



Rossmoor IN News



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Monroe Township, New Jersey

MARCH 2026

Chronic Pain Getting the Best of You?

By Mary Jane Brubaker

How can you take control of your chronic pain? Attend a free six-week educational program being held at the Clubhouse in the Maple Room on Thursdays from 12:30 - 3 p.m. from April 2 through May 7. May 14 is a makeup day if a session is

anceled due to weather.

This "Take Control of Your Health: Chronic Pain" program was developed by Stanford University and has been implemented with great success worldwide. Participants will learn pain management techniques, medication management, communica-

tion skills, healthy eating, and appropriate exercise to improve daily life. Past participants have reported improved physical activity, increased energy, and reduced doctor visits.

"Take Control of Your Health: Chronic Pain" is being sponsored by Hackensack Meridian Health at no cost to Rossmoor residents. However, advance registration is required through E&R and is limited to the first 15 residents who sign up. Take the next step in controlling your chronic pain and register today.

Taking My Dog Out During the Big Snow



Misery loves company! From left are Kathy Moraldo and Birdie; Penni McOlvin and Kenzie.

By Penni McOlvin

Record frigid temperatures, icy pathways, snow way up over my knees, and, yet there I am attempting to walk my puppy so she can relieve herself. Unfortunately, all my good and, yes, selfish intentions were not convincing her to step outside during January's two storms.

I first go out to shovel a circle around my tree in front so she can sniff some familiar grass. I did that four times the Sunday of the big storm. On the fourth round of shoveling, she finally peered out through the garage, one hesitant paw at a time, inching outside her comfort zone.

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Hello, Neighbor!



Nick Dantona of Mutual 7 enjoyed the Big Snow and was very pleased with the snow removal process. "I thought they did an amazing job clearing the snow. It took a few days, but it got done."

Your Career as a Knocker-Upper

By Allen Kobezak

Would you like a career as a knocker-upper? This might sound like the dream job you've been waiting for, but it also has some drawbacks. First of all, professional knocker-uppers have to wake up very early in the morning. Then they need to

travel to their customers' homes and be prepared to perform over and over again, just like clockwork. In fact, their work is clockwork.

March is a very important month for knocker-uppers because it's time to "spring forward" and lose one of those precious hours we

gained last November.

I suppose it's time for me to explain the job description of a knocker-upper. Simply put, a professional knocker-upper's duties are to wake people up so they aren't late for work.

Although we once had knocker-uppers in the U.S., they are usually more closely linked to Great Britain, the Netherlands, and Ireland.

I hope you're not too disappointed, but you're a little late to start your new business of waking people up. Knocker-uppers were first used during the first Industrial Revolution, which started in Great Britain in the 1700s, and their use ended by the 1950s.

The Industrial Revolution was a period when much of

(Continued on page 5)



The masterminds behind the Recipe Group's first Soup Contest from left are Marilyn Rotondella, Barbara Herman Hoff, Scott Hoff, Janet Corr. Front: Anne Szipszky.

Soup Contest!

By Anne Szipszky

May the best soup win! Get your ladles ready. The Rossmoor Recipe Group is turning up the heat with our very first Soup Contest, and you're invited to cook, taste, and vote your way to victory. Everyone has a favorite family recipe for soup. But whose is the best? Well, on Saturday, March 14, at 2 p.m., we will have a contest for bragging rights.

Here's how it works: Open to all Rossmoor residents; amateur cooks welcome. You may enter more than one pot of soup if you cannot decide which one you would like to enter. Tickets are \$10 per person; all proceeds, after prizes and expenses, benefit the American Cancer Society, and will be available through E&R. Cooks and non

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Are They Really Troubleshooting?



Having entirely too much fun in the Computer Club Lab are, from left, Liam Glinane, Kristin Michelson, and Erin Medicott.

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at the governors' meeting

Feb, 19, 2026

The February meeting of the RCAI Board of Governors was held at 9 a.m. in the Clubhouse Hawthorn Room.

President's Report

President Jolly thanked everyone for attending and said he hoped that the winter weather will end soon.

Treasurer's Report

Treasurer John Craven reported the annual Audit has begun and that our year end data and January financials will be available after the audit is completed.

Management Report

Mr. Curry reported the unaudited snow costs for calendar year 2025 were over budget at \$416,679. As of today, the calendar year 2026 snow costs are \$226,266.

He noted that all owners have received the 2026 election nomination forms, the annual audit is underway, the pool guest survey results have been compiled, condominium and cooperative unit closings remain strong at an average of nine condo and three cooperative resale and closings per month.

In January, the maintenance department and our contractor cleared snow from five storms. They used a total of 44 tons of salt, 1,764 bags of ice-melt, and 2,700 gallons of Ice be Gone. Mr. Curry thanked the staff for their excellent service during a very challenging and long storm.

Mr. Curry then reported on major projects stating that the 2026 asphalt and concrete paving project specifications are in progress with our engineer. The Reserve update to accommodate the Cedar Creek culvert expansion is in review. Our Maintenance and Golf Maintenance Departments have helped to update the Reserve item

needs and costs. The Clubhouse Renovation Phase Two Project has begun at the north end of the building. An ice accumulation in the six-inch gutters of the Meeting House caused the gutter to fall from the south side of the building. Repairs will cost nearly \$23,000.00. Our insurance deductible is \$25,000.

Mr. Curry promoted the E&R spring events calendar and thanked the E&R custodial staff for their help with snow removal around our amenities and especially in the Clubhouse parking lot where we require people to park during a snowstorm. He discussed winter work at the golf course and provided reports on golf membership, and scheduled events.

Old Business

Mr. Curry read the results of the pool guest survey that was sent to residents who have provided emails. After much discussion, a motion was made to have Clubhouse Manager Melissa Barnard create the new pool rules. It was seconded and approved unanimously. During the discussion Melissa stated she will consider past rules, scheduled pool lap swim hours, exercise classes, attendance records, guest pass options, and the survey results. The new rules will be reviewed at the March 12 Communications Committee meeting and published in the April Rossmoor News.

Committee Reports

- **Maintenance Committee** Chair John Sarnecky mentioned the Committee recommends the approval of resolutions for cluster light and Fitness Center elliptical exercise machines.
- **Community Affairs Committee** chair Joann Casper reported on upcoming health center and E&R events.

New Business

M10 Director Judith Sforza commented on recent emails with Mr. Curry regarding the reporting on Clubhouse renovation expenses and including them in the board packet. Mr. Curry reported that he had copies of the breakdown for any BOG member who wanted to review the expenses.

Resolution 2026-05 Authorization to Purchase Cluster Street Lights

A motion was made and seconded to approve the purchase of one decorative three-cluster streetlight and one single decorative streetlight at a total cost not to exceed \$ 8,750.00 to be charged to the RCAI Replacement Fund Account #4110. The motion passed unanimously.

Resolution 2026-06 Authorization to Purchase Replacement Elliptical Machines

A motion was made and seconded to purchase two Bodycraft E1000 Elliptical machines at a total cost of \$11,086.87 (\$10,198 and \$200.00 installation, tax \$686.87) to be charged to the RCAI 2026 Capital Expenditures Budget Number 2430. The motion passed unanimously.

Resolution 2026-07 Clubhouse Design Project Phase Two Painting - Contractor Change

A motion was made and seconded to approve the completion of Clubhouse Renovation Phase Two painting by General Contractor NJH LLC at a cost not to exceed \$9,570 (\$8,700 + \$870 Contingency). The motion passed unanimously.

Resolution 2026-08 Clubhouse Design Project Phase Two - General Contractor

(Continued on page 6)

Bits & Pieces

By Sue Ortiz

"Life: One Damn Thing after Another."

Years ago, at an antique fair, I picked up a postcard from 1909 with that very phrase printed on it. The words resonated with me so much that I had it framed, and it still hangs in my kitchen as a daily reminder.

Last month, I wrote about feeling like a "bag lady." This month, I have one fewer bag - the most important one. My purse was stolen in mid-January. In broad daylight, on a cold, gloomy, rainy Saturday, right from my front porch, and right in front of me.

Before that unfortunate Saturday, I'd noticed a \$10 voucher waiting to be used in the Michael's craft store app. Since I planned to visit Michael's, I thought I'd also stop by Trader Joe's next door. But the forecast was calling for rain later, so I debated: should I get up early or stay in bed.

As it turned out, I woke up early and spent time enjoying the warmth of my new comforter and doing the daily Wordle. Solved it in three guesses! With no rain in sight, I got ready and left the house by 10:15 a.m.

At Michael's, I only spent \$3 after using the voucher but spent over \$100 at Trader Joe's. By the time I headed home, the rain had picked up, and I drove back with the wipers going in sync with the downpour.

The rain let up as I got close to home. I stopped at Quick Chek for an iced coffee, then headed on. My street was quiet, neighbors' cars in their usual spots, everything seemed normal.

With my hands full - handbag, shopping bags, and other totes - I got out of the car, leaving the groceries in the trunk for later. I couldn't juggle my keys with all the bags, so I set some down on the café table on the porch and unlocked the door. I quickly dropped a few bags inside and came right back out, only to find a man on my porch. I must have startled him, because he jumped off, as I realized he had my purse.

I shouted, "Give me back my bag!" and chased after him into the backyard. Not a smart thing to do, I know, but in the heat of the moment, I didn't think. He was

stocky but surprisingly quick, clearing my three-foot fence into the neighbor's yard, and nearly losing his pants as he scrambled over their eight-foot fence - a full moon at 1 p.m. - the one comedic moment in an otherwise terrible experience. The only footage my Ring doorbell captured was his leg as he vaulted over the fence.

I won't go into all the details, because of an ongoing police investigation, but he got away with everything - my purse, wallet, credit and gift cards, spare keys, and my cell phone. My life, really.

My phone was traceable; it was found less than a mile away, thrown out the window of his getaway car.

Where did he come from? Like I said, the neighborhood was status quo. I didn't know until later that I had been followed, by car, at least from Quick Chek, maybe farther. Scary. Frightening. Violating.

Locks changed, credit cards cancelled, accounts closed, gift cards kissed goodbye. How can someone do this to me or anyone? Get a life; get a job. I'm now on heightened awareness. Is that car with no lights on following me home? Is someone watching me from that car parked down the street?

I sleep with the lights on. I am carrying pepper spray now. My purse stays close at hand, as usual, but it only took one second of carelessness to upset the world order.

Since then, I've "reset" my life: new cards, accounts, keys. All those things can be replaced. I'm more frightened of what could have happened if the scumbag hadn't just taken my purse.

I didn't have to buy a new purse, though. I pulled one out of "stock" from my closet. After all, I am a "bag lady."

Please be vigilant. Stay safe.

Life...

(I needed to vent. Thanks for listening!)

B&P

"I am a survivor and not a victim. Life isn't perfect. When you get a knock, you have to get up, dust yourself down and get on with it." Patsy Kensit (English actress, b. 1968)



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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 Chair about any submission. **We reserve the right to edit, limit, or reject any materials/submissions according to the directives of the Editorial Board and Publisher.**

Letters to the Editor must be emailed to PES at pescmd1@gmail.com and clearly marked *Rossmoor News*.

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Visit the Rossmoor website at www.rcainj.com

Open RCAI Meetings in March

Thursday, March 12

Standing Committee Meetings.

