



# Rossmoor IN News



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Monroe Township, New Jersey

MARCH 2023

## Federal government to fund flood remediation study in Middlesex County



**Congresswoman Bonnie Watson Coleman**

*By Carol De Haan*

The federal government will contribute a grant of \$1.1 million toward a flood remediation study in southern Middlesex County, according to an announcement at a press conference held in the Monroe Township Municipal Building on Friday, Feb. 10. The nine towns in this area have been hit repeatedly over the years with storm damage expenses, more than \$40 million in just the

last two storms of 2021.

New Jersey's Senator Robert Menendez assured the large crowd of residents and public officials that the project will consider its most vulnerable and underserved people. He noted that it doesn't take a superstorm to inundate some residential areas. "All it takes is a few rainy days in a row to impact everyone's livelihood."

He further observed that "for every dollar spent on flood mitigation, the federal government saves \$6 on disaster relief spending," making mitigation a worthwhile investment.

Menendez introduced Congresswoman Bonnie Watson Coleman, who represents New Jersey's 12<sup>th</sup> Congressional District (that's us) and pointed out what a compelling case she made in obtaining this funding for us through her position on the all-important Congressional Appropriations Committee.

The congresswoman said

*(Continued on page 13)*



**Morning cloud by Youngae Lee**

## Voting on referendum is scheduled for March 14

*By Linda Bozowski*

Monroe voters will have an opportunity to vote on the school construction referendum on Tuesday, March 14 at their usual polling places. Voting by mail is also permitted, but there will be no polling-place early voting.

For specific instructions in

obtaining a mail-in ballot, please visit the Monroe Township website or go to the Board of Education website. Both locations have links to information about the specifics of obtaining a mail-in ballot. The Board of Education website also has detailed information about the

projected construction.

There will also be presentations at several locations in the township. More information can be found on the Board of Ed web page. All residents are urged to participate in this important decision for upgrading our school buildings.

## March Madness jewelry sale!

Rossmoor is putting a twist on the concept of March Madness, a phenomenon that grips the national sports psych, by hosting an exciting jewelry event.

Are you looking to spice up your spring wardrobe, but unsure where to start? Begin with a jewelry box refresh. We will be selling our large selection of costume jewelry, watches, statement pieces, and more at deeply discounted prices. We welcome you to stop in and check out our March Madness Jewelry

event in the Clubhouse Craft room, on Friday, March 24, from 10 a.m. to 2 p.m., then again 5 to 7 p.m.

### **Donations**

Have pieces you'd like to donate? The E&R Office will be accepting jewelry donations during office hours from Monday, March 20, through Wednesday, March 22.

All proceeds will go toward the 2023 Charity Exchange, which will be held on Saturday, Nov. 4.

This event is sure to be a SLAM DUNK!

## School referendum – pros and cons

*By Linda Bozowski*

The vote on the upcoming school construction referendum, scheduled for Tuesday, March 14, has serious consequences for our township and its students. Information has been offered in this newspaper and at Board of Education meetings and other public forums. There is both support and disapproval of the proposal as it is offered. We asked assorted members of our township community to give us their pros and cons about some of

the issues in the referendum. The four respondents are anonymous so that you, the reader, will not be influenced by folks you might know. The Rossmoor News offers no opinion on this issue – our objective is to offer information for your consideration. We hope that this piece provides food for thought.

### **Issue 1. Size of the Project – does it meet our needs?**

PRO: Given our current overcrowding, the proposal is a good first step, and ap-

pears to meet the needs for more classroom space at Applegarth and Oak Tree, as well as at the middle and high schools. The least costly way of providing additional space is to build additions and renovate older buildings.

CON: The size does not meet the space needs at the high school, which will still have approximately 350 unhoused students. Given the small number of unhoused students at Applegarth and

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## at the governors' meeting

### Meeting February 16, 2023

The eighteen Mutual Presidents who make up the Rossmoor Community Association's (RCAI) Board of Governors met on February 16 for their monthly meeting held in the Village Center. Approximately thirty residents attended in person with another twenty-eight watching the simulcasted meeting on Zoom.

BOG President Dan Jolly opened the meeting and announced the establishment of a select committee to investigate energy options. The committee will make recommendations to the Board of Governors regarding possible energy cost-saving solutions for RCAI. Mr. Jolly noted that he was accepting resumes from qualified residents with backgrounds in electricity and alternative energy sources.

Mr. Jolly discussed a February 10, 2023, event at the Monroe Municipal building where New Jersey's U.S. Senator Menendez, along with NJ 12th Congressional District Representative Watson-Coleman, Monroe Mayor Dalina, Middlesex County Commissioner Director Rios, and Rossmoor's President Dan Jolly held a press conference to announce a \$1.1 million dollar Federal funding appropriated for Middlesex County to study watersheds in southern Middlesex County in an effort to mitigate future flooding. This funding is separate from the state appropriated \$1.0 million dollar grant to Rossmoor for its mitigation efforts.

Treasurer John Craven reported that RCAI and all Rossmoor Mutual Associations were currently undergoing their annual audit by Wilken Guttenplan. He stated RCAI has not experienced any unexpected expenditures over the last month.

### RCAI Management Report:

General Manager, Tom Curry reminded everyone to complete their 2023 Mutual Director nomination forms that have been mailed to owners in each Mutual. Residents need to carefully read and complete the nominations forms for open Mutual Director seats. Ballots must be received in the RCAI office by the date listed within the nomination letter in order for election ballots to be printed and mailed to each Manor owner in time for the 2023 annual meetings scheduled in April.

On March 22 at 6:30 in the Clubhouse Ballroom there will be an informational meeting presented by Solar Landscape of Asbury Park to discuss New Jersey's Community Solar Program opportunities for Rossmoor residents. The program regulated through the New Jersey Bureau of Public Utilities can help top reduce homeowner electric utility bills.

Mr. Curry then discussed ongoing projects. He mentioned the Revere Way cul-de-sac drainage repair project is finally out to bid. The initial FWH engineering Sharon Way/ NJ Turnpike Retention Basin Report has been distributed. He discussed the findings, which was followed by a lengthy discussion. Mr. Curry reported the Maintenance Department has completed the installation of automatic bathroom fixtures in the Clubhouse and are currently working on Clubhouse bathroom painting. He reported the Rossmoor Golf course is having a great winter due to

the warm weather with higher than normal rounds of golf played for this time of year.

The Community Affairs Committee Chair Ms. Casper reported on their monthly meeting. She said Allied Universal Security's site supervisor, Joe Mooney attended the meeting and provided a synopsis of the monthly security report to the committee. He then answered member's questions regarding many issues. She reported that the 2023 Rossmoor phone book is currently being edited by RCAI staff. Mr. Curry added the anticipated delivery date is mid to late March. Ms. Casper also reported an automated external defibrillator (AED) has been installed in the Fitness Center. Mr. Curry added that training classes for staff and the community are in the works.

### New Business:

Resolution 2023-05 Authorization to purchase cluster lights.

Mr. Gleason, Secretary, read the resolution to approve the reserve purchase for cluster streetlights. A motion was made and seconded. M10 Director Sforza made a motion to delay the purchase until additional estimates were obtained by Maintenance. The original motion was withdrawn, and Ms. Sforza's motion was seconded and approved 18 yes – 0 no.

Resolution 2023-06 Authorization to proceed with 2023 Refurbishment Project

Mr. Gleason, Secretary, read the resolution to approve the reserve purchase to complete the LED light replacements in the clubhouse and automatic bathroom fixtures in the Village Center. A motion was made to approve, it was seconded, and passed 18 yes, 0 no.

### Action Item

Mr. Jolly reported on the

(Continued on page 13)

## Bits & Pieces

By Sue Ortiz

Now that it is March and the seasons are changing, it's time again to do our so-called spring cleaning. It's time to clear out our closets and our lives of winter's clutter. It's time to redecorate, rearrange, renew. It's time to move that sofa and vacuum up the dust that has been accumulating there all year. It's time to clean out the cobwebs from the dark corners of our rooms, open the curtains, and let the bright sunlight in.

It's time to spring ahead and turn clocks forward one hour. (And, while you're at it, you might as well change the battery in your smoke and carbon monoxide detectors.) Daylight saving time (DST), also called "summer time," starts 2 a.m. Sunday, March 12.

If you have one or two clocks in your home, it's an easy task. Just make the rounds before bedtime, give the hands a quick go-round, clockwise, and you're done. You'll wake up the next morning a little tired from getting one less hour of sleep. Oh, don't forget the microwave clock.

But try it with 50-plus clocks, like me. I love my clock collection, but it's a time-consuming — pun intended — project twice a year to make the necessary adjustments. Springing ahead is easy. Turning back in autumn is a little trickier for some clocks, such as cuckoo clocks. Here's a hint: Never turn the hands counter-clockwise, or you'll break your precious timepiece. Instead, just stop the pendulum for an hour.

So, I've given up trying to keep most of my battery-operated clocks running. Too many expensive AA batteries that corrode before I get a chance to change them. (I've found the "bunny" batteries don't corrode as much as the "copper" ones, though.) I just keep a few favorites ticking away in each room. The others are permanently set at 1:58. At least they are correct twice a day. The wind-ups don't care if I wind them or not. My cuckoos need cleaning; time to visit a clock doctor.

Daylight saving time was one of Benjamin Franklin's many ideas, but it wasn't adopted in the U.S. until World War I to save fuel by

reducing artificial lighting. It was determined that 2 a.m. was the most practical time for changeover in the U.S.: Few trains were running, and most people were at home; the present day couldn't turn into yesterday (can you imagine the problems *that* would have caused?), and most everyone in the U.S. would be changed by sunrise.

DST is not observed in Hawaii, Arizona, and the U.S. territories of American Samoa, Guam, Puerto Rico, The Virgin Islands, and the Commonwealth of Northern Mariana Islands. Interesting tidbit: The Navajo Nation, situated in three states, *does* participate, even in Arizona. However, the Hopi Reservation, completely surrounded by the Navajo Nation in Arizona, *does not* switch time.

Just imagine the ancients adjusting their sundials twice a year. Or, the Druids of Salisbury moving Stonehenge a few degrees this way or that a couple of times a year. Good thing DST is a modern development. We have only to move a clock hand.

Last year, the U.S. Senate passed the Sunshine Protection Act that will make daylight saving time permanent starting in November, 2023. The House of Representatives must still pass the bill before it can be sent to the president to sign. That would make the winter hours standard time, and the sun would be overhead at noon all year round. Days would still lengthen and shorten as the earth revolves around the sun.

I might as well admit it: there's more like 70-plus clocks in my collection now. Oh, and don't forget the watches, all those watches. Tick, tock, tick, tock.

**B&P**

"I don't mind going back to Daylight Saving Time. With inflation, the hour will be the only thing I've saved all year." — Victor Borge (Danish comedian, 1909 – 2000)

**B&P**

"Calendars and clocks exist to measure time, but that signifies little because we all know that an hour can seem as eternity, or pass in a flash, according to how we spend it." — Michael Ende (German writer, 1929 – 1995)

## Our Website

Go to [rcainj.com](http://rcainj.com) to access the Rossmoor website.

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



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

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

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

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## Open RCAI Meetings in March

RCAI Board of Governors Meeting  
Thursday, March 16 - 9:00 a.m.

