



Finally! Signs of spring!

New middle school referendum goes down

By Carol De Haan

On March 13, the referendum for a new middle school (grades 6 to 8) was defeated by 143 out of 6,345 ballots cast across the Township. There were 3,101 votes for,

and 3,244 against.

Staff members at the Municipal Clerk's office speculated that three factors likely contributed to this defeat: 1. Many residents had not yet returned from warmer climes;

2. Some copies of the school district's explanatory publication "Referendum News" were delivered to residents *after* the election date; and 3. Although many absentee ballots had been requested, only 108 were returned in time to be counted.

State law provides for one more attempt to pass this referendum. We are advised this second vote will be conducted next September, when the problems mentioned above should have been remedied.

If a second referendum were to go down, the State Department of Education can nevertheless order construction of the new school to be financed by local taxpayers but with all decisions being made by the State, rather than by local people. One way or another, a new middle school will undoubtedly be built.

Why a new school?

Our existing middle school was made to accommodate 1206 students. For eight years, since 2010, we have been over capacity by an additional 366 students. In the next five years, enrollment is projected to increase by 411 more young people, putting the existing middle school capacity approximately 66% higher than ever anticipated. This is not conducive to the "thorough and efficient" education required

(Continued on page 2)

Focus on: Groups and Clubs Sisterhood: Learn something new

By Jean Houvener

At a meeting of the Sisterhood in January, actor Keith Henley delivered a sermon by Dr. Martin Luther King, Jr. The sermon was based on the scripture, "What is man that thou art mindful of him?" - Psalm 8:4. King's sermon elaborated on what it is to be human, and asked many questions about what it means to be human and to behave with the love and justice that God expects of us.

After the rousing delivery of the sermon, Henley asked for thoughts and input from the audience of this well at-

tended meeting. A lively discussion followed with residents weighing in with ideas and information. Participants had many thoughts, reactions, and recommendations of how we can behave to bring about the equality, justice, and humanity mentioned in the sermon.

For other meetings, the Sisterhood has brought inspirational and informative speakers and movies to the community. Their meetings are open to all residents, men as well as women. Programs have included the story of Sadie Rigal, who danced in Paris under the name Florence Warren during the Nazi occupation while also working for the French Underground. Historian Ira Hirschbein from The Ponds gave a fascinating presentation on Uriah Phillips Levy, first Jewish Commodore in the U.S. navy, a feisty and competent officer who resisted the anti-Semitism he encountered. Levy also was responsible for saving Tho-

Pet reminder

Residents have an obligation to immediately clean up after their pets on all common elements. Waste should be removed/disposed by placing it in a sealed, nonabsorbent, leak proof container. Please do not dispose of pet waste in any catch basin, detention basin, or other common element.

Come to a sing-along! Fun and free

By Alyce Owens

I don't know about you, but some of my fondest memories as a child are of standing around the piano played by my mother in the parlor, with aunts and uncles, cousins and perhaps a few neighbors who had gathered at our home to visit and sing the old songs. Mama and Aunt Evelyn always harmonized with a high descant and my Dad countered the melody with his beautiful bass voice. I loved and learned many of the old songs that way. Music brings people together and makes them happy. I'll bet you remember times like that too.

The nostalgia of music from the past warms our hearts like nothing else. It brings back beautiful memories of falling in love, or just dreaming of falling in love to the romantic strains of Johnny Mathis. It takes us back to a special moment in time, perhaps a wonderful Broadway show or a pop concert by your favorite singer. Those fond memories make us feel good and we should conjure them up more often.

That's the way we hope you'll feel when you come and be part of a Spring Sing-Along at 3 p.m. on Saturday, May 12 at the Meeting House. Grab a friend or two and come sing the golden oldies like "Let Me Call You Sweetheart," or a favorite Beatles tune, or the familiar "Oh What a Beautiful Morning," from "Oklahoma." I'll bet you remember the words to Dean Martin's "Everybody Loves Somebody Sometime," or how about "Getting to Know You" from "The King and I." What a great opportunity to meet other people who enjoy singing as well.

Leading the sing-along will be Rossmoor's own Janet

Wilson, the new director of the Rossmoor Chorus, which sponsors this event. Janet and husband, Jim, moved into this community two years ago and both have become familiar faces not only in the Chorus, but as very active Rossmoor Players as well — Janet as both singer and piano accompanist, and Jim singing and playing key roles in the wonderful plays written by Bob Huber and our dear departed friend, Bill Strecker.

Here's an invitation from Jan: "Though the Chorus enjoys singing once a month at the Community Church service, we are a chorus for all of us. We are a group of people who enjoy singing, and each other. Rehearsals are held at the Meeting House each Wednesday from 4 to 5 p.m. The ability to read music is not necessary — just a heart for it! And for those who would like to learn more about reading music, workshops are being given for members of the chorus.

So whether you'd like to join us in singing or prefer to be a listener, we welcome you to this Sing-Along on May 12 at 3 p.m. If we get a good turnout we'll be encouraged to have another one in the fall, so please come and bring friends, too.



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at the governors' meeting



April 19, 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.

There were no Standing

Committee Meetings this month.

Mr. Jolly reminded everyone that age verification forms are federally mandated and to remind residents to submit their forms.

There was discussion on snow, having financials emailed to Directors as opposed to hard copy, and Governors were asked to see Ms. Balmer no later than May 1, 2018 if they are interested in joining CAI.

The meeting was adjourned 9:45 a.m.

Focus on: Groups and Clubs

(Continued from page 1)

mas Jefferson's Monticello from the wrecking ball.

President George Washington (as presented by actor Bill Agress) visited the Sisterhood last summer, telling us all about his experiences growing up, his role in the French and Indian War, as Commander-in-Chief during the Revolution, and as president of the new United States. Did you know that Washington was not the only one standing in the boat as they crossed the Delaware? They were all standing because the boat had no seats and had gunwales up to their shoulders.

The Sisterhood also has fun meetings where people bring their favorite games to play. The Club meets every

month on the third Monday at 1:30 p.m. in the Gallery. All residents are invited to the monthly presentations. Check the Rossmoor News or Channel 26 for details of each meeting.

The Sisterhood is an arm of the Rossmoor Jewish Congregation. They request those who come to the meetings, members and visitors, to bring non-perishable food for the Monroe Township Food Pantry. There are always delicious refreshments.

Officers of the club include President Dolores Grieff, First Vice President Virginia Kolker, Vice President for membership Jeannette Dobrin, Secretary Susan Tuil, and Treasurer Mary Slover. For questions, contact Dolores Grieff.

Letter

Snow heroes

Our appreciation and thanks go to all the people who worked so diligently this past winter to clear away the overdose of snow that hit us in four blizzards. We often heard plows clearing roads in the dark until two and three a.m. In the morning, our sidewalks had been cleared and front paths were shoveled.

It was an awful lot of work done under the most difficult circumstances. Sincere thanks to everyone who served us so well.

Janet Bonino
Linda Bozowski
Aline Carroll
Lucille and Joe Conti
Myra and Felix Danon
Mike DeAngelo
Carol De Haan
Jean Houvener
Robert Huber
Stephanie Jarecki
Carol Lang
Jeffrey Perry
Anne Rotholz
Sandy Smithson

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

**MEMORIAL
DAY**

Monday, May 28

Open RCAI Meetings in May

Thursday, May 10
Standing Committee Meetings 9 a.m.
Meeting in the Village Center
Maintenance Committee
Community Affairs Committee
Finance Committee

Thursday, May 17
Board of Governors Meeting 9 a.m.
Meeting in the Ballroom

Please watch Channel 26 for any changes or cancellations.



News Board:

Joe Conti, Chair
Carol De Haan
Myra Danon
Bob Huber
Jean Houvener
Anne Rotholz
Linda Bozowski
Walter Gryskiewicz

Editorial Assistants

Alex Monaco
Linda Monaco

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

news items from outside organizations will be considered as space permits. All copy and pictures are subject to editing and are accepted with this understanding.

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

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Bits & Pieces

Sue Ortiz

A year or so ago, my oil furnace repairman told me to start saving for a new boiler. Yeah, okay. "Just keep this one going for a few more years, please," I said, after he fixed the starter or some other essential part for the umpteenth time. "I'm still paying off huge dental and colonoscopy bills." The credit vacuum of life was (and is) currently sucking the \$\$ from me big time!

Jump ahead to this past January. I started noticing that the hot water cooled off way before I finished my showers; no mixing hot/cold taps, no steamed-up bathroom, and no foggy mirror. No misty eyeglasses as I washed dishes. (I don't have a dishwasher ... I AM the dishwasher.) And, there was not enough germ-killing hot water for laundering towels.

However, the old hot-water radiators were working just fine. I was warm throughout those cold snaps.

I contacted my oil company, as I do have a service contract with them. Thinking it was going to be just another service call, Emmet arrived a few hours later. Once I opened the Bilco doors to let him down the basement, he assessed the situation.

"I was afraid of this," he said while scratching his chin. "How old's this furnace?"

"I think my parents had it installed around '87. I can remember the day clearly ... seems like only a few years ago," I replied. Could it really be 30 years old?

We went up to the kitchen, where Emmet checked the sink water's temperature with a heat sensor. With a sigh, he said, "Only 98 degrees. Should be at least 120." I remember when the sink water was so hot that I could almost make hot tea without boiling water in a teapot.

I don't have a hot water heater. The furnace supplies my hot water, and it has been providing me with plenty of it for those 30 years. Emmet explained that the hot water-making coil was corroded and needed

cleaning with acid, replacing, or I had to add an external hot-water heater – all with varying costs from \$800 to \$3000. But, truth be told, the furnace was due to be replaced anyway.

A week later, a salesman met me at lunchtime to discuss furnace brands, installation, and prices. I heard the vroom of the credit vacuum again.

I mulled over my options, read on-line reviews of various furnace brands, compared prices, checked my calendar for dates I would be available for installation, and called the salesman back. We set a date: April 2. Well, with this crazy spring weather – hot, cold, snow – it would have to snow on the 2nd! The tech called to cancel at 7:15 a.m. I wasn't about to waste a personal day for nothing, so I rushed to get ready for work and made it in with time to spare.

A new installation date was made for a week or so later. (As I write this, it is just days away.) I hope all goes well – no snow or cold weather, please! I just checked the Weather Bug, and it's supposed to be near 70 degrees. Okay ... heat and hot water, just in time for summer.

So, what happened between April 2 and the new date? My current heater went on the fritz on probably the last cold morning of the season, only five days before I get the new furnace. Brrr. I woke up to a 56-degree house. I bundled up and waited for one final service call for the old boiler. After the installation of a new nozzle, it is kaput. It served me well for all these years, but it's time for an upgrade.

Vroom.

B&P

"If you rent, that's it. You don't have to pay any interest to anybody. You don't have to pay any maintenance costs to anybody. You don't have to worry about whether the boiler is going to break down. While if you own your own home, you have a hundred aggravations." – Edmund Phelps (American economist, b. 1933)

Referendum goes down

(Continued from page 1)

in the New Jersey Constitution.

How Rossmoor voted

Of the 2,703 registered voters in our four electoral districts, only 217 people voted. Voting YES on the referendum were 127; voting NO were 90. These numbers represent only 8% of our eligible voters, which compares unfavorably with other senior communities in Monroe.

In terms of turnout, Stone-

bridge gets the gold star with 30% of its eligible residents voting.

Renaissance at Monroe came in next with 25% participation.

Regency produced 21% participation.

The Ponds, Clearbrook, Monroe village, Whittingham, and Concordia all ranged between 17% and 11% participation.

Township-wide participation averaged 18% of eligible voters.

**Email your news to:
news@rcainj.com**

Here's to Mom

By Bob Huber

Unless you've been living on Mars, you are certainly aware that Sunday, May 13, is Mother's Day: the one day in the year that we pay homage to the lady who gave us life, protection and guidance through our formative years, influencing our lives forever.

