



# Rossmoor News



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Monroe Township, New Jersey

February 2019



Seated on bench are Trudy Skladany and Tony DeVivo. Standing, from left, are Lex Monaco, Joe Salzano, Sam Renda, Denny O'Malley, Dan McOlvin and Beryl Levitt.

## Rossmoor Woodshop delivers

By Dan McOlvin

As we initially reported in our January issue, the elves in our Woodshop had been busy over the holiday season. Tony DeVivo, with assistance from Beryl Levitt and the team in our outstanding woodshop, designed and built a new bench for Trudy Skladany, who had been profiled in our November issue for her service in the U.S. Navy during World War II.

Trudy has been a member of our Veterans Group since our beginning and she has never missed an event. The bench in front of Trudy's home had been rotting away and was likely becoming a safety hazard.

Dennis Collins, who had been a Rossmoor resident and postal carrier, brought this to our attention, and the rest is now history.

Here is a photo taken in the Woodshop following our Jan. 8 Veterans meeting, when Tony DeVivo and Beryl Levitt presented the new bench to Trudy. She was surprised and thankful for this kindness shown by everyone involved. Tony, who took the lead in building the new bench, said it was his honor to present it to Trudy as thanks for her service to our country.

A photo of Trudy's old bench appeared in the January issue of the newsletter.

## The Kiwanis Club of Rossmoor – Proud to have served

By Alyce Owens

The Kiwanis Club of Rossmoor, Jamesburg, was chartered on May 8, 1974 by Kiwanis International with 22 members, and the very first Kiwanis pancake breakfast was held in October of that same year. By 1992 the club membership had reached 100.

The Kiwanis Food Pantry was founded by the club in 1992 to serve local residents

in need, but they didn't have a dedicated building until 2005. The large frame shows four photographs taken at the dedication of the new building on Aug. 29, 2005. Individual photos show Mayor Richard Pucci with various Kiwanians including founder John Conway and Councilman Henry Miller. The photo on the lower right shows many of the "bag la-

(Continued on page 18)



Former Rossmoor Kiwanis members present their Kiwanis bell and gavel to President Dan Jolly for inclusion in Rossmoor memorabilia.

## Diabetes Workshop starts March 26 at the Clubhouse

By Mary Jane Brubaker

According to the Centers for Disease Control and Prevention, diabetes is an epidemic in the United States with over 30 million Americans diagnosed with the chronic disease and facing its devastating consequences, which include heart disease, stroke, amputation, end stage renal disease, blindness, and death. Approximately 25% of the impacted population is age 65 and older.

The good news in this bad news scenario is that there is a lot that people with diabetes can do to minimize the negative consequences of the disease and to lead healthy, active lives. Modifying your diet and incorporating exercise into your daily routine can make a world of difference. Developing a support group of like-minded friends can also help.

Learn about the many

(Continued on page 2)

## Fire District #3 needs your vote

By Fire Commissioner Joe Haff

The District #3 fire election will be held on Saturday, Feb. 16, from 2 to 9 p.m., at the Rossmoor Clubhouse, at Greenbriar, at Regency, and at the firehouse at Centre Drive. Please make every effort to vote. Two issues will be on the ballot:

- Incumbent Fire Commissioner James Fisher, from Regency, seeks reelection. At this time, he is running unopposed, and
- We need your approval for the fiscal budget for 2019. Preliminary figures indicate an increase of less than one cent per hundred dollars of assessed valuation. We have paid special attention to keeping the budget stabilized. As you know, in 2019 we will replace our obsolete

firehouse on Schoolhouse Road. In addition, we are in dire need of a new firetruck. To make sure we do not escalate an increase in your fire tax, we are arranging financing for the new 2019 projects only *after* the current bond issue has been entirely

paid off.

### Why a new firetruck?

For the past 26 years, our present firetruck has been responding to emergencies all over the township, sometimes multiple times per day. It has saved many lives and many homes.

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

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

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

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





## at the governors' meeting



### January 17, 2019, Board of Governors Meeting

Daniel Jolly, RCAI president, opened the Board of Governors meeting at 9:00 a.m. with the Pledge of Allegiance.

There were no Standing Committee Meetings this month.

Mr. McQuade stated there was a \$900 surplus in the budget as of November 30, 2018.

Mr. Ramsey, Rossmoor's attorney from the firm of Becker and Poliakoff introduced Mr. Karl Meth who has joined the firm and will also work with Rossmoor.

The Board passed resolution 19-01, to Purchase

Three-Five Cluster Street Lights.

Mr. Jolly announced a change to the Golf Committee. Mr. Peter Bochiario will replace a Committee member that decided to step down.

The nonunion handbook will be voted on at the February meeting.

Mr. Jolly recognized the following employees for their years of service: Linda Rainey, Administration, 40 years; Jessica Roberts, Clubhouse, 20 years; Al Patrick, Maintenance, 10 years; Susan Ortiz, Clubhouse 10 years; Miguel Santana, Maintenance, 10 years.

The meeting was adjourned at 9:30a.m.

### Fire District #3

(Continued from page 1)

The normal lifespan for a reasonably busy firetruck is 15 or 16 years. Ours is overdue by ten, maybe 11 years. We have put a lot of effort into keeping it in good

operating condition, but at this point, it is like an old car: still running but for how long? Rather than take a chance that, sooner or later, it might not measure up to an emergency, we will opt for safety by replacing it with a new, state-of-the-art firetruck.

### Special election authorizes utility truck purchase

By Fire Commissioner Joe Haff

A special election in Fire District #3 was held on Dec. 8 to authorize the purchase of a new utility truck. The current vehicle, now 11 years old, has been heavily used for many functions such as putting out brush fires, plowing snow, and running errands. Firefighters have also used it for driving around our several communities to replace smoke detectors in people's homes.

New Jersey law requires that, in order to buy new equipment or construct new facilities, a fire district must hold an election to get approval of the people in that district. That election was held at the firehouse on Centre Drive on Dec. 8 from 2 to 9 p.m. The vote passed with 22 yes votes and two no votes.

The purchase price will be less than \$60,000.



Staff Awards for Years of Service, L-R Jessica Roberts (20), Albert Patrick (10), Sue Ortiz (10), Miguel Santana (10), President Dan Jolly, Linda Rainey (40)

### Open RCAI Meetings in February

Thursday, Feb. 14

Standing Committee Meetings 9 a.m.

Maintenance Committee  
Community Affairs Committee  
Finance Committee

Thursday, Feb. 21

Board of Governors Meeting 9 a.m.

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

Please watch Channel 26 for any changes or cancellations



#### News Board:

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

#### Editorial Assistants

Alex Monaco  
Linda Monaco

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

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

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

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## Bits & Pieces

Sue Ortiz

Well, the holiday decorations are packed away, the gifts are in use (or returned or exchanged) and, at ShopRite Valentine's Day candy hearts are competing with chocolate Easter eggs. By July, Hobby Lobby will have the next batch of Christmas ornaments out for sale before any Halloween costumes are even sewn! Ooh ... I'd better get crackin' on my Christmas shopping.

Early spring is my favorite time of year. It's the best time to sit on the front porch, watch the world go by, and listen to a mockingbird's first song of the season. It will soon be time to sow the seeds of summer, to dream of vacation destinations, and to open the windows and let the fresh air clear out the staleness of winter's vacuum.

Each day grows longer by a minute until we reach the end of Standard Time and spring ahead to Daylight Saving Time. It's that time of year between winter and spring: between cozy woolen coats and rain slickers; between snowstorms and thunderstorms; between turning up the thermostat and turning down the A/C; between night and day.

If a couple of days are overly warm, crocus and other bulbs will take a peek to see if it is time to wake up. Squirrels will start dieting to lose their winter paunch.

Robins soon will appear *en masse* in the treetops.

But don't get too comfortable. Spring is still a month or so away, and anything can happen. I remember a snowstorm on April 1 once. Yes ... on April Fool's Day. Ha ha. And, don't forget those March winds. Oh, just go fly a kite. Get your Wellies out for those April showers? We could ask Punxsutawney Phil, the legendary groundhog from Pennsylvania. Or, we could ask our local celebrity groundhog, Milltown Mel, if he saw his shadow or not? (I wonder ... is there a Monroe Morty? A Jamesburg Jack? A Cranbury Clark? I know there are a lot of groundhogs in my neighborhood.)

Enjoy the springtime; summer heat will oppress us, soon enough. Ugh!

Time flies; seasons change. Enjoy. Happy Merry St. Groundhog's Day!

**B&P**

"Early spring is the time for vigorous change, a preparation for the heat-driven oppression that is to come." – Henry Rollins (American musician, b. 1961)

"The preciousness of life and the changes of weather and the beauty of seasons - all those things have always sort of dazzled me." – Anthony Doerr (American writer, b. 1973)

### Diabetes Workshop

(Continued from page 1)

steps you can take to control your diabetes by participating in the free Diabetes Workshop that will be starting on March 26 in the Gallery at the Clubhouse. This six-week series is being held on Tuesdays from 1 to 3:30 p.m. and is being led by specially trained facilitators.

This is the fourth time the Diabetes Workshops have been conducted at Rossmoor over the past two years. To date, many of your fellow residents have graduated from this program and the feedback has been universally positive. Several graduates have formed support groups and help each other by going for walks and shopping together. Among the many tips you'll learn in this program is the significant role of portion control in managing your blood sugar.

You'll also learn how to read food labels because what you consume has just as important a role in controlling your diabetes as how much and when you eat.

All those with diabetes or pre-diabetes are encouraged to participate in this workshop series. These workshops are being sponsored by the Rossmoor Community Church in partnership with Quality Insights. They are open to the entire community.

For more information, or to register for these free workshops, call Jarmaine Williams at 732-955-8168.

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

## Mailing Addresses

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

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





Happy Holidays: Michelle Williams, past President Judy Sforza, GM Jane Balmer, President Dan Jolly, Treasurer Gerry MCQuade, Assistant Treasurer Bob Gleason



Rosemary Gasik receives a certificate of appreciation for 17 years of service with the tour group from President Dan Jolly.



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

**Q: If golf membership is down, why doesn't Rossmoor promote our course and encourage non-resident membership?**

**A:** Over the years, we have advertised and promoted our beautiful, well maintained course to non-resident family members and friends. We also offer rounds of golf to new residents to encourage interest in the golf course. Our golf professional attends all new resident quarterly meetings to encourage resident and non-resident membership. In the fall, we have been advertising in the other adult community newspapers to spread the word on the discount we offer at that time of the year.

**Q: How many manors were sold in 2018?**

**A:** In 2018, 181 homes were sold and membership fees were collected for a total of \$271,500. Of that, \$180,000 was deposited in the Reserve Fund and \$91,500 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 into the RCAI Reserve Fund. 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.** Snow cannot be removed and road salt or ice melt cannot be applied wherever a vehicle is left on a street, in carport lane, a driveway, or in another parking space.

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

Because of the vast size of

(Continued on page 7)

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## Getting to know our veterans

By Chris Donahue

*Each month, The Rossmoor News will feature the story of a resident who has served in the military.*

### Pioneer in nutrition restored health of wounded warriors



Ruth Cohen today

By Chris Donahue

During World War II, the United States Army was a mosaic composed of millions of pieces, including soldiers, tanks, guns, ammunition, trucks, jeeps, and personnel who took care of the wounded at home and overseas.

Among the latter was Second Lieutenant Ruth Cohen, whose aptitude in chemistry led her to become a valuable asset in hospitals as a medical dietician for the wounded from Nov. 1, 1944 to Nov. 9, 1945.

In a recent interview at her home on Yarborough Way, Cohen, 97, was joined by her daughters, Marilyn Yakowitz and Adrienne C. Rogove, who helped share memorabilia and archives of their mother's military service and civilian life.

Cohen also reflected on the personal battles she faced, including opposition to women being in the military from some male colleagues; having to decline requests for dates from men, including some who were married; and feeling like "a stranger" because there were relatively few Jews with whom she could practice her faith and socialize.

Born Ruth Yarshower in Manhattan, where her father had a successful butter and eggs store, Cohen's family moved to Queens when she was a small child. She was number one academically in her grammar school class before attending high school, all the while working part-time at the family store.

She was active in community and school activities, learned to play the piano, went to Henry School Settlement, and rode horses in Central Park.

After graduating from high school, she commuted to classes at Hunter College in Manhattan, where she majored in chemistry.

In a letter she once wrote, "After much soul searching about what avenue to take in my career, I chose the medical. It just seemed right for me and to work with the sick in a hospital setting."

After college, she began working at Park West Hospital in Manhattan as an asso-

ciate dietician. After a week, the head dietician quit and joined the Army, leaving her to run the food planning for patients and staff.

"Needless to say, there were many tearful moments getting my feet wet but sometimes I think the experience made me stronger for it," she said.

Because the Army was looking for women who had majored in science to become dieticians, Cohen and a friend, Alice Rosen, enlisted. They took a two-day train ride to Colorado for training at Fitzsimons Army Hospital, which treated badly-wounded soldiers from the Pacific Theater. The first time she was in the operating room a doctor asked her, "Would you please get out of

my operating room before you faint?"

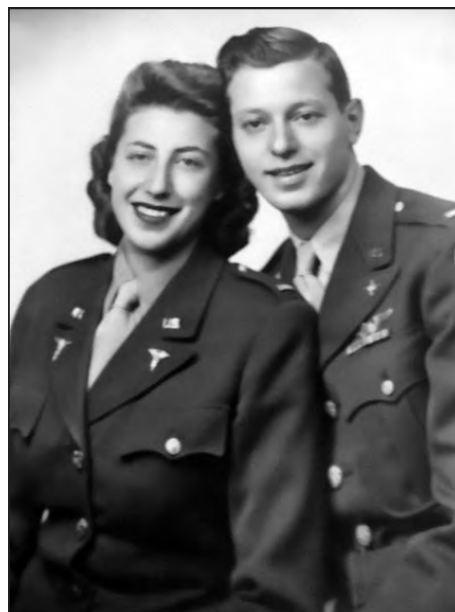
Despite the challenges, Cohen said, "I loved working at the hospital. I wore a beautiful uniform and always had a nice, fresh hat."

