



Rossmoor IN News



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March 2018



Rossmoor Executive Committee and members of the Board of Governors

Big honor goes to RCAI Board of Governors

By Carol De Haan

Our Rossmoor Board of Governors was cited as the "2018 Community Board of the Year" for homeowner associations in New Jersey with more than 1,000 units, coming in first among numer-

ous applicants.

This prestigious award was made by the Community Associations Institute of New Jersey at their annual award dinner, held at the Imperia Banquet Center in Somerset, N.J. on February 15.

RCAI President Dan Jolly accepted the award on behalf of all members of our Board of Governors, in the presence of more than 325 guests at the largest annual event of the CAI-NJ.



RCAI President Dan Jolly

"It was a very nice evening," said Dan. "I was proud and honored to receive this award and also gratified to see our many Board members receive this recognition. They are hard-working, dedicated people." The plaque can be seen in the display case in the lobby of the Clubhouse, after the next Board meeting.

Noting the many advantages that Rossmoor offers to its residents, the presentation also acknowledged Rossmoor's contribution to the state-wide organization: offering space for seminars, classes, and lectures; mak-

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Focus on: Groups and Clubs Shuffleboard

By Jean Houvener

Every day at 9 a.m. or 5:30 p.m. from April through October, the Shuffleboard Group gathers to play a round or two. There are not formalized teams. Instead, they draw cards to form the teams of two for whoever comes to play. The group has its own equipment in one locker. There is also a locker for generally available equipment for anyone not part of the group who comes at a time when the group is not there. For someone who wants to try out the sport, it is best to come when the group is there and to join this welcoming group for a round.

Points are won by pushing the disks with a cue and

placing them within the lines of a number on the play triangle. Disks landing on a line do not earn points. Teams set up with one player from each team at each end. The two opposing players at one end alternately play four disks each. Strategies can include placing the disk on a number for points, or knocking an opponent's disk off a number, or a combination of the two for a really good play.

Other strategies involve blocking and protecting. The most points for a single disk would be 10 points at the top of the triangle, but the worst is -10 points at the base of the triangle, or "in the kitchen," which moves the score to negative territory. Even better is knocking your opponent's disk into the kitchen, while stopping your own disk on a positive number, not easily done. When all eight disks at one end have been played, the other two members of the teams play the disks from the opposite end.

New Website

Announcing Rossmoor's new and improved website: rcainj.com.

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

Rossmoor Chorus warms the Meeting House

By Jim Wilson

It's not often that the Meeting House erupts into a joyous standing ovation on a Sunday afternoon, but that's what happened as the Rossmoor Chorus wrapped up its "Winter Warmup" concert. The nearly capacity crowd on Feb. 11 enjoyed a mix of music, ranging from sacred to secular, from gorgeous cantata pieces to "Chim Chim Cher-ee."

Led by Director Cecile Wang, the chorus program began with "Watu Wote," a song incorporating Swahili, emphasizing the fact that all of us belong. Other songs included "I Will Lift Up My Eyes," and "Washed Anew," with hand bells played by

members of the Community Church and Prince of Peace Lutheran Church and directed by Marie Montanari. The first part of the program ended with "The Kingdom," based on Romans 14:17. In the second part of the concert, fun kicked into high gear with two songs from Mary Poppins, "Chim Chim Cher-ee," and "Supercalifragilisticexpialidocious," and a Hawaiian version of "Over the Rainbow" with Carol Baldessari on guitar. The women then sang "Best Day of My Life," followed by a moving rendition of "Glory, Glory, Hallelujah!," sung by the basses and tenors. The third part of the program in-

(Continued on page 14)



Music Director Cecile Wang using umbrella during songs from Mary Poppins. Nice touch, Cecile.

HCC: Myths and facts about falls

By Kaytie Olshefski, BSN, RN-BC

Falling is not on your to-do list, but it happens when least expected. All it takes is one fall to increase your chances of falling again. There are many reasons why someone falls. There are also many ways to prevent falls from happening. It is a well-known fact that once a person has fallen, there is a fear of falling again. This impacts a person's way of living

and limits activities and way of doing things. People lose confidence in themselves and in their abilities. You have the power and knowledge to lessen your chances of falling. Here are some myths and facts about falling.

• **Myth: It's no big deal if I fall.**

Fact: It is well documented that one in four people over the age of 65 fall. Serious

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at the governors' meeting

February 15, 2018 Board of Governors Meeting

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

Vincent Marino, Jr., gave the Maintenance Committee report and stated the support for all resolutions being presented to the Board. Joan gave the Community Affairs report, announced upcoming events, flu shots are still available in the Medical Center and stated the support for all resolutions being presented to the Board. Gerald McQuade, reported that the Financial Analysis and Resolution Status reports were reviewed at the Finance Committee meeting and RCAI continues to have a year-to-date surplus, through November 30, 2017. He also stated support for all resolutions being presented to the Board. Peter Kaznosky gave the Golf Committee report, stated support for all resolutions being presented to the Board, and that the next meeting will be on May 8, 2018 at 2 p.m. in the Village Center

The RCAI Reserve Study anticipated funding for the replacement of the retaining wall and fence at the Salt Barn in 2017. The Board approved the resolution not exceed \$53,478.76.

The RCAI Reserve Study anticipated funding for resurfacing the Village Center Parking Lot, Sharon Way, the Meeting House Parking Lot, pavement reconstruction, curbing replacement, sidewalks/stoops replacement and storm inlet reconstruction. The Maintenance and Finance Committees recommended and the Board approved the resolution not exceed \$617,338.44.

The RCAI Reserve Study anticipated funding for the purchase of one five cluster street light and one pole street light. The Maintenance and Finance Committees recommended and the Board approved the resolution not exceed \$8,030.75.

The RCAI Reserve Study anticipated funding for replacement of the Village Center Asphalt Roof Shingles and PTO roof. The Maintenance and Finance Committees recommended and the Board authorized the engineering services and oversight of FWH. The Maintenance and Finance Committees approved the resolution not to exceed \$4750.00

The RCAI Reserve Study anticipated funding to purchase a replacement greens mower, a Gator vehicle and a bunker rake. The Finance Committee recommended and the Board approved the resolution not to exceed \$54,914.09.

The RCAI Reserve Study anticipated funding for the purchase of an additional turf gator for the Golf Course. The Finance Committee recommended and the Board approved the resolution not to exceed \$5865.75.

The RCAI Reserve Study anticipated funding for the purchase of an additional turf gator for the Golf Course. The Finance Committee recommended and the Board approved the resolution not to exceed \$5865.75.

Big honor goes to RCAI Board of Governors

(Continued from page 1)

ing annual donations; and by encouraging Board members, residents, and staff members to take part in CAI-NJ functions.

The New Jersey Chapter of the Community Associations Institute is dedicated to enhancing the quality of

community association living through education, legislative advocacy, and professional development.

Rossmoor's General Manager Jane Balmer completed the lengthy application form to nominate the RCAI Board of Governors for this distinction.

Open RCAI Meetings in March

Thursday, March 8

Standing Committee Meetings 9 a.m.

Maintenance Committee
Community Affairs Committee
Finance Committee

Thursday, March 15

Board of Governors Meeting 9 a.m.

All meetings are held in the Village Center Meeting unless noted otherwise
Please watch Channel 26 for any changes or cancellations.

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

Bits & Pieces

Sue Ortiz

After a bitterly cold winter, March 20 cannot come soon enough!

Spring is my favorite season for many reasons: the bright, Easter-egg blue sky after a long, gray winter; the warm breeze that sends your hair in all directions, now that you don't need to wear a hat; the chirps of newly-hatched birds hungry and waiting for mom to feed them; the first gentle rumble of a thunderstorm in the late afternoon; sitting on the front porch and being serenaded by a mockingbird's peaceful refrain; the beginning of a new bed of flowers, their young faces uplifted toward the warm sun.

March 20 is also my Dad's birthday. So, growing up, we celebrated spring and his birthday on the same day. He loved gardening, puttering around the yard, and, like me, collecting things.

My Dad's collection of letter openers consists of over 100 unique pseudo-knives of all shapes, sizes, and sharpness. Mostly of sentimental value, the openers were collected through our years of day trip souvenir shopping and scavenging yard sales, flea markets, and antique shows.

The collection includes quite a few polished brass openers: There are several eagles, an anchor, a whale, a golf club, a unicorn, a bust of good old Honest Abe, and even one that says DAD. The hand-carved animal openers are crafted of various woods and includes a cat and Amish profile of pine, a mahogany deer, an African bust and a vulture of polished ebony, and an olive wood elephant. There are metal swords sheathed in both leather and metal, their hilts decorated with scrollwork, enamel paint, and "jewels." My Dad always picked up generic souvenir openers from our trips to Lancaster and N.Y.C., bayonet

guns from Valley Forge and Gettysburg, and one carved from a tree branch from Smithville, N.J. His assortment also includes three Fuller Brush Man marbled plastic openers, several carved from animal horns, and a couple of old celluloid and acrylic ones advertising Coca-Cola and a dairy farm. The list goes on.

I didn't continue his collection after his passing, but I did pick up one special letter opener since then: on eBay I found an old ornate silver one with English hallmarks. It is carved with the name "HG Wells." I can only hope that it really belonged to my favorite author.

But, despite having an arsenal of letter openers at the ready, I use scissors to cut open those pesky white envelopes that appear in my mailbox each week. Alternately, I tear them open with my index finger, risking a major paper cut and leaving a snow-like trail of white paper snips from the front door to the kitchen trash can. But, let's not talk about snow -- that's a four-letter word in my house.

If only I could gather up some of this spring weather, slip it into an envelope, slap on some postage, and put it in the mail to be delivered to me on Dec. 21. Maybe then I would use one of my Dad's letter openers to open it.

Happy spring!

B&P

Collections collect collectors. It doesn't work the other way around. A certain object misses its own kind and communicates that to some person who surrounds it with rhyming items; these become at first a quorum, then a selective, addictive madness. Allan Gurganus -- (American novelist, b. 1947)

B&P

(My Dad also collected -- of all things -- swizzle sticks! But, that's a story for another day.)

Shuffleboard

(Continued from page 1)

The teams play to 75 points or until the scorecard is full, in which case high score wins. The scorecards are chalkboards lined for 16 shifts from one end to the other. The group is friendly and enjoys chatting with each other when the games are over, or as individuals sit out a round. They also enjoy one of the best views in Rossmoor, looking out over the Golf Course, and there is almost always a good breeze and shade to be found.

In April watch for the announcement on Channel 26 to sign up for the group,

which can then make plans for their summer activities. This past year, the activities included competing in the Mayor's Cup in September, a High 4 Tournament, and their "Under the Stars" evening tournament, a delightful evening of food, music, and play in July. They also have a Senior/Senior tournament where one-half of the team is a senior from Rossmoor and the other half is a senior from Monroe Township High School. The tournament is a lot of fun for both residents and students. Mary Leone is the contact person for the group and anyone with questions can contact her.



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Anne Rotholz
Linda Bozowski
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The Rossmoor News a monthly periodical is mailed to every home within the Rossmoor community. News items are welcome. Appropriate

news items from outside organizations will be considered as space permits. 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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Beware the Ides of March

By Carol De Haan

Julius Caesar was assassinated on March 15, 44 B.C. while on his way to games in the Roman Forum. The conspirators who killed him claimed they were doing it to save the Roman Republic. Instead, they destroyed their government, and before long, their whole way of life.

The phrase, "Beware the Ides of March," was Shakespeare's invention. Much of what we recall about that date derives from his play, "Julius Caesar." Shakespeare had done his research. He read all the ancient authors who wrote about those fateful events.

What we know about that time

In an agricultural society, the new year tends to come at the start of the growing season, hence March. The term "Ides" refers to either the 13th or 15th of the month, when the full moon shines down on a darkened world.

The full moon in March marked their new year, and Romans celebrated it with as much gusto as we do our new year: public events, house parties, revelry in the streets, and – alas – public intoxication.

The conspirators accosted and stabbed Caesar. He stumbled away. They stabbed him again, a total of 23 times. Blood was everywhere. He is reported to have said, "You, too, Brutus?" to the conspirator who might have been his own son from a youthful alliance. The conspirators left his mangled body lying in the street, as they ran out to tell the populace that they had "saved" Rome from tyranny. The people wanted none of it; Caesar had been loved by the common man.

Rioting and mayhem ensued in that great city. Gradually, as order was restored, a triumvirate (a three-man coalition) emerged to rule Rome, with democratic governance nowhere in sight. Lepidus was soon out of the picture, leaving Caesar's friend, Mark Antony, and Caesar's nephew and heir, Octavian, in charge of that vast empire. They decided to split it with Antony in charge of the eastern half, centered in Alexandria, Egypt. Octavian ruled the western half from Rome. They came to blows in 31 B.C. at the naval battle of Actium, off the coast

of Greece. Antony and Cleopatra, in her enormous Nile barges, could not outmaneuver Octavian's smaller, more agile ships. Defeated Antony retreated to Egypt where he fell on his sword, leaving Octavian sole ruler of Rome's vast empire.

Octavian changed his name to Caesar Augustus, had himself declared a living god, and began the 300+ years of rule by emperors, none of them elected by the citizens. Here and there, an emperor worked for the betterment of the populace; most of them worked to enrich and empower themselves. Some, like Nero, were probably insane.

In time, Roman aqueducts deteriorated, leaving swamps throughout the city. Malaria proliferated. The infrastructure fell apart. Poverty prevailed. The magnificent city of Rome collapsed and the empire moved eastward to wealthy Constantinople and the famous Emperor Justinian.

What does this say to us?

It says that democracy, or a democratic republic, might not last indefinitely. Many democracies deteriorate within two to three hundred years. Remember that Ben Franklin said, "Now you have a republic. Let's see if you can keep it."

Well, can we?

Democratic republics often end in chaos, and, like Rome, come to be ruled as an oligarchy, which is government of the wealthy, by the wealthy, and for the wealthy.

We can avoid this fate by paying attention to current events; by watching what our elected representatives are up to; by calling, writing, or emailing them with our convictions to make sure they are not tempted to stray from the straight and narrow. The motto of the French Revolution was, "Eternal vigilance."



Denarius coin

It should be our motto, too.

The single most important thing we can do is VOTE. Make sure we are represented by honorable, smart, and ethical people. We need no Ides of March in this great democratic republic called America, which has been so good to us for so long.

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Women's History Month

By Jean Houvener

In 1975 the U.N. recognized March 8 as Women's History Day, subsequently expanding that to a week and then a month. In the U.S. the National Women's History Month follows a similar path, with President Carter recognizing Women's History Week in 1980, and President Reagan following suit in 1981. In 1987 the National Women's History Month was declared and has been recognized each year since by all U.S. presidents.