It was the ancient Greeks who first celebrated motherhood. They held festivities to honor Rhea, the mother of the gods. Early Christians chose the fourth Sunday of Lent to honor Mary, the mother of Christ. Later, the occasion was expanded to include all mothers. They called it Mothering Sunday.

Down through the ages most cultures have held special events to celebrate motherhood. Strangely enough, Mother's Day was not officially recognized in the United States until 1914 when President Woodrow Wilson proclaimed the second Sunday in May as a national holiday in honor of mothers.

It would be a difficult task to list all our nation's famous mothers. Who would we include? Who would we leave out? It might be more illuminating to examine one of our most notorious mothers who left a special footnote on the pages of American history. Her name was Ma Barker.

The Ma Barker gang consisted of Ma's four sons. They were a one family crime wave during the Depression years, participating in murders, kidnappings and robberies. They joined such other notables as Bonnie and Clyde, "Machine Gun" Kelly, and John Dillinger on the FBI's Most Wanted list. The FBI vilified Ma Barker after gunning her down in a shoot-out in 1935, claiming she was the steel-hearted brains of the Barker gang. But from a historical perspective, it now appears that Ma had little or nothing to do with her sons' criminal mayhem. Her only crime was her attempt to protect her boys. As one person put it, "Ma couldn't plan breakfast, let alone a bank robbery."

Among most species, protecting and nurturing the young is a prime objective. Nature obviously planned it that way to guarantee survival of the species. In the matriarchal society of an elephant herd protecting and nurturing the young is a group responsibility, and we've all heard stories about mother bears who will fight to the death to protect their cubs.

Happily, most of our Moms were never called upon to go to such extremes, but who wouldn't say that kissing hundreds of boo-boos to make them well, showing infinite patience with adolescent angst, and guiding us on the road to adulthood isn't just as heroic?

For most of us in Rossmoor, it is the grandmothers

and great grandmothers who weave the fabric that binds families together.

It's disturbing to note that May 14 marks the beginning of National Pickle Week. I have nothing against pickles. After all, they've been a staple of the human diet for more than 4000 years, but it seems unconscionable that pickles should be honored for a week, while Moms only get one day. It's an affront to motherhood!

For my part, I'll honor the memory of my mother every day of the year by applying the thousand and one life's lessons she taught me. They've served me well so far.

Here's to you, Mom!

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(Continued on page 8)

Rescuing children from Nazi Germany

By Jean Houvener

In 1938 and 1939 the situation for German Jews was becoming increasingly dangerous. Only 523,000 Jews lived in Germany in 1933, less than 1% of the population, most living in cities, with a third in Berlin. Nevertheless, the Nazis imposed more and more restrictions on them, blaming them for the economic state of Germany, depriving them of civil rights and education.

As the situation worsened, many emigrated to Belgium, Netherlands, France, Denmark, and other neighboring countries. Others applied for visas to Great Britain and the United States. As 1939 approached, many Jews were encouraged by the Nazis to emigrate; they were, however, deprived of their money and possessions, making it difficult for them to find sponsors.

The infamous *Kristallnacht*, or "night of broken glass," on Nov. 9, 1939, when mobs were encouraged by the Nazis to break windows of stores and homes of Jews and their synagogues, looting and burning, set off a crisis of refugees trying to flee German held territories. There were far more people trying to leave than there were visas for them from countries willing to receive them.

Between 1938 and 1939, the United Kingdom accepted 10,000 children in the program known as *Kindertransport*. While the U.S. filled its quota of visas, the need was far greater than the quotas permitted. In January of 1939, Sen. Robert Wagner (D-N.Y.) and Rep. Edith Rogers (R-MA) introduced a bill to admit 20,000 Jewish children above the quota into the U.S. Opposition and revisions to the bill, especially from Congress members of the south and west, resulted in the bill not making it to a vote.

Into this desperate moment stepped Gilbert and Eleanor Kraus, a prominent Jewish couple from Philadelphia. He was a successful lawyer. The story of how this determined, principled man was able to use the law to obtain the necessary documents to rescue 50 children from Nazi-held Vienna, Austria, how he and his wife Eleanor did this, showing great courage and tenacity, was the subject of the documentary "50 Children: The Rescue Mission of Mr. and Mrs. Kraus," shown by the Sisterhood at their February meeting.

In January 1939, Louis Levine, president of the Independent Order of B'rith Shalom in Philadelphia, spoke with Gilbert Kraus, requesting his help in saving 50 Jewish children from Nazi Germany. After their discussion Kraus was convinced that something could and should be done and that there was little time in which to do it. He researched the quota system, cross checking the granted visas with the immigration records of who

used them and discovered that many visas were granted, but not all were used — perhaps the individual had received a visa from another country and gone there, or had died, or was too sick, or otherwise unable to emigrate.

He met with Under Secretary of State George Messersmith to confirm his legal opinion that the unused visas could be made available for the 50 children he hoped to rescue. After confirming that they were, he and particularly his wife Eleanor collected affidavits of families willing to sponsor the children and care for them. Messersmith told them they would have to go to the U.S. Consul in Berlin to obtain the needed visas.

Eleanor suggested that their friend Dr. Robert Schless accompany Gilbert, to help with the required paperwork and to assess the children best able to make the journey to the U.S. They faced opposition from groups in the U.S. already attempting rescues as well as from those opposed to admitting any refugees. In April of 1939, Schless and Kraus headed first to England then to Berlin and ultimately to Vienna.

The two began meeting with families with assistance and advice from the Jewish Community in Vienna. The parents of the children had to sign papers indicating their willingness to release their children to the rescue effort. Almost immediately Gilbert felt he needed the assistance of his wife; she arranged for the care of her own two children, and in spite of her concern for the danger of entering Nazi Germany as a Jew, even an American Jew, she went to help with the papers and forms that had to be filled out and filed. By the end of April, they had lined up half of the children for rescue, and by May 20, they had all their arrangements in

order; however, they learned there were no longer available visas in Vienna and that they would have to go to Berlin. They would also need to acquire German passports for the children to leave the German held territory.

On May 21, the parents brought their children for an evening train to Berlin, and with great courage sent their children in hopes that they would survive the war and perhaps be reunited in the future. When they arrived in Berlin, the city was jubilantly celebrating the German-Italian alliance just signed by Joachim von Ribbentrop of Germany and Galeazzo Ciano of Italy, with soldiers and troops marching everywhere. Gilbert went with the children to stay at the Jewish Children's Center, but Eleanor stayed at a hotel. While in the elevator to her room, she was joined by two men she recognized as Ribbentrop and Ciano themselves. She recorded in her diary that after the two had exited the elevator, she could barely move, she was shaking so hard.

The next day, thankfully, all the children were interviewed and given visas at the U.S. Embassy. The German passports were successfully acquired as well. Passage was booked on the *SS President Harding*, scheduled to depart from Hamburg on May 23. They all arrived in New York City on June 3, 1939. This was one of the largest groups of refugees from Nazi Germany to be admitted to the U.S. In many cases these children were the only members of their family to survive the Holocaust. In some cases, the parents successfully emigrated to the U.S., sometimes before the worst of the war, and sometimes after having survived either in hiding or in concentration camps. The Krauses had originally hoped to repeat the operation to rescue more children, but the door to rescue had closed by then.

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Bob's Almanac

By Bob Huber

It's the merry month of May, the true arrival of spring in most people's minds. Spring lambs are gamboling on the green, and in many locations there are special events to celebrate the arrival of a new growing season, such as dancing around the maypole.

No one knows for sure why lambs gambol. It appears they are just having fun. The source of maypole dancing is equally obscure. Historians believe the custom began with ancient Germanic cultures as a spring celebration. Sigmund Freud felt that the dance had a sexual connota-

tion (he would), with the maypole being a phallic symbol around which young maidens danced to promote fertility.

Whatever the reason, most people look forward to May as warmer weather arrives and Mother Earth begins to bring forth her bounty.

Historically, May is also an important month, harboring many events which have illuminated and altered our times. A short list includes

May 4, 1494: Christopher Columbus discovered Jamaica on his second voyage to the New World.

May 6, 1937: the German dirigible Hindenburg crashed and burned in Lakehurst, N.J., killing 36 of the 97 people on board. The tragedy doomed the future of airship travel.

May 8, 1884: Harry S. Truman was born. One of the few American presidents not to have a college education, he was faced with some of the most difficult decisions of his time, including the dropping of the first atomic bomb on Hiroshima.

May 9, 1945: World War II in Europe officially ended.

May 10, 1869: The east coast and west coast of the United States were united by railroad. The final golden spike was driven into place

at a ceremony in Promontory Point, Utah.

May 12, 1607: The first permanent English settlement in the New World was established in Yorktown, Va.

May 15, 1804: The Lewis and Clark expedition opened the upper Midwest to further exploration and eventual settlement.

May 20, 1862: President Lincoln signed the Homestead Act, opening millions of acres of government land for settlement.

May 24, 1844: Telegraph inventor, Samuel Morse, sent the first official telegraph message from the Capitol building in Washington to Baltimore.

May 25, 1787: The first Constitutional Convention took place in Philadelphia with delegates from seven states forming a quorum.

You might not feel like creating an event that would alter our life and times. You might not want to gambol with the lambs or dance around the maypole, but May is a great time to get out of the house and enjoy what the season has to offer. And if you do feel inspired to make your own contribution to the season, why not plant a flower or two? Mother Nature will be pleased and so will your neighbors.

Sound Advice

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

The human response to change

Change is personal. Most anyone can tell you that change is constant. But practically no one will tell you it's easy. Maybe that's because changes don't just happen; they happen to *people*. And when those changes happen to be *us*, we tend to take those life transitions pretty personally. That's all part of

being human.

Here at NJP Associates, we never forget that when change happens in your life, it affects how you feel. And how you feel affects how you think and act. As Certified Financial Transitionists®, we believe it's our responsibility to recognize how the change in your life is affecting you so we can assist you in working through it in the manner and time that are best for you.

Transition Traits: Struggle

What people do when faced with major life changes can be as individual as they are. During times of transition, many people experience challenges that interfere with their readiness to move forward with plans they had made, or their ability to think and act clearly. This could be due to factors such as the quality and amount of energy they have, their mindset about stress, and/or their history of resilience. We call this Transition Struggle, and part of our training with the Financial Transitionist Institute was to learn how to identify and address the most common traits of such struggles. For example:

Jane's story - Overwhelm

Jane's recent divorce has brought lots of changes to her life, and not just financially. After years of being "John's wife," she's now relegated to being "John's ex," an identity she never wanted

(Continued on page 7)

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Sound Advice

(Continued from page 6)

or even imagined. She says she is "stunned by where life has landed [her]," and now, with a heap of once-shared and new responsibilities sitting squarely on her plate, she adds that she feels "overwhelmed" by it all. She's too exhausted by the present to even hope things will improve in the future, and she can't think straight about which items on her seemingly endless to-do list she should tackle first. While the divorce process itself has ended, all that Jane has to work through and decide before she can find a fulfilling new normal is just beginning.

When listening to a client tell their story, we pay careful attention to the words they use. Jane feels "stunned" and "overwhelmed," which by the way is perfectly normal. When a client feels overwhelmed, the most skillful thing to do is to help them sort and prioritize the many things that need attention. It is frequently the case that very little needs to be done immediately and that most things can wait; the client just doesn't realize that. When clients see a one-page list of decisions and actions that need attention now, soon, and later, their overwhelm and confusion decrease and they are able to take whatever time they need to process their experience without feeling pressured about decisions or actions that can easily wait.

Tom's story - Invincibility

Tom's large insurance settlement from an accident a few years ago is finally coming his way. He has chosen to take it as a lump sum and has already spent every penny of the impending windfall "in his head" in a way that includes both unwise purchases and equally unwise financial commitments to various family members and friends. He has no current medical needs as a result of the accident and assumes that he won't in the future. He begins planning a move to a neighborhood that's a step up from where he currently lives and he considers investing in a friend's

start-up. If anyone suggests that maybe Tom should wait until the money materializes and carefully consider what he really wants or might need before committing to anything, he promptly advises them to mind their own business.

