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Denny O'Malley and Dan McOlvin

Veterans Group - March meeting and upcoming events

By Dan McOlvin and Denny O'Malley

Over 50 of our veterans enjoyed another meeting on March 6 with our special guest speaker, our own Michelle Williams, who presented an overview of our

new community website. RCAI recently updated our website and created a new link [www.rcainj.com](http://www.rcainj.com). The new and improved website contains everything Rossmoor with special pages on activities and cultural

Focus on: Groups and Clubs Downsizing: Lose weight with friends' support

By Jean Houvener

Every Wednesday at 9:30 a.m. the Downsizing Group weighs in. If someone has gained weight, he or she pays a fine of a quarter. The biggest loser for the month gets a gift certificate. The biggest loser of the year will also get a prize. The group originally formed as a chapter of the TOPS organization (Take Off Pounds Sensibly). They felt they could support each other just as well as an entirely Rossmoor organization, and have been operating through E&R since August. Members pay \$1 per week and support each other in losing weight. They support each other by sharing healthy recipes, talking about issues, and having various people give talks on how to approach weight loss. They also encourage and cheer each other's successes. The meeting begins at 10 after everyone has had a chance to weigh in, starting with a prayer in support of their

goal. There is then a brief recounting of the prior week, including the total pounds lost by the group (some weeks there is a total gain rather than a loss, especially around a holiday). Previously the group had asked Lori Morell of Parker Homes, who leads the Healthy Bones classes, to give her talk on Mindful Eating. She organized her talk around the word RELAX, with each letter standing for a piece of the puzzle — Rationalize what you are doing, why you eat; Exhaustion can lead some people to overeat, so get enough sleep; Laugh, bringing a sense of humor to what you do; keep Active socially as well as physically; eXercise as much as possible, making use of all the opportunities here at Rossmoor and in the area. Morell also advised drinking a glass of water prior to eating so the stomach can signal to the brain that it is full, and drinking little during

(Continued on page 2)



Joe Salzano



Honor and Remember Flag

events, club and group activities, Mutual information, RCAI updates, along with information on homes in Rossmoor. Take a look. Also, for those of you who have complained about watching Channel 26 to see if an event or program was listed, only to miss it when you looked away for a second, the new website also has a Channel 26 page where you can see each page from Channel 26. The section is color-coded to make it easy for you to find what you are looking for. Congratulations to RCAI on this new page and thank you to Michelle Williams for a great presentation. Our Veterans can now order shirts and hats to demonstrate their pride in being a veteran, and to create a sharp uniform appearance whenever we gather for special events. Order forms were distributed at our meeting and are also available by contacting Dan McOlvin by email: [Dan82abn@aol.com](mailto:Dan82abn@aol.com). We have some exciting events coming up in May beginning with our next meeting on Tuesday, May 8 beginning at 10 a.m. in the Clubhouse Ballroom. Later in May we have several other events which our veterans are encouraged to attend:

- Friday, May 18 beginning at 8:30 a.m. Monroe Twp. High School offers its Military Appreciation Day program.
- Friday, May 18, at 11 a.m. we will have the honor of raising the Honor & Remember flag at the

(Continued on page 2)

Diabetes workshops: small changes = big results

By Mary Jane Brubaker

"Small changes can have a big impact in the life of people with diabetes," says Janet Knoth, BS, RN, CHPN, CPHQ. "For example, checking your blood sugar regularly can improve the quality of your life. Typically, people with diabetes can feel hungry when their blood sugar is either high or low. If you know your blood sugar is higher than it should be, you can take a short walk around the house and that sense of hunger may go away because your blood sugar will be back in range. But if you don't check your blood sugar, you might eat when you have an elevated blood sugar and that is a challenging cycle people with diabetes need to break." Knoth, a Diabetes Self Education Management Program Master Trainer, will be leading the diabetes workshops being held Friday mornings starting April 27 through June 1 from 9:30 a.m. to noon in the Gallery at the Clubhouse. "Diabetes can be a very isolating disease," says Knoth. "People with diabetes tend not to talk with their family or friends about their disease. That is why attending these workshops is so important. You'll have a chance to share experiences with others in the community who are dealing with similar problems."

"I've been leading these workshops for several years and I have to say that every single graduate comes out of this class having learned at least one thing they can do differently to improve their lives," says Knoth. "It may be understanding how to read food labels, understanding the difference between a serving size and a portion, or finding a workshop buddy who will take walks with you or go food shopping with you. We learn a lot at the workshops. Some if it comes from the free book on living with chronic disease that each participant receives and some of it comes from the participants themselves." "The bottom line is we all have choices," says Knoth. "People with diabetes or pre-diabetes can choose to empower themselves with the knowledge to better manage their disease. These workshops do work. They are effective. They change people's lives. But the first step is making the choice to participate. I hope we get a great turnout from the Rossmoor community." The Diabetes Workshops are being sponsored by the Rossmoor Community Church in partnership with Quality Insights. For more information or to register for these free workshops, call Jarmaine Williams at 732-955-8168.



**Pet reminder**  
Residents have an obligation to immediately clean up after their pets on all common grounds. Waste should be removed and disposed of by placing it in a sealed, non-absorbent, leak proof container. Please do not deposit waste in any catch basin, detention basin, or other common element.

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# at the governors' meeting



**March 15, 2018 Board of Governors Meeting**  
Daniel Jolly, RCAI president, opened the Board of Governors meeting at 9:00 a.m. with the Pledge of Allegiance.  
  
A summation of the 2017 audit report was presented by a CPA from Wilken and Guttenplan, CPA.  
  
Mr. Kaznosky stated there would be a meeting of the Golf Long Range Planning Committee at 2:30 p.m.

General Manager Jane Balmer had prices for a second pick up of recyclables from Waste Management of \$3,640 per month, \$43,680 per year.  
  
The Board approved the resolution # 18-07 Final Accounting of Mutual Domestic Water Line Repairs in 2017.  
  
The Board authorized resolution #18-08 Final Accounting of Mutual Sanitary Sewer Pipe reconstruction in 2017.

The Board authorized resolution #18-09 removal of Retired Items from RCAI Property List.  
  
The Board was congratulated on winning "Community Board of the Year" by CAI. Residents were reminded to submit their Age Verification forms.

## Focus on: Groups and Clubs

### Downsizing: Lose weight with friends' support

*(Continued from page 1)*


the meal since that tends to wash food down before it is properly digested. She advised eating protein, for example a hard-boiled egg, for quick energy rather than something with sugar, which leads to quick energy but just as quickly collapses, and also risks weight gain. The group discussed and reviewed all the various recommendations they had found helpful. Exercise can be spread throughout the day in 10-minute increments if that works best. Rossmoor provides many exercise opportunities, including walking, the fitness center, Healthy Bones, the Community Church's Physical and Spiritual Exercise, as well as yoga, open exercise DVD, and numerous sports groups.

At a recent meeting the group was presented with a question to discuss: Why do we want to lose weight? The members suggested and discussed many possible reasons, including improved health and appearance, reducing heart disease and diabetes, improved joint health, avoiding discrimination, reducing hypertension and insurance costs, keeping up with the grandchildren, and improving mood and increasing energy. Some members recounted that their grandchildren preferred their grandparents' weight reduction food to their own food. The members had many ideas and experiences to share on the topic, with things to do and things to avoid. Everyone took an active part and had advice to give. Overall the feeling in the group was that we all need to take care of ourselves, and to help each other.

If you have been looking for help in losing weight, this is a group that can do that, is welcoming to any and all residents, and fun to be with, so stop in and see what it's all about. If you have questions, contact Sandy Salmieri at 732-742-5079.

**Open RCAI Meetings in April**  
  
Thursday, April 12  
**Standing Committee Meetings 9 a.m.**  
Maintenance Committee  
Community Affairs Committee  
Finance Committee  
  
Thursday, April 19  
**Board of Governors Meeting 9 a.m.**  
  
All meetings are held in the Village Center Meeting unless noted otherwise  
Please watch Channel 26 for any changes or cancellations.

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



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The Rossmoor News a monthly periodical is mailed to every home within the Rossmoor community. News items are welcome. Appropriate news items from outside organizations will be considered as space permits. All copy and pictures are subject to editing and are accepted with this understanding.

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

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**Visit the Rossmoor website at [www.rcainj.com](http://www.rcainj.com)**



## Bits & Pieces

Sue Ortiz



Joyce Kilmer's 1913 poem, "Trees," starts out, "I think that I shall never see a poem as lovely as a tree." The historic 200-year-old white oak, that was Kilmer's inspiration when he was a student at Rutgers, stood near the Rutgers Labor Education Center south of Douglass College. It was removed by a team of five tree surgeons when it died of old age in the early 1960s. I remember passing the stump when my mother took me shopping for school clothes at the North Brunswick Sears store. In recent years, the Home News Tribune had a cut section of the tree displayed in its Kennedy Boulevard lobby in East Brunswick.

Trees are magnificent plants. Some are like newborns — tender, innocent shoots emerging from Mother Earth's womb, ready to take on the world. Others are ancient beings, their gnarled arms and fingers reaching for the warmth of the sun. They've seen — and heard — it all!

If only trees could talk.

In a way, they can. Their growth rings show the tree's age. Weather and growing conditions through the years can be extrapolated from these rings as well, depending on growth spurts or lack thereof. But, the rings can only be examined by cutting down the tree, hopefully after it has had many long seasons of lush foliage and flowers.

Every day, on my way to work, I pass the Veterans Memorial Park, formerly called Triangle Park, in Jamesburg. As long as I can remember, there have been two colossal oak trees along one edge. I've walked and stood under those lovely old-growth trees many times through the years, but now they are gone forever. I don't know why the borough cut them down; the only reason I could see was that their roots were breaking up the sidewalk. The park looks different now. I will miss those trees every day I drive by the park.

Here's a story from Jamesburg's history: When an old tree was cut down on Gatzmer Avenue many years ago, the tree fellers, as they were sawing, hit something hard. After pecking away at the wood, they discovered an old iron hitching post completely embedded within the trunk! The hitching post is long gone now, but the story remains. And I have an old newspaper photo to prove it.

Trees provide shade in the sweltering heat, a cozy place for lovers to carve their initials in a heart for posterity, a branch for birds to nest, a nook for squirrels to sit and eat nuts, and a place to build a house for the kiddies to play.

Trees weather the seasons well: spring brings red buds and flowers; green summer foliage turns rustling brown, orange, and yellow leaves in the fall; and the bare branches of winter bend low with the heavy snow.

Trees are also grown and their wood harvested for lumber to build houses for us humans to live in, to construct furniture for us to vegetate on, and make paper for authors, scribblers, and artists to create on.

So, don't underestimate the value of trees. Just don't take cover under one in a thunderstorm.

**B&P**

To such an extent does nature delight and abound in variety that among her trees there is not one plant to be found which is exactly like another; and not only among the plants, but among the boughs, the leaves and the fruits, you will not find one which is exactly similar to another. — Leonardo da Vinci (Italian artist, 1452 – 1519)

God has cared for these trees, saved them from drought, disease, avalanches, and a thousand tempests and floods. But he cannot save them from fools. — John Muir (American environmentalist, 1838 – 1914)

### Veterans Group - March meeting

*(Continued from page 1)*

Rossmoor Golf Course followed by a barbeque on the terrace. Joe Salzano brought the idea to us. The Honor & Remember flag was created by the father of a son killed in action. He researched what types of flags existed to honor those who have served or were killed in action and discovered that there were none. This flag is now recognized by several states. His organization is active in Washington, D.C., encouraging our elected representatives to adopt this flag.

- Saturday, May 19 at 10:15 a.m. we will again assemble on the New Jersey Turnpike overpass at Exit 8-A to honor and welcome a motorcade of wounded warriors traveling from the Walter Reed Military Medical Center. Monroe Township Fire District #3 will join us again this year.

Special thanks to our member, Trudy Skladany for providing home-made blueberry muffins for our meeting. Rossmoor Veterans welcome new members.

Please plan to join us at our next meeting on Tuesday, May 8.



## Intellectually curious? This might be for you

By Carol De Haan

Out-of-the-ordinary documentary films are being shown in Rossmoor, sponsored by The Monroe Township Library in collaboration with the award-winning PBS documentary series P.O.V. The two films already shown in the Spring 2018 series met with much popular support, according to Erica Hardeo of the E&R office.

Three intellectually stimulating films remain to be shown in April and May:

- "Swim Team," chronicles the joy and dedication of autistic youngsters who are members of the Jersey Hammerheads swim team from Perth Amboy. A sense of fun and accomplishment as a team member enriches life for these young people. (90 minutes) Wednesday, April 18, 1 p.m., in the Ballroom.
- "Neuland," tells how Switzerland is helping migrant teenagers learn to speak German, acquire skills that will help them find employment, and let them realize a successful future in their new homeland. (90 minutes) Wednesday, May 16, 1 p.m., in the Gallery.
- "The Islands and the Whales," tells how residents of the isolated Faroe Islands, who have lived for centuries by hunting whales, are now faced with dangerously high mercury levels in whale meat, with decimated seabird populations, and with many anti-whaling activists. This is a prize-winning film. (60 minutes) Wednesday, May 23, 1 p.m., in the Gallery.

### Gina does it all

As public relations coordinator for the Monroe Township Library, Gina Blume presents these P.O.V. films and leads the dynamic discussions that follow. Her documentary films are presented also at The Ponds, Greenbriar at Whittingham, Monroe Village, and at the Township Recreation Center. "I enjoy all the give-and-take," says Gina. "Some impressive and thoughtful people live in our Monroe communities."

Gina grew up in Monroe, earned a B.S. in engineering at Rutgers, followed by an M.S. in material science engineering at the University of Florida. She's worked on dental applications, fracture fixation, joint replacement, and on NASA projects at the University of Texas, Austin. On top of that, she loves history and current events, making her a lively moderator for the discussions following each film.

### Documentaries at the Library

During April, the Monroe Township Library will offer three documentary films from The Great Courses, under the title "America in the Gilded Age." No registration is required.

- 1865: Bind up the Nation's Wounds & Reconstruction Revolution. Tuesday, April 10, 1 p.m.
- Buffalo Bill Cody and the Myth of the West & Industrial Titans. Tuesday, April 17, 1 p.m.
- Andrew Carnegie & Big Business: Democracy for Sale? Tuesday, April 24, 1 p.m.

Nine more films in this series will be shown through July 10. We will keep you notified each month in The Rossmoor News. You will also find the dates listed on the bulletin board near the E&R off ice.

### Next September

A series on the Founding Fathers will begin and run through spring, 2019. If you think today's politics are rough, wait till you see some of what all these "admirable" men were up to. Your head might spin.



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## Keep Rossmoor beautiful

By Anne Rotholz

Once again we find ourselves in the month of April. Despite a long snowy winter there is no mistaking the fact that spring is already upon us. The signs are all there, crocus appearing as if out of nowhere, daffodils showing their yellow heads, bushes and trees beginning to bud. The robins have returned from their winter habitat and the snowbirds have gone back into the marshes. All are busy preparing to raise new families.

Our environmental calendar is quite full at this time. April is Keep America Beautiful Month. Earth Day falls on April 22 and Arbor Day is celebrated on the last Friday of the month, April 27.

During this spring, we need to focus on our beautiful Rossmoor trees. Many of our residents have indicated that our trees were a major factor in their decision to move here. Now more than

ever we need to concentrate on having a wealth of healthy trees. Here are some of the reasons.

Our trees enhance and

(Continued on page 4)

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## Rossmoor accepts ads

By Bob Huber

Monroe Township engineers have recently informed RCAI that Rossmoor's aging sewer system must be replaced, now!

Although long term budget plans have always existed for incremental sewer replacement, the urgency of the order caught the Board of Governors by surprise. The cost of accelerating the program would be huge, and it would place an unreasonable financial burden on residents in the form of assessments.

The Board has developed a unique and unprecedented approach to address the problem. It has altered Rossmoor bylaws to permit a strip of property along Rossmoor Drive and Old Nassau Road to be leased for commercial advertising.

The Board has signed a three-year contract with Outdoor Advertising, Inc., to provide the service. The agreement calls for installation of 10' x 12' boards near the two intersections of Old Nassau Road and Rossmoor Drive and one 8' x 10' board on Old Nassau Road near East Gate. The boards are two sided and will feature state of the art LED technology, which will allow the advertising material to be changed or streamed remotely.

Outdoor Advertising, Inc. will install and maintain the boards at its own expense and will retain the advertising revenue. Rossmoor's revenue will come from the lease of the real estate. Rossmoor will retain oversight on advertising content, no tobacco products or alcoholic beverages permitted.

It is estimated that over the course of the three-year lease Rossmoor's income will more than offset the cost of the accelerated sewer replacement.

The Board of Governors cautions to keep one thing in mind ...

*This story is totally fictitious and is offered by the Rossmoor News Editorial Board to brighten your April Fool's Day and your Easter festivities.*

## Creating passwords

By Jean Houvener

At a recent Computer Club meeting with speaker David Shinkfield from Ewing and in a recent article in Kiplinger's magazine by Kaitlin Pitsker came similar advice on how to build good passwords. It is slightly different from previous recommendations for passwords.

In the past the recommendation was to pick a word and substitute characters, caps, and numbers at strategic points, for example, take the word scrumptious and turn it into ScRumpt10u\$. This has been the advice for a while now. To put all this into perspective, however, there are one quarter of a million new pieces of malware put out there every day. Eighty percent of this activity is by organized crime gangs, essentially criminal businesses. They have the computing power to run through my example and crack into the account with that password in a day and a half. The upper and lower case, numbers, and special character

substitutes are expected and tested for.

The thinking now is to use something more complicated, but easier for you to remember. Instead of using only one word, use four random unrelated words. It is better to use a longer password even if it looks simpler than a shorter password. The algorithms to decode the longer password have to work exponentially longer, changing the day and a half above to many years.

Another possibility is to create an easily remembered sentence, take the first letter of each word, and add punctuation and characters. In all events, use a different good password for each of the applications for which you need them. Do not reuse a password for another application.

An amazingly large percentage of people use the quick and dirty passwords "123456," "qwerty," "11111111," "password," or "mypassword," and other similarly simple passwords.

