



Rossmoor IN News



VOLUME 59 / No. 6

Monroe Township, New Jersey

JUNE 2023

Mayor Dalina Introduces 2023 Municipal Budget with no tax increase



Mayor Steve Dalina

At the May 1 Township Council meeting, Monroe Mayor Stephen Dalina introduced a 2023 municipal budget that keeps the municipal tax rate flat at \$0.489 per \$100 assessed value, the same rate as 2022.

This would be the third consecutive year without an

increase to the municipal tax rate and continues Mayor Dalina's focus on affordability, property tax relief, and ensuring Monroe remains with the second lowest overall effective tax rate in Middlesex County for the coming year.

A public hearing was held on May 31. As part of the new spending plan, residential water and sewer rates will remain flat and continue to be among the lowest in the entire region.

"With growing inflation and ongoing economic uncertainty, many residents including myself have had to tighten their belts, and my job as mayor is to do the same to keep our community affordable," Mayor Dalina said. "This is my third budget as your mayor, and our team has worked very hard to de-

velop a responsible budget proposal that continues to provide excellent services but keeps municipal taxes flat at .489 per \$100."

Among the factors that led to a flat tax rate are:

Successful contract negotiations with all Township unions resulting in important, mutually agreeable, health care changes and savings. The township's health care expense line item is a 0% increase in the 2023 budget, compared with other towns in the state health care plan that increased approximately 23%.

Mayor Dalina expressed "a big thank you to our unions and all employees who worked together this past year to make this savings happen."

With a strong AA+ bond rating, the Township has refinanced much of existing debt over the past few years, saving several million dollars. As a result, debt service is down again in 2023.

The Township once again aggressively pursued federal CARES Act funding, American Recovery Act funding, as well as State grant funding, which has helped keep tax rates flat.

Monroe has also expanded shared services efforts. Last year was the first full year as part of the county-wide radio system network, which has significantly reduced both the capital and operating expenses compared to managing its own radio network.

Commercial ratables continue to be added, thus stabilizing residential municipal taxes for future years.

"Monroe residents deserve credit for our budget success," Mayor Dalina said.

"Despite the challenges many of our residents faced these three years, remarkably, the township again achieved a more than 99% tax collection rate, which helps keep taxes low and stable. I would also like to thank the Township Council for their partnership in managing this and previous Township budgets, as the municipality remains on solid financial footing."



Charging stations have been installed in the main Clubhouse parking lot near the pool and golf course.

Electric vehicle charging stations opened on Earth Day

By General Manager Tom Curry

Rossmoor has installed four electric vehicle (EV) charging stations in the Clubhouse parking lot adjacent to the pool and shuffleboard courts. The first day of service was Earth Day, April 2.

The stations are operated through the ChargePoint System. Drivers can either use their app or they can tap their credit card at the station. The stations are level two stations, which add about 25 miles of range per hour (RPH) of charge.

The station's fee is \$0.25

per kWh. Maximum charging time is four hours. Beyond that, there will be an additional charge of \$5 per hour.

ChargePoint will notify drivers through their app when the charge time is about to be exceeded. Once a car is fully charged, the driver will receive a notice to disconnect and move, or there will be an additional \$5 per hour charge.

Your questions about ChargePoint and our station can be answered by clicking on the following link: <https://www.chargepoint.com/drivers/support-faq>

Please also consult the additional article that follows in this issue. It will provide more information about charging stations.



Tree blossoms in Rossmoor

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Oops!

Anticipating summer warmth, the Rossmoor News printed Pool Rules on page 18 of the May issue. Alas, this was the earlier pre-Covid version which, in Section 9, permitted residents and their guests to enjoy the water.

Sorry, folks, but guests are still not permitted at the pool.

When, and if, this no-guest policy is reversed by the Board of Governors, the Rossmoor News and the E&R Department will promptly broadcast the news.



at the governors' meeting

May 18, 2023, Rossmoor Community Association Inc. Annual Meeting

RCAI President Daniel Jolly welcomed the delegates along with the residents in attendance and called the RCAI Annual Meeting to order at 9 a.m. on Thursday, May 18, 2023, in the Clubhouse Ballroom. The meeting was also simulcasted as a webcast via Zoom to the residents. Jolly stated that the principal business of the meeting was to elect the officers for Rossmoor Community Association, Inc., known as the Executive Committee.