"I generally became friendly with the patients who needed my care, especially in regard to nutrition — how to eat, what to eat — and care in resting."

She recalled working long hours, sometimes sleeping in the hospital.

"I just did it. That was it," she said.

After completing the training at Fitzsimons, Cohen was commissioned as a Second Lieutenant in the Hospital Diabetic Corps and assigned to Fort Benning in Columbus, Ga.



**Cohen and her husband, Jacob, were married in Houston in 1945 while they were both still in the military. Her husband, who was stationed at Hondo Airfield, was a navigator who flew 50 combat missions over Africa and Europe in B-24 Liberator bombers.**

As a New Yorker, she was shocked to see the segregated south. When Cohen and Alice arrived, the adjutant at the fort told them, "Why y'all must be the girls

from New York." Cohen said to herself, "Our goose must be cooked."

At Fort Benning, Cohen developed the menus for the wounded soldiers. In planning, consideration was given to not only getting basic sustenance to the patients, but making sure it was appropriate for the medication they were receiving. She also fed some of them.

She also hosted Jewish soldiers for the Sabbath. Cohen received a thank-you letter from Walter Rothschild, chairman of the Army & Navy Committee of the National Jewish Welfare Board dated Oct. 18,

1945, for "helping provide for the religious needs of Jewish personnel in the Armed Forces in your area during the 1945 High Holy Day Period."

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## Ask the G.M.

(Continued from page 3)

this community and our miles of roads, the contractor cannot return and remove the snow or apply road salt or ice melt to each and every location where a vehicle had been parked during the snow removal efforts. It then becomes the resident's responsibility to shovel out the area where their or their guest's vehicle was parked and also to treat the area for ice.

THE FOLLOWING QUESTION WAS ANSWERED IN THE JANUARY ISSUE OF THE PAPER, BUT SINCE IT IS SO IMPORTANT, IT IS BEING REPRINTED AGAIN THIS MONTH

**Q: What were the changes in the laws last year concerning the way community associations conduct their annual elections?**

**A:** To comply with the election law changes last year, a Nomination Form will be sent to the owners and stockholders in each Mutual in January, advising them of their right to nominate themselves, another resident or non-resident owner or stockholder, or the resident spouse of an owner or stockholder, with a deadline to respond. All nominees must be in good standing.

It is important to submit the name of the nominee before the listed deadline for that person's name to appear on the ballot. If no one is nomi-

nated, no names will appear on the ballot.

There are no longer residency requirements for resident or non-resident owners or stockholders to become candidates, according to the new law. The spouse of a resident owner who wishes to run as a candidate must have resided in the Mutual for 183 or more days during the immediately preceding 12-month period before the annual election.

One day after the deadline to return the Nomination Form (March 1, 2019), the names of the nominees, in alphabetical order by last name, will be listed on the absentee ballot, along with a space for write-in candidates. The absentee ballot along with the official Notice of the Meeting, Agenda, last year's Annual Meeting minutes, a blank envelope and a return envelope will be mailed to every owner or stockholder approximately 30 days prior to the annual meeting.

It is important to complete the absentee ballot if the owner or stockholder is not able to attend the meeting. It is also important to be sure to use the two-envelope system when voting by absentee ballot. The completed ballot needs to be placed in the blank inner envelope and the blank envelope needs to be placed in the return envelope addressed to the Mutual in care of the RCAI Administration Office and delivered or mailed in time to be received

can boost your mood and energy, like playing sports or going to the gym.

The cycle then repeats. In time, people gain weight, stop caring about their appearances, and struggle to eat food that isn't filled with fat, sugar, and grease. Before you know it, the idea of exercising regularly and eating healthily becomes a completely foreign concept and you look a whole lot older as a result.

Let's say you really like eating fast food. That's OK, just not all the time. Don't order the same thing every time. Try switching it up. Have a salad instead of a burger. Have an unsweetened iced tea instead of a large sugary soda. Have a small order of fries instead of an extra-large. Make small changes and you'll be able to stick with them.

**4. Replace one hour of watching TV, with one hour at our fitness center**

Keeping in reasonable physical shape is perhaps the most important step in maintaining the look and feel of a younger, healthier person. For most people, that requires following a healthy diet based on the consumption of lots of fruits, vegetables, lean protein and whole grains, and it also includes another key item — exercising regularly.

"Regularly" is key here. Some people exercise only when they begin to feel guilty

(Continued on page 8)

by 5 p.m. on the business day prior to the annual meeting. The owners' or stockholders' Rossmoor return address must be on the outer envelope. Upon receipt of an absentee ballot, the Unit address is recorded as a control for one vote per manor and will be counted towards the required quorum.

To protect anonymous voting by a member in good standing, the absentee ballots are held, unopened, in the RCAI Administration Office by one of the inspectors, typically the assistant general manager. At the annual meeting, the ballots are delivered to the meeting by one of the inspectors where the outer envelopes are opened and placed in one stack and the inner envelopes in another.

Owners or stockholders attending their Mutual's Annual Meeting must sign in. They will be given a ballot, if in good standing, for each open directorship.

Once the election is conducted and there are no more nominations from the floor, all ballots are collected by the inspectors from those voting in person. The absentee ballots in the blank envelopes are opened and all the ballots are counted by the inspectors of the election.

In conclusion, the changes in the law that impact the Mutual annual meetings, are the mailing of the Nomination Form prior to the mailing of the Notice of the Annual Meeting, nominees are to be listed in alphabetical order by last name on the ballot and there are no longer residency requirements for Owners and Stockholders to be candidates.

Should you have any questions or concerns about the voting process, please contact me at 609-655-1000 or janebalmer@rcainj.com.



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## Look younger

(Continued from page 6)

we actually are, says the American Sleep Association.

It's important to know that not getting enough sleep robs us of the mental and physical energy we need to get through a typical day. Additionally, failing to get enough sleep is hard on our bodies, including our most vital organs, like our brains and hearts. The bottom line is that not getting a sufficient amount of sleep makes us look and feel years older than we really are.

There are a few things you can do before going to bed that might make it easier to fall asleep. First, adults 55+ tend to sleep better in a slightly cooler room temperature. Turn the heat down. Next, start to turn the bright lights off before bedtime so your eyes can get used to darker lighting. Lastly, some adults have been helped by listening to a white noise machine. Try these and see if it helps you sleep better.

**3. Cut back on greasy, fatty and sugary foods and drinks**

The sad thing about eating a lot of junk food, from candy and cookies to fast food hamburgers and french fries, is that it puts your digestive system into a bad cycle. First, you eat greasy or sugary food that might taste good but leaves you feeling bloated and tired. Next, because you feel terrible, you avoid doing the things that

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## Look younger

(Continued from page 7)

about their appearance or when an important social event, such as a Dance Club dance, or a Christmas party or even a wedding, is approaching. In contrast, exercising regularly helps us maintain both our appearance and our energy levels, meaning there's never a need to cram in physical activity in order to boost our self-esteem or look our best for a big event.

Start small. Replace one hour of watching TV, with one hour at our fitness center. It is located next to the Administration Building and has its own off-street parking lot right outside the door. Go at a time that's convenient for you. Begin by going once a week. Then increase it when you feel you can. Starting with even one hour a week is better than none.

### 5. Add nutrient-rich, high fiber veggies every day

In a perfect world, we would all love the taste of the healthiest foods, and particularly vegetables like broccoli, carrots, and kale. But if you eat a lot of fast food, chances are that vegetables or salad are not part of those meals. We need nutrition-builders like vegetables to keep our skin looking young, firm, and fit. Vegetables, especially the dark green leafy ones, are packed with the vitamins and minerals we need to look and feel healthy. Even the colorful root vegetables like turnips, parsnips, and beets are good sources of fiber.

Vegetables are a particularly good source of fiber, which can help keep us regular, an important part of maintaining relatively high energy levels. The key is to find vegetables that you enjoy eating and to work them into your diet, however possible. Another good source that is quick and easy without any prep or cooking, is to drink V8 juice, regular or low-sodium. Have it instead of a soda with your lunch. Snack smarter: replace your regular plate of cookies or cupcakes with some carrot and celery sticks with dip. Or replace a beer or glass of wine, with a Bloody Mary – an actually good choice because it is made with tomato juice. So drink up.

## On Feb. 14 we celebrate some special events



By Anne Rotholz  
**Valentine's Day**

From early Christian times a feast was celebrated in honor of St. Valentine, a priest who lived in Rome when Claudius was emperor.

The Romans believed that their god Lupercus saved them from the fierce wolves that roamed in the woods around the city. They set up a festival, Lupercalia, to be celebrated on Feb. 15 in his honor.

On the eve of Lupercalia, young Roman girls would write their names on slips of paper and put them in a jar so that the young Roman men, most of whom were soldiers, would come by and pick one of them as a sweetheart for the next year.

Claudius thought that this would be a distraction for the young soldiers and forbade the practice. Valentinus, a young Roman priest, defied the emperor and encouraged the young people to participate. He was put to death for this on Feb. 14.

We find references to romantic love in the poetry of Chaucer in the 14<sup>th</sup> century. A Valentine poem written in the 18<sup>th</sup> century by the Duke of Orleans while he was still in prison is in existence today.

In the 18th century, it became customary for young lovers in England to express their love by giving cards along with flowers or candy. By the early 19th century, this practice had spread to the U.S.

In recent years, it has become customary to send cards to various family members. Gifts of candy, flowers, jewelry, or meals eaten at a restaurant have become popular. Millions of greeting cards and e-cards are sent in the U.S. each year.

Valentine's Day has become so popular and so commercialized that it is frequently referred to as a Hall-mark holiday.

### National Donor Day

The U.S. Department of Health and Human Services has designated Feb. 14 as National Donors Day. It is no coincidence that the date also marks the celebration of Valentine's Day.

While the history of organ transplant goes back several centuries, organ transplant as we know it today is relatively new. Most accounts of limb transplants in early centuries are just stories. The earliest transplant on record, a skin transplant to replace a nose, was done in 600 B.C. by the famous Indian surgeon, Sushruta.

In more recent times, organ transplant got a big boost when on Dec. 23, 1954 Dr. Joseph Murray and Dr.

David Hume performed a successful kidney transplant in Boston. This was followed by the famous 1967 heart transplant by Dr. Christian Barnard in Cape Town. The need for some kind of regulation soon became apparent.

In 1968 the Uniform Anatomical Gift Act set up the Uniform Donor Card. In 1984, The National Organ Transplant Act established a nationwide computer registry and made it illegal to buy or sell organs in the U.S. While some countries have passed similar laws, others have made payment for organs legal and have encouraged the practice. Black-marketing and trafficking in organs soon followed. Such practices have led to the exploitation of others and the most vulnerable are the poor in underdeveloped countries.

I thought you might be interested in the following statistics for organ donation in the U.S. in the year 2017:

- One donor can save eight lives,
- 20 people die each day while waiting for a transplant,
- 95% support organ donation but only 54% have signed up,
- 34,770 transplants were performed, and
- 114,000 people were waiting for a transplant.

### International Book Giving Day

This day is also celebrated on Feb. 14. The aim of the day is to encourage a love of reading in children and to promote literacy in children and adults in poorer sections of our world. While living in a technological age, we tend to forget that many children have little hope of getting a book, much less a computer.

This fact was brought home to me at Christmas. I explained to my close relatives that I was going to make things easier for them in terms of Christmas gifts. I did not need a lot of tempting food in my house and I get allergies from some plants and floral arrangements. I suggested that they might give a gift in my name to a charity of their choice.

I was totally surprised and happy with the outcome. They all did research. One gift stood out as it came with a special message. Since I had spent most of my adult life in teaching, they thought it would be appropriate to give a gift to *Books for Africa*. In 2018 this organization shipped 2.3 million books, 123 computers and e-readers containing 283,000 digital books to students in 29 African countries.

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## 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 for another three weeks, when pitchers and catchers report for duty.

There are important birthdays in February, including two presidents, Washington and Lincoln. There are at least 35 nationally recognized events vying for your attention, including Groundhog Day, Feb. 2, which our local Rossmoor groundhog, Elwood, totally ignores. There are Working Naked Day, Sword Swallowing Day, and for the mechanically minded, Diesel Engine 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 talking about. There were several. 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 English King Richard's engagement to Anna of Bohemia. The poem read in part, "For this was St. 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. Take a groundhog to lunch.

## Artificial intelligence

By Steve Gray

What is artificial intelligence? According to Merriam-Webster it is "a branch of computer science dealing with the simulation of intelligent behavior in computers" and "the capability of a machine to imitate intelligent human behavior." A further definition could be "the theory and development of computer systems able to perform tasks that normally require human intelligence, such as visual perception, speech recognition, decision-making, and translation between languages."

I do take some issue with the definition of intelligence as, according to Worldpress.com, between 10% and 13% of the adult population still believe that the earth is flat. If you think the survey should not have included those outside the United States then, according to YouGov survey of over 8000 adults in February 2018, 84% have always believed the earth is round, 5% think it is but are skeptical, 2% think the earth is flat but are skeptical, another 2% believe the earth is flat and 7% are not sure. Should we therefore be trying to imitate human behavior in machines?

Humor aside, artificial intelligence (AI) has been defined in the past by the Turing Test developed by Alan Turing in 1950 to examine a machine's ability to exhibit intelligent behavior equivalent to that of a human. Better, though, is cognitive computing, which has been used interchangeably with AI. It does overlap and use a lot of the same technologies.