(Continued on page 5)

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1:00 PM—Play resumes—4 rounds

4:15 PM—Award Ceremony & CASH PRIZES

RESERVE YOUR SPOT NOW! Limited space, please sign up early!

RSVP by Wednesday, April 18<sup>th</sup>

For Further Information contact Ellen at 732-257-7070 or ebotwin@ebjc.org  
[www.ebjc.org](http://www.ebjc.org)

## Concordia Clubhouse Presents

### Emil Stucchio and The Classics

Saturday, June 9, 8:30pm - \$18.00pp

This world-renowned group has over 50 years of experience entertaining audiences from coast to coast. They have performed at Radio City, The Nassau Coliseum, The Philharmonic, The Nevada Convention Center, and on multiple cruise lines as well as television appearances. Their voices are magnificent, singing their hit songs "Till Then", "Hold Me", "P.S. I Love You", "Somewhere", and many more classics. They are the whole package, magnificent voices, and outrageous comedy routines, a truly class act. This is a show not to miss!

Open to non-residents April 28

Checks only, made out to Concordia Clubhouse

For more info call 609 655-4664

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## Beautiful

(Continued from page 3)

beautify our community. They give us a welcome shade in summer and reduce our energy bills by protecting our homes from the hot sun. They provide shelter for our birds and wildlife and help control noise and dust thus contributing to the well-being of our environment. The interesting configuration of the trees, and their variety of leaves in so many shades of green, soothe us and reduce our stress.

Aside from their aesthetic value the trees have a very important function: they make a world of difference in the air we breathe. The Arbor Day Foundation states, "one tree can eliminate 90 pounds of carbon or 330 pounds of carbon monoxide from the air each year." How much more difficult it will be for us to breathe if we do not have our trees.

We are all aware of the barrage of pollutants that we get daily from the New Jersey Turnpike. Add to that the amount of pollution now

coming from the hundreds of large trucks servicing the newly-erected warehouses in our area.

I know that some of our older trees can cause problems and a few of them may have to be taken down. Chopping down a tree should be a last resort. Sometimes trimming a root will take care of a problem and it is much cheaper than cutting the whole tree down.

Become an advocate for our trees. Ask questions about them. If there is a problem with a tree find out what you can do to help. The health of your lungs and mine may very well depend on the outcome.

Each year Rossmoor celebrates Arbor Day. This year we will gather at our Monroe Oak (behind the Village Center) for the occasion. After a brief ceremony, refreshments will be served. Watch Channel 26 for details.

**From Native Americans, something to think about:** We do not inherit the trees from our ancestors. We borrow them from our children.

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## Afternoon Tea with Pastor Thomson

*By Mary Jane Brubaker*

On a rainy afternoon in late February I had the pleasure of attending Afternoon Tea with Pastor Dierdre Thomson at One Steep at a Thyme. "I love it here," says Dierdre of the Jamesburg Tea Room. "It's a charming, relaxed setting where you can enjoy good conversation and delicious food over a wonderful pot of tea." This is her third visit in two weeks, having been the guest of honor at celebrations given by friends and family in honor of her 80<sup>th</sup> birthday.

For the past seven years, Dierdre has been serving as the pastor of the Community Church. On April 30 she will step down, but don't think for a minute that she is retiring. "I am re-firing," she says. "There is still much more for me to do as I fulfill God's plan for me."

The ministry was a calling that came to Dierdre at midlife. "When I was growing up, I attended church, Sunday School and Vacation Bible School. Religion was important to me but I did not pursue it beyond that. Despite my father having a good job, my mother needed to also take in boarders to help send my two brothers through college at the same time. It was understood I wasn't going to college. After high school, I got a clerical job and was married within a year," she recalls. She and her husband, Bud, an engineer, raised three girls and a boy.

"My husband was very supportive," she says. "He encouraged me to go back to school when I was in my forties. I decided I was going to be a hospice nurse. After one year of study, I was driving home from class and was rear ended by a much larger vehicle. I sustained significant injuries that

## Passwords

(Continued from page 4)

The criminals after your data and/or your money easily crack these passwords.

An extra layer of protection can be added with two-factor authentication, in which your bank can send a code to your smartphone as text or in an email, which is valid only for the one-time use as you log in. Many websites now support this option.

Both Shinkfield and Pitsker suggested using a password manager, such as LastPass and KeePass. These applications have been discussed in previous articles in The Rossmoor News. The information kept in LastPass is encrypted for security, but if you forget your master password, no one can help you get it or your other passwords back. For this application you need one very strong password that you do not forget. As you log into your usual sites, the application can be used to replace current passwords, until all have been shifted under the control of the password manager. You would need to remove all passwords currently saved in your browser to switch over.



## Pastor Dierdre Thomson at Tea

restricted my mobility. I realized I would not be able to perform the physical work of a nurse. I then decided to change my course of study and become a hospice chaplain," she says.

"I was ordained a minister in the Presbyterian Church, USA, and became a hospice chaplain at Visiting Nurse Association, Central Jersey. I was traveling around three different counties in New Jersey. I was never very good with directions, so my husband, who had retired, would chauffeur me around. It was a wonderful way for us to spend time together," she says. "My husband passed away in 2001 and after that I felt I needed to move on from my role as a hospice chaplain."

"I decided to serve as an interim pastor for a period of time and then became a permanent pastor," she says. After serving several churches, she came to interview for the role as pastor of the Rossmore Community Church.

"I remember turning around the bend and seeing the Meeting House and the village green and I immediately thought – this is just like New England! I loved the beautiful

setting and I found the congregation to be very welcoming from the minute I walked in the door," she recalls. "After my first two years as pastor, I purchased a home here and I have really enjoyed becoming a part of this church and this community."

As her time as the community church pastor quickly draws to a close, Dierdre has many things on her to do list. Among them are to finally unpack all the boxes from her prior home, prepare for a family trip to Scotland and Ireland this summer, and continue her quest to learn more about her birth family. Dierdre was adopted at an early age and has been avidly searching for information about her birth family since her children gave her a DNA test for her 75<sup>th</sup> birthday. She would also love to continue traveling and is researching options for becoming a chaplain on a cruise ship.

Amongst all these adventures, I am sure she will continue to find time for Afternoon Tea at her favorite Tea Room. I hope I get an invitation to join her again so I can hear all about her “re-firement.”

[illegible]

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## Amazing Douglass Women in Rossmoor

By Terre Martin

The year-long centennial of Douglass College will culminate on September 18, one hundred years after its doors first opened for 54 young women. Today, it is commonplace for young women to go to college, but ten decades ago few girls had that opportunity. Back then, New Jersey politicians and administrators of Rutgers University felt women had no need for higher education. They refused to fund a women's college, and wanted no part of helping to get it started. It took Mabel Smith Douglass and the New Jersey State Federation of Women's Clubs to raise the funds, beginning

with a door to door \$1 campaign, which created the school that many of our residents call Alma Mater.

**Barbara Kiser Beecham** graduated in 1953 when the school was still called New Jersey College for Women (NJC). She was a commuter her first three years, since her family lived in Milltown. One of her memories is the "beehive," a gathering place for commuters located in the basement of the old chemistry building. There weren't many amenities, but it was a place to relax and do a little homework between classes. Barbara attended NJC on a scholarship. Her father was a professor of "poultry" at the Rutgers School of Agriculture. Today it is the School of Environmental and Biological Sciences, offering a lot more than agricultural courses.

Barbara's major was mathematics. She wanted to be a teacher, but NJC didn't offer educational certification back then. So, through a friend, she ended up getting a job as a secretary...to J. Robert Oppenheimer, the father of the atomic bomb! Oppenheimer directed the Institute for Advanced Study in Princeton, where he convened great scientists. Barbara remembers meeting important and interesting people on a regular basis. But, like most women of her generation, she left the position to have a child and remained home to raise a family.

**Marie Bills**, a resident who can be seen on the golf course, croquet court, church choir and in many other clubs and organizations, started out as Marie Rutgers! She says she's not related to Colonel Henry Rutgers, the University's namesake, but it's more fun to imagine the

connection. Marie graduated from Douglass in 1955, the first year that school took the name Douglass College. She majored in math and graduated with honors. She got her teaching certification at Seton Hall and taught third grade in South Plainfield for 30 years.

Marie had a storybook college experience. Her future husband, Tyler, transferred to Rutgers and joined Alpha Sigma Phi fraternity. They followed the long-time fraternity tradition of getting "pinned," then engaged, and eventually married. Her memories of being a student bring back a more innocent time when girls had to wear skirts, had to sit down for meals in Cooper dining hall, and had to "bow" to upperclassmen until released from that command. Marie was also very athletic, enjoying many sports, and participating in the "modern dance club" Orchesis. She headlined performances for the group, and even had her photo in the newspaper.

Many of you know **Betty Anne Clayton** as an avid croquet player, dog lover, and lay minister with several degrees, including a doctorate in Educational Administration. She is also a Douglass graduate from the class of 1975. As a grown woman with three small children, Betty Anne was determined to finally get her degree. She enrolled in Douglass as a "non-traditional" student and took classes when she could. When her last child went off to school, she was able to pursue her degree in Home Economics full time, and was inducted into Omicron Nu honor society. "I am very grateful for my Douglass education," she commented. "It provided me with transferable skills for the world of work, so I could earn a living." One of her most helpful courses was "Family Relationships," which she used as a minister's wife and mother. She also has fond memories of her nutrition professor, Dr. Sostman, and her clothing and design professor, Dr. Savage, who warned her students that "flowers belong in gardens, not on clothes," preferring graphic elements in textiles.

By the time Betty Anne attended Douglass, it offered education courses and opportunities for practice teaching. She went on to earn masters and doctoral degrees, and for many years she worked at Rutgers. Today she still holds her Douglass degree in high regard. To demonstrate it, she wears the unique and special school ring, a black onyx rectangle engraved with a pine tree and a single word... Douglass.

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## Technology fools

By Steve Gray

Since this is the April issue, known best as the April fools issue, I thought it would be interesting to see some foolish quotes by tech experts. To quote Mitch Radcliffe, "A computer lets you make more mistakes faster than any other invention with the possible exception of handguns and tequila."

Scott Douglas is convinced that grandkids are inherently evil people who tell their grandparents to "just go to the library and open up an email account – it's free and so simple".

Thomas Watson, the president of IBM, stated in 1943, "I think there is a world market for maybe five computers." Of course, at the time he meant the vacuum tube powered monstrosities that were basically adding machines as big as a house.

Not to be outdone Darryl Zanuck, an executive at 20<sup>th</sup> Century Fox in 1946 stated, "Television won't be able to hold on to any market it captures after the first six months. People will soon get tired of staring at a plywood box every night." Guess he was right, we no longer use plywood.

Alex Lewyt, president of

Lewyt vacuum company in 1955 stated, "Nuclear-powered vacuum cleaners will probably be a reality within 10 years." I guess that would be useful with glow in the dark dust.

Ken Olsen, founder of Digital Equipment Corporation famously said in 1977, "There is no reason anyone would want a computer in their home." So that's why we have a computer lab.

Bob Metcalfe, founder of 3com, predicted in 1995, "Almost all of the many predictions now being made about 1996 hinge on the Internet's continued exponential growth. But I predict the Internet will soon go spectacularly supernova and in 1996 catastrophically collapse." Mr. Metcalfe was also a columnist for InfoWorld and promised to eat his words if he was wrong. To his credit, in 1999 at a keynote speech at the International World Wide Web Conference, he blended a copy of his column with some liquid and drank it down. We should be careful what we promise.

Former Microsoft CTO Nathan Myhrvold stated in 1997, "Apple is already dead." Now we know why he is the former CTO.

Bill Gates, founder of Mi-

crosoft, said in 2004, "Two years from now, spam will be solved." Recent estimates show that spam is somewhere around 92 percent of all email messages worldwide, and Spam in a can is still being sold.

There have been many other foolish mistakes made over the years such as NASA accidentally taping over the moon landing. There is no known original recording of the event.

Decca records turned down the Beatles, saying they weren't sellable.

NASA lost a Mars orbiter because half of the team programmed using metric and the other half used non-metric.

And finally, twelve book publishers turned down the Harry Potter series – sounds like Decca records.

Happy April Fool's Day!

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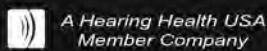


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## The power of laughter

By Bob Huber

With all the turmoil and strife dominating the news these days, it comes as a relief to note that April is National Humor Month.

We don't deny that the world has serious problems that need to be addressed, but we prefer to concentrate on what is, without a doubt, the most infectious and spontaneous of all human reactions: laughter.

"Laughter is the best medicine" is more than just a dog-eared bromide. It is a clinically supported fact. The list of benefits is long and impressive. Laughter benefits our physical health by boosting our immunity, lowering our stress hormones, decreasing pain, relaxing our muscles, and perhaps most interesting of all, preventing

heart disease.

Mental health experts tell us that laughter adds joy and zest to life, eases anxiety and fear, relieves stress, improves mood and enhances our resilience to life's adversities. In other words, when life tosses you a lemon, make lemonade.

Laughter has a number of social benefits. For instance, it strengthens relationships, attracts others to us, and enhances teamwork, helps diffuse conflicts and promotes group bonding.

We are quick to notice that in a social group, if one person yawns, everyone else in the group is likely to follow suit, including the dog and the cat. The same is true of laughter. If one person starts laughing, the others will most

(Continued on page 10)



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# The Monroe Oak



By Anne Rotholz  
*This article is dedicated to the memory of Joe Harvie, a true friend of the Monroe Oak, whose recent tragic and untimely death saddened the people of Monroe Township.*

A magnificent white oak tree, 80 feet high, with a diameter of seven feet and a spread of over 105 feet stands at the intersection of Applegarth Road and Prospect Plains Road in Monroe Township. Life goes on as usual every day at this busy intersection. Thousands of people drive by the oak, though only a very small number of them notice this astonishing piece of history.

Going back in time to the year 1682, which is generally accepted as being the most likely or at least fairly close to the birth year of the tree, we find that things are very different at this location. There is no intersection since there are no roads there. The whole area consists of woodlands. The only human inhabitants are the members of a Native American tribe, the Lenapes, who survived mostly by hunting in the woods and fishing in the streams and lakes nearby. Interestingly enough 1682 happens to be the same year that William Penn came to establish his Quaker colony in Pennsylvania.

At some point during fall or winter of that year a small acorn fell to the ground from an inconsequential oak tree, one of the many growing there. Perhaps it got help from a passing breeze, a bird using the tree for shelter or someone beneath, hunting in its shadow. The acorn made it safely to the fallen leaves or soil underneath. No human or animal came by to disturb it. When spring arrived the following year, the acorn sprouted and as the months turned into years it became a healthy sapling.

When it was just a few years old the young oak had visitors from a faraway land.

The first person to arrive was James Johnstone who came from Ochiltree, Scotland, in 1685. He built a house and a sawmill near the area that is now known as Jamesburg. Finding himself in a country with good weather and plenty of food, he began to write letters to those he left behind, inviting them to join him. Settlers came to the area from Scotland and England. Others of Dutch ancestry came as well. Many of those who came later in the century and settled near the oak were religious or political refugees.

They made their homes on the banks of the Manalapan and Matchaponix creeks. Some of the little communities they formed were Applegarth, Half Acre, Gravel Hill, Prospect Plains, and Union Valley. Did our oak disturb them or get in their way? Apparently not, because nobody uprooted it or cut it down.

In 1685, a forest road called Lawrie's Road (named for deputy-Governor Gawan Lawrie) was a kind of "highway" for horseback riders traveling between South Amboy and Burlington. This road was a shortcut between New Jersey and Philadelphia. Taking the water route along the coast and up the Delaware would have been much more time consuming. Parts of this road were incorporated into what is now Cranbury-South River Road, which was the first public road in the area.

An ancient "road" that followed an Indian trail extended from Lawrie's Road to the east through Prospect Plains and Half-Acre. Our Monroe acorn had dropped near this road. Amazingly it grew there without disturbance and it was largely unnoticed for two and a half centuries.

The oak witnessed many interesting events as it grew from sapling to a more mature tree. By the early part of



the 18<sup>th</sup> century, the first settlers had established themselves, and as time went by their number continued to increase. They cleared the land, which involved cutting down lots of trees, to start new farms. They built homes as well as sawmills and gristmills.

As the oak grew, many new and interesting events took place in the surrounding area. In 1746 Reverend David Brainerd brought 160 Indian Christian converts to live nearby. The community called Bethel was given 80 acres of land near Manalapan Lake. They settled in the area that is now Thompson Park where they built their log homes, a log church, and a log school. They remained there until 1760, when they moved to Burlington. Surely our oak heard the happy sounds of the children in the distance and missed them when they went away.

Later in the century came a more ominous experience for the tree -- the sights and sounds of war! The fledgling nation made up of thirteen colonies wanted to be free and to grow. By 1775 the Revolutionary War was underway and the oak would experience it firsthand. On June 26, 1778 General Lee with 3,500 troops marched right past the tree heading to the campsite on Hoffman Road. Two days later the Battle of Monmouth would be fought and won with the victory going to the Continental Army under the leadership of General George Washington.

The beginning of the 19<sup>th</sup> century brought new and wonderful changes to the area. By this time there were many larger farms around. In 1832 a 31-year-old enterprising local farmer, James

Buckelew, bought the mill and farm at Manalapan Lake. That same year marked the arrival of the first train to what is now the town of Jamesburg. The Camden-South Amboy Railroad had just been established, and because the concept was so new, they had to import locomotives, rail cars and tracks from England. The famous John Bull, which went by the oak many times, came from England in 1831.

Having a real flair for business, John Buckelew seized the opportunity to bring prosperity to the whole place. He befriended the railroad company realizing that it held a golden opportunity for the farmers and other local residents. A few years later he would be instrumental in setting up the Jamesburg-Freehold Agricultural Railroad. Jamesburg became a hub for the railroad.

Buckelew went on to set up all kinds of new business projects. When the Delaware-Raritan Canal opened in 1834, he was prepared to provide the mule teams for towing from the 700 mules he kept in the brick shelters behind his house. He also traded in mules and he was reported to have the best stock in the country. He brought improved farming methods to town. He planted cranberry bogs, he started a canning facility for tomatoes, and later he was instrumental in bringing one of the largest shirt factories in the world to the area. Meantime our oak is growing into a large tree not fazed in the least by all the unusual activity nearby.