It will be an in-person meeting and  
will probably be held via Zoom

Please watch Channel 26 on your TV or on  
[www.rcainj.com](http://www.rcainj.com)  
for more information

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



# Spotlight on Angel Espinosa



Angel Espinosa displaying his paintings in the Gallery

By Rosemary Masella

Recently, I had the pleasure of talking with Angel Espinosa, a former Bocce teammate. Angel was born 83 years ago in Las Villas, Cuba, in the town of Vuellas. He was one of seven siblings who lived on a farm. With no machinery, the family worked the farm by hand. As a child, Angel attended school to the 6th grade, until the family could no longer afford it. When he was 18 years old, he and his brother relocated to Havana to work in a restaurant. They stayed in Havana for six years. It was there that Angel met his wife, Miriam.

In April, 1961, during the Bay of Pigs, Angel was detained by the Cuban police for 21 days because of his anti-communist beliefs. He was held in G2 detainment in inhumane conditions, without water or toilet facilities. Angel served his time and returned to his family's farm upon his release.

After seven years, Angel applied for a visa to come to the United States. As a result, he was sentenced to 23 months of hard labor. Once again, Angel endured the awful conditions and on August 19, 1969, was finally released from prison.

Shortly thereafter, Angel brought his growing family to Miami. He left with no luggage, just a few items of clothing for the children and

five Cuban pennies in his pocket. After a brief stay, they traveled to New Jersey where Angel's three sisters, Miriam, Aida, and Flore lived. One sister helped them out and rented them an apartment but they had no furniture and they slept on the floor until the Catholic church gave them a bed.

Angel and Miriam found jobs, worked hard, and saved their earnings. Angel taught himself how to drive and purchased a car for \$100. In three years, they accumulated \$2,000 which they used as a down payment on a \$55,000 home. Angel renovated the home over a six-year period. This is where he and Miriam raised their three children. Angel worked in a factory for 25 years. He never took a day off from work and never had a vacation. He had a very hard life. Many years later, before moving with his wife to Rossmoor, they sold their home for \$225,000.

Although he hadn't painted for 33 years, Angel started to paint again in 1998. He had no formal training and prefers to paint only in the winter. During the pandemic, Angel painted a total of 29 pictures. He has received many offers to purchase his art but has chosen not to sell. Angel cherishes his work and has 60 paintings hanging in his home. His

creations were also displayed in the Rossmoor Clubhouse Gallery, including his first, a still life, of things he had in his kitchen.

In the summer, Angel enjoys playing Bocce, a game at which he excels. He also plays shuffleboard.

Angel now has two grandchildren and two great-grandchildren. His wife Miriam passed away ten years ago.

Angel is a very proud and interesting man with many stories about life in Cuba and his determination to bring his family to America. His life is an example of how hard work, sacrifice and perseverance helped him to achieve. I truly believe Angel is the epitome of the American dream.

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## School Referendum

(Continued from page 1)

Oak Tree, the referendum costs are disproportionate to the spatial needs elsewhere.

### Issue 2: Should additions to the High School, Middle School, and Applegarth be proposed at the same time?

PRO: Combining all three projects into a single referendum may gain votes from different groups of parents in different areas of the township. These projects have been overdue for more than nine years and cannot be delayed any longer. The previous two failed referendums did not address Applegarth at all. This proposal is tax-friendly, well planned, and thoroughly thought out.

CON: All three projects should not be combined in a single ballot question, since many residents have stated that they will support construction at the middle and high schools, but are not supportive of the Applegarth component. There has also been concern

about complexities in coordinating three large projects simultaneously, and the lack of previous construction-oversight experience of our Board of Education members and the current superintendent. Construction unknowns at Applegarth could significantly affect construction costs, "throwing good money after bad," per one writer.

### Issue 3: Construction timing, while students are present on campuses

PRO: Completion is expected in September, 2026, with work scheduled year-round. The Director of Facilities reported that large portions of the work would be done during break times as much as possible, and that there will be detailed plans for safety and security of our students and staff during construction.

CON: The DIGroup architecture firm reported that care would be taken to prevent accidents during construction, but they could not guarantee safety of students and staff.

Residents also raised concerns about poor air quality and asbestos in the buildings, increased traffic, and ability of emergency vehicles' to respond quickly to calls in this area

### Issue 4: Will we need another referendum in the near future?

PRO: If the current referendum fails, another referendum will be needed to meet current needs. A future referendum for additional construction will not be needed, per one commenter, since our current projected student population will remain relatively stable, according to township demographic information.

CON: The current proposal does not satisfy all our current needs, and does not provide for full-day kindergarten, nor for pre-kindergarten students. A future referendum will be needed, according to another commenter, based on the data submitted to the N.J. Department of Education in the Long Range Facilities Plan.

### Issue 5: How does this project impact our finances?

PRO: The school tax rate in Monroe Township is lower than rates in most communities in Middlesex County, and adding the projected tax increase would bring Monroe closer to the county average rate. Several of our neighbor-

ing districts have undergone extensive renovations in efforts to keep costs and taxes reasonable. According to our architects, renovation at Applegarth is safe and cost-effective.

CON: A tax increase is inevitable, and may be a burden for some residents.

## What's old is new

By Steven Gray

A friend of a friend was recently renovating an older house and was sharing some of the things he found. I thought it might be worth a trip back in time to see what has changed.

Let's go back 150 to 200 years and see that houses were heated by a fireplace and cooled by opening a window. Cooking was done over an open fire. Refrigeration, of sorts, was in a cool room underground.

We now have geothermal heating and air-conditioning. Lighting by candles or oil lamps (smelly and not that

much light) were gradually replaced by the latest invention in the 1840s, the kerosene lantern. Oddly enough the kerosene lantern is still in use today in both developing countries with little or no access to electric, or in Rossmoor when there is a power failure (flashlights are better and safer).

Then along came electric. What a fantastic leap forward. Electric lights soon took over from kerosene (note that in some rural areas kerosene was still in use into the 1940s). With electric came home refrigeration. Note that refrigeration has been around in some form since the 1830s even though the process was invented before then, but the home refrigerator wasn't manufactured until about 1911 by GE.

Now we come to the telephone. There is still some controversy who actually invented the telephone which I am not going into. Suffice it to say, the first transcontinental call, between New York and San Francisco, was made in 1915. The telephone led to a rise in special house wiring specifically for the telephone. We have all seen telephone jacks of different types (or telephone jills if you had a Princess phone).

So, what has changed these days? Most of us have cell phones and no longer use house phones thus negating all those phone jacks and wiring – a big step backward.

Natural gas, which was also used for lighting, began being used for heating and cooking in the mid-1800s. We now have cities that are banning the use of natural gas in new construction – another big step backward into the future.

Electric vehicles, EVs, were invented around 1828 and became more popular as time went on until they were totally displaced by internal combustion engines (ICE). Now we are at the point where EVs are gradually replacing ICE, another big step backward.

Remember when houses were being built with Ethernet cabling already installed? Not any more, as wireless has taken its place, backward again.

So, like the homes of 150 to 200 years ago, new homes will not have telephone wiring, Ethernet cabling, or gas pipes. What can the future hold? Flying cars are in our future so we won't need highways, wireless energy could replace home electrical wiring (some EVs are already capable of wireless charging, just like some cell phones) and, who knows, we may be living in underground caverns on the moon or in a yet undiscovered planet.

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Are you a Celt?

By Carol De Haan

If your far distant ancestors, perhaps 3,000 years ago, came from central and northern Europe, you are surely a Celt. But their culture burst its bounds, so vast numbers of other people are also Celts.

All of Europe was once covered by an ancient hardwood forest, so dense that sunlight seldom penetrated the canopy. Germany's Black Forest is a remnant of this original growth.

Ancient people would clear an opening in that forest to build a village of modest, thatched cottages. They guarded their homes with a wooden stockade, usually located inside a much larger stockade that protected their crops and livestock from predators.

Celts enlarged the footpaths between their villages by chopping down trees and paving new roadways, sometimes with stone but more often with logs. Paving the forest provided for the eventual spread of Celtic culture through all of Europe north of the Alps and as far east as the Danube, right down to the banks of the Black Sea. Celtic tribes came to share a common language, similar religious beliefs, traditions, and culture.

The Greeks called them "Keltai," while the Romans called them "Galli," both terms suggesting the people were barbarians. Was there any truth to this?

Our Celtic ancestors were considered tall, fair, and often fair-haired. They worked as farmers, cattlemen, and horse breeders. We have evidence that they did sophisticated carpentry. Some were salt miners – a difficult occupation – but it made for excellent trade goods since everyone needed salt to preserve food. They did astonishing work in silver and gold, and even made some coinage. They put "past" on the bronze era when they figured how to smelt iron from ore that looked mostly like dirt and rocks.

Iron working

Their iron ploughshares and scythes didn't break. They invented an early reaping machine. But their great accomplishment was figuring out how to heat an iron ring to be applied as a rim on a wheel. As the iron cooled, it tightened the wood, creating a wheel that would survive many a bump on a long road.

Trade

Trade with Greece and Rome involved goods like gold, tin, furs, and amber, which our Celtic ancestors liked to exchange for wine. The Greeks wrote that Celts drank full strength wine, not diluted with water as should be the custom, resulting in much "boasting and fighting." In all likelihood, the Greeks misunderstood that our ancestors were indulging in a rapid-fire word game like the modern "Dozens," in which two opponents hurl fast, witty

insults at each other to the howling amusement of onlookers. Fueled by alcohol, of course, a word game might easily morph into a fist fight.

Druids

The Druids were the Celtic intellectuals, not the spooky necromancers of scary movies. They served as religious leaders, legal authorities, judges, historians, physicians, and political advisers. They spoke Latin and Greek, but committed their own scholarship to memory, instead of writing it down. Much of what we know about them, therefore, comes from sources eager to depict them in a bad light. Only when Medieval monks began copying the old legends did the Druids come across as important members of their communities.

Clothing

Celtic men wore woolen trousers woven of bright plaids, and plain linen tunics. It was the trousers that blew

away the citified Greeks and Romans, who favored long, draping togas. But when you consider that Celtic men were horsemen and that they lived in a far chillier climate than any Greek or Roman, trousers seem a useful option. Celtic people used soap to wash themselves and their clothing. Following a hard day's work and a bath, a Celt was known to call for a clean, linen tunic.

Hill Forts

The top of a hill was a defensive location. In times of peace, hill forts became trading posts. Eventually, people began moving to the hill forts, both for convenience and for safety. Archaeologists have discovered in France an enclosed hill fort of 335 acres, that housed

(Continued on page 6)



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## Daylight Saving Time switcheroo

By Jean Houvener

Once again on Sunday, March 12, at 2 a.m., we will spring forward, as we change our clocks to an hour later. Most, if not all, digitally connected clocks will change themselves. For the others, the rest of us will manually advance our clocks forward, probably not at 2 in the morning.

This past year on March 15, 2022, the U.S. Senate, with bipartisan support, passed the Sunshine Protection Act, intended to make daylight saving time permanent in November, 2023. Note that there is no actual increase or decrease in daylight as a result of the legislation, just a change in whether or not to return to standard time on Sunday, Nov. 5, when once again we would fall back an hour on all our clocks at 2 a.m.

In order for this to become the law of the land, the House of Representatives would need to pass this leg-

islation, which so far it has not done, and the president would need to sign it. There has been a fair amount of push back from businesses that would need to revise their systems to not switch to standard time.

