIATION, INC.
SNOW POLICY AND PROCEDURES

POLICY

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

PROCEDURE

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

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

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

1. Pre-salting streets and carport lanes to prevent snow from bonding to the surface.
2. Plowing all main and secondary streets (see list of streets under "Priorities") continuously after an accumulation of 2" or more or as required by RCAI management.
3. **Once the storm ends**, separate crews and separate equipment will begin plowing lanes and carports; plowing perimeter and main sidewalks; plowing driveways and finally shoveling of the main, front entrance walks and stoops leading to the main entrance doors of the manors. Secondary walks and/or stoops on the sides or backs of manors will not be shoveled or treated with ice melt. In a typical snow storm (2 to 6 inches of accumulation), it takes approximately **12 hours once the storm ends** to complete the full snow removal operation. In the event of a major snow event (6 inches or more) and/or icing conditions, it may require more time to complete the full snow removal operation.
4. **Once the full snow removal operation is complete**, ice melt may be applied to perimeter and main sidewalks and the front entrances walks and stoops leading to the main entrance doors of the manors depending on accumulations, ice conditions, ground and air temperatures and the forecast for the next 24 hours. Reasonable efforts will be made to maintain the perimeter and main sidewalks and the front entrances walks and stoops leading to the main entrance doors of the manors and driveways after each storm and for the days to follow until the conditions clear, but it is impossible to be everywhere all the time. A full ice melt application takes approximately six hours and is not effective in lower temperatures and without sunlight. Secondary walks and/or on the sides or backs of manors will not be shoveled or treated with ice melt.

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

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

COMMUNICATION
Fire/Police/First Aid Emergencies 911

Upon notification of a pending fire, police or first aid emergency requiring emergency personnel, the snow removal staff/contractor on site will make reasonable efforts to clear the road, walkway and/or driveway in the area where emergency personnel require access prior to or simultaneous with emergency personnel arrival.

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

Snow Removal Operations Concerns

Maintenance Office 655-2121
Monday – Friday 8:30 a.m. – 12 noon
and 1:00 p.m. – 5:00 p.m.

North Gate 655-1868
After hours/evenings/weekends

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

Residents are responsible to leave accurate and pertinent information.

Snow Removal Operations Updates/Cancellations/Bus Service
Channel 26

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

RESIDENTS' RESPONSIBILITY

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

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

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

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

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

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



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

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

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

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

PRIORITIES

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

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

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

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

Resident Emergency/Disaster Information (R.E.D.I.)
Knowing what to do is the best preparation
IT'S YOUR RESPONSIBILITY

Why Prepare?

The outlook for recovery from a disaster often depends on your planning and preparation. While we all hope that such events never happen, it has been shown from time to time that those who have prepared are best able to recover. Emergency services and government agencies may not be able to respond to our needs immediately. **You need to be ready to care for yourself here in Rossmoor.**

Know What to Do

In the event of a disaster/emergency it is important to know what to do. Learn and understand the different types of disasters/emergencies you are most likely to encounter and what you will need. While each person is unique, you can take steps to prepare by evaluating personal needs and making a plan that fits those needs.

Make a Plan

The first step is to consider how a disaster/emergency might affect your individual needs. It may be necessary to plan to make it on your own for many days. It is possible that you will not have access to a medical facility, drugstore, gas station, or bank. Bus service may be limited or cancelled. It is crucial that you think about what kinds of resources you use on a daily basis and what you might do if those resources are limited or not available.

Leaving vs Staying Home

Prior to a snow storm, hurricane, rain storm or other extreme weather advisories, you should consider staying with family, friends or in a hotel out of the area especially if you feel you are not capable to safely shelter-in-place. If you leave Rossmoor prior to a storm, it is a good idea to check with the North Gate prior to returning to check on the conditions at Rossmoor and whether or not it is safe for you to return.

If you plan to stay home, it may be best in most situations to remain home during and after an extreme weather event as there may be the uncertainty of where you might go and the risk of impassable roads. Should you elect to stay home, you must plan ahead and be prepared to be at home for some period of time possibly without services.

Evacuation

The Monroe Township Office of Emergency Management, in coordination with fire, first aid and police departments, will be in charge and provide instruction should it be necessary to evacuate. If residents are evacuated, every effort will be made to open the Clubhouse as a comfort station until evacuees are able to make other living arrangements, or a Township or County shelter is opened. The Clubhouse is equipped with a stand-by generator that will restore power in the entire building within seconds of a power outage

Share Information

It's a good idea to check with Administration that you have a current *Emergency Contact Information* form on file. This information will be available to Administration and will also be available at the North Gate for emergency responders should the need arise.

