



Rossmoor IN News

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Monroe Township, New Jersey

March 2016

Rossmoor survives the great blizzard of '16

By Joe Conti and
Carol De Haan

Less fur went flying (at least less than might have been expected) at the February 11 meeting of the Maintenance Committee, probably because the representative of High Tech, our new landscaping contractor, headed off much of the angst by admitting, "We know we dropped the ball on some things."

He was referring to the

sentative assured everyone that his company would provide more employees to do the shoveling and would also get more vans to bring them in. High Tech agreed to add an additional team of workers to help with driveways, carports, and sidewalks. Greater familiarity with our nearly 30,000 feet of front entrance paths and better supervision would be helpful for future snow storms.

Ricky DeBlois, Rossmoor's



Thank you, Paul Thibault (E&R Dept.)

massive snow storm that paralyzed most of the nation's Atlantic coast on January 23 and left our community shuttered under at least two feet of snow with drifts that made it impossible to open some front doors.

As residents came to the microphone, it became obvious that people felt the shoveling had been inadequate. While one family near Yarbrough Way had been able to drive the car out of the garage and get to Sunday morning services at a Monroe church, others were housebound until Tuesday or even Wednesday, according to both Fred Milman and Arnold Jasper. The drifts had made their front paths impassable. High Tech's repre-

Operations manager, agreed to put in more yellow stakes so that when the ground is covered with snow, the workers can locate the sidewalks. He also noted that his staff had pre-salted all roads before the storm began, which helped with the clean up and prevented a lot of icing.

Our ever-faithful golf course superintendent, Tom Tucci, came in with his own equipment to help dig out the parking lot where many vehicles were snowed in.

Both Mary Kansog and Andrew Riggi raised the issue of where to put such massive quantities of snow, pointing out that piling it up in front of someone's door was not a great idea. Gen-

(Continued on page 2)



Monroe Township Community Garden

Community Garden gearing up for second season

By Len Baskin, president,
MTCCG

Time to dust off the trowels and clean off the gardening gloves, as the Monroe Township Community Garden (FMTCCG) who are also the fundraising arm for the Garden. This year the garden area will be expanded, nearly doubling the facility's site, to 176, 10-foot-by-10-foot plots that will be available to be

the Community Garden is run by the 501(c)3 non-profit, Friends of the Monroe Township Community Garden (FMTCCG) who are also the fundraising arm for the Garden. This year the garden area will be expanded, nearly doubling the facility's site, to 176, 10-foot-by-10-foot plots that will be available to be

rented for \$30 a season. Along with the addition of new plots, the entrance, driveway and parking spaces at the park will be paved this spring.

The Community Garden site was donated to the Township for open space by Todd Ochsner, a life-long

(Continued on page 3)

Become inspired by paralyzed recipient of Kiwanis fundraising

By Diane England

When we arrived at the home of the Nichols family to deliver the proceeds from the Kiwanis November pancake breakfast, as well as other donations individuals and the club had made totaling \$4066, Mike Nichols was seated upright in an electric wheelchair. He stretched out his right arm toward each of the five of us in turn, although he was unable to grasp our hands. However, the fact that he could move his arm at all, or sit upright in a wheelchair, were testaments to the hard work this 19-year-old had engaged in throughout the last two years at the Kessler Institute for Rehabilitation in West Orange, N.J.

Indeed, doctors had told Mike he'd probably never move that arm again. But now, he was demonstrating how he could lift it to a height slightly above his shoulders, which probably makes dressing him easier than it might have been otherwise. And as far as sitting upright? Well, early on when Mike would try to do so, his blood pressure might spike to dangerous levels, or drop low enough to

make him feel he might pass out.

"There were so many things my body could do that I took for granted," he said. "I don't do that anymore."

He was wearing a gray

warm-up suit. However, it was impossible not to notice and wonder about the need for a tightly-tied hood in a house that felt comfortably heated. Mike's mother read the ques-

(Continued on page 4)



Kiwanis President Alyce Owens has just delivered checks totaling \$4066 to Mike Nichols and his mother for deposit into the Nichols Family Trust. This sum represented not only proceeds from the November Kiwanis Pancake Breakfast, but the Kiwanis matched donations made by breakfast attendees and the amount raised through the sale of flowers by the local high school Key Club, an international Kiwanis youth service leadership program.

Pictured from left, are Alyce Owens, Doug Martin, Diane England, Mike (seated), Mike's Mom, Christine, and Betty Schneider.

Now, if you're inspired enough to want to learn more about how you can be of service to the larger community through Kiwanis, call Alyce Owens at 609-860-0866.

(Photo by Rossmoor resident Connie Previte)

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At the RCAI maintenance meeting

The meeting was called to order at 9 a.m. by Mr. Marino. He stated that the meeting was declared open and the minutes would be recorded. He said according to Resolution #91-18, unit owners may comment briefly before the voting on any item as well as at the end of the meeting. Ms. Vacca called the roll.

General Manager's Comments – Ms. Balmer cited the statistics on Winter Storm Jonas stating that the storm began 7:30 p.m. Friday, January 21 and continued until 1 a.m. Sunday, January 24 producing a certified total of 23.3" of snowfall. She reported on the areas cleared of snow: 275 driveways; 267 carport buildings; 51 carport lanes; 14.4 miles of streets; 1,840 entry stoops; 29,895 linear feet of front entrance walks. She also reported that the RCAI staff worked 821 hours. There was much discussion on the challenging conditions of the storm during the removal process.

High Tech – Mr. McDewitt, Regional Manager, apologized for any errors they may have made during the blizzard cleanup. He stated that they have met with Mr. DeBlois and Ms. Balmer to find solutions to the problems that occurred during the snow removal and reported that they have identified four areas in need of improvement: where to pile the snow; the need for additional equipment in the event of a large snowstorm; the need for additional labor; a third team to assist with the emergency list. He thanked everyone for their understanding and assured that changes will be made to have the next storm handled more smoothly.

There was much discussion on the following: fire hydrants to be cleared; perimeter walkways not cleared; snow piles blocking sightlines at intersections; walk lights broken during snow removal; the need for bigger equipment; training of personnel; the length of time for

the cleanup; the importance of residents informing the Health Care Center of medical conditions requiring them to be cleared out quickly to receive critical medical treatment.

Mr. Voss, Project Manager of High Tech Landscapes, told directors to contact him via email with any questions or concerns they may have. He gave an update on the winter pruning and stated that spring cleanup will begin in March, weather permitting. There was discussion on turf damage from the snow removal.

Operations – Mr. DeBlois stated that the snow fencing is scheduled to be removed in seven weeks. He dis-

cussed the concrete and paving specifications that will be completed and sent out to bid shortly. There was discussion on the possibility of having dates stamped into the concrete to aid in tracking the age of the slabs. There was also much discussion on engineering oversight to insure the quality of both the paving and the concrete pours.

Ms. Niwore stated that she has received the wood destroying insect reports from R&M Termite and Pest Control and would like to have them attend next month's meeting. She also stated that names will be taken in April to schedule air conditioner servicing.

blizzard of '16

(Continued from page 1)

eral Manager Jane Balmer agreed that priority number one is that people need to be able to get out in case of an emergency. Further, snow should never be piled up on a corner where it will block visibility and perhaps contribute to collisions. Again, that is a matter of supervision and familiarity with the layout of the community. High Tech agreed to address the problem.

Carol O'Brien observed that it is important to shovel out all fire hydrants, a priority as soon as everyone's front door and path are cleared.

High Tech agreed that it needs to bring in more big equipment for a community of this size with more than 14 miles of streets, and that 8 or 9 bobcats are also not sufficient for all the sidewalks and nearly 2,000 front paths. Some equipment did break down under the stress of clearing out this massive storm, but both High Tech and our Maintenance Department had mechanics on hand to make repairs. Ricky DeBlois mentioned that his men worked an average of 15 hours per day until the entire community was cleared.

Andrew Comba inquired

about the process of contracting with High Tech and Jane Balmer explained bidding, the function of the Landscaping Committee, and how the contract was awarded.

Fortunately, no medical emergencies occurred while the roads were being cleared. Bob Macchiarola spoke of giving priority to anyone who might be sick or disabled, which brought Moya Brady, chairperson of the Health Committee, to the microphone. "Fill out your health report," she said. "Bring it to the nurses at the Health Care Center. They will make sure that people get the help they need."

A few boos came from the audience when Fred Milman said that, considering the magnitude of the storm, an overall commendable job had been done, but Paulette Mascia agreed with Fred, adding that she had good cooperation from High Tech. Talks with High Tech are now ongoing regarding how to deal with future emergencies.

The spirit of the meeting was summed up by Beverly Sabatino, who said, "We need training and supervision for the workers. For the rest of us, we need to pull together for the future."

Bits & Pieces

Sue Ortiz

"It's not easy being green," sang Kermit the Frog.

Green, the most common color in the natural world, has it hard. It has to push through the thick white blanket of winter to emerge, inch by inch, into a fickle spring. And, even then, it takes a while for the green to fully develop into the verdant foliage of summer and the moss gardens that thrive in its shade.

If anyone knows me, they know my favorite color is green. Did you know that it was George Washington's favorite color, too?

At an early age, I found out I love spinach. Back then, it only came in a can. Popeye, you know. All that stringy greenness was my favorite veggie. I must have been about three or four years old when I ate an entire can of spinach that was to be dinner's vegetable for all of us. (Growing up, I always grossed out my friends when I told them my favorite dinner was liver and spinach. It truly was!)

Who doesn't like Key lime pie? That subtle green confection in a graham cracker crust is such a treat – so cooling on a hot summer day.

They say the grass is greener on the other side of the fence. It sure is, because I don't have a green thumb. My motto: plant it, water it, and hope it grows. Green beans wither on the vine under my watch. But I still love to eat them if someone else does the growing.

Happy St. Patrick's Day! As I've reported in a previous column, I'm proficient at finding four (and five and six) leaf clovers. I have a myriad of them preserved in many

books, from my Raggedy Ann and Andy Little Golden Book I read as a child to blank mini journals that I buy today.

I should have so much good luck.

Maybe I will win the lottery and have lots of green stuff, cabbage, lettuce, and greenbacks. (Please, don't be green with envy if I do.) Then I can buy treasure chests filled with emerald, jade, and malachite jewelry. Malachite, that velvety green-striped rock, is my favorite gemstone. Why? Because it's green, of course.

At least to me, the color green is calming, stress relieving, and – a bit paradoxically – invigorating, in all its vast variations.

Except olive green. Too 1960s. And I don't like olives. They make me green around the gills.

B&P

"Green is the prime color of the world, and that from which its loveliness arises." – Pedro Calderon de la Barca (dramatist and poet, the greatest Spanish playwright of the Golden Age, 1600-1681)

"We don't want to wear black every day, but we don't want head-to-toe color every day either. Green can sort of do both and I think that's what's great about it." – Michael Kors (American fashion designer, b. 1959)

*When green is all there is to be
It could make you wonder why,
But why wonder? Why wonder,*

*I am green and it'll do fine,
it's beautiful!*

*And I think it's what I want to
be. – Kermit the Frog
(American Muppet, b. 1955)*

Letters to the Editor

The Rossmoor News often prints entertaining columns written by residents. I was impressed by no less than five timely and well-written articles in this February's issue on the early days of our country's history: *What Happened at Valley Forge in 1778? Remembering our War for Independence; How German Immigrants helped win the American Revolution; What Happened at Saratoga in 1777? and Presidents to Honor*. Plenty to think about and all very worth reading and preserving for reference.

Helen M. Cushman

The December issue of The Rossmoor News contained my letter to the editor requesting help for All Critters Rescue, Inc. — a local non-profit, all volunteer no-kill animal rescue group seeking help to save their animal sanctuary.

Out of approximately 3000 Rossmoor residents, only ONE person contacted the rescue group to offer assistance! Thank you to that one person who cared enough to help!

Charlotte Woolston



News Board:

Joe Conti, Chair
Carol DeHaan,
Myra Danon
Bob Huber,
Jean Hoban,
Jean Houvener
and ex-officio, Jane Balmer,
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Editorial Assistant: Sue Ortiz

The *Rossmoor News* is published monthly and 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.

All copy and pictures are subject to editing and are accepted with this understanding.

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

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RCAI Committee Meetings March 2016

Agenda	March 3	10 a.m.
Maintenance	March 10	9 a.m.
Community Affairs	March 10	10 a.m.
Finance	March 10	11 a.m.
Board of Governors	March 17	9 a.m.
Golf Maintenance	No meeting scheduled	

Meetings are held in the Village Center.

Community Garden

(Continued from page 1)
Township resident. In addition to the Community Garden, there are long-range plans for the park that include a butterfly garden, children's park and an environmental pavilion. In addition, the Township Department of Public Works built a small rest area in the shade using Clean Communities grant money. Through the State Clean Communities program, municipalities earn grant money based on how many tons of recycling is done by a municipality. Monroe earned



more than \$92,000 in 2015 and a small portion was used for the benches, made from recycled materials, at the Community Garden. Furthermore, Eagle Scout

Eric Evans built a 1,600-square-foot wet meadow on the site, along the Millstone River, which will help filter pollutants out of storm water runoff before it goes into the river, and will also create a habitat for native birds and pollinating insects such as bees and butterflies, which will help pollination of the garden plots.

"We are excited to start the second season at the garden," FMTCG President Len Baskin said. "We are looking to build on the success of last season and make 2016 even better at the Garden. There will be a public information meeting at the Monroe Twp. Senior Center on Thursday, March 10 at 7 p.m."

Anyone interested in renting a plot can do so by visiting www.monroetwpcommunitygarden.com and downloading the application and waiver form (or picking up the forms at the Municipal Building), both of which need to be filled out and returned to the Municipal Building (1 Municipal Plaza, Monroe Twp., N.J. 08831) with a check for \$30 made out to the Friends of the Monroe Township Community Garden. For additional information please contact Joel Greenberg at (609) 235-9316.

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A friend in need

By Carol De Haan

The phone rang in the office at the North Gate at the height of Blizzard Jonas, at 8 p.m. on Saturday, January 23. Security Officer Noam Opitz answered.

The caller was a resident of Mutual 1 who was distressed at her inability to get out. She is the caregiver and guardian for an older person living in Mutual 8, more than a mile away on the opposite end of our community. That older person needed medication every 12 hours and there seemed no way to administer it, given the two feet of snow on the ground, the blindingly low visibility, and snow drifts blocking every door.

Never fear, Officer Opitz is here! He bundled up, trudged his way through the drifts to the patrol car, and drove to the address of the caller. There he corralled a snow shoveler and the two of them got through to the home of

the caller, whom he escorted back over slippery roads to his vehicle.

Slowly, cautiously, and with windshield wipers working furiously, he drove the snow packed streets till he found the home of the person who needed the medication. The situation there was just as impossible as at the first address. So he got out his shovel and, all alone this time, cleared away huge quantities of snow and drifted snow to get to the door of the second person.

Medication administered and mission accomplished, Officer Opitz drove his caller back to her home, made sure she got safely inside, and cautiously made his way back to his station at the North Gate.

Kudos to Officer Opitz. Against impossible odds, he proved to be the person you need in a crisis: a friend in need. Indeed!

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Do you see a mess - or joy?

By Dierdre Thomson

January 21 - I made sure I had plenty of food, including cold food in case we lost power. I filled the gas tank, and I withdrew some cash from my bank account. I had flashlights and batteries on hand. My cat, Geddes, and I were ready for the foot or so of snow expected.

January 22 - The amount of snow expected rises.

January 23 - The snow arrives, and we again hear that the expected amount has risen even more. By late night we have roughly two feet of snow. And in places where the strong winds caused drifting, it was three to four feet deep - much of that on the sidewalks. I had to clear my stoop several times because the snow was so high it was beginning to block my door.

What was the result of that? Through the marvel of TV, I could see New York City and Washington, D.C.,

etc. I could hear of the town in West Virginia that ended up with 42 inches of snow. I could hear the complaints of people who expected all of N.Y.C. to be totally cleared of 27 inches of snow by the day after the storm. But, more importantly, I could see people helping people. People helping a driver as the tires on his car kept spinning. People going around shoveling, out of the goodness of their hearts - expecting no pay. I could see the joy that many people had - sliding down the hills in Central Park. While there were those who only complained, there were so many others who took joy in helping their neighbors, such as the gentleman who dug out the back of my car which had been blocked with two feet high packed snow from the plow. Were you able to find at least some joy in God's magnificent display January 23? I did. I hope you did, too.



Parker Acquires McCarrick Care Center

Above, from left, are Parker representatives Chip Ross, Maria Campilonga, Janet Patullo, Jim Zauner, Roberto Muñiz, Donna Lazartic, Donna Silbert, and John Cerminaro. Photo by Kailin Bouse

The Francis E. Parker Memorial Home, Inc. and The Margaret McLaughlin McCarrick Care Center, Inc. of Somerset, NJ, a member of the Saint Peter's Healthcare System, has announced that Parker has acquired McCarrick's 120-bed post-acute rehabilitation and nursing home, to be operated by a new Parker affiliate with the name Parker at McCarrick, Inc. The acquisition of the home will enable Parker to build on McCarrick's long-standing reputation of providing high quality and compassionate long-term care and services.

Parker at McCarrick is a welcome addition to the not-for-profit organization's skilled nursing residences: Parker at Landing Lane in New Brunswick, Parker at Monroe in Monroe Township, and Parker at River Road in Piscataway. Parker at Stonegate, an assisted living residence in Highland Park, which is also the location for the Center for Healthy Aging and Parker's Adult Day Center.