Because there is actually no increase in the amount of daylight, other than that provided by our configuration of orbit and axis relative to the sun, as a result of this legislation, various negative events are foreseen. One problem that has arisen each time this has been tried is that it is darker in the morning, which has led to more accidents in the early morning rush-hour traffic, and children are out waiting for school buses in the dark.

Another problem is that the constant switching back and forth creates disruption of our natural circadian rhythm akin to jetlag. Speaking for myself, I just about adjust to the switch to standard time when it is time to go back onto daylight saving time. (Notice there is no “s” on the end of saving; it should really be daylight switching time as we are not saving any time.) Some studies have indicated

that staying on standard time would be more in sync with our natural rhythms, and therefore better for our health.

Also, for an early riser, the winter morning is exceedingly dark, problematic both for driving and dealing with oncoming blinding headlights and seeing walkers, who invariably dress in black, as do I when I walk in the morning, but I do have a reflective vest.

According to U.S. Representative Frank Pallone, head of the House Energy and Commerce committee, some 71% of Americans would prefer not to be switching their clocks twice a year. The legislation permits Hawaii and Arizona, which currently do not observe daylight saving time, to continue remaining on standard time; likewise, most of the U.S. territories. The bill would legislate remaining on daylight saving time when the usual date to switch comes in November, 2023. This may be pushed off to 2024 if the bill is not approved in the House and signed by the president, or the reversal may not happen at this time.



## Tackling the closet

By Babs Burford-O'Reilly

This month I thought to keep the organizing going and provide some tips on cleaning a closet.

To start the process and do it correctly you should empty the entire closet. As you take things out of the closet start categories, keeping like things together and putting aside items you no longer need. The no longer needed items should be repurposed, donated, or trashed. Anything you haven't used or worn in a year should not go back in the closet.

As you put things back in the closet start on the floor and work your way up. Be creative in your storage. For

example, an over the door shoe bag can hold shoes, socks, jewelry, gloves, hats, scarfs or, in a bathroom, gels, make-up and lotions. Baskets and hat boxes are also great for storing all kinds of items.

Now to keep that closet neat, get in the habit of putting things back where they belong. Once you get in the habit it gets easier. Another good tip is to control your shopping. I personally have to love something to buy it and I always ask myself, “Do I really need this, does it have a purpose and where will it live in my house?”

Happy organizing!

## Celt

(Continued from page 5)

about 300,000 people.

### Feast days

The Celtic calendar observes important agricultural days: Imbolc (Feb. 1), the start of spring; Beltaine (May 1), the start of summer; Lughnasa (Aug.1), the time of harvest; and Samhain (Nov. 1,) winter begins. If today you were to travel in Germany during the first week in May, you would see in virtually every town and village a huge, decorated maypole. The custom survives from thousands of years ago. We wondered if anyone dances around a maypole these days. Also, on Beltaine, farmers drove herds of cattle through the smoke of springtime bonfires to purify them. Is it possible that smoke destroys vermin? **What happened to the Celts?**

Caesar's legions massa-

cred huge numbers of Celts in 46 BCE. They captured, humiliated, and executed the Celtic hero, Vercingetorix, whose name is honored even today in France. Some Celtic tribes scattered. Others just surrendered their identity, allowing Roman customs to prevail. Eventually the Christian Church took charge of what had been Celtic Europe.

Conventional wisdom once had it that besieged Celts fled to the outposts of Europe, to the British Isles, and to Ireland. “Not so,” says U.K. Professor Colin Renfrew, who studies early cultures. According to Renfrew, the Celts in Ireland were there from prehistoric times.

This means that today's Irish people, their customs, folklore, and Gaelic language survive mostly intact from ancient times and from those far distant, vigorous, creative Celts.

Slainte!



# Daughters' and Sons' Day on March 5

By Allan Kaufman

They are caring, they look out for one another, they are successful in business and once in a while, more often than not, they call their mom and maybe their dad. They are Diane's and my three daughters; Lana, Lisa and Lori.

And we celebrate them and their accomplishments on March 5. I'll leave the discussion on sons to those who are fortunate to have boys as children.

They were born four years apart, with Lana being the oldest and Lori being the youngest. They all went through the East Brunswick school system with Lisa earning a varsity letter and all-County recognition for field hockey. Lori earned a varsity letter in soccer, (and we still can't believe this), one in track and field. Lana graduated from Towson University, Lisa from the University of Massachusetts and then an MBA from Rutgers, and Lori from Monmouth University.

Lana worked for MTV out

of college and then for the New York Jets for a few years. Lisa had an internship with the Brooklyn Cyclones while at UMass and Lori had one with the Howard Stern Show.

They all married wonderful guys. You see someone's sons did it well. Ha!

We all go to the Mets games together. I don't know where I went wrong being a Yankees fan? Lori and I have our annual Rangers game date, and most of the time Lisa joins me in going to the Giants game.

They each have two children, giving Diane and me six grandchildren, three girls and three boys. That's enough for our daughters to be forgiven if they don't call us every day.

But what Diane and I are most proud of is how they treat each other. They are always there for one another. They are always ready to step in when the other needs some help with the kids. I know they talk to each other more than they talk to me, but that's okay. They talk to their mom because Diane calls them every day.

We are so fortunate to have these wonderful daughters as we celebrate Daughters' and Sons' Day on March 5.



From left are-Diane, Lisa, Allan, Lana and Lori

## Irish trivia

By Anne Rotholz

With St. Patrick's Day only weeks away, it is time to begin thinking about things Irish. You might enjoy some Irish trivia. I hope that you will learn some new facts about Ireland and smile a few times in the process.

Michael Daniel Higgins (fondly known to the Irish people as "Michael D") is president of Ireland at this time. He may be small in stature but do not underestimate him. A humanist, he is a brilliant politician, an eloquent speaker, a poet, a sociologist, and an author. He speaks fluent Irish, English, and Spanish. He has a wife, four children, and a Bernese

Mountain dog named Bruno.

For many years the Irish flag was blue in color. In 1848 some French women who were sympathetic to the Irish cause gave a flag striped in green, white, and gold to an Irish patriot, Thomas Meagher. (He later fought with the Union Army during the Civil War in this country.) The "Tricolor" was flown during the 1916 Rebellion and was adopted as the flag of the emerging state.

The harp is the symbol for Ireland. It is the only country in the world that has a musical instrument as a symbol. Other symbols for Ireland are the shamrock, the Claddagh ring, the Celtic Cross, the

Tara brooch, and the Irish wolfhound.

The Irish national anthem, "The Soldier's Song," was written by Peadar Kearney.

The Declaration of Independence was handwritten by Irish-born Charles Thompson and printed by another Irishman, John Dunlop.

James Hoban, a native of Co. Kilkenny, designed the White House using Leinster House, Dublin, as a model. Leinster House, a magnificent Georgian manor originally built for the Earl of Leinster is now the seat of the Irish Parliament.

Central Park in New York is modeled on St. Stephen's

(Continued on page 8)

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## The night of the big wind

By Anne Rotholz

Jan. 6 has a special and sad connotation for people in the U.S. In Ireland it is remembered with sorrow because of a historical event that took place many years ago.

On Sunday, Jan. 6, 1839, Ireland was hit by a deadly, destructive storm that ravaged the country leaving people and animals dead, buildings destroyed, trees uprooted, and floods all over. In Irish folk history the storm was known as "The Night of the Big Wind."

There was no meteorological service to provide a scientific forecast at that time. Amateur weathermen who would normally give fairly accurate predictions were probably distracted by the Christmas holiday. They took their eyes off the skies and the mountains and were not listening to the rivers and the ocean as they normally would.

The weather was perceived as unusual for the time of year, with temperatures above normal. On the night of Jan. 5 there was a fairly significant snowfall. Sunday, Jan. 6, was an eerily balmy day. The temperature rose to 75 degrees and the snow melted rapidly.

That same morning a deep Atlantic depression moved toward Ireland. By afternoon it collided with the warm front there, bringing strong winds and deluges of rain to the western coast of Ireland. The storm travelled across the country wrecking everything in its path.

By 5 a.m. the storm had left Ireland and headed for

England where it did more damage. It weakened as it went along before it finally petered out there.

The damage in Ireland was incomprehensible. The storm wreaked havoc in counties in the north west, namely Mayo, Sligo, and Donegal, but no area was spared. Even in Dublin City, 25% of the homes and other buildings were damaged.

More than 300 people were killed in the storm. Buildings were demolished. Thousands of trees were uprooted. Sheep were blown off the mountains. Cattle and other farm animals were killed when the buildings that sheltered them were blown

away. Stacks of corn and hay that were meant to provide winter fodder for livestock were no match for the wind gusts.

Millions of wild birds were killed. Larger birds like crows and jackdaws were almost eliminated. The absence of songbirds during the following spring was a grim reminder of how destructive the storm was. Fish were reportedly found up to 12 miles inland after a major water surge that occurred during the storm.

Sadly, many of the people who survived The Night of the Big Wind died in the Great Famine that came seven years later.

## Irish trivia

(Continued from page 7)

Green, a park in the center of Dublin.

St. Patrick, who came to Ireland as a slave, preached against slavery. By the time of his death the slave trade was discontinued, making Ireland the first country to abolish slavery. Ireland was the last country in Europe to adopt the feudal system.

**Ireland had many famous people and many firsts.**

Bram Stoker, who wrote "Count Dracula," lived in Dublin. The book, in 50 languages, has never been out of print.

Victor Herbert, conductor and composer ("Babes in Toyland"), was born in Dublin.

In 1931, Ernest Walton and another physicist split the atom while working on an accelerator that he had designed. They were awarded a Nobel Prize for their work.

John R. Gregg, who invented the Gregg system of shorthand, was born in Co. Monaghan.

Astronomer William Edward Wilson (1859-1908), who lived in Co. Westmeath, took some of the earliest pictures of the sun, the moon, and the stars. He photographed a solar eclipse, and he estimated the temperature of the sun with surprising accuracy.

John Tyndall, a physicist from Co. Carlow, was the first person to discover why the sky is blue. He was also the first to prove the Green-

house effect.

The first of the Columbus crew to step on American soil was Irish-born Patrick Maguire.

Jonathan Swift, author of "Gulliver's Travels," was Dean of St. Patrick's Cathedral, Dublin.

Bob Tisdell won a gold medal for Ireland for the 400 meters in the 1932 Los Angeles Olympics. A Kerry native, he trained by running on the strand in Ballybunnion and at a local Greyhound racing course where he competed with an electric hare.

The Duke of Wellington, who was famous for his victory at Waterloo, was born in Dublin but he would never acknowledge it. The Irish people were not too upset by this.

The Metro-Goldwyn-Mayer lion Cairbre (named after a legendary Irish king), was born at the Dublin Zoo.

The famous O'Connell Bridge in Dublin was built first as a rope bridge. It could carry only one man and one donkey.

Bloody Foreland, Co. Donegal, got its name not for any great battle but rather for its brilliant sunsets.

The police station in Dungannon, Co. Tyrone is a fearsome, fortress-type building. The 19th century plans were meant for a building at The Khyber Pass but were sent by mistake to Ireland instead of India.

Johnny Cash wrote "Forty Shades of Green" while having breakfast at Shannon Airport.

The first commercial passenger flight from America to Europe took place on July 8-9, 1939, when Pan Am Clipper flew from Newfoundland to Foynes, Co. Limerick (adjacent to what is now Shannon Airport).