Maintenance Committee – 9:30 a.m.

Community Affairs Committee – 10:30 a.m.

Board of Governors Meeting
Thursday, March 19 - 9 a.m.

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

Please watch Channel 26 on your TV or on www.rcainj.com for more information.

The Information Highway: Annual Election of Mutual Directors

By Christina Smith, CMCA, AMS, Resident Services Manager

This month's article on procedures for the annual elections of mutual directors is to provide the duties and responsibilities of a director, which are as follows:

- Provide the overall governance and operation of the Association consistent with the Master Deed and By-Laws of the Association.
- The operation of the Association includes the establishing of budgets and collecting of fees, issuing of financial statements, enforcing restrictions, buildings, and grounds maintenance to Common Elements, ensuring the Com-

mon Elements, and conducting meetings of the membership.

- Oversee the activities of contractors and establish policy regarding the governance and operation of the Association.
- A board member has a fiduciary responsibility to the Association and must abide by and agree to any board-approved Code of Conduct Resolution and/or confidentiality agreement.
- Members of the Board can expect to meet with management and/or the membership every month, and take minutes for the mutual files, with the major focus of those meetings to maintain and increase our

home values, especially as our community ages.

- Board members will be required to comply with the U.S. Corporate Transparency Act (CTA). Such requirements include providing the full name, address, date of birth, identifying number on a government-issued ID, such as an unexpired driver's license or passport, and a scan of a government-issued ID to the Financial Crimes Enforcement Network (FinCEN) of the United States Treasury Department. By signing the Candidate Information Form, you acknowledge that, if elected, you will provide the foregoing information to allow the Association to comply with the CTA.
- Please take a moment to review the above information as you complete your nominations forms. If you have any questions, please contact the Administration Office at 609-655-1000.

Around the Clubhouse

By Melissa Barnard, Clubhouse Manager

There's lots happening in the next few months, so let's get to it. Registration is required for everything through E&R unless otherwise noted.

Special Events

Build your own artisan cheeseboard with Molly Boards, specialists in creating exquisite charcuterie boards. The cost for this delicious and fun event is \$50 per person on Tuesday, March 24, at 6 p.m.

Come to a free seminar on "Tips on Inheritance Tax" to learn about a tax nobody wants to talk about, but everyone needs to understand. This program is being held twice: Wednesday, April 15, at 2 p.m. and Wednesday, April 22, at 6:30 p.m.

Are you new to Rossmoor or perhaps newly retired resident? If so, the Activities Expo is a free must-attend event. Come mingle with E&R staff and the residents who make it all happen – from sports, to games, to dances, and more. No registration required. Just come and sign up for some fun. Wednesday, April 29, 5 - 7 p.m.

Our second Wine and Cheese Tasting event is coming! Last year, more than 300 residents took advantage of this free event so be sure to save the date: Wednesday, May 6, 4 - 6:30 p.m. Registration is not required

Come sell your wares out of your trunk and/or shred your documents at our annual Trunk Sale/Shred event Saturday, May 16, 9 a.m. - 12 noon. A shredding trunk sponsored by Allied Universal will be in the Clubhouse parking lot; just dump your documents, and they'll do the work. It's free. If you plan to put your sales hat on, the cost is \$5 per vehicle, and we can accommodate up to 60 cars. Bring your registration and \$5 to reserve your space. If you're just shredding, registration is not required. However, plan to get there early

because if the shredding truck is filled prior to noon, the truck leaves. Allied will provide light refreshments.

Trips

Come take your chances on the Windcreek Casino trip in Bethlehem, Pa. Tickets are \$38 per person and include bus, gratuity, and a \$25 slot credit. Bus leaves poolside at 9:15 a.m. on Monday, April 13.

See the "Joshua Live" spectacular at Sight and Sound Theater in Lancaster, Pa., on Friday, May 1. Tickets are \$192 per person, which includes orchestra seats, lunch at Hershey Farms, bus, and gratuities. Be poolside by 8:30 a.m. since the bus leaves at 8:45 a.m.

Games

Bob Scott's Game Show Night is the place to be. Come bring your snacks, socialize with friends, play some games and you might win a prize. Tickets are \$18 per person. Wednesday, March 11, 6:30 - 8:30 p.m.

Tara's back and another evening of Musical Bingo awaits those looking for a wild night out. Tickets are \$10 per person. Tuesday, April 7, 6:30 - 8 p.m.

Test your knowledge of the arcane and share in the laughs at Trivia Night with CJ the DJ. Tickets are \$10 per person, Tuesday, April 21, 6:30 - 8:30 p.m.

Music

A weekend of classical music is coming up. Join Pianist Yidi Jiao and Cellist Tsung-Yu Tsai for a musical journey through eastern Europe on Friday, March 20, at 7:30 p.m. Pianist Jorge Tabares will play the music of Mendelssohn, Albeniz, and Rachmaninoff on Sunday, March 22, at 3 p.m. Both events are at the Meeting House. Tickets are \$10 per person.

Clubhouse Renovation Project

There have been some unexpected delays in the completion of the Dogwood Room renovation and in initiating the work of Phase II in the E&R wing. Stay tuned for further details.

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Now is the right time for you to get your affairs in order with an up-to-date Estate Plan!

Monroe

Courtyard Marriott
Cranbury South Brunswick
420 Forsgate Drive
Tuesday, March 10th
10:00am | 2:00pm | 7:00pm

Freehold

Radisson
50 Gibson Place
Wednesday, March 11th
10:00am | 2:00pm | 7:00pm

Morganville

Levine, Furman & Rubin, LLC
1116 Campus Drive
Thursday, March 12th
2:00pm | 7:00pm

You may register by calling our office at (732) 238-6000 or online at www.levinefurman.com/seminars.

Most attendees choose to make an appointment at the end of the presentation, so please bring your calendar with you.

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The Big Snow by the Numbers

1. Snow started falling about 4:30 a.m. on Sunday, Jan. 25.
2. Snow ended about 9 p.m. on Jan. 25.
3. Total Certified Total was 11.1" plus sleet and freezing rain. That brings the equivalent of 18.1".
4. Plowing of streets started at 6 a.m. on Jan. 25.
5. Bobcats began clearing snow on main walks at 11 a.m. on Jan. 25 until 5 p.m. on Monday, Jan. 26. Bobcats resumed at 9 p.m. on Monday, Jan. 26, until 5 a.m. on Jan. 27.
6. Bobcats resumed at 8:30 a.m. on Tuesday, Jan. 27, until 5 p.m. on Jan. 27.
7. Snow clearing operations continued for the remainder of the week.
8. There were a total of seven Rossmoor personnel doing snow removal for maintenance for a total of 278 manhours. Plus the custodians were taking care of clean-up operations at the common facilities.
9. Fritz's Tree Service also did plowing of snow, clearing carports, and driveways as well as ice melt applications.
10. Ice melt applications were done on Tuesday, Jan. 27, Wednesday, Jan. 28, and Thursday, Jan. 29.

11. About 2700 gallons of liquid "Ice-be-Gone" were applied as pre-treatment on roads, gates, parking lots, and carports.
 12. About 12 tons of bulk salt were used.
- A total of 701 bags of ice melt were applied to sidewalks and driveways.

Hello, Neighbor!



Bob and Joan Bowman and their dog, Millie, braving the frigid temps on the last day of January as they headed off on an adventure.

Stay in the Know

The Big Snow of 2026 (Jan. 25) and the Big Freeze (Jan 25 – Feb 1) were significant events in our community. RCAI shared important information with residents during this timeframe, such as where to park and where not to park, updates on the progress of snow and ice removal efforts, and which activities were canceled.

If you didn't receive these updates, it means you have-

n't yet submitted your email address for RCAI Constant Contact messages and/or that you've not yet become a follower on the Rossmoor Clubhouse NJ Facebook page.

Signing up today means you'll stay in the know and be better informed for the next time. To add your name to the RCAI Constant Contact list, send your email and manor number to Clubhouse Manager Melissa Barnard (melissav@rcainj.com).

To follow the Rossmoor Clubhouse NJ Facebook page, go to <https://www.Facebook.com/>

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Soup Contest!

(Continued from page 1)
 -cooks must all purchase a ticket to attend.

Every attendee receives three voting tickets which all three votes can be on one soup, or split them between two or three favorites. Strategy matters.

- What's at stake:
- There will be cash prizes for the top three soups amounting to 50 percent of ticket sales profits.
 - Bragging rights as Rossmoor's first-ever Soup Champion, and the satisfaction of supporting cancer research.

This is our inaugural Soup Contest, and while we hope it becomes an annual tradition, you get to be part of Rossmoor history by making the very first one a hit.

So, bring your best recipe, your competitive spirit, and your appetite. Let the slurping, sampling, and strategic voting begin.

If you would like to make a soup to be judged, please contact Marilyn Cemelli Rondella at 609-903-2424. If you have any questions, please contact Ann Szipszky via text message at 201-463-6784.

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Our Community Gym: Warmest Place to Meet Neighbors

By Josephine Genovese

If *Seinfeld* was a show about nothing, our gym is the place where “nothing” turns into friendly chats, shared routines, and real connections.

Winter has a way of slowing everything down. The

days get shorter, the sidewalks get quieter, and it’s easy to feel a little more isolated than usual. But tucked right inside our community is a place full of friendly faces - our community gym. It’s more than a spot to get in a workout; it’s one of the easi-

est places to meet people and become part of the neighborhood.

For anyone new to the community, walking into a gym for the first time can feel intimidating. But here, the opposite is true. Our gym has a group of regular morning members who have cre-

ated a warm, welcoming culture. They help new residents feel like they belong and not just in the gym, but in the neighborhood as a whole.

The gym is a social anchor, a place where you can show up and feel part of something, and where some

of the best friendships have started. The gym is open every day from 4:30 a.m to 10 p.m.

So show up in the morning, say “Hello,” and get a workout in; you’ll quickly find yourself part of a friendly, supportive group.

Taking My Dog

(Continued from page 1)

Yes, she is out in the blinding, pelting white snow and ice. Will she find a good accommodating spot? Around and around this little space we trudge until I am dizzy and stumble, hitting my head on a low branch. Ouch! We both persevere, and finally she has success. Now we go inside, and I have to take off our many layers of heavy wet clothing. Reluc-

tantly, she lets me wipe her paws, removing any clumps of snow and salt.

The joys of having a furry friend are priceless, or so I tell myself. I can’t wait to go back out after her dinner.

There is a postscript to this saga. Two days after the big storm and one day after the fantastic massive clean-up, we ventured up to my corner, and there is a large grassy green knoll snuggled in between two large mounds of snow. My neighbor, Nick Moraldo, has dug out a space for our dogs. What a kind and neighborly gesture. Kenzie and I thank you, Nick.



The Early Morning Gym Crew: JoAnn Casper, Kathy Morolda, new resident John Mercante, Diane Charletonc, and Judie Sforza.

Your Career

(Continued from page 1)

the world began to benefit from major advances in machinery, resulting in higher production levels of goods compared to less efficient hand labor.

Before the Industrial Revolution, most people worked in small rural communities relying on agriculture for their income. The Industrial Revolution brought new opportunities for workers in cities with higher wages in factories than farming could pay. Many laborers followed the money and found work in these urban areas.