For more information about Parker, visit www.FrancisEParker.com or call 732-545-4200.



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Become inspired

(Continued from page 1)

tion in all our eyes and explained, "Mike is always cold. But then, when you become paralyzed, your body can't regulate its temperature as it had previously."

It became apparent to us that Mike is continually fighting hard to win at a new game he never expected to play. And he was thrown into playing it while engaging in the sport that made his spirit soar. "Nothing ever made me feel as good as playing hockey," he commented.

A member from the opposing high school ice hockey team had checked him from behind, a move that would typically draw a penalty, but should have no further repercussions. In his case, though, Mike had not only fallen to the ice, but he'd crashed almost head-first into the boards. A vertebra in his neck was instantly fractured. The spinal cord injury changed the life of this then 17-year-old and his family forever.

Winston Churchill once said, "A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty." Fortunately,

Mike is an optimist. He recognizes he's blessed because his parents are, too.

"I've always despised losing even more than I loved winning," he explained. "So, right from the beginning, I was determined not to lose to this accident and the resulting paralysis."

We wondered how he was able to withstand all the pain which we assumed had been associated with physical therapy. He immediately replied, "As an athlete, but especially as a hockey player, I'd learned that there's no stopping once you're in the game. As a result, I'd discovered ways to block the pain and press on. Anyway, I've used these same techniques during my therapy sessions."

From the manner in which Mike spoke, from the things he said, and from his overall demeanor, we all knew we were in the presence of a young man who didn't wallow in self-pity. No, Mike didn't play the role of victim. Instead, you sensed that while he might never be able to lace up a pair of skates, step onto the ice, and fly across that slick surface again, he'd continue to remember the thrill this sport could deliver by happily watching others play (his younger brother is currently on the Monroe Township High School ice hockey team) or perhaps by visualizing himself doing the same.

"If I ever have a child who wants to play hockey, I wouldn't stop him. It's the greatest sport," he told us.

Mike may well be an optimist with a fighting spirit, but this young man has also come to wrap himself in a cloak of acceptance. That said, please don't confuse acceptance with resignation. Again, remember that Mike is an optimist. However, it might be easier for Mike to be an optimist than for some because he believes that everything happens for a reason.

To Mike's way of thinking,



Mike Nichols, his mother, and the family dog after receipt of the checks. While Mike removed his hood for the initial group photograph so more of his face might show, he quickly wanted it tied tightly around his face again to keep him warm.

(Photo by Connie Previte)

then, he has been handed a new life purpose. While it might change over time, currently Mike is striving to improve matters for others coping with the repercussions of spinal cord injury. In fact, he has become an ambassador for the Christopher and Dana Reeve Foundation which, as you might remember, was founded by the late actor and his late wife after the actor became paralyzed due to a horse-jumping competition injury. While the foundation seeks to cure spinal cord injury through the funding of innovative research, it also seeks to improve the quality of life for people living with paralysis. And one way they're striving to do this is through realization of the foundation's "Big Idea."

The foundation has been supporting clinical trials of something called epidural stimulation—which involves implantation of an electrical device in a paralyzed person's spine. They've observed promising results in the first few dozen subjects. These include their regaining of some sensation, some movement, and some additional control over bodily functions, but of course, more money is needed for additional clinical trials, so Mike is striving to build awareness of this procedure and its potential benefits, as well as engaging in fundraising efforts to benefit this work.

"Is there a particular message you'd like to get out to the residents of our community?" I asked as we were wrapping up our visit.

"Certainly I want them to know how thankful I am." He quickly added, "In fact, it has been rather overwhelming, the way so many strangers have stepped forward to help us, and without our asking for help, either." He looked intently at us with his dark eyes and stated, "I realize I couldn't have gotten to where I am today without the support of my family. The thing is, I now consider every person who has reached out to help us as part of our family, too."

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A rose by any other name...

By Myra Danon

There seems to be a fair amount of attention given to names in the month named March, one of which is Celebrate Your Name Week. Not having been blessed with a popular name, I am particularly interested in and/or sensitive to the issue. In addition to this celebration, other observances this month include Namesake Day, Unique Names Day, Discover what your Names Mean Day, Middle Name Pride Day, and Nametag Day. It's also Memory Day, so perhaps that explains it. (Nametag Day? Has it really come to this?)

Celebrate your name week

I questioned my parents' decision early and often from the time I was in Kindergarten to the time when it no longer made sense to even ask the question: "What were you thinking?"

My classmates had names that everyone knew and had heard dozens of times before, like Susan, Barbara, Carol, Jean, Jane, Joan, Joanne, and the ever-popular Mary. "How hard would it have been to just change those four letters around, Mom, Dad?"

Needless to say, there were bunches of duplicates so that the Barbaras and Joans had an initial after their names to distinguish them from the other Barbaras and Joans who were different kids, but had been similarly blessed with easy-to-say names. Teacher: "Barbara T., please hand out the papers. Barbara W., please take this message to the nurse."

Kids are shaken when they hear a name they've never heard before. It sounds weird. You're the only kid in the whole school who has that name. I was an oddity, a non-conformist, maybe even a rebel. Each new grade brought the same response when we went around the room and said our names the first day of school. "Huh?" That was not the reputation one wanted in the hallowed halls of P.S. 132, Manhattan.

I often wonder what parents would name their children if they withheld the selection until their offspring were a few years old and their personalities had emerged.

Fun facts about name day

Some names came into being quite by accident. Neil Gaiman, the prolific author, made a typo when writing the name he planned that was similar to Coral, Cora, and Adeline, which were popular in the 1800s. He meant to type Caroline, but his fingers went the wrong way when walking, and the word turned out to be Coraline. He may have found that it was too troublesome to correct or he liked the new variation. Coraline was created.

Jonathan Swift came upon the name Vanessa in his poem Cademus and Vanessa in 1713, in an effort to honor a woman whose name was Esther Vanhomrigh. Not easy for him (or me) to say, so he scrambled some letters, and voilà! Not a fascinating story, but an accurate one. I wonder if Vanessa Redgrave is aware of that bit of history.

Discover what your name means

No commentary on names would be complete without some input from The Bard. Shakespeare invented several names for characters for his plays. The name Olivia in Twelfth Night probably came as a feminization of the name Oliver, but there is no definite proof.

Jessica, Shylock's daughter in The Merchant of Venice, was an Anglicization of the Biblical name Iskah, which was spelled Jeska in English Bibles in those days. Although more than 400 years old, the name Jessica was one of the most popular names given to babies in the 1980s through the 1990s.

The name Miranda from The Tempest, may have been formed from the Latin Mirandus which refers to lovely, distinctive, and dramatic, and the Latin verb mirari (to admire.) These were all truly unusual names especially in those times because approximately 80% of British babies in Elizabethan times were named for their grandparents: Mary, John, Katherine, George, etc.

Some people are truly thrilled about their names; some have accepted their names, and others would have preferred different ones. Every once in a while, I

think about being called Heather just to see how it fits. The images of flowers and green fields come quickly to mind. How sweet it is. But it has to be said just right, carefully pronouncing the "R," or the image is shaken. I'm really grateful I wasn't named by Gwyneth Paltrow, who chose to fruitify her daughter by calling her Apple. I was curious enough to try to ascertain her reason, thinking there would be a creatively inspired, dramatic, or enigmatic reason for this decision. When asked by other curious people, her explanation was that her ex-husband Chris Martin named her. Oh.

Middle name pride

Many parents choose middle names that were last names in families for generations. People wear these middle names with pride, and when introducing themselves make sure to say all three together. Usually the entire name sounds as elegant as it was meant to sound. Before this decision is made, it probably would be a good idea to say the three names aloud just to hear how the combination sounds all together. I heard about a family who would have benefited from this advice. The middle name was to be Chandle, to honor all the Chandlers from generations ago. The parents then decided the first name was to be Crystal. Sounds all right, even alliterative, so what could have gone awry? The last name was Leere. The first time the child said her full name out loud was also the last time she said it out loud.

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From Cork to New York, assembling a genealogical jigsaw puzzle

By Liz Oleksak

How could I have known that an activity I enjoyed so much as a child, assembling jig saw puzzles, would aid me in the search for my Irish ancestors?

The impetus for my journey into the lives of my great-grandparents, Daniel and Deborah Lysaght, was a tintype of Deborah dressed as a Gibson Girl, Daniel's naturalization certificate, scraps of paper with a list of burial sites of various family members, and Mom's notes of the family's origin in Ireland. My father gave me this treasure trove after my mother died.

As I weeded through these fragments of my Irish ancestors' lives, what I saw was a genealogical jigsaw puzzle. But, unlike a boxed jigsaw puzzle, there was no picture on the box top to be guided by and many of the pieces of the puzzle were missing. Mom was the last member of her family. Once she was gone, there was no one to answer my questions. But these questions piqued my curiosity. I was determined to shake the family tree to find more clues to the lives of these relatives.

My original objective was simply to locate where my great-grandparents came from in Ireland and to verify when they came to America. But each discovery fueled my de-

sire to delve deeper and deeper into the past. At times, I felt as though I was following a path purposely marked by my ancestors so their descendants could find them, like the trail of crumbs left by Hansel and Gretel in their walk through the woods. Fortunately, many of the crumbs remained for me to find.

Mom's notes led me to the Counties Cork and Limerick Heritage Centers. I contacted them and received the results of their invaluable research shortly before the centers were closed due to lack of funding. I could barely contain my excitement when the package arrived, like a child opening a present. Many of my questions were answered. Included were the marriage record of Daniel and Deborah, and birth, baptismal, and death records of their seven children. I discovered that two of the children were twins who died shortly after birth. I am a twin and I have twin grandsons, so this information was particularly exciting. I've always heard that twins skip a generation. In my family's case, this apparently occurred. The puzzle was beginning to take shape. A picture was coming into view. Snap

Armed with my newly acquired data and Mom's scraps, I visited the National Archives offices in Manhattan. City and federal records were searched

including listings of ship arrivals in the late 1880s. While waiting my turn at the microfiche to check the ship arrivals list, I noticed an index card file labelled *Naturalization Index*. I scanned down to the L's. I couldn't believe what I found. There was a handwritten 3x5 card with Daniel's name on it. It showed the date he entered the U.S. through Ellis Island, his naturalization date and number, date of birth, where he immigrated from and the name and address of his sponsor. I was then able to obtain a copy of his application for citizenship. As I stared at his signature, I was overcome with emotion. I felt as though I was there with him, proudly watching him sign the document, beginning the process of fulfilling his dream of becoming a U.S. citizen. Wow. Snap. Snap. More pieces of the puzzle.

The city records confirmed where Daniel and Deborah lived when they came to the U.S. Surprisingly, it was the Lenox Hill section of Manhattan, just a few blocks from where I lived as a child. Calvary Cemetery, Queens, verified Mom's notes about the grave in which they are buried, and that it was purchased in 1885 when one of their children died. The names of other family members who are interred in this grave were listed, as well as their ages at death and country of birth. During a visit to the cemetery, I discovered there was no marker on the grave. The next day, I ar-

ranged for a headstone, 120 years after the grave was purchased. Snap. Snap. Snap.

This quest took 15 years. As time went by, technology caught up with me or, more accurately, I caught up with technology. More and more information became available on the Internet. I no longer had to make trips into Manhattan for my research. Instead, I was able to sit in a comfortable chair at my computer surfing the Web. I discovered a website by a woman in Australia who was tracking persons with the same family name who emigrated from Ireland to Australia. She provided many valuable research sources, but no information on my branch of the family tree.

Although I've enjoyed this whole process, there were many frustrations. Official records often contained omissions or errors and contradictions. Birthdates were incorrect, names were misspelled, and country of birth was inaccurate. This data was verified through other resources when possible. On many ships' manifests there were inkblots covering names of some of the passengers. I wasn't able to find the name of the ship my great-grandparents sailed on although I knew the date they entered Ellis Island, thanks to Daniel's naturalization papers. I sadly kept thinking their names might have been under one of those inkblots. I was impressed with the beauty of the handwriting on the manifests. It was calligraphy, usu-

ally seen today on formal social invitations. Despite its beauty, some of the curlicues and flourishes made the letters difficult to read for someone not used to this script.

The result of my walk along this path is a collection of names, dates, places, and documents dating back to the 1800s. I still have the original deed to the family grave dated 1885 thanks to Mom. This document and the other pieces of the genealogical jigsaw puzzle I found form the foundation of my American roots. I was able to follow Daniel and Deborah from Limerick to Tipperary to Cork to New York, not only through my research and on the Internet, but also in person when I visited Ireland and walked in their shoes. But, that's a tale for another time.

With all these scraps and tidbits gathered, and the final pieces of the puzzle placed, the picture before me was of a family that suffered through a time of unparalleled famine and poverty; a husband and wife and their young children courageously travelling to a foreign land seeking a better life while enduring the squalor and hardship of a trans-Atlantic crossing in steerage; and the grief and suffering of these parents as they lost seven of their eleven children to disease and illness. Their strength and perseverance are awesome. I guess the Lysaght family motto says it all, *Comgnan O Dia*, help from God.



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Hitting the campaign trail

By Jean Hoban

By the time you read this in March, I'll be back at Rossmoor, and we'll all know who won Iowa and New Hampshire, but right now I am freezing my a** off in some backwater zombie village in Iowa. I can't wait to get back in the limo and head for the airport and the Don's Lear jet. Let me tell you, this is not for me, lots of farms, pigs and Campbell Soup round-faced white people. Not that I have anything against farms, pigs, Campbell Soup or white folks with round faces, I just prefer a more cosmopolitan and diverse culture and my own homemade chicken and chickpea soup. Some might call it New York values. Well shoot me, I am what I am. I have nothing against any of the candidates Democrat or Republican or Independent Socialist (Wow! where did that one come from?), but because I'm the leading social and political correspondent for The Rossmoor News, I was extended invitations to travel with many of the candidates. Since my trip to George Clooney's wedding, I've become a little spoiled and opted for the luxury of the Trump jet.

I have been in a whirlwind ever since keeping up with all of the candidates, some of whom, I believe have already mentally dropped out of the race. They continue to appear at various town hall meetings, private homes, college auditoriums. They can be seen shaking hands and taking selfies with residents while eating at local diners

Talk about eating, I think Chris Christie has popped a few of those stomach staples the way he's stuffing his face with corn dogs and pork chops. Of course, he had to fly cross-country several times, what with that crazy snowstorm that dropped more than a winter's worth of white stuff in a matter of hours. I was away for a brief stay in St. Martin with my friend Rosa Harris, so luckily we missed the whole event. I understand that the Rossmoor cleanup was absolutely super. (Oh, oh, my tongue is stuck in my left cheek.)

Sorry, I digress. I interviewed Hillary yesterday and she seems very confident about the outcome here in Iowa. I noticed that she's wearing more makeup, or maybe it's just the concealer around the eyes. She has taken on Bernie Sanders, the Republicans, and the whole email controversy while hiking around the state in low heels and brightly colored pants suits. I will never understand how she could sit for hours while being grilled over those emails and not once go to the ladies' room. I suspect, and I may be wrong, but the only thing that makes sense is good old double Depends. Got to give it to Hillary; she's a first class trooper who has thoroughly learned her lesson after suf-

fering defeat in 2008. Sounds to me like she's taken a hint from the Sanders' party line and has started calling herself a progressive. Mmmmm, not sure that's going to pass Fact Check.

I must say I am not fond of Ted Cruz; however, I do admire his commitment to the Tea Party. I am just afraid that if he and his besties get to the oval office, I and many of my friends may have to have our tubes untied. Can they make it a retroactive federal offense? The prospect of reversing that procedure fills me with dread; I imagine myself having to flee Rossmoor with my newborn. O++h dear, that would put a whole new spin on the concept of Active Adult Community! Can you see the headlines, **"74 year old Mom and Babe found homeless under New Jersey Turnpike Exit 8A."** That's where I would have to stop to rest; you just can't get too far with a walker, a baby, and a box of Pampers.

Back to my report. The other up-and-comer Republican is Marco Rubio, cute guy, but a little pale. I really don't understand the difference between him and Ted Cruz, except that he looks a little more presidential and has a happier attitude. I think you could choose either one of them and get the same results. Ben Carson and Jeb Bush seem to be standing on the sidelines of their own campaigns. Maybe, it has to do with too much Florida sun and early bird dinners. I interviewed both of them and came away with the following impressions: 1. They may be suffering from narcolepsy; 2. They both adore their Mamas, though I don't think Jeb ever tried to hit Barbara with a hammer; 3. They are not very interesting or exciting; 4. Both have a **b** and an **e** in their first name.

I am not good at boring interviews so anything you want to know about Ben and Jeb can be found on the Wikipedia website. The same goes for Rand Paul, Carly Fiorina or John Kasich. Just before starting this article I heard that Carly left Iowa after skipping out on her own empty rally. Maybe it was that remark about "bringing back a warrior class of generals" that the Iowans didn't understand. Whatever it was, she's gone. All these caucuses are bit of a strain on the candidates.

Well, I must admit my most interesting interviews were with Bernie and Donald. I just love old Jewish men who still want to change the world. It is so refreshing and completely heartwarming. When Bernie started to talk about that one percent who have all the money, well, I just asked him to introduce me to a few of them. I promised that after they wine, dine, and bed me I will get them to give bundles to education, me, to the homeless, me, the

sick, me, the mentally ill, me, the antigun lobby, me, immigrants, me, world peace, me, veterans, me, clean water, me, save the bees, me, solar energy, me, and any other worthy cause that needs cash, and me.