**Ernest Walton, physicist**

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## Sound Advice

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### SECURE Act 2.0: An overview

In the final days of 2022, Congress passed a new set of retirement rules designed to facilitate contribution to retirement plans and access to those funds earmarked for retirement.

The law is called SECURE 2.0, and it is a follow-up to the Setting Every Community Up for Retirement Enhancement (SECURE) Act passed in 2019.

The sweeping legislation has dozens of significant provisions; here are the major provisions of the new law.

#### New Distribution Rules

**Required minimum distribution (RMD) age will rise to 73 years in 2023.** By far, one of the most critical changes was increasing the age at which owners of retirement accounts must begin taking RMDs. Further, starting in 2033, RMDs may begin at age 75. If you have already turned 72, you must continue taking distributions. However, if you are turning 72 this year and have already scheduled your withdrawal, you might want to revisit your approach.

Access to funds. Plan participants can use retirement funds in an emergency without penalty or fees. For example, 2024 onward, an employee can take up to \$1,000 from a retirement account for personal or family emergencies. Other emergency provisions exist for terminal illnesses and survivors of domestic abuse.

Reduced penalty. Starting in 2023, if you miss an RMD for some reason, the penalty tax drops to 25 percent from 50 percent. If you promptly fix the mistake, the penalty may drop to 10 percent.

#### New Accumulation Rules

**Catch-up contributions.** From January 1, 2025, investors aged 60 through 63 years can make annual catch-up contributions of up to \$10,000 to workplace retirement plans. The catch-up amount for people aged 50 and older in 2023 is \$7,500. However, the law applies certain stipulations to individuals with annual earnings more than \$145,000.

Automatic enrollment. In 2025, the Act requires employers to automatically enroll employees into workplace plans. However, employees can choose to opt-out.

Student loan matching. In 2024, companies can match employee student loan payments with retirement contributions. The rule change offers workers an extra incentive to save for retirement while paying off student loans.

#### Revised Roth Rules

**529 to a Roth.** Starting in 2024, pending certain conditions, individuals can roll a 529 education savings plan into a Roth individual retirement account (IRA). Therefore, if your child receives a scholarship, goes to a less expensive school, or does not go to school, the money can get repositioned into a retirement

account. However, rollovers are subject to the annual Roth IRA contribution limit. Roth IRA distributions must meet a five-year holding requirement and occur after age 59½ to qualify for the tax-free and penalty-free withdrawal of earnings. Tax-free and penalty-free withdrawals are also allowed under certain other circumstances, such as the owner's death. The original Roth IRA owner is not required to take minimum annual withdrawals.

#### SIMPLE and SEP.

From 2023 onward, employers can make Roth contributions to savings incentive match plans for employees (SIMPLE) or simplified employee pension (SEP).

#### Roth 401(k)s and Roth 403(b)s.

The new legislation aligns the rules for Roth 401(k)s and Roth 403(b)s with Roth IRA rules. From 2024, the legisla-

tion no longer requires minimum distributions from Roth accounts in employer retirement plans.

#### More Highlights

**Support for small businesses.** In 2023, the new law will increase the credit to help with the administrative costs of setting up a retirement plan. The credit increases to 100 percent from 50 percent for businesses with less than 50 employees. By boosting the credit, lawmakers hope to remove one of the most significant barriers for small businesses offering a workplace plan.

#### Qualified charitable donations (QCDs).

From 2023 onward, QCDs will adjust for inflation. The limit applies on an individual basis; therefore, for a married couple, each person who is 70½ years and older can make a QCD as long as it remains under the limit.

The change in retirement rules does not mean adjusting your current strategy is appropriate. Each of your retirement assets plays a specific role in

your overall financial strategy, so a change to one may require changes to another.

Moreover, retirement rules can change without notice, and there is no guarantee that the treatment of specific rules will remain the same. This article intends to give you a broad overview of SECURE 2.0. It is not intended as a substitute for

real-life advice. If changes are appropriate, your trusted financial professional can outline an approach and work with your tax and legal professionals, if applicable.

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

(Continued on page 11)

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# Scenes from the Mutual 17 Winter Social



**At the Social the Mutual 17 Social Committee members are, from left back row, Anne, Marie, Helene, Babs, Theresa, and, front row from left, Barbara, Holly, Shelly, Debra.**





# This is Tough - Part 13

By Thomas J. McMahon  
(aka J. T. Brian)

If you recall PART 12, I stated the following: "I then exclaimed to no one in particular except Sandy the Dog who was walking beside me." First of all, I have started once again to edit. Heavily and heavenly. (Play trumpet sounds!)

But I digress from what I wish to discuss with you this month. An important topic that (at last count anyway) no fewer than 22 of you will be yearning to read. While I am not too sure that this series is being devoured by throngs of people who are subscribers to this newsletter, I do know that the small herd (and I mean small) of This is Tough disciples will nod their collective head for this month's intertwining subject matter.

Let's rewind to the top of this article once more - "I then exclaimed to no one in particular except Sandy the Dog..." - stop there. That action, my good friends, will never happen again. I lost my Sandy on Friday, Feb. 3, at about 5 p.m. She left us quietly and with a grace most people may not be able to conjure from within the depths of their souls.

All of us dote on our relationships and discuss activity surrounding the unions we hold most precious. "My dog is the best dog ever." "My cat could run rings around yours in giving affection." "This fly was annoying me greatly until I squashed him." Oops, that last one should be utilized for a future article.

After an abused life as a growing puppy, replete with beatings and starvation, Sandy the Dog was rescued

by my wife and me on Sept. 21, at a Brooklyn shelter. There began one of the greatest relationships a person could possibly enjoy. My daughter Jennifer had just suffered a great loss, and the first contact she had was with an arriving Sandy at the door to our house in Staten Island.

Jennifer immediately named this bundle of energy Sandy, after the dog in her favorite movie "Annie." Jennifer's absolute agony started to bounce back towards normalcy immediately. Over the years on the other side of the Outerbridge, Sandy would many times brighten situations that were family-strained and torturous to endure. Until she arrived on the scene and that wonderful nose got working, followed by those kisses.

July 21, 2019, was the darkest day of my life as my wife of nearly 42 years, Julie passed away from breast cancer. My grief, which I am told would intermittently arise over the next three years or so, was always interrupted by that nose, and those kisses. Sandy the Dog proved over and over that our enjoined destinies were part of a great design by the Almighty, and probably charted out long ago before any of us took our first breath.

I am writing this on Sunday, Feb. 5, and will complete it sometime prior to 10 a.m. But I hate to admit I myself will never be quite complete the rest of my life. However, as I told my children over this weekend, I am

leaning toward adopting a dog who desperately needs someone to love. I know I need that, and I can count more than a few two-legged acquaintances who fit the bill, and one with whom I have become very close.

But the type of four-legged love, affection, and loyalty comes in a ready-made package. Emphasis placed by a pet in the right place takes away pain and mitigates it to a certain extent when it inevitably bounces back. Sorry, folks, as grief and some agony will find its way back to you. You can fight off a lot of it by fortifying yourself with special relationships and diving into whatever events please you either privately or collectively with fellow members of your family, and those in Rossmoor where we all are extensions of our families in so many ways.

Sandy. No need to phrase it anymore with the words "the Dog." From the day my wife died until this past Friday, Sandy was my very best friend. For all I know, that nose and those kisses are probably working their special brand of magic right now. I hope so, as Julie could probably use a laugh and a smile. See all of you next month. Share the L-O-V-E, folks!



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(Continued from page 9)

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## Weekends

By Ken Thomas

Weekends appear between paychecks. We live for weekends. The anonymous "we" is every employed person in the USA. For forty hours plus each week, they earn a buck. These Americans count the week days and give them some hurry up names; "Not another Monday," "Hump Day" and "Thank God it's Friday." Some type of alias probably applies to Tuesday and Thursday also? These days rescue America from socialism, communism and every other "ism," because human beings need weekends not ideologies. China and Russia need more weekends to relax and develop harmony with others. Annual survival for a ditch digger, office worker, or CEO must include weekends. The difference between weekdays and weekends is straight forward with Bible verse support. In the beginning, God created heaven and earth. By the weekend, most of the creating was done and he rested. Weekends are also holy.

Are Saturday and Sunday

that special? What do mere mortals do on those days to explain special? Saturday activities vary to satisfy individual weekend wishes; hobbies, sports, visits, family time, events or road trips. Have a Bud. The only negatives are weekend chores, but excuses eliminate those minutes easily. The kids are outside. A movie is a choice (remember drive-ins). Visit grandma. On the road is a multiple option. The Mall might beckon. Some type of sport is Saturday-ish, participating, or as a fan. Ideas for Saturday are exponential. Stay up late. Along comes Sunday, which is a continuance of Saturday with slight differences. Don't wake me up before 9 a.m. Forget oatmeal and cheerios, eat omelets and waffles. Church may be part of the day. Remember the family sedan seating on Sundays? Let Dad have time for hammocking or golf. Mom gets breakfast in bed. Sunday dinner is not Burger King. Every Saturday or Sunday hour must be a celebration. Or! Proclaim a weekend for relaxation. Joggers walk. Families find togetherness. Couch potatoes practice.

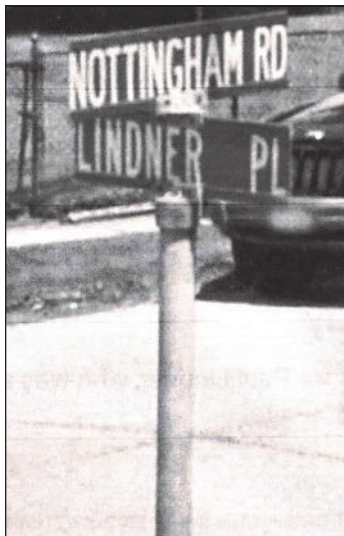
Don't wash the car!

A nice weekend easily becomes a great weekend. Add a day. The extra day may be a national holiday or a requested vacation day. The extra day could also be the dreaded sick day, "big toe fatigue." These days are crucial to a long weekend. Projects are possible. Extend a celebration. Become a tourist. Get a dog sitter. Fire up the grill and invite the neighbors. Take off like a dirty shirt and travel. Attend a music event. Stay overnight with your uncle and his family. Take a hike in a forest. Trick or treat. Sit on Santa's knee. Hunt for eggs. Eat a turkey. National holidays are perfect long weekends. Adding another day could change the long weekend to a vacation. Vacations are the ultimate days and weekends of people preferred participation. Three weeks are a photo opportunity. Four weeks are freedom. Memorable moments fill an album. Vacations are days of enjoyment for everyone. The number of weekends increase in retirement. Every day is a weekend.

## What's in a Name?

By Allan Kaufman

The name we are referring to is the street named Lindner Place. Lindner Place, named after local resident, Paul Lindner, is the street that runs past the Malverne Library and the Downing Primary School-formerly known as Lindner Elementary. Malverne is located on Long Island in Nassau County. Jason Mach, the district's supervisor of humanities, saw an opportunity for the students in his class to become immersed in local history by researching the namesake of Lindner Place. The question: "Was Paul Lindner worthy of having a street named after him?"



"Following the death of George Floyd, we had a unity march," Mach said. "It was at that point where one of the community leaders brought it up again." Mach researched original documents from a century ago about Lindner and put together materials for the students. With the encouragement of Mach, the students, in 2020, began the process of looking closely at Lindner Place.