If someone has *Power of Attorney* for you, please consider filing a copy with the Administration Office. It would be helpful in an emergency to contact the person you have designated as the one to handle your affairs if you are unable to do so.

If you have a medical condition or special needs, you should complete the *Monroe Township Special Needs Registry* form available in Administration. Completed forms should be returned to the Monroe Township Police Department, 3 Municipal Plaza, Monroe Township, New Jersey 08831.

You should also register with the Healthcare Center with your contact information and medical history.

Should you have a medical condition that requires outside treatments such as, but not limited to, dialysis or chemotherapy, you must register with the Healthcare Center prior to an ice or snow emergency to guarantee access for these appointments.

Additional Resources

For additional information resources, it is suggested you visit these websites:

<http://www.ready.gov/>

<http://www.redcross.org/prepare>

<http://72hours.org/>

Basic Disaster Supplies Kit

According to the www.ready.gov/ website a basic emergency supply kit could include the following recommended items:

- Water – one gallon of water per person per day for at least three days, for drinking water and sanitation
- Food – at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to filter contaminated air and plastic sheeting and duct tape to "shelter-in-place"
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cell phone with chargers, inverter or solar charger
- Prescription medications and glasses
- Pet food and extra water for your pet
- Cash or traveler's checks and change
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- First aid book

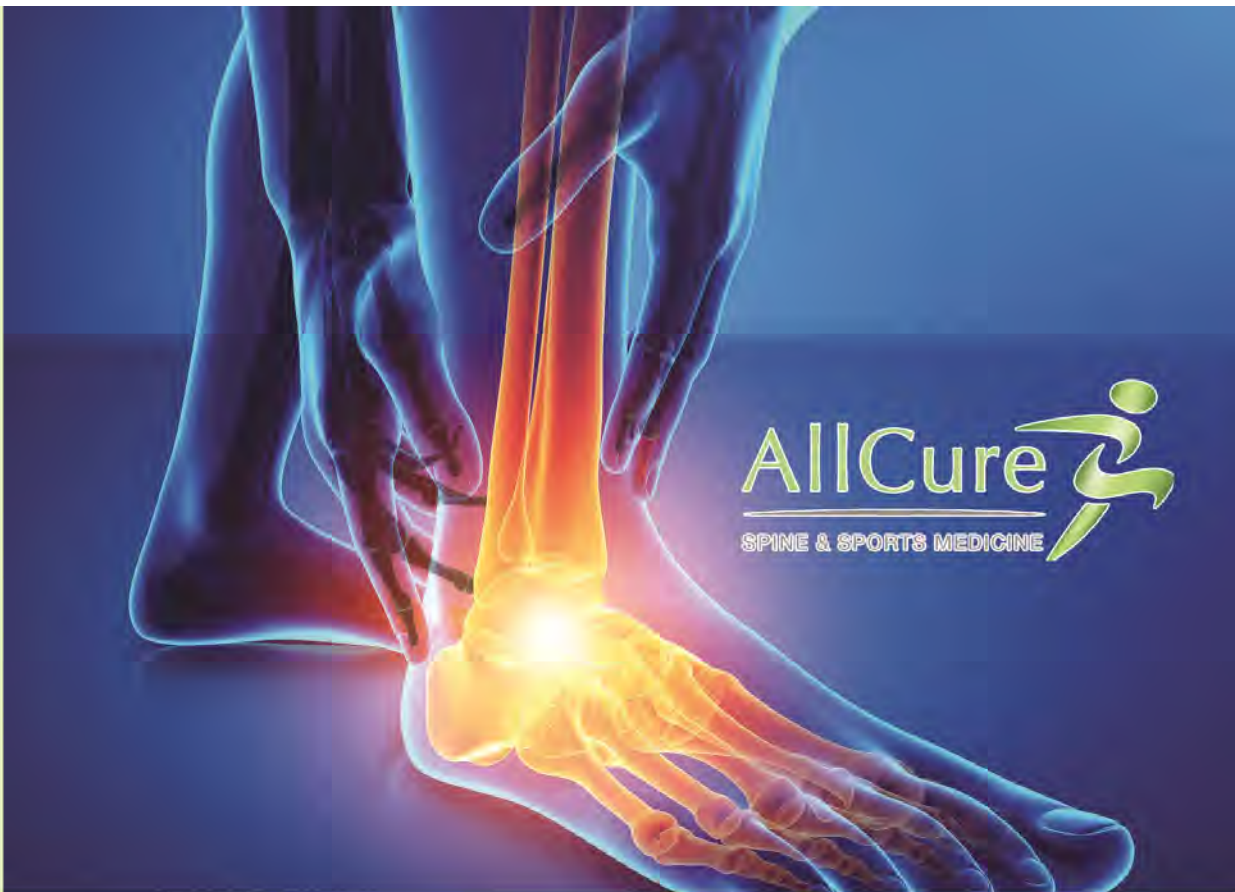
It may also be important to make sure your car is serviced and has a full tank of gas.