At the age of 158 years, the tree witnessed a very special event -- the birth of Monroe Township. On Feb.

23, 1838, the council and general assembly of New Jersey responded to a petition from some residents of South Amboy Township in Middlesex by allowing them to become independent. They named their township "Monroe" after the fifth President, James Monroe, who was wounded at the Battle of Trenton while serving under George Washington. The new township had a population of 2,435. It had eight stores, 18 sawmills, four gristmills, eight schools and an academy.

Perhaps the woodman's axe was the greatest danger to the oak up to this point. We must not forget, however, that another real threat came from nature in the form of the hundreds of storms, many of them hurricanes that went through this area over the years.

In 1821, one of the worst hurricanes in history, the Norfolk-Long Island Hurricane, came through New Jersey. It made landfall in North Carolina, passed over Cape May and came up through the Pine Barrens on its way to Manhattan. While going through the Pines, it sheared a mature cedar forest. It had wind gusts as high as 135 to 150 mph.

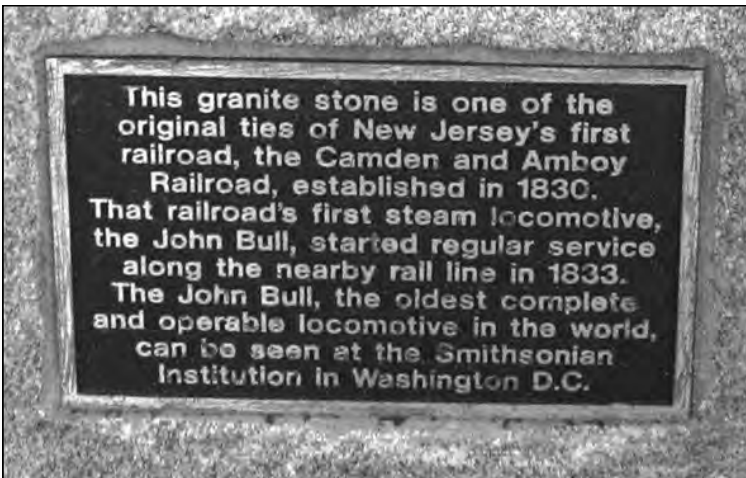
The year 1846 brought another major hurricane to New Jersey, the Great Havana Hurricane. It toppled hundreds of trees and many buildings as it moved through the state.

We are all aware of the devastation caused when Superstorm Sandy hit on Oct. 29, 2012. More than 113,000 of our beautiful New Jersey trees were damaged or destroyed.

However, our oak survived these and all the other storms that made their way through the area. It surely was a tough and perhaps a lucky tree.

The early part of the 20<sup>th</sup> century brought many changes to this area. Dairy farming now became a popular and financially rewarding business. Forsgate Creamery and several local small dairy farms came into existence at this time. The lowing of the cows nearby must have been a new and pleas-

(Continued on page 9)





## The Monroe Oak

(Continued from page 8)

ant sound for the oak. Also, the local fields were now showing a new crop in the form of acres and acres of potatoes. Hundreds of migrant workers came to harvest them before the potatoes were hauled off in large, open wagons.

By now the Prospect Plains property where the oak was growing showed a fine hotel, The Railway House Hotel. This hotel was built to accommodate the many travelers who used the railroad. It was owned and operated by the Vandenberg family.

In 1931, The Philadelphia Evening Bulletin carried a story about large trees growing in Delaware, Pennsylvania and New Jersey that were there in the time of William Penn. They wanted to find these trees and place them in a special category called "Penn's Woodland." Several people would be sent to take the measurements of the trees and then report back to the Bulletin.

The late R. Maitland Vandenberg, whose father owned the property where the oak stood, having noticed the size and probable age of the white oak decided to submit its statistics which were as follows: girth (three feet above ground) 14 feet, four inches, height 80 feet, spread 100 feet, age ap-

proximately 250 years.

Subsequently Dr. William E. Wildman, director of science education for the Philadelphia Public Schools, was sent to investigate. The tree was included in a group of 361 trees known as the "Ancient and Honorable Order of Penn's Trees." In 1968 a resolution was passed to give it official recognition by the residents of the municipality of Monroe.

On Feb. 23, 1973, the Monroe Township Historical Society was formed. Vandenberg suggested to them that the tree be officially designated as "The Monroe Oak" by the municipal governing body and that it be made a living memorial to the early pioneers in the area. In August of that year, the tree was officially designated as "The Monroe Oak" by the Council of Monroe Township.

One year later it was marked with a plaque designed by Vandenberg. The plaque had a replica of the oak with three stars to honor New Jersey's distinction of being the third state to enter the Union in 1787.

Meanwhile the property on which the oak grew had several different owners. The latest was The Sun Oil Company. Their plan to put a gas station on the corner occupied by the oak meant that the tree would have to be cut

down. The Historical Society and Mayor Indyk were geared up to fight for the tree. The proposal for the gas station was withdrawn in March 1974, not because of the tree but because the state legislature voted a ban on building new gas stations during the energy crisis.

In a 1975 resolution, the oak was made the official symbol of Monroe Township. It was to be used on Township letterhead, Township cars, etc. It was included in the Bicentennial Seal. Maitland Vandenberg designed the first symbol for the Township using the oak as his inspiration. It would now be illegal for anyone to damage the tree or cut it down. Such a person would be subject to a fine of \$50,000 or one year in jail.

In July 1977, a representative from the New Jersey Division of Forestry came to check the Monroe Oak. The Arborists Association of New Jersey officially established it as the largest white oak in Middlesex County. In memory of her late husband who loved the oak, Mrs. Vandenberg had a bronze plaque placed beside it identifying the tree and its age. Soon this marker mysteriously disappeared. A new plaque mounted on an original granite sleeper from the 1831 Camden and Amboy Railroad replaced it. It was rededicated on Oct. 8, 2003. The Pulaski Bank was given

permission to build near the tree, with specific instructions on how it was to be cared for. To its credit, the bank followed through. The facility has changed hands over the years and is currently The Provident Bank. Bank personnel respect the oak and they are happy to give it good care.

Bartlett Tree Experts has a contract to monitor The Monroe Oak under the guidance of NJ Licensed/Certified Tree Expert and ISA arborist Tom Purtell. He says that he considers it an honor to be the "Keeper of the Tree," and that going under its canopy is like going into a church. His workers are extremely respectful of the oak and will not touch it unless he is present. They do regular maintenance of the tree such as irrigation, deadwood trimming, weed control, etc. A lightning protection system was installed in the oak a decade ago.

Purtell quotes Dr. Bruce Fraedrich, director of the Bartlett Tree Research Lab in Charlotte describing the oak as "one of the nicest trees in the world," and the late Dave Simms, N.J. State Forester calling it "the champion tree of Middlesex County."

While it is not unusual to see people gather around the Monroe Oak in fall, picking acorns that they hope will grow into new oak trees, we know of only three offspring

from our Monroe Oak. These healthy young trees (approximately nine years old) were grown in the Rossmoor Nursery from Monroe Oak acorns. You will find them happily growing and marked with plaques at the following locations, the 9/11 Memorial Park, Oak Tree School, and near the Village Center in Rossmoor.



When Lucille DiPasquale, Chairperson of The Monroe Township Shade Tree Commission, asked me to write an article on The Monroe Oak I felt honored though a little hesitant. My love for trees and for the Monroe Oak won the day.

I got valued help from the following professionals and friends: John D. Katerba, Historian for Monroe Township, Tom Purtell, N.J. Licensed Tree Expert and ISA arborist, my journalist friend Carol de Haan and my tree-loving sister Mary Walsh in Ireland. My talented friend, Sara Acevedo, took the pictures. They speak for themselves.



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— Peter DeFazio, D.M.D.

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Dr. DeFazio has been practicing for 26 years, is married, has three children and lives in Monroe. Dr. DeFazio is a graduate of Temple University and UMDNJ. He is a past Clinical Instructor at JFK Medical Center and a past Board Director for the American Red Cross.

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## Mistakes happen – thank goodness for erasers

By Linda Bozowski

Back in the olden days, if a writer or artist made a mistake in chiseling the cave walls there wasn't much recourse available except to begin again or modify the statement or artwork. But as man got more sophisticated and discovered the benefits of writing on parchment or

papyrus, he also discovered that pumice or sandstone could be used to rough up the errant text and voila, he could make a correction. Bread, a highly absorbent material, was also pressed into service for removing miswritten ink even as recently as the late 1800s.

It is reported that the first natural rubber erasers were developed in England in 1779 by an engineer named Edward Nairne. Joseph Priestly commented on the product, discovered by accident by Nairne when he mistook the material for breadcrumbs, and the word rubber was used for a product that could be used for rubbing out ink.

It was not until 1839 that American Charles Goodyear developed a methodology for modifying natural rubber, which was perishable, to make it more durable. Vulcanization made rubber erasers practical and more readily available. In 1858 a patent was issued to Philadelphian Hyman Lipman for his idea of attaching a small eraser to the end of a pencil. However, his patent was later voided since his "invention" erasers, notably soft and crumbly, are used for removing large swaths of graphite while causing minimal damage to paper. The graphite becomes mixed with the crumbles and is carried away with them – a messy process, to be sure. Care must be used in brushing away the crumbles, because the graphite is now one with the product

and can be redeposited on the paper during the brushing-away process. Not the best choice for correcting erroneous entries in the Sunday crossword puzzle.

Vinyl erasers are usually white mini-bricks of a plastic-like material. These little treasures do not crumble and the removed graphite is less likely to mar the surface. Favored by engineers and accountants, these erasers are gentle to paper surfaces.

Kneaded erasers and putty erasers are malleable and can be used to remove tiny errors since they can be shaped into small pointed shapes. Especially helpful in modifying artwork, the size-variability permits tiny changes of color or shading. They do lose their erasing capabilities after time, since they absorb the erased material.

Electric and fiberglass erasers are also available, but are not in wide usage. The fiberglass genre is abrasive so it is not well suited to use on paper. It may be used to clean circuit boards and limestone, since the fibers are very hard.

And let us not forget old-fashioned felt chalkboard erasers. Making an error while solving a problem on the blackboard makes these devices very important for students of all ages, and clapping the dusty erasers on the brick outside was a fun activity. Thank goodness there is a way to rectify our mistakes.

## laughter

(Continued from page 7)

certainly join in (we are not sure about the dog and the cat).

As one who has spent much of his professional career as a wordsmith, I have particularly enjoyed writing humor; not necessarily to make people laugh, but to open the door to a broader perspective. If a good laugh was involved, so much the better.

As one professional publication put it, "More than just the respite from sadness and pain, laughter gives us the courage and strength to find new sources of meaning and hope even in the most difficult of times. A laugh, or even simply a smile, can go a long way toward making us feel better, and laughter really is contagious. Just sharing laughter primes our brains and readies us to smile and join in the fun."

We are told to look on the sunny side of life. It's even better to look on the funny side of life.

## Cleaning for a Reason

By Linda Bozowski

What's your motivation for getting out the Swiffer and vacuum cleaner and the paper towels? Do you need a reason to clean or is it an activity that pleases you for its own intrinsic value? Are you expecting guests, like your in-laws or parents, your bridge partners, a prospective special someone? Or maybe the tidiest person you know said that she or he would be in the neighborhood and would like to stop by for a cup of tea or coffee or a little Cabernet. How much advance notice do you have and how much tidying might be required in order to pass inspection?

Our home-care habits have changed over the years, as we have become the beneficiaries of better cleaning technologies. We don't have to beat carpets over the back-porch-rail anymore and the cleaning rags that used to get washed out for later re-use have been replaced by paper towels or disposable Swiffer microfiber fluffy things that attract and retain dust. While we may have returned to less chemically dependent products as vinegar and baking soda, many of us still use the spray-bottle cleaners of various chemicals that populate the grocery store shelves in the

household cleaning section. Powerful vacuum cleaners have long since replaced corn stalk brooms, and even robotic vacuums like the Roomba have eased the task.

Back in the old days of farming or business ownership, there was little time available for tasks that might have been considered less than essential. After all, getting food to the table and laundry cleaned, children bathed and bedded, homework assistance provided, as well as animal care, might have ranked higher on the priorities list than scrubbing the kitchen floor every week. Since cleaning was generally considered to be "women's work" along with many of the aforementioned tasks, little time was available to maintain a spic-and-span household. Perhaps "cleaning for a reason" was just as likely then as it may be now. Passover, Easter, christenings, and other family events frequently meant visitors, so a more tidy home was expected.

Tidy surroundings are pleasing to the eye and nose of most folks. Others manage to survive very well in the midst of clutter. Clean and tidy are not synonymous. A tidy living room

(Continued on page 21)



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## Bob's Almanac

By Bob Huber

Somewhere in this publication, the Rossmoor News Editorial Board has conspired to play a practical joke on you. It's an April 1 tradition that goes back many years in the Rossmoor News; however, not nearly so long as the tradition itself.

Some historians believe the practice of having some sort of practical joke day can be traced all the way back to the fifth century A.D. in the Middle East. Practically every culture has some sort of All Fools Day, though not necessarily on April 1.

In an odd confluence of events, both Easter and April Fool's Day occur on the same day this year. This might cause a problem for die-hard tricksters.

There's another problem to be dealt with in April: mud. A friend who lived in the outlying areas of Maine for many years always referred to April as "Mud Month." Frost, which penetrates deep into the ground over the winter, begins to thaw, leaving a sticky mess that you can sink in up to your knees. My friend once proposed that the entire population of Maine be transported to the Bahamas for the month of April at the state's expense. When someone pointed out

that this proposal was totally impractical, my friend gathered up his family and went to the Bahamas anyway. His plan to bill the state of Maine for the entire trip was rejected.

Actually, there's no need to be a stick-in-the-mud during April. There are many special observances throughout the month to attract your attention, such as: Grilled Cheese Month, Irritable Bowel Syndrome Month, Jazz Appreciation Month, Frog Month and Bat Appreciation Week. For the more serious minded there's National Autism Awareness Month, Cancer Control Month, Confederate History Month, Global Child Nutrition Month and many other worthy causes.

April is also the birth month for many of individuals who have altered and illuminated our times. A short list includes the following:

- American author and historian, Washington Irving (April 3, 1783)
- African-American educator, Booker T. Washington (April 5, 1856)
- Buddha (April 8, 563 BC – celebrated)
- African-American singer and activist, Paul Robeson (April 9, 1898)
- Thomas Jefferson (April

13,1743)

- London born comedian, Charlie Chaplin (April 16, 1889)
- William Shakespeare (April 23, 1564)
- Inventor of the telegraph, Samuel F. B. Morse (April 27, 1791)

There's an old popular song that goes "When April showers come your way, they bring the flowers that bloom in May." The lyrics fail to mention that April showers also bring May tree pollen.

Have a safe April Fool's Day and a Happy Easter!



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## What is important to you at end of life?

By Mary Jane Brubaker

Did you know that as a Medicare beneficiary residing in New Jersey you are more likely to be admitted to the hospital during your last six months of life than if you lived anywhere else in the U.S.? You are also more likely than in any other state to be admitted to the intensive care or critical care unit during the hospitalization in which death occurred and have a one in four chance of dying in a hospital.

If you want to receive aggressive health care treatment until the end of life, then this is really good news, but if you don't, then it's up to you to do something about it. Because if you don't tell your loved ones and health care providers what you want at end of life, then this data from the Dartmouth Atlas of Health Care, which is based on 2014 Medicare claims data, tells you what is most likely to happen.

Learn about the options available to you by attending the Conversation of Your Life educational series being held on Tuesday evenings from 6:30 to 8:30 p.m. in the Gallery at the Clubhouse from May 1 through June 19.

After attending this series, you will:

- understand the current healthcare landscape on advance care and end of life care planning,
- develop, articulate, and document your wishes as you progress through the healthcare system from now through end of life,
- be equipped with knowledge, tools, and resources to become an active partner with your physicians and other

healthcare providers in discussing and documenting end of life wishes.

To register for this free series, call Community Church secretary Linda Klink at 609-655-2321, Mondays through Fridays from 9 a.m. to 12:30 p.m. Seating is limited to the first 50 registrants.

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

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*April 1*

## Sound Advice

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

### Key Components of post-divorce estate planning

Even the best-laid plans can go astray if you get divorced from a long-time spouse. Especially if you go your separate ways after raising children and acquiring property together, your estate plan may need to be revised, and pronto.

Frequently, the main objective in a divorce is to keep assets away from the ex-spouse while preserving wealth for the children. But this can become complicated when one or more of the children are still minors. Typically, your kids will be next in line to receive assets under your will.

What are the potential problems? Although a divorce generally erases the rights of an ex-spouse under a will, property going to minors will be held in a conservatorship until the age of majority in the state where you reside -- usually,

age 18. And, if your ex-spouse is the conservator, he or she may have more control over your assets than you would have liked. A court will supervise the conservator, but that person still has considerable discretion over what happens to property.

Other problems may arise if a child doesn't have the financial knowledge and expertise to manage assets after reaching the age of majority. A good chunk of your accumulated wealth could be squandered through spending sprees or bad investments.

But you don't have to stand pat and just let things play out. You can update your estate plan by creating or modifying one or more trusts. You also might eliminate or revise other trusts that had your ex-spouse playing a pivotal role. If the trust allows it, you might simply replace your former

spouse with another person.

With a trust that you create, you get to name the person you want to be in charge as the trustee. This person will be responsible for managing investments in the trust, distributing funds as needed, and other related financial duties. The trustee you choose should be someone you trust -- a family member, friend, or a financial adviser or institution.

A trust may have one principal purpose -- for example, to limit the ability of children to withdraw funds -- or several, and a main goal may be to minimize taxes under federal estate tax rules (as well as state inheritance taxes in some cases). These five types of trusts could be helpful as part of your estate plan -- but may need to be modified if you get divorced.