Of course, a factory worker couldn’t depend on a rooster to wake them up as a farm hand could. They needed to arrive at work on time, and alarm clocks weren’t very reliable back then.

This is where the knocker-uppers come in. For a small fee, a knocker-upper would stand outside and knock on your window every workday to wake you. If you were on or above the second floor, they might use a long bamboo pole to gently tap until you’re out of bed. Some even used pea shooters to pepper the second-story windows until their client was awakened from their dream world.

Knocker-uppers were self-employed, and many were older men or pregnant women who needed money to put food on their tables. Some policemen also used this new side job to supplement their income.

They worked on their own or with a partner and could earn a few pennies from each client weekly. They served anywhere from 35 to 100 clients each morning. That is, until the Industrial Revolution created a more reliable alarm clock, which put knocker-uppers out of the business it created for them.

That’s my story, and I hope you found it interesting. Let me close with a reminder to move your clocks forward one hour on March 8.

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—Hugo F., A community resident

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BOG Meeting

(Continued from page 2)

A motion was made and seconded to approve contracting with NJH LLC Construction at a cost not to exceed \$22,500 for the Clubhouse Renovation Project Phase Two to be charged to the Reserve account 4110. The motion passed unanimously.

Directors Comments

M7 Director Barbara Jensen discussed water line responsibility between owners and their association.

Residents Comments

A resident reported a snowplow, while plowing the carport lot, piled snow next to the trash corral area. Mr. Curry explained in a large snowstorm that it could happen, but it is then cleaned up by a crew sent out to remove snow around the trash corrals.

There being no further business the meeting ended at 10:10 a.m.

First Driver's Licenses

By Allen Kobezak

Before the automobile was invented and became a popular way to transport people and their families around town, many people used horse-drawn carriages.

You might think that a horse-drawn carriage is a safer way to travel than modern cars. After all, cars can go much faster than a horse, and they travel on busy roads with drivers in a hurry, just like you.

However, they share one thing in common: a human controls each mode of travel.

I'm sure that if Mary Lincoln, the wife of our 16th president, were alive today, she might explain to us just how dangerous early modes of travel could be. In 1863, while she and her husband were on the way to the Soldiers' Home in Washington, D.C., their carriage horses bolted, and she was injured when she was thrown onto the street. This accident didn't get the atten-

tion it deserved because the newspapers at the time were filled with a little skirmish between two armies in a town called Gettysburg.

These types of carriage accidents were common; some involved frightened horses, mechanical failures, road hazards, and driving while intoxicated.

With all the safety challenges on the streets in the good old days, anyone could drive a horse-drawn carriage without taking a test or getting a license.

And in the early days of automobiles, licenses weren't needed to operate horseless carriages either. License regulations as they are today were the responsibility of each state. Requirements for ensuring cars were operated safely varied by state and developed slowly in those early years.

In 1903, Missouri and Massachusetts became the first states to require a driver's

license, although they did not require testing a person's driving skills.

While New Jersey wasn't the first state to require a license to drive a car, in 1913, it became the first state to require both a written exam and a road test to obtain a driver's license.

In 1954, South Dakota became the last state in the nation to issue driver's licenses to its residents. This delay was partly due to the state's rural, sparsely populated nature, but

also to its residents' historical belief in limited government.

Just remember that 90 percent of car accidents are caused by human error. So be sure to stay off your phone while driving, pay attention to your surroundings, don't drink and drive, and stop tailgating me when I'm driving the 25 mph speed limit on Rossmoor's streets. You'll only get more frustrated, because I never speed up when I'm being tailgated; I only slow down.

Chorus Can't Wait 'til April

By Joan and Jason Salt

Okay, raise your hand if you were at last year's spring Chorus concert. Wow, that's a lot of you. And how many testified back then to being blown away by the group's "Les Misérables" medley? Right, all of you.

This year the Chorus will attempt an even more challenging piece – the "West Side Story" choral suite. The

sopranos, altos, tenors, and basses can hardly contain their excitement as they work through the winter to make Bernstein and Sondheim's dramatic musical retelling of "Romeo and Juliet" come alive. "Something's Coming," indeed. It's coming on Monday, April 20, at 7 p.m. and Saturday, April 25, at 2 p.m. at the Meeting House.

But that's not all that's coming. The concert will feature several songs made famous by movies that starred everyone from Bogart to Bette Midler. Granted, that's not much of a clue, but tune in next month for more. Plus, jazz piano, classical piano, big vocal groups, small vocal groups, and solos are expected to dazzle and delight.

And, of course, if you "feel pretty - oh, so pretty" - good about singing with such a daring group, and you feel that there's a place for you in the Chorus "Somewhere," you can drop by a rehearsal in the Meeting House on Wednesdays, 3:30-5 p.m., or call Chorus Director Janet Wilson at 609-655-4129.

Could there be choral music in your future? "Could be! Who knows?" (S. Sondheim)

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Players Look Ahead to Fall Show



By Joan and Jason Salt

Not a group to rest on their laurels, or on anything else, The Rossmoor Players are already making plans for their next musical, which is coming up in the fall. They have chosen an old favorite, a show written by Rossmoor theatre titans Bob Huber and Bill Strecker. To shine the best light on the songs those fellows generously provided, the group seeks musicians to accompany the actors.

Now, bear in mind that a "pit orchestra" doesn't actually get thrown into a pit. That is, if they play the right notes. Kidding! If you are interested in playing music in the show, please call Players President Sue Archambault (pronounced just like it looks, "ar-sham-bo") at 201-981-5959, and feel free to toot your own horn.

Rossmoor Represented at Juried Art Show



Pamela Neece



Karen Terry

By Karen Terry and Cathleen Norback

Pam Neece and Karen Terry, two of Rossmoor's practicing artists, exhibited artwork in the Monroe Township Cultural Arts Commission's Juried Art Show. The exhibition was showcased in the Fine Arts Gallery at the Monroe Township Public Library from Jan. 10 through Feb. 26.

The artist reception was held on Jan. 9 and attended

by juror Jeffery Wechsler and installer Tim Smith, with live music by harpist Alison Simpson. Monroe Township Mayor Stephen Dalina and esteemed council members were present for the event. It was a nice affair with planned and impromptu speeches and an abundant dessert table.

The distinguished juror Jeffery Wechsler is a retired Senior Curator of the Zimmerli Art Museum at Rut-

gers University. Mr. Wechsler serves on the board for the National Association of Women Artists (NAWA) and has served on several art juries for exhibitions and projects at the New Jersey Council for the Arts. He has been the curator for many exhibitions in the greater N.Y./N.J. area, as well as the author of numerous publications.

Mr. Wechsler selected a variety of artwork styles and mediums for the show. Pieces were skillfully installed, making the show interesting to all. Visitors viewed the artwork on display with curiosity and enthusiasm over the course of the exhibition, making it a success.

Entries included original works that were completed within the last three years by Middlesex County residents. Both Pam and Karen were pleased to have their artwork juried into this year's exhibition and for the many positive responses they received.

Making Room for What Matters Most

By Josephine Genovese

Rossmoor is full of neighbors with interesting skills and life experiences, and one of them is Audrey Tesora, who has spent years helping people navigate the emotional side of downsizing and organizing. Through her work, she has developed a method she calls compassionate distance - a way of approaching belongings with both empathy and clarity. It's a technique she uses professionally, but one that anyone can apply when facing their own decluttering, downsizing, or life transitions.

Compassionate distance starts with acknowledging that belongings often carry stories. When you're sorting through a closet, a kitchen cabinet, or a lifetime of keepsakes, emotions naturally surface. Audrey's approach encourages you to honor those feelings without letting them take over. Instead of rushing decisions or avoiding them, compassionate distance gives you a little breathing room to recognize the memory, appreciate it, and then decide what truly needs to stay - so you can make space for what matters to you now.

To practice this at home, pause with each item and ask yourself what it represents. For example, when going through old kids' art

projects, acknowledge the memory of creating them together; then decide whether the artwork itself needs to stay or if a photo would be enough. Or, when facing a pile of paperwork, give yourself 30 seconds to notice any anxiety; then focus on one paper at a time and ask, "Does this need to stay physical or can it go digital?" If a memory comes up, give it a moment, but don't let it dictate the outcome.

If a category - photos, paperwork, or a loved one's belongings - feels overwhelming, it's okay to take breaks or work in small sections. Giving yourself permission to pause can make the emotional side of downsizing and organizing feel far less daunting and much more manageable.

Audrey often reminds people that the memory isn't stored in the object, it's stored in you. That mindset helps create a gentle separation between sentiment and decision making.

Rossmoor's 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.

Ernie Mogor – 100 Remarkable Years



Carol and Ernie at the Edison VFW Post

By Jim Wilson

1926 was a big year. It saw the birth of Marilyn Monroe and Queen Elizabeth II. The U.S. celebrated its 150th birthday. Babe Ruth hit three home runs in a World Series game. Movies were still silent. "Winnie-the-Pooh" was published. And, on Jan. 21 of that year, Rossmoor's beloved Ernie Mogor was born.

Ernie was honored in a big way on his 100th birthday this past January with three parties, one during a meeting of the Rossmoor Veterans Group, one thrown by his neighbors, and one at the VFW post in Edison. At each one, he was celebrated as the true American Patriot that he is.

Ernest Mogor was drafted into the Army during World War II, when he was 18 years old. PFC Mogor was sent to Europe and served under General George Patton. In March of 1945, Ernie was shot by a sniper who was hiding in a castle on the Rhine River in Germany. He made it through, but had the bullet hit just a fraction of an inch differently, Ernie would not be here.

And, he thanks God. "He was looking out for me," the Purple Heart recipient told the Veterans Group at his January celebration. "I was called upon to serve and I went. Was I scared? You're



Ernie Mogor
100 Remarkable Years

damn right I was scared. I survived my wounds. And I stand before all of you and I say, God bless you, Veterans, non-Veterans, ladies. Thank you for this day. It will go down in history for me. I salute you all."

A letter from Monroe Township Mayor Stephen Dalina was read to the Veterans Group, saying that Ernie represents the very best of the Greatest Generation. "Reaching a century of life is a rare and special achievement, and it reflects not only the years you have lived, but the life you have led, one marked by service, strength, and quiet heroism," the mayor's letter said.

Ernie returned to Germany at age 98, thanks to Adam MacMillan and his non-profit organization, the

(Continued on page 8)

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Loyalists in N.J. During Our Revolution

By Allen Kobezak

This year, we celebrate our country's 250th anniversary. The stories of our nation's revolution are filled with accounts of our founding fathers and the Patriots who put their lives and livelihoods at risk to secure our independence.

But what were the experiences of New Jersey's population who stayed loyal to Great Britain during those eight long years of

fighting?

Before our 13 colonies fought for independence from Great Britain, the people of New Jersey consisted of various nationalities—mainly of European descent, but also including Native Americans of the Lenape nation, and both enslaved and free people of African descent.

The population of New Jersey was split in their beliefs about the rebellion.

The Patriots wanted their independence from Great Britain, while the Tories stayed loyal to the Crown.

Loyalists in our state made up about 20 percent of the population and came from a wide range of backgrounds, from every social class, including the wealthy and the enslaved.

Some Loyalists had economic ties to Great Britain or felt a strong loyalty to their homeland. Others were afraid of mob rule or believed that rebellion was simply wrong.