ARE YOU R.E.D.I.?

Be sure to review and renew your plan annually or as your needs may change

DO YOU SUFFER FROM ANY OF THE FOLLOWING CONDITIONS?

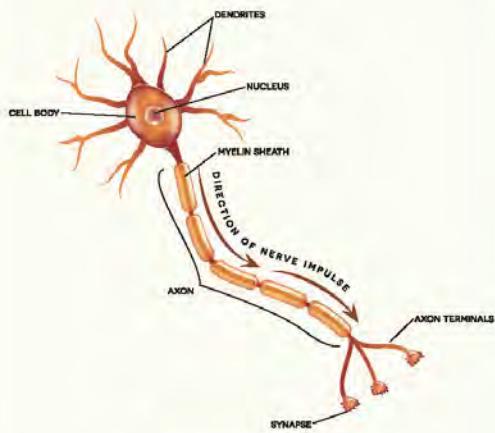
- Numbness
- Pain when you walk
- Sharp, electrical-like pain
- Burning or tingling
- Difficulty sleeping from leg or foot discomfort
- Muscle weakness
- Sensitivity to touch



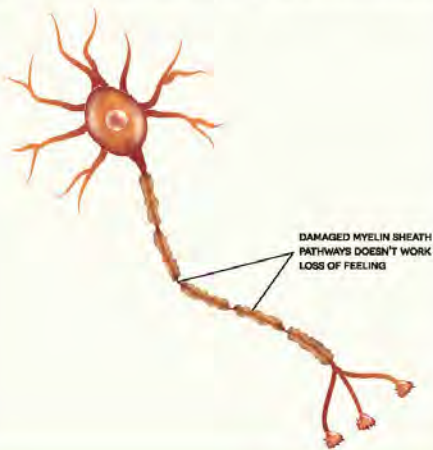
GET RID OF IRRITATING NUMBNESS AND PAIN IN YOUR LEGS AND FEET WITH FDA-CLEARED TREATMENT

WHAT DOES PERIPHERAL NEUROPATHY LOOK LIKE?

Healthy Nerve Cell
Properly processes sensory information to the brain:



Damaged Nerve Cell
Sends incorrect signals to the brain, from phantom pain to tingling and numbness:



GET IN ON THE RELIEF!

“I was diagnosed with peripheral neuropathy. My neurologist prescribed Neurotin, which didn’t help. After treatment of MicroVas, *the burning sensation in my legs is gone*. I sleep better and have better balance. The environment at AllCure Spine is nurturing and caring.”

- Vicki M.

PERIPHERAL NEUROPATHY

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

HOW DO YOU KNOW IF YOU HAVE PERIPHERAL NERVE DAMAGE?

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

NEW FDA-CLEARED TREATMENTS PROVIDE HOPE

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

WHY ALLCURE SPINE & SPORTS MEDICINE?

AllCure Spine and Sports Medicine offers some of the most advanced, non-surgical, FDA-cleared procedures for relieving chronic pain. Our multidisciplinary approach utilizes the latest medical technology. We offer programs and procedures that will improve your health with the utmost safety and precision. We will provide you with an accurate diagnosis and recommend a program that best fits your needs.

TREATMENT IS COVERED BY MOST MAJOR INSURANCES, INCLUDING MEDICARE

We are confident that you will find healing and relief at AllCure Spine and Sports Medicine. You will have a one-on-one consultation with one of our trained staff who will evaluate your condition and determine if you would be a candidate for this treatment. Due to the demand, we have opened an additional 30 appointments this week. Time slots fill quickly, so CALL TODAY to secure your appointment!



CALL TODAY!

732-521-9222

FIRST 30 CALLERS ONLY!

Disclaimer: Due to Federal Law, some exclusions may apply.

Offer Expires 2/28/18



Monroe Office 350 Forsgate Drive,
Monroe Township, NJ 08831