How is it different? Cognitive computing systems can synthesize data from various information sources, while weighing context and conflicting evidence to suggest the best possible answers. To achieve this, cognitive systems include self-learning technologies that use data

mining, pattern recognition and natural language processing (NLP) to mimic the way the human brain works. I will use AI to cover both types, as they are very similar.

Can AI be dangerous? Most researchers agree that a super intelligent AI is unlikely to exhibit human emotions like love or hate, and that there is no reason to expect AI to become intentionally benevolent or malevolent. Instead, when considering how AI might become a risk, experts think two scenarios most likely:

### 1. The AI is programmed to do something devastating:

Autonomous weapons are artificial intelligence systems that are programmed to kill. In the hands of the wrong person, these weapons could easily cause mass casualties. Moreover, an AI arms race could inadvertently lead to an AI war that also results in mass casualties. To avoid being thwarted by the enemy, these weapons would be designed to be extremely difficult to simply turn off, so humans could plausibly lose control of such a situation. This risk is present even with narrow AI, but grows as levels of AI intelligence and autonomy increase.

### 2. The AI is programmed to do something beneficial, but it develops a destructive method for achieving its goal:

This can happen whenever we fail to fully align the AI's goals with ours, which is strikingly difficult. If you ask an obedient intelligent car to take you to the airport as fast as possible, it might get you there chased by helicopters and covered in vomit, doing not what you wanted but literally what you asked for. If a super intelligent system is tasked with an ambitious geoengineering project, it might wreak havoc with our ecosystem as a side effect, and view human attempts to stop it as a threat to be met.

We have seen both scenarios played out many times in science fiction stories. Just remember that the science fiction of today is the actuality of tomorrow. What can we do? Continue to educate ourselves and our children and grandchildren. Call out Twitter, Facebook and YouTube for what they are – entertainment with very little truth behind them. Insist on facts not statements such as "someone told me" or "everyone knows" as answers. Past generations have always looked to the eldest as those most knowledgeable – let's get back to that using real intelligence.

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## Frederick Douglass; abolitionist, statesman, social reformer

By Jean Houvener

February is National African American History Month; Feb. 14 is Frederick Douglass Day. Frederick Douglass did not know for sure the date of his birth, but his research on the subject found that he was born sometime in February, 1818, to a slave mother and an unknown father, probably his mother's master, on a plantation on the eastern shore of Chesapeake Bay in Maryland. He was named Frederick Bailey. He chose to celebrate his birthday on Feb. 14.

As a toddler, he was separated from his mother and lived with his grandmother Betty Bailey until he was about six, when he was sent to Wye House plantation belonging to Edward Lloyd V, a Maryland governor and U.S. Senator. Subsequently he was given to Lucretia Auld, wife of Thomas Auld, who sent

him to Thomas' brother Hugh in Baltimore. He enjoyed the greater freedom of slaves in the city compared with that on a plantation. Hugh's wife Sophia began teaching Douglass how to read until stopped by her husband.

At the age of around 12, the young man knew that the road to freedom required education, and he learned from whom-ever he could how to read, taking advantage of any reading matter he could find, especially an anthology of essays and speeches published in 1797 called "The Columbian Orator," and used in classrooms to teach students reading, grammar, and other skills.

When hired out to a planter, William Freeland, Douglass taught fellow slaves how to read the Bible on Sundays at their worship service. Once the neighboring planters learned that their slaves were flocking

to the services to learn to read, they put an end to the services. Douglass was then hired out to Edward Covey, whose beatings of slaves were designed to break them. Almost he succeeded with Douglass, but when he was 16, Douglas fought back and Covey never beat him again. He tried at least twice to escape, but without success.

After Thomas Auld brought him back and sent him to Baltimore to work as a sailor, he met and fell in love with Anna Murray, a free black woman in Baltimore. With her encouragement and help, on Sept. 3, 1838, he escaped by train and steamboat, with borrowed papers and a sailor's uniform, through the slave states of Maryland and Delaware to the free state of Pennsylvania (1780) to Philadelphia, and on to New York City (free state in 1790) and the safe house of abolitionist David Ruggles. When he had safely arrived, Anna joined him in New York and the two were married on Sept. 15, 1838. He was still at risk of being discovered and sent back to Maryland under the Fugitive Slave Act of 1793, so he and Anna changed their last name, first to Johnson, and later to Douglass.

The two settled first in New Bedford, Mass. (free state in 1783) and later Lynn, Mass. Douglass became active in the abolitionist movement and in the Underground Railroad, which had facilitated his own escape. He was also active in the African Methodist Episcopal Church. He developed his ideas that slavery needed to be abolished, black people should be educated, and all people of whatever color or sex should be given the vote. His abilities were recognized by the activist organizations for abolition and for suffrage. He spoke eloquently at conventions all over the northern states. He was discouraged to learn that even in the free states, the education of black children was inferior to and separate from that of white children, and spoke against

segregation of any sort.

In 1845, after repeated questionings of whether someone so eloquent could possibly have been a slave, he published his first book, "Narrative of the Life of Frederick Douglass, an American Slave," describing in detail his early years. By doing so, however, he exposed himself to the possibility of recapture and return to slavery. On the advice of friends, he went to Ireland and England, which had abolished the slave trade in 1807, enforced by the British navy; slavery was abolished there and in all their colonies in 1833.

In both Ireland and England, he found acceptance and equal treatment. While in Ireland and England, he befriended the Irish nationalist Daniel O'Connor and the great British abolitionist Thomas Clarkson. Ultimately, many friends, including espe-

cially the Quaker abolitionist Anna Richardson purchased Douglass's freedom from Thomas Auld, permitting Douglass to live as a free man back in the United States, where he and Anna settled in Rochester, N.Y.

Douglass believed that all people should be treated equally and respectfully, regardless of color, religion, nationality, or gender. His intellect and skilled oratory made a clear counter argument to those in America who claimed that African-Americans did not have the capacity to become citizens. In 1848, he attended and spoke at the Seneca Falls women's rights convention organized by Susan B. Anthony and Elizabeth Cady Stanton. His oratory swayed the attendees to pass a resolution supporting women's suffrage.

As the country entered the Civil War, Douglass spoke frequently with Abraham Lin-

(Continued on page 11)

## A pagan festival is still with us

By Carol De Haan

*Imbolc*, meaning "in the belly," was a prehistoric Celtic festival that celebrated hearth, home, and the fertility of farm herds, as the lambing season began in early springtime. It falls on Feb. 1 or 2, halfway between the winter solstice and the spring equinox as the first of four seasonal festivals. Its patron in prehistoric times was the fertility goddess Brigid.

(By the way, who were the "Celts"? They were numerous tribal groups living in a vast east-west swath north of the Alps for thousands of years before the current era. The Greeks called them "Keltoi" and considered them barbarians who lived in a clan structure. Numerous Celtic languages were offshoots of Indo-European. Their nearly universal weapon/tool was a stone-tipped hand axe.)

Our ancient Celtic ancestors observed the beginning of spring by starting hearth

fires, by eating special foods, by divination and watching for omens, and even by setting big, exciting community bonfires to encourage the growing power of the sun as winter waned. At each home, a thorough spring cleaning was the way to go. (Take note, there, Carol.)

Beginning 2,000 years ago, Christianity came up from Rome and converted most of the tribal groups, as authentic Celtic culture survived mainly in northwestern Europe. It wasn't long before Christian missionaries, such as Saint Augustine of Canterbury in England and Saint Patrick in Ireland, brought the enlightenment of the new religion to these areas.

As so often happens, the new religion adapted its festivals to existing folkways. Saint Patrick, who seems to have loved the Irish and their culture, converted many of the clans to Christianity. When he died in A.D. 461, the person who took up the mantle of fostering the new religion was a dynamic little lady known as Brigid of Kildare.

Born into slavery, Brigid was freed in recognition of her extraordinary generosity to the less fortunate. She founded monasteries that became helpful community centers. Saint Brigid's reputation for love of God and her unwavering kindness to the poor has survived over the centuries to the extent that even as late as the 19<sup>th</sup> century, country people on the Isle of Man would leave a bed of rushes in their barns along with food and drink to welcome her visiting spirit on her feast day. As recently as mid 20<sup>th</sup> century, children in Ireland went door to door on her feast day, asking donations for the poor.

Brigid's name is honored and remembered to the present time. We have many Brigid's in our modern world, not least among whom is the first lady of France, Brigitte Macron.

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## Frederick Douglass

(Continued from page 10)

coln, ultimately convincing him that full emancipation of all slaves was the necessary outcome of the war. He also pushed for the enlistment of African-Americans in the army. Lincoln enacted this, first with the 1863 Emancipation Act declaring the freedom of all slaves in the Confederacy, and ultimately helped to end slavery in all states, including the border states which had not seceded, with support for and enactment of the Thirteenth Amendment, which passed the Senate April 8, 1864, and the House Jan. 31, 1865, and was ratified by the necessary number of states by Dec. 6, 1865.

The Fourteenth Amendment, granting citizenship rights and equal protections under the law to all persons born or naturalized in the United States, began with proposals in 1865 and was finally ratified by the necessary number of states in 1868. It required the passage of the Fifteenth Amendment to grant the right to vote regardless of "race, color or previous condition of servitude," ratified in 1870. Both these amendments were highly contentious and met with opposition, especially from the states of the Confederacy.

Douglass was active on behalf of both the black population and of women. He was disappointed that it seemed

impossible to bring both groups into the equal right to vote of the Fifteenth Amendment, but ultimately feared it would fail to pass at all if women's rights were insisted on. Elizabeth Cady Stanton opposed the amendment in the absence of the inclusion of women; she feared women would wait decades for another chance, which proved to be correct.

Douglass remained active as a speaker, preacher, and political appointee. He worked for better education and opposed segregation. He wrote two more books covering his life and experiences. He and his wife Anna had five children. In 1877 he and Anna moved to a home overlooking the Anacostia River, Cedar Hill, in Washington, D.C., now a National Historic Site.

After Anna's death in 1882, he was married in 1884 to Helen Pitts, a white radical feminist and daughter of abolitionist Gideon Pitts, Jr. While the marriage was met with objections by both families, the two lived happily for many years. Ever active, on Feb. 20, 1895, having received a standing ovation for a speech at the National Council of Women, he returned home where he suffered a heart attack and died at the age of 77. He was buried next to his first wife Anna in the Douglass plot in Rochester, N.Y., and his second wife Helen was subsequently buried next to them both in 1903.

## A chance encounter with Elwood

By Bob Huber

While out for a midwinter stroll, I noticed a ball of fur by the side of the path, and I recognized it instantly as Rossmoor's resident groundhog, Elwood, so I stopped to chat.

**Elwood! I haven't seen you in ages! What are you doing out here in this weather?**

I've been evicted.

**Evicted?! By whom?**

Some guy who said he worked for Pest Control. I was never so insulted in my life. Can you imagine me being considered a pest?

**I suppose it depends on your perspective. Have you found a new burrow?**

Yeah. It's a little smaller, and the view is not as good, but it's cozy. I'm moving my stuff over there now.

**Can you tell me where it is?**

Are you crazy?! If I start blabbering about its location, that pest control creep is going to show up again.

**I guess you're right. I thought perhaps you had changed your mind about celebrating Groundhog Day. You once told me you were dead set against it.**

I still am. Let that publicity hound up in Punxsutawney, Pennsylvania, have his fun. If people want to believe that he can control the weather, I feel sorry for them. All

Groundhog Day does is separate the first half of winter from the second half. If people want to believe all that other gobble-dygook, that's their problem.

**But, you have to admit Groundhog Day has a long history.**

Yeah, I know. It goes all the way back to medieval Europe. There was a Christian celebration called Candlemas. The church blessed candles and passed them out to the people as part of a purification ceremony. Somehow the day got tied in with a pagan event celebrating the midpoint between winter and spring. In folklore, it was believed if Candlemas day was cloudy, winter was about over. If the day was bright and sunny, there would be six more weeks of winter. By the time the story got to England, Candlemas was all but forgotten, and the responsibility was dumped on hedgehogs. If they saw their shadow, it meant six more weeks of winter.

**That was quite a responsibility to put upon such a small animal.**

You're telling me! When German immigrants came to this country and settled in Pennsylvania, there



weren't any hedgehogs, so they put the load on our backs. I guess they figured one hog was as good as another. It's been known as Groundhog Day ever since. In fact, the United States government officially recognized the day back in 1886. You'd think the government would have more important things to do. The whole thing is so stupid!

**It sounds like Groundhog Day still gets your dander up.**

It certainly does. But I haven't got time worry about it now. I've got to get the rest of my stuff out of my old burrow before that pest control guy comes back and plugs up the hole.

**I hope you enjoy your new home, and I'll look forward to seeing you in the spring.**

Not if I see you first. We groundhogs are very shy.



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"When you need a dentist, you want one who really does take the time to be gentle and careful. That's exactly the way I built my practice: calm, relaxed, and incredibly comfortable. "Give me a call. My number is 609-860-1161. You will be pleasantly surprised and very happy!"

— Peter DeFazio, D.M.D.

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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.

## Let's Get Acquainted Offer

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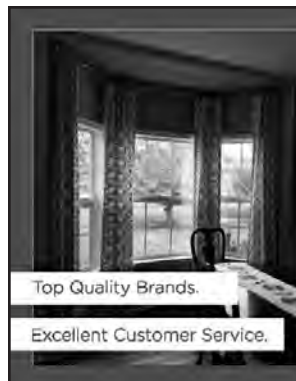
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## Did you happen to see Rossmoor's blazing trees?