Well, Bernie just laughed at me and told me he's going to win and he hoped that I would visit him and Jane once they got settled in the White House. I told him only if it's for a bagel breakfast with lots of lox, smoked whitefish, and veggie cream cheese. He said, "Jean, you got it!"

I have bumped into the Trumps on several occasions while visiting mutual friends in New York, Dubai, London, Paris, Aspen, and Venice. I had a private interview with him on the plane before all those little kids ran through it with their sticky fingers. What a mess they left on the white leather seats. I asked Donald why he's in this race, and how does he feel about stomping around Iowa in the winter, and I especially wanted to know how he expects to get elected without the blessings of Fox News? He said he loves Iowa and may even consider buying a farm; of course we both had a hearty laugh over that one! Knowing The Donald, the only reason he would buy a farm is to use the land for a super condo development. He said he is running for president because he wants America to be great again, I told him that America is great and I thought that many of his remarks, like building a wall, or about Mexicans being rapists, and about not allowing Muslims into the country were not going to make him president or make America greater than it already is. He told me to wait and see. I will, but I predict that he will heed my advice and start tamping down the rhetoric. He said he doesn't need Megyn Kelly or Fox News. Well, we will just see about that.

Can't wait to get back on the plane; my feet are freezing and I'm not sure I want to go to New Hampshire. Right now all I can think about is a dirty martini, a warm afghan, and my big fluffy bed.



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Dr. Seuss day celebrates a birthday

By Anne Rotholz

Theodore Seuss Geisel, the beloved author and illustrator of children's books, was born in Springfield, Mass., on March 2, 1904. He wrote and illustrated more than forty books for children. Many of his books were translated into different languages and some were adapted for film and television.

Geisel graduated from Dartmouth College. While there he became editor of the college humor magazine, *The Jack-O-Lantern*. When he was found drinking with friends in his dorm room during Prohibition, he was fired from the magazine. Some of his literary friends connived with him and persuaded him to continue to write for the paper. He did so under the pen name "Dr. Seuss," his mother's maiden name. The authorities did not seem to notice. To please his

father, he spent some time studying at Oxford, and while there he met his first wife, Helen, an author and editor of children's books. He became bored at Oxford and left to tour Europe.

On his return to the U.S., Geisel did an advertising campaign for Standard Oil and worked as an illustrator and cartoonist for *Life*, *Vanity Fair* and several other publications.

In 1937, he wrote his first children's book, *And to Think That I Saw It on Mulberry Street*. (Mulberry Street was only a few blocks away from his home in Springfield.) It was rejected by publishers 27 times. By chance, he met a former classmate who had just become a junior editor at Random House and told him about the book. Random House accepted the book for publication. He wrote four more books before joining the army in

1943. While in the service, he made animated training films for the troops. When the war ended, he returned to writing children's books.

In 1954 *Life Magazine* published an article on illiteracy among schoolchildren and suggested that children were not reading because the books they had were boring. In response, Houghton Mifflin and Random House contacted Geisel and asked him to write and illustrate a book that "children could not put down," using 250 vocabulary words that they felt first graders should recognize. In 1957 he completed his best known book, *The Cat in the Hat*, using 236 of the indicated words. Geisel maintained that his ease in writing poetry and rhyme came from his mother, who put him to sleep at night by reading nursery rhymes.

Geisel died on September 24, 1991. By the time of his death he had written and illustrated 44 children's books. Two hundred million of them in 20 languages had already found their way into the hands of children around the world.

He won a Pulitzer Prize, three Academy Awards, and two Emmys for his work. He has a star on the Hollywood Walk of Fame.

In 1997, The National Education Association created a day to celebrate reading. *Reading across America* takes place each year on March 2, the birthday of Dr. Seuss.

Here are some of my favorite Dr. Seuss quotes:

Don't cry because it's over, smile because it happened.

You have brains in your head and feet in your shoes, you can steer yourself any direction you choose.

You'll miss the best things in life if you keep your eyes shut.

Sometimes the questions are complicated and the answers are simple.

International day of forests and trees

By Anne Rotholz

On November 28, 2012, the United Nations General Assembly adopted a resolution declaring that March 21 was to be observed as an International Day of Forests and Trees. The aim of the resolution was to "to raise awareness of the importance of forests and trees outside forests for the benefit of current and future generations."

Each year 32 million acres of forest are lost, an area about the same size as England.

Since 80% of the world's biodiversity—plants, animals and other organisms that live on earth—are found in the forests, this represents a terrible loss. Conservationists have long believed that as the forests go, so goes the number and variety of animals, plant, and other organisms that are found in our world.

Countries are encouraged to organize national and local activities to celebrate forests and trees and to raise awareness of their importance to all of us.

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Women in aviation history: Ride, Sally, Ride

By Paul Pittari

March has been designated as Women in Aviation History month, and this month we look at America's first woman in space, Sally Ride.

Sally Kristen Ride was born in Encino, Calif. in May, 1951. She graduated Stanford University with bachelor degrees in both English and physics. From there she continued her studies earning a Master's degree and a Ph.D. in astrophysics, specializing in the effects of x-radiation on matter between interstellar space.

In 1978, while a doctoral student at Stanford, she replied to a NASA ad in the student newspaper looking for applicants in America's fledgling Shuttle Orbiter program.

Based on her field of study and academic achievements, NASA selected Sally along with five other promising woman candidates to enroll in America's astronaut training program. After receiving her Ph.D., Sally started her NASA training, successfully completing the one-year training and evaluation program in August 1978, making her eligible for a position as Mission Specialist in future Shuttle flights. In the process, she also received her FAA pilot's license.

As a rookie astronaut, Sally Ride served as the Capsule Communicator (CAPCOM) for the second and third Shuttle flights. In this role, she was solely responsible for communication between Mission Control and the Shuttle.

In June 1983, Sally made history by becoming the first American woman to fly into space, while still to this day, holding the record of being the youngest astronaut. That was on Challenger mission STS-7 where she served as Mission Specialist. The orbital flight lasted six days during which Sally assisted in the release of two satel-

lites and performed various scientific experiments.

Her second Shuttle mission, STS-41-G was also on the Challenger vehicle, launched in October 1984. In addition to Sally, the flight included a second American woman, Katie Sullivan, who was to become the first woman to walk in space.

In 1986, Sally was training for her third mission during the time when the Shuttle Challenger exploded shortly after launch from Cape Canaveral. The disaster, which resulted in the deaths of the seven crew members on board, caused NASA to temporarily halt the program while it investigated the cause. Sally was appointed to serve on the President's Commission to determine the factors which led to the catastrophe.

Along with head scientist, Richard Feynman, Sally and the other members of the commission concluded that the explosion was caused by the unusually low temperature at launch time, which caused the rubber seals between the solid rocket booster sections to fail.

Sally was also tasked to serve on the Accident Investigation Board that probed into the February 2003 loss of the Columbia Shuttle, which disintegrated while returning to earth. The conclusion was that a large section of foam insulation had broken away from the external fuel tank during launch, blasting a hole in the leading edge of the Shuttle's left wing. The tremendous heat generated by air friction during reentry burned into the substructure of the wing causing it to rip away from the Shuttle Orbiter, resulting in a total failure of the vehicle.

Following her career with NASA, Sally took a position as a physics professor at the University of California in San Diego. She also served as director of the California Space Institute. In the late

nineties Sally headed up several NASA-funded education outreach programs.

On July 23, 2012, at the age of 61, Sally Ride succumbed to pancreatic cancer. In accordance with her wishes, Sally's cremated ashes were buried next to her father in Santa Monica, Calif.

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Sláinte—a history of Irish coffee

By Anne Rotholz

In the early days of Trans-Atlantic aviation, Ireland was perceived as a natural gateway between North America and Europe. The Irish government realized this and seized the opportunity to build a seaplane base at Foynes, County Limerick and an airport on the northern side of the Shannon Estuary at Rineanna, County Clare.

By 1940 many American VIPs including politicians and Hollywood stars were traveling on the "Flying Boats" and out of necessity spending time at Foynes. In order to accommodate them and allow them to experience Irish hospitality, a small restaurant was opened in 1942. A young Irishman, Joe Sheridan, was the chef.

The story goes that a seaplane full of passengers left Foynes bound for New York

via Newfoundland. They encountered a very bad storm (not an unusual occurrence in those days) and had to return to Foynes. Because they were cold and wet, Chef Sheridan was asked to prepare something to warm them up. He brewed strong coffee, stirred in some sugar and Irish whiskey and floated cream on top. They loved it! One of the passengers asked "Is this Brazilian coffee?" Chef Sheridan replied "No, it's Irish coffee."

When Shannon Airport opened in 1945, Joe Sheridan went to work at the airport restaurant and continued to provide weary travelers with good food and Irish coffee.

Here is a favorite recipe for Irish coffee:

Place 1½ teaspoons of brown sugar and 1½ ounces

(Continued on page 10)

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To our good health - vascular abnormalities awareness

By Linda Bozowski

Varicose veins, cold hands, aneurysms, elevated blood pressure, blood clots—what do these symptoms have in common? Potential vascular abnormalities. Five percent of those of us on the upper side of age 65 have varying degrees of vascular abnormalities, some more serious than others, but all deserving of attention. Since March is Vascular Abnormalities Awareness month, let's take a look at why these disorders should be on our list of topics to read about.

The body's vascular system is made up of arteries and veins, those blood pathways that deliver and retrieve oxygen from the heart to the cells. Larger vessels (arteries and veins) and smaller ones (capillaries) all contribute to this continuous circulation and all are vulnerable to potential problems.

What causes vascular abnormalities and can they be prevented? Lifestyle choices, accidental injuries, and genetics may each contribute to later medical complications. There is no single cause for disorders that may not manifest themselves for many years, or may occur suddenly as emergencies, even in young people.

Sláinte

(Continued from page 9)

Irish Whiskey (Jameson, Tullamore Dew, etc.) in a footed glass or mug and stir them briefly.

Add strong freshly brewed coffee until the glass is 2/3 full. Stir until the sugar is melted.

Now comes the tricky part. Warm a spoon and pour gently-whipped cream over the back of the spoon onto the coffee, so the cream remains on the top.

Drink the coffee through the cream. Sláinte!

So what disease processes should we be aware of and how can they be treated? Arteriosclerosis is the buildup of plaque in the vessels. Also called "hardening of the arteries," plaque reduces the amount of blood and oxygen supplied to the arms and legs, can cause clots as it progresses, and can eventually cause the vessels to become obstructed. Arteriosclerosis can occur in either (or both) the arteries (called peripheral arterial disease) and/or the veins (sometimes called deep vein thrombosis).

Lifestyle modifications, medications or surgery may

offer such benefits as reduction in discomfort or other symptoms or may actually lower the risk of more serious complications.

Testing can help your physician to determine the health of your circulatory system and the best course of action. Blood analysis, various ultrasound studies, CT scans, and angiography tests may help narrow down the specific issues affecting your health.

Seeking medical care is the most important course of treatment. Symptoms should not be ignored, because they could be indicators of a serious medical problem.

National Procrastination Week

By Bob Huber

In case it escaped your attention, March 6 through March 12 is National Procrastination Week. If you intend to note it on your calendar, I suggest you do so in pencil, since the dates could be put off until later.

The week is devoted to discussions on the pros and cons of procrastination. Some follow the Jeffersonian admonition: don't put off until tomorrow what you can accomplish today. Others feel that you should put off today what can be accomplished tomorrow...or later.

There is something to be said for both sides of the issue. Scientists tell us that our brains are hardwired to procrastinate as a safety device. Early man learned not to rush into the lion's den until he was sure the lion was not home. Better safe than winding up as second place on the food chain.

Others say that putting things off gives us breathing space and the feeling that we are in the control of our destiny, at least for short while. It

just feels good.

A colleague of mine used the bottom right-hand drawer of his desk as a depository for projects he didn't want to think about at the moment. When the drawer was full he simply dumped it in the trash without another thought, reasoning that anything that was really important would have resurfaced in the interim and been dealt with. He wasn't with us very long.

The anti-procrastination crowd points out that delaying the inevitable merely puts another monkey on our back. Get on with the task, and be done with it, ready to face the challenges of a new day.

I am in sympathy with this position; however, the older I get, the harder it is to carry it out in practice. My brain may say, "Let's get moving," but my body says, "You go ahead, and I'll catch up with you later."

I do intend to be more diligent about dealing with the projects piled up on the corner of my desk, just as soon as I finish writing my Christmas cards.

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

Q: Do we have any idea how 2015 ended financially for RCAI?

A: In January, the auditors from Wilkin and Guttentplan, under the direction of Annette Murray, CPA, started the audit process for the Mutuals by reviewing all the financial records and minutes. The third week in February, the auditors started the audit process for the RCAI.

The final audited figures for 2015 for the RCAI will be presented to the Board of Governors at their March meeting on the 17th at 9 a.m. in the Village Center Meeting Room. The meeting is open and residents are encouraged to attend. The audits for the Mutuals are typically presented at the annual meetings in April and May. Copies of the audits will be available in Administration in the Village Center upon request.

We do have some preliminary estimates on a few of the funds. Keep in mind the figures are approximations and have not been audited at the time of the printing of this article. According to our records, we collected 181 membership fees as compared to 197 in 2014. The RCAI Membership Fee is collected from each purchaser upon acquiring title to a unit. It is a non-refundable fee that supports the Capital Improvement Fund and the Reserve Fund.

The Snow Fund balance of \$100,000 remains the same as originally established many years ago. After 15 snow/ice related events in 2015 and over 48 inches of snow, the Snow Control Cost Center will probably end the year approximately \$225,000 over budget. More than likely this will be absorbed in the final overall figures for RCAI and the Snow Fund will not be touched.

All indications at the time this article was written, RCAI will end the year with a deficit

close to \$200,000 when comparing the actual Income with the actual Expenses or approximately \$150,000 over budget. The main contributing factor for the deficit, of course, is the Snow Control Cost Center. Fortunately, the Budget Committee and the RCAI Board of Governors plan ahead and the deficit will probably be offset by previous years' surpluses. A very good thing!

Q: What is the procedure when one of the gate arms is not functioning?

A: After receiving complaints about the gate arms being removed or in the upright position when we were experiencing mechanical difficulties, the RCAI Board of Governors, in 2014, requested that administration draft a Standard Operating Procedure ("SOP") for their approval. The approved Procedure states that once the Maintenance Office or the On Call Building Maintenance staff member is made aware of a problem at the East and/or South Gates and the gate arms will be out of service for a period of time, a notice should be posted on Channel 26 and barricades and signs must be placed at those gates indicating that the gate is closed until the problem is resolved.

Q: What summer flowers will be used this year at the gates and common facilities?

A: The Community's new landscaper, High Tech Landscapes, Inc., has recommended a mixture of magenta and lilac compact Sun-Patiens. Sun-Patiens is a new, sun-loving, heat-loving hybrid impatiens that thrives in full sun or part shade with continuous color from spring to frost.



Bob's Almanac

By Bob Huber



Welcome to the messy month of March, the time when winter and spring duke it out for supremacy. Eventually spring will win, but we are usually in for some weird weather in the interim.

In the ancient past, March was actually the first month of the year, but Julius Caesar tinkered with the calendar to change all that. It was called the Julian calendar. Then, in 1582, Pope Gregory decided to refine the calendar even more, and we wound up with the Gregorian calendar, which put March in third place. It's a reasonably accurate calendar, so most countries use it today, including the U.S.

If you were born this month, you are in good company. You share the month with such notables as Alexander Graham Bell (3/5/1847), Michelangelo (3/6/1475) and Albert Einstein (3/14/1879).

Four American presidents were born this month: Andrew Jackson (#7 - 3/15/1767), James Madison (#4 - 3/16/1751), Grover Cleveland (#22 - 3/18/37) and John Tyler (#10 - 3/29/1790).

March may be dreary, but there's plenty to look forward to: daylight savings time arrives on March 13. Remember to set your clocks ahead one hour. There's St. Patrick's Day on March 17. Spring will arrive on March 20, and Easter is early this year, March 27.

If that isn't enough to brighten your day, the March calendar is filled with all sorts of events to keep you occupied. It would take this entire page to list them all, but here's a small sample.

March is: Adopt a Rescued Guinea Pig Month, National Nutrition Month, National Women's History Month, and Optimism Month.

There are days and weeks

devoted to cheerleading, Girl Scouts, pet sitters, procrastination, owls, termites, folk tales, spinach, turkey vultures, fanny packs, peanuts and Donald Duck. The list goes on and on. And certainly do not forget Be Happy Day on March 3.

So look on the bright side. God is in His heaven, and baseball spring training is well underway. It's good to be alive!

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Focus on: Groups and Clubs

By Jean Houvener

Aviation Group: To the Skies and Beyond

The Aviation Group meets on the second Wednesday of every month, usually in the Ballroom, sometimes in the Gallery. There are no dues for the group. Just come if you are interested. In general the meeting starts with a brief explanation of some aspect of aviation by Paul Pittari, who leads the group, followed by an in-depth video on the topic. After the video, there is time for discussion or questions if desired. Topics are generally listed in the Rossmoor News calendar, on Channel 26, and under E&R Newsletter on the rcainj.com website. The topics range across all issues of aviation, including

space exploration.