1. Revocable living trusts: You can be the sole trustee during your lifetime and designate a successor upon incapacity or death. Thus, you'll retain a high level of control while you're alive. You may sell trust assets, amend the terms of the trust, or revoke it entirely. Generally, the trust becomes irrevocable when you die.

2. Life insurance trusts: Life insurance proceeds paid out from a policy that has you as the insured person are exempt from estate tax only if you don't possess any "incidents of ownership" (for example, the right to change beneficiaries) in the policy. To avoid dire tax results, you could set up an irrevocable life insurance trust (ILIT) and transfer complete ownership of the policy to the ILIT.

3. Bypass trusts: As the name implies, a bypass trust (also called a "credit shelter trust") is established so that funds can bypass your spouse's estate on their way to your children. Because the trust effectively can use the full estate tax exemption for each spouse, it enables a married couple to transfer millions of dollars without paying any federal estate tax.

4. Q-Tip trusts: With a qualified terminable interest property (Q-tip) trust, a surviving spouse must receive all the income, but not principal, and the children can receive the remainder upon the surviving spouse's death. This trust is often used to defer estate tax until the second death.

5. Spendthrift trusts: This type of trust is designed to protect against creditors (including a spouse you have divorced or are divorcing).

Finally, you may also use a trust for your own benefits, in lieu of a prenuptial agreement, to protect your own interests in the event you remarry.

Norman J. Politziner, CFP, a resident of Encore, is a Registered Representative and In-

(Continued on page 13)

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By Christina Smith, Resident Services Manager

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Frank and Cynthia Lam, 99B Rossmoor Drive, formerly of Holmdel, N.J.

Karen and Joseph Myers, 471A Newport Way, formerly of Westhampton, N.J.

Michelle Dutsch and Martin Shenman, 474A Rockport Way, formerly of Monroe Twp., N.J.

Ludivina Ortega, 532B Terry Lane, formerly of Woodbridge, N.J.

David Morey, 413-O Oxford Lane, formerly of Perth Amboy, N.J.

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(Continued from page 12)

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## Musings and Memories

By Betty Emmons

### My Garden

I have a little garden most precious  
And most rare  
And though you see no flowers it  
Demands my constant care  
It's called my garden of good words  
And deeds and thoughts  
And though I reap a harvest its  
Fruit cannot be bought.  
Now the way I keep my garden growing  
Is not by pulling weeds  
But every day the things I say  
Are little planted seeds  
And once in a while I shed a tear to  
Water the "flowers" that are

planted there  
And this is my precious garden  
And I love to watch it grow  
While every leaf of kindness falls  
Like petals on the snow.  
No sound  
But God hears and God knows

### Thank You

I would like to thank everyone at Rossmoor for their calls, cards, and outpouring of sympathy on the passing of my mother, Angela Zey.  
Sincerely,  
Mary Ann Sharkey

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## In Memoriam

### Angela Zey

Angela Zey, 97, passed away peacefully on Feb. 3, surrounded by her family. Born in Brooklyn, N.Y., she lived in California and Nevada, before moving to Rossmoor in 1999. She was a homemaker who enjoyed cooking and baking. Her passion was sewing. For many years, Angela did alterations for people in Rossmoor.

She is survived by her daughter, Mary Ann Sharkey, son, Michael Zey and his wife Cindy, and two grandchildren, Cathy Sharkey and Karen Sharkey-Taylor and her husband, Martin, and three great-grandchildren, Jaqueline and Michelle Mule and Jeremy Taylor.

### Regina (Jean) Hoban

Longtime Mutual 8 resident Jean Hoban died on March 5. She had moved from our community earlier this year and relocated to an assisted living complex in North Jersey to be near the homes of her children.

Jean, who had worked as a real estate agent, belonged to the Working Women's Club of Rossmoor when it was still active. She spent several years on the Editorial Board of The Rossmoor News, where she became famous for her April Fool's Day articles. Some of you might remember her spoof about Amazon deliveries to be made by drones, and the new motto for all walking people, "Heads up!"

Some years earlier, she woke up a lot of sleepy-heads with the "news" that all our trees and shrubs were to be replaced with palm trees and cacti, tropicals that could get by on very little water. (Big ruckus on that one.) Jean's creativity and offbeat sense of humor brought a bit of fun into our lives.

Jean is survived by her son, Tony, two daughters, Erin and Patty, and three grandchildren of whom she was exceedingly fond. We thank her friend, Michele Arminio of Coldwell Banker, who helped by getting this information to us.

### Grace O'Hare

Grace Rowland O'Hare died on March 12.

She was a secretary at Johnson and Johnson, Rutgers University, Boy Scouts of America and retired from Bristol Myers Squibb.

Mrs. O'Hare was a former parishioner Nativity of Our Lord Church in Monroe. She was a Eucharistic Minister to the homebound and at Mass, a teacher in the Children's Liturgy of the Word, and a choir member.

She also volunteered at local nursing homes, was a member of the Interfaith Council of Rossmoor, was President of the Catholic Society and was a member of many other clubs and groups.

She is survived by her son and daughter in law Kevin and Patricia Iphia, a step-brother Robert Cox, a granddaughter Christine Balen and her husband Stephen, three great grandchildren and many nieces and nephews.

## Monroe Township Chorus presents America the Beautiful

By Micki Meyers

Join the Monroe Township Chorus in a musical salute as we pay tribute and honor the military service of the committed men and women who proudly served and continue to serve our country.

The concert will take place on Sunday, May 20, at 2 p.m. Doors will open at 1:15 p.m. in the Richard P. Marasco Performing Arts Center, located in the Monroe Township Middle School at 1629 Perrineville Road.

Under the direction of Sheila Werfel and Music Director

(Continued on page 17)

## CULINARY CORNER

By Sidna Mitchell

### Easy pork entree selected for dinner

Unfortunately, I dialed the wrong phone number and left a message.

Fortunately, a few days later, Barbara from Cranbury Crossing called to say that I had the wrong number. We had a delightful conversation and thank goodness she let me know I needed to check the Rossmoor directory again. I was able to get the correct phone number and connect with my e-mail friend to answer her questions.

A few days later Ken and I were having Florida croquet friends over for dinner. I wanted to try a simple recipe my Kentucky cousin Jan sent. Ken suggested mashed potatoes and steamed broccoli as side dishes that he would fix.

The pork tenderloin was moist and tasty with our guest having seconds. The pork tenderloin was so large, we had enough leftovers for another meal. Here's this really easy and simple recipe.

### Cranberry Pork Tenderloin

Culinary corner

Pork tenderloin  
Can whole berry  
cranberry sauce

One packet  
onion  
soup mix

Cook the pork tenderloin according to package. While participating in a six-wicket croquet tournament at the PGA in Palm Beach Gardens, FL, I received an e-mail on my cell phone from a Rossmoor resident, who shall remain anonymous, about cooking pork tenderloins. Her email was titled "Not so great pork," noting that two attempts were disastrous: one was "the pork roast was tough as leather" and the other that she cooked for four hours ending with "lots of nice gravy, but the meat was cardboard."

OMG! I can't imagine cooking pork, even at 200 degrees, for four hours! I always read the package directions on the pork tenderloins. However, you usually cook pork tenderloin for about 30-35 minutes per pound.

When I returned back to our place in Venice, I decided to call rather than try to answer the pork problems via e-mail direction, usually 30-35 minutes per pound.

Combine the whole cranberry sauce and onion soup mix until well blended.

About five minutes before cooking time is over, remove the pork tenderloin from the oven and spread the cranberry mix over the top.

Replace the tenderloin in the oven and continue cooking.

When done, remove from oven and thinly slice the tenderloin.

Serve with potatoes and a green vegetable or salad.

NOTE: Jan said she puts the cranberry sauce/onion soup mix on the pork just before serving.

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



# Rossmoor Clubhouse News

## April 2018

### "HONOR AND REMEMBER" VETERANS BBQ & FLAG RAISING CEREMONY



**Friday, May 18**  
**12PM...Ballroom...\$25pp**  
*ON SALE APRIL 3*

Menu includes: Hamburgers, Hot Dogs, Fried Chicken, Baked Beans, Potato Salad, Veggie Burgers, Fruit Salad and more...

### WELCOME

Clubhouse  
Open daily, 8am - 10pm  
Closed daily from 12 noon-1pm

E&R Office  
Open Monday - Friday, 8:30am - 5pm  
609-655-3232

Michelle Williams: Clubhouse Manager  
Erica Hardeo: Clubhouse Supervisor  
Sue Ortiz: Office Coordinator  
Sebrena Jinks: Office Assistant  
Jessica Roberts: E&R Foreman

### ON SALE THIS MONTH

#### EVENTS

**SPRING DANCE WITH DJ MIKE D**  
Friday, April 6, 7-10pm, Ballroom, \$10pp  
Bring your own refreshments...we provide ice!

**AARP SAFE DRIVING COURSE**  
Friday, April 6, 8:30am, Gallery  
\$15 members \$20 non-members  
Checks payable to AARP  
Sign-up now in the Clubhouse!

**SUNDAY MOVIE LUNCHEON**  
April 22, 12:30pm, Ballroom, \$14pp  
Menu includes: assorted sandwiches, strawberry goat cheese salad, pasta salad, dessert and more...

**LUNCH & LEARN w/ LORI MORELL**  
Wednesday, June 6, 12pm, Ballroom, No Charge  
Find out what it means to be more mindful with Lori from Parker Homes. Sign-up in the Clubhouse...Space Limited

#### EXCURSIONS

**SANDS CASINO**  
Thursday, April 12, \$25pp  
Departs Poolside at 9am  
On sale now!

**ATLANTIC CITY-TROPICANA CASINO**  
Tuesday, May 8, \$25pp  
Departs Poolside at 9am  
On sale now!

**"LET'S GO WILD" at the PHILADELPHIA ZOO**  
Monday, April 30, \$43pp  
Departs Poolside at 9am  
On sale now!

**HUNTERDON HILLS...CAROLE KING TRIBUTE**  
Saturday, May 5, \$93pp  
Departs Poolside at 10am  
On sale now!

#### New York Botanical Gardens



#### "Visions of Hawaii"

Georgia O'Keeffe Exhibit

Wednesday, June 13  
Departs Poolside 8am  
\$60pp

Lunch on your own on Arthur Ave.

ON SALE APRIL 3

#### BROADWAY BOUND... "The Band's Visit" at the Barrymore

Wednesday, June 27

Departs Poolside 10am

\$148pp includes orchestra seat & bus  
Lunch on your own!

ON SALE NOW



## CULTURAL

### AVIATION GROUP

2nd Wednesday, 1:30pm, Ballroom  
"FedEx Cockpit Crisis"

### BOOK DISCUSSION GROUP

2nd Thursday, 3:00pm, Dogwood  
"The Brooklyn Follies" by Paul Auster

### CURRENT EVENTS ROUNDTABLE

Mondays, 10:30am, Maple

### GERMAN AMERICANS

Last Thursday, 1:30pm, Cedar

### GREEK AMERICANS

1st Tuesday, 1:00pm, Maple Room

### KOREAN AMERICANS

Contact Clubhouse for Info!

### LATINO/HISPANIC-AMERICANS

Last Wednesday, 6:00pm, Gallery

### POLISH AMERICAN

1st Friday, 1:00pm, Maple

### VETERANS GROUP

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

### WRITERS GROUP

Last Thursday, 10am, Cedar

### ARE YOU INTERESTED?

African Heritage Group  
Chinese Mah Jong  
Lancaster Amish Country Trip  
Let us know in the Clubhouse!!

## THE ARTS

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

### ART CLASS/WORKSHOP

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

### CERAMICS STUDIO

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

### GALLERY EXHIBITS

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

### POTTERY

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

### RUG HOOKING GROUP

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

### OPEN WOOD CARVING WORKSHOP

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

### WOODSHOP

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

## CARDS & GAMES

### BANANAGRAMS

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

### BRIDGE

Contact Clubhouse

### CANASTA & MAHJONG

Contact Clubhouse

### MAY I

Contact Sophie Prata.

### MEN'S POKER

Contact Alan Lasky.

### NINTENDO Wii

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

### PINOCHLE

Wednesdays, 1:00pm Dogwood  
Contact John Cristiano.

### POKER

Mondays and Fridays.  
Contact Dolores Grief.

### POOL ROOM

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

## GET MOVING!

### BALLROOM DANCE LESSONS

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

### CHAIR YOGA

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

### "DOWNSIZING"-Weight Loss Support Group

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

### FITNESS CENTER ORIENTATION

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

### HEALTHY BONES

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

### OPEN EXERCISE DVD

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

### WALKING GROUP (Weather Permitting)

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

### YOGA

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

## PICKLEBALL NEWS

### LADDER LEAGUE

Tuesday Mornings  
8:30am Courts

Come on out and try Pickleball!

## SPRING SPORTS SIGN-UPS

### SHUFFLEBOARD

Tuesday, April 3  
9-11am Maple Room

### BOCCE

Friday, April 13  
1-3pm Gallery

NEW PLAYERS WELCOME

## NATIONAL WALKING DAY

Wednesday, April 4

Your choice-1 mile or 2.5 miles

9am...Red Room

Light Refreshments Following the Walk



## SPORTS FUN!

### BOCCE SIGN-UPS

Friday, April 13, 1-3pm, Gallery

### CORN HOLE

Friday 9am-11am Hawthorn/Terrace

### CROQUET

New Players Welcome. Call Betty Anne Clayton.

### HIKERS

Saturday, April 7-Mercer County Park  
Saturday, April 21-Delaware Raritan Canal  
Departs 9:30am Poolside  
New Hikers Welcome!

### PICKLEBALL

New Players Welcome.

### SHUFFLEBOARD CLINICS

Tuesday, April 10  
Saturday, April 14  
10am-12pm Courts

### TABLE TENNIS

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

### TENNIS

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





MOVIE CORNER

"BRIDGE OF SPIES"



Starring Tom Hanks  
Rated PG-13  
110 Minutes  
No Charge

Tues., April 10 1:30pm & 7pm Ballroom  
Sun., April 15 1:30pm Ballroom

TUESDAY MYSTERY MOVIES  
April 3 & 17 at 1:30pm

Movies Subject to Change

COMING ATTRACTIONS

Details TBA

WINE & DESIGN  
Thursday, May 17

ROYAL WEDDING RECEPTION w/ DJ MEL  
Saturday, May 19

ANNUAL TRUNK SALE & SHREDDING PARTY  
Saturday, June 2

1st POOL PARTY OF THE SEASON  
Friday, June 15

MYSTERY MOVIE  
ICE CREAM SOCIAL

Tuesday, April 24

1:30PM Ballroom

\$2pp at Door



FYI

- RCAI Offices Closed on Monday, May 28 in observance of Memorial Day.
- COMCAST Q&A...TBA
- CONTACT THE CLUBHOUSE for information regarding events and trips.
- EVENT REMINDERS: Bring Rossmoor ID when purchasing tickets for Clubhouse events. Only two tickets per manor can be purchased. When bringing a guest/non-resident, please provide their full name at the time of ticket purchase. Tickets are non-transferable.
- TRIP REMINDERS: Trips require average physical activity. You should be in good health, able to climb stairs, and walk reasonable distances. Any guest accompanying a Rossmoor resident **MUST** be at least 18 years of age. Basic information on guests must be provided when tickets are purchased.
- CLUB PRESIDENTS & GROUP REPRESENTATIVES: Channel 26 announcements and room set ups **MUST** be handed in on the official forms, Forms can be found on the website or in the Clubhouse.
- ROSSMOOR CLUBHOUSE NJ is our official Facebook page. Follow us for Clubhouse updates, ticket sales, and event photos. You just might see yourself having a good time!
- RCAINJ.COM is the official website for Rossmoor. Here you will find everything Rossmoor! Check it out!
- EVENTS & TRIPS are subject to change.

LIBRARY ON LOCATION

"SWIM TEAM"

Chronicle of the hard work and dedication of  
Perth Amboy, NJ-based swim team, Jersey  
Hammerheads, to make life work in and out of  
the swimming pool.

90 Minutes

Wednesday, April 18

1PM...Ballroom...No Charge

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

WE ARE ALL IRISH ON ST. PATRICK'S DAY





APRIL 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 <u>9:00am</u> *Trip-AC	3 <u>9:00am</u> Shuffleboard Sign-Up -MP <u>1:30pm</u> Mystery Movie-BR 	4	5 <u>9:00am</u> Agenda Committee-VC	6 <u>8:30am</u> *AARP Class-GL <u>7:00pm</u> *Spring Dance w DJ Mike D-BR	7
8	9 <u>10:00am</u> *Fitness Center Orientation <u>10:00am</u> Mutual 3-GL <u>1:00pm</u> Healthcare Lecture-MP	10 <u>10:00am</u> Mutual 2-BR <u>1:30pm &amp; 7:00pm</u> Movie "Bridge of Spies"-BR	11 <u>10:00am</u> Mutual 1-BR <u>2:00pm</u> Mutual 4-GL <u>3:30pm</u> *Trip-Jersey Boys	12 <u>9:00am</u> Committee Meetings-VC <u>9:00am</u> *Trip-Sands <u>7:00pm</u> Catholic Mass-MH	13 <u>1:00-3:00pm</u> Bocce Sign-ups-GL <u>2:00pm</u> Mutual 17-VC <u>6:30pm</u> Bingo-BR	14 <u>10:00am</u> 50th Anniversary Jewish Congregation Services-MH <u>12:30pm</u> 50th Anniversary Jewish Congregation Luncheon-BR
15 <u>1:30pm &amp; 7:00pm</u> Movie "Bridge of Spies"-BR	16 GOLF OUTING <u>2:00pm</u> Mutual 14-DW	17 <u>10:00am</u> Mutual 12-GL <u>1:30pm</u> Mystery Movie-BR	18 <u>1:00pm</u> Library on Location-BR (see page 3) <u>1:00pm</u> Mutual 6-GL	19 <u>9:00am</u> Board of Governors-VC <u>3:00pm</u> Mutual 15-VC <u>7:00pm</u> Just Music-MH	20 <u>10:00am</u> Mutual 9-GL <u>7:00pm</u> Just Music-MH	21 <u>7:30pm</u> Music Association-MH
22 <u>12:30pm</u> *Movie Luncheon-BR	23 <u>10:00am</u> Mutual 8-GL	24 <u>10:00am</u> Mutual 4b-GL <u>1:30pm</u> Ice Cream Social & Mystery Movie-BR <u>2:00pm</u> Mutual 4c-GL	25 <u>3:00pm</u> Mutual 10-GL	26 <u>2:00pm</u> Mutual 16-GL <u>6:00pm</u> *Trip-Papermill	27 <u>10:00am</u> Arbor Day-VC	28
29	30 GOLF OUTING <u>9:30am</u> *Trip-Philadelphia Zoo				Events or trips marked * require tickets or prior registration	Ticket Sales 

It's Spring... We Got So Excited  
we Wet our Plants



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

MEETING HOUSE SERVICES		
Catholic Society Mass	2nd Thurs	7 pm
Jewish Congregation Sabbath	2nd & 4th Fri	7:45 pm
Community Church & Communion	1st Sun	11 am
Community Church Worship	2nd & 4th Sun	11 am
Community Church & Fellowship	3rd Sun	11 am

ROOM KEY	
BR Ballroom	H Hawthorn
C Court	MP Maple
CD Cedar	MH Meeting House
CH Clubhouse	MHP Meeting House Parlor
CFT Craft	TR Terrace
DW Dogwood	RR Red Room
GL Gallery	VC Village Center
GR Game	



# This month in pictures

Photos by Joe Conti and Walter Gryskiewicz



The winners from the March bingo game are, front row from left, Robert Smith, Debbie Pina, May Van Dam, Carol Serfass, and Frank Sasso. Standing, from left, are Marie Piacquadio, Annabella Asciolla, Teri Havrilla, Connie Lancia, Pat Ray, and Ed Raser. Next game will be on April 13 at 6:30, in the Ballroom. Try your luck!