Historically International Women's Day was first held on March 8, 1911. On March 8, 1917, in Russia women textile workers went on strike, demanding food and peace, particularly the end of World War I. Days later Czar Nicholas II abdicated, and the Provisional Government

that replaced him gave Russian women the right to vote. Thereafter the day was primarily observed in communist countries until 1975 after the U.N. declaration.

Since half the world's people are women and since a month is only eight percent of the year, you might think that a month is rather too short, particularly when you consider without women there would be no history whatsoever. Women have been important in history for millennia — think Cleopatra, Livia Drusilla, Empress Theodora, Joan of Arc, Queen Elizabeth I, Catherine the Great, or more recently Abigail Adams, Dolly Madison, Elizabeth Cady Stanton, Susan B. Anthony, Sojourner Truth, Harriet Tubman, Grace Hopper, Katherine Johnson, and many others.

In general, little was written about women.

If history is written by the victors, one has to wonder what war women lost to have been virtually written out of history until recently.

Fortunately, in the last 30 years, many of these stories are now being taught more broadly and as part of the basic history curriculum for students. Hopefully this will continue and we will all be more aware of the many accomplishments, heralded or as yet unheralded, of women through the years. This year's theme is "Nevertheless she persisted," not just in recognition of Elizabeth Warren, but also of all the women who have been silenced or sidelined through the years, who nevertheless pursued their calling and contributed to our history.

Douglass celebrates 100 years and alumnae

By Terre Martin

Over the past 100 years, Douglass College has graduated many famous alumnae, author Janet Evanovich being just one. But closer to home, right here in Rossmoor, many of her graduates have made their mark on our local community. Some graduated when the school was known as New Jersey College for Women, some when it was Douglass College, and today's graduates are from Douglass Residential College. They are all the same name for a school that has persevered through wars, reorganizations, and threats to women's education. Here are just a few of the beneficiaries of that perseverance.

Michelle Williams, our assistant general manager, graduated from Douglass in 1998 as a "Bunting" student. After raising a family, she wanted to go back to college for a degree. She attended Middlesex County College, and then transferred to Rutgers. A counselor told her about a special program of-



Adelaide Zagoren



ferred at Douglass for non-traditional students. The Mary I. Bunting program was established in 1958 to recognize the needs of women who want to complete their college education later in their lives and careers.

Michelle took advantage of the opportunity and focused on exercise science and sports management. She made close friendships in the program, and was particularly influenced by a favorite professor, Dr. David Fagley. After graduation, she worked as the activities director at Forsgate for seven years, until she saw an ad for an activities director at Rossmoor. After a lengthy interview process, she was hired as the Clubhouse manager, where she oversaw E&R programs for 13 years. She still holds that position, but today she is also the assistant general manager for our community.

A long-time resident who passed away in 2014, had a profound impact on Douglass college and is still remembered and missed today. Adelaide Zagoren graduated from the New Jersey College for Women (NJC) in 1940. She was a leader since her days as a student. Adelaide once commented that when she arrived on campus in 1936, she never wanted to leave. She eventually became the Executive Director of the Associate Alumnae of Douglass College and held that position for 26 years.

She was the driving force behind many programs that benefited undergraduates and alumnae alike. She was a phenomenal fund raiser for the school and promoted the idea that “innovative education and leadership training for today’s young women is vital. Douglass’ excellence in providing a stellar education is only possible with strong alumnae support.”

Adelaide was also well known for her work in the non-profit community. She was a board member and generous contributor to numerous organizations that enriched the lives of many in our community: arts organizations, Jewish causes, and organizations focused on youth services such as the Girl Scouts and the United Way.

Today, the alumnae association sponsors a lecture series in her honor. The next Zagoren lecture will be on March 6. Professor Laura Micheletti Puaca, DC '99, will discuss "Searching for Scientific Woman Power," and encouraging women to enter scientific fields. More information can be found at www.douglassalumnae.org.

Roberta Ambler, another long-time resident, graduated from NJC in 1943. She is part of a Rutgers family that has seen four generations of family members attend. Her daughter, Barbara, graduated from Douglass in 1977, and her father was a Rutgers

(Continued on page 5)



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Humorists are Artists

By Bob Huber

You may want to note on your calendar that March is Humorists are Artists Month, the month in which we acknowledge the distinction between comedians and humorists.

A comedian performs jokes with the intent of soliciting an immediate response, hopefully laughter; whereas, a humorist holds up a mirror so that we see things from a different perspective, often revealing the absurdities in life.

America is home to two outstanding icons of humor: Mark Twain (Samuel L. Clemens) and Will Rogers, the cowboy philosopher. Neither one had much formal education, but their understanding of the world around them was phenomenal.

Mark Twain (1835 – 1910) lived on the brink of poverty early in his life, so he began working at a young age, taking on many different jobs to keep food on the table, eventually becoming a journalist and lecturer. Here are just a few of his observations:

- When you find that you are on the side of the majority, it's time to reform.
- Be careful about reading health books. You may die of a misprint.
- Go to Heaven for the climate, Hell for the company.
- Honesty is the best policy, when there's money in it.
- All you need in life is ignorance and confidence; then success is assured.
- I am not one of those who in expressing opinions confine themselves to fact.

Will Rogers (1879 – 1935) came into national prominence through vaudeville as a rope trick artist. He once noted that sometimes the silence on stage could be deafening, so he began talking about anything that came to his mind while performing his act. Soon, people were coming to hear his commentary more than watch him

twirl ropes. Further exposure as a motion picture actor and a popular figure on the lecture circuit branded Will as America's favorite homespun philosopher.

Tragically, Will Rogers was killed in an airplane accident in 1935, but his commentary remains evergreen:

- Do the best you can and don't take life too serious.
- People's minds are changed through observation and not through argument.
- Make crime pay. Become a lawyer.
- Be thankful we're not getting all the government we're paying for.
- Even if you're on the right track, you'll get run over if you just sit there.

- Good judgment comes from experience, and a lot of that comes from bad judgment.
- I don't make jokes. I just watch the government and report the facts.
- Everything is funny as long as it happens to somebody else.

No doubt some of today's stand-up comics consider themselves humorists and perhaps some of them are, but so much contemporary humor has a sharp edge designed for shock value rather than perspective on the human condition. It would do well for those who hope to raise humor to an art form to study the work of the American masters: Mark Twain and Will Rogers.

Nutrition question of the month – Are potato chips good for you or just good?

By Linda Bozowski

What's the scale saying these days? Maybe a little too much holiday feasting? And Super Bowl Sunday and Valentine's Day have just gone by, with the blue cheese and chocolate. Maybe talking about potato chips is not a good idea, but National Potato Chip Day is on March 14 and we can't let it go by without acknowledging Herr's sour cream and onion.

Fried potato slices were first introduced in 1822 in England. Other early recipes were published in 1824 and 1832 in the U.S., citing the British William Kitchiner cookbook. Chips were not really introduced until 1853, when it is reported that Cornelius Vanderbilt was served the food after complaining that his previously served French-fried potatoes were unsatisfactory. The chef, who later owned his own restaurant, sliced a potato very thinly and deep-fried it. Van-

derbilt supposedly loved the food and the product was named Saratoga Chips.

The first mass-production company making potato chips was based in Pennsylvania. It took some doing to create packaging that would protect the chips while keeping them fresh and unbroken. Finally, in the 1920s, Laura Scudder invented a package made of wax paper formed into bags that filled the bill. The introduction of cellophane improved upon the wax paper, and now plastic bags are used. The bags have nitrogen gas blown in after the potato chips are packaged, which provides additional cushioning for the chips and lengthens shelf life.

Different countries enjoy many different potato chip flavor additives. In the U.S., the most popular flavors are sour cream and onion, barbeque, and salt and vinegar, plus the basic salted

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Happy Spring!

Douglass

(Continued from page 4)

professor. After graduating with a chemistry degree, Roberta worked for General Foods doing research in their labs. She eventually left to be a wife and mother.

Among her fondest memories of college life are singing in the choir in beautiful Voorhees Chapel and living in one of the small houses on the Gibbons campus. She and her daughter share that memory. She also remembers taking a Spanish class with fellow Rossmoorite Doris Herron.

Next month, more of our residents will be featured in recognition of Douglass' 100th anniversary. Please email terre.martin3710@gmail.com if you graduated from the school, so you can be included in our walk down memory lane.

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Saint Patrick's Day is celebrated worldwide

By Anne Rotholz

Saint Patrick's Day celebrations and parades are not just for Dublin, New York and Chicago. Among the hundreds of parade locations some of the following may come as a surprise — London, Oslo, Moscow, Tokyo, Seoul, Mumbai, Sydney, Cape Town and Buenos Aires. In recent years St Patrick's Day has been celebrated in Space. Astronauts have worn green, played Irish music or posted pictures of Ireland in honor of the occasion.

It is hard to imagine a country as small as Ireland having such a global reach. Maybe it is because the Irish people have Celtic genes that make them rugged, energetic and artistic.

Perhaps their independence comes from a long history of oppression. Whatever the reason the world is a bit more colorful because of their presence.

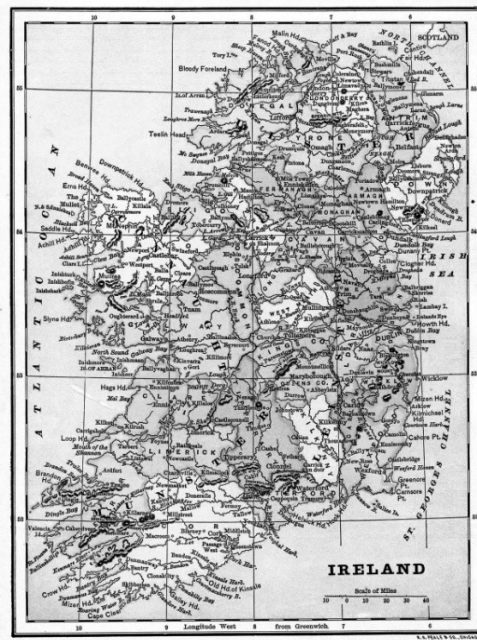
The map of Ireland is not a newcomer to the global scene. Ptolemy was a 2nd century Greek mathematician, astronomer and geographer who lived in Alexandria, Egypt. He wrote two books. One of them *Almagest* dealt with astronomy. The second book *Geographia* was a book of seven volumes that was used as a geography text until the 15th century.

In *Almagest* Ptolemy describes (in terms of latitudes and coordinates) a country that he calls "Mikra Brettania" (Little Britain). In *Geographia*, where he describes the British Isles, he calls a country with the same set of coordinates "Iournia" (abundant land). This country was situated next to "Albion" which was Great Britain. Later "Iournia"

may have become Hibernia and eventually Eire.

Ptolemy's source of information would have been diaries from pilots and sailors which included sketches drawn by them. These people came from Greece, Rome and Mediterranean areas. The different geographical features described by Ptolemy were based mostly on coastal elements such as estuaries, coastal landmarks and settlements. This indicates that he very likely got his information from them.

The coordinates for "Iournia" gave the locations of six headlands, fifteen river mouths, nine islands, ten settlements and sixteen populated areas.



It was not until the 15th and 16th centuries that cartographers made maps from Ptolemy's coordinates. Compare his "map" with a modern map of Ireland. Makes one wonder what the world would be like if Ptolemy were around today!



What's in a name(sake)?

By Linda Bozowski

Is anyone in your family identified with Junior at the end of his name, or maybe IV (the fourth)? The naming of one person for another has been perpetuated for many years, and is usually done as a sign of respect. Names may also be reused for living things such as viruses and animals and inanimate objects including bridges, buildings and places. President Theodore Roosevelt was honored by the naming of the teddy bear, since he was an objector to hunters cruel treatment of bears.

Just thinking about my immediate family, my dad's brother and sister were named for his father and mother, respectively, my older brother and younger sister were similarly named, and two nephews were named for their fathers. When our two sons were born, my husband and I decided that neither would be named Roger, but my grandson's middle name honors his Pop-Pop.

Different cultures regard using namesakes differently. Among Ashkenazi Jews, a child cannot be named for a living person,

but Sephardic Jews encourage renaming as a sign of respect for both living and deceased persons. Greeks traditionally name a first child after paternal grandparents and a second child after grandparents on the maternal side of the family tree.

Royalty employs repetitive use of names among its monarchies in many countries. The current monarch of the United Kingdom, Elizabeth II, follows such notables as Victoria, George VI, Edward VII, and William IV. Egypt's dynastic period ended under the governance of Nectanebo II, following myriad other leaders including eleven named Rameses. Norway, currently governed by King Harald V, was previously ruled by such dignitaries as Haakon VI, Olaf IV and Magnus VIII. Similar usage of the naming convention is seen throughout the world historically and in recent times.

The Roman Catholic and the Coptic Orthodox Church of Alexandria (Egypt) use repetitive names for their papal and patriarchal leaders. Among the 264 popes

(Continued on page 7)

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It's time to have the conversation of your life



The late Bob and June Brubaker

By Mary Jane Brubaker

Did you know that 90% of people say that talking with loved ones about end of life care is important? Yet only 27% have done so.

That's a finding of The Conversation Project's national survey conducted in 2013.

I'm lucky because my parents, Bob and June Brubaker, who were longtime residents of Rossmoor, shared their end of life care wishes with my siblings and me shortly after moving here.

The conversations they had with us years ago prepared us for the moment in June 2015 when my father, who had been managing progressively worsening congestive heart failure, decided that quality of life was more important than quantity and he elected to go into home hospice. As a result, in the last weeks of life he was where he wanted to be, at home with his family. It was such a gift to have this time with our father. He passed away in his sleep at the age of 91.

Three months later, my mother was in a car accident and was airlifted to a trauma center. When my sister and I

arrived, our mother was nonresponsive and on a respirator. The physicians treating her were not hopeful.

I retrieved my copy of my mother's advance directive. She had completed it years ago and given copies to each of her children. Her wishes were clear. We shared the advance directive with our mother's healthcare team. Several days

later, following consultation with those caring for her, we honored our mother's wishes. She passed away later that day at the age of 84.

While this was a challenging time for our family, it was made so much easier because we knew what our mother wanted. Her advance directive allowed us to give her one last gift. We honored her wishes because we knew what they were.

Those three months in 2015 taught me a powerful lesson. Sharing your end of life care wishes with your loved ones and your healthcare team is an invaluable gift to yourself and your loved ones. That's why I volunteered to serve as the Chairperson for the Middlesex County Conversation of Your Life Task Force and why I encouraged the Rossmoor Community Church to bring a special eight-week series, "The Conversation of

Your Life" to Rossmoor. This free series will help you understand, articulate, document, and communicate your end of life care wishes. It is being held on Tuesdays from 6:30 p.m. to 8:30 p.m. beginning May 1 through June 19 in the Gallery at the Clubhouse. To register, call the church secretary Linda Klink at 609-655-2321, Mondays through Fridays from 9 a.m. to 12:30 p.m. Seating is limited to the first 50 registrants.