Whenever a client engages in "future spending," which is common for people anticipating windfalls, financial and personal ruin aren't far behind. Tom could very well be on the road to destruction because he is feeling invincible. What he needs most is someone to help him articulate why he is doing all of this future spending; determine if any of the things he is doing are actually necessary; and help him manage his expectations for what will happen as a result of the money.

Traits of Transition: Flow

Unlike Jane and Tom, some people embrace even the stressful aspects of transitions as a learning experience or an opportunity for personal transformation. They respond to change with focus, clarity, curiosity, and even enthusiasm, and they listen to and carefully consider all information that can help them make wise decisions. We call this **Transition Flow**, and the most common traits of such flow, as you might imagine, reflect the flip sides struggle. The best part of flow from our perspective is that it can always be enhanced in quality and duration.

Our commitment to you

Our goal is to help you recognize when you are exhibiting Traits of Struggle and to provide you with processes and tools to help you work through your transition. At moments when you are moving smoothly through the transition, we will help you recognize that and sustain it.

Change is constant, and we won't guarantee you it will ever be easy. However, we take an individual and personal approach to guiding you through it, while empowering you with life skills you can use again when that next wave of change inevitably comes rolling your way.

Norman J. Politzner, CFP, a resident of Encore, is a Registered Representative and Investment Adviser Representative

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The Certified Financial Transitionist (CeFT) designation is awarded to those who have completed a 3-part training process composed of a 1-day workshop, core training program (minimum of 24 hours of coursework over a 12 month period) and a 1.5 day exam process including a 2 hour proctored exam, role playing, case essays and more. One must be a CFP® certificand and have 5 years of direct client relationships before they are eligible to take CeFT training. TC100509(0418)1

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

Q: What should I do if the electricity goes out in my manor?

A: The first thing to do is to establish whether or not the power is out in your entire manor. If it is partially out, it could mean that a "GFI" outlet in the kitchen or bathroom may be tripped and might just need to be reset. If your entire manor is without power, it is important for you to call JCP&L. It is also important that every resident contact JCP&L about a power failure because this is the only way JCP&L will know the extent of the outage.

Q: How do members receive copies of their Mutual and RCAI 2017 audits?

A: Copies of the audits are available upon request in Administration in the Village Center. They were not mailed this year in an effort to be "green."

Q: Are dogs allowed to be walked or run on the golf course?

A: No, dogs are not allowed to be walked or run on the golf course or any landscaped area more than three feet from any curb for that matter.

It has been called to my attention that several large dogs have been seen running on the golf course with their owner nearby.

First of all, the golf course is strictly for the play of golf. It is not a park. Allowing a dog to run on the golf course places the dog in danger when golfers are present. A golfer could take a "shot" when it looked clear and not even see or anticipate that a dog is about to run onto the course.

The Community has a huge investment in the golf course and works very hard to keep it in pristine condition. We all know what happens when a dog is allowed to relieve itself on landscaped areas, much less the damage a dog can do when it is running and playing on the turf.

The Mutual documents clearly state that dogs must be leashed at all times and kept under control. Dog owners may not permit a dog to relieve itself on the sidewalks, driveways, flower beds or on any landscaped area more than three feet from any street curb. Also, dog owners are responsible for cleaning up after their dog (s). It does not sound like this dog owner is following any of the rules.

Q: Have you hugged your director today?

A: Most of the Mutual annual meetings and elections were held in April. There are few this month, also. Some directors were running for re-election, some directors decided to retire and there are some new faces. It is a wonderful thing what directors and alternate directors do for our community. They handle matters for your Mutual and RCAI. They give of their time and talents and are dedicated to the community and its future.

In addition to the Mutual annual meetings and elections, the RCAI annual meeting and election will be held on Thursday, May 17 in the Ballroom at 9 a.m. The 54 Mutual directors elect the RCAI president, vice president, secretary, and treasurer. Immediately following the annual meeting, the regularly scheduled monthly meeting of the RCAI Board of Governors will be held. The RCAI annual meeting and election is held in the Ballroom to provide plenty of the room for interested residents to attend.

And most of all, please reach out to your Mutual directors, alternate directors, and RCAI Governors past and present and let them know how much you appreciate what they do for us!

Musings and Memories

By Betty Emmons

By Betty Emmons
It's Spring Again
Winter is gone and spring is here,
With sights and sounds that bring us cheer,
As flowers peek through the silent earth,
They tell their story about rebirth.

The trees come alive and leaves appear,
The birds sing songs,

pleasant to the ear,
White clouds roll by in skies of blue,
Old sights and sounds are ever new.

I have the feeling that comes with spring,
The newness and the joy it brings,
My cares take flight my heart is light,
And beauty abounds to my delight.

Seams

(Continued from page 4)

churches to inform their congregants that attending services bare-legged was permissible, but most women did not like this fashion change. After the war, the market settled down again.

Nylon stockings were available again, although sometimes in limited quantities, after the war. During that period of scarcity, many women began experimenting with various types of leg makeup. Among the products used to stain the skin were coffee, cocoa powder, and gravy browning product. Commercial leg tanning products were also invented,

but all of these methods, homemade and commercial, had limits to their success, as the colors ran off the skin in the rain or stained clothing that touched the skin. Max Factor and Elizabeth Arden jumped on board with some products that were more successful and durable. To add an air of authenticity to their leg makeup, many women, frequently aided by friends, drew seams on their made-up legs with black or brown eyebrow pencil. The return of real stockings to the marketplace diminished the makeup popularity.

More about stockings and other style trends in the June issue of The Rossmoor News.

Ranking 29th Safest City in U.S., Monroe's safety streak continues

Monroe Township continues to climb the ranks as one of the State and nation's top safest cities, according to a recently released survey.

Just last week, the National Council for Home Safety and Security named Monroe the 29th safest city in America.

The professional security

trade association also recognized the Township as the eighth safest city in New Jersey this past February, an improvement from its 2017 standing of 14th.

"If you're wondering why Monroe continues to be singled out as a safe community, look no further than our outstanding police department," said Monroe

Mayor Gerald W. Tamburro. "Between their community outreach and extensive crime prevention and detection programs, our hard-working men and women on the force really deserve the credit, both the rank-and-file members, as well as our leadership. They are a great source of pride, not to mention peace of mind, for the residents of our Township."

To compile its list, the National Council for Home Safety and Security first examined the FBI's most recent uniform crime report, along with a whole host of population data and internal research.

"While our department is incredibly proud of these rankings, we are constantly looking for ways in which we can improve through training, public engagement or preemptive planning," said Monroe Police Chief Michael E. Lloyd. "Our residents are also a part of this equation. As the eyes and ears of this community, they remain one of our most vital resources for preserving public safety."

Eligible municipalities must have a population of 10,000 or greater for inclusion in the survey, according to the National Council's website.

Rosedale, N.Y.

Debra Casper, 605B Winchester Lane, formerly of Brooklyn, N.Y.

Mary Zarconi, 363A Old Nassau Road, formerly of Aberdeen, N.J.

Sam and Kay Rhee, 436A Newport Way, formerly of Monmouth Junction, N.J.

Vincent Tavormina, 484B Revere Way, formerly of Dayton, N.J.

Jeffrey Aliotta, 87B Old Nassau Road, formerly of Brooklyn, N.Y.

Chandulal and Rohinicha Jhavia, 295B Sharon Way, formerly of Monroe Twp., N.J.

Joseph Palone, 489N New Haven Way, formerly of Franklin Park, N.J.

Sharron Pyne, 133A Old Nassau Road, formerly of Old Bridge, N.J.

New Neighbors



By Christina Smith, resident services manager

Joanne Freeley, 356A Northfield Lane, formerly of Hopewell Junction, N.J.

Noel Rosa and Elizabeth Cruz, 57B Fairfield Lane, formerly of Flushing and Kew Gardens, N.Y.

Roy N. McNamara, 640C Yorkshire Lane, formerly of Springfield, N.J.

Daniel Fitzpatrick, 42C Concord Lane, formerly of Rahway, N.J.

Joan Skarzyski, 51N Emerson Lane, formerly of East Windsor, N.J.

Patricia G. Battle, 186N Rossmoor Drive, formerly of



Memorial Day

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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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CULINARY CORNER

By Sidna Mitchell

Meeting with church friends

As our days in warm, sunny Florida were almost over and we made plans to head back to cold New Jersey, Ken and I were able to get together with former church friends, Sonya and Darnell Bacon. We had met with the couple for dinner earlier in the year in Sarasota so this time we decided to meet in our town.

The plan was to give the Bacons a short tour and history of our town, have drinks at our place and then go out to dinner. Ken kept coming up with different ideas including a drive down to Gasparilla Island (Boca Grande). Then he decided that I should fix dinner. Since I always enjoy entertaining — although we had just hosted a St. Patrick's Day party for 24 people in our small place — and I needed a recipe for this column, I agreed.

The entree was "Hurry Curry" that was originally a recipe for shrimp curry. How-

ever, the contributor to the Church Potluck cookbook switched to chicken when her husband became allergic to shrimp. Ah, ha, someone else isn't afraid of substitutions!

Ken liked the dish so much he suggested that I make it when my daughter Meredith

and granddaughter Maggie came down for Easter break. I did that and served it with steamed green beans. They enjoyed it so much Meredith had the leftover chicken curry on an English muffin the next morning.

Here's my version of a simple and delicious recipe.

Chicken Curry

- | | |
|-------------------------------------|--------------------------------|
| 1 tablespoon butter | 1 cup sour cream |
| ¾ teaspoon curry powder | 1-2 cups cooked cubed chicken |
| ½ cup chopped onion | 2 cups rice or one boil-in-bag |
| 10.75 oz. can cream of chicken soup | |

1. Preheat oven to 350 degrees.
2. Melt butter in a large skillet.
3. Add onion and curry powder and sauté until well mixed.
4. Blend in undiluted soup and sour cream.
5. Add cooked chicken and mix well.
6. Pour into greased ovenproof dish; for example, 8"x 8" square.
7. Bake at 350 degrees for 10 minutes.
8. Serve over rice and with condiments such as chutney, peanuts, chopped scallions, and raisins. Serves four.

NOTE: The original recipe called for only a half teaspoon curry powder. That was too mild for us so I put in three-quarters of a teaspoon the second time. You might want even more curry powder depending on your taste.

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

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Clubs and Organizations

Dance Club to hold spring dance

By Judy Perkus

Come to the Ballroom on Saturday, May 26, at 7 p.m. when the Dance Club will celebrate spring. The music will be by DJ Peter Lieberman. We'll enjoy snacks, desserts, coffee, tea and

soda.

The cost is \$8 per member/ \$10 per non-member. Your reservation check is due by May 17.

All Rossmoorites, couples and singles, are welcome.



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Discover who drank beer and ate porridge for breakfast at Women’s Guild Meeting

By Diane England

Okay, have you already guessed who it might have been -- and the reason for this choice of beverage? If you’re thinking your former hung-over college roommate, that isn’t the answer our guest speaker will be sharing. But then, Sidna Mitchell will be discussing colonial cooking at our May meeting which will take place on Thursday, May 17 at 1:30 p.m. in the Ballroom.

In case you don’t know Sidna but her name sounds familiar, it’s probably because you’ve seen her column, *Culinary Corner*, in the Rossmoor News regularly. And frankly, it’s no wonder that our newspaper’s editor was happy to have her step forward and do this. After all, Sidna wrote a weekly cooking column for community newspapers in Morris County for 42 years.

Sidna will tell that not all things our founding fathers and their families chose to prepare and eat will seem that strange. Indeed, they consumed things such as roast beef, roasted chicken, pork pies, fish muddle (stew), baked root vegetables such as potatoes or beets, pea soup, and desserts such as apple pie or berry grunts or crisps. So, we enjoy some of their diet staples to this day. But really, drinking beer for breakfast? Well, this makes more sense when you realize our forefathers were concerned about the safety of the local water, wouldn’t you agree?