January's video offering was on the development of aviation from 1900 to 1914, with a nod to earlier efforts. Humans have always wanted to fly, an early myth being that of Icarus and his father. Leonardo da Vinci designed flying machines, at least on paper. Some of those designs have even been built. Observing that smoke rises because it is hot, hot air balloons were among the earliest successful airborne machines, beginning seriously in 1783 with the Montgolfier brothers, initially staying aloft for 25 minutes and covering 5 miles. Throughout the 19th century the ideas of adding a motor and rotor, even a steam engine, and ultimately

an internal combustion engine led to increasing control and increasing time and distance covered, leading to Ferdinand von Zeppelin and the beginning of the age of commercially viable flight.

Meanwhile, the effort to create heavier than air flying machines continued. Many early efforts used observations from birds and attempted to become airborne by flapping wings. None of these efforts were successful. Sir George Cayley developed a scientific basis for flight, creating numerous models. The first fixed wing flight was conducted with gliders by Otto Lilienthal and others, then with additions, like propellers and motors.

The Wright brothers also

observed birds, but noted the use of wing flexion in order to turn and change direction. They chose to use wing warping to twist and turn their flyer. With a complex system of pulleys and bicycle parts to maneuver the wings, an engine and propellers to pull the machine forward, in 1903 they accomplished the first controlled flight. The Wrights patented their inventions. The first flight required a tower and weight to launch the plane into the air, but flew 120 feet for 12 seconds. Subsequent early trials increased this to one minute and ultimately 38 minutes by the Flyer III.

There was skepticism in Europe as to these successes, and not until Wilbur Wright demonstrated his Flyer in France in 1908 did Europeans believe the Wrights had solved the problem of direction control. Subsequent developments by Glenn Curtiss and others led to the ailerons that are usually on the trailing edge of the wings. When this invention was added to planes, the Wrights sued and won payment as a copyright infringement. Ultimately all planes now use ailerons rather than flexing wings, but the basis of control is still that invented and patented by the Wright brothers.

At the same time Wilbur was demonstrating the Flyer

in France, Orville was convincing the U.S. military that he could deliver a plane that flew over 40 mph for an hour. This was still with the Wright's original concept, although with numerous refinements. In Britain, Samuel Cody was proposing his own planes that used ailerons.

By 1910 airshows were all the rage for heavier than air planes. Alberto Santos-Dumont was one of the more famous flyers and developer of both hot air and heavier than air planes. Meanwhile Zeppelins were commercially flying people all over Germany, at over 100 mph. There were prizes offered to increase the speed and distance of airplanes, which led to many improvements in the planes. Igor Sikorsky of Russia and subsequently the U.S. designed aircraft and briefly ran the first actual commercial airline.

By 1914 all the armies and navies employed airplanes and dirigibles in World War I.

In less than 70 years after the Wright Brothers' first flight, we were on the moon. That is an extraordinary accomplishment in a brief time that would not have been possible without the daring and extraordinary courage of those early fliers, who really did fly "on a wing and a prayer."

Celebrating the Women of Aviation

By Jean Houvener

From March 7 to March 13, Women of Aviation Worldwide Week is celebrated. From the very beginning of the development of aircraft, both hot air and heavier than air, women have been active participants.

In June of 1784 Marie Elizabeth Thible of France became the first woman to fly in a hot air balloon. Dressed as the Roman goddess Minerva, she and her fellow flyer Monsieur Fleurant reportedly sang from Monsigny's opera "La Belle Arsane," as they ascended; they flew for 45 minutes, covering a distance of 3 miles, and reaching 8500 feet in altitude. Fleurant also praised Thible as an essential member of the team keeping the fire stoked for the balloon.

In 1798 Jeanne Genevieve Labrosse became the first woman to solo pilot a hot air balloon. She also was the first woman to parachute from a hot air balloon, from 3000 feet. She repeated this feat across France and Europe.

In 1903 New Jersey born Aida de Acosta, became the first woman to solo pilot a motorized dirigible when she flew Alberto Santos-Dumont's Dirigible 9. Mortified that their daughter had done such a thing, Acosta's parents made Santos-Dumont swear not to reveal the name of their daughter as the pilot on that trip. Only years later was her feat recognized.

Therese Peltier was the

first pilot of heavier than air. A sculptor, she and fellow sculptor Leon Delagrangé became interested in aviation. First as a passenger with Delagrangé in 1908 and later as pilot, including solo flights, she appeared at numerous airshows in France and Italy. When Delagrangé was killed in an accident in 1910, she left aviation.

The first woman to obtain a pilot's license for heavier than air flying was Raymonde de Laroche, receiving license #36 from the Aero-Club of France, in March 1910, which is the reason this week was chosen for Women of Aviation Worldwide Week. De Laroche participated in many airshows, in spite of injuries received in a car crash in 1910. She was an active pilot and engineer in aviation until killed in the crash of an experimental aircraft she was piloting in 1919.

French woman Marie Marvingt, an exceptional athlete, became the first woman to fly a balloon from France to England in 1909. She obtained a balloon pilot's license in 1910, and she became the third woman to obtain a fixed wing pilot's license in the difficult Antoinette monoplane that same year. She was an active participant in airshows and won many prizes. In 1915 she flew combat missions for France, receiving the Croix de Guerre for her missions. A trained nurse, she championed the development of an air evacuation service that was

(Continued on page 13)



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THE FITNESS CORNER

By Kim Vasta, CPT

In the fifth century B.C., the famous Greek physician Hippocrates observed, "All parts of the body, if used in moderation and exercised in labors to which each is accustomed, become thereby healthy and well developed and age slowly; but if they are unused and left idle, they become liable to disease, defective in growth and age quickly." In last month's fitness article, I touched on the benefits of physical exercise as it relates to the prevention or treatment of major diseases. Exercise is also essential to quality of life as it relates to daily activities.

Aerobic or endurance activities increase breathing, heart rate and blood circulation. Also known as cardiovascular exercise or cardio for short, performing regular aerobic exercise will strengthen the heart. A stronger heart doesn't need to beat as fast, which is why endurance athletes and individuals who maintain cardiovascular fitness have lower resting heart rates. With each beat a stronger heart pumps

blood more efficiently, which improves blood flow to all parts of the body. Regular aerobic activity can help increase stamina (so you can keep up with those grandchildren), reduce health risks and keep your mind sharp. Walking, running, swimming, bicycle riding and aerobic dancing are just some cardiovascular activities that are both fun and effective.

Strength training or resistance training is another extremely important component of exercise. The myth is that as we grow older we get weaker because losing muscle and gaining fat are just part of the natural aging process. The fact is that these symptoms are symp-

toms of inactivity and not necessarily aging. Muscle weakness, bone loss, and sluggish metabolism are changes that accompany aging but are not solely caused by it. Your body burns more calories to maintain muscle than fat. Strength/resistance training increases muscle thereby increasing metabolism that, in turn, can help you lose fat. Strengthening muscles also has a positive impact on activities of daily life. Keeping your muscles strong will help you lift and carry things more easily, walk upstairs more easily, maintain proper posture, reduce lower back pain and reduce the risk of falling. Strength training also

strengthens your bones, tendons and ligaments reducing the risk of injury and bone fractures.

Flexibility is achieved through stretching and gives you more freedom to do the things you need and like to do, including getting dressed, reaching something on a high shelf, reaching that tennis/pickle ball shot, improving your golf swing, bending over to tie your shoe or looking over your shoulder to back your car out of a driveway. Stretching increases blood flow and gets your body ready for exercise which lowers the risk of injury and muscle strain. Unfortunately stretching is one of the most overlooked and neglected exercises. Yet nothing is more vital to keeping an aging body limber and injury free.

Each year more than one-

third of people age 65 or older fall. Falls and fall-related injuries, such as hip fractures, can have a serious impact on a person's life, limiting activities or the ability to live independently. Balance exercises, along with strength exercises, can help prevent falls by improving the ability to control and maintain the body's position.

Physical inactivity elevates the likelihood of physical frailty, decreases years of high-quality life, and heightens the risk of chronic diseases. A well-rounded exercise program should include all of the components above.

Want to learn more? Have fitness-related questions? Join me for a free fitness roundtable Q&A on Friday, March 18, at 11 a.m. in the Gallery. Refreshments will be served. Looking forward to meeting you!

Women of Aviation

(Continued from page 12)

crucial during World War II. In 1961 at the age of 86 this remarkable woman bicycled 175 miles from Nancy to Paris.

Emma Lillian Todd, a creative inventor in her own right, designed and built a plane beginning in 1906 and ready to fly by 1910, becoming the first woman to do so. She applied for a permit to fly the plane herself, but her request was denied, so she hired Frenchman Didier Masson to fly it, the first flight being in Garden City, N.Y.

Harriet Quimby became the first U.S. woman to receive a pilot's license in 1911 from the Aero Club of America. A screenwriter for early films and a journalist, she convinced her editor to pay for her flying lessons in return for which she would chronicle her flying adventures. In 1912 she flew across the English Channel, the first woman to do so, flying 25 miles in 59 minutes from Calais to Dover. Sadly that same year she died when her Bleriot monoplane pitched unexpectedly and ejected her and her passenger Charles Willard out over Boston Harbor. Both fell to their deaths.

This year's honoree for aviation is Ada Rogato, the third Brazilian woman to earn a pilot's license (1936). She was active in flying shows and participated in crop dusting for the coffee berry borer. In 1956, as part of a celebration of Alberto Santos-Dumont's achievements and his 1906 14-bis, she made a survey of native villages in the Amazon, landing a Cessna 140 in small clearings, requiring 163 hours of flying time.

Women continue to play an important role in aviation.

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Crowne Plaza Monroe
390 Forsgate Drive
Tuesday, March 1
10 am - 12 noon
Refreshments

TOMS RIVER

Ramada
2373 Route 9
Wednesday, March 2
10am-12noon
Refreshments

FREEHOLD

Radisson Hotel
(formerly Freehold Gardens Hotel)
50 Gibson Place
Thursday, March 3
2pm - 4pm & 7pm - 9pm
Refreshments

PRINCETON

Westin Princeton
201 Village Boulevard
Tuesday, April 5
10am-12noon
Refreshments

MONROE

Crowne Plaza Monroe
390 Forsgate Drive
Wednesday, April 6
10am-12 noon
Refreshments

EAST BRUNSWICK

Days Hotel
195 Rte. 18 South
Thursday, April 7
2pm - 4pm & 7pm - 9pm
Refreshments

THERE STILL IS A NJ ESTATE TAX

- ✓ How to minimize or eliminate the New Jersey Estate Tax.
- ✓ How to protect your assets from your loved ones' creditors or spouses.
- ✓ How to protect your Estate if you become incapacitated during your lifetime.
- ✓ How to choose the right option to preserve your retirement plan.

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Levine, Furman & Rubin, LLC

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This month in pictures

Photos by Joe Conti



Rossmoor was a winter wonderland after the January 23 blizzard.



Larry Archambault helping his mother-in-law



The All in Stitches Group, created through the work of Barbara Brumberg and Carolyn Wall, donate handmade lap blankets to a representative from The Gardens at Monroe. The blankets will be given as gifts. What a community we live in — great jobs ladies.



Vincent Pizzuto and Milli Groves at Carnevale



Carnevale, Italian-American Club style



An entertaining evening with the Dance Club



Catholic Society Prayer Shawl group. Standing, from left, Eleanor, Marie, Jean, Cathy, Anne, Lucy, Terry, and Maureen. Seated, from left, Sara, Norma, Grace, Dorothy, and Josie.

MARCH 2016

CLUBHOUSE

ROSSMOOR-NJ

Michelle Williams, Manager ♦ Erica Hardeo, Event Planner ♦ Sebreana Jinks, Office Assistant ♦ Sue Ortiz, Front Desk Coordinator ♦ Jessica Fletcher, E&R Foreman

EDUCATION AND RECREATION

THINGS TO DO PLACES TO GO

COMCAST Q&A

Tuesday, March 8, 9-11am, Ballroom
Comcast Representatives will be here to address your concerns.

FIRESIDE CHAT

Thursday, March 17, 11am, Red Room
Join us for some hot cocoa and chat with your friends

FITNESS AND WELLNESS ROUNDTABLE

Friday, March 18th 11am Gallery
Join Rossmoor News fitness writer/Rossmoor resident Kim Vasta for a discussion and Q&A on fitness and wellness. Light refreshments will be available.

FITNESS CENTER ORIENTATION

New to the fitness center or need a refresher on the equipment?
April 12th 10am
Limited Space Available...Sign-up in E&R

GAME NIGHT AT ROSSMOOR

Friday, May 13th 7pm Ballroom
SAVE THE DATE "Resident Feud is coming to Rossmoor. Grab your friends for a fun filled night of games. Our friends from J-Dogs (provided entertainment for our 50th Anniversary) will host Game Show night.
Details in the April Rossmoor news.



St. Patrick's Day Luncheon & Entertainment

Monday, March 14
12:30PM..Ballroom...\$17pp
Music by: Anthony Tabish
Lunch Includes: Sandwiches, Assorted Salads, Irish Soda Bread, Coffee & Dessert
WEAR GREEN AND BRING YOUR TICKET—YOU MAY WIN A PRIZE!!!



ZUMBA GOLD

Monday, 6:30pm, Hawthorn Room
New session begins March 7.
Class conducted by a certified Zumba instructor.
Pay instructor directly.
\$48 for 6 weeks or \$10 drop in.

PHILADELPHIA FLOWER SHOW

Monday, March 7, Departs Poolside 9am
Sold Out...Wait List Available

ATLANTIC CITY CASINO TRIPS-RESORTS

Tuesday, March 8, \$25pp, (\$25 Slot Play)
Departs Poolside 9am On Sale Now

"HAMILTON" on Broadway-Sold Out..

Wednesday, March 9, Departs Poolside at 10am



THE OFFICIAL SPONSOR OF BIRTHDAYS!

American Cancer Relay for Life is coming to Monroe Twp. SAVE THE DATE. Taking place June 10-11 at the Monroe Twp. Middle school track. A kick off will be scheduled for April right here in Rossmoor so look to the April newspaper for details.

DATES TO REMEMBER

Sunday, April 10th 1pm
ACTIVITIES EXPO

Friday, April 15th 7pm
DJ GARY IS BACK

Wednesday, April 20th 10am
TOUR MONROE TWP with Historian JOHN KATERBA

ARE YOU INTERESTED?

♦ Gardening Group

♦ Backgammon

Call E&R to be placed on an interest list.



BROOKLYN WALKING TOUR WITH GUIDE

Tuesday, April 12
Departs Poolside 7:45am

\$76pp includes bus, tour guide, gratuities and lunch at the World Famous Junior's
ON SALE NOW

MUST BE ABLE TO WALK LONG DISTANCES



"INTERNATIONAL ARTIST"

TERRY LEE GOFFEE

Starring in
TRAIN OF LOVE: A TRIBUTE TO JOHNNY CASH
Saturday, April 30

\$87pp includes show, bus & lunch
ON SALE NOW



Meet the New Mayor of Monroe Township
Gerald W. Tamburro

RESCHEDULED from Feb. 9!

Wednesday, April 27
10 a.m. in the Ballroom

Reservations required
Register at E&R or call 655-3232
By Friday, April 22

(You are already registered if you signed up for February 9)

Question & answer session to follow presentation



PROJECT HEALTHY BONES

Project Healthy Bones is a no cost 24-week exercise and education program for women and men at risk for, or who have, osteoporosis. The sessions include exercises to improve strength, balance, and flexibility, and education on nutrition, safety, drug therapy, and lifestyle related to osteoporosis.

Please RSVP to the E&R office to join Lori Morell, Senior Manager of Center for Healthy Aging for the program presentation on
Wednesday, March 16th at 10am in the Ballroom.

Light refreshments will be available at the presentation.

RSVP to E&R...609-655-3232

609
655
3232

SPORTS FUN

- BOCCE**
See you in the Spring.
- CROQUET**
Golf Croquet Fridays 5pm
Contact Betty Anne Clayton
- PICKLEBALL**
See you in the Spring.
- ROSSMOOR HIKERS**
See you in the Spring .
- SHUFFLEBOARD**
See you in the Spring .

TABLE TENNIS
League Play Tuesday, Friday, Saturday & Sunday,
9-11AM.
Anyone interested in table tennis for beginners,
contact E&R. New players welcome!

TENNIS
See you in the Spring.

Most outdoor sports begin in April, weather permitting
Questions about any of the sport activities please contact
the E&R Department at 609-655-3232.

FITNESS PROGRAMS

New to the Fitness Center or just need a refresher on the
equipment? See info on page 1.

- 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
- OPEN EXERCISE DVD**
Monday, Thursday, 9:30 Hawthorn Room
Saturday, 9:30am, Maple Room
No Instructor. Exercise at your own pace.
Monday: Richard Simmons, **Thursday:** Jane Fonda's
Saturday: Leslie Sansone
No charge or sign-up required.

YOGA
Wednesday, 9:30am, Cedar Room.
Certified Instructor/Resident conducts the class. No Charge.
All Welcome. Bring floor mat.
SPACE LIMITED.

ZUMBA GOLD
Monday, 6:30pm, Hawthorn Room.
New class begins March 7.
Class conducted by a certified Zumba instructor.
Pay instructor directly.