This series is a collaboration between the Rossmoor Community Church and the New Jersey Health Care Quality Institute, which developed this program for delivery throughout communities in New Jersey. This statewide initiative is being funded by The Horizon Foundation for N.J.

It's time to have the conversation of your life. Register today.

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name(sake)?

(Continued from page 6)

in Roman Catholic history are the names John (23 times), Gregory and Benedict (16 each), Clement (14), and Innocent and Leo (13 times each). The current Coptic patriarch Theodore II (Tawadros II) was preceded by such other leaders as Shenouda III, Cyril VI, Joseph II and Marcius III, as well as many others.

As naming conventions evolve, will we see renaming used less frequently? I would think not, since families will want to continue to honor others, both living and dead, at the births of new family members. Among royal and church uses, the formality of naming will likely be continued so long as these institutions exist. As for discoveries and inanimate objects, we will continue to honor inventors and entrepreneurs (thank you, Tesla, Edison, and Haley). And let's not forget revered civil servants and their bridges and tunnels, like the G.W. and the Lincoln.

Nutrition question

(Continued from page 5)

variety. In Germany, other flavors include ketchup and mayonnaise, cheese, and red paprika. Japan goes all out with teriyaki, nori, wasabi, soy sauce and butter, and pizza. Canada adds dill pickle and jalapeno flavors to their listings. The United Kingdom adds such exotic tastes as caramelized onion and sweet balsamic vinegar, sea salt and chardonnay wine vinegar, and spicy and aromatic curry, to name a few.

While excessive salt consumption may be a concern, potato chip manufacturers have modified recipes to minimize the actual salt consumed. While the salty taste is maintained, the actual salt has been decreased in many of the products. A study in 2004 in London noted that a bag of chips actually contains less salt than a serving of many of Britain's breakfast cereals. According to the empty bag of Deep River chips on my counter, its 190 mg of salt is less than the 268 mg in Wheat Chex cereal or the 204 mg in Cap'n Crunch.

Everything in moderation, says Rachel Ray. If chips are on your once-in-a-while list, that's probably OK unless your doctor advises otherwise. And if you do indulge, hope you enjoy!

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Remembering Bill

By Carol De Haan

It was standing room only in the Meeting House on January 30. About 300 of us attended, but this time it was not for another of those wonderful musical comedies by the team of Bill Strecker and Bob Huber. This time it was to honor the life of our friend, Bill Strecker, who died last December.

Master of Ceremonies Joe Conti introduced the Rossmoor Chorus. They sang a selection of songs that Bill wrote for his three collaborations with Bob Huber. Players President Sue Archambault told how Bill had been instrumental in getting a professional sound system for their performances.

We saw a montage of photos, and then laughed our way through a clip of thespian Bill in green face makeup, grunting and groaning as Young Frankenstein.

Janet Wilson, Rich Casey,

and the Rossmoor Chorus brought us more of Bill's wonderful compositions. The afternoon was complete when Frank Russo had us laughing through our tears as

he recounted his years of working with Bill. It was a sweet, sentimental tribute to a man who brought so much fun and joy to our community. We miss you, Bill.

Froot Loops or Kashi – It's your healthful choice

By Linda Bozowski

Are you a breakfast eater? If the answer is yes, do you eat fruit, yogurt, eggs, pancakes or waffles, hot cereal or ready-to-eat dry cereal? The topic for today is ready-to-eat dry cereal and what nutritional benefits or risks you may encounter as you pour the milk into the bowl.

Growing up, there weren't many choices available on the breakfast cereal shelf in Timko's grocery store in Jamesburg. (There was no ShopRite or Stop and Shop in those days.) Kellogg's Corn Flakes was always purchased, and gradually Rice Krispies and Cheerios were added to the choices. Now a shopper has hundreds of products to choose from, with many created to appeal to certain segments of the marketplace.

The first cold breakfast cereal, invented in 1863, was named Granula, but it never became popular because preparing it was too labor-intensive. Made of bran and graham nuggets, the product had to be soaked overnight to become tender enough to eat. Wheatena, another granular product that was created around 1879, was sold in boxes. Previously, cereal was sold from open barrels by the pound. Putting the product into boxes made it more sanitary and more convenient for customers.

In 1902, Force, a ready-to-eat cereal popular in Great Britain, was introduced in the U.S. Following Force, Wheaties came to market in 1924. Interestingly, the flour in Wheaties was refined in such a way as to reduce fiber, which was considered harmful. At the same time, sugar was introduced so the product would be more flavorful and popular with children. Kix, the first puffed cereal, was introduced in 1930, and Kellogg's Sugar Smacks, with 56% sugar by weight, was created in 1953. Rice Krispies' elves, Tony the Tiger and the Trix Rabbit generated more interest by children in the grocery store.

By the early 1900s, the major competitors in the ready-to-eat cereal market were Post, Kellogg's, Quaker Oats and General Mills. Smaller companies came and went, but the large players continued to ex-

pand and modify and add to their choices of products. Marketing became a key focus, and packaging gimmicks, e.g., prizes in the boxes and product placement on store shelves became even more competitive.

As consumers have become more attuned to healthier eating, the cereal makers have had to undergo another renaissance – better nutritional information labeling. The Food and Drug Administration created labeling standards in 1990 so that food products are labeled more consistently, following specific formatting in their labels. All food values are attuned to a 2000 calorie per day diet, and percentages of daily values are calculated against that scale. In addition to calories, fat, protein, fiber, sugar, sodium, and values of other nutrients are included. Rounding-up and rounding-down standards are defined so that manufacturers are less likely to overstate or understate positive or negative attributes about their products, e.g., understate sugar or salt, overstate fiber or protein. Further revisions are scheduled to go into effect following 2016 regulatory changes, so we will get even more information.

So what does all of this have to do with what you put in your cereal bowl, if you're a cereal eater? It depends on what's important to your health and nutritional needs. For instance, if hypertension or your A1C level is of concern, then evaluating a food's sodium or sugar contents is probably on your list of things to review. Are you gluten intolerant? Wheat-free for you. Celiac disease? Maybe lower fiber is the answer. Please keep in mind that, while the nutritional values of your cereal are important, also to be considered is the milk or substitute milk product that you pour on top of it. And, to be pesky, do you add sugar or salt or butter if you eat grits or oatmeal?

While breakfast is an important meal, its nutrition is one part of what you eat each day. Finding a healthy balance requires a little extra effort these days, but maybe you could still eat Trix one day per week if you follow a good plan on the other six days.

Mfrgr	Product	Calories	Fat	Sodium	Fiber	Sugar	Protein	Calcium	Iron
			Gm	Mg	Gm	Gm	Gm	%	%
Kelloggs	Special K (Original)	70	0	120	0	2	3	0	25
Gen Mills	Cheerios	106	2	139	3	1	3	11	62
Kelloggs	Kashi	207	4	126	7	11	6	19	10
Gen Mills	Cocoa Puffs	103	1	152	2	10	2	10	30
Quaker	Can'n Crunch	107	1	204	1	12	1	0	35
Quaker	Instant Oatmeal (Maple)	158	2	261	3	12	4	9	17
Quaker	Instant Grits (Butter)	100	2	340	1	0	2	10	54
Kelloggs	Rice Krispis	111	1	184	1	1	2	0	60
Gen Mills	Wheat Chex	162	1	268	6	5	5	10	96
Kelloggs	Froot Loops	109	1	136	3	12	2	0	30

A chart of 10 products and their key elements. A very helpful and easy to use web site is Nutrition Resources, which provides information on about 6,000 food products.

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Bob's Almanac

By Bob Huber

We've made it to March, when even the hardest fans of frost are growing weary of winter. Relief is on the way. The vernal equinox will occur on Tuesday, March 20, when spring will arrive at 6:45 p.m.

The event was so important to ancient cultures that many of them marked the occasion by building special ceremonial structures. Mother Nature would soon reawaken, and spring planting could begin.

In our modern scientific society, we no longer need to build a Stonehenge to tell us when spring begins. We have TV auto commercials to do that for us. But March is host to many other historic events. Here are just a few of them:

March 1, 1961 - The Peace Corps was established by Pres. Kennedy, and it remains an active presence abroad. The purpose of the Corps is to help developing countries establish the elements of basic human needs and provide an effective cultural exchange.

March 3, 1887 - Alexander Graham Bell was born. He was the creator of many practical inventions, but it was his invention of the telephone that opened a whole new world of voice communication which continues to

blossom today.

March 4, 1681 - England granted a huge parcel of land to the New World. The territory later became known as Pennsylvania.

March 6, 1475 - Renaissance painter and sculptor Michelangelo was born. The world continues to marvel at his paintings, especially the frescoes in the Sistine Chapel.

March 10, 1880 - The American Salvation Army was formed.

March 12, 1888 - A great blizzard struck the northeastern United States and lasted for 36 hours. Forty inches of snow fell in New York city and 400 people died.

March 14, 1879 - Albert Einstein was born in Germany. The genius physicist, recognized as the father of modern physics, came to the United States in 1932 to escape the burgeoning Nazi regime, and he eventually settled in Princeton, N.J.

March 18, 1837 - Grover Cleveland was born in Caldwell, N.J. He was the only American president to serve two nonconsecutive terms in office.

March 21, 1685 - Johan Sebastian Bach was born in Germany. The brilliant organist and composer wrote literally thousands of composi-

tions, many of which have stood the test of time and are regularly performed today. The old master is even credited with providing the harmonic structure on which modern jazz was created.

In addition to St. Patrick's Day, and baseball spring training, there are other current events scheduled in March which may be worthy of your attention. Or maybe not.

This is Adopt a Rescued Guinea Pig month. If you would like to cozy up to one of the cuddly little creatures, now is the time to do it.

National Procrastination

(Continued on page 10)

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



Q: What are the changes in the laws concerning the way community associations conduct their annual elections?

A: This year to be in compliance with the new law, a nomination form was sent, or will be sent, to the owners and stockholders in each Mutual about 60 days prior to the date of the annual meeting advising them of their right to nominate themselves, if in good standing, another resident or non-resident owners or stockholders, if in good standing, or a resident spouse of an owner or stockholder, if in good standing, with a deadline to respond.

There are no longer residency requirements for a resident or non-resident owner or stockholder to be a candidate according to the new law. A spouse of a resident owner must actually reside in the Mutual for 183 or more days during the immediately preceding 12-month period before the annual election.

One day after the deadline to return the nomination form, the names of the nominees, in alphabetical order by last name, will be listed on the absentee ballot along with a space for write-in candidates. The absentee ballot along with the official notice of the meeting, agenda, last year's annual meeting minutes, a blank envelope and a return envelope will be mailed to every owner or stockholder approximately 30 days prior to the annual meeting.

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

care of RCAI Administration Office and delivered or mailed in time to be received by 5 p.m. on the business day prior to the annual meeting. The owners' or stockholders' Rossmoor return address must be on the envelope. Upon receipt of an absentee ballot, the unit address will be recorded as a control for one vote per manor and will be counted towards the required quorum.

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

Owners or stockholders attending their Mutual annual

meeting must sign in and they are given a ballot, if in good standing, for each open directorship.

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

In conclusion, the changes in the law that impact the Mutual annual meetings, are the mailing of the nomination norm prior to the mailing of the notice of the annual meeting, nominees are to be listed in alphabetical order by last name on the ballot, and there are no longer residency requirements for owners and stockholders to be candidates.

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

Computer Info

By Steve Gray

I am sure we have all seen the commercial of a young girl riding around with an iPad taking pictures, writing definitions, contacting her friends, etc., and then, when asked by her mother what she is doing on her computer says, "What's a computer?" Obviously, she knows it only as an iPad.

A computer is usually defined as "an electronic device for storing and processing data, typically in binary form, according to instructions given to it in a variable program." Technically it is a programmable machine, but for our purposes it is a device that runs programs, since almost none of us write programs.

This is similar to when most refrigerators were called Frigidaires even though they were made by a different company — whatever catches the public's interest. It seems that Apple is attempting to do the same thing, so we really should be aware of advertising and how it tries to fool the public.

Apple, of course, makes a very good product and this article in no way demeans what the company produces. There are other tablets on the market using other operating systems. We have all heard of Android which you will find in both tablets and cell phones. Google has made inroads into the tablet/laptop market with its Chromebooks. Linux, used mostly by techies, can also be found on laptops and desktops. And who can forget Windows with the Surface series. I am often asked which is better? I cannot answer that because how you use a computer/laptop/tablet/cell phone and what you use it for — as well as what you can afford — will determine the best com-

puter for you. I should mention, however, that there are many cheap tablets and laptops on the market that should be avoided. You do not have this issue with Apple because Apple controls both the hardware and software end of the business. The other side of the coin, Android, is wide open and I have seen very cheap tablets that will barely turn on due to insufficient power (the CPU) and space (where the programs are stored) as well as memory (RAM). One way to look at the cheap market is to compare it to the car market. Remember the Yugo (sometimes called the not-go)? If you had never driven nor owned a car before and bought a Yugo, you would have sworn off driving forever. Buying a cheap tablet or cell phone is like buying a Yugo. In a word DON'T.

What should you look for in a tablet or cell phone? First stay with a name brand because you will have some protection if there is a problem, rather than a here-today and gone-tomorrow cheapie. Look for a quad-core (or better) processor but don't get bogged down with the various names of processors. Look at the specifications for space (16G is good, 32G is much better) and amount of RAM, if listed (minimum of 1G). Do not get fooled by a listing of "can be expanded to..." using a microchip because you cannot transfer that much onto a microchip — the operating system will not let you.

In looking at laptops and desktops your choice of CPU is currently AMD or Intel. I am more familiar with Intel and will recommend an I-5 or I-7. The I-3 works but is slower. RAM of at least 8G is important even though Windows 10 will

(Continued on page 11)

Almanac

(Continued from page 9)

Week begins on March 1, but we plan to deal with that later.

Thursday, March 26, is Make Up Your Own Holiday day, which makes more sense than many of the other ridiculous observations scheduled for this month. Plan your own celebration, and have a ball!

And don't forget, Daylight Savings Time begins on Sunday, March 11, time to spring forward and set your clocks ahead one hour before you go to bed on Saturday night. You can make up the lost hour of sleep in the fall, when Eastern Standard Time returns.

Sound Advice

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

10 Common Questions on Social Security Benefits

[FINRA 8/23/2017]

If you're nearing retirement or you recently retired, you probably have plenty of questions about Social Security retirement benefits. Here are answers to 10 common queries posted online by the Social Security Administration (SSA).