The Minutes of the previous RCAI Annual Meeting of May 19, 2022, were unanimously approved.

Jolly stated that the Notice of Annual Meeting of the Association had been distributed on May 5, 2023, and he confirmed that a quorum of 50% or more delegates were present.

Board Secretary Robert Gleason announced that since there was one candidate for president, Dan Jolly, and no further nominations from the floor, therefore the secretary cast the necessary ballot. Jolly was elected president for a one-year term.



Beverly Masters with Dan Jolly after she was presented with a letter of recognition on her last day as a Mutual director before leaving Rossmoor.

Jolly then announced that since there was one candidate for vice-president, Sal Gurriero, and no further nominations from the floor, therefore the secretary cast the necessary ballot. Gurriero was elected vice-president for a one-year term.

Jolly then announced that since there was one candidate for treasurer, John Craven, and no further nominations from the floor, therefore the secretary cast the necessary ballot. Craven was elected treasurer for a one-year term.

Jolly then announced that since there was one candidate for secretary, Robert Gleason, and no further nominations from the floor, therefore Jolly cast the necessary ballot. Gleason was elected Secretary for a one-year term.

Jolly announced a short recess before the commencement of the Board of Governors monthly open meeting. The meeting was adjourned at 9:15 a.m.

May 18, 2023, RCAI Board of Governors Monthly Meeting

The meeting was called to order at 9:35 a.m. by newly re-elected President Dan Jolly. Newly re-elected Secretary Robert Gleason called the attendance roll. A motion was made to approve the Minutes of the April 20, 2023, meeting. The motion was seconded, and passed. Jolly thanked all the directors for their volunteerism and support over the past year.

John Craven, who had just been re-elected treasurer, reported on the March 31, 2023, RCAI budget variance report. There is a year-to-date surplus of \$346,054, compared to a budgeted year-to-date planned budget deficit of \$110,683, which is \$456,737 better than budgeted.

General Manager Curry then provided a brief synopsis

of the monthly management report provided to the BOG. He discussed the April Co-op and Condo closings, contracts, and Condo questionnaire requests for prospective mortgages. He reported that the Maintenance Department completed and billed 588 work orders in April. Maintenance is about to begin, or has begun, many projects including dryer vent cleaning, common hall painting, Jomax mold/algae cleaning of Manor siding, and Mutual gutter cleaning. Upcoming projects include concrete walkway replacements, along with asphalt road paving.

He reported the Bocce Courts have been resurfaced with new artificial turf. The electric Car Charging station opened on Earth Day, April 22, and is getting busier every week. The Village Center HVAC system replacement required a change order due to additional equipment needs and increases in the costs of equipment. The change order is within the budgeted contingency. The Pool opens on Memorial Day weekend with the same rules as the second half of 2022. It is an at-your-own-risk pool without lifeguards, for residents only – no guests permitted.

Our Pro Shop is stocked with new inventory and Curry encouraged all to stop by. The Under Armor Juniors Golf Tournament has been canceled twice and is now scheduled for May 21.

New Business:

- Resolution #2023-19 – Ratification of V blade snowplow was approved 18-0.
- Resolution #2023-20 – Authorization for the purchase of a PTO drive three-point hitch wood-chipper for the golf course was approved 18-0.

Directors Comments

- M17 Director Saccone requested that, in the future, the contractor prune shrubs

(Continued on page 5)

Bits & Pieces

By Sue Ortiz

A short story for a long-standing problem.

In the fashion world, a woman is considered short or petite if she stands between four feet 11 inches to five feet three inches tall. Being five feet two inches all my adult life, I am well within that category. Although I am not size 0 petite. Not even size 6. Never was, never will be.

Stores appear to want us to be regular height, which is five feet four inches to five feet seven inches tall. That's what most stores in my price range carry. And that's my problem. Two inches between me and bargain rack.

It's tough for me to find slacks that fit my short legs. I need a 27-inch inseam or else I'm walking on the hems or getting them wet in water puddles. Forget tall. I would have to knot the hems and walk on said knots instead of wearing shoes.

I do know how to shorten hems, and have done it in the past, but another problem is the rise. I am also short-waisted, and I'd have to do extensive work on the waistband. I am not about to alter a pair of casual slacks that cost less than \$30. I wouldn't even do it to a pair of pants that cost \$100. (I wouldn't pay that much for a pair of pants anyway.)