By Anne Rotholz

One of America's best-known artists, Andrew Wyeth, wrote, "I prefer winter and fall when you feel the bone structure of the landscape." With our deciduous trees totally bare we can indeed feel their bone structure and we can see what the math teacher in me calls the geometry of the trees. None of this prepared me for the "show" that I was about to see on Dec. 22.

I was coming from the South Gate on my way home about five minutes before a cloudless sunset. As I turned right onto Old Nassau Road, I noticed that the tops of the trees to my right and on the golf course were turning a fiery burnt red. I watched in amazement as the color spread rapidly to every part of every tree. It was a breathtaking sight.

Also, it was a true 3D show. There seemed to be so many more trees there and every branch, even the tiniest stood out.

*It began to fade as gently as it had begun. By the time I reached my house it was just about over.*

I had to stop to talk to my hiking friends Mary Ann and Mike Niese. I couldn't wait to ask them if they had seen the trees. I found them by their door. There was no need to ask. I could see that they were just as excited as I

was. Several residents told me that they, too, had seen the phenomenon.

I can't believe that I was fortunate enough to see the show as I am usually home

at that time of evening. Also, since I was by the golf course, I had the equivalent of a front-row seat. I now have another event to add to my moments to remember.

## New Neighbors

By Christina Smith, Resident Services Manager

Nancy and Anthony Strivelli, 52B Emerson Lane, formerly of Lady Lake, Fla.

Anthony and Paula Spadavecchia, 218A Mayflower Way, formerly of Sewaren, N.J.

Matthew Rutkowski and Cecilia Straga, 399B Oxford Road, formerly of South River, N.J.

Kevin and Carole Brown, 138A Plymouth Lane, formerly of Staten Island, N.Y.

Giuseppe and Margaret Donatiello, 610B Waverly Way, formerly of Millstone,



N.J.

Niranjan Patel, 624B Windsor Way, formerly of Edison, N.J.

Michael Flynn, 591C Troy Way, formerly of Staten Island, N.Y.

Rhonda and Gary Hartley, 349A Northfield Land, formerly of Roselle Park, N.J.

Steven and Irene Curcio, 538B Sutton Way, formerly of Washingtonville, N.Y.

Bonnie Alexander, 118A Old Nassau Road, formerly of Jamesburg, N.J.

## CULINARY CORNER

By Sidna Mitchell

### The Irish tell a lot of tales

The Croquet Club players who travel to Florida for the winter have, over the years, adopted a New Hampshire croquet player with an Irish name (McLaughlin) who sometimes, after a few Jamesons, claims to be Norwegian. But that's another story or as Ken would say, "a tall tale."

Our friend, Jim McLaughlin, came to dinner with his late wife's sister, Veronica, who is truly from Ireland. We had spent some time with them on Gasparilla Island with Ken, Jim, and me playing croquet while Veronica checked out the charming little town, and then had lunch at South Beach.

South Beach is a delightful restaurant on the southern end of the island overlooking the Gulf of Mexico. Veronica

claimed the view fondly reminded her of vacations in Ireland.

She also told me about her family. I couldn't keep up with all the Irish names and places she had lived. However, Donegal came up many times.

When I started to plan the dinner, I thought I should serve something Irish but I only came up with ideas of soda bread or scones, neither of which I made. Instead, my menu consisted of a tossed green salad, a vegetable medley, garlic and olive couscous, Hawaiian rolls and butter, and pork Marsala. The dessert was key lime pie, thanks to Publix supermarket and Rossmoorite Carl Kruse.

Among my appetizers was an egg salad spread because I had leftover hard-boiled eggs that need to be used. I was even asked for the recipe so here it is.

### Culinary corner

#### Egg Salad Spread

3 hard-boiled eggs  
1 tablespoon finely chopped onions  
3 tablespoons sweet relish  
1 teaspoon Dijon mustard

2 or more heaping tablespoons mayonnaise  
salt and pepper to taste

Grate the eggs in a medium bowl.

Add the chopped onions, relish and mustard along with as much mayonnaise as you like. (Some folks like really mushy egg salad.)

Salt and pepper to taste.

Mix well and refrigerate until ready to serve with crackers and drinks.

NOTE: I used finely chopped shallots because that's what I had been chopping for the pork Marsala. Also, if you wish, you can garnish the spread with chopped parsley or more ground black pepper. A small amount of leftovers made a half sandwich the next day.

I can be reached via e-mail at [sbmcooks@aol.com](mailto:sbmcooks@aol.com).





# Rossmoor Clubhouse News

## February 2019

**CALL-IN ON MONDAY, FEBRUARY 4 AT 12:15PM**

# ROSSCARS

*Dance Party with DJ Jeff*

Saturday, February 16th

7PM Ballroom \$10pp

In honor of the 91st Academy Awards, channel your red-carpet fashion and dress like a celebrity. We're handing out awards!

Payment MUST be received by Monday, February 11th.

BRING YOUR OWN REFRESHMENTS. ICE PROVIDED.

## WELCOME

Clubhouse

Open daily, 8am - 10pm

E&R Office

Open Monday-Friday, 8:30am - 5pm

E&R Office Closed daily from

12 noon-1pm

609-655-3232

Melissa Vaccariello: Clubhouse Manager

Sue Ortiz: Office Coordinator

Sebrena Jinks: Office Assistant

Jessica Roberts: E&R Foreman

## ON SALE - NOW & UPCOMING

### EVENTS

**SUPER BOWL PARTY— SOLD OUT**

Sunday, February 3rd, Ballroom—\$20pp

Doors open at 5:30pm, Kick-off at 6:30pm

"Tully" starring Charlize Theron will play in the Gallery

**WINE & DESIGN ON CANVAS TOTES**

Thursday, February 28 at 6:30pm, Gallery—\$15pp

Refreshments will be served. Bring your own beverages

ON SALE FEBRUARY 5

**"LUCK O' THE IRISH" LUNCHEON w/ Anthony Tabish**

Monday, March 18 at 12:30pm, Ballroom—\$18

Corned beef & cabbage, potatoes, Irish soda bread and more!

ON SALE FEBRUARY 14

### EXCURSIONS

**RESORTS ATLANTIC CITY—**

Tuesday, March 26, \$25pp

Departs Poolside at 9am. Sign-ups receive \$25 slot credit

ON SALE 2/19

**KISS ME KATE**

Wednesday, April 10 at 2PM, \$136pp

Includes bus, gratuity & Orchestra ticket. Lunch on own.

ON SALE NOW

**RIVER LADY LUNCH CRUISE & SMITHVILLE VILLAGE**

Thursday, August 22, \$90pp

ON SALE MARCH 5—Meal selection required at sign-up

**THE CHER SHOW**

Wednesday, April 17 at 2PM, \$119pp

SOLD OUT—WAITLIST ONLY.

**ON SALE THURSDAY, FEBRUARY 7th**

## TO KILL A MOCKINGBIRD

At the Shubert Theater

**PLAYBILL**

SAM S. SHUBERT THEATRE



Tuesday, June 12th  
\$155 pp - 1PM Show

Includes bus, gratuity & Orchestra show ticket  
Bus departs pool side at 9am.

Inspired by Lee's own childhood in Alabama, *To Kill a Mockingbird* features one of literature's towering symbols of integrity and righteousness in the character of Atticus Finch. The character of Scout, has come to define youthful innocence—and its inevitable loss.

### FIRESIDE CHATS

FEBRUARY—13, 27

MARCH—13, 27

Red Room, 10AM

Light Refreshments





## CULTURAL

### AFRICAN HERITAGE GROUP

Saturday, February 2, 2:00pm, Gallery

### AVIATION GROUP

2nd Wednesday, 1:30pm, Ballroom

"Mars Mission-Inside Space X"

### BOOK DISCUSSION GROUP- \*NEW DATE

3rd Thursday, 3:00pm, Dogwood

"A Room of One's Own" by Virginia Woolf

### CURRENT EVENTS ROUNDTABLE

Mondays, 10:30am, Maple

### GERMAN AMERICANS

Last Thursday, 1:30pm, Cedar

### KOREAN AMERICANS

Saturday, February 16, 4:00pm, Maple

### LATINO/HISPANIC-AMERICANS

Wednesday, February 13, 6:00pm, Gallery

### POLISH AMERICAN

Friday, March 1, 1:00pm, Maple

### RECIPE GROUP

\*No January or February Meetings

2nd Wednesday, 6:30pm, Maple

### VETERANS GROUP

Tuesday, March 12, 10:00am, Hawthorn\*



## THE ARTS

### "ALL IN STITCHES" Knit & Crochet Group

Thursdays & Saturdays, 1:00pm, 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.

### POTTERY

Wednesday & Saturday, 8:30am-12 Noon

Monitor present. Supplies on your own.

### RUG HOOKING GROUP

Thursdays, 9am-1pm, Gallery

Bring your lunch and have some fun!

### OPEN WOOD CARVING WORKSHOP

Fridays, 9am-12pm, Woodshop

Monitor present. Supplies on your own.

### WOODSHOP

Mon-Fri 9am-3pm Saturday 9am-Noon

Open to Residents who have completed the orientation and safety class. Monitor present.



## CARDS & GAMES

### BANANAGRAMS

Mondays & Thursdays, 2pm, Game Room

Contact Dolores Wardrop.

### BRIDGE

Contact Clubhouse

### CANASTA & MAHJONG

Contact Clubhouse

### MAY I

Contact Sophie Prata.

### MAH JONG

Beginners and experienced players wanted.

Contact Linda DeMorato.

### MEN'S POKER

Contact Alan Lasky.

### NINTENDO Wii

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

### PINOCHLE

Please call E & R if interested.

### POKER

Contact E&R

### POOL ROOM

The Pool Room is open 7days, 8am-10pm

(Closed for cleaning Wed. 8am-11am.)

## GET MOVING!

### CHAIR YOGA

Tuesday mornings, 10:00am, Gallery

Enjoy the benefits of yoga while sitting in a chair. Class is conducted by a certified Yoga Instructor. Pay instructor directly

### "DOWNSIZING"-Weight Loss Support Group

Wednesday, 9:30am, Maple

Call the Clubhouse for information

### FITNESS CENTER ORIENTATION

Tuesday, February 19 at 10am

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.

### T'AI CHI

Coming Early 2019. Stay tuned to Ch. 26 for additional information.

### WALKING GROUP (Weather Permitting)

Mondays, 9am, Front of Clubhouse

Walk the 1 mile or the 2.5 mile loop around Old Nassau. Bring water and wear comfortable shoes.

### YOGA

Wednesday, 9:30am, Cedar

Resident instructor conducts the class. No Charge. Bring floor mat. SPACE LIMITED.

### ZUMBA

Mondays & Wednesdays, 5:45pm, Hawthorn

Payable to instructor. Wear closed-toe shoes.

## DID YOU KNOW?

Rossmoor has a shopping bus that can take you to your favorite food stores, local pharmacies and more.

We also offer occasional special excursions to shopping malls and specialty stores. This bus runs Monday through Friday.

Want to learn more?

Call E&R at (609) 655-3232

Want to reserve your seat?

Call Bus Reservations at (609) 655-4401



## SPORTS FUN!

### BOCCE

New Players Welcome!

### CROQUET

New Players Welcome. Call Betty Anne Clayton.

### HIKERS

Get out and moving in 2019. New Hikers welcome! All hikes depart from Clubhouse at 9:30am, unless otherwise noted.

### PICKLEBALL

New Players Welcome.

### SHUFFLEBOARD

New Players Welcome.

### TABLE TENNIS

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

### TENNIS

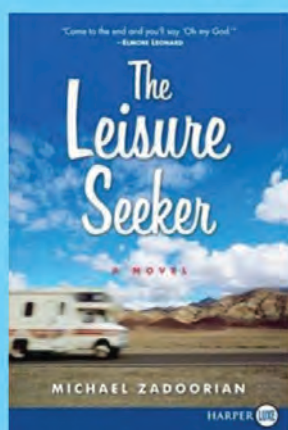
Courts available 8am until dusk. Bring your own equipment.





## MOVIE CORNER

### "THE LEISURE SEEKER"



Rated R / 1hr, 52m / No Charge

Sunday, February 10  
1:30pm Ballroom

Tuesday, February 12  
1:30pm & 7pm Ballroom

TUESDAY MYSTERY MOVIES  
February 5 at 1:30pm and 7pm  
February 19 at 1:30pm and 7pm

Movies Subject to Change

## SAVE THE DATE FOR UPCOMING ATTRACTIONS...

"FLASHBACK FRIDAY" DANCE PARTY w/ Let's Be Frank—  
A 6 piece band that will take you back to your youth!  
Friday, March 29th at 7PM

AN EVENING WITH BOB DENSON—Guitar & Vocals  
Wednesday, April 24th at 7PM

### DATE CHANGE!

TOOTSIE: THE MUSICAL—Wednesday, August 7th at 2PM

## F41

- RCAI Offices will be Closed on Monday, February 18th in celebration of President's Day.
- 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.

## LIBRARY ON LOCATION

### "LAST TRAIN HOME"

Thursday, February 14 at 1PM, Ballroom

Award-winning film follows the annual mass exodus of 130 million migrant workers as they journey from Chinese factories to their home villages for the New Year's holiday.

*A Film by Lixin Fan [2009, 87 min.]*

### "FALLEN CITY"

Wednesday, February 20 at 1PM, Ballroom

A 2008 earthquake levels Beichuan, Sichuan Province, China and a modern replica rises quickly in its place. Follow along with three surviving families as they try to reconstruct their community's hear and soul. *A Film by Qi Zhao [2014, 60 min]*

No Charge

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



Members of our Veteran's Group presented Trudy Skladany with a new outdoor bench, built by the talented residents in the Woodshop.



Even below freezing temperatures couldn't keep our residents in doors. Many ventured the cold weather and joined us at the clubhouse for a Dance Party with friends and neighbors.