Q1. How do I obtain a replacement Social Security card?

A. You can get an original Social Security card or a replacement card if yours is lost or stolen for free. Generally, all you have to do is submit the request to the SSA online. However, in some states, you must show additional documentation. Visit the SSA website for more information.

Q2. How do I change or correct my name on my Social Security number card?

A. If you're legally changing your name because of marriage, divorce, court order, or for any other reason, promptly notify the SSA and obtain a corrected card. This service is also free. Simply follow the procedures for getting a replacement

Computer

(Continued from page 10)

work with 4G (actually 3.2G if you have 32-bit Windows – almost all now are 64 bit). Windows 10 will actually work with as little as 2G but slowly. Spacewise, your hard drive has to be large enough to hold all those pictures that you never print and all the programs that came preinstalled you never use, so a Terabyte would be sufficient even though it will work just fine with half of that (500G).

What kind of drive? There are two in use today – the older SATA drive that uses spinning disks and are very reasonable and the newer SSD (Solid State Drive) which can be thought of as a very large flash drive (even though it isn't). These are much more expensive but also much faster and do not suffer from head crashes but do have their own issues.

What if I have an old computer and just bought a new one? What do I do with the old one? In the past we would give it to a grandchild to play around on, but that is no longer the case as even our grandchildren now want the latest and best, assuming they are past the toddler stage. To protect yourself you should have the hard drive wiped. That does not mean just erase it or delete all those pictures of your dog or cat but rather use a program that will erase the entire drive, then overwrite it with garbage at least 3 times to ensure no-one can extract anything from the drive (like your bank account). Failing that, you can remove the drive and have fun with a sledge hammer. After the drive is destroyed manually or electronically you can donate the computer to a non-profit or take it to a recycle center. Do not just put it into the trash.

card.

Q3. What are the ramifications if I receive Social Security retirement benefits while I'm still working?

A. If you haven't reached full retirement age (FRA) and you earn more than a specified annual limit, your benefits are reduced under this "earnings test" as follows:

- If you're under FRA for the entire year, you forfeit \$1 in benefits for every \$2 you earn that exceeds the annual limit. For 2017, that ceiling is \$16,920.

- In the year in which you reach FRA, you forfeit \$1 in benefits for every \$3 earned above a separate limit, but only for what you earn before the month in which you reach FRA. For 2017, this limit is \$44,880.

Beginning with the month in which you reach FRA, you can receive benefits that won't be affected by whatever you may earn.

Q4. What is my FRA?

A. It depends on the year in which you were born. The FRA gradually increases from age 65 for those born in 1937 or earlier to age 67 for those born in 1960 and after. The FRA for Baby Boomers born between 1943 and 1954 is age 66.

Q5. Can I collect benefits if I retire before my FRA?

A. Yes. You can retire and apply for benefits as early as age 62, but your monthly benefits will be reduced by as much as 30% in that case.

Q6. Are benefits increased if I wait to apply until after my FRA?

A. Yes. You can receive increased monthly benefits by applying for Social Security after reaching FRA. The benefits may increase by as much as 32% if you wait until age 70. After age 70, there is no further increase. Visit the SSA website to figure out the exact amount of your "early" and "late" benefits.

Q7. How do I apply for Social Security retirement benefits?

A. You should apply for retirement benefits three months before you want your payments to start. The easiest and most convenient way to apply is to use the online application. Note that the SSA may request certain documents to verify your eligibility.

Q8. How do I handle benefits for an incapacitated person?

A. If your elderly parent or someone else who is entitled to receive Social Security benefits needs help in managing those benefits, contact your local Social Security office about becoming that person's representative payee. Then you assume the responsibility for disbursing the funds for that person's benefit.

Q9. Who is entitled to receive Social Security survivors' benefits?

A. A spouse and children, or both, of someone who has died may be in line for benefits based on that person's earnings record. Visit the SSA website for more details. Survivors must apply for this payment within two years of the date of death.

Q10. Are Social Security benefits subject to tax?

A. Yes, but not everyone is liable. You are taxed on Social

Security benefits under a complex formula if your provisional income (PI) exceeds the thresholds within a two-tier system. PI is the total of (1) your adjusted gross income (AGI), (2) your tax-exempt interest income, and (3) one-half of the Social Security benefits you received.

- For a PI between \$32,000 and \$44,000 (\$25,000 and \$34,000 for single filers), you're taxed on the lesser of one-half of your benefits or 50% of the amount by which PI exceeds \$32,000 (\$25,000 for single filers).

- For a PI exceeding \$44,000 (\$34,000 for single filers), you're taxed on 85% of the amount by which PI exceeds \$44,000 (\$34,000 for single filers) plus the lesser of the amount determined under the first tier or \$6,000 (\$4,500 for single filers).

In many cases, these answers will lead to even more questions. The SSA website is helpful, but you may need additional guidance for your personal situation. Don't hesitate to contact us for assistance.

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(Continued on page 12)



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A night never to be forgotten

By Bob Shine

It was Thursday, Dec. 13, 1962 – just another night in the house where I had been raised in Metuchen, N.J. Also living in the house at that time were my father, my brother Ed, my sister Eleanor and her husband George as well as their four-year-old daughter Maureen for a total of six.

At 2 a.m., when Ed returned home from his night time job at Newark Airport, everyone else was asleep. A short time later he heard Eleanor in the bathroom calling for help. She was in her ninth month of pregnancy. Ed came upstairs from the kitchen and found her crying out of the bathroom crying for help as her water had just broken and her second child was ready to be born. Ed assisted her back to her bedroom and woke up her husband George. My father awoke and took little Maureen into his bedroom and they went back to sleep.

Because Eleanor's doctor lived in Highland Park, about five miles away, and it was a snowy night with slippery roads, the local family doctor was called first. Eleanor's doctor was then called and he said he would be right there in spite of icy roads.

After much time with no doctors, Ed called the Metuchen Police Station requesting their help. They asked him who all was at the house. Ed responded, my sister, her husband, her four-year-old daughter, my father, and my brother. The policeman asked, "what are they all doing there?" Ed replied, "We all sleep together." As he was talking with them, the baby was born upstairs and started to cry. My brother yelled "It's here! It's here!"

That woke me up. As I stag-

gered into the bedroom to see what was happening and George very excitedly yelled to me to "hold the baby's head" as he went to get help. A number of times my sister asked me "Is the baby a girl or a boy?" Somehow, I never answered her question.

With what seemed an endless wait, two policemen finally arrived. They came upstairs but admitted they knew nothing about childbirth. However, it was suggested that George cut the cord. He cut two strips of cloth from a pillow case and, as suggested, went to tie one onto the cord. He had already made the knot, so he asked "How can I get this strip around the cord?"

After further discussions, the cord was successfully cut but Eleanor still did not know whether she had a boy or a girl.

Shortly, the Rescue Squad arrived – two more men in the bedroom who knew nothing about childbirth. Both doctors arrived about the same time.

The one farthest away in his pajama top and coat while the local doctor was fully dressed in a suit and tie. With their arrival, all our family came downstairs to find my brother Ed in the kitchen boiling a big pot of water. I asked him what he was doing and he replied, "boiling water - that's what they always do in the movies."

Another very memorable event of the night was Maureen seeing her sister for the first time. I'll never forget the wonderful look on her face as she touched her sister's hands just before the baby was taken to St. Peter's Hospital in New Brunswick. Eleanor was taken by the rescue squad ambulance to the hospital, while the newborn baby was placed on the front seat of the doctor's car, without restraints, for transport to the hospital.

The baby born that night was my beautiful niece, Patty O'Neill Milby, now living in Atlanta, Ga. with her husband Steve.

CULINARY CORNER

By Sidna Mitchell

Make an easy snack

Thank goodness we left New Jersey before the real cold hit. The older I get, the more I hate cold weather.

Ken and I headed to Florida about the same time as what seemed like millions of other people. When I-95 became so backed up with no end in sight, we got onto some back roads, only to find some of those also in a traffic log.

We went way out of the way — as the navigator, I missed the turn — in South Carolina but had a chance to visit charming Beaufort. I think Ken, as a Marine veteran, was a little nervous that we were so close to Parris Island.

Since we leave at 2 a.m., we made it all the way to Jacksonville, Fla. Exhausted and after a big meal, we retired early. The next morning, we purposely took some of the back roads we enjoy to arrive at the Russell Stover outlet.

Armed with bags of chocolate, we took I-75 soon to

find the so-called expressway, a parking lot.

Once again, we decided to take the back roads but Ken was anxious to be moving faster. So we headed back to I-75, only to find more stop-and-go-traffic.

When we finally arrived in Venice, we were pleased to find everything in good shape. Hurricane Irma had pushed the flagpole slightly to the right in the front of the house and a big bush in the back was also leaning slightly to the right.

After settling in, we headed to the croquet courts to meet up with some of our friends. We were soon volunteered to help with "Attitude Adjustment" after Golf Croquet on the next Tuesday.

I prepared a smoked salmon dip, thanks to a Christmas present from daughter Meredith, and some seasoned oyster crackers. A couple of people asked for recipes. The seasoned oyster cracker one was easy to share.

Sound Advice

(Continued from page 11)

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Culinary corner

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Mix all of the ingredients together except the crackers.

Pour crackers and dressing into a gallon-size zip-top bag; toss until the crackers are well coated and the ingredients are adequately dispersed.

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

NOTE: If you have any leftovers, these crackers will keep well if placed in a sealed plastic container.

I cut the recipe in half since I mistakenly bought only one bag of the oyster crackers.

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

Rossmoor Clubhouse News

March 2018

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On sale March 6

HEART OF THE FINGER LAKES WITH SENIOR TOURS
Monday, May 14-Thursday, May 17
\$819 (Double) \$903 (Single) includes all gratuities
\$400 due upon sign-up-Balance due by April 2
On sale now...Trip Insurance Recommended

Sold Out

My Fair Lady...3/28
Jersey Boys...4/11
Papermill Playhouse...4/26

"TAPESTRY"

Carole King Tribute Show

Hunterdon Hills Playhouse

Saturday, May 5
Bus Departs Poolside at 10am
\$93pp includes show, lunch and bus
ON SALE MARCH 6

"Let's Go Wild" at the Philadelphia Zoo



Monday, April 30
Bus Departs Poolside at 9:30am
\$43pp includes zoo admission & bus
ON SALE MARCH 1

CULTURAL

AVIATION GROUP

2nd Wednesday, 1:30pm, Ballroom
"Hubble Cosmic Journey"

BOOK DISCUSSION GROUP

2nd Thursday, 3:00pm, Dogwood
"The Handmaid's Tale" by Margaret Atwood

CURRENT EVENTS ROUNDTABLE

Mondays, 10:30am, Maple

GERMAN AMERICANS

Last Thursday, 1:30pm, Cedar

GREEK AMERICANS

1st Tuesday, 1:00pm, Maple Room

LATINO/HISPANIC-AMERICANS

Last Wednesday, 6:00pm, Gallery

POLISH AMERICAN

1st Friday, 1:00pm, Maple

VETERANS GROUP

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

WRITERS GROUP

Last Thursday, 10am, Cedar



THE ARTS

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

ART CLASS/WORKSHOP

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

CERAMICS STUDIO

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

GALLERY EXHIBITS

The month of March will feature work by residents that attend Wine & Design. Be sure to stop in and browse.

POTTERY

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

RUG HOOKING GROUP

Thursdays, 9am—2pm, Gallery
Bring your lunch and be prepared to have some fun!

OPEN WOOD CARVING WORKSHOP

Fridays, 9am—12pm, Woodshop
Monitor present. Supplies on your own.

WOODSHOP

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

CARDS & GAMES

BANANAGRAMS

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

BRIDGE

Contact Clubhouse

CANASTA & MAHJONG

Contact Clubhouse

MAY I

Contact Sophie Prata.

MEN'S POKER

Contact Alan Lasky.

NINTENDO Wii

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

PINOCHLE

Wednesdays, 1:00pm Dogwood
Contact John Cristiano.

POKER

Mondays and Fridays.
Contact Dolores Griefff.

POOL ROOM

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

GET MOVING!

BALLROOM DANCE LESSONS

Thursdays, 6:30pm, Hawthorn, \$48pp for eight week session, \$7pp for drop-ins
Pay the Instructor Directly

CHAIR YOGA

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

"DOWNSIZING"—Weight Loss Support Group

Wednesday, 9:30am, Maple
Call the Clubhouse for information

FITNESS CENTER ORIENTATION

Monday, April 9, 10:00am
Sign-up in the Clubhouse...Space limited

HEALTHY BONES

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

OPEN EXERCISE DVD

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

WALKING GROUP (Weather Permitting)

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

YOGA

Wednesday, 9:30am, Cedar
Resident instructor conducts the class. No Charge.

FIRESIDE CHAT & COCOA

Wednesday, March 21

10am Red Room

ALL WELCOME



JUST A REMINDER

DAYLIGHT SAVING TIME
BEGINS AT 2AM ON
SUNDAY, MARCH 11



HAVE YOU HEARD THE NEWS?

Rossmoor has a new and improved website.

The Amenities page features the ability to access Channel 26.

Be sure to check it out at
www.rcainj.com

SPORTS FUN!

BOCCE

Be on the lookout for sign-up information in next months paper.

CORN HOLE

Friday 9am-11am Hawthorn/Terrace

CROQUET

New Players Welcome. Call Betty Anne Clayton.

HIKERS

Saturday, March 3-Cranbury Park
Saturday, March 24-Etra Lake Park
New Hikers Welcome!

PICKLEBALL

New Players Welcome.

SHUFFLEBOARD

Be on the lookout for sign-up information in next months paper.