At this meeting, not only will you be introduced to some amusing names (such as fish muddle) associated with dishes prepared here in times past, but you’ll be introduced to some of the techniques used to prepare these dishes. Also, Sidna will provide recipes, illustrations, and puzzles relating to colonial cooking for you to view and, in some cases, to take home with you. Oh, and don’t let me forget to tell you that’s she’s going to bring samples of some food from colonial times for you to taste, too. Will it be peanut soup, hoe-cakes and/or snicker-doodles? You’ll just have to come to the meeting and find out.

By the way, at this meeting we’ll be installing the officers and other Board members for our 2018-2019 year. Furthermore, if you haven’t done so, plan to buy your ticket for the June 7 scholarship luncheon at this meeting, too. In case you’ve forgotten, that will be held the Ballroom at noon that day also. Tickets for the hot buffet are \$15. Since we do not expect to have the need for Red Room ticket sales, members who miss this meeting and still

want to purchase one or two tickets should visit Linda Klink in the Community Church office (upstairs in the Meeting House) between 9:30 a.m. and 12:30 p.m. Monday through Friday with your check made out to the Rossmoor Women’s Guild.

We look forward to seeing you at this Guild meeting. Please also plan to attend the National Day of Prayer

(May 3) and Memorial Day (May 28) services this month at 1:30 p.m. in the Meeting House. The Interfaith Council, of which I am a part, will be hosting. Don’t you imagine all three events provide excellent opportunities to remember and honor those from our country’s past who’ve helped us to have the kind of lives we’re blessed to enjoy today?

Players Pastimes



By Sue Archambault

May was a meaningful month for the players. Our program titled Just Music was renamed Just Bill Strecker’s Music this year. Our own beloved Bill Strecker wrote all numbers performed. The programs took place on Thursday, April 19 and Friday, April 20 at 7 p.m. in the Meeting House.

Joe Conti directed the show and emceed the program as well. The Players performed songs from Bill’s recorded CDs and the three shows he wrote for The Players: “Between Engagements,” “It’s News to Us,” and “Over Easy.” Just Music

included solo, duet, and group numbers. While most songs consisted of vocal performances, there were instrumental numbers as well. Included in the program were montage presentations of some highlights of Bill’s life, including family, professional, and Rossmoor happenings. The program was emotional for the performers as well as audience members since Bill was such an integral part of so many facets of our community.

Because of the Memorial Day holiday, there will be no general Players meeting in May.

Italian American Club

By Tony Cardello

The next big social event will be our annual Rossmoor Downs night at the races on Saturday, May 12, starting at 5:30 p.m. in the Ballroom. The trainers have been working hard to prepare the horses that will be running. This has always been a popular and raucous evening with those in attendance cheering the horses

they have wagered on as they race around the track.

The next regular Membership meeting will take place on May 16 at 7 p.m.

Bingo will be played on May 18 at 6:30 p.m. in the Ballroom. We are urging more members to attend as this is how we make our contributions during the year.

Emerald Society’s spring/summer activities

By Joan Avery

President Dan Jolly arranged another trip to Lancaster, Pa., on May 1. This was a special occasion since there were two shows followed by dinner. First, there was a Magic Lantern show then the show at Sights and Sounds. Everyone enjoys these day trips with shows and dinner, too.

There is a trip planned for June 9 to the Dutch Apple Theater, where the show will

be “Grease.” There will also be a dinner included. A fun day of Rock and Roll! The cost is \$82 per person. Sign up soon as there are only nine tickets left.

Dan is also working on a boat trip in July leaving from Wildwood. More information to follow.

Everyone enjoyed Jack and Julie, popular singers, at the April meeting. The May meeting will be on Wednesday, May 24. See you there.



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Saving your medical records

By Alec Aylat

How many times have we wished to check a past medical exam or result from way back when, and then could not recall how many years ago it was, or who the doctor was, or where we were back then?

Would have been smart if we had kept a record in

those days but who thought we would need it again later in life. Now, here we are, getting older, and just when we need to know....Well, maybe we'll recall the time yet. But, lesson learned, start now saving our Medicare and pharmacy histories, and in what better place than on our computers or tablets.

There's an easy way and accurate way to save all your medical information as will be explained by our very own

computer maven Art Segal at the monthly Computer Club meeting, open to all residents, in the Gallery at 10 a.m. on Monday, May 21. Come at 9:30 and you can even have coffee and cake first.

Art also heads the club's Special Interest Group on Photography. Members will exhibit their work in the Gallery during July and August. Art will have accurate information for you on May 21.

LWV celebrates 30 years

By Ruth Banks

Thirty years ago, a small group of women decided to organize a League of Women Voters in Monroe Twp., and today, that League is still active and playing a vital role in the life of this community. Thanks to the foresight and yes, prescience, of these women, today's League can celebrate its 30th Anniversary with a festive brunch on May 20 at the Forsgate Country Club. The brunch will begin at 11 a.m.

Many individuals assisted the League on this journey, and while many of the original founders and community leaders are long gone, the League will honor several individuals at the affair, including Irene Goldberg, the Township librarian; John Katerba, noted local historian and chairman of the Historical Association, and Leslie Koppel, former Council president and currently a county Freeholder. The League will also recognize members who have contributed to the League's success over the years.

Friends of the League and members of the community are invited to attend, especially former League members. Contact Andrea Pellezzi (609-664-2146), Adrienne Fein (609-860-5984), or Ruth Mullen (609-

655-7579) for information and/or reservations. The cost of the brunch is \$25 for members, \$30 for nonmembers.

The second event being planned as part of the celebration is a program and picnic at the Dey Farm on July 8. John Katerba is planning a look back at life in this historic schoolhouse and the teachers, mostly women, who guided and affected the lives of so many township children.

The third activity to mark this special anniversary will be a program at the Library at 1 p.m. on September 25 featuring the life of League founder Carrie Chapman Catt. As a matter of fact, Catt will narrate the entire program. In addition, since Sept. 25 has been designated as National Voter Registration Day, League members will be present to register voters and dispense voting information. The program will be of special interest to the youth of the township to learn about the battle by women to have the right to vote.

Over the years, the League has introduced its members and the public to many of our national and state issues, but its main emphasis has been on local issues such as open space, the environment, programs for the residents such as transportation within and around the township, food assistance to families, educational quality of the school system. League members have tapped into the excellent resources available from township staff and officials to communicate township issues to the membership. The League has worked to preserve and conserve our environment for the future of all our children and grandchildren, to help us all stay healthy, live an energy efficient life, and preserve the quality of our air and water.

The League is a nonpartisan political organization, open to men and women. In addition to the names noted earlier, for further information feel free to also contact: Marsha Rosenbaum, voters' service (609-409-0930); Judy Perkus (609-395-1552); or Ruth Banks (609-655-4791).

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Rossmoor Clubhouse News

May 2018

“ROYAL WEDDING RECEPTION”



Saturday, May 19
7PM...Ballroom...\$10pp
Music by: DJ Mel

Call-in on Thursday, May 3 at 12:15pm to reserve your tickets.
Payments **MUST** be made by Tuesday, May 8.

Wear your sparkly dresses and fancy hats to celebrate the marriage of Prince Harry & Meghan Markle.
Cake will be Served!



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

VETERANS BBQ & FLAG RAISING CEREMONY
Friday, May 18, 12 Noon, Ballroom, \$25pp
Menu includes: hamburgers, hot dogs, fried chicken, baked beans, potato salad, veggie burgers and more...
4 tickets total per manor, including guests and children ages 7 & up.
On sale now!

WINE & DESIGN PAINTING PARTY
Thursday, May 17, 6:30pm, Gallery, \$15pp
Light Refreshments...BYO Beverage
On sale May 1!

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. *Wait List Available*

ATTENTION RESIDENTS

May 1-July 1
MPR WING HVAC RENOVATIONS
Events may be relocated during this time.
We appreciate your patience. Thank you!

EXCURSIONS

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

SANDS CASINO (Bethlehem, Pa)
Tuesday, June 19, \$25pp
Departs Poolside at 9am
On sale May 9!

NEW YORK BOTANICAL GARDENS
Georgia O'Keeffe "Visions of Hawaii" Exhibit
Wednesday, June 13, \$60pp
Lunch & Time on your own on Arthur Ave
Departs Poolside at 8am
On sale now!

"THE BAND'S VISIT" on BROADWAY
Wednesday, June 27, \$148pp includes orchestra seat
Lunch on your own! Departs Poolside at 10am
Wait List Available!

ATTENTION RESIDENTS

All transactions of \$10 & over must be paid by check or credit card as of September 4

TRUNK SALE & SHREDDING PARTY

Saturday, June 2
9am-Noon

Fill the trunk of your car with items you would like to sell. Pull into the Clubhouse lot, open your trunk and you're in business.

US Security will provide the refreshments & shredder.

If you would like to sell items, you **MUST** reserve a spot in the E&R office. The cost is \$5 and you must show vehicle registration to sign-up. Sign-ups begin May 9.

SUNDAY MOVIE LUNCHEON

Sunday, June 24
12:30pm...Ballroom...\$14pp

Menu includes:
Tuna, Egg, Chicken Salads,
Assorted Breads, Harvest Salad,
Chicken Caesar Pasta Salad,
Dessert, Beverage and more...

ON SALE MAY 1



CULTURAL

*Note Room/Time Change for May

AFRICAN HERITAGE GROUP
Saturday, May 5, 3:30pm, Gallery

AVIATION GROUP
2nd Wednesday, 1:30pm, Ballroom
"DC-3"

BOOK DISCUSSION GROUP
2nd Thursday, 3:00pm, Craft*
"Love's Labour's Lost" by Shakespeare

CURRENT EVENTS ROUNDTABLE
Mondays, 10:30am, Craft*

GERMAN AMERICANS
Last Thursday, 1:30pm, Ballroom*

KOREAN AMERICANS
Contact Clubhouse for Info!

LATINO/HISPANIC-AMERICANS
Last Wednesday, 6:00pm, Gallery

POLISH AMERICAN
1st Friday, 1:00pm, Gallery*

RECIPE GROUP
2nd Wednesday, 6:30pm, Gallery*

VETERANS GROUP
Tuesday, May 8, 10am, Ballroom
Be sure to sign up for the BBQ!

WRITERS GROUP
Last Thursday, 10am, Craft*

THE ARTS

*Note Room/Time Change for May

"ALL IN STITCHES" Knit & Crochet Group
Thursdays, 1:30pm, Gallery*

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 May will feature Spring scenes.
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—1pm, 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

*MPR Wing Closed/Use Card Room 2nd Floor

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
Please call the Clubhouse if interested in playing Pinochle.

POKER
Mondays and Fridays.
Contact Dolores Griefff.

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

GET MOVING!

*Note Room/Time Change for May

BALLROOM DANCE LESSONS
Thursdays, 6:30pm, Ballroom*, \$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, Ballroom or Craft*
Call the Clubhouse for information

FITNESS CENTER ORIENTATION
Monday, June 11, 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, Gallery*
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, MH Parlor*
Resident instructor conducts the class. No Charge. Bring floor mat. SPACE LIMITED.

PICKLEBALL NEWS LADDER LEAGUE Tuesday Mornings 8:30am Courts

Come on out and try Pickleball!

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Let us know in the Clubhouse!



SPORTS FUN!

BOCCE
Season begins Monday, May 7.

CORN HOLE
Friday 9am-11am Hawthorn/Terrace

CROQUET
New Players Welcome. Call Betty Anne Clayton.

HIKERS
Saturday, May 12-Manasquan Reservoir
Saturday, May 19-Washington Crossing
Departs 9:30am Poolside
New Hikers Welcome!

PICKLEBALL TOURNAMENT
Saturday, June 9...9am
Come out and support your friends!

SHUFFLEBOARD CLINIC
Wednesday, May 30-Senior/Senior
Tournament. 9am...Courts


TABLE TENNIS (Cancelled May & June)
Tables available Tuesday, Friday, & Saturday 9-11AM. All welcome!