Contact the E&R office at 609-655-3232
if you would like
More information

LET'S GET MOVING



CULTURE & EDUCATION

- AVIATION GROUP**
2nd Wednesday, 1:30pm, Ballroom
- BOOK DISCUSSION GROUP**
2nd Thursday, 3:00pm, Maple Room
- CULTURAL PROGRAM SERIES ON DVD**
1st Tuesday, 1:00pm, Ballroom
- CURRENT EVENTS ROUNDTABLE**
Mondays, 10:30am, Maple
- GERMAN AMERICANS**
Last Thursday, 1:30pm, Cedar
- GREEK AMERICANS**
1st Tuesday, 1:00pm, Maple
- POLISH AMERICANS**
1st Friday, 1:00pm, Maple Room
- WRITERS GROUP**
Last Thursday, 10:00am, Cedar Room
Get the latest edition of the Fox in the Clubhouse
- ALL OF THE MEETINGS LISTED
ABOVE ARE OPEN TO ALL ROSSMOOR
RESIDENTS AND THERE IS
NO CHARGE TO ATTEND.

Contact the E&R office at 609-655-3232
if you would like
more information

- "ALL IN STITCHES" Knit & Crochet Group**
Thursdays, 1pm, Maple Room
- ART CLASS/WORKSHOP**
Wednesday, 9:30am—11:30am, Gallery.
Resident/Artist Paul Pittari offers basic instruction.
Easels provided. Supplies on your own.
- CERAMICS STUDIO**
Monday & Thursday, 8:30am—12pm.
Monitor present. Molds & Kiln on site.
Supplies on your own.
- GALLERY EXHIBITS**
The month of March and April will feature a one man
show with resident/artist Al Longo.
Be sure to stop in and browse his beautiful artwork.
- POTTERY**
Wednesday & Saturday, 8:30am-12 Noon.
Tuesday, 1-4pm. Monitor present.
- RUG HOOKING GROUP**
Thursdays, 9am—2pm, Gallery.
Bring your lunch and be prepared to have some fun!
- OPEN WOOD CARVING WORKSHOP**
For experienced carvers, Fridays, 9am—12pm,
Woodshop. Work at your own pace.
Supplies on your own. If interested in a beginners
class, contact E&R.
- WOODSHOP**
Open to Residents who have completed the
orientation and safety class.
Monday-Saturday 9am-4pm

Contact the E&R office at 609-655-3232
if you would like
more information

THE ART WORLD



THIS & THAT












- In observance of
Good Friday, RCAl will
be closed Friday,
March 25.
Have a Happy Holiday
- Remember to check
channel 26 daily for
updates.
Have an idea you'd like
to share? Call the
E&R office.
- MONROE TOWNSHIP
BOOKMOBILE**
Tuesday,
March 1st and 15th
10:15am-11am
Old Nassau & Newport
11:15am-12 Noon
Clubhouse Lot
Call Library for Details
732-521-5000

TRANSPORTATION INFORMATION
The Rossmoor Shopping Bus, Monroe
Township Bus and New York Bus
Schedules can be found on the
Rossmoor website.
www.rcainj.com



MARCH 2016

CALENDAR SUBJECT TO CHANGECheck with Group/Club for more info**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
<p>"LIKE" the Rossmoor Clubhouse NJ on Facebook</p> 		<p>1:00pm & 7:00pm FREE MOVIE-BR "A Walk in the Woods" Rated R-104 Mins 7:00pm Great Decisions-CD</p>		<p>10:00am Agenda Committee-VC</p>		
6	7	8	9	10	11	12
	<p>9:00am Trip-Philadelphia Flower Show</p> 	<p>9:00am Trip-Atlantic City 9:00am-11:00am Comcast-BR 1:00pm & 7:00pm FREE MOVIE-BR "Little Boy" Rated PG-13-106 Mins 7:00pm Great Decisions-CD</p>	<p>10:00am Trip-Hamilton on Broadway 1:00pm Aviation "Wright Brothers"</p> 	<p>9:00am Maintenance Comm.-VC 10:00am Community Affairs-VC 11:00am Finance Comm.-VC</p>		
13	14	15	16	St. Patrick's Day 17	18	19
<p>1:00pm Players Open Mic-GL 1:30pm FREE MOVIE-BR "Little Boy" Rated PG-13-106 Mins</p>  <p>Time to Spring Ahead</p>	<p>12:30pm St. Patrick's Luncheon-BR 1:00pm Health Care Lecture-MP</p> 	<p>1:00pm & 7:00pm FREE MOVIE-BR "Love the Coopers" Rated PG-13-107 Mins 1:30pm Republican-GL 7:00pm Great Decisions-CD</p>	<p>10:00am Project Healthy Bones-BR</p>	<p>9:00am Board of Governors-VC 11:00am Fireside Chat-RR 6:00pm Emerald Society-BR</p> 	<p>11:00am Fitness Round Table-GL 1:30pm Kiwanis-CD 6:30pm Bingo-BR</p> 	
1st Day of Spring 20	21	22	23	24	Good Friday 25	26
		<p>1:00pm & 7:00pm FREE MOVIE-BR "The Intern" Rated PG-13-120 Mins 7:00pm Great Decisions-CD</p>		<p>1:00pm Purin Party-BR</p> 		
Easter Sunday 27	28	29	30	31		
		<p>1:00pm & 7:00pm FREE MOVIE-BR "Room" Rated R-120 Mins 7:00pm Great Decisions-CD</p>				

GROUPS/CLUBS MEETING ON A WEEKLY or BI-WEEKLY BASIS				GROUPS/CLUBS MEETING ON A MONTHLY BASIS					
All in Stitches	Thurs	1:00pm	MP	Book Discussion	2nd Thurs	3:00pm	MP		
Art Class	Wed	9:30am	GL	Catholic Society Mass	2nd Thurs	7:00pm	MH		
Chorus	Wed	4:00pm	MH	Computer Club	3rd Mon	10:00am	GL		
Church Discussion	Tues	1:30pm	MHP	Dance Club	Last Sat	7:00pm	BR		
Community Church	Sun	11:00am	MH	Emerald Society	4th Wed	2:00pm	BR		
Crafters	Tues	9:30am	CFT	German-American	Last Thurs	1:30pm	MP		
Croquet	Fri	5:00pm	C/MP	Greek-American	1st Tues	1:00pm	MP		
Current Events	Mon	10:30am	MP	Indian American	3rd Fri	7:00pm	CD		
Rug Hookers	Thurs	9:30am	GL	Italian-American	3rd Wed	7:30pm	BR		
Sewers	Mon	9:30am	CFT	Jewish Cong. Services	2nd & 4th Fri	7:45pm	MH		
Torah Study	Sat	10:00am	CD	NJ Social & Cultural	Last Fri	1:30pm	BR		
<u>WEEKLY GAMES, EXERCISES & SPORTS</u>				Players	Last Mon	1:00pm	MP		
Bridge (Various Groups)	**CARD ROOM**			Polish-American	1st Fri	1:00pm	MP		
Cards	Thurs & Fri	1:00pm	GR	Sisterhood	3rd Mon	1:30pm	BR		
Chair Yoga	Tues	10:00am	BR	Women's Guild	3rd Thurs	1:30pm	BR		
Table Tennis	Tues, Fri, Sat, Sun	9:00am	H	Worship with Communion	1st Sun	11:00am	MH		
DVD Exercise	Mon, Thurs, Sat	9:30am	H/MP	Writers Group	Last Thurs	10:00am	CD		
Yoga	Wed	9:30am	CD						
Zen Meditation	Mon	6:30pm	MHP						
Zumba®	Mon	6:30pm	H						
Ballroom	BR	Clubhouse	CH	Gallery	GL	Maple Room	MP	Terrace	TR
Court	C	Craft Room	CFT	Game Room	GR	Meeting House	MH	Red Room	RR
Cedar Room	CD	Dogwood Room	DW	Hawthorn Room	H	MH Parlor	MHP	Village Center	VC

Sound Advice

Norman J. Politziner, CFP® President of NJP Associates

FINRA [12/31/2015]

Pension Advance Scam targets military retirees and seniors

Some payday loan companies have earned a terrible reputation for taking advantage of consumers. Now a new spin on the old payday loan is putting retirees' pensions at risk.

According to the attorney general of New York State, some pension advice firms are duping consumers into taking loans as advances on their pension income without fully understanding the terms. Retired military personnel and older retirees are the scammers' principal targets.

How does a pension advance work? Here's how one company explains it:

"Are you receiving a monthly military retirement benefit through DFAS, or a disability benefit from the VA? Do you need an immediate lump sum of cash? Using our program, you can leverage your military pension, retirement, or VA disability payments into upfront cash. It's not a loan—we like to think it's something better."

"Loans, including military pension loans, are typically based on your credit score. That's because a loan is based on your ability to repay—and that's why military pension loans might not be your best option. After all, you'll get the same monthly benefit from the military no matter what happens to your credit score, right? ... Why should the amount you receive be based on your credit score? It doesn't change your benefit!"

"Through our program, you can sell a portion of your benefits for a lump sum of cash—that allows you to truly leverage the power of your pension in a way that military pension loans just can't match. Use the reliability of your pension payments to your advantage!"

"You've served your country—now it's time for your money to start working for you. How will you use your lump sum of cash? Will you become debt free? Buy a new home, or car? Send a child to college? Start a new business? The choice is yours because the money is yours! Unlock the power of your military pension and put it to work for you today instead of waiting for the benefit to trickle in month-by-month over the coming years."

Five months after the U.S. Consumer Financial Protection Bureau (CFPB) warned that pension advance loans could be the new payday loan—leaving consumers who already are struggling to make ends meet in dire financial situations—the agency announced it had teamed with the State of New York to shut down two companies that allegedly deceived retirees about the risks and costs associated with the loan products.

The CFPB, along with the New York Department of Financial Services (NYDFS),

filed a lawsuit in federal court against Pension Funding, LLC, Pension Income, LLC, and three of the companies' individual managers for allegedly duping consumers into borrowing against their pensions by deceptively marketing the products as a "tailored financing program" instead of a loan and failing to disclose high interest rates and fees.

To attract potential customers, the companies allegedly steered internet-search traffic to its website. It targeted consumers who conducted searches for phrases such as "pension loans," "retirement loans," "military pension loans," and "sell my pension." Such consumers often would see online advertisements for "pension loans."

Those ads then would take individuals to the companies' websites, which rep resented that "through a type of money purchase pension plan, Pension Funding LLC transacts a

pension buyout and advances you the cash when needed."

The sites then assured the customers that the "pension buyout is not a pension loan; it is a pension lump sum." However, the CFPB and NYDFS allege the products were indeed loans.

To complete the transactions, the companies allegedly misrepresented or failed to inform consumers of the applicable interest rates or fees.

A pension is a defined benefit retirement plan that provides monthly income to employees of companies or governments. The organization contributes money to the pension plan while you are working. The money will be paid to you after you reach retirement age. A formula determines how much money the pension will provide to you once you are retired.

The formula a pension uses is based on a combination of the following:

(Continued on page 16)



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HAPPY ST. PATRICK'S DAY

JOIN SEABROOK FOR A SUNDAY OPEN HOUSE!

Get an inside look at vibrant retirement living! Tour our beautiful campus and maintenance-free homes. Discover dozens of exciting amenities, clubs, and activities.

Bring your friends and family!

Sunday, March 13, 2016

Tours scheduled at 11:00 a.m. and 1:00 p.m.

3000 Essex Road, Tinton Falls

Call **1-800-619-0832** for more information and directions.

This event will not include a formal marketing presentation but Sales Associates will be on hand to answer your questions.



Sound Advice

(Continued from page 15)

- Your years of service with the company or government offering the pension.
- Your age.
- Your compensation.

For example, a pension plan might offer a monthly retirement benefit that replaces 50% of your compensation (as measured by taking an average of your pay over your last three years of service) if you are age 55 and have at least 10 years of service.

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vices, Member FINRA/SIPC, 4401 Starkey Rd., Roanoke, VA 24018. (540) 989-4600.

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12/31/2015

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- Open Monday - Friday 8:30 AM-4:30 PM
- Try a Free Guest Day to experience the program before you start.
- Transportation to and from the Center is included.
- Veterans' benefits and Sliding Fee Scale Funding available for those with Memory Loss.

Smilestones



Nick Morisano (center), grandson of Lucille and Joe Conti, successfully completed paramedic training and will be joining the New York City Fire Department.

MUSINGS AND MEMORIES

By Betty Emmons

The eyes have it

The eyes are known as the windows to the soul and I know this to be true.

There are eyes that express good and there are eyes that are dark and foreboding. I have seen love, compassion, and sadness in every color eye, anger and fear as well. We think of clever things to say and choose the words carefully but, no words need to be spoken to see hurt, hunger, unhappiness, or happiness in the eyes of those we meet along the way. We are never far wrong in what we see.

Therefore, it behooves us to be mindful of one another and let our eyes respond to what we see. You can be sure the message will be loud and clear without a single word being said.

I have seen volumes spoken with the eyes that have warmed another's heart, dispelled anger, and conveyed love to a longing heart. It is then, too, that I know to feed the hungry,

love the unlovable, and to touch the untouchable, because I have seen with my heart as well as my eyes though not a word has been uttered.

Eye contact is a universal language and our thoughts and reaction to a look, a glance, or a glare is one that is understood by all.

Most of us, however, are not even aware of this drama that goes on each day and that with each encounter we are all participants. To me it is fascinating and hopefully I will become more and more attuned to the unspoken messages that are expressed through the eyes. Messages that are longing to be heard.

I have also noticed that alert people have bright eyes. Lazy people have dull and listless eyes. Enthusiastic people have a sparkle, and mischievous people are wary-eyed. Cruelty can also be seen, but one of my favorites is lovers with lovesick eyes.

Every eye color is beautiful, but the expression of our every emotion is what makes us an open book in the eye of the beholder and the fact that not a word is needed, says even more.

It is a wonderful language of quiet understanding that gets better with participation and practice. A language that, hopefully, someday will speak to all.

Who Am I?

By Norma Evans

First Clue:

When I am just beginning, I am a tiny speck, hardly visible to the human eye.

More Clues

As I grow I take on a small round shape and at first I look like a little ball.

The older I get the shapelier I become. I begin to look like a hexagon with six sides. And then, a little branch grows out of each of my sides. These branches grow and form tiny arms of their own.

When I am fully grown I fall from the sky. I am beautiful

and exquisite. When zillions of us come down together we can provide a gorgeous white blanket covering towns and country.

Though there have been and will be zillions of us, no two of us have ever been found to look exactly alike.

I am an incredibly lovely winter wonder.

I am sure you know who I am by now.

I am a snowflake.

In the summer there is a saying, "Take time to smell the roses." How about this winter taking time to really SEE and enjoy a snowflake.

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New Neighbors

By Christina Smith, Resident Services manager

Anne and Sean Hart, 597B Waverly Road, formerly of North Salt Lake, Utah.

Alicia and Roberto Berrios, 57B Fairfield Lane, formerly of Monroe Twp., N.J.

Edye Tenner, 30A Bradford Lane, formerly of West Orange, N.J.

Arturo and Josephine Pangilinan, 343N Old Nassau Road, formerly of Annandale, N.J.

Frank Galipo, 552O Tilton Way, formerly of Asbury Park, N.J.

Teresa Fallon-Yandoli, 566A Old Nassau Road, formerly of Monmouth Jct., N.J.

In Memoriam

Thomas Joseph Tierney

Thomas Joseph Tierney of Monroe, the beloved son of the late Anne Walsh Tierney from County Mayo, Ireland, and James Tierney from County Galway, Ireland, passed away peacefully at the age of 78 on January 18 at CentraState Hospital after a brief and courageous battle with cancer.

Born in Newark, Thomas spent his early years in Bloomfield, N.J., before leaving to proudly serve in the United States Air Force.

He leaves behind his wife, Linda, and daughters Erin Bernstein of New Jersey, Lorraine Conn and Janine Bush of California, as well as three grandsons and two granddaughters. He is also survived by his brother, James, and sisters Anne Tierney, Maura Tierney, Ellen Schmidt, and many special nieces and nephews. His presence and wonderful sense of humor will be sorely missed by all who knew him.

Funeral arrangements were under the care of Freeman Funeral Home. A Mass was celebrated on Saturday, January 30 at Our Lady of Mercy Church, 58 Main Street, Englishtown, N.J.

Thanks

I would like to give a big thank you to our nurses who were able get my 96-year-old neighbor shoveled out. Starting on Saturday evening when the plow blocked his walk, into Sunday and Monday, I contacted everyone I thought could help, without results, even though I told them he had to go for dialysis. Finally I contacted the nurses' office and got results within two hours. At last someone listened.

His family did not know about contacting the medical office on his behalf. Perhaps this should be mentioned in the snow alert. A big thank you to our medical staff of nurses.

Lee Randolph, Mutual 14



Richard Conway, 14N Sussex Way, formerly of Monroe Twp., N.J.

Kathleen P. Hye, 113B Gloucester Way, formerly of Whiting, N.J.

Lillian M. Ramirez, 484B Revere Way, formerly of Old Bridge, N.J.

Salah and Elham Elhididy, 367O Old Nassau Road, formerly of Kendall Park, N.J.

Kathleen Downey, 77B Rossmoor Drive, formerly of Jackson, N.J.

Michael F. and Patricia Egan, 283C Sunset Circle, formerly of Monroe Twp., N.J.

Bobby and Dianne Martucci, 95C Gloucester Way, formerly of S. Plainfield, N.J.



From the Mayor

By Gerald W. Tamburro,
Mayor of Monroe Township

Grandparent's Day Out

Hundreds of smiling faces filled the Community Center on Monmouth Road as grandparents shared the day with their grandchildren at the Recreation Department's Annual Grandparents Day Out.