A particular store does have an extensive petite women's department where I have had luck finding slacks that fit. Prices are okay, especially when there are sales and coupons. But sometime there is a size problem. Designers think everyone is a size 4.

Okay. So, I found the perfect-fitting pair of slacks. (Why is it a pair when I'm only buying one?) And the price was right. After washing them in cold water, I daren't put them in the dryer or else my petite slacks would become

floods. They'd shrink up an inch. (Yes, I've had that happen.) So, on laundry days, my shower rod becomes my clothesline for a few hours.

You would think that I could buy capris in regular length, but no. Every pair I try on falls to my ankles and looks like floods. And shorts become capris. Therefore, I loathe going clothes shopping. It's very tiring; I'm lucky if, after trying on 10 pairs of slacks, capris, shorts, whatever, I'm able to purchase one or two pairs.

But I know someone who has the opposite problem, sort of. She is considered regular height but has long, thin legs. Tall (five feet eight inches to six feet) slacks are too long, but regular length is too short. The pant legs are usually too wide, as well. What feels good in the fitting room, doesn't always look good at home.

We recently had this same conversation about clothes shopping and our difficulties finding the perfect pair of pants. Neither of us shop at designer stores nor would consider paying designer prices. Maybe if we won a huge lottery, we could get tailor-made clothes, but until then, department stores are our domain.

Such are my problems of being short. Heck, I bought an 18-inch wooden spoon just to reach the top shelf of my kitchen cabinets.

If only I were two inches taller ...

B&P

"A person's a person, no matter how small." – Dr. Seuss (American writer, 1904-1991)

"Sometimes all I want is to be a few inches taller so the world does not look like a dense collection of torsos." – Veronica Roth (American author, b. 1988)

Our Website

Go to rcainj.com to access the Rossmoor website.

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



Open RCAI Meetings in June

**Board of Governors Meeting
Thursday, June 15 - 9 a.m.**

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

**Please watch Channel 26 for
any changes or cancellations.**

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



News Board:

Carol De Haan, Chair
Myra Danon
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. Unscheduled volunteer writers should contact Rossmoor News Chair about any submission. **We reserve the right to edit, limit, or reject any materials/submissions according to the directives of the Editorial Board and Publisher.**

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

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Monroe Twp. Council appoints new councilman



Michael A. Markel was recently appointed to the Monroe Township Council.

Following the recent passing of Councilwoman Elizabeth “Betty” Schneider, the Monroe Township Council has appointed Michael A. Markel to fill her unexpired term through the November election. Markel received the unanimous support of the Township Council to serve in the seat.

“I’ve always been someone who is eager to contribute to my community,” Markel said. “Unfortunately, Betty passed away, and there was an opening on the governing body. I submitted my resume for consideration as I believe there are many ways I can give back to Monroe and help my fellow residents.”

Markel and his wife, Barbara, moved to Mutual 8 in the Rossmoor community, after raising a family in Port Chester, N.Y. Their daughter lives in Metuchen with children ranging from ages 5 to

13 and the grandparents were eager to settle closer to family.

“My daughter had suggested that Monroe is a great place to live and urged us to check it out,” Markel said. “We immediately loved it here and settled into Rossmoor. We haven’t looked back.”

Despite being retired from 35 years as owner of a retail business, Markel has no plans to sit still. He became president of the Rossmoor Democratic Club and then became chairman of the Monroe Township Democratic Organization. He also served on the Township’s Planning Board but must now step down because of his position on the Township Council.

The new councilman said he will focus his efforts on preserving open space and further enhancing public safety in Monroe, making sure the police have the equipment and training they

need to ensure the Township remains one of the safest communities in the state.

Markel has also closely followed the ongoing truck traffic study in southern Middlesex County. He said residents in Rossmoor, as well as surrounding communities, have continually expressed concern about the volume of truck traffic that traverses through Monroe. Working together, he said, with strong communication among surrounding municipalities, Middlesex County and the state, he will be pushing for solutions that benefit all residents.

“What people really care about is their families and knowing they are living in safe, strong communities,” Markel said. Family is what attracted us to Monroe and why I have chosen to serve. Enhancing the quality of life for all Monroe families is why I am here.”