TABLE TENNIS

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

TENNIS

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



MOVIE CORNER



“WONDER”

Starring Julia Roberts

Rated PG-13

110 Minutes

No Charge

Tues., March 6 1:30pm & 7pm Ballroom

Sun., March 11 1:30pm Ballroom

TUESDAY MYSTERY MOVIES

March 20 & 27 at 1:30pm

Movies Subject to Change

COMING ATTRACTIONS

Details TBA

WINE & DESIGN

Thursday, May 17

ANNUAL TRUNK SALE & SHREDDING PARTY

Saturday, June 2

NY BOTANICAL GARDENS

Wednesday, June 13

1st POOL PARTY OF THE SEASON

Friday, June 15

LIBRARY ON LOCATION

“LIBBY, MONTANA”

Below the rugged peaks of the Northern Rockies lies the site of the worst case of community-wide exposure to a toxic substance in US history. 60 Minutes

Wednesday, March 7

1PM...Ballroom...No Charge

“BIG MEN”

Filmed over five years, the quest for oil in Ghana by Dallas-based Kosmos. Down the coast in the Niger Delta, poor Nigerians have yet to prosper from decades-old oil fields. 90 Minutes

Wednesday, March 21

1PM...Ballroom...No Charge

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

FYI

- RCAI Offices Closed on Friday, March 30 in observance of Good Friday.
- COMCAST Q&A Tuesday, March 27...9am-11am...Ballroom
- CONTACT THE CLUBHOUSE for information regarding events and trips.
- EVENT REMINDERS: Bring Rossmoor ID when purchasing tickets for Clubhouse events. Only two tickets per manor can be purchased. When bringing a guest/non-resident, please provide their full name at the time of ticket purchase. Tickets are non-transferable.
- TRIP REMINDERS: Trips require average physical activity. You should be in good health, able to climb stairs, and walk reasonable distances. Any guest accompanying a Rossmoor resident MUST be at least 18 years of age. Basic information on guests must be provided when tickets are purchased.
- CLUB PRESIDENTS & GROUP REPRESENTATIVES: Channel 26 announcements and room set ups MUST be handed in on the official forms, Forms can be found on the website or in the Clubhouse.
- ROSSMOOR CLUBHOUSE NJ is our official Facebook page. Follow us for Clubhouse updates, ticket sales, and event photos. You just might see yourself having a good time!
- RCAINJ.COM is the official website for Rossmoor. Here you will find everything Rossmoor! Check it out!
- EVENTS & TRIPS are subject to change.

PICTURE PERFECT



Look at the way we were!



Another successful Wine & Design



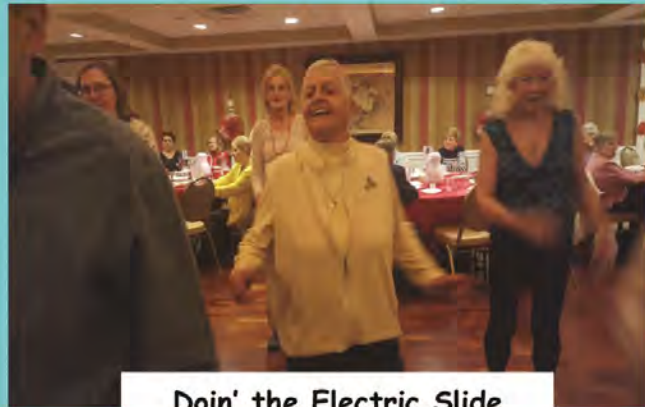
Hard at Work



Two Peas in a Pod

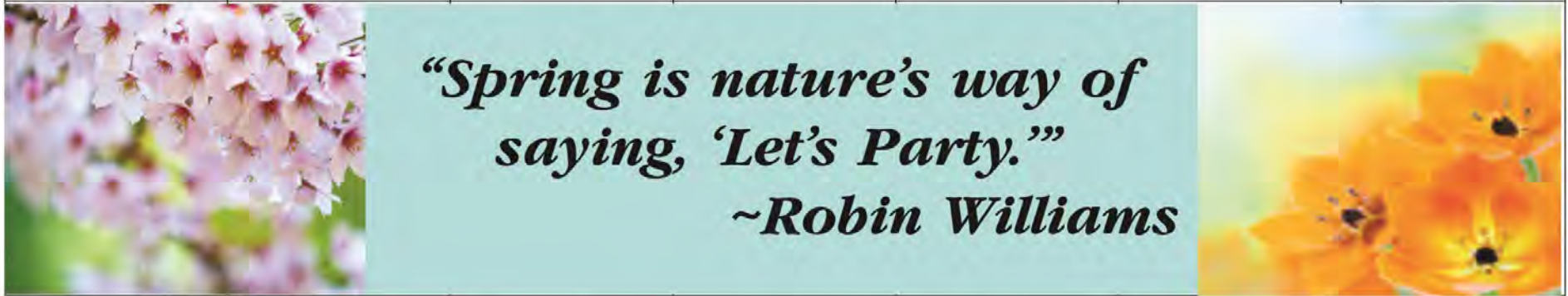


Chinese New Year...Year of the Dog



Doin' the Electric Slide

<div><div>MARCH</div><div>2018</div><div>MARCH</div></div>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>Events or trips marked * require tickets or prior registration</div>	<div>Ticket Sales</div> <div></div> <div>Today!</div>			<div>1</div> <div></div> <div>9:00am Agenda Committee-VC</div> <div>6:30pm Ballroom Dance Demo-H</div>	<div>2</div>	<div>3</div> <div>1:00pm Purim Party-BR</div>
<div>4</div>	<div>5</div>	<div>6</div> <div>10:00am Mutual 11-MP</div> <div>10:00am Mutual 5-VC</div> <div>10:00am Veterans Group-BR</div> <div>1:30pm & 7:00pm Movie "Wonder"-BR</div>	<div>7</div> <div>1:00pm Library on Location-BR (see page 3)</div>	<div>8</div> <div>9:00am Committee Meetings-VC</div>	<div>9</div>	<div>10</div>
<div>11</div> <div>1:30pm & 7:00pm Movie "Wonder"-BR</div> <div></div>	<div>12</div> <div>1:00pm Healthcare Lecture-MP</div>	<div>13</div> <div>7:00am-8:00pm School Elections-BR</div>	<div>14</div> <div>1:30pm Aviation-Hubble Cosmic Journey"-BR</div>	<div>15</div> <div>9:00am Board of Governors-VC</div> <div>7:0pm Catholic Mass-MH</div>	<div>16</div> <div>12:00pm *St. Patrick's Luncheon-BR</div> <div>6:30pm Bingo-BR</div>	<div>17 St. Patrick's Day</div> <div></div>
<div>18</div>	<div>19</div>	<div>20 1st Day of Spring</div> <div>1:30pm Mystery Movie-BR</div> <div></div>	<div>21</div> <div>9:00am *Trip-Atlantic City</div> <div>10:00am Fireside Chat-RR</div> <div>1:00pm Library on Location-BR (see page 3)</div>	<div>22</div>	<div>23</div>	<div>24</div>
<div>25 Palm Sunday</div>	<div>26</div>	<div>27</div> <div>9:00am-11:00am Comcast-BR</div> <div>1:30pm Mystery Movie-BR</div>	<div>28</div> <div>10:00am *Trip-My Fair Lady</div>	<div>29</div> <div>5:00pm Maundy Thursday Service-MH</div>	<div>30</div> <div>Good Friday Passover</div> <div>RCAI OFFICES CLOSED</div>	<div>31</div> <div>5:30pm Passover Seder-BR</div> <div></div>



INDEPENDENT CLUBS				MEETING HOUSE SERVICES			ROOM KEY	
Chorus	Wed	4 pm	MH	Catholic Society Mass	2nd Thurs	7 pm	BR Ballroom	H Hawthorn
Church Discussion	Tues	1:30 pm	MHP	Jewish Congregation Sabbath	2nd & 4th Fri	7:45 pm	C Court	MP Maple
Computer Club	3rd Mon	10 am	GL	Community Church & Communion	1st Sun	11 am	CD Cedar	MH Meeting House
Dance Club	Last Sat	7 pm	BR	Community Church Worship	2nd & 4th Sun	11 am	CH Clubhouse	MHP Meeting House Parlor
Emerald Society	4th Wed	2 pm	BR	Community Church & Fellowship	3rd Sun	11 am	CFT Craft	TR Terrace
Italian-American	3rd Wed	7:30 pm	BR				DW Dogwood	RR Red Room
Players	Last Mon	7 pm	GL				GL Gallery	VC Village Center
Sisterhood	3rd Mon	1:30 pm	BR				GR Game	
Torah Study	Sat	10 am	CD					
Women's Guild	3rd Thurs	1:30 pm	BR					

This month in pictures

Photos by Joe Conti and Walter Gryskiewicz



Children’s choir added a special touch to “Winter Warmup.”



Sal Guriero with his date at the Carnevale celebration.



Italian American Club Past Presidents, from left, Lola Calcagno, Rosie Miller, Ed Johnsen, Lucille Ricci and Joe Conti enjoying the Carnevale.



Tony Cardello with friend



Gilda and Paul Pillitteri celebrated their 60th wedding anniversary at the Italian American Club Carnevale celebration.



Packed house enjoyed the Rossmoor Chorus program.



Proud graduates of the Fall 2017 Diabetes Workshop

Musings and Memories

By Betty Emmons

We just got back from a wonderful five-day bus tour on Cape Cod. I am unpacking and my head is filled with thoughts of things we did and places we visited. I enjoy this time of remembering and am always surprised by what comes first to mind.

In this case, it is not a place or something we did, but a person I met in an amusing way in a gift shop at a travel stop.

I was browsing intently, as is my wont, when I looked up into two yellow eyes that were on a level with mine. I was startled and stepped back quickly. It was then that I noticed the man with the sea captain's cap standing right next to me with a grey cat draped around his neck.

I was surprised, to say the least, and also intrigued by this beautiful feline neck

scarf. The man and I struck up a conversation and he told me her name was Goldie because of the color of her eyes, which are described as lemon colored. As we spoke, I petted her and it was easy to see that she was very content and exactly where she wanted to be. As for her proud owner, he practically purred (pardon the pun) as he showed her off. It was a brief but delightful encounter and as we departed I was a little girl happy inside and it felt wonderful to feel that way once again.

Of course, traveling from Martha's Vineyard to Provincetown and places in between gave me so much more to think about and I wonder why the cat story came to mind first. But that's the way it is with me and I just never know.

New Neighbors



Christina Smith,
Resident Services Manager

Bohdan and Oksana Kit, 62N Old Nassau Road, formerly of Lindenhurst, N.Y.

Rolando Cortes, 474N Revere Way, formerly of River-view, Fla.

Denise Smith, 256B Old Nassau Road, formerly of Piscataway, N.J.

Peter Falloon, 637-O Yale Way, formerly of Staten Island, N.Y.

Sungie Lee, 597B Waverly Lane, formerly of Lawrenceville, N.J.

Kathleen Collins, 143B Providence Way, formerly of North Brunswick, N.J.

Dolores G. James, 251A Mystic Lane, formerly of Sumpter, S.C.

Eleanor Wasniewski, 403A Oxford Lane, formerly of Jer-

sey City, N.J.

Jessica Romer, 174A Portland Lane, formerly of Monroe Twp., N.J.

Richard A. Park, 351-O

Northfield Lane, formerly of Howell, Mich.

Thomas M. Pellegrino, 201A Old Nassau Road, formerly of Old Bridge, N.J.

Clubs and Organizations

Rossmoor Chorus

(Continued from page 1)

cluded several pieces from recent cantatas "Shout the Good News" and "Behold the Lamb." The beautiful song "Kyrie" was accompanied by cellist Peggy Mankey. The concert concluded with "Thanks Be to God," sung by the chorus and a children's choir and the benediction song "The Lord Bless You and Keep You." After a standing ovation by the audience, the basses and tenors sang the barbershop favorite "Good Night Ladies" as an encore.

The Rossmoor Chorus sings on the third Sunday of every month during the 11 a.m. worship service at the Meeting House and sings at many local functions throughout the year, including the annual Interfaith Council Service at the Meeting House. The chorus also sings at area nursing homes and has provided luncheon entertainment for various clubs throughout Rossmoor. It practices every Wednesday afternoon and is always looking for new members.

The "Winter Warmup" program was a fundraiser aimed at ensuring that the chorus will continue. The members

thank all who attended and made donations to the group. For others who may wish to donate, checks payable to the Rossmoor Chorus can be sent to chorus president Eileen Parker at 512A Old Nassau Road, Monroe Township, N.J. 08831.

The Rossmoor Chorus has been enriching our community since it first started singing in 1969. Next year will mark its 50th year. As chorus member Alyce Owens stated during the concert, "With your help, we definitely plan to be around to celebrate!"

Director Wang thanked everyone who was involved in the program, including pianist Kevin Gunia, additional singers from Prince of Peace Lutheran Church and the children's choir, which included Cecile's piano students and Carol Baldessari's voice students. "The chorus has to go on," Cecile said. "I love this group so much. We can bring good music to others."

After the program, resident Joe Conti called it "one of the better days of entertainment I have spent at Rossmoor."

On a wonderful Sunday afternoon, the Rossmoor Chorus brought joy to the heart and the Meeting House to its feet.

Medicare "Free for all" at Computer Club

By Alec Aylat

Everything you want to know about Medicare, even the threat of costs going up and/or services being cut this year by some Washington "Big Wigs" (no names, no pack drill), are up for discussion at the Medicare "Free for all" monthly meeting of the Computer Club in the Gallery at 10 a.m. on Monday, March 19. Refreshments 9.30. All residents invited.

Speaker-in-chief will be Elizabeth Herron who graces the library at Saint Peter's University Hospital. She will also discuss medical services offered online, and tell us about key Medicare topics including the new Medicare card coming

this year that is designed to protect our personal information.

Of particular interest are some of the services Medicare offers but which are not too well publicized. For example, Medicare covers at no cost, once in five years, cardiovascular disease screening which includes tests to help detect heart disease early and measures cholesterol, blood fat, and triglyceride levels. If you are at risk for a heart attack or stroke there are steps you can take to help prevent these conditions.

Learn also how you can sign up at Medicare.gov. to get periodic emails about Medicare topics and the latest Medicare news.

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Players pastimes

By Sue Archambault

February's Players meeting took place on Monday, Feb. 26, at 7 p.m. in the Gallery of the Clubhouse. The evening's entertainment was an interactive one and involved audience volunteers performing improvisation exercises. Norman Perkus did a terrific job as director of the activities. We utilized our imaginations to amuse and entertain each other. All participants and audience members agreed that it was a very fun evening.

On Sunday, March 11, The Players will hold our very popular Open Mic program, emceed by our own Joe Conti. The activity will be open to all Players and guests. Please bring a CD to accompany your song, or a keyboard will be available if you would like to accompany yourself. Janet Wilson will be available to practice numbers, but you must have the sheet music and make arrangements with her in advance. She will not be available March 1 through 8. All are welcome, and refreshments will be served. The program will take place in the Gallery from 2 until 4 p.m. Please note: there will be no regular Players meeting on the last Monday of the month in March.

As you may know, our "Just Music" show, which will take place on April 19 and 20, will now be titled "Just Bill Strecker's Music." The show will be directed and emceed by Joe Conti. All musical numbers will involve the Players performing songs from Bill's three shows and

also his 3 CDs. Solos, duets, and group numbers will be included in the evening's entertainment. Auditions will take place on Tuesday, March 13 from 2 to 4 p.m. and from 7 to 9 p.m., and Wednesday, March 14 from 7 to 9 p.m. All auditions will take place in the Meeting House. Please come to the audition with one of Bill's

Emerald Society's spring activities

By Joan Avery

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

Dan has also arranged for another St. Patrick's Day Dinner at Doolan's for the Irish Feast on March 12. There will be a one-hour open bar, a choice of corned beef, chicken or salmon, wine, soda and desert. Very festive!