In 1776, New Jersey had both free and enslaved African Americans. The northern part of the state had more slaves, while South Jersey, with its Quaker community, mostly had free blacks.

Black soldiers fought for both the Loyalists and the Patriots. Although enslaved people didn't necessarily have any love for Great Britain, they had hoped the British would grant them their freedom at the end of the war.

When forced to choose sides, most Native American nations allied with the British during the war in the hope that it would stop the further expansion of the colonies into their territories.

Native Americans of the Lenape nation in New Jersey were also divided. Some who had helped the Continental Army in hopes of receiving promised sup-

port at the war's end were ignored. This caused many to leave the state, leading to a decline in the Native American population here.

Approximately 3,500 Loyalists from New Jersey volunteered for units like the New Jersey Volunteers, who fought against the Patriots in major battles, including the Battle of Monmouth.

The Colonial Governor of New Jersey, William Franklin, remained loyal to King George throughout the war despite being Benjamin Franklin's son. After spending two years in prison for conspiring with the British, William later left for Great Britain, never to return.

After the war's end, Loyalists who remained in New Jersey faced harassment and social rejection from their neighbors. They were barred from voting or holding public office, and the state enacted laws that resulted in the confiscation of the property of anyone it considered a traitor.

Thousands fled to Canada, the West Indies, and Great Britain to continue their lives in a new environment.

At the start of the American Revolution, choices were made, and those decisions had consequences. Many people lost everything they owned, some lost their dream of freedom, while still others lost the chance to carry on the lives their ancestors had known.

Rossmoor Wants to Know...

By Penni McOlvin and Helene Gray

How do you honor your Irish heritage on St. Patrick's Day?



Tom Crockett, President of the Emerald Society

Every year I attend an Irish parade or celebration. My parents were born in Ireland. I also go to an Irish dinner with corned beef and cabbage and Irish music. One year I was the aide to the grand marshal of the St. Patrick's Day parade in Manhattan. I also attend the Brooklyn St. Patrick's Day parade.



Mary Perry

I enjoy watching the parade and going out for corned beef and cabbage and listening to great Irish music like Andy Cooney. I also enjoy making Irish soda bread.



Christine Gray

I eat corned beef and cabbage and Irish soda bread for a good Irish meal. "When Irish eyes are smiling!"



Terry McGann

Each year we watch the St. Patrick's Day parade and wear something green. We always try to end the day by watching "The Quiet Man" and remembering my in-laws and grandparents.



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Ernie Mogor

(Continued from page 7)

Honored Legacy Project. He saw the castle where the sniper hid. He saw the grave of a buddy who did not come home.

More than 100 friends, Veterans included, turned out at the VFW party hosted by the MacMillan family. At that party, Ernie said, "Thank you for coming today, which is a celebration of my 100th birthday. And there is one more person I wish to thank, my sweetheart Carol, my wife."

Carol is thankful that Ernie is being recognized. "It's a long time coming. It's like the pinnacle of the last three or four years. He never had recognition before that. And the last three years have just been amazing. Since the Germany trip and being honored at a football game and a Yankee game and it just goes on and on. It's been wonderful."

Ernie was asked whether he had a secret for living to be 100. He immediately said, "My secret? This wonderful woman right here, Carol."

Adam's dad, Doug MacMillan, perhaps said it best, referring to Ernie and Carol when he said, "We are blessed to have them in our lives."

We all agree. Happy hundred, Ernie!



A Concert Played on Hardanger Fiddles

The Bergamot Quartet performed a concert of Norwegian and Irish music on hardanger fiddles, the traditional instrument of Norway, on Feb. 4 at the Monroe Township Public Library. The concert was sponsored by the Monroe Township Cultural Arts Commission (MTCAC) as part of their Chamber Concert Series, in collaboration with the Princeton Symphony Orchestra (PSO). The Chamber Concerts Series is free and the next PSO concert will feature the Erinyes Quartet on March 18 at 1 p.m. at the library. Seating is available on a first-come, first-serve basis. Front row from left: Bergamot Quartet members Sarah Thomas, Ledah Finck, Irene Han, and Martine Kinsella Thomas. Back row from left: MTCAC Commissioners Joyce Williams, Angela DeNitto, Nancy Mitrocsak (Chairperson), PSO Manager of Education and Community Outreach Katie Miller, and MTCAC Commissioner Cathleen Norback.

For information on the MTCAC events and to join their mailing list contact www.MonroeTownshipArts.com



National Proofreaders Day: March 8

The proofreaders for the Rossmoor News take their work seriously – and share a lot of laughs in the process. From left: Penni McOlvin and Helene Gray.

Pancake Therapy: Rob's Frosty Run Reward

Shoutout to Rob Lewin for braving the arctic chill and crushing 13 miles in Central Park, NYC on Sunday, February 1. After freezing his buns off in temps that made it feel like -9°F (because of the wind chill), Rob refueled with the ultimate comfort food at Effy's Cafe on West 96th Street,



NYC. The reward? Fluffy pancakes, topped with fresh fruit, and a serious dose of Mimosa drinks. Guess this is what they mean by "running on pancakes."

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Dr. DeFazio has been practicing for over 30 years, is married, and has three daughters and three grandchildren. He enjoys spending time with his family and at his favorite pursuits which include golfing and vintage cars.

Dr. DeFazio is a graduate of Temple University and UMDNJ. He is a past Clinical Instructor at JFK Medical Center and a past Board Director for the American Red Cross.

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Obituary: Michelle Whitney Pesco

Michelle Whitney Pesco, 74, passed away on Tuesday, Jan. 13, 2026. Raised in Huntington, N.Y. as the oldest of 11 children, she also lived in Cold Spring Harbor, N.Y., Chatham and Florham Park, N.J., and Cromwell, Conn., before settling near family in Monroe Township, N.J. with her dear companion, James Rocco.

Michelle was a strong, determined, fiercely independent, and frankly stubborn force of nature who led by example, loved her family, and was the greatest person to have in your corner. She

was a corporate trailblazer who rose in the ranks of AT&T in the 1980s and 1990s, before starting her own successful executive recruitment firm from which she retired.

Daughter of the late Alfred and Marjorie Whitney; she is survived by her three children, Erica Bell (Michael), William Schedler (Lindsey), and Thomas Schedler (Silvia); her seven grandchildren, Michael, Juliana, and Nicholas Bell; Miles, Max, Charlie, and Emanuella Schedler; and loving sisters, brothers,

nieces, nephews, cousins, and many friends.

She loved gardening, dogs, Christmas, and family above all else. She could, and did, talk to anyone about anything. Friend or stranger, she loved making personal connections. But more than anything, her most cherished role was that of "Nana," spending time with her family, especially her beloved grandchildren, and attending their many social and sporting events over the years.

She was a touchstone and guiding light to her siblings, who looked upon her as a second mother. She will be missed beyond measure, but her lessons, inspiration, and love will be felt and remembered always.

In lieu of flowers, please consider making a donation in her honor to The Jersey Shore Chapter of the Surfrider Foundation, an organization dedicated to preserving and protecting the ocean and beaches where she found such peace.

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

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Remembering Rossmoor's Jim Hogan

By Jim Wilson

Our community lost a great friend on January 25, with the passing of James Hogan, a devoted husband, father, grandfather, and a veteran. He was 79.

Born on Feb. 4, 1946, Jim grew up on Staten Island. Soon after graduating from high school, he was drafted into the Army and served his country in Vietnam as a Military Police Officer. After returning home, he and the love of his life, Maria Jean Manzullo, got engaged. They were married on May 10, 1969, and made their home in the Westerleigh section of Staten Island.

Jim spent his career at Con Edison and worked his way up to become an Inspector with Construction Management, and was also actively involved in union service. In addition to his work at Con Edison, Jim was a partner in a video and alarm company on Staten Island and owned several other businesses over the years.

Following his retirement, Jim

and Maria moved in 2013 to Rossmoor, where he proudly served on the steering committee for the Rossmoor Veterans Group. Spokesman for the group, Joe Salzano, says Jim was a straight talker and a true friend, who was respected by all of the group's members.

"Jimmy and I met eight years ago, while on an Honor Flight to Washington, D.C., for Vietnam era and 'In Country Veterans,'" Joe recalls. "From that trip we both volunteered to be part of the Rossmoor Veterans Group Steering Committee, guiding and supporting Dan McOlvin and Denny O'Malley. Jimmy always supported the group in all events our Veterans wanted to participate. The guy always had a smile on his face."

Jim enjoyed golfing, making memories with his family and friends, and bocce. Joe Salzano adds, "Jimmy and Maria helped our fall Bocce Team come in first place."

Jim is survived by his wife Maria, daughter Kelly Maria

Aguilera, son James Joseph, two sisters, three grandchildren, and many loving nieces and nephews, as well as countless friends and brothers in the Veterans Group.

Not only will he be missed, he already is.

Hello, Neighbor!



Pat Pierce picked up an extra copy of the February issue of the Rossmoor News as she left the Clubhouse. "I love reading our paper," she says. "It keeps me up to date and I enjoy all the photos. I thank the staff of the Rossmoor News. They are doing a great job!"

Remembrance - James Hogan



Jimmy Hogan and Kadie Maria.

By Penni McOlvin

My friend and neighbor, James "Jimmy" Hogan, passed away during the heavy snow driven blizzard on Sunday, Jan. 25. He would have been 80 on Feb. 4. Always too soon, on that snowy Sunday, we lost a loving husband, father, grandfather, and a loyal friend.

Jimmy and his wife, Maria, have lived on our block for more than 14 years. When my husband and I were at Rossmoor for orientation with the directors, we were invited to their Mutual 16 summer barbecue. We knew no one, but when we walked onto the patio outside the Ballroom, it was Jimmy who came right up to us and invited us to join his table. I did not know Jimmy, but I knew Maria from our days at College of Staten Island. Jimmy had those beautiful twinkling eyes that matched his Irish charm.

Over the years at different social events, we would chat and both being "native" Staten Islanders, we shared lots of stories about the good ole days - before and after the bridge. Jimmy had a knowledge of

Staten Island's history and its people. He was always delighting me with stories of buddies during our younger days. He and his friends would sing a cappella at the ferry terminal which had perfect acoustics. I must have walked past them 100 times rushing to school but stopping to listen for awhile.

Jimmy served proudly as a military policeman during the Vietnam War. He joined the Rossmoor Veterans Group and made many new friends. He was a member of the Veteran's Steering Committee. He was also a fun passionate bocce player at Rossmoor. We all will miss hearing him tell Maria to be serious and not talk during the game. He would say, "We are playing a game and need to concentrate to win."

I shared my thoughts on this remembrance article with his daughter, Kelly, and she had a remembrance of her Dad she would like to share. When she went into labor early, Jimmy was on a golf trip with his buddies in South Carolina. His friend took him in the golf cart onto a state highway to get him to the airport and got him on a flight to JFK. Kelly remembers hearing a clicking sound on the floor outside the Labor and Delivery Room and, yes, it was Jimmy running down the hall with his golf cleats still on. He made it in time for the birth of his beloved first grandchild, Kadie Maria. A great example of the man James Hogan was - family and country first.