# FEBRUARY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>Ticket Sales</div> <div></div> <div>Today!</div>	<div>Events or trips marked * require tickets or prior registration</div>				1	2 <div></div>
3 <div>5:30pm Superbowl Party—BR*</div> <div>6:30pm “Tully” Movie —GL</div>	4 <div>10:00am Mutual 5—VC</div>	5 <div>9:00am Comcast-BR</div> <div>1:30pm Mystery Movie-BR</div> <div>7:00pm Mystery Movie-BR</div> <div>7:00pm Great Decisions-CD*</div>	6 <div>2:00pm Mutual 11—MP</div>	7 <div>9:00am Agenda Committee-VC</div>	8 <div>2:00pm Mutual 17—VC</div>	9
10 <div>1:30pm “The Leisure Seeker” Movie —BR</div>	11 <div>10:00am Mutual 7—BR</div>	12 <div>1:30pm “The Leisure Seeker” Movie —BR</div> <div>7:00 pm “The Leisure Seeker” Movie —BR</div> <div>7:00pm Great Decisions-CD*</div>	13 <div>9:00am Mutual 1—DW</div> <div>10:00am Fireside Chat</div>	14 <div>9:00am Committee Meetings-VC</div> <div>1:00pm Library on Location-BR</div> <div>6:30pm Bingo—BR</div> <div></div>	15 <div>10:00am Mutual 9—DW</div>	16
17	18 <div>RCAI OFFICES CLOSED</div> <div></div>	19 <div>10:00am Fitness Orientation-VC</div> <div>1:30pm Mystery Movie-BR</div> <div>7:00pm Mystery Movie-BR</div> <div>7:00pm Great Decisions— CD*</div>	20 <div>1:00pm Library on Location- BR</div> <div>3:00pm Mutual 10—GL</div>	21	22 <div>10:00am Mutual 12—GL</div> <div>7:00pm DJ Dance Party —BR*</div>	23
24	25 <div>7:00pm Players Meeting-GL</div>	26 <div>2:00pm Mutual 4C—GL</div> <div>7:00pm Great Decisions-CD*</div>	27 <div>10:00am Fireside Chat</div>	28 <div>9:00am Board of Governors-VC</div> <div>6:30pm Wine &amp; Design - GL*</div>	29	



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

MEETING HOUSE SERVICES			
Catholic Society Mass	2nd Thurs	7 pm	
Jewish Congregation Sabbath	2nd & 4th Fri	7:15 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



Many volunteers and Mutual directors enjoyed the holiday luncheon in the Ballroom.



Also at the luncheon were, seated, from left, Assistant General Manager Michelle Williams, General Manager Jane Balmer, and past President Judie Sforza. Standing, from left, are RCAI President Dan Jolly, Treasurer Jerry McQuade, and Secretary Sal Gurreiro.



Joe Salzano and Denny O'Malley. The loser of the Army-Navy Game wager had to wear the opposite team's fight shirt at the next Veteran's Club meeting.



Having a good time at the luncheon are, from left, Al MacVicar, Dennis Hagerty, Sue Archambault, Jackie Eiseman, and Dennis Arce.



Stuffing envelopes with preliminary notices for upcoming annual meetings are, from left, Jackie Eiseman, Dennis Hagerty, and Al MacVicar.



Also helping with this big task are, from left, John Vergano, Maureen Vergano, and Judith Gorecki.





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## About "The Pantry"

We are residents of Rossmoor who thought that the vacant, bank drive-up building would make a great general store, providing convenience and services to the Rossmoor Community. Come visit us. You'll be surprised at all the great products we've managed to put into this little building!

**Store Hours: Tues-Friday 10am-6pm; Sat 12pm-4pm**  
**1 Rossmoor Dr. Bldg. 2, Monroe Twp. NJ 08831**  
**609-921-4508 / www.RossmoorPantry.com**

# Sound Advice

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

## How you can manage Risk Aversion

During the early part of 2017, the stock market was rolling merrily along, with the Dow Jones Industrial Average (DJIA) breaking through the 20,000-point barrier for the first time. But the "Trump bump" won't last forever and some prognosticators are forecasting eventual doom and gloom. In all likelihood, the stock market will continue to experience ups and downs, just like it has throughout its history.

Regardless of whether the market is going up or down, or staying relatively stable, your portfolio should reflect your personal aversion to risk. Primarily, there are three types of risk to address in this overall philosophy:

- 1. Risk of loss of principal:** This is the risk of losing the money you initially invested. Say you buy a stock for \$1,000 that jumps to \$1,200 before it falls back to \$900. If you sell the stock at that point, you will have lost \$100 of principal.
- 2. Risk of loss of purchasing power:** You may be willing to limp along with modest returns, but you're losing money if the inflation rate exceeds your rate of return. For instance, if you acquire a bank CD paying a 2% annual rate and inflation rises to 3.5%, you're losing 1.5% in the purchasing power of that investment.
- 3. Risk of outliving your savings:** Is your investment plan overly conservative?

Remember that the stock market historically has outperformed most comparable investments over long periods, although there are no absolute guarantees. Therefore, you're likely to fare better with a well-devised investment plan than you would if you stuffed your money under a mattress. Otherwise, you might outlive your savings, especially given recent increases in life expectancies.

Risk assessment surveys can provide some insights. Typically, an analysis will reveal that you tend to be either a conservative, moderate, or aggressive investor, within certain ranges. Your portfolio should reflect this characterization.

If you indicate a more conservative bent, you may want to fine-tune your investments accordingly, taking into account asset allocation and diversification methods. Again, these strategies do not offer any guarantees, nor do they protect against losses in declining markets, but they remain fundamentally sound.

Other potential ideas are to weight your portfolio more heavily to bonds than you did

in your younger days. The technique of "bond laddering," with bonds maturing at different dates, is a variation on this theme. Similarly, conservative investors may emphasize dividend-paying stocks and blue chips, as well as mutual funds and exchange traded funds (ETFs) offering diversification.

Every situation is different. Reach out to us to address your specific concerns.

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

For more information, questions, or comments, we encourage you to visit our website at [www.poltziner.com](http://www.poltziner.com) or call us at (732) 296-9355.

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## What's up with Social Security?

By Carol De Haan

As we have seen, each pundit has a different axe to grind. How are we supposed to know what's true about this important source of income for retirees? Here are a few facts:

**Is the Social Security Trust fund in danger of going broke?**

Not at all. You can relax. The Fund is near its all-time high in value.

Since its inception, the Social Security Trust Fund took in more money than it paid out. The surplus was put into Treasury securities which have continued to earn interest. At the end of 2017, the Trust Fund was worth \$2.89 trillion. (A trillion? That's 12 zeroes. The Fund is worth \$2,890,000,000,000.)

**Who collects from this Fund and how much?**

Sixty-three million people collected from the Social Security Trust Fund in 2017, for a total outlay of \$952.5 billion. Recipients included retirees or their survivors, 10.4 million disabled workers, and six million spouses and dependent children.

**Who puts into the Fund and how much?**

One hundred seventy-four million contributors put \$996.6 billion into the system in 2017.

**Is the Fund safe from the wandering eyes of our big-spending politicians?**

Neither Congress nor the president is allowed to dip into the Fund to cover other federal expenses, such as defense, education, or eco-

nomic programs. However, once the Social Security Administration has paid benefits and covered its other expenses, the money remaining goes directly into U. S. Treasury securities. The government can borrow from those securities, but it has to pay back *with interest*.

**So the Social Security Trust Fund is safe going forward?**

Yes and no. There is a long-term challenge in that our populace is aging and our birth rate is falling, indicating more withdrawals and fewer deposits over the years ahead.

The Trust Fund has enough money to continue paying benefits at present rates through 2034. After that, there will be enough money in the Fund to pay benefits, but at a rate 79% of what recipients might otherwise have expected.

**Can this be fixed?**

Given the partisan divide that we see in Congress right now, progress on this issue seems unlikely. If we manage to elect future representatives who are more willing to compromise, several remedies are possible:

- We could raise the age for full retirement benefits;
- We could raise the percentage rate of the payroll tax; or
- We could raise or eliminate the wage cap on how much income is subject to the Social Security payroll tax. In 2019, that cap will



## Can you carry a week's worth of groceries? Be grateful for shopping carts

By Linda Bozowski

Think about people all over the world and how they transport their foodstuffs and other purchases. Many carry their fruits and vegetables and cans of paint in their arms, some use bags and

baskets made of various materials, and some use shopping carts. Shopping carts, known as trolleys, carriages, trundlers, wagons or buggies in various countries, are a relatively recent invention. Sylvan Goldman, the owner

of the Humpty Dumpty supermarket chain in Oklahoma, invented them in 1937 for the purpose of helping his customers move more groceries.

The first carts consisted of a basket mounted on a folding chair to which wheels had been affixed and was called a folding basket carrier. A second basket was added after one of the store's mechanics joined in the customizing.

Several iterations later, the design of the current shopping basket was somewhat standardized. In order to store the carriages, a swinging panel was placed at the rear of the basket so that the carts could be lined up closely to one another when not in use in a nesting configuration.

Although we, as shoppers, probably take them for granted and may not think of their financial value, store-

owners view these devices as significant items of value. The average shopping cart costs between \$75 and \$150, and some carts that may have additional features can cost between \$300 and \$400. Shopping cart theft is a serious problem in some areas, and it is reported that worldwide theft is valued at about \$800 million per year.

Retailers have taken many approaches to minimize the financial losses associated with damaged or stolen carts. Some stores have used locking mechanisms that require a small financial deposit in order to free the cart from its tether. Other stores like Ikea have built obstacles around their store exit areas so that carts may not be taken into the parking lot. Some retailers have invested in electronic locking devices that secure the wheels of the cart if an attempt is made to remove it beyond its boundary. Many stores have designated cart-return areas and employ cart-collecting

staff to gather up all the carts left on sidewalks and in parking lots.

The other side of shopping cart problems is the scratches and dings that shoppers get on their vehicles. Whether a careless shopper bumps into a car or leaves a cart that is then captured by a gust of wind, cars and trucks suffer damage. People and pets may be injured as well if carts are not secured in some way.

All of these issues add to the costs of the merchandise that we buy: the costs of the carts, the parking spaces made unavailable due to their dedication to cart returns, staffing required to gather up the carts, and then our costs for paint touchups after parking lot mishaps. Should shopping carts be eliminated? Not a chance! Should we, as shoppers, be more mindful of their value? A resounding yes, because we, as prolific shoppers, wouldn't want to go back to carrying all those parcels in our arms.

## There's always room for Jell-O, so they say

By Linda Bozowski

What's your favorite color and flavor of Jell-O? February celebrates Jell-O Week between the 10th and the 16th, and we should participate in the event by mixing up a packet or two.

Gelatin, the basis for Jell-O and other gelatin products, has been around since the 15th century. Made of collagen from boiled bones and other animal products, gelatin is in use as a foodstuff around the world and is regarded as a delicacy in many cultures.

We will skip the mechanics of gelatin production in favor of promoting the fun dessert that we probably have enjoyed since our childhoods. The current Jell-O product was developed and trademarked in 1897 by a carpenter and cough syrup manufacturer. Pearle Bixby Wait and his wife May added various flavorings to granulated gelatin, sugar and water and created a product that became firm and pleasantly edible.

Genesee Pure Food Company purchased the rights to manufacture Jell-O and began aggressively marketing it in 1904. Magazines began to publish recipes using the products and desserts, salads and aspics began to grace our tables. Ingredients that were added to the gelatin product included cabbage, celery, peas and cooked pasta, as well as all varieties of fruits except fresh pineapple.

In the 1950s, Jell-O began promoting such savory flavors as celery, mixed vegetable and tomato, but these flavors were soon discontinued. Jack Benny became a spokesperson for the product and an instant pudding product was introduced that became a huge success because it was so easy to prepare.

Many flavors of the gelatin product were introduced, and many were short-lived. The basic flavors of strawberry, cherry, orange, lemon, lime

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## Social Security

(Continued from page 14)

be \$132,900, meaning that any amount a worker earns beyond that will not be subject to Social Security payroll tax. By removing the cap entirely, higher-income workers would contribute far more to the system.

### Any word to the wise?

Yes. A person who collects at age 62 will receive 75% of the full benefit, or about \$1,500 per month. The same person collecting at age 65 will receive 93.3% of full benefit, or about \$1,866 per month. The big payoff goes to a person collecting at age 70 who will receive 132% of full benefit, or about \$2,640 per month.

You might want to pass this on to anyone you know who is thinking of retiring.

### For any other questions:

Call the Social Security Administration at 800-772-1213 (TTY800-325-0778).



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## Clubs and Organizations

### Come and hear about his yesterdays at Today

By Diane England

He wasn't even born when "Today" debuted on NBC on Jan. 14, 1952, the first two-hour program of its kind. However, he was there in September 2000, when the program expanded to three hours. And yes, he was still there when it expanded to four hours in September 2007.

Who am I talking about? Rossmoor resident Jim Wilson, a three-time Emmy Award-winner who will be the speaker at this month's Women's Guild meeting on Feb. 21 at 1:30 p.m. in the Ballroom. Jim's talk you won't want to miss? "Nothing but the Truth—My Yesterdays at TODAY."

When the fourth hour was added to this show, its executive producer at the time, Jim Bell, pointed out that "Today" had experienced ratings dominance every week for 12 years. Of course, Jim Wilson was part of the behind-the-scenes team integral to that success. But then, he was news producer from the beginning of 1990 until almost the end of 2010. (After leaving the show, he was a freelance news writer for "Today" for over six more years.)

So, what does Jim have to say about the claims by some that common practices in political communications by television news media have fuelled political cynicism, social mistrust, and a lack of political efficacy? And would he agree that this becomes even worse during election times because people become turned off by the tendency of television news to focus on the horse race while ignoring the issues truly important to Americans—or by the fact they engage in analysis while failing to provide factual information?