The trip to Lake George in May had to be cancelled be-



cause not enough people signed up for this great trip. There is also a trip planned for June 9 to the Dutch Apple Theater, where the show will be "Grease." More information to follow.

The Emerald Society will host the Mass in the Meeting House on Thursday, March 15 at 7 p.m. Please plan to attend.

John Katerba gave a fascinating talk on historical facts concerning the Township of Monroe at the February Emerald Society meeting. The Doo Wops will be the entertainers for the March meeting.

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

Enjoy a whirlwind tour of the world at the Women's Guild

By Diane England

Have you ever met anyone who has been to over 85 countries on six continents? If so, then you've

likely met Rossmoor residents Steve and Thérèse Marcus. After all, you could talk to people for eons and probably never meet another soul who has done this. Frankly, this couple had been to places I could never locate on a globe and furthermore, I've never even heard of some of them. Anyway, fortunately for us, this energetic and enthusiastic couple—who love meeting people from other cultures—will be joining us on March 15 at 1:30 p.m. in the Ballroom to present their talk, "Around the World in Eighty Photos."

This couple really began traveling together in 1973 when they embarked on a three-week honeymoon to Europe. They didn't hesitate to jump behind the steering wheels of rental cars or onto trains to see what that continent had to offer. Then in 1979, while Steve was the arts and travel reporter for a radio station in Connecticut, they were given the tough assignment of hosting a cruise to Bermuda for thirty of the station's listeners. Somehow, though, they managed to host two cocktail parties and deliver champagne to the cabin of each of their listeners on board.

Thérèse has been the official photographer for their trips. The couple met at WOR radio when Steve was the executive producer

(Continued on page 16)

The Italian American Club

By Tony Cardello

Our first social event of the new year, Carnevale, took place on Feb. 13 (Fat Tuesday) and was a rousing success. Our new Social Director, Sal Gurriero, did a great job in organizing his initial affair. Sal would like to thank Joan Russo and Lucille Conti for making the transition painless. All who attended enjoyed a fun night of costumes, masks, music, entertainment and dancing. All enjoyed a sit-down dinner

catered by Twin Oaks.

There was no membership meeting in February due to Carnevale. The next membership meeting will take place on March 21 at 7 p.m. in the Ballroom.

Bingo will be played on March 16 at 6:30 p.m. in the Ballroom and we invite all members to participate.

Our Treasurer, Lou Russo again reminds us to pay the 2018 membership dues ASAP.

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Rossmoor Dance Club
March Dance

Name: _____

Phone: _____

Address: _____

RESERVATION DEADLINE: March 15th

Paid-up Member(s): @ \$ 8 = _____

Non-member(s): @ \$ 10 = _____

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

Total _____

Sandwich selection(s) _____

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

Rossmoor Rental Library

By Penny North

Here are the new books that will be arriving at the Library in March.

The Punishment She Deserves: A Lynley Novel by Elizabeth George

At long last George brings back DI Thomas Lynley and his partner Sergeant Barbara Havers, who find themselves

involved in one of their most sinister cases. A Member of Parliament asks them to investigate the supposed suicide of a constituent, which leads to further entanglements.

The Woman Left Behind by Linda Howard

We follow Jina Modell

through the advanced training that sends her to Syria as a drone operator with an elite paramilitary unit. She survives an ambush and escapes to the desert. Will her team leader be able to save her?

The Escape Artist by Jonathan Kellerman

Nola Brown is the U.S. Army's battlefield artist, rushing into battle scenes to capture details that clarify the action. On her latest mission, she sees something she shouldn't and supposedly dies in a plane crash. Her friend Zig finds her and they work together to uncover a conspiracy reaching back 100 years.

Sweet Vengeance by Fern Michaels

Tessa Jamison has spent ten years in a Florida prison for the murder of her husband and daughters. When her conviction is suddenly overturned on a technicality, she fights to prove her innocence before a new trial begins.

Fade to Black: A Doug Brock Thriller by David Rosenfelt

New Jersey policeman Doug Brock is struggling to rebuild his life after being shot in the line of duty. In his amnesia support group, he meets Sean Conner, who asks Doug's help in solving a case whose details Sean can't remember. The New Jersey setting is always a plus in a Rosenfelt tale.

Accidental Heroes: A Novel by Danielle Steel

A decorated former Air Force pilot, a pregnant flight attendant, and a dedicated TSA agent work together to save the passengers on a New York to San Francisco flight. Someone on the plane is planning to kill everyone on the flight, including a movie star, a disgraced former pilot, and a father and his abducted son. As the plane approaches San Francisco, desperate choices are made.

The People vs. Alex Cross by James Patterson

High on the best-seller list and also on our shelves is Patterson's latest thriller about cop Alex Cross on trial for supposedly gunning down criminals in cold blood. As his own trial continues, Alex tries to help his partner solve a gruesome series of murders.

Fall from Grace: A Novel by Danielle Steel

Already on our shelves is Steel's most recent novel about Sydney Wells, a new widow who must fight false charges that could cause her to lose her new job in fashion design. Will she be able to save her reputation or will she languish in prison?

You may also be interested in looking over our collection of gently used, large print books, along with our shelves of fairly recent best sellers, all on sale for \$1 each.

Library Hours

Monday thru Friday
10 a.m. to noon and 1:30 to 3:30 p.m.
Library closed Saturdays

Women's Guild

(Continued from page 15)

and substitute host of The Barry Farber Show. Thérèse was a student in Farber's broadcast journalism class at St. John's University. Steve helped her with one of her class projects and, as they say, the rest is history.

So, what are some of the photos you can expect to see and hear about? Just to assure you this is not going to be your usual neighbor's travelogue, look forward to hearing about the day Steve sat next to the royal throne with a tribal King in Togo. Then you'll hear the behind-the-scenes details of Steve's training session in using spears and shields in combat by a Zulu warrior in South Africa. And have you always wondered what it would be like to eat guinea pig at the home of a Peruvian farmer? Perhaps not, but by now you should realize this is truly going to be a unique presentation you won't want to miss.

Furthermore, since Steve has never met a microphone he didn't like, be assured this will be an entertaining whirlwind trip around the world. And as always, there will be refreshments and fellowship afterwards. So please, mark this event on your calendar now. You truly won't want to miss it.

The deadline for
**The
Rossmoor
News**
is the 7th of
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SPORTS



Golf Course Highlights

By Ted Servis, Golf Professional

What's going on at the Golf Course? Spring is right around the corner we hope, and that means it is time to start planning for the 2018 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 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.

Remember that the Golf Course is currently offering a referral incentive of \$200 in Pro Shop Credit for bringing in new members.

Thank you and I wish everyone a healthy and happy 2018 golf season

9-Holers golf news

By Terre Martin

Finally, the golf season is almost here. New residents should have received information about the 9-Holer golf group in their information packets, and current members will receive a letter from President Joyce Cassidy with our new schedule and information about renewing membership. Checks and forms need to be turned in by March 23.

Women who would like to learn more about our group can join us on Tuesday, March 20, at 3 p.m. in the Dogwood Room of the Clubhouse for a social gathering. Our members will be on hand to explain our tournaments, socials, clinics, and golf etiquette rules. We welcome golfers who want to gain confidence, and more experienced players who want to scale back to 9 holes. Contact Membership chair Mary Shine at 609-655-4518, if you have questions.

Remember, non-residents can join our golf course and club too. Encourage your friends who are paying more and enjoying it less at other golf clubs to check out our

beautiful course and join us in a round. New members get a voucher for a free round with a cart for a guest, and if you bring in a new member there's a \$200 credit for you in the pro shop. Our golf course is a hidden jewel in Middlesex County. Come, see for yourself.

Tuesday, April 10, is our

opening day. It will be followed by a luncheon in the Cedar Room. Look for two sign-up sheets in the pro-shop lounge. If you prefer not to golf that day, you can sign up and pay for just the luncheon.

Please contact our membership chair, Mary Shine, at 609-655-4518, or President Joyce Cassidy (at 609-619-3618 to learn more about our golf program.

Application for 2018 Membership



I have met the requirements set forth in the by-laws and am applying for membership in the Rossmoor Women's 9-Hole Golf Association.

Included is my \$60 check for membership dues for the current year.

Print Name

Address

City, State, Zip Code

Phone# Cell Phone #

Email Address

Check box if you have a golf cart: ☐

Checks payable to **Women's 9-Hole Golf Association**
Send to Mary Shine, 706A Old Nassau Road, or drop in the 9-Holer slot of the box in the pro shop lounge

Ladies' 18-hole leaguers - welcoming spring

By Arlene McBride

Well, spring is almost here and the golf season will be in full swing. We are always looking for eager women golfers who want to compete in fun tournaments.

We have a great course. If you need to get some golf instruction, you can check with our golf pro, Ted Servis, to find out when golf lessons are offered.

The membership form for our league will be printed with this article.

Hope to see you all shortly. "Swing into spring!"

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

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

Membership fee: \$75.

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

Name: _____

Address: _____

Phone: _____

GHIN #: _____

Email Address: _____

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

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Religious Organizations

Mass to honor St. Patrick/Penance Service scheduled in preparation for Easter

By Fred Mytnick

On Thursday, March 15, at 7 p.m., the annual Mass honoring St. Patrick will be held in the Meeting House. It will be hosted by the Emerald Society. This popular and well-received event honors a great saint of Western Christianity and the nation he converted. The celebrant will be Rev. Michael Fragoso, pastor of St. James the Less Parish in Jamesburg.

As in past years, the Mass will be followed by fantastic Irish refreshments and warm Irish hospitality.

In keeping with a popular Lenten tradition, starting on March 2 and continuing on each of the Fridays during

Lent, including Good Friday, the Sorrowful Mysteries of the Rosary will be recited at 10 a.m. in the Cedar Room of the Clubhouse. All are welcome to attend.

In preparation for Easter, the Catholic Society has arranged for a Penance Service to be held at 1:30 p.m. on Tuesday, March 20, in the Meeting House. Our good friend Father Peter will administer the sacrament. This will enable Catholic residents lacking transportation or with limited mobility to fulfill their "Easter duty" during Lent. Many people have requested that the Catholic Society continue to have a priest available to hear confessions before holy days.

Other Catholic Society activities for March include

- The Catholic Society Council meeting at 1:30 p.m. on Tuesday, March 13, in the Meeting House Parlor.
- The Prayer Shawl ministry at 1:30 p.m. on Thursday, March 8, and Thursday, March 22, in the Clubhouse Craft Room.
- The Chaplet of Divine Mercy on Tuesday, March 20, at 3 p.m. in the Clubhouse Maple Room.
- Showing of the Holy Week portion of the film "Jesus of Nazareth" at 1:30 p.m. on Friday, March 23, in the Gallery of the Clubhouse. See the separate article in this issue for more information.

A reminder to our Catholic residents, regardless of age, that in preparation for the great feast of the Resurrection, Ash Wednesday and all Fridays during Lent are days of abstinence.

Jewish Congregation: Major social events scheduled

By Ben Wistreich

Even though all Jewish Congregation members will attend the April 14 50th Anniversary luncheon, there are two annual social events coming up in March that are also very popular with members.

First up is our Purim Party on Saturday, March 3 at 1 p.m. in the Ballroom. Food includes the always popular bagels with egg / tuna, green salads, vegetable lasagna and all the trimmings. The festive lunch ends with desserts, coffee/tea and make-your-own ice cream sundaes. Members and their guests are invited to wear festive Purim costumes and there will be a reading of the ever-popular "Purim Spiel," where the evil Haman finds he is the one who will hang! All this and more for only \$14 – if you had reserved before the closing date of Feb. 22.

The next March event is March 31 – another annual event, the second Passover Seder. All of the information, food choices, wine, and who will supply and serve the Seder wine and dinner, and the cost for all-inclusive participation will appear in the March Bulletin. As in past Seders, the leaders will most likely be Cantor Mary Feinsinger and member Bob Kolker, and several members will be called upon to read parts of the Passover Haggadah (story).

The 50th Anniversary Committee has made final plans for the catered luncheon in the Ballroom. The unique menu is

set, the contract is signed, the gift for every attendee has been ordered, and the guest list will be finalized when the responses arrive. Several Congregation members have come forward to help the Committee with such things as place cards at every seat, tablecloths for all the tables, and a myriad of other details.

The Men's and Friends Club will soon announce their next lunch/dinner event, following up on their New Year's extravaganza (where a record crowd had a great time). Now it's time to look forward to 2018's restaurant choices. We normally stay local until April or May, when we choose new restaurants a bit further away from Applegarth Road. Stay tuned, as we will choose our next event for publishing in the next Bulletin.

The March 9 Sabbath Service will have Bob Kolker as Torah Reader and Jeff Albom as the Lay Reader. The March 23 Service will have Jeff Albom as Torah Reader and Bob Kolker as Lay Reader. The Congregation will sponsor the Oneg Shabbat at both Services. Those wishing to sponsor a Sabbath Service should contact co-Gabbaei Janet Goodstein. Cantor Mary Feinsinger leads our Services, which begin at 7:45 p.m. in the Meeting House.

The Congregation's monthly Board Meeting resumes on Tuesday, March 6. Meetings are held on the first Tuesday of every month (except February) at 7 p.m. in the Dogwood Room.

St. Mary's Altar Rosary Society

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Mail order and check to:
St Mary's Altar Rosary Society
30 Jackson St., South River, NJ 08882.

Babkas will be available for **pick up only** on **Tuesday, March 27, 2018** in the Parish Center from 3:00 to 6:00 PM.



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Catholic Society presents the Zefferelli film "Jesus of Nazareth"

By Gene Horan

Often considered the most compelling and powerful film adaptation of the Gospels, with its superb cast, stunning depth, and deep emotion, "Jesus of Nazareth," running for over six hours, starts with the Angel Gabriel's annunciation to Mary that she was to be the Savior's mother and ends with His Crucifixion and Resurrection.

Viewers of Part One, shown before Christmas, were very moved by the

compelling portrayal of "the greatest story ever told." One Rossmoorite remarked that seeing it was "the best part of my Christmas celebration."

Among the many great actors in the film are eight Academy Award Winners.

The free showing will be held in the Gallery of the Clubhouse at 1:30 p.m. on Friday, March 23, just before Holy Week. Coffee, tea and light refreshments will be available and all Rossmoorites are most welcome.

Community Church

March 2018 Calendar

March 4 – Communion Service at 11 a.m.

March 9 – Council Financial Meeting at 9 a.m.