On December 28 more than 600 grandparents and grandchildren enjoyed the free day together, which included a family portrait, delicious lunch, raffles, and a trip to the movies to see "Alvin and the Chipmunks: The Road Chip."

The annual tradition, which has grown each year, is a

fantastic way to usher in the New Year as it is held during the holiday break from school, when many of us gather and celebrate with friends and families.

I would like to thank the sponsor of the event, the Gardens at Monroe Healthcare and Rehabilitation on Applegarth Road, whose support and generosity are vital to the success of Grandparent's Day.

It was a great day in Monroe as both gyms at the Community Center on Monmouth Road were filled with the families as they started

their day-long adventure with one another. Upon arrival, the families had their portrait taken, and later printed, framed, and available for pick up following the movie.

However, before the movie, the families enjoyed a full lunch. Even though the children were seeing "Alvin and Chipmunks," the theme of the lunch was Willy Wonka.

For the raffle, every family received a chocolate bar for each grandchild in attendance, and the winners of the raffle, just like in the classic children's book and movie, were the ones with a Golden Ticket wrapped around the chocolate bar. The grand prize was a gift basket filled with candy, gift cards and a copy of the 1971 movie "Willy Wonka and the Chocolate Factory," starring


(Continued on page 18)

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By Sidna Mitchell

Hidden Valley Oyster Crackers

Culinary corner

16-ounce box oyster
crackers

1/4 cup vegetable oil

1-ounce packet Hidden Valley®
The Original Ranch® seasoning

& salad dressing mix

Place crackers in a gallon-sized plastic bag.

Pour oil over crackers; seal bag and toss to coat.

Add seasoning and salad dressing mix.

Seal bag and toss again until coated.

Pour on ungreased baking sheet and bake at 250
degrees for 15-20 minutes or until golden brown.

Makes about eight cups.

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

Mayor

(Continued from page 17)

Gene Wilder as the lead character.

After lunch, the grandparents and grandchildren boarded 12 school buses and were treated to the movie at the Regal Cinemas on Route 1 in North Brunswick. For many of the grandparents it is a novelty to board a school bus, something many of us have not done in quite some time.

There was a little more excitement than anticipated at the movie, as a malfunction caused the fire alarm to go off and forced the theaters to be evacuated for a period of time. Participants were given the option to stay and wait for the theater to be cleared, or to board the buses and return to the Community Center. Of the 12 buses, four returned as most opted to wait and watch

the movie when all was clear.

Grandparent's Day Out is a special day in Monroe as we gather the different generations and treat them to a day-long celebration as a community.

In addition, I would like to thank the Monroe Township High School Key Club volunteers who took the time during their winter break to help set up, clean up, serve food, register and so much more to help the event run smoothly.

Furthermore, I would like to commend the Recreation Department staff, the Gardens at Monroe, and all of the volunteers for doing such a wonderful job organizing and hosting the event. I want to remind everyone to be ready for registration to open for Grandparent's Day Out 2016 later this year.

Please watch for registration information at the Recreation website www.monroerec.com.

LWV welcomes spring with a look at the environment

By Ruth Banks

Anticipating that March will be the harbinger of spring, the March 28 meeting of the League of Women Voters of Monroe Twp. will feature a review of our Environmental Commission and its many functions by its long-time chairman, John Riggs. Not

only has the Commission been active in protecting and acquiring open space, but it has created and sponsored, in cooperation with many township groups and organizations, the Green Fair, and its latest achievement, the Community Gardens.

The League's meeting will be held in the Municipal Building and will begin at 1 p.m. It is free and the public is encouraged to attend to hear about the Commission's many activities which have helped us to preserve the quality of air and water in our community, in the interests of living healthy lives.

Among its many activities, the members of the Commission have worked hard to preserve the quality of life residents have come to expect. They have worked with community groups such as the Scouts to clean up the streams from the rubbish which careless residents toss in. They have mapped out walking trails and bicycle routes. The members of the Commission have worked to protect our local ecosystems for future generations. Now certified as a Sustainable Jersey community, the Commission has completed a natural resource inventory, has initiated an energy audit of municipal build-

(Continued on page 19)

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Clubs and Organizations

Dance Club News

By Judy Perkus
Come join DJ Bobby Pi-cone and the Dance Club on Saturday, March 26, at 7

Qr. Al Parker and the Squiggle

By Alec Aylat
No, that's not an error in the headline. Popular Dr. Al Parker will be diagnosing QR codes at the Monday, March 21 meeting of the Computer Club at 10 a.m. in the Gallery. Coffee and cake at 9:30 for all those who come early and are ready to discuss squiggles.
QR stands for Quick Response. They are those squiggly squares one often sees in advertisements and other distinguished places and can be read by mobile phones, cameras, scanners and other machine-readable equipment you undoubtedly find at home.
QRs consist of black modules, square dots arranged in a square grid on a white background, from which pattern the required data can be extracted.
All of this will be explained by Al Parker, including not only what they are but what they are not. The history of them is fascinating: how they were invented in Japan, expanded upon in this country, taken over by Europe while already going out of fashion here, and are spreading in China and the Mid-East.
I tried to put a QR in this short release but neither Al nor club president Paul Pittari would agree. Maybe Fred Milman will show one on the club's March website at www.rossmoor.org.

LWV

(Continued from page 18)
ings, has supported the school district's garden program, and has been involved in flood plain management, and potable water conservation.
Riggs will review many of the accomplishments of the Commission in more detail. Residents who would be interested in learning more or becoming involved with some sustainability projects, may contact John Riggs at jriggs@monroetwp.com.
The League of Women Voters is a grassroots political organization. It is open to men and women over 18. It does not support or oppose candidates for elective office. Its members choose and study issues of national, state and local policy. The Monroe Twp. League has studied and reported on such issues as food assistance, transportation problems for residents, the Fire Districts, and voting. For more information on League programs contact: Ruth Banks, 609-655-4791; Judy Perkus, 609-395-1552; Mary Ann Colgan, 609-409-4358; Marsha Rosenbaum, 609-409-0930; Francine Glass, 609-860-7890.

p.m. in the Clubhouse Ballroom. Soda, munchies, coffee, tea, and desserts (sugar-free available) will be served. The décor will be St. Patrick's Day green.
Send your \$8 per paid-up member/\$10 per non-member check made out to the Rossmoor Dance Club to Armen DeVivo at 409B Roxbury Lane. All are welcome.
If you haven't yet renewed your membership, please send your 2016 Dance Club dues of \$15 per couple, \$7.50 per person to Armen. New members are always welcome.
Call Armen at 609-655-2175 for more information.

Rossmoor Dance Club March 26 Dance

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Phone #: _____
Address: _____

PAID-UP Member(s): _____ @ \$8 = _____

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Total _____



RESERVATION DEADLINE: March 17
Please send check made out to the Rossmoor Dance Club to: Armen DeVivo at 449B Roxbury Lane. 609-655-2175, or leave in an envelope in the Dance Club folder in the E & R Office

New Jersey Club news

By Eileen Parker
We will meet on Friday, March 25 at 1:30 p.m. in the Ballroom. Al Parker will give a program on "Mapping New Jersey," about soil and water, planned communities, early travelers, and the diversity of its people. The subject comes from a Rutgers University Project, done with maps that create visual images of the many topics covered.
Come and learn more than you ever knew before about the state where you reside. Refreshments will be served, and all are welcome.

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Lucille Ricci and Joe Schifauo win first place at the Carnevale costume contest



2016 Carnevale King and Queen, Frank and Minnie Sasso

Italian American Club news

By Tony Cardello

One hundred and eight members attended our annual Carnevale social held on February 9. Members enjoyed a sit down dinner and a fun filled evening with DJ Gary Morton providing the entertainment. The costumes were colorful and imagina-

tive.

The 2016 king and queen were crowned: Minnie and Frank Sasso. Congratulations to a most deserving couple.

We are planning an afternoon dinner and audience participation show at the Cranbury Inn on Sunday

April 10, starting at 4 p.m. Details will follow.

The next membership meeting will be held on March 16 at 7 p.m. in the Ballroom.

Bingo will be held on Friday, March 18 at 6:30 p.m. in the Ballroom.

Women's Guild will visit Kuser Mansion and Sayen Gardens

By Lana Ottinger

The Women's Guild will go on a day trip to Kuser Mansion and Sayen Gardens on May 11 in Hamilton, N.J. Springtime is a beautiful time of year with more than 250,000 azaleas, rhododendrons, and many other colorful flowers in Sayen Gardens. Enjoy the breathtaking views as you sit on benches throughout the gardens or enjoy a walk and explore the ponds, bridges, and gazebos.

The Kuser Mansion built in

1892, is a magnificent Queen Anne style country home, formerly the summer home of Fred Kuser, whose business interests included Fox Film Corporation and the Mercer Motor Car Company. Since 1979, Kuser Mansion has served as a house museum, featuring guided tours. The mansion sits in the middle of a 22-acre estate, and springtime will be beautiful with nature surrounding the mansion. We will be going to Mafalda's in Hamilton for a family style lunch between

Kuser Mansion and Sayen Gardens.

The all Inclusive price is \$65, which includes the bus from Rossmoor. Checks should be made out to Rossmoor Women's Guild; no cash, please. If you would like more information please contact Ruth Klein at 609-655-8755. You can send Ruth the checks and secure your position for this trip, which will be a great way to enjoy a wonderful day. On May 11 we will meet at the poolside at 9:30 a.m.

Something new from the Rossmoor Players

By Linda L. Kaucher

On Monday, March 28, at 7 p.m. in the Gallery, our meeting will be hosted by Dottie Haff, who will be presenting a musical program called *Hollywood Footsteps*. It sounds like a very entertaining show.

Get ready for Open Mic which will be on Sunday, March 13, at 1 p.m. in the Gallery. Singers, dancers, poets, actors, comedians are all wanted for this annual event. So brush up and get ready to show us what you have. And have fun too. Refreshments will be served.

Also to be noted, at Open Mic, we will be on the lookout for those who would like to be a part of our next *Just Music* performance, and the fall play entitled *It's News To Us*, a musical comedy written by Bill Strecker and Bob Huber. If anyone is interested in being a part of one or both of these performances, you may sign

up at the Open Mic. Audition dates will be revealed at a later date.

Our meeting in February was an interesting and very entertaining program. Joe Conti hosted a two-act play entitled *Beyond a Reasonable Doubt*, a mystery written by Nathan Mayer, a former Rossmoor resident.

At this time, I am sad to announce that I will no longer be writing the Players column since I will be moving out of Rossmoor and into the warmer climate of New Port Richie, Fla. in March. I'd like to add that it has been a pleasure writing this column for what I believe to be a little over three years. It's been challenging, fun, educational, and very creative, and something I've always liked to do. At the same time I will miss this task and all of you too. I will miss especially being a part of the Players, where I had the opportunity to perform



on stage to sing, dance, do comedy acts and take part in two plays. This is an experience that will stay with me for the rest of my life, thanks to all of you. I will keep in touch, and once in a while you may see my face pop in, sometimes unexpectedly.

So, Happy St. Patrick's Day to all you Irish folks (actually on this day everyone is Irish), and Happy Easter on Sunday March 27. Also, Daylight Savings time gets us up an hour early on Sunday, March 13.

As always, drive carefully, keep warm and be safe. God bless you all and thank you for having me as your Players reporter. See you soon.



Music Association says goodbye with a luncheon for Gerda Kelly. Standing, from left, Mary Ellen Mertz, Lucy Poulin, Toby DelGiudice, Gene Horan, and Paula Richardson. Seated, Faith Knabe, Gerda Kelly, and Carol George.

Sinfonietta Nova to offer varied program at Music Association Concert

Members of the West Windsor-based orchestra Sinfonietta Nova will present an evening of chamber music at Rossmoor on Friday, April 1, at 7:30 p.m.in the Meeting House. Please note the April 1 date in your calendar.

Sinfonietta Nova is devoted to inspiring and engaging its audience with innovative programming, offering unique perspectives on the classical repertoire.

The program will include, among other works, the first movement of Beethoven's String Quartet Opus 59 in F, No. 1 (Razumovsky) and Mendelssohn's complete Octet in E-flat Major. Critic Conrad Wilson wrote of the latter work, written when the composer was only 16 years old, that "Its youthful verve, brilliance and perfection make it one of the miracles of nineteenth-century music."

Gail Lee, artistic director

"Its youthful verve, brilliance and perfection make it one of the miracles of nineteenth-century music."

Conrad Wilson on Mendelssohn's Octet.

Emerald Society Events

Dan Jolly has planned several fun-filled events for the next few months. First of all, Dan had Flavian, a comedian/mind reader at the February meeting, and everyone certainly enjoyed the show. Dan has arranged for the very popular Gary Morton to entertain the members of the Emerald Society at the March 23 meeting.

Everyone had a wonderful time at the trip to the Sands Casino on Feb. 19. The cost was \$25 and you got back \$20 to play with and \$5 for lunch. A nice break for winter fun. There are more events in March to attend. One is the Catholic Society's Mass on March 10, which the Emerald Society is hosting. The other is the St. Patrick's dinner on March 17. You can have corned beef, chicken Marsala, or tilapia at the dinner. There will be hors d'oeuvres, cheese and crackers, beer, wine and soda available. Out Cast Customs will provide the music. A fabulous evening!

The very popular trip to the Sight and Sound Theater in Pennsylvania will take place on April 19 and the cost is

\$99. Dan has also arranged another great trip for the Emerald Society members to enjoy. This trip is to Niagara Falls on September 6, 7, 8 and 9. This is a magnificent opportunity for everyone to relive your memories of a previous trip or to experience the Falls for the first time. More information will be provided at the next meeting.

Republican Club to meet

Join us for a Meet and Greet on Tuesday, March 15, at 1:30 p.m. in the Hawthorn Room. All are welcome. There will be a presentation by Cheryl Bass, chairperson for Republicans in Spotswood, who will speak about our tax issues.

Refreshments will be provided. Persons interested in joining the Republican Club are welcome. Dues are \$10 annually, and we will collect dues at the meeting. If you have questions,contact Ron Haas, president (609-235-7026) or Dee Frank, membership chairperson (609-409-0075).

and conductor, served as associate conductor of the Taiwan Symphony Orchestra and as conductor of the Alfred University Orchestra. She has received critical acclaim for her work. Ross Amico of WFFM, the Classical Network, has praised her as "a thoughtful and imaginative programmer, ...there is a unity in her concerts and her seasons, which demonstrates an intellectual curiosity, which is rare."

Individual tickets are available at the door for non-subscribers. The cost is \$15.

Gerda Kelly honored at luncheon

In late January, at a farewell luncheon at Fiddleheads Restaurant, the Rossmoor Music Association Board honored Gerda Kelly for her many years of service as a member and her devotion to the cause of bringing fine music to the community. She has moved into an independent living apartment at Meadow Lake.

Born on the European continent, Gerda lived for a time in England, where she was a pediatric nurse, before moving to the United States. Gerda met her husband John "Jack" Kelly, a native of Ireland, in New York City. Sadly, he passed away the very year, 1993, they moved to Rossmoor.

A lover of classical music, Gerda is particularly fond of oratorios and lieder, the kind of music in which her mother, a classical singer, performed.

Says Gerda: "Residents of Rossmoor have an opportunity that few other communities have, to hear fine music at a very reasonable cost. Subscriptions are really an excellent buy."

Rossmoor Rental Library

By Irene Poulin

The Last Mile by David Baldacci

Detective Amos Decker, the former football player, again puts his perfect memory to use while tackling his latest case.

The Gangster by Clive Cussler

Detective Isaac Bell forms a special task force to stop the murderous Italian crime group known as The Black Hand from running the streets of 1906 New York City. Now powerful men are being murdered left and right.

The Steel Kiss by Jeffery Deaver

Amelia Sachs is chasing down a killer in a Brooklyn department store when an escalator collapses and a bystander is caught horribly in its gears. She and forensic detective Lincoln Rhyme soon realize that this was no accident.

The Total Package by Stephanie Evanovich

The only person not impressed by star quarterback Tyson Palmer's redemptive Hail Mary pass is a woman named Dani, the media analyst whose heart Tyson broke when the two were in college.

Gone Again by James Grippano: A Jack Swyteck Novel

Three years after Sashi Burgette vanished on her way to school and a drunk driver was charged with her death, Sashi's mother approaches Jack Swyteck with the impossible news that Sashi called her

Clawback: An Ali Reynolds Novel by Judith Jance

When a Ponzi scheme costs Ali's parents their life savings, her father pays a visit to his financial adviser and longtime friend to even the score. But the adviser is already dead when Ali's father arrives.

No Safe Street by Fern Michaels

Molly may seem to have the perfect life, but the horrific high school prom and the vengeful aftermath that unfolded among Florida's orange groves still haunts her.

Miller's Valley by Anna Quindlen

Young Mimi Miller witnesses the decline of her 1960s farming town as she falls in love with the wrong man, faces heartbreak, and comes of age during the changing times.

Most Wanted by Lisa Scottoline

The hopeful wife of an infertile husband faces a terrible truth when the woman, now three months pregnant learns her donor has just been arrested for a string of vicious murders.

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Discover the secrets of beekeeping at Kiwanis meeting

Did you know that men risk being killed by Royal Bengal tigers each year in order to collect that golden nectar called honey? When beekeeper Linda Klink speaks at the Kiwanis meeting in the Cedar Room of the Clubhouse on Friday, March 18 at 1:30 p.m., she won't be relaying tales quite as harrowing as those often shared by honey gatherers from Bangladesh's Sundarbans, the largest mangrove forests in the world. But then, for generations these men have been forced, because of financial necessity, to travel from one island to another where these large cats prowl, in search of beehives belonging to some of the world's largest and most aggressive bees.