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THE HUMAN ELEMENT: SURVIVING BREAST CANCER THERESA'S STORY

By Susan Peters

"When life gives you lemons, make lemonade." Elbert Hubbard, 1915

In 2024, Theresa Conrad had just returned from a wonderful vacation in Italy when she felt what she described as a "sac-like mass" within her breast. She explained that she had been diagnosed with breast cysts in the past, and with a familial history of breast cancer, she immediately sought care.

Theresa is an active leader and participant in many of the activities Rossmoor has to offer. She is well-known for her beautiful rug hooking creations and the leader of the popular Rossmoor Rug Hooking Group. She plays Mahjong and Canasta with others within our community. She actively participates in Mutual 17 activities. Many describe her as extremely social and someone who never stops.

Unfortunately, a biopsy confirmed the mass was cancerous and a lumpectomy was performed. "Following my surgery," Theresa said, "I required several months of chemotherapy and radiation therapy." To protect her fragile immune system while undergoing therapy, she also

needed to isolate from others. Theresa lives alone.

"I needed to keep myself busy during this time. Unfortunately, I was unable to lean forward, which is necessary with rug hooking, so I looked for another creative outlet I could do sitting in a chair." Theresa took out her crochet hook and began to make dozens and dozens of beautiful stuffed dolls and animals. She branched out into sewing bibs and bowl cozies, and eventually quilts, several of which she donated to Veterans. These activities not only kept her mind and hands occupied, but her attitude positive.

The American Cancer Society encourages and recommends activities to keep the mind and hands busy, such as journaling, reading, puzzles, and knitting. Also, there are online and in-person educational support groups such as the Cancer Survivors Network (CSN), offering personalized one-on-one support and information, as well as Reach to Recovery, with trained volunteers providing support to cancer survivors.

Theresa emphasized the healing support she received

from her Rossmoor community family. "Someone called me seemingly out of the blue, every single day," she said. "This was not an organized effort; it just happened that way."

She said it kept her mind off things, kept her positive. Theresa said that others supported her by sharing what to expect through radiation and chemotherapy, making her realize that she was not alone. There was always someone to call for advice or a referral.

When asked what is next for this lovely, bubbly cancer survivor, she exclaimed, "My next benchmark is to live to be 100!"

Rossmoor's "Paint the Town Pink" campaign, which is being conducted throughout 2026, is designed to raise awareness and funds to support breast cancer research. Theresa's story is the third in a series we will be sharing throughout this campaign. Our goal is to bring inspiration and hope to others in our community. If you elect to support the monthly "Paint the Town Pink" activities being conducted by E&R, we would be most grateful.

Visit Jockey Hollow and Ft. Nonsense

By Sidna B. Mitchell

Back in 1933 Morristown became the first National Historic Park, covering 1,676 acres and including George Washington's Headquarters in the Ford Mansion, Fort Nonsense, Jockey Hollow and the Wick House. During the severely cold winters of 1777 and 1779-1780, the Continental Army troops were encamped here.

Valley Forge for years claimed the coldest winter was there during the Revolutionary War. However, historians and writers are now disagreeing. For example, Mike Wright, author of "What They Didn't Teach You About the Revolution," states, "In fact, a brochure for Morristown notes: "We suffered more." Even the Mount Vernon website noted: "the frozen winter of 1779 and 1780 might have been the worst" that Washington faced.

During the war, patriot Henry Wick owned Jockey Hollow, a farm of about 1,400 acres – a perfect place for the 13,000 troops there during the winter of 1779-1780. The Wick family used half of the house as General Arthur St. Clair and some of his staff were on the other side.

Hundreds of acres of trees were cut down for logs to build huts for the troops as well as for firewood, heating, and cooking; level land was cleared for a marching ground. You can see facsimi-

les of these huts in the park behind the Wick House.

Start your tour at the Visitor Center, 600 Tempe Wick Road, off of Route 202 North. You can view a video, pick up a map, and check out the gift area offering excellent books and souvenirs. Rangers will gladly answer your questions and give directions.

Walk up to the Wick House for a tour through what was the home of a wealthy Colonial farmer along with the garden and reconstructed barn. A tour guide will give you an idea of life back in the late 1700s; you may also learn about the legend of Tempe Wick when some of the Pennsylvania soldiers were mutinying and attempted to steal her horse. She escaped and rode the horse into the house, keeping him there for several days. (See the Culinary Corner column for more info.)

After visiting the Wick House, drive the short distance to a larger area of Jockey Hollow. While George and Martha Washington were comfortably staying in the Ford Mansion in Morristown, the Continental troops were housed in log huts, the facsimiles of which you'll find here. Climb up the hill and check out how several men would be poorly clothed and crammed together – maybe a good thing – on those cold, snowy winter days of 1779-1780.

If you follow the map out of

the park, you can drive up to Fort Nonsense that overlooked the route from New York City. Again, this may be a legend but supposedly Washington had this fortification built during the 1777 winter to keep the troops busy and out of trouble. This was one of many signal points or beacons constructed throughout northern New Jersey to warn the Patriots of possible British attacks.

Pack your lunch and plan to spend the day or treat yourself to a meal at one of the excellent restaurants in Morristown or Bernardsville.

To reach Jockey Hollow it takes about 45 minutes to an hour, depending on traffic, via the N.J. Turnpike, I-287, and Route 202 North. The grounds usually open at 8 a.m. and close at different times during the year. The Visitor Center at Jockey Hollow is generally open from 10 a.m. until 4 p.m. Thursday through Sunday, although hours expand during the summer season. To make sure of tours and times, call 973-543-4030.

Please note: No dogs are allowed in the Clubhouse or in other Rossmoor buildings. Only service dogs will be permitted.



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St. Joseph's Day: A Sicilian Tradition Close to My Heart

By Josephine Genovese

March 19 has always been a special date for me. As someone who is both Italian and Sicilian - from Sciacca, a small and beautiful fishing village - and named Josephine, St. Joseph's Day isn't just a holiday on the calendar. It's a celebration I grew up with, one that still brings back memories of family, friends, and good food.

The tradition goes back to Sicily, where stories tell of a medieval drought that threatened the island's crops. When the rain finally arrived, families showed their gratitude the best way Sicilians know how - by preparing tables overflowing with food and sharing them with the community.

For those of us named Joseph or Josephine, the day also marks an onomastico - a name-day celebration, pronounced "oh-noh-MAH-sti-koh," that is a cherished custom in many Italian households, like mine.

The St. Joseph's Day feast menu consists of a beautiful spread of dishes that highlight the flavors of Sicily. These

spreads aren't formal or fussy; they're welcoming, abundant, and meant to be shared and served family-style.

Every family has its own favorites, but a few dishes are almost always part of every celebration:

- Pasta con le Sarde, a true Sicilian classic with sardines, wild fennel, raisins, pine nuts, and toasted breadcrumbs.
- Fava beans, which Sicilians consider a symbol of good luck.
- Seasonal vegetables and seafood, like artichokes, cauliflower, olives, and fish.
- Decorative breads, braided or shaped into meaningful designs.
- Zeppole, pastries filled with custard or ricotta.

St. Joseph's Day is a meaningful reminder of my Sicilian roots, and a tradition I look forward to every year.

Lucky me, this year I'll be celebrating St. Joseph's Day with dinner out twice, once at Antonio's Restaurant, on Applegarth on March 14, and again on March 22, at Osteria Santina Restaurant, on Staten Island. Can't wait!

What's All the Hype about Blue Light Blockers?

By Erin Medicott

Blue light blockers (BLBs) are glasses with specially coated lenses that filter high-energy blue light from digital screens on phones, tablets, and laptops. They are worn to reduce digital eye strain, minimize headaches, and prevent sleep disruption for users who spend a lot of time on their screens. They are not scientifically proven to prevent eye disease, but

blue light blockers may improve comfort for digital users, especially at night. Blue light blocking glasses are best worn when using digital screens for long periods on computers, phones, and gaming as well as in the evening to reduce digital eye strain and protect sleep quality.

BLBs became popular during the 2020 Covid pandemic. When many of us

shifted to remote working at home and kids doing "virtual" schooling, we upped our screen time to several hours a day and night. The increased reliance on screens for work and socializing during lockdowns meant people were looking for solutions for overworked dry, tired eyes.

What's the cost? For non-prescription glasses, let's say, reading glasses of 1.5, the price for blue light glasses on FosterGrant.com are less than \$40. You can also check Amazon.com.

Do you need to wear them? You might benefit if you: spend many hours in front of a computer or phone; experience dry eyes, headaches, or blurred vision after long screen time; use devices late at night and then have trouble falling asleep; or if you get migraines, the anti-glare coating and blue light filtering may help with symptoms such as headaches and dry eyes.

Dr. Gretchen Kelly, at the Ophthalmology and Optometry Department of the Mayo Clinic Health in La Crosse, Wis., says the reason discomfort from screens is so common is that we blink less when we stare at our phones and laptops. Normally, we blink around 15 times per minute, but this "blink rate" can be cut in half when staring at screens or doing other near work activities like reading.

To reduce these symptoms: switch out your eyewear. Wear blue light blocker eyeglasses instead of contact lenses, when working on a computer for longer periods of time.

I asked a local eye expert, Dr. Elina Kosov, an optometrist at Monroe Vision Associates on Applegarth Road, about her thoughts on blue light blocker glasses. She recommended that cataract patients get a lens replacement without blue light blocking in it, since it would be in your eye all the time, even when you don't need it.

"Many times blue light blocker lenses have shown to affect mobility and night vision," Dr. Kosov said. "You don't need that when driving at night." If you usually use a laptop or tablet during the night in low light rooms, blue light blockers can reduce eyestrain. But you don't need to wear them during the day, and definitely not all the time.

Dr. Kosov recommended digital users should follow the 20/20/20 rule, to reduce eyestrain. "Every 20 minutes, take a 20-second break and focus on an object 20 feet away." In addition, getting a vision exam to evaluate prescription or refractive error can identify focusing issues, both of which could be causing eyestrain.

Bottom line: be conscious of your screen time; and, if you can, limit use an hour before bedtime. Wear blue light blocker glasses for longer use on your phone or laptop. Take care of your eyes!

A Woman Is Like a Teabag

By Terre Martin

"A woman is like a teabag. You can't tell how strong she is until you put her in hot water."

Eleanor Roosevelt

March 8 is International Women's Day, a day that has been celebrated around the world for more than 100 years. It's a movement that focuses on the social, economic, cultural, and political achievements of women like those in our own families and those who have made the world a better place. The celebration is not based in a

single country or promoted by any ethnic group, rather it recognizes the achievements of women across the board.

In patriarchal societies, women have exhibited their strength with endurance, purpose-driven leadership, and a commitment to uplifting their communities. Young women like activist Malala Yousafzai have created an international awareness of the potential in women that is being suppressed by some societal norms.

Every generation, every country, every ethnic group has stories of strong women who rose to the occasion to achieve more than was expected. International Women's Day is an opportunity to acknowledge those accomplishments.

Right here at home, many Rossmoor residents stepped up during WWII when men left for the war. They carried the load to keep the economy, their families, and their communities intact. While individuals can't always be recognized, the contributions of many can be applauded.

Rossmoor offers programs that are focused on support for women such as Girl Power, and there are other programs that attract a majority of women. The benefit to all these offerings is the opportunity for women to form bonds and share experiences. There is strength in numbers, and there's also strength in knowing that others "get you."