March 11 – Church Service at 11 a.m.
Rev. Kahlil Carmichael, Guest Pastor
Kevin Gunia, Musician

March 12 – Deacon's Meeting at 9 a.m.

March 13 – New Members' Meeting at 6 p.m.

March 14 – Worship Committee Meeting at 9:30 a.m.

March 15 – Women's Guild Meeting at 1:30 p.m.
Steve Marcus – Highlights of Sixty Years Of Foreign Travel to 86 Countries

March 18 – Church Service at 11 a.m.
Reception of New Members
Fellowship Hour at Noon
Janet Wilson, Musician

March 19 – Council Meeting at 9 a.m.

March 25 – Church Service at 11 a.m.

March 27 – Library Committee Meeting at 1:30 p.m.

March 29 – Maundy Thursday Service at 5 p.m.

March 30 – Good Friday Service at 12:30 p.m.

Spring outing to the Academy of Culinary Arts and Smithville

By Diane England

An actress, now deceased, supposedly once proclaimed she could pick good food, but not a good man. Perhaps most women at Rossmoor don't expect to be challenged by the latter at this stage in life, but finding good food still matters, right? And if that good food is combined with excellent service in a unique venue in the company of friends, so much the better, wouldn't you agree? That's why you won't want to miss the trip to the Academy of Culinary Arts in Cape May, on April 24. The bus will leave Rossmoor at 9 a.m. poolside.

This trip has been planned by Community Church member Ruth Klein as a fundraiser. As a result, any resident is welcome to purchase tickets — including for adult family members and friends. The cost is \$65 and covers your transportation and a four-course meal (more about that later). Also, the bus will be stopping in charming Smithville later in the afternoon where you can shop 'til you drop and then leave the driving to another.

(So, you might want to see if they're still doing a wine tasting in one of the shops for a nominal fee. My friends and I found it a delightful way to conclude a day in which we'd delighted our taste buds.)

Now, here's some more about that four-course meal. You'll start off with either soup or salad—your choice after you've been introduced to the chef's selections for the day. Then, you'll enjoy your choice of one of the following entrees:

- Seasoned pan-seared catfish with rice pilaf and vegetables
- Southern-fried chicken with cheese grits and vegetables
- Grilled pork medallions in a maple and herb sauce with rice pilaf and vegetables
- Risotto with bacon and sweet peas
- That day's vegetarian option

Your meal will of course include a dessert, but you'll have to wait and be surprised by that. Your choice of

non-alcoholic beverages will include coffee, tea, iced tea, or lemonade.

How do you sign up? By making a check out to the Rossmoor Community Church (again, \$65 per ticket) and sending it to Ruth Klein (514-A Sutton Way). Also, please provide Ruth with the names of all the people for whom you're purchasing tickets as well as their phone numbers (for emergency purposes). You won't receive any tickets but instead, your canceled check will serve as your receipt.

Be forewarned that Ruth knows people from outside Rossmoor who want to go on this trip. So, get your check to her now so you don't discover it has already sold out. If you're hesitating to sign up because of fear you might become ill, Ruth will refund your money if you can show a medical reason for not attending. Therefore, get that check to her now, and then sit back and look forward to a lovely spring outing.

Get some physical/spiritual exercise

By Dierdre Thomson

Feeling housebound? Want to get out and get some exercise and cultivate some more friendships? Our Physical/Spiritual Exercise Class is one way to help you feel better. We do take time off now and then during certain times of the year due to the heavy schedules for Pastor Dierdre Thomson and Rev. Kahlil Carmichael. We will be off the whole month of March, beginning our classes again on April 5, continuing through May 31.

Another hiatus is during the summer when we have nice weather and there are all sorts of things you can do to keep active. We begin classes again on September 6 and continue through November 15. We wish we could do the classes all year, but would need someone to cover for Pastor Thomson and/or Rev. Carmichael during the times they have extra work to do. Hope to see our regulars and some newbees beginning April 5, Thursdays at 11 a.m. in the Maple Room.

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Don't mess with Mom

By Dierdre Thomson

As I have noted before, I love to read. While I like fiction, my passion is history, especially American history from the 1600s through World War II. In fact, I ended up with history as a second major in college because of all the history courses I took. I have noticed that most of history is based on the actions of men. There were, however, some women whose strength and courage was recorded. One such woman was Hannah Duston. I remember having read about her some 30 years ago.

Hannah Duston was born to Thomas and Elizabeth Emerson in 1657. Hannah died in 1736, but not before she became famous during the beginnings of our early colonies. She became known for carrying out "A Mother's Revenge." She is also said to be the first woman in the United States to be honored with a statue. On March 16, 1697, the Dustons' home was raided by a small group of Abenake Indians. Hannah, their neighbor and nurse Mary Neff, and Hannah's week-old baby Martha were taken captive. They were marched back toward Canada. Along the way, the baby Martha was considered to be a nuisance causing the march to be too slow. One of the Indians did what was common at that time. He took Martha and slammed her head against a tree, killing her.

They marched for several nights, the Indians posting a guard each night. One night they forgot to post the guard.

(Continued on page 20)

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Rossmoor Bus 609-655-4401
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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.

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 2018 edition:

NAME: _____

ADDRESS: _____

(1)Phone **OR** (1)Cell: _____

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

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

Sign up now for free series on managing your diabetes

By Diane England

Are you struggling with issues such as weight, a high glucose level, or elevated cholesterol because you're pre-diabetic or diabetic? Do you fear that you might suffer some dreadful complication of your disease if you don't get a better handle on it? If so, or if you're trying to help a spouse develop a healthier lifestyle, you'll want to sign up for a free series of six classes on managing your diabetes. These will take place on consecutive Friday mornings beginning April 27 and ending on June 1. You'll meet from 9:30 a.m. to noon in the Clubhouse Gallery. In addition to the free classes, you'll receive a free book, "Living a Healthy Life with Chronic Conditions," a \$20 value.

Does this class series sound familiar? Perhaps that's because it was first offered last year — made possible by a partnership the Community Church developed with two other organizations. As the Rev. Dr. Dierdre Thomson will tell you, "We're partnering once again with the Quality Insights, Quality Innovation Network and Healthcare Quality

Strategies, Inc. to offer this program because it was so well received. Also, since we had a waiting list last year even before people had learned how beneficial the program truly was, I expect people will be calling in to sign up as soon as they read this article."

Signing up for a class like this can be scary. Since Dierdre was one of the initial 25 people who took the course (it is limited to this number), let her explain why you shouldn't hesitate to do so. "You'll undoubtedly feel very comfortable because the instructors are positive and supportive. They understand our tendency to reach for sugary and other unhealthy foods when we're dealing with stress and painful emotions, so they're going to give you tools to deal with these.

Of course, you'll also learn such things as how to prevent complications, manage your medications, and effectively communicate with healthcare providers."

When you're making lifestyle changes, it helps to have people around you who understand and support what you're doing. So, won't it be nice to meet 24 other people trying to do the same things you are? Yeah, I thought you might agree this could be another benefit of signing up for this course.

Do you have your phone in hand now? Okay, you want to call Jarmaine Williams at 732- 955-8168. But please, only do so if you're relatively certain you can attend the entire class series. After all, space will be limited — and we expect to have a waiting list once again.

Boning up on bones

By Hadassah Aylat

On Monday, March 19, at 1:30 p.m., at the meeting of the Rossmoor Sisterhood in the Gallery of the Clubhouse, you will learn from Lori Morell, the Senior Manager of the Center for Healthy Aging at Parker Homes, the importance of not only maintaining your present bone health, but also how to build brand new bone. For most of us, one of our greatest fears is that of falling and breaking one of our quite fragile old bones. Learn how to protect them through nutrition and weight-bearing activities.

We will engage in a discussion of pharmaceutical medications, vitamin supplements and alternative ways to support strong bones to reduce fall risks. Handouts of the various types of available



Lori Morell, speaker at the March Sisterhood meeting

medications to treat the disease of osteoporosis will be provided.

And, of course, our delicious desserts will be available. Don't forget to bring non-perishable food for the Food Pantry.

MAINTENANCE DEPARTMENT

By Dave Salter

Yellow Stake & 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 2 we will start taking requests for air conditioner servicing. As soon as weather permits we will service on a first come first serve basis. Our rate will remain the same this year. Prices are as follows:
Condo (except Mutual 4) \$40. plus tax
Co-op (Including Mutual 4) \$45. 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 2 units the price is doubled.

Exterminating

If you are experiencing 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.

(Continued on page 21)

Your Garden

By Mel Moss

Ginkgo Biloba

Ginkgo biloba is known by most people for the medical use of its byproducts. Seeds and leaves treat blood disorders and memory issues. But the tree itself, as used in landscaping, is not well known, especially not in home landscaping.

The ginkgo is considered the oldest living tree. It was nearly wiped out during the ice age. China was the only place it survived. Its fossils have been found dating back to over 270 million years. Plant collectors from Europe found some of these trees and brought them back to Europe around 1690. By the late 1700s, some found their way to the Americas.

Like the holly (Ilex) family of plants, ginkgo trees have separate male and female trees. In the fall the female produces a soft fruit that will drop to the ground and produce a horrible odor. As a result, female trees are not recommended for planting. Most commercial growers do not grow female trees because of this.

The common name for

ginkgo is the Maidenhair tree because its leaf is said to resemble the leaf of the maidenhair fern. It is considered both a shade and an ornamental tree. Its ultimate growth is about 50 feet high and about 25 to 30 feet wide. In our area, the growth rate is about 10 to 12 inches a year on average. It might grow at a slower rate for several years after first being planted.

The leaves are 2-1/2 to 3 inches both wide and long. In mid to late fall, they turn a beautiful golden yellow and quickly drop off. This makes them a short and easy lawn clean up. This past fall season, we did not have a lot of good autumn foliage because of adverse weather conditions, but the ginkgo trees were colorful as always. We do not have many ginkgo trees in our area, so they did not stand out as they might have.

Ginkgo trees are widely used as street trees. In fact, New York City uses them more than any other variety, probably because they have no insect or disease prob-

lems. They tolerate auto pollution, salt, and do well in confined growing conditions, as long as they have good drainage.

One fear of some naturalists is that the overuse of ginkgo trees means there will not be any birds in that location, since there will be no insect or caterpillar populations for birds to feed on. This imbalance in nature means that homeowners, who like birds, will not see them.

A few larger nurseries have produced somewhat different types of ginkgo trees. The Princeton Nursery, when still in existence, came up with the cultivar 'Princeton Sentry', which was upright and pyramidal, with a growth habit of 40 to 50 feet tall and 20 to 30 feet wide. It was popular for street planting.

Ginkgo biloba 'Autumn Gold' was named for its striking color that seems to appear overnight in the fall.

Ginkgo biloba 'Fastigiata' grows 30 to 50 feet tall but only 10 to 15 feet wide.

If you are not familiar with ginkgo trees, you can see

one here in Rossmoor in a conspicuous spot. If you enter through the North Gate and cross over the four-way stop, the first tree in the center island of Rossmoor Drive is a ginkgo tree. It is very recognizable, whether in full leaf or bare. Keep an eye on it in mid to late fall for its golden leaf show. If you fail to watch weekly, you might miss it.

These trees are hardy, grow in any kind of well-drained soil, have virtually no insect or disease problems, and can live for over a thousand years.

Do you have a plan?

By Fire Lieutenant Mike Daley

In the event of a fire, there is no time for mistakes and errors. Every second counts. You and your family must stay prepared when fire strikes.

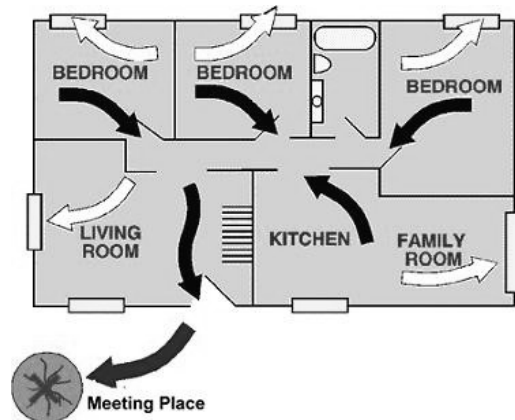
An escape plan will help you and your loved ones exit the building quickly. It only takes a few minutes for a small fire to grow out of control and incapacitate everyone, young and old who are in the building.

It is imperative that everyone in your building knows the escape plan and practices it at least twice a year. Here are some tips to consider when making your escape plan:

- Draw a map of each floor of your home, including all doors and windows. Identify two ways out of

each room. If one of the escape routes includes exiting a two or three-story window, plan to use an emergency escape ladder evaluated by a recognized testing laboratory, such as Underwriters Laboratory (UL).

- If you live in a high-rise building, be sure to use the stairways, not the elevators.
- If the fire alarm is activated at night, roll out of bed and crawl to the door, which should be closed. Check the door for heat with the back of your hand. If it feels hot to the touch, do not open it. If it is cool to the touch, crack the door to check for presence of smoke or fire. If there is none, proceed to the meeting place identified in your escape plan.
- Make sure everyone,



including guests, babysitters, and friends know what to do in the event of a fire.

- Make sure all residents know how to open and unlock every door and window in the building.
- Once you are out, **STAY OUT**. Do not go back in **FOR ANYTHING** until the Fire Department has confirmed it is safe to go back into the building.

You can survive a fire in your home, as long as everyone knows what to do. That is why you should always have a fire escape plan for

(Continued on page 22)

Maintenance

(Continued from page 20)

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 contractors insurance certificate with you. Contractors working in Mutual 1, 2 and 3 must have the proper insurance. A list of insurance requirements may be picked up in the Maintenance Department

A Message from High Tech Landscapes, Inc.:

- Winter pruning is wrapping up and will be finished by end of month. Please tune to Channel 26 daily for more information.
- Please call the East Gate phone and leave a message with any questions or concerns. (609) 655-5134.
- Spring clean-ups have started. The first operation will be cleaning up gumballs. Edging of the beds and cleaning will also start later this month/April.
- The first fertilizer application will begin in March once spring clean-ups are complete. This application will consist of a granular fertilizer with Crabgrass Preventer using a herbicide that provides season long crabgrass control.
- Please note: everything is weather dependant.

David Rabinowitz, D.D.S.
and
Sari Klerer, D.M.D., P.A.

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David Rabinowitz, D.D.S.
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HEALTH CARE CENTER NEWS

(Continued from page 1)

injury may occur with a fall causing a decrease in independence. A hip fracture is a leading cause of injury. Bruising, head injuries, lacerations and sprains are some other consequences from falls.

• **Myth: If I don't go outside of the house, I won't fall.**

Fact: Sounds practical but it's not reasonable. Unfortunately, half the falls that occur are in the home. Walk through each room and do a home safety inspection. Look for hazards such as scatter rugs, clutter in the walkways, and poor lighting. Are there grab bars in the bathroom? Is there a second handrail on the stairs? Do you have a nightlight in the hallway?