This was no ordinary project for the students. Paul Lindner, who was adopted by German immigrants in the late 1870s, was crucial to Malverne's foundation and development. Lindner began working to develop the area in 1915 in partnership with the Amsterdam Realty Company and quickly gained the respect of the locals. He gave a lot of money to the community. He was a farmer who later on in life, became a bank president. He sold his farmland to develop the Village of Malverne in the early 20<sup>th</sup> century.

Despite being part of Long Island, and more specifically Nassau County, the region had a tremendous number of KKK members. Lindner became an active member of the Klan and in fact, became the Grand Cyclops, an esteemed title within the organization.

The students attended meetings with their local government officials, speaking eloquently on the subject of changing the name. One student expressed, what I believe, was the most emotional thought about the project. "The question we answer today in not really a question as to whether we change the name of the street. It is a question of what do we want to tell the world about ourselves as history awaits our response."

I spoke with Mach at the beginning of February. I had seen a brief snippet on the project on the local news and thought this is something that needs to be shared with our community. I asked him what was his charge to the students? He replied, "What are the arguments for and against changing the name?"

It was sophomore Olivia Brown who was among those other students who discovered the street that runs past the Malverne Library and Downing Primary School-formerly known as Lindner Elementary was named after Lindner.

Brown said, "The true meaning of justice is righting the wrongs that came before you."

The students did their research. They became fixtures at the monthly meetings at the Village Hall. They worked with historians and community members. They produced a 100-page research document that covered both sides of the argument.

While there was ample evidence that Lindner was an active member of the KKK, there were still bumps in the road.

There were financial ones. There is the cost of replacing about ten signs, the cost of reproducing maps and other costs. There were posts to the school Facebook page. People commented that the students were focused on eliminating history. Quite the contrary, the students were focused on bringing history to light and making a change so that history would not be forgotten. Other comments were racist in nature.

But other comments were supportive. One example posted to the Facebook page was, "Congratulations to the students. They give hope for the future of civic engagement and leadership."

The students were not deterred and continued to pursue their goal. They continued to meet with local officials and the community.

(Continued on page 13)



# Reflections from my Inner Voice



By Soonja Nam

The other day, I bragged about and announced the fact that I had arrived at the hilltop of 80. I stood at this hilltop and looked around several times. I knew very well that I could not turn back down. I had only to go forward for the rest of my journey, but something in my

mind made me hesitate. What do you want? The road ahead did not look very clear, but I felt the need to push forward stronger, with more fun, and full of energy and resolve. I sat down and closed my eyes. I had to make sure of what I was doing.

My thoughts brought me to the conclusion that while my emotions have not changed, my 80-year-old body has some new aches, including a sore arm from teaching my last flower arranging class. Finally, I concluded that at this point in my life, the activities I enjoy are painting, singing in the Rossmoor Choir, and teaching my flower arranging class.

However, painting is a rather solitary pursuit, and I

wanted to do something that involved sharing my gifts with others. Suddenly, it became clear to me what I should do: continue sharing my vocal gifts by singing in the choir while also offering my flower arranging class, which I call "Life with Flowers." Roots, buds, and flowers remind us of the source of life and bring us joy.

A flower arrangement is just like a delicious meal on the table – it's not that simple to create, but the rewards and joy it offers will be remembered for a lifetime.

I'm looking forward to seeing everyone in the next course in spring. If you feel the same way I do, you are welcome to join our class called "My Life with Flowers."

## Fanfares

By Ken Thomas

Fanfares are for brass instruments, mostly trumpets. Fanfares are part of music and part of communications. My trumpet and I have played fanfares everywhere; in concert bands, in ensembles, in marching bands, as a solo, in a song, at ceremonies, on holidays, before introductions, in a crowd, everywhere. Trombones, cornets, flugelhorns, French horns and tubas have joined us sometimes, but trumpets own fanfares.

When ten or more of these instruments combine, a brass band now plays the fanfares. Add other instruments except strings to form a concert band to play any music genre including

fanfares. The Philharmonic Orchestra is great music, but bands are my music. Those who listen to fanfares will use the word "loud" in their description. YES. A fanfare is a brief, "loud" ceremonial flourish for brass. Fanfares will attract attention and announce the beginning of an event, for a meeting, for a person or for a celebration. They may also become part of the music. Listen to the starting notes of the William Tell Overture, essentially a fanfare. The introduction sets the cadence for the notes that follow. Even the Lone Ranger, Silver, Tonto and Scout find the beat.

This fanfare introduces the music and becomes part of the overture. Haven't all of us heard fanfares in "America" or our national anthem? The "Hail to the chief" is a total fanfare saluting a president. As part of a Drum and Bugle Corps, their performance is a fanfare concert. Every major horse race begins with "First Call." A fanfare salute to the American flag is "To the Colors." Aren't bugle calls really fanfares? They alert and introduce various events with a specific response required; "Mess Call" means eat, "Swim Call" means swim, "Assembly" means assemble and "Church Call" means worship. "Charge" means follow John Wayne. Bugle

calls are fanfares with a trumpet. Additionally, fanfares are adaptable in all music. A platoon of Marines marches with drums and fanfares. Marching bands are a total fanfare performance. My boss blew an ego vessel, when I ad-libbed his fanfare introduction. The mayor selected our brass ensemble to signal the start of various races in a town celebration.

A fanfare can be performed by many brass instruments or as a trumpet solo played by the most talented instrumentalists. However, I gave my shy, new student a fanfare for a lesson. He welcomed all visitors at his front door for weeks. My merit badge class required scouts to learn 15 bugle calls, many, many music notes. For fun, we learned or added lyrics to the bugle calls. Swim Call began, "get in the water you dirty bums." Mess Call was "come and get your beans, boys." For the more proficient buglers, I played my "Reveille Rock" and suggested they ad-lib a call. We had fun and they passed the merit badge. My make-it-fun teaching technique applies to develop other young musicians. They can play a short fanfare rather than a long Sousa march, learning 35 notes not 235 notes in a music lesson. Their personal lyrics or music ad libs keep them playing the trumpet. Ta-Da is a fanfare!

## At the governors' meeting

(Continued from page 2)

results of a BOG survey asking Board members which months they would like meetings to be held at night. He stated the BOG monthly meetings will be held at night on May 18 and October 19, 2023.

### Directors Comments:

M4B Director Casper added to her committee report that she met with E&R Manager Barnard and several fitness center pieces of equipment are scheduled for replacement.

M2 Director Haggerty reports they plan to have LED lights installed in common carports.

M11 Director Boyer suggested the phone book number request sheet be included in resident's welcome packages. M8 Director Franks suggested the inclusion of email addresses. Mr. Jolly explained the phone book request sheet is part of the current new resident package.

The meeting was adjourned at 9:45 am

## Remediation study

(Continued from page 1)

she was motivated in large part by the distress experienced by Hurricane Henri victims, who received no assistance from FEMA because that agency felt our flooding did not rise to the level of needing federal funds. Just a few days later, however, FEMA came to the aid of nearby Hurricane Ida victims. Congresswoman Watson Coleman wants to work with FEMA to make it more responsive to the pressing needs of all disaster victims, noting that its priorities were established many years ago.

She anticipates that "climate change, with bad storms, will be the new normal, and that we must update our 20<sup>th</sup> century infrastructure to meet 21<sup>st</sup> century challenges." This \$1.1 million study will focus on planners, ecologists, and engineers in an effort to make us flood proof.

"Flooding is a regional issue," said County Com-

missioner and Director Ron Rios. "With this money, we'll be able to address gaps in flood resiliency throughout the southern Middlesex County region."

Monroe Township Mayor Stephen Dalina agreed that a regional approach is important, but he also noted that Monroe received over nine inches of rain in three hours. "Many of our senior residents were living a nightmare." Dalina, a mayor well-known for his generosity and support of flood victims, said he hopes this study will mean that he "never again sees our people in danger because of flooding."

In closing, the president of the Rossmoor Community Association, Dan Jolly, thanked Senator Menendez and Congresswoman Watson Coleman for their efforts on our behalf. Speaking for the more than 3,000 Rossmoor residents, Jolly expressed our community's gratitude to everyone who is working to solve this problem.



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## (S)milestones



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Our E&R manager, Melissa Barnard (right), her husband Frank. and their sweet little girls. That's Charlotte with Daddy and baby Madison (Maddy) with Mom.

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## New Neighbors



By Christina Smith, Resident Services Manager

Peter West, 254B Old Nassau Road, formerly of Astoria, N.Y.

Enrica Funari, 229C Old Nassau Road, formerly of Toms River, N.J.

Cynthia Loeb, 38D Concord Lane, formerly of Manville, N.J.

Dino and Claire DelGreco, 54B Old Nassau Road, formerly of Freehold, N.J.

Trilochan Singh and Rajinder Kaur, 90N Gloucester Way, formerly of Atlanta, Ga.

Mikhal Vaynshteyn 281C Old Nassau Road, formerly of Staten Island, N.Y.

Patricia Kopp, 555B Tilton Way, formerly of Princeton, N.J.

Virginia Bottino, 259-O Old Nassau Road, formerly of Morris Plains, N.J.

Angela McDonnell, 652B Windsor Way, formerly of Monmouth Jct., N.J.

Mary Spinella, 148A Old Nassau Road, formerly of Hamilton, N.J.

Ingrid Gallina, 514-O Sutton Way, formerly of Greenbrook, N.J.

Donna LeChillgrien, 352C Old Nassau Road, formerly of Staten Island, N.Y.

Ernest Schmitt, 644B Old Nassau Road, formerly of Kerwick, Va.

Monica Pratt, 456A Roxbury Lane, formerly of Wiltingboro, N.J.

Renee Brown, 351-O Northfield Lane, formerly of Highland Park, N.J.

Roman Vescio, Kathleen Liberatore, Robert Czenis, 158D Pelham Lane, formerly of Windsor, N.J.

Victoria Karnatski, 274C Milford Lane, formerly of New York, N.Y.

Nancy Krause, 199C Old Nassau Road, formerly of Staten Island, N.Y.

Jerome Stone, 394N Orrington Lane, formerly of Franklin Park, N.J.

## CULINARY CORNER

By Sidna Mitchell

### Oh, what a ham and more ham!

By Sidna B. Mitchell

Did I mention that we had lots – and lots – of ham still left over from our Christmas meal, and that was even after giving several slices to our dinner guests and eating ham every other night? Ken wanted to make sure he had plenty of ham left for other meals so we bought a nine-pound, bone-in Honey Baked Ham. Believe me, we had leftover ham.

We arrived early to pick up the ham and the parking lot was already full. I went into the store while Ken tried to find a parking space. Unfortunately, I went in the wrong door and when I turned to go out, I tripped over the stanchions dividing the areas. Down I went and two men immediately came to my rescue. My left shin really hurt but nothing else seemed to be a problem.

When we went to retrieve and pay for our ham, the young clerk said, “Oh, I’m so glad you’re okay. Usually

when old people fall, they break a hip or something. You were really lucky.” I think I was still mildly stunned and didn’t think to answer, “Yes, I’m an old lady and, yes, I am lucky!”

With all that ham, I’ve made ham sandwiches, ham salad, ham and green beans, ham and turnip greens, ham and black-eyed peas, ham and — well, you get the idea. For New Year’s Day, of course, I had to continue my Southern tradition of black-eyed peas for luck and greens for health and money. I couldn’t find fresh turnip greens in the local stores so I opted for collard greens and kale that I dutifully washed and cut into bite-size pieces before cooking those with chopped onions, sugar, salt and vinegar. For the black-eyed peas, I “cheated” this year; I didn’t make hoppin’ John (rice and black-eyed peas) and I didn’t start with dried peas. Here’s a simple recipe that is also tasty.