As the medical world learns more about women's health issues, the community of women is learning more about each other. All of it helps us appreciate and acknowledge the contributions of women locally, globally, and within our families.

Trivia Fun

By Peter and Phyllis Braff

1. How many hours is one stuck in traffic each year?

A - 24 B- 38 C- 42

2. Which USA city had the first public school?

A - New York City

B- Philadelphia C- Boston

3. Which country produced and exported the most iPhones?

A - South Korea B- India

C- China

4. What type of tree do they use to make telephone poles ?

A - Oak B- redwood C- pine

Answers on page 17.

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Use it or lose it!

By Terre Martin

When it comes to cardiovascular fitness and muscle strength, the use it or lose it adage is true, but how does that apply to Rossmoor residents? We come in all shapes and sizes. We have different levels of wellness. And, most importantly, we are of "a certain age." While some of us continue to "use it," many of us can't, don't, or won't use it. Motivating others to exercise when the results are aches and pains seems like a fruitless endeavor. The other issue is that it's a never-ending battle. Once you get fit, you don't stay that way. You have to keep working at it, even more so as we age.

The outward changes our bodies go through are obvious, but there are internal changes that we don't see and don't suspect. Learning that your "numbers" are too high or too low, and that your heart and blood pressure have minds of their own, can come as a rude awakening. More often than not, doctors

will say that lifestyle habits are at fault. By lifestyle habits, they usually imply diet and inactivity.

Rossmoor has various indoor and outdoor sports in which to participate, but sports and competition are not for everyone. The next best thing, and the one that is considered the most effective exercise, is walking. According to the National Institutes of Health, healthy seniors should walk 7,000 to 10,000 steps per day. It sounds like a lot, but you can do it over the course of the day. Walking up and down stairs counts. Walking to your carport rather than parking on the street in front of your unit counts. Walking around your neighborhood counts. Even grocery shopping gets you on the move instead of having things delivered to your door. It's better to take several short walks throughout the day rather than exhausting yourself with a long walk around the perimeter of the golf course.

Seniors should also work

on their balance, strength, and flexibility. Putting your pants on one leg at a time, bending over to put on your socks, and opening that jar of peanut butter are the new challenges in our lives. It didn't happen suddenly. It all crept up on us in waves as we grew older.

How about those who do exercise regularly, but take time off due to illness, vacation, or even bad weather? Is the climb back uphill going to be even harder? Experts say it depends on how much you need to recover. They suggest setting short term goals without worrying about intensity. As you begin to feel comfortable, increase your pace, the timing, or repetitions. There is no magic formula for recovering your fitness. It's all based on how your body feels.

The one intangible ingredient in fitness is attitude. You can't see it, but you can feel it. If you are determined to improve your fitness, only you can make it happen. It may be hard, it may hurt, and you may get discouraged. But is it better to use it or lose it?

CULINARY CORNER

By Sidna Mitchell

Cooking Stew Colonial-Style

Back in the 1970s a popular children's book – "This Time, Tempe Wick?" by Patricia Gauch and Margot Tomes - was published about the legend of Tempe Wick. As a volunteer at the Wick House in following years, I was often asked by kids and their parents where Tempe hid her horse from the mutineers. The head park ranger was adamant that I and other volunteers not encourage the story; we were to stress that this was a typical home of a wealthy farmer in colonial days.

Usually I would give a quick answer, opening the door to the attic, and noting that a horse might get up the steep stairs but would have great difficulty getting down. Soon the ranger wired the door shut.

In the bedroom, when asked if the horse hid under the bed, I remarked how low the bed was and quickly asked if anyone had been told, "Sleep tight. Don't let the bedbugs bite." Whatever the answer, I would show the ropes under the mattress along with a key-shaped, wooden "tool" and explain that over time the ropes would sag; the "tool" was then used to tighten or level the ropes. As far as the bedbugs, I noted that mattresses in the 1700s were made of straw or of feathers if people were wealthier. Either way, there could easily be bugs of some type in the mattresses.

As everyone moved into the kitchen, I would point

out the high-back bench against the wall; this bench was known as a settle. At night, especially in colder weather, the bench would be pulled in front of the fireplace and folks would "settle in for the evening."

Other times, I would be in the kitchen as people entered. On the table I would have vegetables and herbs, taken from the outside garden, in preparation for a stew to be cooked in a cast-iron Dutch oven over the fire in the fireplace. I usually cut up the beef at home and brought along cornmeal, an egg, and milk to make cornbread in another cast-iron pot over the coals. Folks often asked if they could stay for dinner or at least have a taste, but the ranger wouldn't allow any sharing.

Fixing the stew and corn-

bread was always fun, but the cleaning up was a real chore. First, I had to heat water in a cast-iron kettle, and then I had to take the heavy cast iron pots out to the well. I washed the pots in the hot water and then rinsed them in water drawn from the well. As I returned home, I kept reminding myself how much easier cooking and cleaning were in today's world.

Understand that back in colonial days there were few cookbooks. Most folks just cooked whatever was available, and there was little formal measuring as we know today. So here's a recipe for a typical beef or pork stew that would have been served in the 1700s. Add as much or as little of the ingredients as you wish.

Colonial Stew

Beef or pork, cut in one-inch pieces
Beef fat or pork grease
Broth
Potatoes and/or parsnips
Onions

Culinary Corner

Carrots
Garlic
Parsley
Thyme
Salt and pepper

Brown the meat in the fat or grease, depending on which meat you choose, in a large pot or Dutch oven. Add broth to cover.

Add cut up potatoes, parsnips, onions, and carrots. Add chopped garlic, parsley, and a pinch of thyme. Season with salt and pepper.

Add more broth if necessary to cover the vegetables. Bring the stew up to a boil and then cover and lower to a simmer until the meat is cooked and the vegetables are soft.

You might need to check often to see if you need to add more broth.

NOTE: If using a modern-day crockpot, you can cook on low all day. You can also add peas, beans, or cabbage if you wish – just as the colonial cook did.

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

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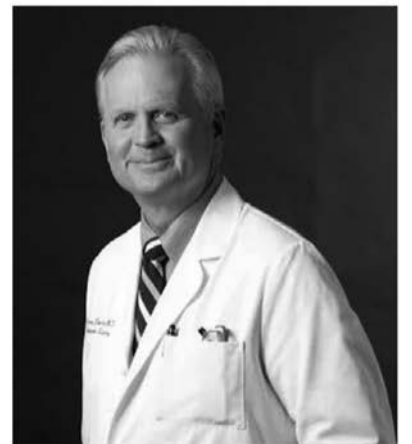
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Clubs and Organizations

Computer Club March Meeting

By Cathleen Norback

Please join us for our upcoming Computer Club General Meeting scheduled for Monday, March 16, at 10 a.m. Our topic this month will be: "Changes in Medicare costs including: deductibles, co-pays, and prescription coverages; different Medicare Advantage options are still available and what are the basic differences between plans; and obstacles seniors face in changing plans and resources and guidance on how to do so." This month's speaker will be Joel Schneider of the Senior Medicare Patrol.



Computer Club Guest Speaker Claribel Cortes from the Middlesex County Surrogate's Office gave an excellent presentation of the importance of having an up-to-date will, a living will, and why power of attorney is important at the January meeting of the Computer Club. She is a top-notch speaker and well worth listening to.

Photo by Helene Gray

The general meeting, hosted by the Rossmoor Computer Club, will begin with the 3 C's: coffee, cake, and conversation at 9:30 a.m. in the Hawthorn Room. All residents are welcome. You do not need to be a member in good standing. Please join your neighbors for this upcoming, timely, and informative presentation. Hope to see you there.



Rossmoor's line dancers with dance instructor Pam Vergogolino.

Rossmoor Dance Club News

By Debbie Sills

It's time for our "Spring Fling" dance and hopefully it comes with warmer Spring-like weather. The dance will be on Saturday, March 28, at 7 p.m., and our DJ will be Anthony Dido. Please try to get your registration forms in by Wednesday, March 25.

A heads up for our April "Pretty in Pink" dance on Saturday, April 25, at 7 p.m. As our contribution to Rossmoor's 2026 year-long Breast Cancer initiative, we are adding a silent auction to the April dance as a fundraiser for Breast Cancer. We have a great selection of fun-filled baskets to auction, and auction tickets will be on sale at the dance at three tickets for \$2, 10 tickets for \$5, and 30 tickets for \$10 – cash only. So save that date and your dollars.

Thank you to all our members who have sent in their renewal of membership dues for 2026 and, of course, to our newly joined members. We love getting new members, and this month's photos highlight some of them.

The entry charge to our uncatered dances is \$10 for members and \$15 for non-members. To be a member, you need to be a Rossmoor resident, have completed a 2026 membership form, and

paid the \$10 annual membership fee. You can still become a member. Membership forms can be found in the carousel outside the E&R office in the Clubhouse.

The registration forms for the March Spring Fling dance are in the E&R carousel. At every dance, the forms for the following month's dance are

(Continued on page 17)



One of our new members, Sue West Hebert, joins veteran member Kathy Junk on the dance floor.

Italian American Club

By Tony Cardello

We wish all our Irish members a very happy St. Patrick's Day.

There will be a trip to Wind Creek Casino on Thursday, March 19, at a cost of \$30 per person with \$25 back.

The next membership meeting will be on Wednesday, March 18, at 7 p.m. in the Ballroom.

Bingo will be played on Friday, March 27, at 6:30 p.m. in the Ballroom.

Scrap Journaling Makes its Debut



Scrap journaling is a creative way to document what's important to you. Lorraine Purcell, who has been conducting cardmaking and scrapbooking classes for the past year, offered this new beginner class based on the interest of those enrolled in her other classes. The class began on Feb. 4th and meets the first Wednesday of each month at 6:30 p.m. From left: Mary Trainor, Geoff Appleby, Paulette Mascia, Julie McGinty, Michelle Riccardi, Kathy McGinty. Seated: Lorraine Purcell

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Religious News

Catholic Society News

By Sheila McCue

As we enter the month of March, we find ourselves two weeks into Lent. The Catholic Society Council meeting will take place on Tuesday, March 10, at 1:30 p.m. to finalize plans for our Lenten Mass. The mass is scheduled for 1:30 pm, Thursday, March 12, at the Meeting House. Rossmoor favorite, Father Tom Smith, will be

our celebrant, and Father Tom plans to be available at 1 p.m. for the Sacrament of Reconciliation before mass.

Recently, the Catholic Society has been focusing on the pilgrimage experience as one type of journey that provides the impetus for meditation and contemplation. Life itself is a journey, and we can all look back on the road we've traveled with an eye

toward the lessons offered.

Perhaps you've already set the itinerary for your Lenten journey. Perhaps you're still considering your goals.

Are we seeking to grow in faith? Mercy? Forgiveness? Wisdom? Do we need more time in prayer, or perhaps an accountability partner with regular check-ins as part of an authentic commitment toward reaching our goals, and encouraging our partners as well?

Should we consider daily mass or Stations of the Cross as part of our Lenten plan? Actions like this could make this our most productive Lent ever.

On March 25, we will celebrate the Feast of the Annunciation. Mary is an outstanding role model for our spiritual progress. Luke's gospel highlights the angel's visit to a young woman who agreed to the breath-taking task of mothering our Lord and Savior. It is reasonable to believe that as she matured, Mary grew in her own understanding of God's plan for both her and her Son.