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



MOVIE CORNER

MATT DAMON



"DOWNSIZING"

Starring Matt Damon

Rated R for language and some nudity
130 Minutes
No Charge

Tues., May 8 1:30pm & 7pm Ballroom
Sun., May 13 1:30pm Ballroom

TUESDAY MYSTERY MOVIES
May 1, 15 & 29 at 1:30pm

Movies Subject to Change

COMING ATTRACTIONS

Details TBA

FRIDAY POOL PARTIES
June 15, July 13 & 27, August 10 & 31

KIDS DAY at ROSSMOOR
Monday, August 13

Wednesday, August 15
Medieval Times Trip

Thursday, September 6
River Lady Boat Cruise

LIBRARY ON LOCATION

"NEULAND"

Migrant teens in a Swiss integration class struggle to learn a new language, prepare themselves for employment and reveal their innermost hopes and dreams.

90 Minutes

Wednesday, May 16

1PM...Gallery...No Charge

"THE ISLANDS & THE WHALES"

On the isolated Faroe Islands, the longtime hunting practices of the Faroese are threatened by high mercury levels in the whales, decimated seabird populations, and anti-whaling activists.

60 Minutes

Wednesday, May 23

1PM...Ballroom...No Charge

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

F41

- RCAI Offices Closed on Monday, May 28 in observance of Memorial Day.
- COMCAST Q&A...Tuesday, June 19, 9-11, Ballroom
- CONTACT THE CLUBHOUSE for information regarding events and trips.
- EVENT REMINDERS: Bring Rossmoor ID when purchasing tickets for Clubhouse events. Only two tickets per manor can be purchased. When bringing a guest/non-resident, please provide their full name at the time of ticket purchase. Tickets are non-transferable.
- TRIP REMINDERS: Trips require average physical activity. You should be in good health, able to climb stairs, and walk reasonable distances. Any guest accompanying a Rossmoor resident MUST be at least 18 years of age. Basic information on guests must be provided when tickets are purchased.
- CLUB PRESIDENTS & GROUP REPRESENTATIVES: Channel 26 announcements and room set ups MUST be handed in on the official forms, Forms can be found on the website or in the Clubhouse.
- ROSSMOOR CLUBHOUSE NJ is our official Facebook page. Follow us for Clubhouse updates, ticket sales, and event photos. You just might see yourself having a good time!
- RCAINJ.COM is the official website for Rossmoor. Here you will find everything Rossmoor! Check it out!
- EVENTS & TRIPS are subject to change.

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MAY 2018




Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<div>1</div> <div>1:30pm</div> <div>Mystery Movie-BR</div> <div></div>	<div>2</div>	<div>3</div> <div>9:00am</div> <div>Agenda Committee-VC</div> <div>1:30pm</div> <div>National Day of Prayer Service-MH</div> <div></div>	<div>4</div> <div>7:30pm</div> <div>Music Association-MH</div>	<div>5</div> <div>3:30pm</div> <div>African Heritage Group-GL</div>
<div>6</div> <div>1:00pm</div> <div>Mutual 17 Social-BR</div>	<div>7</div> <div>10:00am</div> <div>Mutual 5-BR</div>	<div>8</div> <div>9:00am</div> <div>*Trip-Tropicana</div> <div>1:30pm & 7:00pm</div> <div>Movie "Downsizing"-BR</div>	<div>9</div> <div>7:00pm</div> <div>Mutual 4-MH</div> <div></div>	<div>10</div> <div>9:00am</div> <div>Committee Meetings-VC</div>	<div>11</div> <div>6:30pm</div> <div>Bingo-BR</div>	<div>12</div> <div>5:30pm</div> <div>Rossmoor Downs-BR</div>
<div>13</div> <div>Mother's Day</div> <div>1:30pm & 7:00pm</div> <div>Movie "Downsizing"-BR</div> <div></div>	<div>14</div> <div>1:00pm</div> <div>Healthcare Lecture-BR</div>	<div>15</div> <div>10:00am</div> <div>New Resident Meeting-VC</div> <div>1:30pm</div> <div>Mystery Movie-BR</div>	<div>16</div> <div>10:00am</div> <div>Mutual 11-VC</div> <div>1:00pm</div> <div>Library on Location-BR (see page 3)</div>	<div>17</div> <div>6:30pm</div> <div>*Wine & Design-GL</div>	<div>18</div> <div>11:00am</div> <div>*Veterans BBQ & Flag Raising-BR</div> <div>6:30pm</div> <div>Bingo-BR</div>	<div>19</div> <div>7:00pm</div> <div>*Royal Wedding Reception-BR</div>
<div>20</div>	<div>21</div> <div>GOLF OUTING</div> <div>10:00am</div> <div>Mutual 7-BR</div>	<div>22</div>	<div>23</div> <div>1:00pm</div> <div>Library on Location-BR (see page 3)</div>	<div>24</div>	<div>25</div>	<div>26</div>
<div>27</div>	<div>28</div> <div>Memorial Day</div> <div>1:30pm</div> <div>Interfaith Memorial Day Service-MH</div> <div></div>	<div>29</div> <div>1:30pm</div> <div>Mystery Movie-BR</div>	<div>30</div>	<div>31</div>	<div>Events or trips marked * require tickets or prior registration</div>	<div>Ticket Sales</div> <div></div>



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 Gyskiewicz



Rossmoor parishioners of St. Cecilia's Church enjoy the traditions of a Seder and learn of their religion's Jewish heritage.



Mayor Gerald Tamburro presented a proclamation to the Rossmoor Jewish Congregation on its 50th anniversary



Golfer waiting to play



Tom Hanlein and Lou Russo prepare to sign eager bocce players



Players Ensemble in rehearsal for the Just Bill Strecker Concert



From left, Norman Politziner, Anita Cooper, and Tom Douglass ham it up in rehearsal for *Just Bill Strecker Concert*.



At the Democratic Club

Democratic Club kicks off on May 14

By Susan Kostbar

Looks like spring has sprung and it's time to begin this year's program. Please

join us on Monday, May 14 at 7 p.m. in the Gallery as the Democratic Club kicks off. We invite you to bring a

friend as we continue to broaden our knowledge of key issues affecting our senior community and find ways

to make an impact.

Please mark your calendars with this year's program dates including

- Monday, May 14, guest speaker, 7-9 p.m. Gallery;
- Monday, June 18, guest speaker, 7-9 p.m. Gallery;
- Monday, Sept. 17, guest speaker, 7-9 p.m. Gallery;
- Tuesday, Oct. 16, bagel rally, 9:30-11 a.m. Ballroom;
- Tuesday, Nov. 27, holiday event with silent auction 7-9 p.m.

We appreciate your participation and invite you to become involved with the Club, including becoming part of leadership, part of a committee, and most importantly, by just coming out and sharing your voice and ideas. Please watch for posts for monthly meetings on the E&R board and join our Facebook group, Rossmoor's Democratic Club, with club photos and information. Have a question? Please contact Susan Kostbar, president, at 609-658-6902 or skostbar@gmail.com.

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By Penny North
Here are the new books that will be arriving in May.

The Fallen by David Baldacci

Football player turned detective, Amos Decker, returns to try to solve the murder of two men in a house across the street from one he is visiting in the small town of Barronville, Pa. Decker and his journalist friend, Alex Johnson, meet constant resistance from local police and other groups.

Need to Know by Karen Carpenter

CIA agent Vivian Miller is assigned to uncover the leaders of Russian sleeper cells in the U. S. After accessing the computer of a

potential Russian agent, she finds a secret dossier of deep-cover agents. Then, suddenly everything she loves is threatened. This first novel has been recommended by James Grisham, the first time that he has ever endorsed another author.

The Rising Sea by Clive Cussler

An alarming rise in the world's sea level sends Kurt Austen and the rest of the NUMA team rushing to the bottom of the East China Sea, where they find evidence of a plan to upset the Pacific balance of power and displace a billion people. The NUMA team must risk everything to head off the coming catastrophe.

(Continued on page 15)



Olga Vinokur, noted pianist, to perform here on May 4

By Gene Horan

Olga Vinokur is an acclaimed pianist on the classical and contemporary music scene. She has gained wide recognition for the strength and consistency of her art-

Rental Library

(Continued from page 14)

All-American Murder by
James Patterson

Aaron Hernandez was a college All-American who became a star for the New England Patriots. Within a period of two years, he was linked to five murders and committed suicide in prison, after his conviction for one of them. Boston University scientists examined Hernandez's brain and found the most severe case of Chronic Traumatic Encephalopathy (CTE) ever found in a young person. This disease would have affected his decision-making and inhibition of rage behavior. CTE is found in people who have suffered repeated head trauma. Patterson investigates Hernandez's life and shocking death.

Alternate Side by Anna Quindlen

Nora Nolan has led a charmed life with her husband, Charles, her job and her tranquil block in the middle of the pressures of New York City. Suddenly one morning, a shocking incident cracks open the tensions hidden in Nora's marriage, her job and her neighborhood.

Twisted Prey by James
Sandford

Lucas Davenport confronts an old nemesis, Taryn Grant, now a U. S. senator. Davenport knows that Grant is a psychopathic killer, but has been unable to prove it. From his position as a federal marshal, he hears rumors of how Grant is using unsavory contacts made from her seat on the Senate Intelligence Committee to kill again.

Shoot First by Stuart Woods

Stone Barrington's round of golf in Key West is interrupted by violence directed at one of his companions, May Harmon, a brilliant businesswoman, who is behind a software start-up. Stone embarks on a quest to protect his new companion, while searching for the mastermind behind the plot against her.

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istry. The New York Times has described her performances as “exquisite” and the BBC Magazine called them “superlative.”

The concert will be held in the Meeting House at 7:30 p.m. on Friday, May 4. Tickets will be available at the door for non-subscribers at a cost of \$15.

International performer

Vinokur has appeared in the United States and internationally as recitalist, with orchestra, and as chamber musician. Major venues have included Carnegie Hall, Alice Tully Hall and Town Hall in New York; The Oriental Art Center in Shanghai; Dvorak Hall and Smetana Hall in Prague; King's Place in London; and many others.

She was a featured artist in the Young Artist Festival in

Russia, the Woodstock Mozart Festival in the United States, the "Music in Galilee" Radio Music Festival in Israel, the Havana Piano Festival in Cuba, as well as at international piano festivals in France and Spain.

“Women of Music”

Vinokur was presented in the film documentary "Women of Music," a classical music series on Bravo TV in Canada, which features interviews and performances with today's top international classical performers. She has been heard on WNYC's "Soundcheck" in New York, BBC in London, the Israeli "Voice of Music" radio station, Czech National Radio, Dutch Radio, National Radio of France and Switzerland, and Russian National Public Radio.

She has appeared as a soloist with the Lambeth Symphony of London, the Prague Philharmonic and Moravian Philharmonic Orchestra of the Czech Republic, La Primavera Chamber Orchestra of Russia, and the Prague Castle Orchestra.

Young Artist Competition

A native of Russia, Vinokur began her piano studies at the age of 6 and at 12 was awarded First Prize in the National Young Artist Piano Competition in Russia. Since then she has been a recipient of numerous awards and prizes.

Vinokur began her studies in Russia. Moving to Israel, she received her Bachelor's Degree and Artist's Diploma with honors from the Rubin Academy of Music in Tel-Aviv University. She pursued

her Master and Doctor of Musical Art Degrees at the Manhattan School of Music in New York.

Musical bonus

As part of the evening's program, Olga's 11-year-old son Dan will be joining his mother in one or more piano pieces.



Olga Vinokur



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SPORTS



Croquet Club begins Season 29

By John N. Craven

April showers bring May flowers and May flowers bring Pilgrims. Spring 2018 brought the opening of Season 29 of the Croquet Club.

The season opened with a members' meeting in the Gallery at noon on April 28, followed by a sumptuous lunch planned by social chairs Ruth Klein and Grace Gambino. Opening Day play followed at 2 p.m. on the court adjacent to the Clubhouse.