Supposedly during the

1990s, what had once been a trickle of complaints about the news media became more of a deluge as the major networks, concerned by a loss of viewers to Cable as well as down-market trends, began substituting the sensational and superficial for hard or real news in an attempt to maintain ratings.

The thing is, in an increasingly complex society in an increasingly globalized world, mass communications can be more important than ever. In fact, a democracy can benefit from the media playing three core roles:

- providing a civic forum encouraging debate about public affairs,
- operating as a watchdog guarding against the abuse of power,
- encouraging public learning and participation in the political process.

While some bemoan the tabloidization of television news or the growth of infotainment, hasn't the coverage of political events, international affairs, and financial news expanded in availability elsewhere? That said, does such media activate the ac-



Jim Wilson at work at NBC's TODAY Show

tive whereas it has less power over the disengaged who may, should the news come on, either turn to another television channel or perhaps be inclined to mistrust the source if it presents views inconsistent with currently held beliefs?

Why don't you come and hear what a well-seasoned expert on such matters has to say? Find out not only how the news changed for you as a viewer over the decades, but for a longtime news producer as well. And of course, after you have listened to Jim Wilson's talk that we're all so blessed to have the opportunity to hear, definitely plan to stay and enjoy refreshments and fellowship. There'll be lots of things Jim says that you'll want to discuss with others, don't you imagine?

### Google photo program

By Steve Gray

We are now at a time in history when everyone who has a cell phone, smart phone, camera, or portable computer-type device is also a photographer. We are all taking hundreds of photos to show and send to friends and family. Google has provided us with an App to both store and organize all of our pictures...plus it is free.

GOOGLE PHOTOS! Google Photos is a smarter home for all your photos made for the way you take

pictures today. Store, edit, organize, create albums, and share all of this with anyone and everyone you want to see them. Google Photos also has an app to scan old photos with your handheld device. All of this is free.

On Monday, Feb. 18, Art Segal of the Computer Club will bring you all up to speed on using the Google Photo app and its many features. Join the Computer Club at our monthly meeting at 9:30. You will want to make Google Photos your new essential picture app.

### Emerald Society's winter activities

By Joan Avery

The January meeting of the Emerald Society had Ian Gallagher entertaining the members, who always enjoy his singing. President Dan Jolly also arranged for the Doo Opps to sing at the February meeting.

Dan arranged another trip to Doolan's on March 11 for the Irish Fest. The cost is \$79, which includes the bus, the dinner and the show.

This year those who want to go to the Christmas Show in Lancaster, Pa., on Dec. 10 must sign up at the next meeting. The cost is \$115 for the bus, dinner and the show and must be paid for at the March meeting. Very festive!

See you at the Feb. 27 meeting.



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The Rossmoor Chorus, seen here at the Christmas Cantata, invites new members to join.

## The Chorus invites you

By Janet Wilson

**Positions open:** Soprano, alto, tenor, and bass. No others need apply.

**Physical qualifications:** Must be able to carry light musical notes part way across a small room. Must have sufficient vision to see the director a few feet away.

**Experience:** No application accepted from persons who have not sung, hummed or whistled in the tub or shower.

**Wages:** Satisfaction and joy in using your talent to lift up others, bring glory to God and to just have fun.

**Fringe Benefits:** Social Security...we promise you the security of social fellowship with other members of the chorus.

**Vacation:** Missed rehearsals and worship services are primarily a matter of conscience and ability to return

the glares and pointed remarks of the director. (There's also that "deer in the headlights" look on your own face during a song, not well rehearsed...my own observation.)

**Retirement:** No particular age, but it is generally determined by prayer, printed notes getting too small, folder too heavy, notes too high, sanctuary too hot (or cold), or accompanist unable to play the notes you'd like to sing.

**Hours:** One Sunday morning a month at our Community Church service, with occasional opportunities for overtime (at above wages already mentioned) in area nursing homes and at our annual sing-along at Rossmoor.

**Rehearsals:** Every Wednesday, 4 - 5 p.m., at the Meeting House

**Apply:** By attending the next rehearsal or by contacting the director, Janet Wilson, at 609-655-4129.

## Kevin Gunia gives back to Rossmoor with special piano recital

By Jim Wilson

Residents have a unique opportunity to enjoy a wonderful evening of music when Kevin Gunia holds a piano recital on Friday, Feb. 15 at 7 p.m. in the Meeting House.

Kevin is well known to our community. For the last four years, he has accompanied the Chorus and has played organ and piano often during worship services at our Community Church.

The Chorus, whose members are delighted to be able to showcase his talents this way, is sponsoring his recital. Chorus Director Janet Wilson says, "There are no words adequate to express what

(Continued on page 18)

## Wear red to the Dance Club's Valentines dance party

By Judy Perkus

All Rossmoorites are welcome – singles and couples — to the Dance Club's Valentines Dance Party on Saturday, Feb. 23. We will be in the Ballroom from 7 to 10 p.m. enjoying Carmine's music. 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 and cheese, roast beef, turkey, or tuna salad.

Bring your Valentine, bring your friends, or come alone and meet some friends. 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. 14. Send your 2019 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 23rd Valentines Dance Party RESERVATION DEADLINE: February 14th

Name: \_\_\_\_\_

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\$15 per PAID UP member/ \$17 non-member \$ \_\_\_\_\_

2019 ANNUAL DUES: \$7.50 PER PERSON, \$15 PER COUPLE

Membership Dues: \$ \_\_\_\_\_

TOTAL: \$ \_\_\_\_\_

Sandwich selection{s} \_\_\_\_\_

# of Sugar Free Desserts: \_\_\_\_\_

Please send check made out to  
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## Community Church collects three van-loads of warm clothing for the needy

By Alyce Owens

The Community Church thanks all who donated to their annual "Warm Clothing for the Needy" drive again this year. Three van-loads of coats, jackets, hats, pants, sweaters, boots and more were collected and picked up by Your Grandmother's Cupboard for distribution to the truly needy in N.J. over the holidays. Thanks to your generosity, hundreds of less fortunate folks will stay a lot warmer this winter.

Following is an excerpt from a letter of appreciation from Your Grandmother's Cupboard which provides free clothing, shoes, toiletries, food and other necessities of life for storm and acci-

dent victims, the homeless, the hungry, seniors, children, and other "invisible" adults and children in our midst with special needs:

*Dear Special Friends of*

*the Rossmoor Church and Community,*

*Thank you so very much for your wonderful contribution of three van-loads of*

*(Continued on page 19)*

## Italian American Club

By Tony Cardello

There was supposed to be a surprise guest for our entertainment at the January membership meeting but due to a scheduling conflict Andrea Bocelli had to cancel. However, he was kind enough to send a video of one of his outstanding concerts.

The next regular membership meeting will be held on Wednesday, February 20.

There will be a sign-up sheet for those wishing to attend our annual Carnivale Festival on Tuesday, March 5. The cost will be \$30.00 per person and it will be catered by City Streets. The event will also be open to all Rossmoor residents.

There will also be a sign-up sheet for a planned trip to Doolan's on March 20 for their St. Joseph Festival.

Bingo will be played on Thursday, February 14 at 6:30 p.m. in the Ballroom.

Donations of \$200.00 each were sent to Ronald McDonald House in December and to the Felician Sisters in January.

We urge all members who have not paid their 2019 dues to please do so.

## Kevin Gunia

(Continued from page 17)

Kevin has meant to the chorus over the years. As beautiful as the voices are in the chorus, he has just added so much to the sound. And, along with his incredible talent at the piano and the feeling that he puts into his music, he is just one of the nicest people I've ever met."

Kevin is a college senior who currently studies composition and piano performance at Rutgers University's Mason Gross School of the Arts. He was a finalist in both the 2013 and 2014 New Jersey Music Educators Association and 2014 National Association for Music Education Student Composers Competition for his works "Symphonic Piece" and "In Memoriam." His orchestral work, "Variations on an Original Folk Tune," was the winner of the Mason Gross Extension Division's 2016 Orchestra Day Concerto Competition.

Kevin has composed several works for piano and has composed for a string quartet. He has studied composition with Kenneth Lampl, Charles Fussell, and Scott

Ordway, and has studied piano with Allison Brewster Franzetti, Robert Taub, and Karina Bruk.

For his recital, in addition to works by familiar names Mozart and Liszt, Kevin plans to highlight works by lesser-known composers including Harry T. Burleigh, Ferruccio Busoni, and Alessandro Scarlatti. He plans to include his own "Children's Portrait Album" and works by two other living composers, Meredith Monk and Mayumi Kato. Kevin also will play transcriptions of two Gershwin songs, improvised by the composer himself: "Someone to Watch Over Me" and "My One and Only."

Admission to the recital is free, as Kevin's way of giving back to us for the opportunities this community has given to him over the years. Janet says it is certain to be a great evening. "I would encourage everyone to come out and support an incredibly talented young man and, at the same time, be ready to have an amazing musical experience."

Mark Kevin Gunia's Feb. 15 recital on your calendar and be sure to invite your friends.

## Kiwanis Club

(Continued from page 1)

dies" who volunteered at the Pantry to fill the bags with cans of food for distribution. The photos are identified for you to look at later.

There is a plaque presented by Mayor Pucci at that dedication ceremony which reads "Presented to Kiwanis Club of Rossmoor, in recognition of many years of dedicated service to the Monroe Township Residents – Aug. 29, 2005".

Another plaque from the Monroe Township Office of Senior Services was presented in 2016 at the Appreciation Luncheon for Kiwanis Food Pantry Volunteers at the time of the termination of the Rossmoor Kiwanis Club.

And most recently, a "Certificate of Recognition given to Kiwanis Food Pantry Volunteers who have selflessly given of their time to those in need" – presented by Mayor Gerald Tamburro in Council Chambers on Mayors Award Night, Oct. 1, 2018.

I don't think there's a person here who does not know and remember the many accomplishments of the Rossmoor Kiwanis Club – of which we're all very proud.

Alyce Owens and Walter Murphy presented the bell and gavel that started and ended each meeting of the Kiwanis Club of Rossmoor for 42 years – from May 1974 to August 2016. It contains the names of every president of the club for all these years, and is a most cherished symbol and memento of all of our members. We are proud to have served our community so well for these 42 years, and entrust this bell to be displayed and preserved in the archives of the Rossmoor Community Association.

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# Players Pastimes

By Sue Archambault

The Players monthly meeting will take place on Feb. 25 in the Gallery at 7 p.m. The program is one that has been very popular in the past. The evening's entertainment will be interactive and will involve volunteers from the audience.

Players member Norman Perkus will lead the participants in a variety of improvisation games. In addition, he 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.

The Players are starting to make improvements to the sound system in the Meeting House so that all audience members will be able to hear and enjoy our presentations.

# Warm clothing

(Continued from page 18)

winter coats and other assorted winter items that you collected at your recent "Warm Clothing for the Needy" drive. This donation is so appreciated by the people we serve who are struggling to survive and come to us seeking clothing and food, but have no means of paying for it.

As you may know we provide these necessities to them AT NO COST – only through the generosity of people like you – year after year. We are seeing hundreds and hundreds of people walking into our clothing depot in Toms River, and we are serving many hundreds more at soup kitchens and food pantries all across the state, where we bring our trucks and trailers full of sup-



We have already had an audio expert come and make changes to our equipment. We have plans, in the future, to purchase better wireless microphones and additional necessary paraphernalia.

The Players made a donation to the Monroe Township Ambulance Corps last month.

# Acting Superintendent of Monroe Township School District to speak at League of Women Voters Meeting

By Glorious Moore

Robert Goodall, acting superintendent, Monroe Township School District, will speak on Feb. 24 at 1:30 p.m. at the General Meeting of the Monroe Township League of Women voters in the Municipal Building Courtroom at 1 Municipal Plaza. Superintendent Goodall will present information about the upcoming March 12 school referendum. This meeting is open to the public.

Goodall, previously principal at the Township's high school, since his appointment as Acting Superintendent, has joined with the Board of Education in its effort to ensure that the community is fully informed about the new referendum prior to the vote.

The District seeks authorization to raise funds via the sale of bonds to finance expansion of the Township's middle school and high school. The referendum will

have two questions or options: (1) build a new middle school at a cost of \$75.6 million and (2) build a new middle school and expand the high school at a projected cost of \$146.1 million.

The anticipated tax impact on Township property owners for building the middle school only is \$48.81 per \$100,000 of assessed value; and \$92.76 per \$100,000 of assessed value if the middle school is built and the high school expanded.

A referendum to fund building the middle school at a projected cost of \$68 million was rejected by voters in 2018. Voter turnout for that referendum was very low. Turnout in our gated communities ranged from 7-21%. We encourage you to educate yourself about the proposed projects and on Election Day, March 12, exercise your right to let your voice be heard. Vote.

plies 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.

No other organization in N.J. or anywhere in the U.S. 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 – and that you have helped to provide.

A special thank you from all of us at Your Grandmother's Cupboard and from all these people who would tell you "thank you", but do not know who you are. May God bless you all.

Sincerely,  
Michael Lehmann, President

The Community Church sincerely thanks all residents 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.

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**Rossmoor Resident Telephone Directory**

**CHANGES & DELETIONS ONLY**

Please mail or bring this form to the  
**Rossmoor Community Association, Inc.,**  
Village Center, 128 Sussex Way, Monroe Twp., NJ 08831  
with any changes or deletions to your  
name, address or telephone listing.

**Information as it now appears:**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_

**Changes for the 2019-20 edition:**


NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

1 PHONE OR 1 CELL: \_\_\_\_\_

**\*\*All Changes must be received by July 12, 2019\*\***

If your name, address and/or telephone/cell number is in the 2018 edition correctly, it is not necessary for you to complete this form.