As Luke tells us, the angel gave Mary a brief overview of God's plan for her Son. With just a glimpse of what

was in store for her, in an enormous leap of faith, Our Lady acquiesced to all that God's plan might entail for her.

As Mary watched, her Son grew "in wisdom and stature" during those hidden years. Here, Mary provides us with a role model for a life of maturing faith. To understand the meaning of our own life experiences calls for quiet reflection, faith, deep thought, and prayer. Luke tells us of a spiritual process that we can emulate - receiving by faith, waiting for clarity, collecting divine truths, and allowing them to shape our faith and understanding.

"And Mary kept all these things, reflecting on them in her heart." (Luke 2:19)

Clubs and Organizations

Korean-American Club



Korean American Club members gather at their first meeting of the New Year.

By Youngae Lee

We were happy to have 35 members join us for the first meeting of 2026. Thanks to all who renewed their membership. Please remember that only annual members in good standing may use our group chat room to share their concerns and other pertinent information.

As previously reported, we will replace the ladies' tea party with a "knitting workshop" for the enjoyment of our members. The details will be announced later.

Our "Potluck Party" was a success. Thank you to all the members who cooked their contributions to perfection. We played the game "Yut Nori," a traditional Korean board game, using four sticks. The goal of the game is to get all your team's

sticks around the board and back to the home base. The objective of this game is not a matter of winning or losing. We just enjoy each other's skills and get a good laugh rather than being excessively competitive. Everyone

happily parted ways with a big prize in their hands.

If you are interested in joining, please contact President Youngae Lee at 201-230-0805 or yalee1980@gmail.com. All are welcome.

Jewish Congregation Happenings

By Adrienne Brotman

Our Sabbath Services will be on Friday, March 13, and Friday, March 27, in the Meeting House at 7:15 p.m. All are welcome. On March 13 we will be celebrating Judith Wisreich's 90th birthday. On March 27 we will be celebrating the birth of Morty and Lyn Wall's new great-grandson, Harrison.

The Second Passover Seder is scheduled for Tuesday, April 2, at 5:30 p.m. in the Clubhouse - \$40 for members and \$45 for non-members. All are welcome. There will be flyers in carousel near E&R office.

Our Game Day is slated for Wednesday, April 22, at 11 a.m. in the Clubhouse. Look for flyers in carousel at the end of the month.

For more information about the congregation, please call Barbara 973-476-5702. If members need a ride to services and events, call Morty 732-299-7501.

How Does Purim Relate to Us in 2026?

By Barbara Herman Hoff

The story of Purim is of Jewish persecution and the willingness to be who we are regardless of the possible repercussions. Queen Esther knew that if King Ahasuerus did not welcome Queen Esther's request for a visit, she could be put to death. But, she was willing to reveal her true identity for the benefit of the Jews of Persia.

(Continued on page 20)

Dance Club


(Continued from page 16)

put out on a table at the Ballroom entrance, so you can get April's form at the March dance. You will also find the 2026 schedule flyer in the same locations.

If you want to sit with friends, make sure you clearly state the full names of each person in your group on the reservation form. We will try our best to seat you all together; however, there are no promises since our dances are very popular.

Trivia Answers

1. B
2. C
3. B
4. C



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Studies show that more than 1 in 4 people over the age of 65 fall at least once a year, resulting in 36 million reported falls annually. The good news is with education, tools and exercise, anyone at any age can reduce their fall risk.

Stress Management: Ways to Support Well-Being

By Lisa DiGiovanni, EdD, MSN, RN, MEDSURG-BC, CHSE, and Elizabeth Caruso, MSN, RN, COHN-S, Saint Peter's University

Stress is a natural part of life, but for older adults it can sometimes feel more challenging to manage. Changes in health, routines, family roles, or even the seasons can contribute to tension and worry.

The good news is that there are practical, gentle ways to reduce stress and support both emotional and physical well-being.

At Saint Peter's Healthcare System, we believe that caring for your mental health is an important part of healthy aging.

The importance of routines

One of the most effective tools for stress management is maintaining a regular routine. Waking up, eating meals, exercising, and going to bed at consistent times can provide a sense of stability and control. Even simple daily rituals, whether it be enjoying morning coffee or tea in your favorite mug or taking an afternoon walk, can

be comforting and grounding. **Get moving!**

Staying physically active is another powerful stress reliever. Activities such as walking, stretching, chair yoga, or light strength exercises can help release tension, improve mood, and support balance and mobility. Always choose activities that feel safe and enjoyable. And, quite importantly, consult your healthcare provider if you are starting something new.

A friend in need...

Social connection also plays a key role in managing stress. Spending time with friends, family, or neighbors can reduce feelings of loneliness and provide emotional support. Phone calls, video chats, community activities, and group classes are all meaningful ways to stay connected. Sharing stories, laughter, and experiences can lift spirits and ease daily worries.

Slow it down

Relaxation techniques can be especially helpful during moments of stress. Deep breathing, gentle meditation, prayer, and listening to calming music can help slow the heart rate and quiet the mind. Even a few minutes of focused breathing, inhaling slowly through the nose and exhaling through the mouth, can make a noticeable difference.

Get some zzzzzzz

It is also important to pay

attention to how much sleep you are getting and the quality of your sleep. Quality rest helps the body recover and improves mood and concentration. Limiting caffeine later in the day, creating a calming bedtime routine, and limiting your phone or TV screen time before bed can support better sleep.

You are not alone

Finally, remember that it is okay to ask for help. Talking with a healthcare

provider, counselor, or trusted loved one about stress or anxiety is a sign of strength - not weakness. Support and guidance can make challenges feel more manageable.

As we welcome the promise of spring, it is a wonderful time to focus on self-care. Small, consistent steps can lead to meaningful improvements in well-being. They will help you feel calmer, healthier, and more resilient every day.

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Important Reminder

Please break down and flatten cardboard boxes before putting them in the dumpster. Thank you.

DO Recycle			Plastic Bottles, Jars, Jugs, and Tub		Glass Bottles and Jars all sizes, shapes, and colors
	Mixed Paper paper, newspaper, magazines, cereal boxes, softcover books		Cans aluminum and steel (tin) cans		Cardboard corrugated boxes
DON'T Put in the Recycling Bin			Plastic Bags, Film, Wrappers, Cups, and Utensils		Greasy or food-contaminated items
	Shredded Paper		Pots, pans, and small appliances		Dishware, glass, and mirrors
	Tanglers i.e. garden hoses, electric cords		Styrofoam		Syringes, batteries, and bulbs

Recycling and Trash

RECYCLING - collected every Friday

The following recyclable items are to be placed loose (no plastic bags of any color) in the containers marked for Recycling. (In those Mutuals not providing curbside pick-up.)

TRASH - collected twice weekly on Mondays and Thursdays.

- Household bagged garbage and trash must be placed in the appropriate Dumpsters (in Mutuals not providing curbside pick-up)

BULK - Call Rossmoor Maintenance 609-655-2121 by noon on Monday to schedule a Wednesday bulk collection. BULK ITEMS NOT ACCEPTED: TVs, electronics, tires, and small engines.

Bundled branches removed by RESIDENTS will be picked up at the curb on Mondays by High Tech (Holidays: Tuesday pick-up). Clippings should be placed in the regular trash.

- Contractors' and private landscapers' refuse is the responsibility of the contractor or private landscaper to dispose of. Contractors and private landscapers may not use the dumpsters.

- Please Note: Medical Waste and Personal Electronics may NOT be placed in either the Trash or Recycling dumpsters. It needs to be disposed of properly.

- If you are not certain as to the proper disposal for Medical Waste, please consult with your physician or medical supplier.

Monroe Township Recycling Center is located at 76 Gravel Hill-Spotswood Rd, Monroe Township, NJ

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

Bulk Trash Collection

To schedule Bulk Trash collection please call the Rossmoor Maintenance office at 609-655-2121 before noon on Mondays.

Bulk trash is collected on Wednesdays.



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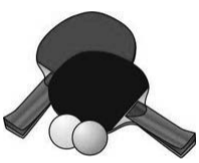