Janet Knoth, a Diabetes Self Education Management Program Master Trainer, will lead the diabetes workshops being held Friday mornings, starting April 27 through June 1, from 9:30 a.m. to noon in the Gallery at the Club-house. See article on page 1.



The bingo players are deep in thought.



Enough Already!



A statue of Our Lady of Knock was displayed at a recent Catholic Society Mass. The statue was donated by a Society member prior to her return to Ireland. The Mass was sponsored by the Rossmoor Emerald Society.





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## Clubs and Organizations

### Photographer Walter Marz rescheduled to speak at Women's Guild

By Diane England

Did you show up in January expecting to hear Marz talk about how photography had been his ticket to seeing the world? Sadly, he was sidelined by illness that day. Fortunately, though, he'll be presenting this program on Thursday, April 19, at 1:30 p.m. in the Ballroom instead.

Those of you who attended his October 2016 talk were likely awed by Marz's wildlife and nature shots. And yes, you might see a few of these this time as well. However, his primary focus will be on places and things he has seen as he's journeyed about the world as a professional photographer.

By the way, did you attend last month's Guild meeting? If so, it might seem there's a similarity between the two presentations. However, just as two writers can be handed



Female Black Duck leading her brood along the shoreline of a Maine Lake. (*Anas rubripes*)

the same gist for a story, but they'll invariably turn out totally different end products, I suspect you'll encounter something similar here. Hence, I'd encourage you to pay close attention to how Marz approaches his subject matter as a photographer with an artistic bent as opposed to Steve Marcus with his background in broadcasting. In fact, you might want to discuss what you noticed with your friends over refreshments afterward.

On another note, I strongly encourage members to attend this meeting because we have important club business that must be handled. You'll be voting on the bylaw changes we discussed last month. Then, assuming the membership approves these changes, we'll be asking you to approve essentially the same Board that has led the Guild this year.

Tickets for the scholarship luncheon, which will be held

on Thursday, June 7 at noon in the Ballroom, will be on sale for our members at this meeting (a maximum of two tickets per manor). While we also intend to have open tickets sales in May in the Red Room (dates and times to be announced), we can't promise you that tickets will be available at that time. Indeed, we sold out of tickets for the holiday luncheon after just the first day of open ticket sales, and so some members were unable to obtain tickets, therefore, please plan to bring your checkbook to this meeting. The price for the same lovely buffet from Twin Oaks you enjoyed in December will again be \$15. And yes, assuming you re-elect them at this meeting, Josie Cuddy and Pat Martin will serve cake for dessert.

We look forward to seeing you at what should be a very interesting as well as important meeting.

### Bits and Bytes, hints and tips make computers behave like VIPs

By Alec Aylat

Or, in other words, Steve Gray has the solution with tons of good advice awaiting Computer Club members and other residents when he presents

"Computer Aggravation and How to Avoid it" at the club's monthly meeting in the Gallery, 10 a.m. Monday, April 16, plus refreshments at 9:30.

For one thing you'll want is to keep your operating system and all applications up to date, so Steve will explain how to do this automatically. Updates, which Microsoft releases regularly, are also important to install equally regularly just so you can keep up with Microsoft.

Then you will also want to keep an eye on your anti-virus and antimalware programs by checking them regularly so that they are always updated and enabled. There are also other vulnerabilities that need to be updated regularly. (I'm beginning not to like that word, but I guess it keeps us regular.)

In fact, if you concentrate only on doing all of the above on a regular basis you'll be so fed up with your computer, you'll quit it and join the dance club or some other of Rossmoor's many clubs. Personally, I'm into tennis. But, if you're not, this is where you need Steve to tell you of all the other Bits and Bytes to make you end up loving your PC.

## BOOKS, BOOKS, BOOKS

—WE BUY—

**ALSO BUYING**

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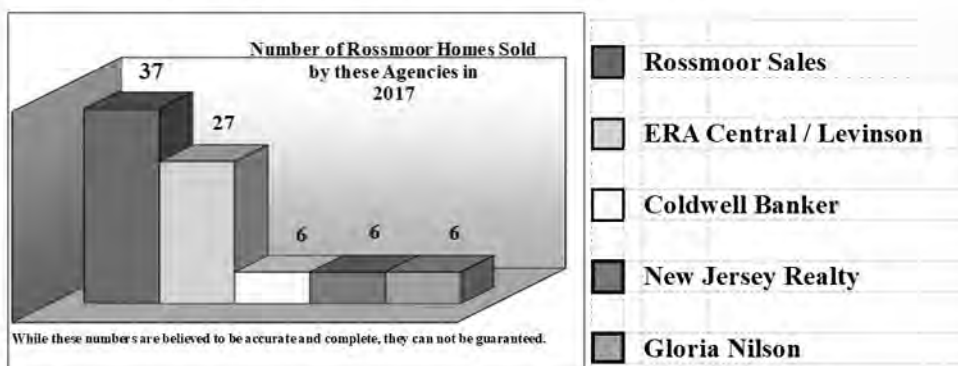
**609-658-5213**

## Rossmoor Sales

1 Rossmoor Drive, Suite A  
Monroe Twp., NJ 08831  
(609) 860-0500

### 2017 Rossmoor Home Sales Results

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## Pianist Frederick Moyer concert



Fred Moyer

By Gene Horan

**Pianist Frederick Moyer to play here on Saturday, April 21, at 7:30 p.m. Performance will feature the extraordinary MoyerCam projection system**

Concert pianist Frederick Moyer, very popular with Rossmoor audiences for his dynamic interpretation of major works, will return here to perform a program of classical piano masterpieces. His programs are always creative and engaging, and often feature works by composers like Chopin, Rachmaninoff, and Beethoven. In recital, his delightful commentary from the stage takes the audience into the heart of the musical experience.

At his last appearance here, Moyer introduced his MoyerCam projection system which allows the entire audience to see his hands as he plays. "It was an extraordinary experience seeing Mr. Moyer's hands in action on the keyboard," noted Mary Ellen Mertz, member of our Music Association Board. "It added a whole other dimension of enjoyment to the evening's performance."

The concert will be held in the Meeting House at 7:30 p.m. on Saturday, April 21. (Please note that the performance is on Saturday, not the usual Friday date for Music Association concerts.) Tickets will be available at the door for non-subscribers at a cost of \$15.

### International career

Moyer is one of the most exciting pianists before the

## Concert

(Continued from page 14)

David Schlossberg, we will express our respect and gratitude for the sacrifices the veterans of our Armed Forces have made to defend our great country and preserve our freedom. Veterans are encouraged to wear any memorabilia such as hats, medals or uniforms.

This is a free concert - no tickets required - everyone is invited. For more information contact Director Sheila Werfel, at 609 619-3229.

may be hearing for the first time.

During over 30 years as a full-time concert pianist, Moyer has established a vital musical career that has taken him to 43 countries and to such far-flung venues as Suntory Hall in Tokyo; the Sydney Opera House, Windsor Castle, Carnegie Recital Hall, Tanglewood, and the Kennedy Center. He has appeared as piano soloist with most of the major orchestras of the United States as well as many orchestras of Europe, Asia, South America, Africa and Australia.

### Remarkable family heritage

Moyer was born into an artistic family. On his mother's side, his grandfather, Paul Green was a Pulitzer-prize-winning playwright, and his grandmother, Elizabeth, was a poet. His other grandfather,

David Moyer, was a concert pianist and professor of piano at Oberlin College. His grandmother, Jessie, was a singer. Moyer's father, Bill, a trombonist, was a member of the Boston Symphony for 35 years, and his mother, Betsy, a pianist, harpsichordist and singer.

Moyer began piano studies with his mother at the age of seven. Musically eclectic from the start, his youthful obsessions moved from the Tijuana Brass to Oscar Peterson to Sergei Rachmaninoff. In junior high and high school, he studied jazz intensively. Moyer received a full scholarship to attend the Curtis Institute of Music in Philadelphia while still in high school. He later attended Indiana University. Shortly after graduation, his acclaimed New York debut at Carnegie Recital Hall launched Moyer on a career that has flourished ever since.

### Wide-ranging repertoire

Moyer's repertoire reflects an affinity for the complete

range of classical music and beyond. His 24 recordings span the piano repertoire from Baroque to contemporary works. Composers who have written for Moyer include David Ott whose Second Piano Concerto Moyer recorded with the London Symphony, Donal Fox whose Etudes of 2002-2006 were commissioned under a grant from the Guggenheim Foundation, and Pulitzer Prize winners George Walker and Ned Rorem, among others.

As a member of the Fred Moyer Jazz Trio, he performs note-for-note transcriptions of such jazz pianists as Oscar Peterson, Bill Evans and Erroll Garner, bringing this great American music onto classical music stages.

In 1992, Moyer started JRI Recordings, which has since produced CDs by numerous world-class musicians. His many recordings on this and other labels comprise works by over 30 composers and reflect an affinity for a wide variety of styles.

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## Players pastimes

By Sue Archambault

The Players held our ever-popular Open Mic program on Sunday, March 11. Joe Conti organized and emceed the event. The Players and guests were involved as participants and audience members for this fun event. Janet Wilson was our accompanist, and some performers utilized CDs for their background music. All were welcome, and refreshments were served. It was a fun-filled day for all.

April is an important month for the players. Our much-anticipated "Just Music" show will be titled "Just Bill Strecker's Music" this year, and will take place on Thursday, April 19 and Friday, April 20 at 7 p.m. in the Meeting House. The show will be directed and emceed by our own talented Joe Conti.

All musical numbers will involve the Players performing songs from Bill's three shows and also his three recorded

CDs. The program will include solos, duets, and group numbers and will include vocal as well as instrumental performances. For those performing in "Just Bill Strecker Music," rehearsals have been scheduled for April 3, 4, 5, 9, 10, 11, 16, 17, 18 in the Meeting House from 7 to 9 p.m. You do not have to be available for all rehearsals to be in the show. Tickets will be sold from 1 to 3 p.m. in the Red Room on Thursday, April 12 and Friday, April 13, as well as Monday through Wednesday, April 16 to 18. Tickets can also be purchased in Sal's Deli/Restaurant from April 12 to April 20. The cost of a ticket will be \$5 in advance or \$7 at the door.

Due to our rehearsal/performance schedule, there will be no Players meeting in April.



## Rossmoor Rental Library



By Penny North

Here are the new books that will arrive in April.

**I've Got My Eyes on You** by Mary Higgins Clark

After a wild pool party, teen Kerry Dowling is found drowned. Was her boyfriend the killer, or was it the neighbor who wasn't invited to the party? Kerry's older sister puts herself in danger trying to solve the case.

**The Cutting Edge** by Jeffrey Deaver

Deaver presents the 14th book in the series about semi-paralyzed detective Lincoln Rhyme and his assistant Amelia Sachs. Rhyme and Sachs have just returned to New York City from their honeymoon. They discover that a serial killer, known as the fi-

ancé killer, is murdering newly engaged couples as they buy their engagement rings. Soon the killer comes after Rhyme and Sachs,

**The Escape Artist** by Brad Meltzer

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

**After Anna** by Lisa Scottoline

Scottoline's latest domestic thriller introduces Dr. Noah Alderman and his new wife, Maggie Ippolitti. Maggie's daughter, Anna, from her first marriage, is murdered and Noah is the main suspect. Maggie tries to solve the case and uncovers something even darker that may be the truth but is emotionally shocking.

**The Mitford Murders** by Jessica Fellows

The Monroe Public Library featured this novel in its latest mystery newsletter. Fellows, the author of the Downton Abbey companion series, introduces Louise Cannon, who escapes poverty in 1920 London to become a nanny to the famous Mitford sisters. Louise and Nancy Mitford find themselves involved in the aftermath of the murder of a nurse on a train in broad daylight.

**Death at Nuremberg** by W.E.B. Griffin

Finally arrived in our library, this book is set in the period shortly after World War II. The latest novel in Griffin's series "Clandestine Operations" about the birth of the CIA, takes special agent James Cronley to the Nuremberg trials to protect the U.S. chief prosecutor. He also seeks to destroy Odessa, an organization that helps Nazi war criminals escape to South America.

**Dark in Death: An Eve Dallas Novel** by J. D. Robb (Nora Roberts)

Now in our library, the latest in Robb's series featuring NYPD Lieutenant Eve Dallas finds Eve investigating the murder of Chanel Ryan during a showing of "Psycho" in Times Square. The author of a popular series of police procedurals recognizes the crime from her own novel. Further investigation finds parallels between other crimes and her novels. Will Eve find the murderer before another crime takes place?

**Unbound** by Stuart Woods

Just arrived in our library, Stone Barrington makes his 44th appearance in a new suspense thriller, where he gets caught up in his friend Teddy Fay's search for revenge for a loved one's murder. When the friends arrive in Santa Fe, Teddy has an opportunity to enact his revenge and Stone must use all his skills to prevent innocents getting caught in the crossfire of his friend's mission.

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

### Library Hours

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

## Emerald Society's spring activities

By Joan Avery

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

All the members enjoyed the St. Patrick's Day Dinner at Doolan's for the Irish Feast on March 12. There was a one-hour open bar, a choice of corned beef, chicken or salmon, wine, soda and dessert. Very festive!

The trip to Lake George has been changed to a later date and Dan has made arrangements to use a different tour group called Senior Tours. More information will follow.

There is also a trip planned for June 9 to the Dutch Apple Theater, where the show will be "Grease." Sign up at the next meeting.

The Emerald Society hosted the Catholic Society Mass in the Meeting House, which was celebrated on Thursday, March 15.

John Katerba, who is the chairman of the Monroe Township Historical Preservation Commission, gave a

(Continued on page 20)

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# Italian American Club

By Tony Cardello

The officers of the club are happy to announce that annual dues are eliminated and all those who have paid will be reimbursed.

The officers extend their best wishes to all the members and their families for a very Blessed and Happy Easter. We hope the Easter Bunny is good to all.

For all those who want to play Bocce this year, please note that the sign up will be held on Friday April 13 from 1 to 3 p.m. in the Gallery. First time players are encouraged to join in the fun.

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

Bingo will be played on Wednesday, April 13 in the Ballroom.

As a reminder this is the April newsletter and April 1 (Fool) day is here so please disregard the first paragraph of this article. Oh, while we're on the subject, if you haven't paid your dues, please do so.



2018 Carnivale King and Queen Maureen and Ron Roaldsen

## The Dance Club hosts a Fifties Hop

By Judy Perkus

Join the Rossmoor Dance Club for a "Fifties Hop" on Saturday, April 28, at 6:30 p.m. in the Ballroom. Prize for the best Fifties costume. Music by DJ Bobby Picone who plays all kinds of dance music. We will have hot dogs with the trimmings, potato salad, macaroni salad, soda, coffee, tea, and cake (sugar-free available). All Rossmoorites, singles as well as couples, are welcome.

Please send your reservation check made out to the Rossmoor Dance Club (\$13 a person for paid-up members; \$15 a person for non-members) to Armen DeVivo at 449B Roxbury Lane by April 18.

Annual Membership is \$7.50 per person, \$15 per couple. Call Armen at 609-655-2175 for more information.

## Rossmoor Dance Club May 28 Dance



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

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

RESERVATION DEADLINE: March 15<sup>th</sup>

Paid-up Member(s): @\$ 13 = \_\_\_\_\_

Non-member(s): @ \$15 = \_\_\_\_\_

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

Total \_\_\_\_\_

RESERVATION DEADLINE: April 18<sup>th</sup>

Please send check made out to  
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## SPORTS



By Terre Martin

By the time you read this, the 2018 golf season should have begun. Our general membership meeting will be April 3 in the Cedar Room, and the first day of play will be Tuesday, April 10. All those who want to play must sign up in the Pro Shop.

The tee time will be 8:30 a.m., which is hard and firm. No one should hit a ball before 8:30, to avoid running into the 18-Hole golfers. Hopefully, we'll be off the course in time for our luncheon and for the men to tee off at 11 a.m.

We welcome non-golfers to join us for lunch on April 10, but they must also sign up and pay beforehand. Check out information in the Pro Shop.

We are always looking for new members, so any woman interested in joining our ranks should contact our membership chair, Mary Shine, (609-655-4518) or President Joyce Cassidy (609-619-3618) to learn more about our golf program.