Season 29 promises to be a fun-filled for the club members. Every Friday from May 4 to Oct. 26, there is Golf Croquet, followed by "Attitude Adjustment" between 5-8 p.m. Six Wicket

Play with Green Gables is scheduled for Tuesday, June 12, and Golf Croquet with Meadow Lakes on Thursday June 26. The Annual Golf Croquet Tournament will begin Friday Sept. 14. Wrapping up the season is "in-costume" Halloween Play on Oct. 31.

The Club welcomes all residents. Anyone seeking a form of light exercise, the enjoyment of the outdoors, an opportunity to mingle with friends and neighbors and to learn a simple yet challenging game on a professional level playing court, contact Betty Ann Clayton (609) 947-9816. Come join us on the croquet court any Friday afternoon. You'll like it!



9-Holers

By Terre Martin

Our group first gathered on April 3 for a general meeting. We heard good news from our membership chair, Mary Shine, about the Meet and Greet that took place in March. Several women came to learn more about the group and showed interest in taking golf lessons. The first clinic for experienced golfers will be held on May 30. Space is limited, so sign up at the Pro Shop as soon as possible. More information about lessons and clinics will be forthcoming. Women needing "loaner" clubs for lessons should let the Pro Shop (609-655-3182) know. Some of the 9-Holers may have extra clubs that could be made available. If anyone needs to establish a handicap by playing five rounds, several of our members are available to help you. Check our bulletin board in the Pro Shop for names and contact information.

The 9-Holers are also planning to sponsor a lecture and screening by members of the Princeton Health Organization to help golfers assess their swing and the impact that it has on their body. Look for information on Channel 26, in the Rossmoor News, and on flyers in the Clubhouse and Pro Shop.

The first game day was on April 10. A fun Step Away Scramble was followed by lunch at La Capannina. The month of May has its fair share of interesting tournaments too. "Ironing Day," "Blind Holes," and "Pink Ball Day," will keep the games interesting and enjoyable.

Women who would like to learn more about our group can call Mary Shine (609-655-4518) or email her at maryshine1@verizon.net. You can also contact our president, Joyce Cassidy, at (609-

(Continued on page 17)

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Ladies 18-Hole golf league is in full swing

By Arlene McBride

As of this writing, we are awaiting the weather report for the first day of league play to be held on Tuesday, April 10.

There were scheduled tournaments to be played on April 17 and April 24.

The first luncheon/meeting will be held on Tuesday, May 15, after a Scramble tournament is played.

Membership forms can be obtained in the pro shop or from arlenemcbride@comcast.net. We are still recruiting for the season. It's not too late to join us. The league has competitive tournaments planned for the whole season.

Have a safe and happy Memorial Day holiday.

Religious Organizations

Be touched by National Day of Prayer and Memorial Day services

By Diane England

Did you know that every president has signed a National Day of Prayer proclamation since 1952? While Harry Truman was the first to do so, Ronald Reagan signed a law in 1988 that ensured the first Thursday in May would always be a day of national prayer. By then, our leaders recognized that prayer can bring people together — it can promote unity, and indeed, this year's theme is "Pray for America — UNITY."

Our service will take place at 1:30 p.m. in the Meeting House on May 3. Certainly, we hope that you'll join us — embracing the thought that perhaps if enough people come together and concentrate on this one positive idea, a shift might occur that not only will facilitate change in our country, but hopefully will spill out into the rest of the world as well.

The Interfaith Council has planned this service and the service for Memorial Day. In case you're not familiar with this organization, it was founded early on in Rossmoor's history and includes representatives from the Catholic Society, the Jewish Congregation, and the Community Church. While all members take some responsibility for planning these events, the Jewish Congregation is responsible this year for the National Day of Prayer while the Catholic Society will be handling the Memorial Day Service. (The Catholic Society will be responsible for the special

Thanksgiving service.)

Now, let's talk about the Memorial Day Service. Did you attend last year's as well as some of the previous years' programs? If so, you know that last year's program was different. Instead of having a speaker, letters were read that had been written by men who were killed in World War I, World War II, and the Korean War. In addition, a letter was read that had been written by a mother whose son was killed in Vietnam. Hence, it was an emotional program which deeply touched attendees. Therefore, the Community Church representatives intend to have a similar program this year. Of course, new letters will be read by perhaps some new readers, and you can

expect the Rossmoor Chorus to sing some different songs. What should remain the same, however, is just how touching the service will be—and that you'll have the sense that you've come to know the hearts and minds of at least a few of the people you have come to honor because they gave their lives for our country. Therefore, please put Monday, May 28 at 1:30 p.m. in the Meeting House on your calendar now.

We look forward to seeing you at both these services. Furthermore, we pray that all attendees might gain a greater sense of unity here within our own community by having participated in the celebration of these two important events.



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9-Holers

(Continued from page 16)

619-3618) or email her at joyce3205@aol.com.

Alyce Owens told us about a young man and a priest playing on one of our par-3 holes. The young man said he was going to use an 8-iron in hopes of reaching the green. The priest said he would hit "a soft seven and pray." The young man's shot landed on the green, but the priest topped his and only hit it a few yards. That's when the young man said, "I don't know about you, Father, but in my church, when we pray, we keep our head down." Words to live (and pray) by.

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The
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Community Church

May Calendar of Events

- May 1 Conversation of Your Life
 May 3 Women's Guild Board Meeting
 National Day of Prayer
 May 4 Diabetes Seminar
 May 6 Communion Service
 Guest Pastor, Rev. Joanne Petto
 Organist, Kevin Gunia
 May 8 Finance Committee Meeting
 Conversation of Your Life
 May 9 Worship Committee Meeting
 May 11 Diabetes Seminar
 May 13 Church Service
 Preacher, Alyce Owens
 Organist, Kevin Gunia
 May 14 Deacons' Meeting
 May 15 Conversation of Your Life
 May 18 Diabetes Seminar
 May 20 Church Service
 Guest Pastor, Rev. Robin Bacon Hoffman
 Organist, Janet Wilson
 May 21 Council Meeting
 Communications Committee Meeting
 May 22 Conversation of Your Life
 May 25 Diabetes Seminar
 May 27 Church Service
 Guest Pastor, Rev. Joanne Petto
 Organist, Kevin Gunia
 May 28 CHURCH OFFICE IS CLOSED
 Memorial Day Service
 May 29 Conversation of Your Life
 Church services are at 11 a.m. ~ ALL ARE WELCOME!
 Conversation of Your Life meetings are at 6:30 p.m.
 Diabetes seminars are at 9:30 a.m.
 Memorial Day Service, hosted by the Catholic Society, is at 1:30 p.m.
 National Day of Prayer, hosted by the Jewish Congregation is at 1:30 p.m.
 All are welcome to the Memorial Day and National Day of Prayer services.

The Jewish Congregation celebrates its 50th year



The Rossmoor Jewish Congregation held its annual Passover Seder on March 31, the second night of Passover.

By Judy Perkus

The Jewish Congregation has had a very busy spring. The annual Congregation Passover Seder was held in the Ballroom where members and guests enjoyed the holiday meal and participated in the Seder which was led by Cantor Mary Feinsinger.

On April 14, a special Sabbath service in honor of our 50th year was led by Rabbi Lauren Levy and Cantor Mary Feinsinger, followed by a catered luncheon. Among the honored guests were State Senator Linda Greenstein, Mayor Gerald Tambarro and his wife, and Monroe Township Council Vice President Elizabeth (Betty)

Schneider. The senator and the mayor presented congratulatory proclamations.

Our Annual Meeting starts the month of May for us. It will take place on Wednesday, May 9, at 1 p.m. in the Gallery. All members are urged to attend.

Friday night Sabbath services take place at 7:45 p.m. in the Meeting House. On May 11, Sisterhood Sabbath, Sisterhood members will participate in the services and sponsor the Oneg Shabbat. Jeff Albom will be the Torah Reader and Hadassah Aylat will be the Lay Reader. On May 25 the Torah Reader will be Bob Kolker and Jeff Albom will be the Lay

Reader. Our cantor is Mary Feinsinger. All Rossmoorites are welcome.

Yizkor (memorial) services for Shavuoth, led by Jeff Albom, will be held on Monday, May 21 at 10:30 a.m. in the Meeting House.

In addition, the Congregation will host the National Day of Prayer on Thursday, May 3 at 1:30 p.m. This event is under the auspices of the Interfaith Council.

Save the date for our annual Independence Day barbecue on Wednesday, the Fourth of July. All Rossmoorites are invited. Space is limited.



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Catholic Society schedules Mass for Thursday, May 17

By Gene Horan

The monthly Mass of the Catholic Society will be held in the Meeting House at 7 p.m. on Thursday, May 17. The Mass will be in memory of the late Grace O'Hare, longtime resident who passed away on March 12. Grace was a past president of the Catholic Society and active in many other organizations. The celebrant will be Father John Primich, Grace's great-nephew.

Refreshments and fellowship will follow the Mass.

The following activities are also 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, May 15.
- The Prayer Shawl

Ministry will meet in the Craft Room of the Clubhouse at 1:30 p.m. on Thursday, May 3, and Thursday, May 17.

- Two short films on the Shroud of Turin will be shown in the Gallery of the Clubhouse on Friday, May 25, at 1:30 p.m. See separate article in this issue for more information.

- The Catholic Society Council will meet in the Meeting House Parlor on Tuesday, May 15, at 1:30 p.m. All are invited to attend.

Two short films on the Shroud of Turin

By Gene Horan

Two half-hour films on the Shroud of Turin, "The Man of the Shroud" and "Unlocking the Secrets of the Shroud" are being aired by the Catholic Society this month.

"The Man of the Shroud" is narrated by Rev. Eamon Kelly, Vice Charge of the Pontifical Institute in Jerusalem. Backed by scientific and historical evidence, Father Kelly provides viewers with a deeper understanding of the sacred linen and, through it, the tapestry of Christ's passion, death and resurrection. His narrative on the history of the shroud is fascinating.

The film "Unlocking the Se-

(Continued on page 19)

Rossmoor Resident Telephone Directory

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Ingrid Bergman as Golda Meir

By Hadassah Aylat

In her final, award-winning appearance, legendary Ingrid Bergman portrays one of the most formidable women in history, Golda Meir. Growing up on the streets of Milwaukee, Wis., Golda harbored an incredible dream. She wanted the Jewish people to have a new (old) home. Her arduous journey first led to a dusty cooperative farm in Palestine and from then on, she struggled to establish the nation of Israel.

Through hardship, through war, then endless sacrifices, Golda survived it all to become Israel's female prime minister. Her incredible story

will be shown on May 14 at 1:30 p.m. in the Gallery at the next meeting of the Sisterhood. Due to the length of the film, we can only show Part I of this saga; the remainder of this exciting story to be unfolded at a later meeting. All residents are invited.

Our usual delicious desserts will be provided. Remember to bring non-perishable food for the Food Pantry.

The May 11 Friday night Sabbath service will be sponsored by the Sisterhood with several members participating, and also providing the Oneg Shabbat refreshments.



Ingrid Bergman as Golda Meir

All is well

By Dierdre Thomson

It was a Thursday and I made it to my camp in the Poconos with no problems. Traffic was light and the weather was good. I unloaded the car, started my wood stove for the ambiance and sat in my favorite chair with my feet up ready for a relaxing long weekend. It was relaxing until it was time for bed on the first night. As I turned on the light in the main bathroom I heard a soft pop and the light blinked and went out. Then I noticed the lights were out in the main bedroom, small bathroom, and the small bedroom. I also realized I was no longer hearing the music station on my TV. I discovered that all the ceiling lights were out as well as the furnace. All the outlets, save one, were out

the whole length of one side of my cabin. The one working outlet on that side was, fortunately, the one for my refrigerator and microwave.