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- One check or money order must accompany insert, PAYABLE TO PRINCETON EDITORIAL SERVICES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>11:00 am Worship/ Communion MH & P 7:00 pm Table Tennis HW</p>	<p>2</p> <p>10:00 am Forever Fitness w/ Tracy S. BR 1:00 pm Table Tennis HW 2:00 pm Line Dancing BR 4:30 pm Indian-American Yoga CE 7:00 pm Great Decisions* CE</p>	<p>3</p> <p>10:00 am Chair Yoga BR 10:30 am News of the Week Roundtable MR 11:30 am Tai Chi Class HW 1:00 pm All in Stitches CE 7:00 pm Congregation Board Mtg. DW</p> 	<p>4</p> <p>9:30 am Yoga CE 10:00 am Needle Punch Class MR 10:00 am Corn Hole HW 3:30 pm Chorus MH & P 6:30 pm Scrapbooking Classes* MR</p>	<p>5</p> <p>9:30 am Healthy Bones Class HW 10:00 am Rug Hooking BR 1:00 pm Table Tennis HW 6:00 pm Line Dancing BR</p>	<p>6</p> <p>9:00 am Art Class MR 9:30 am Balance Class by Parker House* BR 10:00 am Catholic Society Rosary MH & P 1:00 pm Table Tennis HW 1:30 pm "Soul on Fire" Movie Matinee BR 7:00 pm "Soul on Fire" Movie Matinee BR</p>	<p>7</p> <p>10:00 am Forever Fitness w/ Tracy S BR 10:30 am Indian-American Meditation CE</p>
<p>8</p> <p>11:00 am Worship MH & P 7:00 pm Table Tennis HW</p> 	<p>9</p> <p>10:00 am Forever Fitness w/ Tracy S BR 1:00 pm Table Tennis HW 1:00 pm Players Board Mtg. WR 2:00 pm Line Dancing BR 2:00 pm Korean-American Group Mtg. MR 4:30 pm Indian-American Yoga CE 6:30 pm Girl Power Support Group MR 7:00 pm Great Decisions* CE</p>	<p>10</p> <p>10:00 am Chair Yoga HW 10:00 am Veterans Group Mtg. BR 10:30 am News of the Week Roundtable MR 11:00 am Church Finance Mtg. MH & P 11:30 am Tai Chi Class HW 1:00 pm All in Stitches CE 1:30 pm Catholic Society Mtg. MH & P 6:30 pm Democratic Club HW 6:30 pm Paint Party "Irish Morning" * BR</p> 	<p>11</p> <p>9:30 am Yoga BR 10:00 am Computer Club Board Mtg. DW 10:00 am Needle Punch Class MR 10:00 am Corn Hole HW 3:00 pm Church Worship Committee Misc. Info 3:30 pm Chorus MH & P 6:30 pm Cardmaking Classes MR 6:30 pm Bob Scott's Game Show Night* BR 7:15 pm Line Dancing HW</p>	<p>12</p> <p>9:30 am Healthy Bones MH & P 9:30 am St&ing Committees HW 10:00 am Rug Hooking BR 10:00 am "March Madness" Jewelry Event CE 10:30 am Italian-American Board Mtg. WR 1:00 pm Table Tennis HW 1:30 pm Catholic Society Mass MH & P 5:00 pm "March Madness" Jewelry Event CE 6:00 pm Republican Club HW 6:30 pm Recipe Exchange BR</p>	<p>13</p> <p>9:00 am Art Class MR 10:00 am Catholic Society Rosary MH & P 10:30 am Rossmoor News-Proofreading WR 1:00 pm Table Tennis HW 5:00 pm Progressive Group BR 7:15 pm Sabbath Services MH & P</p> 	<p>14</p> <p>10:00 am Forever Fitness w/ Tracy S HW 10:30 am Indian-American Meditation CE 2:00 pm Recipe Exchange Soup Contest* BR</p>
<p>15</p> <p>11:00 am Worship/Chorus MH & P 7:00 pm Table Tennis HW</p>	<p>16</p> <p>10:00 am Computer Club HW 10:00 am Forever Fitness w/ Tracy S BR 1:00 pm Table Tennis HW 2:00 pm Line Dancing BR 4:30 pm Indian-American Yoga CE 7:00 pm Great Decisions* CE 7:00 pm Players Mtg. HW</p>	<p>17</p> <p>10:00 am Chair Yoga BR 10:30 am News of the Week Roundtable MR 11:30 am Tai Chi Class HW 1:00 pm All in Stitches CE 3:00 pm Chaplet of Divine Mercy MH & P 3:30 pm Church Council Mtg. MH & P</p> 	<p>18</p> <p>9:30 am Yoga CE 10:00 am Needle Punch Class MR 10:00 am Corn Hole HW 10:30 am Rossmoor News Board Mtg. WR 2:00 pm Healthcare Lectures MR 3:30 pm Chorus MH & P 7:00 pm Italian American Club BR</p>	<p>19</p> <p>9:00 am Board of Governors HW 9:30 am Healthy Bones-MH MH & P 10:00 am Rug Hooking BR 1:00 pm Table Tennis HW 3:00 pm Book Discussion DW 6:00 pm Line Dancing HW 7:00 pm Emerald Society BR</p>	<p>20</p> <p>9:00 am Art Class MR 9:25 am "&y Cooney's Irish Cabaret" at HHP* Poolside 9:30 am Balance Class by Parker House* BR 10:00 am Catholic Society Rosary MH & P 1:00 pm Table Tennis HW 7:00 pm DJ Party* BR 7:30 pm RMG Concert w/ Tsai & Jiao* MH & P</p> 	<p>21</p> <p>10:00 am Forever Fitness w/ Tracy S BR 10:30 am Indian-American Meditation CE 5:00 pm AHG "Women's History" BR 5:00 pm Korean-American Group MR</p>
<p>22</p> <p>11:00 am Worship MH & P 1:00 pm Shuffleboard Pot Luck Social MR 3:00 pm RMG Concert w/ Jorge Tabares MH & P 7:00 pm Table Tennis HW</p>	<p>23</p> <p>8:00 am Golf Outing BR 10:00 am Forever Fitness w/ Tracy S HW 1:00 pm Table Tennis HW 2:00 pm Korean-American Group MR 4:30 pm Indian-American Yoga CE 7:00 pm Great Decisions* CE</p>	<p>24</p> <p>10:00 am Chair Yoga BR 10:30 am News of the Week Roundtable MR 11:30 am Tai Chi Class HW 1:00 pm All in Stitches CE 6:00 pm Charcuterie Event Hosted by Molly Boards* BR</p> 	<p>25</p> <p>9:30 am Yoga CE 10:00 am Needle Punch Class MR 10:00 am Corn Hole HW 2:00 pm Healthcare Lectures MR 2:00 pm Mutual 11 Open Director HW 3:30 pm Chorus-MH MH & P 5:30 pm Chorus Movie & Dinner BR 7:00 pm Mutual 4C Open Director HW</p>	<p>26</p> <p>9:30 am Healthy Bones Class HW 10:00 am Rug Hooking BR 1:00 pm Table Tennis HW 1:30 pm German American Group CE 6:00 pm Line Dancing BR</p>	<p>27</p> <p>9:00 am Art Class MR 10:00 am Catholic Society Rosary MH & P 1:00 pm Table Tennis HW 6:30 pm Bingo BR 7:15 pm Sabbath Services MH & P</p> 	<p>28</p> <p>10:00 am Forever Fitness w/ Tracy S BR 10:30 am Indian-American Meditation CE 7:00 pm Dance Club BR</p> <p>ABBREVIATIONS</p> <ul style="list-style-type: none"> Ballroom BR Bocce Courts BC Cedar Room CE Craft Room CR Dogwood Room DR Gallery GL Hawthorn Room HR Maple Room MR Meeting House MH Shuffleboard SC Willow Room WR
<p>PALM SUNDAY 29</p> <p>11:00 am Worship (Palm Sunday) MH & P 7:00 pm Table Tennis HW</p> <p><i>All Events Are Subject to Change.</i></p> <p>Schedule does not reflect changes made after the 15th of the month.</p> <p>*Registration required</p>	<p>30</p> <p>10:00 am Forever Fitness w/ Tracy S BR 1:00 pm Table Tennis HW 2:00 pm Line Dancing BR 4:30 pm Indian-American Yoga CE 7:00 pm Great Decisions CE</p>	<p>31</p> <p>9:00 am Golf Outing BR 10:00 am Chair Yoga HW 10:30 am News of the Week Roundtable MR 11:30 am Tai Chi Class HW 1:00 pm All in Stitches CE 2:00 pm Master Gardener Series - Indoor Gardening w/ Houseplants HW 6:30 pm Croquet Board Mtg. CE</p>	 <p>2026</p>			

Rug Hookers Display Creativity



The Rug Hookers group meets on Thursdays from 9:30 am to 1:30 pm. Their temporary home until construction of the E&R wing is completed is the Ballroom. Otherwise, they can be found in the Gallery. They have 24 members and are looking for more. Walk-ins are welcome and will be provided with an orientation and a sample project on which to work. For further details, contact the group's liaison, Theresa Conrad, at theresaconrad632@gmail.com. Front Row: Chris Sullivan, Judy Gamache, Jocelyn Boyd. Back row from left: Theresa Conrad, Rosemarie Kobezak, Joan Bowman, Fran Murphy.

The Pool Sharks



Enjoying a game of pool are from left: Harry Moorhouse, Paul Boisvert, Bob Barlow, Greg Lacroce, and Dennis Kalos.

This Group Wants You!



This group just wants to have fun! Come join them for Rummikub and/or Canasta. The only thing you need to know is how to have a good time. These folks will teach one or both games to you. If interested, contact Linda Ortlepp at 908-720-3116. From left: Nancy Wojnar, Linda Ortlepp, John Brown.

It's That Time of the Year Again

By Adrienne Brotman

Time to clean the house, from top to bottom. Clean out the cabinets, the stove, the oven, the microwave, refrigerator, etc. Make the shopping list: matzah, brisket, gefilte fish, horseradish sauce, macaroons, etc. Time to get all that Passover stuff out. Passover will begin on April Fool's Day, Wednesday, April 1, and the first seder will be celebrated.

If you have never been to a seder or would like to go to one, the Jewish Congregation will be sponsoring a seder on Thursday, April 2, at

5:30 p.m. in the Clubhouse. The cost is \$40 for members and \$45 dollars for non-members. The Haggadah will be read, songs will be sung, and delicious foods will be consumed. Flyers are in the carousel near the E&R office.

Checks should be made payable to the Rossmoor Jewish Congregation and sent to Morty Wall, 450A Roxbury Lane, Monroe Twp. N.J., 08831. Any questions, please contact Morty at 609-662-4224. This year in the Clubhouse. Next year in Jerusalem. Happy and healthy Passover.

Purim

(Continued from page 17)

How does that relate to the Jews in 2026, you may ask? With the rise of antisemitism throughout the world, it would be understandable if we, as a people, hid our ethnicity. But that would not stop the harmful activities of those that want to use us as scapegoats. In recent history, we have had to endure the massacre in Tel Aviv and Australia, anti-Jewish activities on college campuses and houses of worship right here in the United States.

We must say "Dayenu" ("Enough")! We must

stand tall, be proud of our heritage, and not hide who we are. If we see unacceptable behavior, we must speak up! Say no more. Try to educate those who want to harm us. Make them understand we are not so different from them. The Jewish people want nothing more than to be able to have freedom of religion and live a life of freedom for everyone, regardless of religious orientation.

There are certain concepts that everyone must embrace; tolerance, coexistence, and friendship. It is my hope that this holiday of Purim reminds us to be proud of who we are and to encourage living in harmony.

The Backstory: "It is Well with My Soul"

By Mary Jane Brubaker

One of the world's best-loved hymns had its origins in great personal tragedy.

In November 1873, Chicago businessman and Presbyterian elder Horatio Spafford decided to take his family on a European vacation. Two years earlier, his business interests were severely impacted by the Great Chicago Fire, and this trip was meant to be a healing respite for his family. Once in Paris, they planned to take part in Preacher Dwight L. Moody's evangelical efforts.

Shortly before departing, Mr. Spafford had urgent business matters needing his attention, so his family set sail without him. He planned to arrive later. His wife, Anna, and their four daughters - Anna, 11; Maggie, nine; Bessie, seven; and Tannetta, two - boarded the French passenger steamship, the Villa du Havre, on November 22.

In the early morning hours of November 23, the Ville du Havre was struck by the British clipper, the Loch Earn. Within 12 minutes, the ship sank, taking 226 of its 313 passengers to their deaths. The crew of the Loch Earn found Mrs. Spafford unconscious, floating on a plank. All four Spafford children perished.

When the Loch Earn arrived in Wales, Mrs. Spafford sent a telegram to her husband, "Saved alone. What do I do?" Mr. Spafford immediately set sail for Wales. En route, the captain pointed out to Mr. Spafford the approximate location where his children died. Mr. Spafford did not look down to the waters, but up to the sky, as he wrote the words to the first of what would be four stanzas of a poem while standing on the foredeck:

*When peace like a river attendeth my ways,
When sorrows like sea bellows roll,
Whatever my lot, Thou hast taught me to say
It is well, it is well with my soul."*

When the Spaffords returned home to Chicago, Mr. Spafford shared his poem with a follower of D.L. Moody. That follower, in turn, shared the poem with composer Philip Paul Bliss. Mr. Bliss composed a piece he called "Villa du Havre," to which he set the words of Mr. Spafford's poem. The hymn was first performed as a solo by Mr. Bliss in November 1876, three years after the tragedy. The song was performed in front of a gathering of ministers in Chicago. Known as "It is Well with My Soul," it is now considered one of the most enduring hymns of all time.

As a post note, the Spaffords had three more children, two girls and a boy. Their son died of scarlet fever at the age of three. Soon thereafter, the family moved to Jerusalem, where they helped found the American Colony, a Christian community focused on charitable work.

After both parents died, their daughter, Bertha, organized soup kitchens for refugees during World War I, and oversaw hospitals for wounded soldiers from all sides. She also established an orphanage for children. She wrote a book about her family and the American Colony, titled "Our Jerusalem: An American Family in the Holy City: 1881-1949."

Sadly, Mr. Bliss died in a train wreck just one month after introducing "It is Well with My Soul" to that gathering of ministers.