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Religious Organizations

“The Shoes of the Fisherman” film to be shown here

By Gene Horan

“The Shoes of the Fisherman” was rated Best Picture of the Year (1968) by the National Board of Review, was nominated for two Academy Awards, and was Golden Globe winner for best score. Taken from Australian author Morris West’s best-selling novel, it tells the intriguing story of Kiril Pavlovich Lakota, Metropolitan Archbishop of Lvov (played by Anthony Quinn), who is unexpectedly freed by his former jailer, Piotr Ilyich Kamenev, after 20 years in a Siberian labor camp. Kameney (Laurence Olivier) is now premier of the Soviet Union.

Lakota visits Rome where the elderly Pope Pius XIII (John Gielgud) insists on making him a Cardinal despite his reluctance to accept the honor. The pope dies suddenly and, in the papal conclave after many ballots and a deadlock over the two leading candidates, the electors by acclamation choose Lakota as pope.

The times could not be more dangerous and there is a real possibility of nuclear war. The USSR and China are feuding



Anthony Quinn in “The Shoes of the Fisherman”

and the latter is experiencing a famine caused partly by trade sanctions. The pope in civilian clothes meets secretly with the Chinese and Soviet leaders to discuss the ongoing crisis.

Although written 15 years earlier, parts of West’s plot seem predictive of the election of John Paul II, including the sudden death of his predecessor and the unexpected election of an Eastern European after centuries of Italian pontiffs. Also, both the fictional pope and John Paul II played major and decisive roles in world affairs.

In addition to Quinn, Olivier and Gielgud, the cast included such stellar performers as Oskar Werner, David Janssen, Vittorio De Sica, Leo McKern, Barbara Jefford, and Rosemarie Dexter.

The free showing will be held in the Gallery of the Clubhouse at 2 p.m. on Friday, Feb 22. (Please note that the time is 2 p.m., not 1:30 as in the past.) Coffee, tea and light refreshments will be available and all Rossmoorites are most welcome.

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

Note: Watch for information in the March issue about a remarkable film presentation titled “Human Fulfillment.” David O’Neill, writer-producer, will be attending and will answer questions. This is an event you will not want to miss.

A minor Jewish holiday helpful to the environment

By Adrienne Brotman

On Jan. 21 *Tu B'Shevat* was celebrated. *Tu B'Shevat* is Israel's Arbor Day. It is the new year for trees. This day marks the beginning of the tree blooming season in Israel. This holiday is a tree planting celebration in the Holy Land. Jews all over the world and Israelis plant trees in Israel in honor or memory of friends and family members. It is customary to eat fruit, especially pomegranates, figs, olives, grapes and dates which grow in

Israel.

This month Sabbath services will be held on Friday, Feb. 8 and Friday, Feb. 22 in the Meeting House at 7:15 p.m. On the 8th, the Lay Reader will be Jeff Albom and the Torah Reader will be Norman Perkus. The Oneg Shabbat will be sponsored by Allan and Diane Kaufman in honor of the 55th anniversary of Allan's Bar Mitzvah and the birth of their grandson, Simon.

On Feb. 22, the Lay Reader will be Janet Goodstein and the Torah

Reader will be Jeff Albom. The Oneg Shabbat will be sponsored by Susan and Joseph Tuill in honor of the Bas Mitzvah of their granddaughter, Rebecca.

Torah Study will be in the Dogwood Room in the Clubhouse, with Rabbi Levy, on Saturday, Feb. 9, and Saturday, Feb. 26, at 10 a.m.

New members are very much welcomed. For information about our congregation, please contact Karen Seiden, our membership Chairperson.

SPORTS



9-Holer

By Mary Shine

Enjoy the rest of winter – snow and all – but start thinking spring and golf. The 9-Hole Women's Golf League would like to increase its membership for 2019. Talk to new residents and encourage any golfers to join our league, and of course we hope all our present members will continue.

Our membership fee will

remain \$60 for the season. Full membership in the Golf Club is not necessary, although encouraged. Details of membership in the Golf Club can be obtained by contacting Ted or Ray at the golf clubhouse. For more information on joining the 9-hole Women's Golf Association, please contact membership chair, Mary Shine (609-655-4518) m a r y s h i -



ne1@verizon.net or president, Joyce Cassidy (609-619-3618) j o y - ce3206@aol.com.

We again plan to start off the season with our Annual Meet & Greet party in the spring. Check the next issue of the Rossmoor News for details. Invitations will be sent to new residents.

In Memoriam

Michael Pesce

Michael Pesce of Rossmoor, beloved brother of Pat Ray, passed away peacefully on Christmas morning. He was a proud U.S. Army Veteran of World War II, a member of Rossmoor's Italian American Club, an avid golfer, a parishioner of Nativity of Our Lord, and a man very proud to admit being 98. All funeral arrangements will take place in Pennsylvania.

Carmela Davis

Carmela C. Vaticano Davis died Wednesday, January 9, 2019. Surviving are her husband of 72 years, Thomas Davis; her daughter, Patricia Van Liew and her husband, John; three granddaughters, Stefanie, Carmela (Mark) and Rachel (Edward), and five great grandchildren, Ava, Frank, Rocco, Emma and Jake.

Ladies 18-Hole golf league will start season in April

By Arlene McBride

The new year has begun and the winter weather hasn't deterred the golfers so far this winter.

The ladies' league will start up again in April. A membership form will be printed in this month's issue for all those interested in joining or renewing their membership. Contact arlenemcbride@comcast.net or call 609-395-1017 for more information

If you are still undecided about joining a ladies' league because you feel a little rusty, contact our golf professionals, Ted and Ray, who offer golf lessons, to tweak your swing.

Contact information is on the membership form. Hope to see you join our league.

Happy Valentine's Day.

Ladies'18-Hole Golf League 2019 Membership Form.

Please return the membership form by April 1, 2019 or earlier.

Membership fee: \_\_\_\_ \$75.00

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.**

MAINTENANCE DEPARTMENT

By Dave Salter

Some helpful information you might want to cut out and save:

Emergency Service:

There's a maintenance man on call 24 hours a day, seven days a week including holidays for emergencies. If our office is closed, just call the North Gate (655-7586) and they will call the man on duty.

Please note there's a \$75 charge for emergency service, so it's better to wait until the next business day if you possibly can.

**Recycling:** Please collapse all cardboard boxes before putting into the dumpster; they take up a lot of space causing the dumpsters to overflow.

**Bulk items:** Waste Management, our trash contrac-

tor, will pick up bulky items such as furniture, bedding and carpeting at no cost. Please call Waste Management directly at 609-587-1500 give them acct # 02670072 and they will be happy to assist you.

**Disposal of Hazardous waste items:** You can call the Middlesex County Division of Solid Waste at 732-745-4170 to get the location of the nearest drop-off area, or go to the website [www.co.middlesex.nj.us/planningboard/solidwaste.asp](http://www.co.middlesex.nj.us/planningboard/solidwaste.asp) for information. For leftover paint, pour it all into one can and leave the empty cans to dry out. When dry, place the empty cans in the regular garbage dumpster. Paint cans are NOT recyclable. The paint itself can be disposed of every third Saturday morn-

ing at the Monroe Township Recycling Center on Spotswood-Gravel Hill Road.

**General Info:** We have an electrician, plumber, and carpenter on staff to handle routine household repairs. When you call, we'll ask some questions to help us get it done right and done quickly the first time. We have a 30-day warranty on our labor. We can service your furnace for \$35 plus tax; call to schedule an appointment. New residents should call for a free home orientation. Give us a try.

Reminder: Please make sure outside faucets are shut off and hoses are disconnected.

Specials for material only: 10% discount on Symmons valve, bathroom and kitchen faucets.

Community Church

By Linda Klink

- Feb. 3 Communion Service at 11 a.m.  
Preacher – Rev. Robin Bacon Hoffman  
Organist – Beverly Scheibert
- Feb. 11 Finance Committee Meeting at 10 a.m.
- Feb. 13 Worship Committee Meeting at 10 a.m.
- Feb. 14 Women's Guild Board Meeting at 10 a.m.
- Feb. 17 Sunday Worship Service at 11 a.m.  
Preacher – Rev. Franco Juricic  
Music Presentation – Rossmoor Chorus  
Organist – Kevin Gunia
- Feb. 18 Council Meeting at 10 a.m.
- Feb. 21 Women's Guild Meeting at 1:30 p.m.  
“Nothing but the Truth – My Yesterdays at TODAY”, Speaker – Jim Wilson
- Feb. 24 Sunday Worship Service at 11 a.m.  
Preacher – Christina Manero  
Organist – Beverly Scheibert

RCC is an ecumenical church where all are welcome to worship and become a member.



## HEALTH CARE CENTER NEWS

### Staying healthy

By Kaytie Olshefski,  
BSN, RN-BC

We all try our best to be healthy but sometimes it is not so easy. The good news is it is not too late to start if you have not been so good about living a healthy life style. Our genes play a big role as to what disease or illness one may inherit, but eating a well balance diet will help to deter certain diseases, such as heart disease, cancer, stroke and diabetes. If your cholesterol is high, try eating foods low in fat, lose weight if you've overweight, and become more physically active. If you have pre-diabetes, you may ward off diabetes by watching your diet and exercising. Drinking at least six to eight glasses of water a day is needed for your intracellular system to function properly to keep you healthy. Multi-vitamins should be included in your diet and taken every day if you do not eat a well-balanced diet.

Exercising is very important. We all have excuses as to why we do not want to exercise, but we are only hurting ourselves by not doing so. There are so many benefits to exercising. Exercising will help prevent or control heart disease, high blood pressure, diabetes, osteoporosis, depression, and stroke. Ongoing research studies are showing colon cancer survivors can reduce the risk of a reoccurrence by 50% with exercising. Exercising releases endorphins that make us feel better. Another benefit to exercising is it will help to maintain your weight or help you lose weight if that is your goal. To get the most benefits from exercising, work out 150 minutes a week. That equals 30 minutes/day for 5 days or 22 minutes 7 day/week. To entice you further, exercising can be broken down further into 15 minutes intervals if you are unable to get 30 or 22 minutes a day in. Exercising strengthens muscles and helps to maintain your balance to keep you from falling. There are so many different ways to exercise. There are sittersize, aerobics, free weights, tai chi, and walking. But whatever you do, do what you like because you will have a better chance of staying with it and not giving up.

Studies have shown having a glass of wine every day is beneficial for your cardiovascular system. If you don't drink, don't start. It is recommended a woman have only one drink a day while a man may have two. One drink is considered a can of beer (12oz), 4 oz glass of wine or one jigger (1 oz) of liquor. People think if one drink is good then more should be better, right? Not true, too much alcohol may damage your liver and make you prone to throat and liver cancer. Driving under the influence of alcohol will make you

more vulnerable to a motor vehicle accident and facing the consequences that will follow.

If you smoke, seriously consider stopping. Everyone knows the side effects that smoking can cause. The different cancers related to smoking are mouth, throat, lung, and bladder. Smoking also affects the lungs and may cause one of these respiratory diseases: bronchitis, emphysema, COPD, and/or asthma. One out of every six deaths can be blamed on smoking. It is never too late to stop and still reap the rewards of being a non-smoker.

If you decide to stop smoking, do not substitute smoking with e-cigarettes also known as vaping. E-cigarettes are a hand-held device that gives a person the feeling they are smoking. This device heats up nicotine or other liquids that are used along with added flavors. Whichever liquid is used, it changes from an aerosol form to a "vapor." It is this vapor that is smoked and inhaled. E-cigarettes came on the market in 2004 and since their existence, ongoing studies are showing e-cigarettes are addicting. The long-term effects are still unknown. Vaping stores are popping up everywhere. Smoking e-cigarettes have exploded in use among young people and daily users tend to be older adults.

See your primary physician for an annual checkup and don't forget to make an appointment with your ophthalmologist and dentist. You are the most important member of your health care team. When you see your primary physician, ask questions. Early screenings and treatments may avoid complications from diseases escalating. Some screenings include having your blood pressure checked, lab work, and checking for diabetes. A colonoscopy is recommended for everyone over the age of 50. If there is a family history of colon cancer then a colonoscopy should be done at an earlier age. Screenings for a woman include a breast exam, pap smear and mammogram. Men need to be screened for prostate cancer.

Everyone needs to check and see if they are current with their immunizations. It is recommended everyone get an annual flu vaccine. People over age 65 should get the High Dose flu vaccine and if you are younger than 65 years of age the Standard flu vaccine is for you. If you are allergic to eggs the Flublok flu vaccine is for you as it is not made with eggs but is manufactured. A pneumonia vaccine is recommended for people over age 65. There are two pneumonia vaccines, Prevnar 13 and Pneumovax 23. They must be given a year apart from

one another. Tetanus, diphtheria (Td) booster shot is needed every ten years. If there is a new grandbaby arriving in the family, you need to have a pertussis vaccine also known as whooping cough, before the baby is born. Pertussis is a very contagious and serious illness for babies and toddlers. These little ones could develop deadly complications if exposed to whooping cough. Infants will get their first immunization against pertussis at two months old. If you need Td immunization a Tdap immunization includes pertussis. The new shingles vaccine, Shingrix, is recommended for people over the age of 50. The Shingrix vaccine is a two-part vaccine meaning you need two injections. Your second injection is given two to six months after the first injection.

It is natural for everyone to feel "down" or "blue" every now and then. If these feelings are lingering longer than they should, you may be depressed. There are treatments available to treat depression, but first see your physician. Talk to him/her about how you are feeling. There are different treatments available to treat depression and your doctor will advise you on the best treatment for you.

It is never too late to take better care of yourself. Every day our bodies are fighting to keep us healthy without our even knowing it. Never stop learning. The more you know about your health, the faster you'll recognize symptoms and act upon them. Early detection is your best defense against physical and emotional problems.