For potential members who are interested in group lessons, be sure to contact our pro, Ted Servis, or give your name to Mary Shine or Joyce Cassidy. It would be fun and economical to put together a group. You should

### Emerald Society

(Continued from page 18)

fascinating talk on historical facts concerning the Township of Monroe at the February Emerald Society meeting. Dan donated \$150 from the Emerald Society so that the Commission can continue its outstanding work.

The popular duo Jack and Julie will entertain us at the next meeting.

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

also look for information about clinics that are offered for those wanting to hone their skills.

Our April tournaments will be a "Step Away Scramble," "Two Mulligans," and "Low Net." We're offering prizes

again this year, so get out there and start swinging.

And, considering it is tax season, here are words to live by: Golf is a lot like taxes — you drive hard to get to the green and end up in the hole.



What men won't do for a free game of golf!

### Croquet Club opening day luncheon meeting

By John N. Craven

Daffodils, Easter eggs and daylight saving time are the first signs of the opening of the Croquet Club's Season 29. This year will begin with the opening play day luncheon and general meeting on Saturday, April 28, in the Gallery, at noon. Social Chairs Ruth Klein and Grace Gambino are arranging a festive cold luncheon for the club. Members will dress in

white, ready to play golf croquet afterward.

Golf croquet begins in May, three times a week; Sunday, Tuesday, and Friday at 5 p.m. Refreshments will be served in the Clubhouse on Fridays after play. The schedule is posted on the storage building bulletin board at the court.

Residents are invited to join the play and try out.

(Continued on page 21)

### Ladies' 18-hole leaguers

By Arlene McBride

Opening Day for our league will be Tuesday, April 10. Our first luncheon/meeting will be held on Tuesday, May 15, after a scramble tournament is played.

On April 17 — three-way Nassau tournament; April 24

— Count Par 4's only tournament.

If you are interested in joining our league, just sign up on the attached form printed along with this article.

Looking forward to seeing everyone on April 10 and May 15.

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

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

Membership fee: \$75.

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

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Phone: \_\_\_\_\_

GHIN #: \_\_\_\_\_

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Please make checks payable to:

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



## Religious Organizations

### "The Keys of the Kingdom" to be aired here on April 27

By Gene Horan

"The Keys of the Kingdom" is the seventh film in the series "Classic Films that Lift the Spirit" being presented by the Catholic Society each month.

The film, based on A.J. Cronin's best-selling novel of the same name, featured Gregory Peck in his first major screen role. His Academy Award nomination as best actor catapulted him to movie stardom. Among the other notable actors in the film were Thomas Mitchell, Vincent Price, Rosa Stradner, Roddy McDowell, Edmund Gwenn, and Sir Cedric Hardwicke.

A review in the *Independent* said "The Keys of the Kingdom" is "a towering film stamped with greatness." It



Gregory Peck, right, in his role as a Scottish missionary priest in *The Keys of the Kingdom*

received a total of four Oscar nominations.

The free showing will be held in the Gallery at 1:30

p.m. on Friday, April 27. Coffee, tea, and light refreshments will be available. All residents are most welcome.

## It's time to start living

By Dierdre Thomson

At age 25, I wondered what it would be like to be seventy. It seemed like such a long time before I would reach that age. It would not just be in several decades; it

would be in the next century. Now that I have surpassed 70 and just hit the big 80, I wonder, "How did I get here? How have I changed?"

I know that for one thing, I am not as I was at 25. I am not impatient, wanting things to happen right away. I do not worry about things over which I have no control as I used to at 40. I do not have to do things perfectly, thus causing procrastination. Well, maybe not quite as perfectly.

As I write about my 80<sup>th</sup> birthday, I do want to thank all those who made my birthday week so special. The cards, the phone calls, the emails, the special donuts, and the surprises were very

much appreciated. I had so much fun that I just may decide to have another birthday week. After all, when one reaches a "certain age" one celebrates as many days as she or he is years old, right? Sounds good to me.

Back to my thoughts about being 80. I find that even though I am losing more friends and family as the years go by, and I go through the grieving process, I am more content. I am also more enthused about trying new things and catching up with some of the old. Perhaps what I now realize is that getting older is not as scary as it used to be. There are things to do, and places to go. I am ready. How about you?

## Catholic Society

By Gene Horan

The following activities are scheduled during the month:

- **The Chaplet of Divine Mercy** will be prayed in the Maple Room of the Clubhouse at 3 p.m. on Tuesday, April 17.
- **The Prayer Shawl Ministry** will meet in the Craft Room of the Clubhouse at 1:30 p.m. on Thursday, April 5, and Thursday, April 19.
- **The Catholic Society** will meet in the Meeting House parlor on Tuesday, April 10, at 1:30 p.m. All are invited to attend the May Mass to be celebrated by Father John Primich in memory of his great-aunt Grace O'Hare, on Thursday, May 17, at 7 p.m., in the Meeting House.

## Cleaning

(Continued from page 10)

does not mean that the closets or garage are necessarily well organized and clean. The fabric on the floor in the sewing room, while untidy, should not be compared to the cleanliness of the refrigerator that could easily pass the inspection of the health department.

Many folks get great satisfaction from polishing silver and washing windows and vacuuming the kitchen floor every day. And other people don't share that interest, at least not to that extent. Maybe they would rather play piano or make cookies or read. And maybe those are the folks who resort to "cleaning for a reason" (like me).

## Welcome Back to Physical/Spiritual Exercise

By Dierdre Thomson

It is that time again. We start up our Physical/Spiritual Exercise Class on Thursday, April 5. Revs. Thomson and Carmichael bring enthusiasm to both the physical, and the spiritual, exercises.

Hopefully, we will not have many more heavy snow storms, so you should be able to join us on Thursdays, at 11 a.m. in the Maple Room. Come and join us. All are welcome beginning April 5.

## Curing foot, ankle and leg problems

By Hadassah Aylat

If you suffer from all of your parts below your mid-section, you will find knowledge, relief and care from Dr. Elliott Lehrer, who will speak at our next Sisterhood meeting at 1:30 p.m. on Monday, April 16, in the Gallery. Dr. Lehrer's specialties are feet, ankle, and leg problems. He will tell us about the newest techniques, evaluations, and treatments for these bodily areas. He will also be happy to answer participants' questions.

Dr. Lehrer, a cum laude graduate of New York College of Podiatric Medicine, is on the Board of the New Jersey Podiatric Medical Society and served as

president of the Central Division of Podiatric Medicine of New Jersey. He has been in practice in Monroe Township for the past 35 years.

We will serve our usual delicious desserts, and please try to remember to bring non-perishable food for the Food Pantry.

## Croquet Club

(Continued from page 20)

White clothing is not required for tryouts; however, please wear flat sole footwear or sneakers to protect the court's grassy surface. Equipment is provided by the club for play.

## Community Church

### April Calendar of Events

By Linda Klink

- April 1 – Easter Sunday Service at 11 a.m.  
The Rev. Dr. Dierdre L. Thomson, Pastor  
Joyce Irwin, Organist
- April 5 – Women's Guild Board Meeting at 10 a.m.  
Physical and Spiritual Exercise Class at 11 a.m.
- April 8 – Church Service at 11 a.m.  
Rev. Robin Bacon Hoffmann, Guest Preacher  
Joyce Irwin, Organist
- April 11 – Worship Committee Meeting at 9:30 a.m.  
April 12 – Physical and Spiritual Exercise Class at 11 a.m.
- April 15 – Church Service at 11 a.m.  
The Rev. Dr. Dierdre L. Thomson, Pastor  
Janet Wilson, Organist
- April 22 – Church Service at 11 a.m.  
The Rev. Dr. Dierdre L. Thomson, Pastor  
Joyce Irwin, Organist
- April 26 – Physical and Spiritual Exercise at 11 a.m.  
April 27 – Diabetes Seminar at 9:30 a.m.  
April 29 – Church Service at 11 a.m.  
Betty Anne Clayton, Lay Preacher  
Kevin Gunia, Organist  
Fellowship hour at noon

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## HEALTH CARE CENTER NEWS

### Spring allergies

By Kaytie Olshefski,  
BSN RN-BC

A long awaited spring is finally arriving, which also means our spring allergies are too. The rain and snow we have had this past winter with those warm days will cause trees to pollinate earlier. This in turn will make allergy sufferers miserable sooner. Allergy season starts with tree pollen followed by grass pollen in May. Ragweed sufferers will develop symptoms in August and continue into November. Allergies cannot be prevented but symptoms are controllable. Controlling our environment and minimizing our triggers will make this allergy season a little more tolerable.

An allergic reaction is triggered when a person comes in contact with pollen that the body's immune system mistakes as a foreign invader. The body fights this invader by producing antibodies and releasing histamine. Histamine causes inflammation in your nose, eyes, lungs, skin, and digestive system. Sufferers will have a runny/stuffy nose, sneezing, itchy, and/or watery eyes. Symptoms are worse on windy days when the air carries the pollen far and wide. Allergy sufferers may have noticed they have fewer symptoms after it rains, because the rain washes the pollen out of the air. The pollen count is worse in the mornings from 5 a.m. to 10 a.m. during the spring and summer.

People who have a history of asthma may be prone to an asthma attack when in contact with airborne allergens. Asthma is a medical condition causing a person to have difficulty breathing with symptoms of shortness of breath, wheezing, and coughing. An asthma attack

is a medical emergency and needs to be treated immediately.

Most people treat themselves with over-the-counter allergy medications. When doing this, please read and follow the directions on the drug box. Antihistamines will help relieve the sneezing, runny nose, and itchy eyes, but they are known to cause sleepiness. Never take an antihistamine if you plan to drive or operate machinery. Decongestant pills and/or nasal spray decongestants will help to relieve congestion and decrease nasal swelling, making it easier to breathe. Nasal spray decongestants such as Afrin<sup>®</sup> and Neo-Synephrine<sup>®</sup> relieve nasal stuffiness, but these sprays should only be used for three days. Do not use nasal decongestants longer than that because rebound congestion develops. What this means is that the nasal decongestant spray that decreased the swelling in your nasal passages and made it easier for you to breathe is now causing the nasal congestion. Also, be aware that the relief from a decongestant spray no longer lasts as long as when you first started using it.

There are over-the-counter steroid nasal sprays to help relieve allergy symptoms, which include Nasacort<sup>®</sup>, Flonase<sup>®</sup>, and Rhinocort<sup>®</sup>. Most importantly follow the directions on these drug boxes. If over-the-counter remedies do not relieve your symptoms, see your doctor who might order prescription medications to relieve your symptoms. Let your doctor know what you have been taking.

There are some things you can do to try to control your

allergy symptoms. Check the pollen count every day, especially during the spring and summer months. If the pollen count is high that day, limit your time outside and take allergy medication as indicated on the drug box to help control your symptoms. If you are going outside, for example in the garden, wear a mask. Keep your home and car windows closed to keep pollen out. Use the air conditioner in your home and car to minimize your pollen exposure. If you have been outside, take a shower to wash the pollen off your skin and out of your hair. Toss your clothes in the washer and dry them in the dryer. If you have a pet and your pet has been outside, wipe its fur down when it comes back into the house. For me, I'll also keep a box of tissues close at hand for those unexpected sneezes and I'll hope it will be a mild allergy season.

In our lecture series from Saint Peter's University Hospital, Dr. Kaushal Nanavati, from Hemcare Medical Clinic, who makes home visits, will speak on osteoporosis on Monday, April 9, at 1 p.m. in the Maple Room. If you are interested in attending the lecture, please call the Health Care Center at 655-2220 or stop by to sign up.

Our Health Fair will be on Friday, June 8. There will be more information in next month's news article about screenings and vendors who will be attending.

We would like to know what medical services you would be interested in having on the doctor's side of the Healthcare Center. Let us know by calling the Health Care Center at 655-2220.

### A Message from High Tech Landscapes, Inc.

By Jeff Voss

We have completed the gumball clean-up throughout the community.

The first round of pre-emergent and fertilizer has been completed. The next round will start May/June. This will be a Liquid Application of Broadleaf Weed Control with Crabgrass Preventer using a herbicide with a high potassium formula that will provide broadleaf weed control in warmer weather and a granular application of fertilizer. We will supply copies of all Material Safety Data Sheets (MSDS) with the chemical name and Environmental Protection Agency registration number at the Maintenance Building.

We will have spring bed edging completed by early April, weather permitting.

Blowing out the beds of debris and leaves will be completed by early April, weather pending as well.

The first mowing will be completed by middle to late April along with edging of sidewalks.

Common areas will be mulched by mid-April.

Carport cleanings will start late April/May.

The summer flowers will be planted around mid-May in the common areas.

Spring pruning of the smaller shrubs will start around mid-May/June.

Please call the East Gate phone and leave a message with any questions or concerns. (609-655-5132)

Please tune to Channel 26 for any new updates





## Your Garden

By Mel Moss

### Carolina Silver Bell

A small ornamental tree that I have always liked, but which is not well known, is my subject for the month of April. The tree is named *Halesia Carolina* botanically, but has a number of common names. The most used is Carolina Silver Bell, but depending on what part of our country you live in, it might go under different names such as Silver Bell, Snow-drop tree, Little Silver Bells, Opossum Wood, Common Silver Bell, and more.

Its natural habitat ranges from the Carolinas to Florida and westward to Oklahoma. It is hardy into zone 4, which is well north of our area, so winter temperatures are not a problem for it in our area. In its natural state, it grows along streams in moist but well drained soils. It is an understory tree, meaning it likes some shade and tends to grow around the edges of wooded areas. It is a small to moderate sized tree growing 35 to 50 feet. It tends to grow a lot of side shoots close to the ground, so it might have a more shrub-like appearance in the wild. But the cultivated trees grown in nurser-

ies are pruned to give it a tree rather than a shrub habit.

Its main attractions are the many small half-inch white bell-shaped flowers that come into bloom in April. The flowers will emerge just before or as the leaves open up. The color is very striking. The leaves are relatively small, two to five inches long. They turn a light yellow and drop early in the fall, one of the earliest trees to lose its leaves. But they do not provide much if any fall coloration.

The tree grows best in a soil condition that is moist, but well drained, and acidic. It also likes a high organic content in the soil. In our location the soil is naturally acidic but not necessarily high in organic content or in being well drained. Organic content can be added, but getting good drainage might be more difficult. Also, if planted in a lawn area, the soil ph might be raised too much because of the lime needed for the grass. The tree thrives well in the same soil conditions that rhododendrons and azaleas like, so they are often planted in combination.

Since the tree grows naturally along wooded areas, it is best to locate it in an area that gets only partial sun, preferably morning sun and if there are any long dry spells in the summer, it should be watered. There are almost no diseases or insect problems. It sometimes gets chlorosis in the leaves, and this is usually caused by too high of a ph.

Since the time *Halesia Carolina* became of interest for commercial growing, there have been a number of improved varieties of the tree. The Arnold Arboretum in Boston, Mass. has developed a light pink flowered variety that will fade to pink, named "Arnold Pink." Slightly larger in size is the "Wedding Bells," the normal white color. "Silver Splash" has the normal sized white flowers but the leaves are a variegated green and white.

To sum up, the tree has a lot to like. It does well in partial shade, it is small to medium in size, it does well in our heavy soils, has beautiful spring color, and has few if any disease or insect problems. But you must find, or create, that high organic soil location to plant this tree.

## MAINTENANCE DEPARTMENT

### Maintenance

By Dave Salter

#### A/C servicing

Now that spring has arrived, it's time to have your air conditioner serviced. Maintenance will be servicing air conditioners again this year. Please call our office starting April 2 to have your manor put on the list. When weather permits and servicing begins, it is done on a first call, first serve basis. Maintenance Department 609-655-2121  
Condo (except Mutual 4) \$40 plus tax  
Co-Ops (including Mutual 4) \$45 plus tax

Servicing includes inspection of system, checking Freon levels and filter replacement (Parts, blue mesh filter and Freon are not in-

cluded in the price). This price is per unit. If you have two units, the price is double.

#### Yellow stake and yellow ribbon procedure

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

#### Insects

If you have a problem with insects in or around your manor, please call or bring in a sample. We will have the exterminator treat if applicable.

#### Smoke detectors/batteries

The Fire Department recommends that smoke detectors be replaced after 10 years.

If you would like to have yours replaced, please give

us a call. You should also replace the batteries in your smoke detector twice a year.

#### Dryer vent cleaning

Dryer vents should be cleaned at least once a year. Condensation can build up in the duct and can cause a leak. If you have a bird guard cover on the vent, it can build up with lint. Please call our office for an appointment.

#### April specials

- **LIGHTS:** Are the fluorescent lights in your kitchen (or anywhere else) flickering or burned out?
- **PLASTIC LIGHT PANELS:** Is your kitchen looking dark? Are the light covers old, discolored or even cracked?
- **COOKTOP:** Are your rings and pans on your cook top showing some signs of wear?
- **SYMMONS VALVE:** Are you having a problem with the shut off valve for your washing machine?
- **WASHING MACHINE HOSES:** Have you checked your washing machine hoses lately? Are they the originals?
- **SCREENS:** If you enjoy the fresh air, you should check your screens. Are they torn?
- **WATER FILTER CARTRIDGES:** When was the last time you had your cartridge replaced?  
Note: Take 10% off the above material for the entire month. Just mention this ad when you call or stop in.

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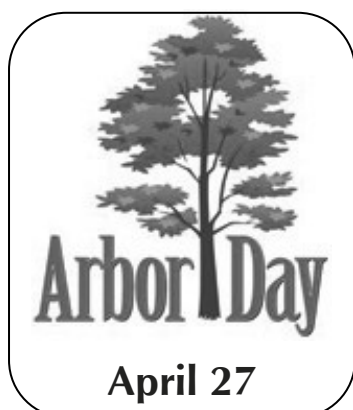
Motorists must obey the rules of the road while driving within the Community including, but not limited to, observing the posted speed limits, No U-Turn, Yield, and One Way signs; stopping for pedestrians; making a full stop at all stop signs; and exercising extreme caution when entering RCAI streets from lanes or other areas without stop signs.



### New Website

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

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





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**April 22**



## From the Mayor

By Gerald W. Tamburro,  
Mayor of Monroe Township

### Cooperation and Communication are the Keystones to a Safe Community

The safety of our residents is not something we take lightly in this community.