• **Myth: Medications have no influence in causing me to fall.**

Fact: The side effects of medications can put you at a greater risk for falling. Drugs can cause dizziness, light-headedness, weakness, fatigue, and sleepiness. Be cautious and be aware of the potential side effects when starting a new medication. Talk with your pharmacist and doctor about the interactions of all your medications including the new one.

• **Myth: It's my business if I fall, and I don't need to tell anyone about it.**

Fact: This is a team effort to keep you safe. Preventing falls is a topic that needs to be addressed. Discuss this with your primary physician, and let your doctor try to find the etiology as to why you fell. He or she will rule out causes as to the possibilities. There are modalities he or she may recommend to help you strengthen your muscles and ways to keep you from falling.

• **Myth: Falls happen to other people but not to me.**

Fact: As much as we all want to think that, we are not immune to falling. The chance of falling increases as we get older. Chronic illness also contributes to increasing your risk factor.

• **Myth: Falling is a normal part of aging.**

Fact: That is definitely not true. It is known that we lose muscle strength as we get older and inactivity increases our risk of falling. It becomes a cycle in which you become less active, which makes you feel less energetic. This causes a decrease in muscle tone and alertness, making us more prone to falling. We need to stay active by doing physical activities. It's important to do strength training and balance exercises to keep our muscles strong and flexible. Chair exercises are also good exercises to do. The Clubhouse offers a variety of exercise programs that might interest you. The gym located in the Village Center has a number of exercise machines that are there for

you to use. If you don't want to venture out, there are exercise programs on TV for you to participate in. Being involved with family, friends, and neighbors is good for your overall health.

• **Myth: Strenuous exercise workout will prevent falls.**

Fact: Strenuous exercise is not needed, but a variety of exercises is good for muscle strength. We need aerobic, strength, balance, and flexibility exercises. A very gentle exercise that will help with balance is Tai Chi.

• **Myth: It's not important to have an eye exam every year.**

Fact: There are vision changes as we age. Vision loss increases the risk of falling. Have yearly eye check-ups and update your glasses. If you don't see the object on the floor, how can you not help but fall over it? Taking care of yourself will help you to be independent.

• **Myth: When someone falls, you think of the stereotype of a frail and weak person.**

Fact: Falls happen to the best of us. We certainly don't plan to fall, but it happens. We need to take those extra measures to prevent that from occurring.

In our lecture series from Saint Peter's University Hospital, John Dohanec, MS Rehabilitation Science, will be speaking on "Improving Postural Strength and Balance on Land and Water" on March 9 at 1 p.m. in the Maple Room. If you would like to attend the lecture please call 655-2220, or stop by the Health Care Center.

We want to provide the best health care to you by expanding our services on the doctor's side of the Healthcare Center. Would you be interested in having a doctor who is a specialist such as in thyroid/diabetes or maybe a dietitian? Let us know whom you would like on the doctor's side and call us at the Health Care Center at 655-2220.

Plan

(Continued from page 21)

your home. For more information, contact us at www.Mtfd3.com or check out the following web sites for more information:

www.fire.gov
www.NFPA.org
www.burninstitute.org
www.sparky.org
www.befiresmart.com



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From the Mayor

By Gerald W. Tamburro,
Mayor of Monroe Township

EMS: Lifesaving care when you need it

We are fortunate in our society that in times of distress we have the ability to pick up the phone and call for help.

While Monroe's active police and fire departments may be the first responders that come to mind, today, I'd like to also call attention to the hard-working men and women who've enlisted their time to our Emergency Medical Services. In matters of life and death, they are very often first on the scene.

Saving lives is all in a day's work for Monroe's highly trained EMS crews, which are made up of advanced and basic life supporting staff, supervisors, emergency medical technicians and volunteers. On shifts that rotate 24/7, they monitor 911 calls and are strategically positioned at four stations throughout the Township to provide full coverage to Monroe's residents, who may phone in from any location within our 43-square-mile radius. Routinely, they also respond to accidents on the

Turnpike and offer mutual assistance to neighboring municipalities when needed. To put it into perspective, last year alone, our EMS responded to some 10,000 calls.

In its infancy, the department began with a couple dozen volunteers back in 1970. By 1991, Monroe transitioned to a professional staffing model while still training volunteers to assist during off and peak hours. Through the operation, many of our youth volunteers have discovered their own calling and have even gone on to become doctors, nurses and filled various roles in the many facets of the ever-expanding medical field.

Suffice it to say, our EMS has grown into a department that we are proud to call our own. In recognizing their importance, the municipality has outfitted them with the necessary resources to get them to the emergency safely and quickly and enable them to provide life-saving treatment in the most effective way possible. This includes 13 ambulances with advanced emergency medical equipment and a streamlined dispatching process

with state of the art communication technology. The most recent addition to our emergency fleet arrived in January, when the department welcomed a Ford F-450 with four-wheel drive, a 360-view exterior camera and the Township's first electronic stretcher. So whether the call comes in for a medical emergency, a car accident or a natural disaster, we've done our best to ensure these brave men and women are prepared to respond in a timely fashion and to any scenario that they may encounter.

Looking at all the logistics, the EMS program uses very little in the way of actual tax dollars. The majority of funding for this department is generated by insurance reimbursements for the use of the ambulance service. Monroe residents are not billed anything above this. The township bills only for non-Monroe Township resident calls and all mutual aid calls.

I'm confident in saying that our department has cultivated a fine-tuned operation and assembled highly skilled, patient-focused teams that deserve our utmost admiration. Those individuals who serve our ambulances, both night and day, serve one of the most critical functions in our town and for that we owe them a great debt of gratitude.

Before the vote, there's the census

By Ruth Banks

Every 10 years the Census Bureau counts the number of people in the U.S. as mandated by the U.S. Constitution. And then every 10 years New Jersey's legislative districts are redrawn to reflect the increase or decrease in the state's population.

Who draws those legislative district lines? What is the process? Do ordinary citizens have a say in that? How do we know if every person has been counted? New Jersey's population has increased some 20 percent over the last decade. Much of this increase is reflected in new minority and immigrant communities, not readily noticed.

The League of Women Voters of Monroe Twp. will devote its March 26 meeting to a discussion of these and other issues relating to legislative redistricting. The meeting will be held in the Township's Municipal Building, at 1 p.m. There is no charge, and the public is encouraged to attend this very vital discussion.

Leading the discussion will be Sandra Matsen, former president of the LWVNJ, who currently serves as the state League's legislative voice in Trenton. She tracks legislation of interest to the members, interacts with legislators and alerts members as to action being taken or not taken, and generally follows bills of particular interest to the League.

A member of the League since the early 1980s, Matsen has represented the League on the N.J. Citizens Help

America Vote Act (HAVA) coalition and was a member of the advisory committee for the HAVA-NJ State Plan. One of the questions Matsen will ask is "Can we put the power of redistricting into citizens' hands and make the process more transparent with more public input?" That is the goal of the League's Fair Districts N.J. coalition, part of a national movement to put power into the hands of the voters.

As a first step, we are focusing on the commission charged with drawing the election district lines. We are asking is there a better way to select the members of the Commission. Because of our election dates, we have only a few short months between receiving the census numbers and the primary election. New Jersey and Virginia are the only states to have a "by" election in 2021; the remainder of the states have an additional year to draw their election lines, but New Jersey has only two months to accomplish that feat. Since census figures aren't finalized until the end of March, the Commission most likely won't get the results until the first of April.

Some of the questions that might arise in these circumstances may shed light on a process that few of us understand. For example, how can we incorporate more public testimony and education into the process? Does N.J. have a problem with gerrymandering? How would a citizens' commission draw fair districts? Won't they be politically motivated?

How would regular citizens know how to draw districts? What resources would the state provide? What does a "Fair District" look like?

And to further complicate the issue, why are some residents at risk of being under-represented in the Census, according to the Star-Ledger report in December by Carla Astudillo. According to her article, there are many hard-to-count Census tracts in New Jersey.

And finally, the Census figures are important because federal funding for such things as roads, schools, housing and Medicaid is determined largely by the numbers obtained in the Census.

The Monroe Twp. League will be celebrating its 30 years in the Township with a special event on May 20 at the Forsgate Country Club. Watch for more information about it and two other events which are being planned to involve the whole community. The League would also like to contact former League members and others who had contact with the League over the years who would like to contribute their memories, pictures and thoughts about the League's contribution to the community. On Sept. 25 we will honor National Voter Registration Day with a program at the Library which will feature one of the main founders of the League, Carrie Chapman Catt. In July, no date yet, plans are in the works for a picnic in cooperation with John Katerba at the Historical site of the Dey Farm.

(Continued on page 23)



Recently, Monroe Township's Emergency Medical Services added a 2017 Ford F-450 ambulance to its fleet. The new ambulance is equipped with four-wheel drive, a 360-degree exterior camera view and the first in the Township to include an electronic stretcher. It is also one of 13 ambulances that enable Monroe EMS responders to assist with approximately 10,000 calls annually.

Monroe Mayor Announces Task Force for NJ Training School Future

Mayor Gerald W. Tamburro has announced the formation of the "Mayor's Open Space Preservation Task Force for the New Jersey Training School," a group charged with formulating a long-term plan with residents, State, County and local officials to ensure the continued preservation of the 663 acres of open space and farmland at the Monroe Township site.

The Task Force will also work to make sure that when the existing buildings are decommissioned that any future use will benefit the residents of Monroe Town-

ship and Middlesex County.

The campus is located between Spotswood English-town and Spotswood Gravel Hill Roads in Monroe Township and is currently preserved farmland, wooded forests, flood plains and wetlands. The buildings are clustered together on the western portion of the property and accessible from the main gate near Grace Hill Road.

This week, Tamburro sent a letter to Gov. Phil Murphy soliciting his support for the Township's position.

"It is imperative that the State of New Jersey understand that Monroe's highest priority is for the 663-acre campus to remain as preserved farmland and open space, consistent with our rural character," Tamburro said. "I will fight to make certain this land can never be developed."

The Monroe Township Council will consider an ordinance at its March 5 meeting in support of the Mayor's initiative.

WiFi to Go!

The Monroe Township Public Library proudly announces the introduction of the Mobile Hotspot Lending Program. Check out a WiFi Mobile Hotspot for high-speed internet access, anytime, anywhere the Sprint Network is available. A WiFi Mobile Hotspot gives the user access to the internet when connected to a WiFi enabled device. Perfect if you have no internet at home,

Available to Monroe Township Public Library cardholders, ages 18 years and older, in good standing. The WiFi Mobile Hotspots are available on a first-come, first-served basis at the Circulation Desk. More details available at www.monroetwplibrary.org/services/mobilehotspots

Cultural Arts Commission Presents: Chamber Music Series

Princeton Symphony Orchestra

In collaboration with the **Monroe Public Library**

Monday April 16, 1 p.m.

Patterson/Sutton Duo, and Kimberly Patterson (cello), Patrick Sutton (guitar)

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Monroe Township Library 4 Municipal Plaza

Registration is not required. Free admission.

Each performance starts at 1 p.m. and lasts approximately one hour.

<http://www.monroetownshipculturalarts.com/>

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

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Help Wanted

CAREGIVERS WANTED – Help make life easier for the elderly in Rossmoor and Clearbrook: light housekeeping, meal preparation, sometimes help with showering and dressing. Flexible schedule. Elizabeth@CaringElderCare.com (646) 413-0813.

Help & Health Services

CERTIFIED HOME HEALTH AIDE – Looking for private job. Contact Beatrice (609) 510-6631.

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

A NURSE IS SEEKING a full time or part time caregiving job. If interested, please call at (609) 643-2945.

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

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

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HOUSE CLEANING to clean your home thoroughly and expertly. Also do laundry and iron clothes. References. Courteous, experienced and honest. Paula (732) 393-2546.

Before the vote

(Continued from page 22)

Contact persons for these events are Ruth Mullen, 609-655-7579, or Ruth Banks, 609-655-4791.

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

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Types of symptoms that can be re-
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- Leg Pain/Numbness
- Chronic Low Back Pain
- Sciatica
- Stenosis
- Neuropathy
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- Herniated/Degenerated Discs



Get Back the Active lifestyle
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SAY GOODBYE TO BACK AND LEG PAIN...
WITHOUT SURGERY!

NEW Non-surgical, FDA approved treatment for
Back Pain now available locally

30 Million Americans suffer from back pain every
day, affecting everything that you do, from
work to play...and ultimately your quality of life.

With 7 out of 10 people experiencing low back
pain at some point in their lives and low back
pain being one of the most common reasons for
patient visits to primary care physicians as well
as hospitalization, there is no doubt that low
back pain exists in epidemic proportions today.

BACK PAIN: CAUSES AND COPING

There are many causes of back pain. Some peo-
ple develop it over time, others are injured in
sports, work or auto accidents. A good deal of
sufferers also complain of pain and numbness in
their legs, usually the result of spinal conditions
such as sciatica, stenosis and herniated discs.

Regardless of the cause, people cope with pain
differently. Many people try to wait back pain
out only to find that it keeps getting worse.
They buy new mattresses, try different stretch-
ing exercises, learn new techniques for sitting
and standing, etc., yet their condition doesn't
improve. Some make repeated trips back and
forth between their medical doctor, chiroprac-
tors and/or physical therapists. Others opt for
surgery, and while it is true that surgery may be
the answer for certain types of back injuries, it
is highly invasive and not without serious risks.

Therefore, when considering your treatment op-
tions, ask yourself...if there is a solution to back
pain that doesn't require surgery, all under one
roof, is it worth exploring?

A NEW HOPE FOR LASTING PAIN RELIEF

We at AllCure Medicine are here to tell you that
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since 2002.

After years of study, training and trials, we have
developed a mode of care incorporating a com-
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with breakthrough technology that aids in the
restoration, stabilization, and relief of your spe-
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provided under one roof and covered by most
insurances, including Medicare. Healing effects
can be felt on the first few visits.

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RELIEF FOR BACK PAIN

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tion, sciatica, spinal stenosis, arthritis, facet syn-
drome, and chronic pain in the low back. This
type of treatment employs a motorized traction
machine that gently stretches the spine, reliev-
ing pressure that builds up on the discs and
nerves. By creating negative pressure within the
disc, referred to as *negative intradiscal pressure*,
a vacuum is formed, drawing the bulging and
herniated disc material back into the disc space,
relieving pressure. Over time, this may cause
bulging or herniated disks to retract, taking
pressure off the nerves and other structures in
your spine, which helps promote movement of
water, oxygen, and nutrient-rich fluids into the
discs so they can heal. This process of non-sur-
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the latest medical technology, including Vax-D
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