I would like to remind everyone, there will not be a lecture in February as in years past; February's weather tends to be inclement and we do not want anyone venturing outside in that weather. We will resume our lectures starting on March 11 with Dr. Dinesh Singal, from Cardio Metabolic Institute and Director of Cardiac Catheterization lab at Saint Peter's University Hospital. I will have more information in next month's article.

### 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 at the curb on Sunday night for us to pick up on Monday morning.
- Damaged turf will be fixed in the spring.
- Please tune to Channel 26 for any new updates.



Monroe Township Police Officer Mosakowski, Middlesex County Comprehensive Traffic Safety Program Coordinator David Gregor, Mayor Gerald W. Tamburro, Freeholder Leslie Koppel, Sergeant Jangols and Captain Biennas gathered to launch the program last month.

### Monroe Township Police Department Urges Motorists to "Slow Down In Our Town"

The Monroe Township Police Department has launched its "Slow Down In Our Town" educational awareness campaign in collaboration with Middlesex County and the New Jersey Department of Highway Traffic Safety.

Mayor Gerald W. Tamburro, Freeholder Leslie Koppel, representatives from Middlesex County Comprehensive Traffic Safety Program and members of the Monroe Township Police Department gathered to launch the program this morning with residents of the first targeted location on Bentley Road where "Slow Down In Our Town" signs were placed the length of the roadway along with a speed tracking trailer.

"This initiative is an excellent example of successful collaboration between concerned residents, the Monroe Township Police Department and Middlesex County Traffic Safety professionals," said Mayor Tamburro. "We expect that this speed reduction initiative will encourage motorists driving through these areas to be more mindful and careful of the residents that share the roads."

Organized by the Middlesex County Comprehensive Traffic Safety Program

with support from the New Jersey Division of Highway Traffic Safety, the program will be implemented by the Monroe Township Police Department at various Township locations throughout 2019.

The goal of the campaign is to effectively reduce the speed of motorists traveling throughout the Township. Local law enforcement officers will coordinate with residents to strategically place "Slow Down In Our Town" signage as well as speed tracking trailers in targeted neighborhoods throughout the municipality. Signage will be placed on front lawns for a period of approximately one week with enhanced traffic enforcement to follow.

Motorists are encouraged to visit [www.mctraffic.com](http://www.mctraffic.com) for more information regarding driving safety. For more information on Monroe Township's "Slow Down In Our Town" initiative, contact Sergeant Jangols of the Monroe Township Police Traffic Safety Division at 732-521-0222 ext. 126.



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**BRIDGE LESSONS** – If you have never played before or are rusty, beginner classes and intermediate (for more experienced) will begin in February. Play the most popular card game in the world taught by a professional instructor. Groups or individual, in your clubhouse or mine. Please call (609) 655-3211.

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**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 cordless mouse with service. (732) 723-9537 or (732) 967-3400. Please leave message, all calls returned same day.

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Help & Health Services

**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.

**LEASE A NIECE** – Assistance with household activities, cooking, shopping, paperwork, appointments, companionship. Local transportation. Live in or hourly. NJ born and bred. Tracie (732) 904-3885.

**CARING ELDER CARE** – We will help you with personal and household tasks. Free consultation. We’re experienced and caring. Elizabeth (646) 413-0813.

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**ANA SANTOS HOUSE-CLEANING SERVICES** – Experienced, dependable, changes bed sheets, will start laundry, uses own vacuum cleaner. Reasonable. References available. Please call Ana at (732) 337-5743.

**INNA’S CLEANING SERVICE** – 21 years of experience. Good work. Call (609) 456-8006.

The Verona Quartet

The Monroe Township Cultural Arts Commission and the Princeton Symphony Orchestra will present a Chamber Music series featuring The Verona Quartet on Monday, March 18, 1 pm. Monroe Township Library, 4 Municipal Plaza, Monroe Township.

Registration is not required. Free Admission.

The performance starts at 1 p.m. and lasts approximately 1 hour.

Sponsored by the Monroe Township Cultural Arts Commission, chaired by Maria C. Naumik, with support from Mayor Gerald W. Tamburro and the Township Council and the Monroe Township Patrons of the Arts, Inc.

Classified Information

All Classified ads must be received by no later than the 14th of the month preceding publication month.

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Monroe Township Public Library

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

Celebrating 30 Years

The Monroe Township Library will celebrate its 30th Anniversary on Monday, April 1 with a series of special events. Thursday, February 28 at 2 p.m. Library 30<sup>th</sup> Anniversary Trivia Game “1989” Edition. Stay tuned for more celebratory events in the coming months.

Coupon Club

Monday, February 4 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.

America’s Founding Fathers

Tuesdays, February 5, 12, and 19 at 1 p.m. Professor Allen Guelzo, Gettysburg College, in partnership with the Smithsonian, presents the men who shaped the U.S. Constitution, in this DVD lecture series. Each lecture uses one of the Founder’s principles and words, as a basis to create a picture of the Americans who contributed in forming the world’s oldest continuously operating instrument of government.

**February 5:** Patrick Henry’s Convention & George Washington’s Inaugural

**February 12:** Alexander Hamilton’s Reports & Thomas Jefferson’s Party

**February 19:** William Findley’s Whiskey & Benjamin Banneker’s Survey

Each session consists of two 30-minute DVD, followed by a brief discussion and light refreshments. Registration is not required.

Socrates Café

Wednesday, February 6 at 7 p.m. Socrates Café are gatherings around the world where people from different backgrounds get together and exchange thoughtful ideas and experiences while embracing the central theme of Socratizing; the idea that we learn more when we ask questions along with others. Join us and pose questions, listen to others, raise challenges and consider other alternatives. Monroe resident Noreen Gummic moderates. Register at the Welcome Desk.

Tech Express

Friday, February 8 from 11 a.m. to 12 p.m. Drop-in with your electronic device to get personalized help from a Librarian. Bring your charged and registered device and necessary passwords. Registration is not required. First come, first served.

POV Trio of Short Documentary Films

Saturday, February 9 at 1 p.m. Join us for three short documentary films. The first tells the story of the first image captured of the Earth from space in 1968 as told by the Apollo 8 astronauts (25 minutes). Next the citizens of New York City gain a

role in deciding how to spend part of a public budget (15 minutes). Finally, the city of Cleveland attempts to break the world record by releasing over 1.5 million balloons at once in 1986. What could go wrong? (7 minutes).

Short Story Discussion

Wednesday, February 13 at 11 a.m. Leah Wagner moderates. Register at the Welcome Desk.

Book Café

Wednesday, February 13. 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.

Genealogy Club

Wednesday, February 13 at 1:30 p.m. Beginner and experienced genealogists are welcome. Registration is not required.

Best of Broadway’s Romantic Melodies

Thursday, February 14 at 1 p.m. Musical performance featuring vocalist Jim Schublin and Jeffrey Uhlig, pianist. Register at the Welcome Desk.

Friday Afternoon Movie

Friday, February 15 at 2 p.m. Former superhero dad Bob Parr is left to care for the kids while his wife Helen is out saving the world. PG, 1h 58m. Movies are free. Registration is not required.

Musician’s Showcase

Sunday, February 17 at 2 p.m. New Jersey native Regina Goldy, accompanied by Tim Coyle, will sing you a story in her unique blend of folk, blues, and coffeehouse style music. Registration is not required.

Coffee and a Book

Tuesday, February 19 at 10:30 a.m. Join a book discussion moderated by Monica Teixeira. This month’s title is *The High Mountains of Portugal* by Yann Martel. Coffee and cookies provided. Register and reserve your copy at the Welcome Desk.

Page Turners

Thursday, February 21 at 11 a.m. Looking for something to read or add to your reading list? This ongoing event takes place on the third Thursday of every month. Library staff will present and recommend a variety of new titles pertaining to a different topic each month, both new and old titles. This month’s topic is *Books with an Asian Flavor*. Light refreshments provided. Register at the Welcome Desk.

Non-Fiction Book Discussion

Monday, February 25 at 2 p.m. Join us for a discussion about *Just Mercy* by Bryan Stevenson moderated by Irene Goldberg. Register and reserve a copy at the Welcome Desk.

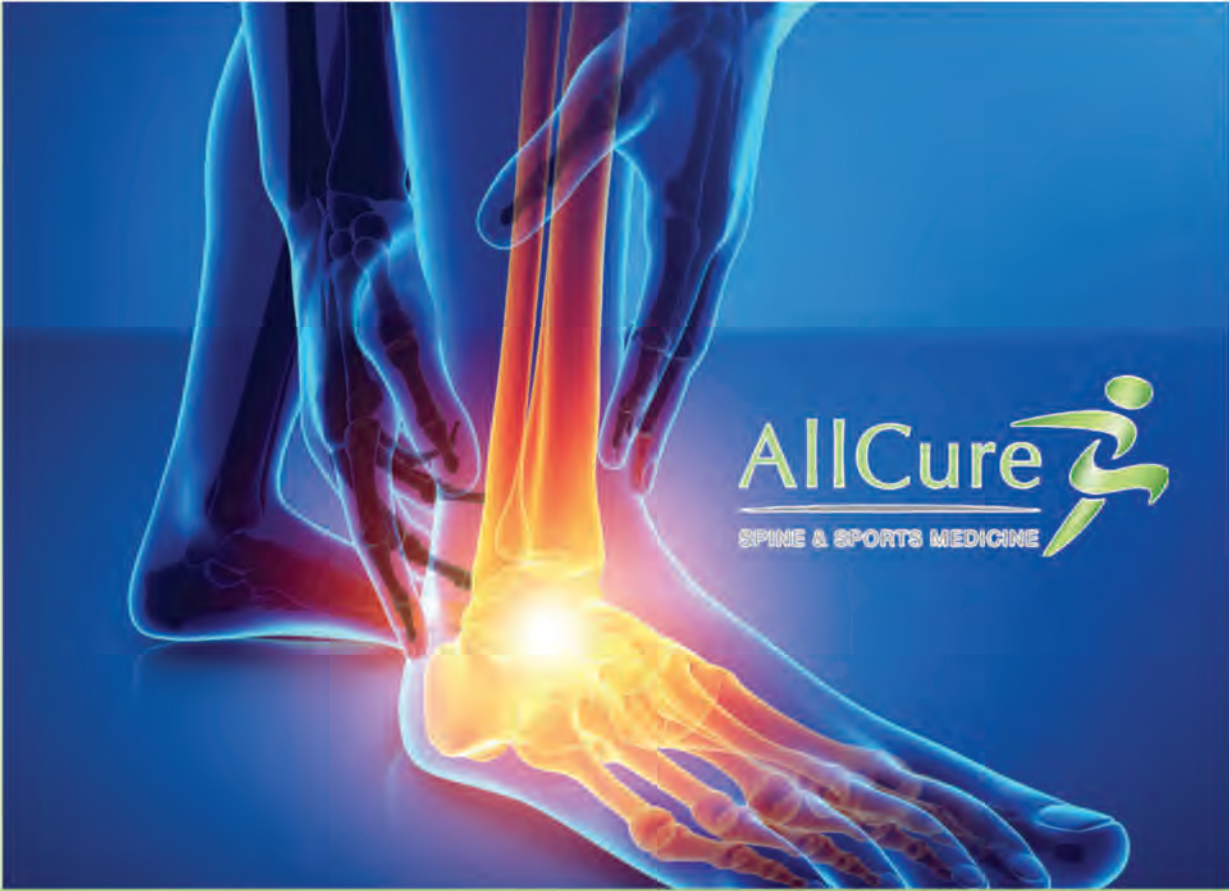
Friends of the Library Meeting

Tuesday, February 26 at 4 p.m.



DO YOU SUFFER FROM ANY OF THE FOLLOWING CONDITIONS?

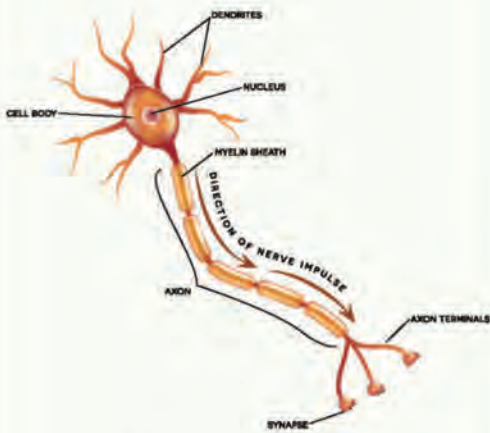
- Numbness
- Pain when you walk
- Sharp, electrical-like pain
- Burning or tingling
- Difficulty sleeping from leg or foot discomfort
- Muscle weakness
- Sensitivity to touch



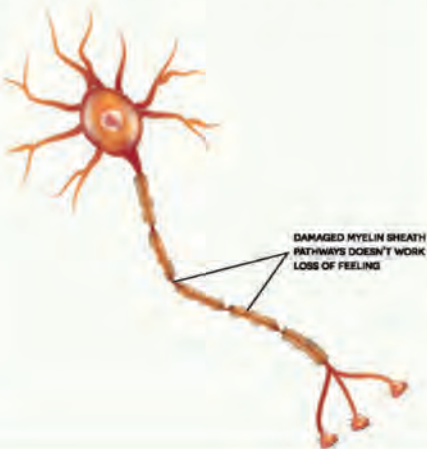
GET RID OF IRRITATING NUMBNESS AND PAIN IN YOUR LEGS AND FEET WITH FDA-CLEARED TREATMENT

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 multi-disciplinary 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**  
**FREE MRI/X-RAY REVIEW!**

Get the non-surgical, FDA-cleared treatment for sciatica, stenosis, and herniated discs.  
Limited to the first 30 callers!  
Call today to secure your appointment!

Offer expires 2-28-19



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