I checked my electric panel and flipped the lever that had tripped back to "on." It immediately tripped back to "off." After three tries it stayed at "on" but the electricity did not come back on. As most of you know by now I have to use a CPAP machine because I have sleep apnea. At least this time the machine was working, just not in the bedroom. Out to the living room I went and put a couple

of logs in the wood stove, hooked up my CPAP machine on the good side of the cabin, and relaxed in my chair with my feet up and actually managed to get some sleep.

I am now waiting for office hours to call the electrician to bring the new part and replace the old one. All is well. I even hooked up the television to a heavy-duty extension cord, and just discovered I still have hot water. As I write this I look out the window and see a beautiful light snow, and I have an article for the Rossmoor News.

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

Shroud of Turin

(Continued from page 18)

crets of the Shroud" is based on the book of the same name by Gilbert R. Lavoie, M.D.

Dr. Lavoie has spent many years working with leading authorities to study the extraordinary burial cloth and its medical, scientific and scriptural implications.

Stephen Camer, Chief of Surgery at New England Baptist Hospital, calls Dr. Lavoie's book "one of the most important of the 20th Century."

The free showing will be held in the Gallery at 1:30 p.m. on Friday, May 25. Coffee, tea and light refreshments will be available. All Rossmoorites are most welcome.

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In Memoriam

Lilian Barbuti

Lilian Barbuti, a seven-year resident of Rossmoor, passed away March 6. Here at Rossmoor Lilian left behind a wide circle of friends who dearly miss her lively spirit, larger than life enthusiasm which she displayed with a magnificent British accent no one could refuse. As a member of the Women's Guild, the Italian American Club, New Jersey Club and other groups, Lilian could always be counted on to attend and assist. Lilian loved to meet new people, see new sights and she was a frequent traveler with E&R excursions. She attended movie luncheons, concerts, holiday celebrations and parties. Her lively companionship will be missed by her many friends.

Having come to New York with her family from her home in London, England, Lilian left behind a career with the off shore radio broadcasting industry and as an administrator for the Sick Children's Trust, a home-away-from-home charitable organization with many houses throughout Britain. Lilian is survived by her three children Emma, Monica and Mario and two nieces and nephews.

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HEALTH CARE CENTER NEWS**Essential tremors**By Kaytie Olshefski,
BSN, RN-BC

Benign essential tremor is one of the more common tremors and is referred to as essential tremors. It is a brain disorder that causes unintentional, involuntary, and uncontrollable shaking most commonly noted in the hands and arms. In the United States there are seven million people who have essential tremors, according to the journal of Tremor and Other Hyperkinetic Movements. These tremors can range from mild to severe. Tremors may occur at any age, but are primarily seen in older adults. These tremors are not part of aging. They are not life threatening, but the tremors can be embarrassing and disabling. The tremors can interfere with one's activities of daily living (ADL). There are diseases that are associated with tremors, such as Parkinson's disease, multiple sclerosis, stroke, traumatic brain injury, and neurodegenerative diseases. Tremors affect men and women equally.

There is no exact cause for essential tremors, but researchers know there are changes within certain areas of the brain that trigger the tremors. There are some related factors that may induce essential tremors. Certain medications such as asthma drugs, corticosteroids, caffeine, and certain psychiatric and neurological drugs can cause tremors. Essential tremors may be brought on by alcohol abuse or withdrawal, an overactive thyroid, liver or kidney failure, and anxiety or panic.

There are two types of tremors. Action tremors appear when there is a voluntary movement of a muscle as when a person is trying to do something. Action tremors may be seen when eating, moving one's hand to take something or walking. Rest tremors occur when the muscles are at rest, such as when sitting and the person's hands and fingers are trembling.

A symptom of essential tremors is shaking of the hands and arms whether it is a rest or action tremor. Tremors may occur on both sides of the body or it is more often noted in the dominant hand. Tremors may also affect a person's head and neck where their head will either shake up and down or side to side. On the face, there may be a twitch as in the eyelids. When speaking, the person's voice may sound shaky or quiver. Tremors may be noted when someone is walking. It has been noted there are factors that aggravate tremors, including increased emotional stress, fatigue, hunger, fever, physical exhaustion, low blood sugar, drinking caffeinated beverages, and smoking cigarettes.

Risk factors include being over the age of 40. A familial tremor occurs when there is a family history of essential tremors, and the offspring has a 50% chance of developing this condition. As a person ages, the frequency of tremors may decrease, but the severity may increase. The person may have more difficulty in doing ADLs, as in drinking from a glass and may fall more frequently.

Essential tremors are diagnosed by your physician, who performs a physical and neurological exam and takes a medical history. There is no specific blood test to diagnose essential tremor, but tests are run to rule out specific diseases such as an overactive thyroid. He/she may order a CAT scan or MRI to rule out any underlying disease process.

There is no cure for essential tremors but the goal of treatment is to provide relief of symptoms that in turn will improve a person's quality of life. A variety of treatment options are available to manage symptoms. The first treatment option may be medications. An example would be beta-blocking drugs, anti-seizure medications, tranquilizers, and Parkinson's disease medications.

Physical therapy may be ordered to do exercises to improve muscle control, functioning, strength, balance, and to prevent falling. Botox injections are another treatment for hand tremors. Botox injections help to minimize shaking. When all other treatments fail, surgery and focused high intensity ultrasound may be an option. There is deep brain stimulation and stereotactic radiosurgery. It has been noted that a small amount of alcohol may improve tremors for some people, but researchers do not quite understand why this mechanism improves tremors.

Just as a side note, there have been prominent and famous people who have had essential tremors: Samuel Adams, who was one of the signers of the Declaration of Independence; Robert C. Byrd, a former U.S. Senator; Katharine Hepburn, an actress; Sandra O'Connor, Supreme Court Justice; Eugene O'Neill, an American playwright; and Charles Schultz, writer, illustrator, and creator of the "Peanuts" cartoon.

In our lecture series from Saint Peter's University Hospital, Dr. Sang Song, a physician, who has office hours Monday afternoons on the doctor's side of the Health Care Center, will speak on "Alternative Treatments for Pain" on Monday, May 14 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.

Mark your calendar: our Health Fair will be on Friday, June 8. This year we are doing something different. We are going to have hourly gift basket raffles. Some of the screenings will be for bone density, sun damage, hearing, blood sugars, blood pressure, and massage. There will be information from the Veterans Administration, SHIP, eye health, pharmacist, podiatrist, dentist and more. We hope to see you there.



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Your Garden

By Mel Moss

Gazania

Many well known annuals can give a lot of color to your summer landscape. But there is one that you might not be aware of, and that you might like to try. It is called Gazania. Its common name is African Daisy, or Treasure Flower. It is in the family Asteraceae and was named after the 15th century Greek-Italian scholar Theodorus Gaza.

This plant was found many years ago growing on the rocky cliffs of South Africa, in soil with very low fertility and moisture. The flowers were daisy-like and mostly in yellow or orange shades.

Since their discovery, horticulturists and plant breeders have come up with many different varieties of this plant. Today we have varieties that are a clear yellow or orange, or a mixture of red and white with a disc halo, bronze, orange, pink in mixture combinations, yellow with mahogany stripes, and many more combinations. Normally the leaves are a leathery olive green color, but there is a series called Talent that has a silvery colored leaf.

The flowers are daisy-like and range in size from 1-1/2 to 4-1/2 inches across. They start blooming in late spring and go well into summer. The flowers close at night and will also close during the day if there is a period of time with no sunlight directly on them, or if it is cloudy. So they should be planted in an area that gets a lot of sunlight.

The plants will bloom better and longer if the old spent flowers are deadheaded. They have virtually no disease or insect problems. Occasionally aphids may find them, but they are easily controlled.

When planting young seedlings of Gazania, keep them well watered. Once their root systems are established, back off on watering because our soils here in Rossmoor are heavy and tend to hold more water than those plants might want.

I have a seed catalogue that lists over 50 different varieties. I'll give you a partial list to give you an idea of the colors and combinations of colors that are available since the discovery of the original plants in South Af-

rica. Most of the varieties fall into an 8 to 12-inch height range and about the same width. The flowers, depending on the variety, will range anywhere from 2 to 4-1/2 inches across.

Big Kiss Series – five varieties:

Red

White flame, with white rose stripes

Yellow, with contrasting eye

Yellow, with mahogany stripes, and

Mixed, a blend of the four varieties.

MAINTENANCE DEPARTMENT

By Dave Salter

Carport cleaning

The schedule for carport cleaning will be posted daily on Channel 26. Signs will be posted in the areas 24 hours before the scheduled date for carport cleaning. There will be no parking on the lanes during carport cleaning. Administration, E&R and Maintenance will have the schedule, so just give us a call.

Maintenance 655-2121,
Administration 655-1000,
E&R 655-3232.

A/C servicing

It's time to have your air conditioner serviced. Please call our office to be put on the list.

Condo (except Mutual 4)

\$40. plus tax (per unit)

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 included in the price).

Yellow stake and yellow ribbon procedure

Many homeowners enjoy

gardening and take pride in maintaining their own three-foot bed 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. The exterminator is here every Tuesday. We will have the exterminator treat if applicable.

PTE

Just a reminder for those of you who work or have busy schedules — a homeowner can give the Maintenance Department permission to enter to do work in his or her manor. We can use a key kept at the North gate.

Free estimates

Call today for your free estimate on attic insulation, window replacement and ceramic tile insulation.

A Message from High Tech Landscapes, Inc.

By Jeff Voss

Weather pending for all operations.

- We have completed bed edging throughout the community.
- Mowing has started.
- All driveways, sidewalks, and curb lines were edged in April and we will continue this monthly.
- The next round of fertilization will start end of May/early June. This will be a liquid application of broadleaf weed control with crabgrass preventer, using an herbicide with a high potassium formula that will provide broadleaf weed control in warmer weather and a granular application of fertilizer.
- Carport cleaning will start this month.
- Summer flowers will be planted later in the month.
- 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 (609-655-5134). Please leave your phone number!

Please tune to Channel 26 for any new updates.

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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Calendar of Events for Monroe Township Public Library

The Great Courses:

America in the Gilded Age

Tuesdays, May 1, 8, 15 & 22 at 1 p.m. Brush up on your US history in this 12-part series.

May 1: New Immigrants & Big Cities: The Underbelly Revealed

May 8: Popular Culture: Jazz, Modern Art, Movies & New Technology

May 15: 1892 Homestead Strike & Morals and Manners: Middle Class

May 22: Mrs. Vanderbilt's Gala Ball & Populist Revolt:

Grangers and Coxe

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

Sit-N-Stitch

Fridays, May 4 and 18 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, May 4 at 11 a.m. A workshop and reading group for all ages. Please bring 10 copies of your work. Registration is not required.

Current Events Discussion Group

Saturday, May 5 at 10:30 a.m. Enjoy a discussion about the latest in global and domestic affairs. Light refreshments provided. Register at the Welcome Desk.

Short Story Discussion Group

Wednesday, May 9 at 11 a.m. Leah Wagner moderates a discussion about *100 Years of the Best American Short Stories*. This month we will discuss "Helping" by Robert Stone and "Displacement" by David Wong Louie. Register and reserve your copy at the Welcome Desk.

Genealogy Club

Wednesday, May 9 at 1:30 p.m. Beginner and experienced genealogists are welcome. Registration is not required.

International Film

Thursday, May 10 at 2 p.m. 2016 Iranian Drama/Thriller While both participat-

ing in a production of "Death of a Salesman," a teacher's wife is assaulted in her new home, which leaves him determined to find the perpetrator over his wife's traumatized objections. Rated PG-13, 2h, 4m. Tickets are \$1.00 and are available at the Circulation Desk and at the door before each showing. Registration is not required.

Friday Afternoon Movie

May 11 at 2 p.m. Crime/Drama A mother personally challenges the local authorities to solve her daughter's murder when they fail to catch the culprit. Rated R, 1h, 55m.

May 18 at 2 p.m. Biography, Drama, History A cover-up that spanned four U.S. Presidents pushed the country's first female newspaper publisher and a hard-driving editor to join an unprecedented battle between the press and the government. Meryl Streep and Tom Hanks star. Rated PG-13, 1h, 56m.