That's become increasingly apparent in recent years as Monroe emerges a leader in numerous independent national and regional safety surveys conducted by the National Council for Home Safety and Security, Safewise and even ADT Security.

That reputation hinges on a several variables, including the FBI's uniform crime report, our comprehensive disaster-preparedness plan and our regimented training cycles for emergency responders.

But those safety standings are also the result of our residents and police and their

proactive approach to crime prevention — from National Night Out to community classes to the watchful habits we've cultivated over time here in the Township, all of which are improving the lines of communication and acting as deterrents for potential threats and danger.

Despite Monroe's warranted sense of security, I think the recent Stoneman Douglas High School shooting that claimed the lives of 17 faculty members and students in the quaint community of Parkland, Florida has left us all feeling a bit on edge and vulnerable.

I have a lot of respect for our Township residents, both parents and students, who recently spoke out about

these fears during a public forum on school safety that followed the Florida tragedy. In partnership with the police department and the Board of Education, the Township heard those concerns and responded accordingly.

Starting in March, we began stationing off-duty police officers in all eight of our school buildings.

This interim measure has been implemented as a complement to our district's current security protocols. In the meantime, our board of education will be working to amend their present-day policy to permit their security staff, many of whom are retired police officers, to eventually assume the armed detail.

These officers will be working in addition to our normal patrols and there will be no impact on police response or service levels.

We are fortunate to have had six new officers join our ranks this past February, adding to the many seasoned professionals on our force.

In the larger scope, vigilant and proactive action, along with effective communication, are really what we have working for us in Monroe. It's my hope that we maintain a healthy and productive dialogue between our residents and our community's leaders to continue as Middlesex County's safest community.

### League welcomes new Township business administrator

By Ruth Banks

The League of Women Voters will hold its regular monthly meeting on April 23 at the Township Municipal Building. The program will begin at 1 p.m. The public is invited to attend to hear the guest speaker, new Business Administrator Alan M. Weinberg.

Weinberg, who was hired in 2017 after Wayne Hamilton retired, has more than 15 years of government service at the local, state, and federal level. He also has had extensive private sector and governmental experience including founding a small business, serving as senior director of Public Affairs at the New Jersey Transit Corporation, working in the Office of the Governor in New Jersey, and in the United States Senate. Prior to coming to Monroe Township, he served as senior adviser to the senate president in the Senate majority office.

In addition to his government experience, Weinberg taught state and local government for many years at the community college level. He is a graduate of Rutgers University with a B.A. in political science and an M.S. degree from Rutgers' School of Public Affairs and Administration. To round out his experience, he also has an MBA from the School of Management at the N.J. In-

(Continued on page 25)

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April Calendar of Events for Monroe Township Public Library

The Library will be closed on Sunday, April 1, 2018 for Easter.

Coupon Club

Monday, April 2 at 1:30 p.m. Clip, swap and trade coupons. Discuss deals, share frugal tips and shopping experiences. Bring a pair of scissors and your stash of non-expired coupons. Registration is not required.

Book Café

Wednesday, April 4  
Session 1 at 11 am for existing group members  
Session 2 at 1 pm for new members  
Discuss books that you have read. Light refreshments will be served. Register at the Welcome Desk.

Socrates Café

Wednesday, April 4 at 7 p.m. Participate in this international group based on the philosophy of Socrates. Pose questions, listen to others, raise challenges and consider other alternatives. Monroe resident Noreen Gumnic moderates. Register at the Welcome Desk.

Musical performance by Eranga & Prianga

Thursday, April 5 at 1 p.m. Musical duo of Eranga & Prianga, dubbed “The pride of Sri Lanka” by Dan Barry of the New York Times, will entertain with a program of international songs. Registration not required.

Sit-N-Stitch

Fridays, April 6 and 20 at 10:30 a.m. Stitch a project; assist others, share tips, projects and patterns. Bring your own supplies. Registration not required.

Poets Corner

Friday, April 6 at 11am  
A workshop and reading group for all ages. Please bring 10 copies of your work. Registration is not required.

SkillBuilders

Mondays, April 9, 16, 23 and 30 from 10 am to 12 p.m. This new series of free programs offers support, encouragement and education for anyone experiencing significant life changes: the death of a loved one, adjustments to illness, moving to a new home, etc.

April 9: Home Security & Scam Awareness presented by Detective Brian Dziomba

April 16: Cooking for One presented by Maryrose Agel, Dietitian

April 23: Estate & Legal Matters presented Jerry Bruder, Attorney

April 30: The Value of Exercise: Yoga & Meditation presented by ISHA Foundation  
Registration is not required.

The Great Courses: America in the Gilded Age

Tuesdays, April 10, 17 and 24 at 1 p.m. Brush up on your US history in this 12-part series.

April 10: 1869: Bind up the Nation’s Wounds & Reconstruction Revolution

April 17: Buffalo Bill Cody and the Myth of the West & Industrial Titans

April 24: Andrew Carnegie & Big Business: Democracy for Sale?

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

Short Story Discussion Group

Wednesday, April 11 at 11 a.m. Leah Wagner moderates a discussion about 100 Years of the Best American Short Stories. This month we will discuss “Lawns” by Mona Simpson and “Communist” by Richard Ford. Register and reserve your copy at the Welcome Desk.

Genealogy Club

Wednesday, April 11 at 1:30 p.m. Beginner and experienced genealogists are welcome. Registration is not required.

International Film

Presented by The Friends of the Library onThursday, April 12 at 2 p.m. 2016 Bulgarian Drama. A reclusive Bulgarian railway trackman finds millions of cash spilled on the tracks and turns them in to the police. Then the transport ministry’s head of PR decides to use him as a diversion from a corruption scandal. Not Rated, 1h, 41m. Tickets are \$1.00 and are available at the Circulation Desk and at the door before each showing. Registration is not required.

Friends of the Library Book Sale

Friday, April 13 through Monday, April 16. Gently-used books and a limited selection of DVDs, audiobooks and CDs will be available for purchase at bargain prices during library hours. Proceeds benefit The Friends of the Library.

Friday Afternoon Movie

Fridays, April 13 and 20 at 2 p.m. April 13: 2017 Biography/Drama based on the true story of the Granite Mountain

Hotshots, a group of elite firefighters who risk everything to protect a town from a historic wildfire. Rated PG-13. 2h, 14m

April 20: 2017 Biography/Drama/History During the early days of World War II, the fate of Western Europe hangs on the newly-appointed British Prime Minister Winston Churchill, who must decide whether to negotiate with Adolf Hitler, or fight on against incredible odds. PG-13. 2h 5m

Movies are free. Registration is not required.

Current Events Discussion Group

Saturday, April 14 at 10:30 a.m. Enjoy a discussion about the latest in global and domestic affairs. Light refreshments provided. Register at the Welcome Desk.

(Continued on page 27)

LWV

(Continued from page 24)  
stitute of Technology.

On May 20, the League is looking forward to celebrating its 30th anniversary with a brunch at the Forsgate Country Club. The League will honor several outstanding community leaders who have helped the League during those years. Members of the Township and area are invited to participate in the celebration, sharing their memories and stories of working with the League, by contacting either Andrea Pellezzi, president, at 609-664-2146, Ruth Mullen at 609-655-7579, or Ruth Banks at 609-655-4791.

Looking ahead, on July 8 in cooperation with John Katerba and the Historical Commission, the League will participate in a program at the historic Dey Farm. Families are invited to come and picnic as well as listen to stories of the past, which took place in the restored school.

In addition to planning for these special events, members will be following the growing number of state coalitions that are being formed around energy issues, health care issues, and voting rights issues. For example, New Jersey has joined with three states to form a gun control coalition. Several governors are working to develop a blueprint to address health care policy. In New Jersey state and community, organizations are meeting to develop a master plan that will coordinate energy policies such as wind power, solar power, nuclear power, gas, and electricity.

The League is a nonpartisan political organization open to men and women, with the goal of educating people about important policy issues. For more information, please feel free to contact any of the following: Adrienne Fein, membership, 609-860-5984; Marsha Rosenbaum, voters’ service, 609-409-0930; or Judy Perkus, treasurer, 609-395-1552.

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Mailing Addresses

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

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



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

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

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

Rossmoor Resident Telephone Directory

CHANGES & DELETIONS ONLY

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

Information as it now appears:

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

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

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

Changes for the 2018 edition:

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

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

(1)Phone OR (1)Cell: \_\_\_\_\_

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

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

Fire Election results

By Fire Commissioner Joe Haff

Here are the results of the February election for fire commissioners and for the 2018 Fire Budget. Incumbent Fire Commissioners Gerry Kaplan and Joel Kaplan were re-elected, running unopposed. Gerry received 198 votes, while Joel received 196.

The budget passed by a vote of 157 for and 45 against. This is the breakdown by voting location:

Location	Budget For	Budget Against
Rossmoor	28	3
Regency	68	16
Firehouse	10	4
Greenbrier	14	1
Absentee Ballots	37	21
<b>Totals</b>	<b>157</b>	<b>45</b>



HOME SAFETY TIPS



How To Deter Home Burglary

- Invest in good quality locks on doors and windows. This includes all sliding glass doors as well. Make it difficult and time consuming for a burglar to gain entry.
- Whenever you go outside, lock the door and take the key with you, even if you are just stepping next door or out in the backyard.
- Don't put valuables where they can be seen from the window, especially items that can be easily carried.
- Be sure your garage door can be secured. Do not leave it open when you are away; an empty garage broadcasts your absence.
- When you aren't home, use a timer set to turn interior lights on and off at varying intervals as though your home was still occupied.
- Don't keep large amounts of cash or really valuable jewelry around the house.
- If a stranger comes to your door asking to use the telephone, make the call yourself. Don't invite them in.
- Don't hide a spare key under the doormat or flowerpot. Thieves know all the good hiding places.
- Invest in a good security system along with motion sensor lights installed out of reach.
- Keep any tools that could be used to break into your home locked away in the garage.
- Always double check that doors and windows are locked even during daylight hours.
- Videotape the contents of your home. Keep the video and the list of all valuables in a safe place, such as a safe deposit box.

How To Safeguard Your Home While on Vacation



- Strive to make your home look as lived-in as possible while you're away.
- Don't broadcast your plans but do let your neighbors and local law enforcement know.
- Arrange to have your mail and newspapers either stopped or picked up daily.
- Use automatic timers to turn on a radio and lights at different intervals to hide the fact you aren't home.
- Turn down the ringer on the telephone. An unanswered telephone is a dead give-away.
- Be sure you don't announce your absence on your answering machine message or email.
- Leave your blinds as you normally would if you were home. Only close them all the way if that is what you would normally do.
- Move valuables away from windows.
- Be sure to close and lock the garage as well as any storage sheds, etc.
- Be sure someone knows your itinerary and your estimated time of arrival and return.
- If you get lost while traveling, ask directions of local law enforcement, not complete strangers.
- Be sure your vehicle is in good working condition and that you have taken enough money. Do not carry large amounts of cash, use credit cards and travelers' checks.
- Arrange for a friend or relative to inspect your property periodically.
- Do not leave a key in a hiding place.
- Check and double-check all windows and doors on every level and garage doors before leaving.

Car Safety



- In traffic, keep doors locked and windows up
- Park and lock your car and remove the keys
- Park in areas that are well lighted
- Cruise around a bit in shopping centers parking lots until you find an open parking place close to a well-lighted entrance.
- When you return to your car, check in and around it, and have your keys *in your hand* and ready to use.
- If you are followed by another vehicle, go to a public place or, better, police station. If near home, stop at the staffed gate house to alert security.
- Keep valuables in trunk or hidden in the car and do not keep valuables in the glove box
- BE COURTEOUS! Confrontations often occur when drivers become frustrated about how others drive.
- If you have car trouble: Raise the hood, use emergency flashers, tie something white around your antenna or mirror.
- Carry a 'HELP' sign and keep a can of tire inflator in trunk. Stay inside the car, lock the doors and if help is offered, ask for the police. Do not allow strangers to help you "fix that flat." Thieves, especially near banking institutions, are known to ice pick car tires, so they'll go flat in a short distance then come to your "rescue" with theft in mind.
- Remember to regularly check your car's oil, gas, water and tires. Service your car regularly.
- Invest in an auto club membership, such as AAA, so you may have roadside assistance help you in any emergency, from fixing a flat to towing.
- Keep a charged cell phone with you when away from home. You can preprogram important numbers so that they are immediately available.
- Keep a flash light in your auto and attach a light-weight, slimline flashlight to your keychain.

Senior Center Highlights

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

Membership Has its Benefits

Registering with the Office / Senior Center is free and available to Monroe Township residents, 55 years of age and older. **Around the 15<sup>th</sup> of the previous month** and members can sign-up for the special, monthly activities either via phone or in-person for all programs with a fee. Visit the Senior Center (or the Township Library or Community Center) to pick up the newsletter. From your home, visit [www.monroetwp.com](http://www.monroetwp.com), and look for the "Office of Senior Services" link under "Departments" to access the calendar/newsletter as well as the Friendly Tidbits online.

Advance registration is recommended to ensure easy admission into a program; and, if needed, transportation to and from the Senior Center. Registration is also available on the same day of an event from 9 to 11:30 a.m. For members unable to attend a registered program, a cancellation phone call is appreciated. For more information, please call the Office/Senior Center at: 609-448-7140.

HERE'S TO YOUR HEALTH Register in Advance

**Bagels Plus: On Friday, April 6, at 10 a.m.,** join Linda (The Gardens at Monroe) and Sheli (Always Best Care) as they host the topic of Advance Care Planning with speaker, Tina Ruane, Elder Care Coordinator, of Garland Elder Law Offices.

**iPhone Basics, Again: On Mondays, April 9 and 23, at 2 p.m.,** discover all the amazing things that your iPhone or iPad can do during this hands-on workshop with Joel and Arthur. Please be sure to bring your iPhone each day! Space limited! A commitment fee of \$5, to benefit the Township Food Pantry, is due in-person, in advance.

**Stress Management: On Wednesday, April 11, at 1:30 p.m.,** learn how to identify your stressors and discover some helpful techniques to help you reduce them. This program is sponsored by The Oscar and Ella Wilf Campus for Senior Living and will be presented by Toby Ehrlich, LCSW. Please register.

**Drivers' Safety: On Tuesday, April 17, at 8:45 a.m.,** enhance your driving skills by taking this AARP-sponsored class. Course Fee: \$15 (AARP member); \$20 (Non-mMember). For space availability, please contact Rosanna.

**CPR Class: On Thursday, April 19, at 10 a.m.,** The Family & Friends CPR program offers this free opportunity to learn CPR, and basic first aid, without the receipt of a course comple-

tion card. **Space limited.**

**Guided Imagery: On Wednesday, April 25, at 1:30 p.m.,** join Nadine Roberts, Certified Integrative Guided Imagery Practitioner, from RWJUH, for this relaxation session using creative visualization. Learn how to de-stress at home, too! **Space limited.**

**Ringin in Tinnitus: On Friday, April 27, at 1:30 p.m.,** join Regina Criscione, CCC-A, audiologist, JFK Outpatient Center in Monroe, for an informative discussion about the causes and treatment options for tinnitus.

**Judy's Meditation: On Monday, April 30, at 2 p.m.,** we welcome back Judy Kalman as she provides her silent meditation session to help you find inner peace and calm. Space limited.

LAUGHS, LYRICS, & LECTURES

Register in Advance

**Fred Miller Presents: On Tuesday, April 3, at 1:30 p.m.,** we welcome back Fred Miller to offer his "Lecture-in-Song" with a "Old World/New World" look at the careers and music of Kurt Weill and Vernon Duke.

**Newark Museum Highlights: On Thursday, April 5, at 1:30 p.m.,** discover Asian treasures, African art, ancient classical artifacts and more during this armchair tour that highlights all that the Newark Museum has to offer.

**Double Down Day: On Friday, April 6, at 2 p.m.,** take a chance and join us for a day of cards, wheels, slots and luck. In conjunction with The Gardens at Monroe, enjoy an "Atlantic City-ish" day at the Center. Tickets: \$5 p.p., due upon registering in-person, in advance. No refunds after 4/3. Space limited.

**Shakespeare's England: On Monday, April 9, at 2 p.m.,** join Shirley Reich as she shares "what's up" with Shakespeare with an up-to-date look at the man and his times.

**Music of the 20th Century: On Tuesday, April 10, at 1:30 p.m.,** travel musically through the decades with Marvin Fischer, pianist and storyteller, as he "plays" homage to the talented songwriters of the 20th Century..

**Only a Number: On Thursday, April 12, at 1:30 p.m.,** Steven H. Besserman, writer/director/producer of the award-winning independent documentary, shares the story behind his film, **Only A Number** — a true story of the Holocaust and the struggle to survive, to love, and to remember. Hosted by The Gardens at Monroe.

**Aging, Schmaging: On Friday, April 13, at 2 p.m.,** Naomi Miller brings us her new show that focuses on those 60+ performers who

are still going strong AND who are still hot! From the best of the divas (Dolly Parton, Bette Midler, Gloria Estefan) to songs from the gents (Tony Bennett, Stevie Wonder, Neil Sedaka) Naomi weaves the theme of fulfilling items from her bucket list into the act. Space limited.

**Kasztner's Train: On Mondays, April 16 and 23, at 1:30 p.m.,** join Julian Davis as he unfolds the true story of Rezso Kasztner, a Jewish-Hungarian journalist and lawyer who became known for having helped Hungarian Jews escape during the Holocaust...and who was thought to have sold his soul to the devil. Unless otherwise noted, members will be automatically enrolled in both sessions.

**Music of Frank Loesser: On Tuesday, April 17, at 1:30 p.m.,** we welcome back Dr. Karen Z. for a fun and musical look at the songs written by Loesser.

**Rise of Rock & Roll: On Wednesday, April 18, 1:30 p.m.,** Gordon James discusses and sings about the rise of rock and roll in the 1950's. It was a decade of TV commercials (like Speedy Alka-Seltzer) with the decline of jazz and the rise of new artists, like Elvis, The Platters, Frankie Avalon, Ray Charles, and more.