Linda must travel to her beehives, too. After all, she's a Rossmoor resident and so she can't keep bees in the three-foot space around her manor. But of course the risk Linda faces in her travels is primarily presented by other drivers speeding along narrow and winding country roads. However, even if what Linda has to share won't be harrowing, you should still find it interesting to learn exactly what she must do to ensure there's honey to gather each year.

The honey gatherers from Bangladesh cover their heads in cloth before they approach

the bees. They also carry lit torches made of leaves and twigs because they want to create smoke, since smoke causes most of the bees to leave the hive. After this has happened, someone will climb up the tree where the hive is located to cut the honeycomb. Of course, stings are a likely part of the process. Needless to say, though, they're not nearly as dreaded as a tiger's arrival.

So, what clothing does Linda wear when approaching her bees to tend to the hive or gather honey? What techniques does she rely upon? Well, come to the luncheon on March 18 and find out. Linda will be showing at least some of the items important in the business of beekeeping.

Talking about business, the honey gatherers engage in their dangerous work for three weeks each year. That said, they receive only \$70 or \$80 for risking both limb and life. Nonetheless, this small sum of money can ensure that families remain well fed the following year, as opposed to going hungry.

Here in the United States, beekeeping might be pursued merely as a hobby. After all, as Linda Klink stated, "While beekeeping is certainly fun, it's also expensive

(Continued on page 22)

Kiwanis meeting

(Continued from page 21)
and labor intensive.”

I suspect you have no desire to become a honey gatherer in Bangladesh. But you might enjoy gathering flavorful raw honey from your own beehives. While some articles on the Internet state that many seniors likely have the physical capacity to pursue beekeeping, you can ask Linda for her opinion on this matter. Also, you can trust what she has to say since Linda is a member of the Central Jersey Beekeepers Association and has been working with bees since 2009.

All residents are welcome to join Kiwanis members at 1:30 in the Cedar room of the Clubhouse on March 18. No reservations are required.

Would you like to learn how you might be of service to others through Kiwanis? Call President Alyce Owens at 609-860-0866 to explore the type of difference you could make at Rossmoor and in Monroe through your membership.

Daylight saving time starts at 2 a.m.

March 13



Clocks should be turned forward one hour

New Jersey Club news

By Eileen Parker

We will meet on Friday, March 25 at 1:30 p.m. in the Ballroom. Al Parker will give a program on “Mapping New Jersey,” about soil and water, planned communities, early travelers, and the diversity of its people. The subject comes from a Rutgers University Project, done with maps that create visual images of the many topics covered.

Come and learn more than you ever knew before about the state where you reside.

Refreshments will be served, and all are welcome.

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609-658-5213

Women’s Guild presents “The Coming of Orthodox Christianity to North America”

By Lana Ottinger

On March 17 the Women’s Guild will have Reverend Father Alexander Smida from the Holy Annunciation Orthodox Church in Brick Town, N.J. as our presenter. We will meet in the Gallery at 1:30 p.m. Lois Smida was an active member living in Rossmoor for many years and recently moved closer to her son. Women’s Guild has had Rev. Father Alexander Smida as a speaker several years ago. I have had many requests for him to return and he has consented. I have spoken to Lois and she plans on coming also to see her friends and hear her son.

Rev. Father Alexander Smida wrote this for The Rossmoor News to explain his presentation. “To many Americans the Orthodox Church is a very foreign, vaguely exotic organization, strongly affiliated with another society, perhaps even another time in world history, but not connected with America today. History shows that this is not the case. Orthodox missionaries began to arrive in North America in the 18th century, first to serve the spiritual needs of the first Orthodox immigrants, and later to evangelize the Native American peoples of the Pacific Northwest. Today Ameri-

cans of the Orthodox faith dwell in every state in the Union and English is steadily becoming the language of worship among believers of all ancestral nationalities. This presentation will outline the history of this rich addition to American life as well as trace the pilgrimage of millions of Orthodox from around the world throughout the past two centuries. Insight into the rich faith of the Holy Tradition of Orthodox Christianity will also be presented.”

All are welcome and invited to stay for fellowship, refreshments and to see Lois Smida.

Mutual News

Mutual 7 news

Spring is right around the corner and we are certainly looking forward to seeing the buds burst open.

Our annual directors’ meeting is scheduled for Monday, April 18, at 10 a.m. in the Ballroom. As always, refreshments will be served. At this meeting we will be electing one director and three alternate directors. Anyone interested in running for these offices, please submit a resume to Pam Clayton in the Administration Office on or before March 10. This will be the only chance to have it included in the Mutual mailing.

If you would like to attend, but do not drive, please call E&R at 609-655-4401 to schedule a ride on the bus, which will bring you to the Clubhouse and take you home after the meeting.

The directors, along with Maintenance, will be going around checking for any concrete work to be done. Concrete will be marked with an orange “X” where pavement will be replaced. You may see some areas with an orange “DOT.” These areas will be filled with a chem chalk material to fill in any open joints.

Just a reminder in the event you need to call Maintenance after hours using the emergency number 609-655-3060. There will be a \$75 charge to you, plus any expense deemed to be your responsibility. If the problem is not yours, the Mutual will pay for the cost of the repair only.

The Maintenance fee is \$52 an hour and is billed by the quarter of the hour. There is also a \$10 work order fee. This is still cheaper than calling in outside service. Use account number 02670072. Schedule an appointment date and have items placed by the dumpster the night before. This excludes all electronics.

If you have not upgraded your medical info at the Health Center, it is wise to do so in case of any emergency. This is especially in reference to medication changes.

If ever you call any of us

(Continued on page 23)

SPORTS



How many more weeks until opening day?



Golf Course Highlights

By Ted Servis, golf professional

What’s going on at the golf course? Spring is right around the corner, and that means it is time to start planning for the 2016 golf season. The Pro Shop will start receiving new merchandise in April, we still have plenty of golf equipment in stock now if you need to buy a gift for someone or just want something for yourself. The Pro Shop hours for the month of March are as follows, Monday 11 a.m. to

4:30 p.m., Tuesday through Sunday 8 a.m. to 4:30 p.m., all hours subject to the weather. If there is anything we can help you with or any questions we can answer, please give us a call at 609-655-3182. Thank you and I wish everyone a healthy and happy 2016 golf season.

Remember: the golf course is currently offering a referral incentive of \$200 in Pro Shop credit for bringing in new members.

Rossmoor Ladies’ 18-hole league – “Spoke too soon”

By Arlene McBride

I spoke too soon; last month we had the big one, hopefully the only one. It sure made a lot of winter golfers disappointed. The snow should be melted by March.

We put the clocks forward one hour this month and then we are only a few days from the start of spring (hurray).

Along with this article, the membership form for joining/renewing your membership will be printed in this issue. Please note change in dues and the deadline date is April 1. There will be forms in the pro shop as well.

Happy St. Patrick’s Day, and Happy Easter to all who celebrate these holidays.

Rossmoor 18-Hole Ladies’ Golf League

2016 Membership Form

Please return the membership application by April 1, 2016 or earlier.

Please renew my regular membership: _____ \$75.00
(Note: change in dues)

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: _____

GHIN #: _____

Address: _____

Phone: _____

Email Address: _____

Please make checks payable to: “Rossmoor Ladies’ 18-hole Golf League” and send checks to:

Arlene P. McBride
352A Old Nassau Road, Monroe Township, NJ 08831,
OR place the form with a check in the Ladies 18-Hole box in the Pro shop.

Religious Organizations

Emerald Society hosts Mass, Lenten rosary continues

By Gene Horan

The monthly Mass of the Catholic Society will be held in the Meeting House at 7 p.m. on Thursday, March 10, hosted by the Emerald Society. Father Michael Fragoso, pastor of St. James the Less Parish in Jamesburg, will be the celebrant. Mr. Jamie Frame will serve as the organist/cantor.

In anticipation of St. Patrick's Day, fellowship will fol-

low enhanced by home-made baked goods provided by the "Irish ladies."

The following events are scheduled during the month.

- **The Rosary** will be recited every Friday during Lent (including Good Friday) at 10 a.m. in the Cedar Room of the Clubhouse.
- **The Chaplet of Divine Mercy** will be prayed at 3 p.m. on Tuesday, March 15, in the Maple Room of the Clubhouse.
- **The Prayer Shawl Ministry** will meet at 1:30 p.m. on Thursday, March 10,

and Thursday, March 24, in the Craft Room of the Clubhouse.

The Catholic Society Board Meeting will be held on Tuesday, March 8, at 1:30 p.m. in the Meeting House Parlor. The Board wishes all the society members a holy and fruitful Lent.

Note: The Catholic Society will be continuing its series of programs on St. Luke's Gospel in the spring. The first session will be on Wednesday, April 6. Check the April issue of *The Rossmoor News* for details.

Nine Hole Women announce new season

By Doris Herron

Hoping that all wintry blizzards, etc., are only a faint memory by now, the Nine Hole Women's Golf Association is looking forward to the schedule of events for 2016, just announced by the tournament chairperson, Muriel Calvanelli. The season will be kicked off with a Spring Breakfast at 9:30 a.m. on April 5 in the Cedar Room of the Club House, hosted by the 18-hole women's golf group. This is always a fun time to renew acquaintances, and get into a golfing mode while enjoying coffee and delicious goodies.

The Breakfast will be followed at 10:30 a.m. by a meeting, which all Nine Hole Women's Golf Association members are urged to attend. Opening day on April 12 will feature a Step-Away Scramble, followed immediately by a luncheon, chaired by Joyce Cassidy.

In March a packet will be sent to all members with the schedule of tournaments, membership renewal application, etc. Anyone with questions about membership is encouraged to contact either Marie Bills, president (609-860-1912) or Mary Ellen Mertz, vice president (609-655-3711). The Nine Hole Women Golfers plan to enjoy another great season of golf, interacting with fun people every Tuesday morning. Remember, half of golf is fun, the other half is putting.

Mutual 7 news

(Continued from page 22)

and receive no response, there must be something wrong with the phone. Please always leave a message.

If you see something, say something right away. Having all help makes for a more efficient Mutual and I think we are tops.

Directors Arnold Jasper at 655-1495, Beverly Fasciano at 655-2429, Pat Ray at 732-407-0321, and Alternate directors Bernie Lake, Tonie Carrico, and Jack Fasciano

Rosie the Riveter revisits Rossmoor

By Dolores Grieff

A riveting program with Elizabeth Michaels playing "Rosie the Riveter" will be presented by the Sisterhood at its monthly meeting in the Ballroom at 1:30 p.m. on Monday, March 21. Rosie the Riveter has been a popular icon for many years when women were called on, in times of war, to take on tasks traditionally considered men's work, and have shown they were more than equal to the challenge.

Rosie is still popular as Norman Rockwell's *Saturday Evening Post* cover, featuring the strong, capable woman, and as a song of the same name, written by Redd Evans and John Jacob Loeb and recorded by Kay Kyser's band. Also, well remembered is J.



Rosie the Riveter

Howard Miller's poster "We Can Do It" featuring a woman riveter (mistaken for "Rosie").

More difficult for female riveters may have been returning to traditionally female roles once the men came home. Rosie has symbolized women as capable of rising to both

(Continued on page 24)

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HEALTH CARE CENTER NEWS

How to catch a cold

By Kaytie Olshefski
BSN, RN-BC

We all have come down with sniffles, sneezing, and that scratchy throat that signals we have caught a cold. We then ask ourselves, "How did I catch this cold?" The mystery is solved! Here are ways to catch a cold.

- Don't wash your hands with soap and water or use hand sanitizer.
- Touch everything where germs are lurking such as on doorknobs, toilet flushers, telephones including cell phones, shopping cart handles, all the buttons on the workout machines in the gym, an ATM machine, and shaking hands.
- Touch your face, nose, and mouth with your hands so the virus can enter your body, especially after touching the items just mentioned.
- When you are going to sneeze, just sneeze right out into the air and let the germs fly and land on objects and innocent bystanders.
- Leave your used tissues lying around so that the germs can be picked up by somebody else.
- If you want that cold your friend has, drink out of the same glass and use their utensils.
- Hang around and stay in close proximity to someone who is sick.
- A sure place to catch a cold is at the mall, or supermarket, or especially where children are, as at the library.
- Drink a minimum of fluids.
- If the air in your home is dry, your skin, eyes, throat, and nose will get used to the dryness.
- Breathe in tobacco smoke, which will make your lungs more susceptible to catching a cold.
- Being worried and anxious about a situation is a sure way to come down with a cold, as your immune system is compromised. Stress is the real deal to catching a cold.
- Don't stay home if you are sick. Share your germs with everyone you come in contact with at the Clubhouse, at work, at the gym, going grocery shopping,

and on bus trips.

- Don't take care of yourself. Not eating properly, especially not eating breakfast and not exercising makes you a prime candidate for catching that cold you have no idea where it came from.
- Getting less than 8 hours of sleep is a sure way to catch a cold.
- Drink more than one or two alcoholic beverages. Alcoholic beverages suppress your immune system and will make you more vulnerable to catching a cold.

Although this was done in fun, the seriousness is to avoid catching a cold. We all

know what to do and need to put it into practice. If you have a temperature, take Tylenol, drink fluids, and rest as much as possible. If you think you have the flu, call your doctor immediately to determine if antiviral medication is for you.

In our lecture series from Saint Peter's University Hospital, Bill Daily, who is a stroke survivor, will be speaking on "Stroke Awareness" on Monday, March 14, at 1 p.m. in the Maple Room of the Clubhouse. If you have any questions or are interested in attending, please call the Health Care Center at 655-2220.

Your Garden

By Mel Moss

Many plants in this world produce toxic chemicals, sometimes in the fruit or seeds, other times in the roots, stems, or leaves, and occasionally in all these parts. You might find that some of these plants are grown and sold commercially. Most of them are not lethal, but could sicken you or your pet cat or dog.

An interesting theory explains why plants produce these chemicals. Plants cannot move to escape insects and animals, including us, that want to feed on them. There are some plants, such as roses, barberries, blackberries, and raspberries that develop thorns to discourage predators. Other plants, by far the greatest number, have, through many years of evolution, developed chemicals to prevent their destruction. While some of these chemicals are very poisonous, more than 100 others have been used to create drugs and medicines. About 40% of today's prescription medicines are derived from plants. Of course, some plants also produce illegal hallucinogenic drugs, such as heroin, cocaine, and marijuana.

Many plants that are safe to eat in modest quantities contain toxins that might pose a threat to dogs, cats, and to a lesser extent even to infants or elderly people. For example, apple seeds are mildly poisonous. Cherry, peach, plum, and apricot trees have leaves and seeds that contain toxins. Rhubarb stalks are edible, but the leaves contain toxic quantities of oxalic acid. The stalks have slight amounts of oxalic acid, but not enough to be toxic.

Tomato leaves and stems contain solanine, which is toxic if ingested. As well, there is a small amount of a poisonous alkaloid, tomatine, in the leaves, stems, and in unripe (green) tomatoes, but the amounts are too small to be dangerous. Fortunately, ripe tomatoes do not contain any detectable tomatine. If a dog eats a large amount of a tomato plant, or of the unripened fruit, it will be toxic.

More than 1,500 species of plants have insecticidal value, such as rotenone and pyrethrin, which are extracted from certain types of daisy plants. Also, several varieties of the nicotiana family of plants have been used commercially as an insecticide. This is the same family of plants that produce cigarette tobacco.

A tropical tree that is native to India, the neem tree, produces an oil that alters the hormones of insects so they cannot fly, breed, or eat, which of course leads to their death. Neem oil is sold as an insecticide, often in combination with insecticidal soap. The oil is also useful for skin care.

Probably the three most dangerous toxic plants in the U. S. are poison sumac, poison oak, and poison ivy. Poison sumac is considered the most toxic native plant. Poison ivy is very invasive, growing as a vine, crawling on the ground, or spreading up onto trees or shrubs. Small clusters of creamy white berries are produced in late summer, which birds eat. In their digestive process, birds drop the seeds, which germinate and sprout into new plants. Poison ivy can be found growing almost anywhere, including here in Rossmoor.

Some of the most commonly grown plants that have at least potentially toxic chemicals are hyacinths and daffodils (bulbs), lily-of-the-valley (leaves and flowers), iris (rhizomes), foxglove (leaves), bleeding heart (roots and leaves), wisteria (seed pods), laurel, rhododendron, and azaleas (all parts), Taxus (yews, berries), and oak trees (acorns and leaves).

This is far from a complete list of plants that produce chemicals in their life cycles. Some of these chemicals are very useful to us and others we'd rather not have. But it does give pause to think that somewhere, many years ago, plants started to produce chemicals to protect themselves because they cannot run and hide from predators.

MAINTENANCE

By Marlene Niwore Yellow stake and yellow ribbon procedure

Many residents enjoy gardening and take pride in maintaining their own three-foot bedding areas. If you are one of them, you need to mark the bed so the landscaping company (High Tech) gets the word. This is done with yellow stakes at the corners of the bed where they are visible from either direction. Additional stakes are needed every six feet or so in between. The stakes mean nothing is to be touched. Some people only want to take care of a special bush or two themselves. If you don't want a bush pruned by the landscaper, please tie a yellow ribbon or two on it where it is very visible. Yellow stakes and ribbons, and more detailed instructions on their use, are available at no charge in Maintenance and E&R.