### Black-eyed Peas

Ingredients:

- 1 can black-eyed peas
- ¾ cup bits of ham

Just dump the peas in a pot; don’t bother to drain.

Add ham and simmer until ready to eat.

Serve with the greens, sliced tomatoes, onions, cucumbers, carrots and celery along with cornbread and butter and plans for a happy day any time of year.

### Culinary Corner

Salt and pepper to taste

### In Memoriam

#### Connie Orban, 12-year resident

By Linda Bozowski

Connie Orban, of Mutual 12, died at St. Peter’s Hospital, New Brunswick, on February 2, after a long illness.

The following description of Connie Orban barely scratches the surface of this lovely and talented friend and neighbor. A resident of Rossmoor for the past 12 years, Ohio-born Connie was a true educator of thousands of students and probably of fellow teachers as well. As a celebrated member of several scientific organizations, she shared her love of learning and encouraged others to explore and experiment and grow, through her work as a trainer in the National Science Teachers Association.

Among her best-known characteristics were her dry sense of humor, her hearty laugh, and gentle smile, and her role as a loving mother to Victoria (Bryan) Gardiner, and sons Kevin and Kenneth. She was a South



Connie Orban

Brunswick and Middlesex County PTA leader and tireless Board of Education member. Her skill as a master gardener benefitted many who received her help-line assistance, and she treasured her proud role as “the best grandmother,” according to granddaughter Brooke. An honest and trustworthy person, Connie was garlic averse, a diligent pianist, a golfer, a Broadway musical fan, and a good neighbor, generous volunteer, and a loyal and valued friend to many.

### Rossmoor Website

Go to rcainj.com to access the Rossmoor website.

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



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Korean-American Group



Participants paid attention to Jai-Hong Park, Esq., who talked about taxation, will, and estate planning at a recent meeting.



Jai-Hong Park, Esq.

By Youngae Lee

On Jan. 21, we had our monthly meeting with about 25 members present. As planned since last year, Jai-Hong Park, Esq., president of J Park Law Firm, gave a lecture to educate our group about taxation, will, and es-

tate planning for seniors, most interesting information before the time is gone. He explained to us all general information about how to make a will and to avoid the disagreement among children concerning parents' wealth. No matter how we

have the assets, we have to prepare for that. It was such valuable knowledge that we were not aware of and did not previously pay attention to. All the abstract information was turned to be a reality after the lecture. Our next meeting is scheduled in March, and we will have another lecture to plan and contact the lecturer now. The Korean population has been increasing quickly with many newcomers joining the group, even from Concordia and Clearbrook communities. As president, I will plan many more good events for the members, providing more useful information to the community. All information for the Monroe Township residents, she tries to inform the members, such as how to apply for the Anchor Program, free COVID test kits, and other benefits we can possibly get. Monthly meetings will continue and all are welcome. If you are interested in learning more, please contact Youngae Lee at 201-230-0805 or yalee1980@gmail.com. All are welcome.

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Dance Club News

By Judy Perkus

Come join DJ Carmine and the Rossmoor Dance Club on Saturday, March 25, at 7 p.m. in the Clubhouse Ballroom. Soda, munchies, coffee, tea, and desserts (sugar-free available) will be served. The décor will be St. Patrick's Day green. Send your \$10 per paid-up member/\$12 per non-

member check made out to the Rossmoor Dance Club to Armen DeVivo at 409B Roxbury Lane. All welcome. If you haven't yet renewed your membership, please send your 2023 Dance Club dues of \$20 per couple, \$10 per person to Armen. New members are always welcome. Call Armen at 609-655-2175 for more information.



**Wear Green for the Dance Club's  
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Membership Dues: \$ \_\_\_\_\_

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


Please seat me with [if possible] \_\_\_\_\_

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The Players

By Sue Archambault

The Players' next monthly meeting has been rescheduled. Instead of the original date (Monday, March 27), the meeting will take place on Monday, April 3, in The Gallery at 7 p.m. We will prepare for our Open Mic interactive show. We want anyone who would like to be included in the Open Mic event to attend this meeting. Please bring your accompaniment, either CD or instrument. All are welcome to attend.

The Open Mic event will take place on Sunday, April 16, from 2 to 4 p.m. in the Ballroom. The first hour will be our Open Mic entertainers. The second hour will include Karaoke performers.



Rick Purcell and volunteers from the audience will provide the entertainment at that time. Light refreshments will be provided. There will be an entry fee of \$5 at the door. If you are considering joining The Players, please come and see what we're all about. Involvement in singing, acting, dancing, or playing instruments is not at all necessary to join. We are a group committed to having a fun time, including enjoying the talents of others. Also, behind the scenes participants are truly a necessity to us.



Steve Grey is seen giving his presentation to the Computer Club.

Italian American Club

By Tony Cardello

We wish all our Irish members a very Happy Saint Patrick's Day. There will be a trip to Wind Creek Casino in Bethlehem, Pa., on Monday, March 20, the first day of spring, at a cost of \$25 per person with

\$25 back. The next membership meeting will be on Wednesday, March 15, at 7 p.m. in the Ballroom. Bingo will be played on Friday, March 24, at 6:30 p.m. in the Ballroom.

Emerald Society schedules St. Patrick's luncheon on March 15

By Erin Medlicott

Happy St. Patrick's Day to all our Emerald Society members. Here is information about our upcoming event. We usually get together on the first Wednesday of the month, but in March we'll move the date. Instead of meeting in the Ballroom, we'll celebrate at a nearby restaurant. This event is for members only. Our luncheon will be on Wednesday, March 15, at 12:30 p.m., and the place will be Garvey's Family Pub and Restaurant. Garvey's is located at: 405 Spotswood Gravel Hill Road, Monroe Twp, N.J. 08831. Their phone number is 732-531-3311. Members, if you have not already done so, please RSVP me at 732-747-6752 so I can let the restaurant know how many tables and chairs we'll need. Looking forward to seeing you there.



Mutual News



Mutual 1 Valentine's Day decorations

Mutual 8 news

**Spring cleanup:** Starting in mid-April, directors will inspect the large storage closets at the end of each carport. Some of these closets still contain items that belonged to people who no longer live here. This stuff needs to be disposed of. If you have items in one of these closets, please put your name on your possessions before April 15, so we will know it is the property of a current resident.

Please keep your stored items neat. No storage closet belongs to one person. They are to be shared among residents. No private locks. Only authorized locks supplied by the Mutual can be used. **Common hallways:** According to Mutual 8 bylaws and the Monroe Township Fire Inspector, only one small table is allowed in a first-floor hall. Please remove all other items. When the Fire Marshall comes to in-

spect, he can impose fines on violators. **New neighbors:** Cheryl Mich Alida Granata Maria Cruz Daniel Haggerty and Alicia Semidey Renee Brown Mr. and Mrs. Steven Lutkowski Donna Lechillgrien **Annual meeting:** Monday, April 24, at 10 a.m. in the Gallery Please plan to attend.

Mutual 16, where our neighbors are family

By Russ Howard Every month we publish our Mutual 16 Newsletter. We are introducing a new section this month called Personality Spotlight, where we will feature one of our neighbors by telling their life story and how they came to Rossmoor. For January we highlighted Jim Murphy, our president. Our Mutual 16 book club the "Mutual 16 Page Turners," would like to announce our 12 avid readers. Welcome, Ellen Ciacciarelli, Carolyn Sgromo, Paula Richardson, Carol DeRuiter, Latha Danashekar, Maureen Danehy, Linda Appleby, Joan Mischak, Mary Shine and Lucille Conti. Each reader will choose a book of the month and host a discus-

sion/social at their home or place of their choosing. Cathy Nicola hosted the official kick-off and chose "The Locked Door," by Freda McFadden. The book discussion and luncheon were hosted by Cathy at her home on Jan. 27. Penni McOlvin was on deck for February's pick. Get reading. Our upcoming birthdays celebrations are: January birthdays - Syamal Bandyopadhyay, Lucille Conti, Ruth DiGiovanni, Dale Ann McGarry, Mae Howard, Christine lanuzzi, Maria Rodriguez, Grace Struzynski; February birthdays - Gita Bandyopadhyay, Joyce Cloughly, Joe Conti, John Hamilton, James Hogan, Elizabeth Alaimo, Mary Shine. Our baking club started the new year with a very easy recipe for January. They met on Jan. 18 at Lois Hurley's

house. They made puff pastry rolls with several variations including puff pastry in cupcake pans. We encourage our neighbors to join in the fun. They don't have to be bakers to enjoy themselves at these meetings. Everyone had a great time while relaxing with some appetizers and a delicious lunch before the baking began. Note: The Baking Club auxiliary known as "The Taste Testers Consumption Group," (made up of a few hungry men), has still not been contacted as of this writing. But there is always hope. The Mutual 16 Americanism Committee announced to our neighbors that we are hosting our first annual Americanism Essay Contest. This year's essay topic is "The America I know and love." Each submission should be between 500 and 1000 words. Essays must include a cover sheet, identifying the resident's name and address. They may be emailed to Cathy Nicola or mailed to 705A Old Nassau Rd. The deadline for submissions is April 1. The winner will be announced mid-April and the winning essay will be featured in the Rossmoor News, May or June edition. The Winner of the Essay Contest will win a \$100 Gift Card to Sal's Deli. Resident updates: Welcome to our newest resident Badrat Zaklama, who recently moved into 669A Yale Way. We welcome him to our neighborhood.

Mutual 17 winter social

By Babs Burford-O'Reilly On Sunday, Feb. 5, approximately 40 members of Mutual 17 gathered in the Ballroom to catch up. In the winter we often stay indoors so it was a wonderful chance to meet up over soup, salads, sandwiches and of course dessert. We have so many talented chefs, there were many soups to choose from. It was fun to take a taste of each. Slider sandwiches and some wonderful salads completed our lunch. Of course, there were so many donated desserts

we all went home satisfied. Most satisfying was the company. We met some new neighbors and caught up with others we just hadn't seen in a while. I am so happy to be in a Mutual where everyone comes together. We have exchanged emails and phone numbers and watch out for each other. Since my family does not live close to me, I am happy to have made so many friends that I know I can call on should I need something, and whom I am happy to assist if they need something. Mutual 17 is the perfect example of what living in a community is all about.



## Religious Organizations

### Purim

By Allan Kaufman

*Purim*, also called the Festival of Lots, is a holiday that commemorates the saving of the Jewish people from Haman, the Jew-hating prime minister of the Persian Empire, around the fourth century BCE.

The Persian Empire of the fourth century BCE extended over 127 lands, and all the Jews were its subjects. When King Ahasuerus had his wife, Queen Vashti, executed for failing to follow his orders, he arranged a beauty pageant to find a new queen. A Jewish girl, Esther, who kept her nationality a secret, caught the King's eyes and became the new queen.

Haman was making it his business to have all Jews bow to him. One who did not was Mordechai, the leader of the Jews and Esther's cousin. Haman was incensed, and he convinced the king to issue a decree ordering the extermination of all the Jews. Haman would kill the Jews, having thrown "lots," a lottery, to determine the date he would carry out his plans.