**Princeton and The American Revolution: On Thursday, April 19, at 1:30 p.m.,** join Barry Singer as he examines Princeton's history and the American Revolutionary War including the remarkable events of the "Ten Crucial Days". Hear stories, often spoken in the soldiers' own words, of their sacrifice, bravery, and perseverance.

**The Jewbadors: On Tuesday, April 24, at 2 p.m.,** we welcome back this delightful troupe of musicians, actors, and singers who keep the songs, stories, and jokes of Jewish music and culture alive (and well) in this "OY!" production. Like Levy's rye bread, you need not celebrate Hanukkah to enjoy this show.

**Amelia Earhart: On Thursday, April 26, at 10:30 a.m.,** join Irene Curran, literary lecturer, as she discusses the life of Amelia Earhart, the first female pilot to fly solo across the Atlantic Ocean, as well as the many theories regarding her disappearance.

**Michael & Ted: On Thursday, April 26, at 2 p.m.,** join our friends from WWFM's The Classical Network, for an enlightening look at the life and career of Noel Coward, who wrote both musicals and plays. Some familiar works, such as "If Love Were All," will be featured along with some of his lesser known, but equally delightful songs.



## MCCC Theatre/Dance Program to Present Tony Award-Winning 'Spring Awakening' at MCCC's Kelsey Theatre

West Windsor, N.J. –The fraught and poignant passage from adolescence to adulthood takes center stage as the Theatre/Dance program at Mercer County Community College (MCCC) presents the groundbreaking musical "Spring Awakening." This unforgettable coming-of-age tale comes to MCCC's Kelsey Theatre Fridays, Apr. 6 and 13 at 8 p.m.; Saturdays, Apr. 7 and 14 at 8 p.m.; and Sundays, Apr. 8 and 15 at 2 p.m.

Kelsey Theatre is located on the college's West Windsor Campus, 1200 Old Trenton Road. A reception with the cast and crew follows the opening night performance on April 6. (This show is not recommended for young children.)

Set in 1891 Germany, the grown-ups are in firm control – except that their teenage children have other plans. This universal story of self-discovery and sexual awakening focuses on a group of friends, most notably, the strong-willed Melchior and innocent Wendla, whose longings and curiosity draw them together, and anxious Moritz, who strives to live up to the strict expectations of family and society. As they confront issues of morality and rebellion, they turn to each other for guidance and solace.

Their angst-ridden journey is set to the brilliant rock and roll score by Steven Sater and Duncan Sheik. The original Broadway production premiered in 2006 and was the winner of eight Tony

Awards, including Best Musical. The show is based on the controversial play by Frank Wedekind, once banned in Germany.

Observes MCCC Theatre/Dance Program Coordinator Jody Gazenbeek-Person, the cast features a mix of actors who are opening their own doors of communication about the messy, emotional struggles of growing up, a central theme in the show.

"We cast in equal numbers MCCC students, community members, and high school actors. This is providing opportunities for dialogue – not just within the comfort of our college community, but among people from around the region," Gazenbeek-Person said. "My hope is that everyone involved in this production, including the audience, will leave the theater feeling more open to talking about the pressures facing adolescents. Discussing sexuality and reproduction is still challenging for many young people and their parents. But not discussing these issues candidly can lead to some very difficult circumstances."

Tickets for "Spring Awakening" are \$20 for adults, \$18 for seniors, and \$16 for students and children. Free parking is available next to the theater. Tickets may be purchased online at [www.kelseytheatre.net](http://www.kelseytheatre.net) or by calling the Kelsey Box Office at 609-570-3333. For a complete listing of adult and children's events, visit the Kelsey webpage or call the box office for a brochure.

## Public Library

(Continued from page 25)

### Princeton Symphony Orchestra Chamber Music

Monday, April 16 at 1 p.m. Patterson/Sutton Duo perform. Kimberly Patterson on cello and Patrick Sutton on guitar. This program is offered in collaboration with the Monroe Township Cultural Arts Commission. Registration is not required.

### CPR Overview

Tuesday, April 17 at 11 a.m. Learn how to perform CPR on an adult and what to do if someone is choking. This is for anyone who wants to learn CPR, but does not need a course completion card. This program is co-sponsored by Penn Medicine Community Wellness. Register at the Welcome Desk.

### Then, Now and Forever:

#### Life Story Workshop

Tuesday, April 17 from 2pm to 4 p.m. Outline your life story in only two hours! Award-winning communications specialist Donna Atkins will guide you through inspiring examples, activities, interactive exercises, and constructive feedback to teach you how to delve into memories with ease. Commit your life journey to paper. A workbook will be provided to all

participants. Space is limited. Register online at [www.monroetwpubliclibrary.org](http://www.monroetwpubliclibrary.org) or by calling the Library at (732) 521-5000.

### Page Turners presented by Library Staff

Thursday, April 19 at 11 a.m. Looking for something to read or add to your reading list? This is a new ongoing event taking place on the third Thursday of every month. Library staff will present and recommend a variety of new titles pertaining to a different topic each month, both new and old titles. This month books with memorable women characters will be discussed. Light refreshments provided. Register at the Welcome Desk.

### Retro Reads

Thursday, April 19 at 7 p.m. Join us for a celebration of 50 Years of Young Adult Literature with a Book Discussion Group for Adults. Take a trip down memory lane and revisit your favorite titles from yesteryear. Discuss a notable title from a different decade every month. We kick off our book discussion series in the 1960s with The Pigman by Paul Zindel. Moderated by Leah Wagner. Register and reserve your copy at the Welcome Desk.

## Transportation

**AAA TRANSPORTATION** – Monroe area (Encore resident). Transportation to airports, trains, piers, NYC and reasonable rates. Call Howard (732) 979-3085.

**LIMO GUY, INC.** – Our 15<sup>th</sup> year. We go to all airports. Late model Lincoln Towncars. Holds four passengers in total comfort and style. \$75 to Newark, \$150 Philadelphia, \$170 JFK airports. We go almost anywhere 24/7. Call (732) 452-9222.

**EXPERIENCED DRIVER** – Doctor and hospital visits, supermarkets, airports. Carl (908) 812-6326.

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

**CALL DOREEN** – I'm back! My new number is (609) 284-4308. Thank you.

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

## Home Improvement & Services

**HOME GARDENING PLUS** – Clean up, trim, fertilize, mulch, remove old overgrown shrubs. Design and plant 3 foot beds and patio. Stone/block edging, walls, pavers. Closet/garage organizing. Windows cleaned. Almost any household job done. Call Frank (609) 235-9717.

**INTERIOR PAINTING** – Wallpaper removal. 30 years experience. Please call Ken – Diamond Painting. (609) 655-1525 or (732) 446-0400.

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

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

## Miscellaneous/Services

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

**HAIRCUTS** for men and women done in the comfort of your home. Call Renee for appointment at (908) 705-7569.

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

**PET SITTERS** – One cutie at a time for a day, a week, or up to a month. True animal lovers. Barb (732) 735-4243.

## Classified Advertising

**TECH BUDDY** – Simple step-by-step help with smart-phones, computers and tablets.

Large print solutions for low tech problems. Real Beginner to Advanced. Patience and enthusiasm included. Wireless printers, Netflix, Roku, Amazon Alexa and Echo – setup and training. Did you know that Amazon Alexa can remind you of all your appointments? Play Jeopardy? Read books? Free quote. (732) 589-4974. [techbuddybarb@aol.com](mailto:techbuddybarb@aol.com)

**COMPUTER REPAIR** - RJF Sales Company LLC. Is your computer running slow? It may need a tune-up. Desktop and laptop repair in your home. Custom built computers. Virus removal and protection. Monroe resident with over 20 years of computer experience. Free backup on USB flash drive with service included. (732) 723-9537 or (732) 967-3400. Please leave message, all calls returned same day.

## Tax Preparation/Services

**INCOME TAX PREPARATION** – Michael Stiller-MBA. 40 years' experience serving senior communities. In-home appointments. (732) 718-9050.

**CERTIFIED PUBLIC ACCOUNTANT** – Taxes prepared in the comfort of your home. Reasonable rates. Rebecca (732) 718-4359.

**GREGORY TAX SERVICE** – In-home appointments. Reasonable fees, 30 years' experience, IRS, AFSP. Jim Gregory (732) 236-4498.

## Wanted to Buy

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

## Help Wanted

**REAL ESTATE HELP WANTED** – Experienced realtors-agents or referral agents, come join our team at Public-Trust Realty Group., 1 Rossmoor Drive. For details contact: [camille@publictrustrealestate.com](mailto:camille@publictrustrealestate.com)

## Help & Health Services

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

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

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

**CARING ELDER CARE** – We will help you with personal and household tasks. Minimum visit is only 2 hours. We're experienced and caring. Elizabeth (646) 413-0813.

## House Cleaning

**RELIABLE, EFFICIENT**, available organic, house cleaning. European quality. Call Renee (609) 319-3545.

**IZABELA'S CLEANING SERVICE** - Professional house cleaning. Quality work. Local references. Very reasonable. Years of experience in the area. European quality. (609) 954-0181.

**HENRYKA'S CLEANING SERVICE** – Professional house cleaning. Quality work. Call (609) 586-0806.

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

**MONROE TWP.  
FIRE DISTRICT #3  
AT YOUR SERVICE,  
ANYTIME.  
[www.mtfd3.com](http://www.mtfd3.com)  
609 – 409 – 2980**



## Classified Information

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

Mail to:  
Princeton Editorial Services  
P.O. Box 70  
Millstone Twp., NJ 08510

### RATES

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

### Choose any below

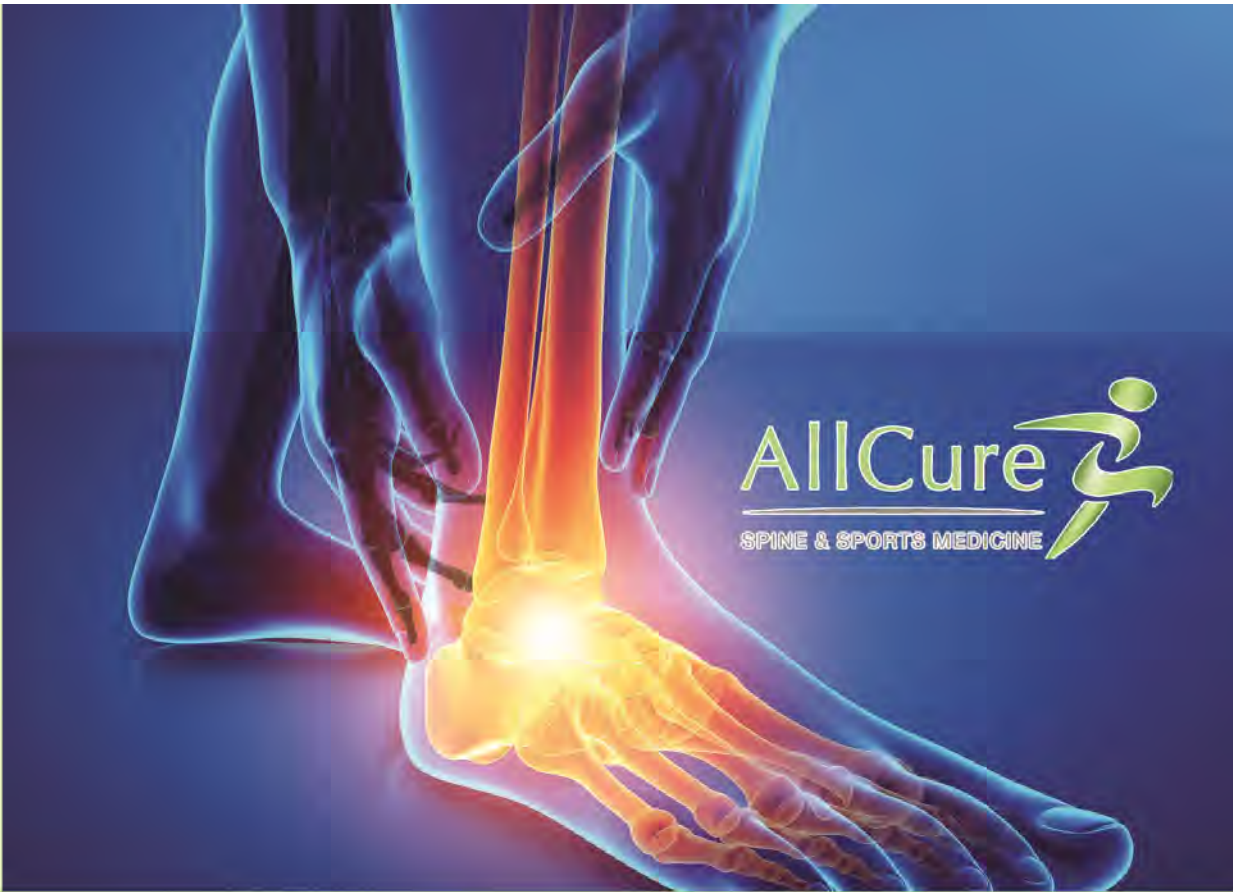
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- Note: Phone numbers count as one word. Do not count punctuation. Do not abbreviate.
- Check or money order must accompany insert, *made payable to Princeton Editorial Services*
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# DO YOU SUFFER FROM ANY OF THE FOLLOWING CONDITIONS?

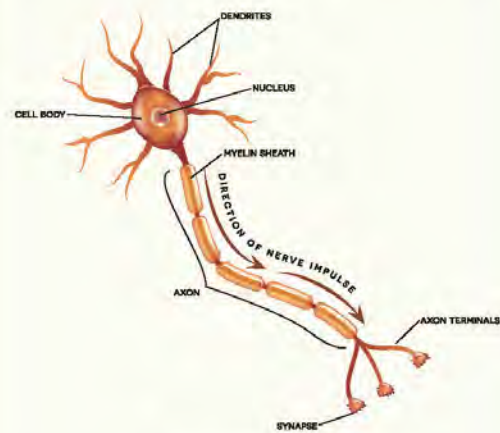
- Numbness
- Pain when you walk
- Sharp, electrical-like pain
- Burning or tingling
- Difficulty sleeping from leg or foot discomfort
- Muscle weakness
- Sensitivity to touch



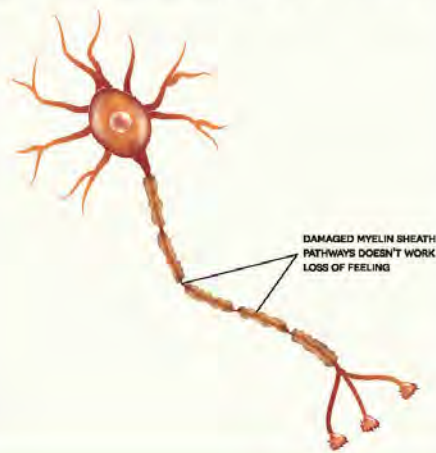
# GET RID OF IRRITATING NUMBNESS AND PAIN IN YOUR LEGS AND FEET WITH FDA-CLEARED TREATMENT

## WHAT DOES PERIPHERAL NEUROPATHY LOOK LIKE?

**Healthy Nerve Cell**  
Properly processes sensory information to the brain:



**Damaged Nerve Cell**  
Sends incorrect signals to the brain, from phantom pain to tingling and numbness:



## GET IN ON THE RELIEF!

"I was diagnosed with peripheral neuropathy. My neurologist prescribed Neurotin, which didn't help. After treatment of MicroVas, *the burning sensation in my legs is gone*. I sleep better and have better balance. The environment at AllCure Spine is nurturing and caring."

- Vicki M.

## PERIPHERAL NEUROPATHY

is a condition that affects millions of Americans, commonly resulting in pain, tingling, numbness, and other painful symptoms in the hands, legs and feet. This pain changes your life and affects how you work, how you play and how you live.

## HOW DO YOU KNOW IF YOU HAVE PERIPHERAL NERVE DAMAGE?

Peripheral neuropathy is the consequence of damage to your peripheral nerves. There are over 100 different kinds of peripheral nerve disorders or neuropathies – some are the result of a disease like diabetes, while others can be triggered by a viral infection. Still others are the result of an injury or compression on the nerves. No matter where the problems begin, it is imperative nerve disorders are resolved as soon as possible to prevent permanent damage. Many people suffer with pain for years, not realizing that their symptoms may be due to Peripheral Neuropathy. Symptoms start gradually, then get worse, including numbness, burning or tingling sensations and sharp, electrical-like pain. Treatment options have been limited to a small assortment of pain medications, which can lead to further issues. Ignoring the problem or masking the symptoms has never been a viable solution. If you suffer from any of the aforementioned symptoms, we can help.

## NEW FDA-CLEARED TREATMENTS PROVIDE HOPE

AllCure Spine and Sports Medicine is pleased to announce their new program for treating Peripheral Neuropathy, which includes a combination of advanced FDA-cleared treatments with breakthrough technology that aids in healing the damaged nerves. The effects of this program can be felt on the first few visits. This treatment restores, stabilizes, and rebuilds the nerves in your extremities. Treatment has also been effective in addressing painful symptoms of arthritis, MS, and other forms of chronic pain. Patients generally feel relief physically throughout the treatment period and even feel better emotionally after experiencing a reduction in pain.

## WHY ALLCURE SPINE & SPORTS MEDICINE?

AllCure Spine and Sports Medicine offers some of the most advanced, non-surgical, FDA-cleared procedures for relieving chronic pain. Our multidisciplinary approach utilizes the latest medical technology. We offer programs and procedures that will improve your health with the utmost safety and precision. We will provide you with an accurate diagnosis and recommend a program that best fits your needs.

## TREATMENT IS COVERED BY MOST MAJOR INSURANCES, INCLUDING MEDICARE

We are confident that you will find healing and relief at AllCure Spine and Sports Medicine. You will have a one-on-one consultation with one of our trained staff who will evaluate your condition and determine if you would be a candidate for this treatment. Due to the demand, we have opened an additional 30 appointments this week. Time slots fill quickly, so CALL TODAY to secure your appointment!

**CALL TODAY!**

**732-521-9222**

**FIRST 30 CALLERS ONLY!**

Disclaimer: Due to Federal Law, some exclusions may apply.

**Offer Expires 4-30-18**



Monroe Office 350 Forsgate Drive,  
Monroe Township, NJ 08831