A/C Servicing

Spring will be arriving soon; on April 1 we will start taking requests for air conditioner servicing. As soon as weather permits we will service on a first-come, first-served basis. Our rate will remain the same this year. Prices are as follows:

Condo (except Mutual 4)
\$40.00 plus tax

Co-op (Including Mutual 4)
\$45.00 plus tax

Servicing includes inspection of system, checking Freon levels and filter replacement (parts, blue mesh filter and Freon are not included in price) Note: This price is per unit, if you have two units, the price is double.

Exterminating

If you experience a problem with insects inside or outside of your manor, please call the Maintenance Department. The exterminating company comes in every Tuesday. Please keep a sample so it can be identified for correct treatment.

Dryer vents

Some dryer vents in Rossmoor are vented into the attic. Please call our office for an estimate to vent it to the outside.

Alteration requests

If you are doing alterations to your manor, inside or out, you need to pick up a work request permit from the Maintenance Department. Please bring the contractor's insurance certificate with you. Contractors working in Mutuals 1, 2, and 3 must have the proper insurance. A list of insurance requirements may be picked up in the Maintenance Department

TRANSPORTATION TIDBITS Important phone numbers:

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

Monroe Township Transportation 609-443-0511

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

St. Peter's University Hospital
On Time Transportation 1-800-858-8463

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

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.

Landscaping

(Continued from page 24)

ing numerous awards for our work throughout the years. Our vision is to relentlessly push our business to continuously innovate and find new ways to connect with our customer base in order to enhance and improve your landscape needs. We are thrilled to welcome the Rossmoor Community as a partner and look forward to exceeding expectations for seasons to come.

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March Calendar of Events for Monroe Township Public Library

Sit -N- Stitch
10:30 a.m., Fridays, March 4, 18. Stitch projects; assist others, share tips, projects and patterns. Bring your own supplies. Light refreshments served. Registration not required.

Friday Afternoon Movie
2 p.m., Friday, March 4. Ian McKellen stars as an aging, retired detective gripped with early dementia. Movies are free, registration is not required.

Great Decisions: Middle East Update
10:30 a.m., Saturday, March 5. Discuss the latest U.S. strategy on the War on Terror. Register and reserve background information at the Welcome Desk.

Coupon Club
1:30 p.m., Monday, March 7. 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. Program is free and registration is not required.

Learn to Sew! Heart Shaped Potholders
3-5 p.m., Monday, March 21 and 6-8 p.m., Thursday, March 24. Students must take a "Meet Your Sewing Machine" class or have machine sewing knowledge prior to registering for this class. Register through the Library's website

Genealogy Club: Don't Forget the Ladies
Presented by Central Jersey Genealogical Club, 1:30 p.m., Wednesday, March 9. Membership Chair Nancy C. Nelson and President Carol M. Sheaffer of the Central Jersey Genealogical Club discuss finding and identifying the women in your past. Beginning and experienced genealogists welcome. Registration is not required.

Experience Heartfulness: Guided Relaxation and Meditation Session
2 p.m., Wednesdays, March 9, 16. Uday Kumar leads a two-session series promoting balance and inspiration in your life. Registration is not required.

Spring 2016 International Film Festival Sponsored by The Friends
2 p.m. and 6 p.m., Thursday, March 10. 2015 Academy Award® Foreign Language Film nominated drama in which an Estonian man remains behind to harvest his tangerine crop during the 1990 war in the Apkhazeti region of Georgia. Film shown with English subtitles. Tickets are \$1.00 and available at the Circulation Desk and at the door on movie day.

Book Discussion
With Irene Goldberg, 10:30 a.m., Friday, March 11. Discuss Pulitzer Prize-winner "The Swerve" by Stephen Greenblatt. Register and reserve your copy at the Welcome Desk.

International Book Club
10:30 a.m., Tuesday, March 15. Discuss "The Green Road" by Anne En-

right. Register and reserve your copy at the Welcome Desk.

Native Americans of Central New Jersey presented by Field Archaeologist Jim Wade
1 p.m., Tuesday, March 15. Indian artifacts and slide presentation about spring activities of New Jersey's first inhabitants. Registration is not required.

Coloring for Adults
1:30 p.m., Thursday, March 17. Stimulate your senses and creativity with coloring. Light refreshments and all supplies provided. Registration is not required.

New Jersey Symphony Orchestra: Celebrate Hispanic Culture Quartet
1 p.m., Friday, March 18. Performance made possible through a grant from the Middlesex County Cultural and Heritage Commission and the NJ Council for the Arts offered in collaboration with the Monroe Township Cul-

tural Arts Commission. Registration is not required.

2nd Annual Makerfest
11 a.m.-4 p.m., Saturday, March 19. Hands-on demonstrations and exhibitors for all ages celebrate the spirit of Do-It-Yourself. Interested crafters and vendors, for more information, contact Steve Hrubes at (732) 521-5000 ext.140 or shrubes@monroetwplibrary.org.

Princeton Symphony Orchestra Chamber Series
1 p.m., Monday, March 21. Violinist Marc Uys and harpist Jacqueline Kerrod perform compositions by Edward T. Cone and Sebastian Currier. Program offered in collaboration with the Monroe Township Cultural Arts Commission. Registration is not required.

Library Closings
Friday, March 25
Sunday, March 27

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

Senior Center Highlights

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

Being a registered member of the Office/Center is free and available to Monroe Township residents, 55 or better. Advance registration is recommended to ensure easy admission into a program. Registration is also available on the same day of an event from 9 to 11:30 a.m.

Music and More
Artist-in-Residence: On Monday, March 7, at 1:30 p.m., join State Theatre Artist-in-Residence, Glenis Redmond, for an inspiring, thought-provoking program of poetry and conversation. Please register in advance.

March Movie Times: On select days this month, enjoy a featured film: "EVELYN" - on Tuesday, March 8, at 1:30 p.m.; "THE MAN FROM U.N.C.L.E." - on Wednesday, March 23, at 1:30 p.m.; and, "MISSION: IMPOSSIBLE ROGUE NATION" - on Monday, March 28, at 1:30 p.m. A synopsis of each movie is available at the front desk. Please be sure to list the movie title and date when registering in advance.

All Things Irish: On Monday, March 14, at 10:30 a.m., we welcome back Paul White, from the Huntington Reading Group, as he looks at all things Irish: from the immigration of the Irish to America in the 1800's to their contributions to the arts, literature, sports, and more, during this hour presentation. Please register in advance.

The Syncopations' Irish Gig: On Thursday, March 17, at 2 p.m., have a wee bit o' fun as The Syncopations Dance Troupe makes a brief appearance to wish everyone "A Happy St. Patty's Day" with a special Irish-inspired appearance. Stay for refreshments, courtesy of The Gardens at Mon-

roe. Please register in advance.

Jerry's Travels: On Monday, March 21, at 1:30 p.m., join Jerry as he takes you on a river boat cruise through Northern France with key stops along the Normandy region along the northern Seine River. Explore picturesque towns such as Giverny, Bayeux, and more. Please register in advance.

Mike & Ted Present...Frank Loesser: On Thursday, March 24, at 2 p.m., join our friends from WWFM's The Classical Network for a look at Frank Loesser's musical contributions beyond Broadway, such as "Baby, It's Cold Outside" and more! Space limited. Please register.

Science Today: On the fourth Tuesday of every month at 1:30 p.m., Vivian shares her take on everyday science that stirs up questions/discussion. Please register in advance.

Artistically Speaking
Acrylics for All Levels: Starting on Tuesday, March 1, at 10 a.m., join Andrea for a fun and creative 3-day class (March 1, 15, 22) for beginners and intermediates. For new students, a course fee of \$45 p.p. includes supplies and instruction. For seasoned participants, a course fee of \$20 p.p. is due without supplies provided. Pre-registration is required, in-person, with payment. Space limited.

Art of the Masters: On Friday, March 18, at 2 p.m., join Christina for a brief lecture on Louis Comfort Tiffany. Then, individuals, with a PROJECT COUPON, will create wire jewelry in the artist's style. Coupons available upon request, in-person, while they last. Space limited.

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

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

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

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

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

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

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

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

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

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

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

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

Additional Resources
For additional information resources, it is suggested you visit these websites:
<http://www.ready.gov/>
<http://www.redcross.org/prepare>
<http://72hours.org/>

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

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

ARE YOU R.E.D.I.?
Be sure to review and renew your plan annually or as your needs may change

Classified Advertising

Transportation

JOE'S CAR SERVICE– Any place, any time. Special care - Doctors, nursing homes, shopping. Rossmoor resident (908) 433-8188.

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

APPELSON CAR SERVICE - All airports, medical facilities, Philadelphia, NYC. Luxury vehicles. Best rates in Monroe Township. (609) 558-5112.

CALL DOREEN – If you need a ride. Rossmoor resident. (609) 655-8489.

TRANSPORTATION – Airports, events, doctor's appointments and more. Call George (732) 887-5437.

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

TRANSPORTATION DOCTOR – Airports, trains, piers, doctors, local service, NYC. Reliable and references. Call Lon J. (732) 423-1847.

CALL ARETZ CAR SERVICE - We go to all airports and any place you need to go. (917) 821-2751/ (609) 860-7942.

Home Improvement & Services

GOT TRASH? NEED TRASH REMOVAL? All clean-outs. Estate closings. Demolition/removal. Check us out: acere-movallc.com (732) 521-5500.

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

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

SAM'S PAINTING – Quality painting and wallpaper removal. 30 years experience. (732) 616-8402.

Miscellaneous/ Services

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

PROFESSIONAL HAIRCARE SERVICES – References available. (908) 705-2227.

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

DOG WALKER/PET SITTER – A true animal lover. Barb (732) 735-4243.

PET CARE – Loving, responsible, experienced. Reasonable rates and great references. Please call (609) 664-2237.

PROFESSIONAL PET CARE – Bonded and insured. Call (609) 860-9696.

TECH BUDDY for SENIORS – Simple step-by-step help with smartphones, computers, tablets. EBay postings to video chats. I bring technology to you. So easy my 99-year-old mom can do it. Always patient and enthusiastic. Low cost individual and small class rates (732) 589-4974, bcholewa@icloud.com

COMPUTER REPAIRS - RJF Sales Company LLC (formerly Monroe Computer Service). 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. www.monroe-computer.com (732) 723-9537 or (732) 967-3400.

Tax Services

INCOME TAX PREPARATION – Michael Stiller, MBA. 37 years experience. In-home appointments. Prompt service. (732) 718-9050.

Owe Money To The Internal Revenue Service? Contact a former Revenue Officer with the Internal Revenue Service for representation. Arthur (609) 664-2753.

Wanted to Buy

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

Lost

LOST: MALE DIAMOND WEDDING RING in Stop & Shop supermarket or parking lot. Family heirloom over 100 years old. Please return. Reward. Call (609) 860-0115.

Help & Health Services

IN-HOME CARE ASSISTANCE – (Non-Medical). Very reasonable rates. Barb (732) 735-4243.

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.

COMPANION/DRIVER – Compassionate, experienced Rossmoorite happy to assist. Judy (609) 655-1026.

CARING ELDER CARE – A local service you can trust. We will help you live independently; two hours a day or a few hours a week. Experienced. Flexible schedule. (646) 413-0813. www.CaringElderCare.com

AT ANGEL TOUCH HOME CARE we provide excellent care for elderly and we make sure that we have the best qualified workers for the job. We are a company that cares for our patients and makes sure they are treated by the best. 24-hour care (living with resident). Elderly companionship. Call (609) 907-6059. Private care option. Call Anna at (609) 409-1600 or (908) 337-7462.

Housedcleaning Services

NICE JEWISH GIRL'S HOUSE CLEANING and Health Aide Service. Over 20 years experience. Low rates. Insured and bonded. Call Eileen at (609) 860-9050.

SANDRA'S PERSONAL HOUSE CLEANING – Working 12 years in Rossmoor. References available. Call Sandra (609) 529-6209.

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

HENRYKA'S HOUSE CLEANING – Quality work. References available. Call (609) 586-0806.

IZABELA'S CLEANING SERVICE - Professional house cleaning. Quality work. References available. Reasonable. 2 bedroom/2 bath, \$65 and up. Experienced. Free estimates. (609) 954-0181 or (609) 656-9281.

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

The Rossmoor News Editorial Board welcomes anyone interested in joining us in any capacity.

REMEMBER OUR MEN AND WOMEN IN THE SERVICE



Pitch in for the planet



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 2016 – 2017 edition:

NAME: _____
ADDRESS: _____
(1) PHONE OR (1) CELL: _____

****All Changes must be received by July 15, 2016****

If your name, address and/or telephone number in the 2015 – 2016 edition is correct, it is not necessary for you to complete this form.



MONROE TWP. FIRE DISTRICT #3 AT YOUR SERVICE, ANYTIME.

www.mtfd3.com
609-409-2980

CLASSIFIED Ad COUPON

Check those publications that apply:

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

☐ Check here for all seven publications

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

MAIL TO Princeton Editorial Services, Inc.
P.O. Box 70, Millstone Twp., NJ 08510

RATES

\$14 for 10 words, 50 cents each additional word *per publication*.
Sample: 10 words in two publications = \$14 x 2 = \$28.00
No discounts apply. All ads must be mailed with payment.
No classifieds accepted by phone or email.

- Note: Phone numbers count as one word. Do not count punctuation. Do not abbreviate.
- State category/heading, ie., "For Rent", "For Sale", "Help Wanted." You will not be charged for the heading.
- One check or money order must accompany insert.

MADE PAYABLE TO PRINCETON EDITORIAL SERVICES, INC.

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

Name _____
Tel. # _____

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

PLEASE PRINT YOUR AD BELOW OR ON a 8.5 x 11" PAPER

CATEGORY/HEADING: _____

ADVERTISEMENT



New Directions

IN HEALTH AND WELLNESS

An educational medical series brought to you
by Northeast Spine and Sports Medicine

This month's topic: **NEUROPATHY**

Say goodbye to foot and leg pain

NEW Non-surgical, FDA approved treatment for Peripheral Neuropathy now available locally

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

What is Neuropathy?

Peripheral Neuropathy is the consequence of damage to your peripheral nerves. There are over 100 different kinds of these disorders – some are caused by a disease like diabetes while others can be triggered by a virus 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.

Peripheral Neuropathy Symptoms include:

- Tingling, burning and/ or numbness
- Pain when walking
- Loss of balance
- Pins and needles sensation
- Restless legs
- Muscle Weakness
- Spontaneous pinching, sharpness, or electric shock-like pain

In the past, treatment options have been limited to a small assortment of pain medications. However, they only provide temporary relief and can be habit-forming. Ignoring the problem or masking the symptoms is also ill-advised, as it can lead to emotional stress and depression. So.. what is the best course of action for treatment of Peripheral Neuropathy?

A New Hope for Lasting Relief

After years of study, training and trials, Northeast Spine and Sports Medicine is pleased to announce their new integrative program for treating Peripheral Neuropathy. This mode of care incorporates a combination of advanced FDA-cleared treatments with breakthrough technology that aids in the restoration, stabilization, and rebuilding of damaged nerves in your extremities. The options are non-surgical, provided under one roof and covered by most insurances, including Medicare. Healing effects can be felt on the first few visits.

Our treatment options include:



• **MicroVas** — A non-invasive, pain free treatment that elevates blood flow and tissue oxygenation to the problem area. This treatment



HELLO WORLD: Get rid of irritating numbness and pain in your legs and feet with a NEW non-surgical, FDA-approved treatment covered by most major insurances, including Medicare!

has proven effective for not only Neuropathy but also chronic low back pain, carpal tunnel syndrome, sports injuries, pressure ulcers, ischemic rest pain and wounds that are otherwise slow to heal.

• **Acupuncture** — Through clinical trials, acupuncture has been proven effective in treating various medical conditions including neuropathy pain and has been expanded into conventional medicine practices throughout the world.

• **Physical Therapy** — A traditional treatment methodology aimed at the treatment and curing of certain ailments common to

patients suffering with chronic or severe pain. Its primary aim is to bring back the patient to his/her normal self, free of any pain or suffering.

• **Cold Laser** — A gentle, non-invasive treatment that is successful in treating joints and nerves without pain or discomfort to patients.

These treatments have also been effective in addressing the painful symptoms of arthritis, MS, and other forms of chronic pain.

If you are suffering from the tingling, itching, numbness or burning associated with Peripheral Neuropathy, the doctors and staff of Northeast Spine and Sports Medicine invite you to call

their office and schedule a complimentary consultation. There is hope for those suffering with Peripheral Neuropathy. The advanced treatment programs offered by Northeast Spine and Sports Medicine can help you get your life back to where you were before the pain began. Say goodbye to pain and hello to a world of relief.

For details about Northeast Spine and Sports Medicine's Neuropathy treatments, call 732.276.1313 (Jackson Office), 732.722.5953 (Point Pleasant Office), 609.488.4189 (Barnegat Office), 732.561.8118 (Monroe Office) or visit www.northeastspineandsports.com

goodbye foot and leg pain...

hello world.

**MONROE
LOCATION
NOW OPEN**
350 Forsgate Drive
Monroe, NJ 08831
732.561.8118

**Get the non-surgical, FDA-cleared treatment for
Peripheral Neuropathy**

FREE MRI/ X-Ray Review

Limited to the first 30 callers! Call today to secure your appointment!
Offer expires 3/31/16

NorthEast
SPINE and SPORTS MEDICINE



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