Movies are free. Registration is not required.

POV Summer Film Series

Saturday, May 12 at 1 p.m. This is the first of our POV Summer Film Series. Films are presented in collaboration with the award-winning documentary series P.O.V. (www.pbs.org/pov). Registration is not required.

Long Term Care Costs Seminar

Wednesday, May 16 at 2 p.m. Did you know that 74% of people aged 65 and over will need long-term care in their lifetimes. Long-term care specialists **Rosemary Daniels** and **Robert Handfuss** will discuss what's covered by Medicare and Medicaid, compare the cost of in-home vs. in-facility care costs in New Jersey, etc. Register at the Welcome Desk.

Aromatherapy & Using Essential Oils Safely

Wednesday, May 23 from 1 p.m. to 3 p.m. Robin B. Kessler, Certified Aromatherapist, will discuss the dos, don'ts and how-tos of aromatherapy and essential oils and their safe use. Free raffle! Register at the Welcome Desk.

Best of Broadway

Thursday, May 24 at 2 p.m. Vocalist Jim Schubert with piano accompanist Jeffrey Uhlig will perform Broadway's best music. Registration is not required.

All events are open to the public.

www.monroetwplibrary.org

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From the Mayor

*By Gerald W. Tamburro,
Mayor of Monroe Township*

A Library worth reading about in Monroe Township

When was the last time you visited the Monroe Township Library? If it's been awhile, I urge you to seek out the crown jewel of our Township.

By far, our greatest asset at the library is our staff, a group of incredibly attentive, bright and educated individuals, who continue to push the envelope with their diversity in programming.

One of those staff members, Assistant Director Leah Wagner, is so highly regarded that she was recently elected president of the New Jersey Library Association. Beginning this summer, she will represent our Township around the State at conferences and through legislative advocacy, continuing education and other duties required by the post.

While our library maintains traditional quiet spaces, it's more recently evolved into a bustling social hub of seniors, students, young children and families.

There's a little something for everyone, including a wonderful selection of programming for adults, some of which, I'm happy to report, is specifically geared toward seniors.

Their ongoing tech express program is helping patrons navigate computers, laptops, smartphones and other electronic devices by offering one-on-one assistance with online features like social media, email, search engines, software, e-books and even resumes and applications.

The library's museum pass program provides free entrance to 20 of the region's most popular attractions, whether you're looking to visit Jenkinson's Aquarium,

the Guggenheim or Battleship New Jersey.

With a constant rotation of guest speakers, musical performances and displays, you can saunter through their spacious location any day of the week and discover a new point of interest or a hobby.

But if by chance, you can't make it out to our library, I've got great news: they'll bring their services to you.

Our library employees routinely make the rounds at our senior communities, organizing and leading presentations and discussions on historical topics and current events at many of your clubhouses.

You may have also caught a glimpse of our bookmobile, a mobile library that regularly frequents off-site locations like Gables Plaza, the Chelsea at Forsgate and the first-aid building on Monmouth Road, among dozens of other destinations.

With the at-home program, our staff also makes door-to-door deliveries to residents who, for medical reasons, are unable to access their services, allowing patrons to exchange and request materials every three weeks.

In recent months, they've also launched a mail-in service, by which you can have them mail material to your residence, an amenity paid for by their extremely supportive fundraising arm, Friends of the Library.

But don't take my word for it. Stop in to see for yourself all the happenings at our library during their operating hours. You may call 732-521-5000 or visit their website at www.monroetwplibrary.org. I promise you won't be disappointed.

Senior Center Highlights

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

Advance registration is recommended. 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, May 4, at 10 a.m., join Linda (The Gardens at Monroe) and Sheli (Caring Connections) as they present, *"The Guide to the Second Half of Your Life"*, with speaker Fiona Van Dyck, Esq., of Van Dyck Law. This interactive presentation focuses on elder law issues, life care options, and how caring professionals can help insure a better quality of life as you age.

Judy's Meditation: On Monday, May 21, at 2 p.m., Judy Kalman returns to provide her silent meditation

session to promote calm and tranquility. Space limited.

Drivers' Safety: On Tuesday, May 29, at 8:45 a.m., enhance your driving skills by taking this AARP-sponsored class. Course Fee: \$15 (AARP member); \$20 (non-member). For space availability, contact Rosanna.

LAUGHS, LYRICS, & LECTURES Register in Advance

Merchant of Venice: On Monday, May 7, at 2 p.m., and on Tuesday, May 8, at 1 p.m., join Shirley Reich as she explores the work of Shakespeare during this two-part presentation. **On Monday,** Shirley looks at the plot, characters, literary style, social issues, and interesting quotes. **Then, on Tuesday,**

(Continued on page 23)

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

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

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REAL ESTATE HELP WANTED – Experienced realtors-agents or referral agents, come join our team at PublicTrust Realty Group., 1 Rossmoor Drive. For details contact: camille@publictrustrealestate.com

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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.

MATURE RELIABLE HOME-MAKER looking for work. References. Call days (609) 642-8514.

CARING ELDER CARE – We will help you with personal and household tasks. Call for a free consultation. We're experienced and caring. Elizabeth (646) 413-0813.

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.

House Cleaning

SUSANA'S CLEANING SERVICE – 2 bedroom/2 bath condo, \$65 and up. Experienced. Professional house cleaning. Quality work. References available. (732) 393-2546.

TINA'S CLEANING SERVICE – Free estimate. Great references. Call at (732) 554-9311.

QUALITY HOUSE CLEANING – Experienced and reliable, trustworthy and respectful. References available. Call (609) 858-4296.

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

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

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



Senior Center

(Continued from page 22)

Shirley guides you through the film, with a star-studded performance by Al Pacino, while bringing Monday's discussion to light. When registering in advance, members will be automatically enrolled in both program dates.

Berlin is Music: On Friday, May 11, at 1:30 p.m., join Marty Schneit as he looks at the life and music of Irving Berlin, an "American Institution," during this illustrated talk. Marty discusses how this immigrant from Russia became the classic "rags to riches" story and shares many of his popular songs.

David Aaron Presents: On Monday, May 14, at 1:30 p.m., we welcome back David as he provides an enlightening look at Luciano Pavarotti, his life and his musical triumphs.

Thomas Elefant Presents: On Tuesday, May 15, and Wednesday, May 16, at 1:30 p.m., Thomas pays tribute to Frank Sinatra by enhancing your appreciation of Sinatra's unsurpassed artistry and examining his different stages of development, from young talent to legend.

Spring Fling with Fiesta Zing: On Friday, May 18, with doors opening at 11:30 a.m., join us for our fiesta featuring lively music with DJ MEL and a plentiful fajita/taco bar with all the fixings, dessert, and beverages. Sombreros and door prizes made possible by The Gardens at Monroe. To reserve seats for this limited ticket engagement, all names, phone numbers and payments of each member in your party must be submitted when registering, in-person, in advance. No refunds after May 10. Tickets: \$15 p.p.

Knocking on Heavens Door: On Monday, May 21, at 2 p.m., we welcome Leslie Lagani, Medium/Intuitive, as she uses her spiritual abilities to open the veil to the other side. There will also be a Q&A session where concerns about the afterlife, mediumship, etc., can be addressed.

Michael & Ted: On Tuesday, May 22, 2 p.m., join our friends from WWFM's The Classical Network, for an interesting look at the accomplishments of John Kander and Fred Ebb, who made magical music together from material specifically written for Liza Minnelli to their wonderful musicals like *Cabaret* and *Chicago*.

For the Thrill of It: On Thursday, May 24 and 31, 1:30 p.m., join Julian Davis for this 2-part lecture as he relives the true story of a murder committed in 1924 Chicago, that shocked the nation. With elements of privilege and the 1920's backdrop, find out how Clarence Darrow, Esq., aimed to save the defendants/students from the death penalty. When registering in advance, you will be automatically enrolled in both dates.

Jerry's Travels: On Fri-

day, May 25, 1:30 p.m., Jerry takes us on a 4-part journey through America. During this EYES ON AMERICA experience, sit back and enjoy the jewels of our nation:

Movie Classic: On Tuesday, May 29, at 1 p.m., enjoy our featured, musical classic: OKLAHOMA, starring Shirley Jones. Register in advance.

MUSIC BINGO: On Wednesday, May 30, at 1:30 p.m., join Tara as she brings this special, musical twist to the game of BINGO. Join us for this fun afternoon to socialize and win prizes. Ticket: \$3 p.p., due upon registering in-person, in advance. No refunds after May 23.

ARTISTICALLY SPEAKING

Experienced Transparent Watercolor: Starting on Wednesday, May 16, at 10 a.m., join Joanne, for this 6-session class for intermediate-to-experienced watercolor artists that encourages experimentation with scale, subject matter and formats with a variety of techniques and painting surfaces. Registration Fee: \$60 p.p., due in-person, in advance. An additional \$10 for course materials. Please bring your supplies and photocopies of subject material. A list of additional materials will be provided. (Last Class: 6/20.)

Introduction to Transparent Watercolor: Starting on Wednesday, May 16, at 1 p.m., join Joanne, for this 6-session class for beginners with no-to-basic experience. Registration Fee: \$60 p.p., due in-person, in advance. Please bring your supplies that you currently use. No supplies? Learn about the required materials on the first day. An additional \$10 will be paid directly to the instructor for handout materials. Space limited. (Last Class: 6/20.)

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Get Back the Active lifestyle you Have Always Enjoyed!

SAY GOODBYE TO BACK AND LEG PAIN... WITHOUT SURGERY!

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

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

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

BACK PAIN: CAUSES AND COPING

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

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

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

A NEW HOPE FOR LASTING PAIN RELIEF

We at AllCure Medicine are here to tell you that the answer is YES! Our integrated treatment program offers effective non-surgical relief for back pain. In fact, we have helped thousands of back pain sufferers just like you get rid of their back pain and return to a higher quality of life since 2002.

After years of study, training and trials, we have developed a mode of care incorporating a combination of advanced FDA-cleared treatments with breakthrough technology that aids in the restoration, stabilization, and relief of your specific condition. The options are non-surgical, provided under one roof and covered by most insurances, including Medicare. Healing effects can be felt on the first few visits.

SPINAL DECOMPRESSION: FDA-APPROVED, NON-SURGICAL RELIEF FOR BACK PAIN

Spinal decompression therapy can be used to treat disc bulges and herniations, disc degeneration, sciatica, spinal stenosis, arthritis, facet syndrome, and chronic pain in the low back. This type of treatment employs a motorized traction machine that gently stretches the spine, relieving pressure that builds up on the discs and nerves. By creating negative pressure within the disc, referred to as *negative intradiscal pressure*, a vacuum is formed, drawing the bulging and herniated disc material back into the disc space, relieving pressure. Over time, this may cause bulging or herniated disks to retract, taking pressure off the nerves and other structures in your spine, which helps promote movement of water, oxygen, and nutrient-rich fluids into the disks so they can heal. This process of non-surgical decompression allows the body to heal itself naturally.

VAX-D SPINAL DECOMPRESSION

There are many types of decompression machines available today. At AllCure Medicine you will find the latest medical technology, including Vax-D Non-Surgical Spinal Decompression. Vax-D's state-of-the-art decompression tables have been successfully operating for over 25 years throughout the world and is one of the FDA-cleared technologies available at AllCure Medicine. More than 3,000 patients a day receive this treatment in the U.S. alone. Numerous clinical studies are available for review at www.vax-d.com.

In addition to Vax-D, we employ a variety of other wellness modalities as part of our integrated back pain treatment program:

- **Acupuncture** - Through clinical trials, acupuncture has been proven effective in treating various medical conditions, including back and neck pain, and has been expanded into conventional medicine practices throughout the world.
- **Physical Therapy** - A traditional treatment methodology aimed at the treatment and curing of certain ailments common to patients suffering with chronic or severe pain. Its primary aim is to bring back the patient to his/her normal self, free of any pain or suffering.



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