#### Eighteenth Century Megillah

Mordechai galvanized all the Jews, convincing them to repent, fast and pray to G-d. Meanwhile, Esther asked the King and Haman to join her for a feast. It was during that feast that Esther revealed to the King her Jewish identity. The King had a decision to make. Take his wife's side or Haman's. He took his wife's and Haman was hanged. Mordechai was appointed prime minister and a new decree was issued granting the Jews the right to defend themselves against their enemies.

There are four *Purim* observances. The first is the reading of the *Megillah* (the book of Esther, which recounts the story of the *Purim* miracle.) Those attending the services are given a

noise maker. Whenever Haman's name is mentioned, the noise makers are sounded. The second observance is one of charity by giving money gifts to at least two poor people. Third is the sending of gifts of two kinds of food to at least one person. And lastly, and this is very popular, is to attend a *Purim* feast, which often includes wine or other intoxicating beverages. One of the items included in the feast is *hamantaschen*, a traditional *Purim* food, a three-cornered pastry bursting with poppy seeds or a sweet filling.



Hamantaschen

The Jewish holiday of *Purim* is celebrated every year on the 14<sup>th</sup> day of the Hebrew month of *Adar*. In 2023 *Purim* begins on the night of March 6 and ends at nightfall on March 7.

### St. Patrick's Day Mass

The Emerald society and the Catholic Society invite you to a special Mass to celebrate St. Patrick's Day. It will be held on Thursday, March 16, at 1:30 p.m., in the Community Church, 1 Village Mall.

All residents are welcome to attend.



Helen-Ann and Larry Epstein



Morty and Lyn Wall

### Jewish Congregation celebrates

By Allan Kaufman

In January, the Rossmoor Jewish Congregation celebrated the 85<sup>th</sup> birthday of

Morty Wall and also the birthday of congregant Helen-Ann Epstein.

## A Message from Mayor Stephen Dalina

Late February begins the FY 2023 budget process in Trenton. On February 28th, Governor Murphy will deliver his FY 2023 Budget Address to the State. It's an important event, and, as I did last year, I have already taken the opportunity to write to Governor Murphy directly on behalf of Monroe residents to ensure the proposed budget includes and expands property relief programs for all of our residents.

I have been fighting for years for more school aid, expanded homestead rebates (now the larger Anchor Program), higher senior freeze incomes, larger state retirement income exemptions, veterans tax credits, and additional energy tax receipts and much more.

These efforts and managing the municipal budget are critical to making Monroe government affordable and working to hold the line on taxes in 2023. Last year, we made continued progress on property tax relief with addi-

tional school funding from the state and the establishment of a new Anchor Property tax relief program for our residents. Taxpayers who filed applications for the Anchor program this past fall or winter (22/23) should receive this check or direct deposit in May or June of this year (2023) from the State of New Jersey.

In my letter to the Governor this year, I requested more school funding and even further expansion of property tax programs, including programs for our seniors and families.

I reminded the governor that Monroe has many older residents on fixed incomes, as well as many families, all of which are struggling with the recent growth of inflation. It is incumbent upon our decision makers in Trenton to recognize the financial limitations that residents face and to provide an adequate amount of aid to continue our stable tax rate in Monroe in 2023.

As your Mayor, I will con-

tinue my advocacy efforts to help ensure Monroe is fairly considered by the State and I will do everything possible this year to work with the Township Council to hold the line on taxes. I will be keeping you updated as we receive news from the State and as we develop the municipal budget for the upcoming year.

## Township Master Plan info at next League of Women Voters meeting

By Linda Bozowski

Kevin McGowan and Joe Stroin of the Monroe Township Utilities Department will discuss aspects of the recently approved Township Master Plan at the next meeting of the League of Women Voters of Monroe Township. The meeting will be held on Monday, March 27, at 1 p.m. in the courtroom at the Municipal Building.

The meeting is open to the public, and League membership is not required to attend. Given the complexities of the new Master Plan, we hope that residents will find this presentation informative.

### Jewish Congregation

2 Rossmoor Drive  
Monroe Township, N.J. 08831



By Allan Kaufman

**Shabbat Services** – The Meeting House  
Friday, March 10 and March 24, at 7:15 p.m.



**Torah Studies** – The Dogwood Room  
Saturday, March 11 and March 25, at 10 a.m.

**Purim Party** – The Ballroom  
Wednesday, March 16, at 1 p.m.

**Upcoming Events**  
(More information to follow)

**Passover Seder** – The Ballroom  
Thursday, April 6, at 5:30 p.m.

**Yizkor Services** – The Meeting House  
Thursday, April 13, at 10:30 a.m.

The Friends of the Monroe Township Library  
Proudly Present...

## Civil War Spies: Elizabeth Van Lew


Friday, March 24 at 2:00 p.m.

**LIVE PERFORMANCE!**

Alisa Dupuy of The Ladies of History Historical Productions is back with a live portrayal of Civil War spy Elizabeth Van Lew.

Elizabeth Van Lew was an American abolitionist and philanthropist who built and operated an extensive spy ring for the Union Army during the American Civil War.

**Registration is required.**



**Monroe Township Public Library**  
4 Municipal Plaza  
Monroe Township, New Jersey 08831 | 732-521-5000  
[www.monroetwplibrary.org/](http://www.monroetwplibrary.org/)



HEALTH CARE CENTER NEWS

By Marge Drozd, MSN, RN, ACNS-BC, FNP-BC, CSN-NJ

Every Body Is Different: Pay Attention to Your Personal Nutritional Needs

National Nutrition Month celebrated and sponsored in March by the Academy of Nutrition and Dietetics focus on the importance of making informed food choices and developing healthy eating habits. In fact, the theme of this year’s monthly celebration is “Fuel Your Future.”

This helps seniors recognize that food is the body’s fuel. If you want a machine (your body) to work well, you need to supply it with the proper fuel (nutritional foods).

It’s not unusual to focus on the foods you love to eat – even though they might not be the healthiest choices – but good nutrition is especially important for seniors.

People need varying amounts of certain nutrients as they age. Many seniors take medications, which can change the way their bodies absorb nutrients, as well.

Did you know that the food choices you make could have a direct impact on how you feel? After all, the old cliché, “You are what you eat” rings true, according to doctors.

Making decisions to choose foods wisely, rather than mindlessly for example: snacking or routinely eating meals that are high in fat, sugar, salt, and calories can help you look good and feel good – no matter your age!

National Nutrition Month is a great time for seniors to learn healthier habits when it comes to making food choices, as well as the timing of meals and snacks and the importance, as always, of drinking plenty of water.

According to the U.S. Department of Health and Human Services (HHS), seniors who focus on eating a balanced diet, based on nutritional guidelines, can go a long way to preventing chronic diseases including cancer, heart disease and diabetes. Further, good nutrition keeps bones strong and helps seniors prevent, or manage, conditions that affect muscles and bones including osteoporosis.

But wait, there’s more! Following a healthy diet rich in beneficial nutrients and low in salt, sugar, and fat, can also improve mental and emotional health.

The bottom line is that it’s never too late to focus on

good nutrition. “The good news is that our senior population can mitigate some health risks by eating nutrient-dense foods and maintaining an active lifestyle,” the HHS said.

So, whether you are a foodie who loves to always find new restaurants or recipes to try, or you view food as fuel to keep your body healthy and strong, keeping an eye on nutrition is important at any age.

In addition to the benefits mentioned, making sure you are consuming healthy foods can help keep cholesterol in check, protect the heart and improve memory and brain function.

Every *body* is different. During your annual physical, don’t forget to ask your doctor how certain foods may affect you. Your primary care physician is in the best position to determine your personal nutritional needs based on your vital signs and routine blood work.

Here Are Some Nutrition Do’s and Don’ts for Seniors

**DO keep yourself hydrated.** Drinking enough water every day is essential to a healthy diet. Plus, good old water has some side benefits, too. Staying hydrated helps keep your joints lubricated so you aren’t slowed down by aches and pains. Also, when it’s hot outside, drinking water helps to keep your body at a healthy temperature. (Water also helps with constipation!)

**DON’T snack mindlessly.** It’s very easy to sit down in front of the television with a bag of chips or a box of cookies. Next thing you know, you’ve eaten many more portions than you should. Check package serving sizes and do your best to mind them if you are going to snack. Or a better option is to pop a big bowl of popcorn and munch away ‘til your heart’s content!

**DO think about your food choices.** This includes meals and snacks! Focus on whole grains, fish and other healthy protein choices, berries and nuts and seeds. All these choices are recommended by nutritionists as part of a healthy diet.

**DON’T skip meals.** You might think that skipping meals will lead to weight loss. Or that skipping lunch

will allow you to eat a more generous portion at dinner. The body doesn’t work that way! In addition to forcing yourself to be hungry, you are causing your body to run without the necessary fuel it needs to function properly. Skipping meals lowers the body’s metabolism and can actually cause you to gain weight. Plus, you will likely spend the day feeling tired and sluggish and the evening feeling bloated and uncomfortable because of your big dinner.

**DO indulge sometimes.** Hey, why not? You only live once! But if you want to live a long healthy life, avoid over-indulging. If you love chocolate or fried foods, enjoying these items occasionally is not likely to harm you. However, when twice a week turns into nightly, that favorite treat may not treat your body so favorably!

**DON’T hesitate to alter a recipe to reduce or omit unhealthy ingredients.** Salt, for example, can adversely impact your blood pressure. You can also ask a restaurant server if it’s possible to order your meal without extra butter or other seasonings that can turn an otherwise healthy choice into a calorie conundrum! An example might be asking for salad dressing on the side so you can use the amount you would like as opposed to being served a salad swimming in dressing.

**DO eat smaller meals throughout the day.** When you eat small amounts throughout the day, you’ll enjoy both emotional and physical benefits. First, when you feel satisfied (and not hungry!) you’ll enjoy the other activities of your day far more than when you are focused on your next meal. Second, small meals throughout the day – perhaps a cup of yogurt, some almonds or some cheese and crackers – can keep your blood sugar regulated and provide the nutrients your body needs consistently.

And, for good measure, here is one more Don’t – but it’s a positive tip!

**DON’T forget that it’s never too late to try new foods.** Unless you have an allergy or a particular food doesn’t agree with you, we encourage you to make a commitment to regularly taste new dishes. In fact, since our sense of smell and taste changes through the years, it may be time to try a fruit or vegetable you haven’t previously enjoyed. You might just be surprised to find that you have a new food to add to your menu.

Cultural Arts Commission announces upcoming concert

By Cathleen Norback

Please join us as the Princeton Symphony Orchestra presents cellist Kimberly Patterson and guitarist Patrick Sutton for an hour of superb music showcasing their onstage chemistry and unique sound.

Praised by The Strad magazine for their “wit and imagination,” the trailblazing Patterson/Sutton Duo continues to be in demand as they bring the rich cello and guitar repertoire to audiences around the world. The Patterson/Sutton Duo was featured at the 2016 Guitar Founda-

tion of America Convention and have an ongoing relationship with The Juilliard School as Juilliard Global Visiting Artists. The Duo has been featured on Performance Today/American Public Media, Radio New Zealand, Fine Music Radio South Africa, among many others.

The program will be offered on Tuesday, March 28, at 1 p.m., in the Library Meeting Room. The concert is free, advance registration is not needed, but seating is limited. Please join your neighbors for this upcoming presentation.

Monroe Township Public Library

Caregiver Support Group

Wednesday, March 8 at 11 a.m.

A Caregiver Support Group meets at the Library monthly on the second Wednesday of the month. Kat Verdi, Certified Alzheimer’s and Dementia Care Trainer, of The Gardens at Monroe leads the group. Her mission is to educate, empower and encourage caregivers. All are welcome. This program is held in person. Registration is not required. Sponsored by The Gardens at Monroe.

Genealogy Club

Wednesday, March 8 at 2 p.m.

Beginner and experienced genealogists welcome to discuss research, share findings and resources. This program is held in person. Registration is required. Register at the Welcome Desk, online at [www.monroetwplibrary.org/calendar](http://www.monroetwplibrary.org/calendar) or by phone at (732) 521-5000.

Local Author Talk:

Laurie Tema-Lyn

Friday, March 10 at 11 a.m.

Local author and small business owner, Laurie Tema-Lyn, will discuss “Zest!: Food That’s Fun to Make & Good for You”. Laurie’s book is an ode to life, energy, vibrancy. It is written in a personal, conversational style as if the reader is sitting in Laurie’s kitchen. More than a cookbook, Zest! offers guidance and tips about creating healthy, full-flavored, delicious meals while enjoying the process of meal preparation. This is an in-person event. Registration is required. Register at the Welcome Desk, online at [www.monroetwplibrary.org/calendar](http://www.monroetwplibrary.org/calendar) or by phone at (732) 521-5000.

Virtual Author Talk:

David Epstein

Monday, March 13 at 1 p.m.

New York Times best-selling author David Epstein discusses his most recent book, “Range: Why Generalists Triumph in a Specialized World”. Epstein examined the world’s most successful athletes, artists, musicians, inventors, forecasters, and scientists. This is a virtual program. Registration is required. Register at the Wel-

come Desk, online at [www.monroetwplibrary.org/authortalks](http://www.monroetwplibrary.org/authortalks) or by phone at (732) 521-5000.

Page Turners

Thursday, March 16 at 11 a.m.

Looking for something to read or add to your reading list? Library staff will present and recommend a variety of titles pertaining to a different topic, both new and old titles. The theme for this session is Sneaky Seniors/ Older Folks Behaving Badly. This is a hybrid program. Join us via Zoom or in person. Registration is required. Register at the Welcome Desk, online at [www.monroetwplibrary.org/calendar](http://www.monroetwplibrary.org/calendar) or by phone at (732) 521-5000.

MTHS Environmental Action Club Update

Saturday, March 18 at 11 a.m.

Across the globe students are taking action to address today’s environmental challenges, including our own Monroe Township High School students. Learn what is on the minds of Environmental Action Club members as they preview their EcoNight 2023 presentations on topics such as sustainability, conservation, and wildlife. Highlights of a variety of projects they have accomplished in the past and plan to continue in the future will also be shared.

Join us via Zoom or in person. Registration is required. Register at the Welcome Desk, online at [www.monroetwplibrary.org/calendar](http://www.monroetwplibrary.org/calendar) or by phone at (732) 521-5000.

Non-Fiction Book Discussion

Monday, March 20 at 2 p.m.

Join us for a discussion about “The Johnstown Flood” by David McCullough. Reserve a copy at the library, or download the electronic audiobook using the Libby app. This is a hybrid program. Join us via Zoom or in person. Registration is required. Register at the Welcome Desk, on our website at [www.monroetwplibrary.org/calendar](http://www.monroetwplibrary.org/calendar) or by phone at (732) 521-5000.

Virtual Author Talk with Chef Jernard A. Wells

Tuesday, March 21 at 4

(Continued on page 19)



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# Monroe Township Public Library

(Continued from page 18)  
p.m.

Join us for a chat with celebrity chef Jernard Wells about his newest cookbook "Southern Inspired: More Than 100 Delicious Dishes from My American Table to Yours". Host of TV's New Soul Kitchen, Jernard Wells brings in flavors from the Caribbean, Latin America, Asia, and Europe, always with his signature Southern flair, honoring his roots. This is a virtual program. Register at the Welcome Desk, online at [www.monroetwplibrary.org/author-talks](http://www.monroetwplibrary.org/author-talks) or by phone at (732) 521-5000.

## Guts & Glory: Nutrition for Colorectal Health and Cancer Prevention

Wednesday, March 22 at 2:30 p.m.

Health educators from Rutgers Cancer Institute of New Jersey will present proper nutrition and steps you can take to protect yourself from colorectal cancer. This is a virtual event. Registration is required to receive Zoom login details. Register at the Welcome Desk, online at [www.monroetwplibrary.org/calendar](http://www.monroetwplibrary.org/calendar) or by phone at (732) 521-5000.

## Civil War Spies:

Elizabeth Van Lew

Friday, March 24 at 2 p.m.

Elizabeth Van Lew was an American abolitionist and philanthropist who built and operated an extensive spy ring for the Union Army during the American Civil War. This live performance showcases Alisa Dupuy of The Ladies of History Historical Productions in a live portrayal of Civil War spy Elizabeth Van Lew. Sponsored by The Friends of the Monroe Township Library. Registration is required. Register at the Welcome Desk, online at [www.monroetwplibrary.org/calendar](http://www.monroetwplibrary.org/calendar) or by phone at (732) 521-5000.

## Makerfest

Saturday, March 25 from 11 a.m. until 4 p.m.

The Monroe Township Library is proud to participate in New Jersey Makers Day. Community members of all ages are invited to join us for an exciting day filled with activities focusing on maker culture including crafting, electronics, 3D Printing, creativity, STEM & more. Enjoy hands-on demonstrations & exhibitors. New Jersey Makers Day allows communities to share hands-on programming opportunities, demonstrations and displays, and the expertise of the individuals and organizations that make, create, and develop right in their own backyards. Open to all ages. Registration is not required.

## Vitamins & Supplements Explained

Tuesday, March 28 at 10 a.m.

Learn how to read and understand nutrition labels, and identify the vitamins, supplements and nutrients recommended for optimal health. This is the first in a four-part series presented by The Col-

lege of New Jersey (TCNJ) School of Nursing and Health Sciences. This is an in-person program. Registration is required. Register at the Reference Desk, online at [www.monroetwplibrary.org/calendar](http://www.monroetwplibrary.org/calendar) or by phone at (732) 521-5000.

## Princeton Symphony Orchestra Chamber Concert

Tuesday, March 28 at 1 p.m.

Sponsored by Monroe Township Cultural Arts Commission, this Princeton Symphony Orchestra performance features a duet of cellist Kimberly Patterson and guitarist Patrick Sutton. This program will be held in-person at the Library. Registration is not required.

## Virtual Author Talk:

Pam Jenoff

Tuesday, March 28 at 7 p.m.

Join us for an exciting trip through time as we chat with New York Times bestselling historical fiction author Pam Jenoff about her newest book "Code Name Sapphire", in which a woman must rescue her cousin's family from a train bound for Auschwitz in this riveting tale of bravery and resistance. This is a virtual program. Registration is required. Register at the Welcome Desk, online at [www.monroetwplibrary.org/author-talks](http://www.monroetwplibrary.org/author-talks) or by phone at (732) 521-5000.

# CLASSIFIED Ad COUPON

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

MAIL TO:

Princeton Editorial Services  
P.O. Box 70

Millstone Twp., NJ 08510

## RATES FOR ONE PUBLICATION

\$14 for 10 words, 50 cents each additional word

Multiple: 10 words in two publications = \$14 x 2 = \$28.

10 words in three publications = \$14 x 3 = \$42.

Check those that apply:

☐ Clearbrook Courier ☐ Concordian

☐ Encore Speaks ☐ GW Voice

☐ Regency Reporter

☐ Renaissance Reflections

☐ The Rossmoor News

☐ Check here for all seven

All ads must be mailed with payment.

No classifieds accepted by phone or email.

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

State category/heading, i.e., "For Rent", "For Sale", "Help Wanted." No charge for the heading.

One check or money order must accompany insert, PAYABLE TO

PRINCETON EDITORIAL SERVICES

Email your news to:  
[news@rcainj.com](mailto:news@rcainj.com)

## Contact Waste Management

609-587-1500

ID# 61565342007

for pick up of household items

NO electronics

NO upholstered furniture

NO mattresses

## TRANSPORTATION TIDBITS

### Important phone numbers:

Rossmoor Bus.....609-655-4401

Call-in hours are: 9:00 – noon and 2:30 p.m.- 4:00 p.m.

Schedule is available at [www.rcainj.com](http://www.rcainj.com)  
under "Amenities".

Monroe Township Transportation .....609-443-0511

Middlesex County

Area Transportation (MCAT) .....1-800-221-3520

## Recycle information from Waste Management



- No caps on glass bottles/containers in the recycle bin.
- No lids on plastic bottles.
- All numbered plastics are acceptable in the recycle bin.
- Other plastic items as well as plastic bags, plastic wrap, shipping film, and Styrofoam go in the household trash bin. Please, no plastic bags in the recycling bin. You can use a plastic bag to dump your recyclables, but take the plastic bag away with you. (Recycle it at the supermarket.)
- Shredded paper cannot be recycled by Waste Management with their current equipment, so put it in the household trash bin.
- Aerosol cans must be empty and punctured before being put into the recycle bin.

# Classified Advertising

## Home Improvement & Services

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

**THE PAINTER** – 30+ years experience, residential/commercial Rossmoor resident. Free estimates. References available. Call (908) 208-4062.

**HANDYMAN SERVICES**—My amazing carpenter/handyman/helper is looking for more work. For references, call Nan at (508) 333-8771, or text (848) 459-6617, or email Manny at [manny-fast@gmail.com](mailto:manny-fast@gmail.com).

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

**T-K-S HOME IMPROVEMENTS** – Full service contractor. Kitchen, baths, basements, painting, tile and more. No job too big or small. License #13VH05970500. (609) 259-2574.

## Tax Preparation

**GREGORY TAX SERVICE**—Reasonable, friendly service. 35 years experience, IRS AFSP. Concordia resident, Jim Gregory. (732) 236-4498.

## Miscellaneous/Services

**COMPUTERS CUSTOM BUILT & REPAIRED** - RJF Sales Company LLC.\* Time to clean your computer and get educated on protecting yourself from scams. Desktop and laptop repair in your home. I am fully vaccinated; I use a mask. Virus removal and protection. Monroe resident with over 20 years of computer experience. (732) 723-9537 or (732) 967-3400. Please leave message; most calls returned same day.

**TECH BUDDY** – Simple step-by-step help with smartphones, computers and tablets. Large print solutions for low tech problems. Beginner to Advanced. Patience and enthusiasm included. Wireless printers, Netflix, Amazon Alexa setup and training. Have Alexa remind you of your appointments, read audiobooks, more. \$5 off setup. Free quote. (732) 589-4974. [techbuddybarb@aol.com](mailto:techbuddybarb@aol.com)

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

## Help Wanted

**PACKING ORDERS.** Lifting 50 lbs. Auto King, 67 East Railroad Ave., Jamesburg, NJ. Apply in person.

**COLLEGE STUDENT** to do light computer work \$20/hour. Call (973) 564-8047.

## Help & Health Services

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

**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) 917-4208 or (908) 337-7462.

**CAREGIVER/COMPANION**—Available for live-in, weekends, days, nights. Part or full time. Highly experienced with all types of patients. Rosse (848) 203-9421.

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