Editorial

Now that the pandemic is essentially over, we at the Rossmoor News would like to return the newsletter to its primary purpose – to inform our residents of important and useful information about our community. We welcome your input to the paper, but reserve the right to edit, shorten, or even not to publish a submission.

Articles should be relevant to the community of Rossmoor, the township of Monroe, the state of New Jersey, or be of topical interest to the community. Excursions into broader topics must be timely or relate to the month or season.

If your article is something you might put into a family memoir, it does not belong in the News.

We do, of course, continue to print the Smilestones section, to which you can submit a picture and short explanation of what you and your family or friends are celebrating. Please do not send any articles that are inappropriate according to journalistic standards.

It is critical both to Rossmoor and to our publisher that material be presented in your own words, not copied from other writings or copied, links and all, from the Internet. Quotations must be clearly identified and must be in the public domain.

We expect articles to be

clearly written, and if dependent on input from other residents, to be checked by those residents for accuracy and correct spelling, especially of names.

The articles need to be in a text format, preferably Microsoft Word if at all possible, and sent to news@rcainj.com as an attachment (.doc) to an email. If you send pictures with your articles (separate attachments as jpgs), be sure to put in the caption for the picture. If you think you have an important topic but do not have Word or another word processing program, simply type it into an email. Never convert your article to a pdf or other picture file. You may also contact news@rcainj.com to discuss how you can transmit your article.


A team of proofreaders will correct formatting, spelling, general grammar, and clarity. Please use Arial font, 10-point size for text, 1.0 spacing, no special effects for paragraphing, just a three-space indent. Titles should be Arial, 14-point bold, and bylines (as in By Jane Doe) in Arial 9-point italics. Club presidents and Group representatives have been contacted separately to send articles to keep the community informed of their activities.

Rossmoor News is what all of our residents make it. If you think you can contribute, we appreciate your effort and welcome you to do so.


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Electric Vehicles in a Common Interest Community

Electric Vehicles (EV) are no longer the car of the future, in the Monroe area they have become commonplace. If you are a Condominium or Cooperative resident, you had better know how and where you're going to charge that vehicle before you buy one because it's not that simple.

You can't use the electricity in the carport to charge an EV car. The carport was designed to power a few lightbulbs. It wasn't engineered to power electric vehicles. Additionally, the association is the entity that pays the utility bill.

You can't run an extension cord from your manor to your EV car. Electric vehicles draw a large amount of power, an extension cord could overheat if you connect it to the charging cable. The chance of fire increases because the extension cord is trying to conduct more energy than it was designed to

carry. Extension cords over a lawn or sidewalk are also a major trip hazard.

You can charge your car by paying to use a charging station like the ones at the Wawa or the four new stations in the Rossmoor Clubhouse parking lot, or you can install your own charger by following Association regulations.

For owners with a private attached garage as part of their condominium, the installation is an involved process. For everyone else with one parking space in a carport, the installation of a charger will be involved and costly.

At the owner's expense: Whether your EV is parked in a private attached garage or in an association carport, the power for an EV charger must come from the owner's electrical panel that services their manor. This will mean the owner must hire a licensed and properly insured

electrician to design the electrical supply routing from their electrical panel in their manor to the charger. It will require proper township electrical permits and inspections, and it will require Association approval.

For an owner who wishes to install a charger in their carport space, the level of detail needed will be significant. Power supply lines will need to be snaked through building walls, run underground, under sidewalks, and properly configured within their carport space. The carport space may also require alterations of the carport cabinetry to mount the charger.

Rossmoor follows New Jersey Law, 45:22A-48.4, *Electric vehicle charging stations in common interest communities*. In Rossmoor, all owners wishing to install a personal EV Charger must follow the same rules as any other architectural or infrastructure alteration.

Obtain a Work Permit: Contact the Maintenance Department for the proper work permit prior to making interior or exterior modifications. Work Permits must be approved, in writing, by the Maintenance Department, General Manager, and Mutual Director.

An EV charging station requires permits from Monroe Township. For those permits you should contact the Monroe Construction Department at 732-656-4585.

Please note: Rossmoor Permits are required for all work whether an owner or an owner's contractor completes it.

All owners of EV Chargers installed in Rossmoor must also request the Administration office to file a Declaration of Maintenance Obligation (DMO) with their deed in the County Records office.

Permit Request Form

The Rossmoor Permit process involves completing a form that is available online at www.rcainj.com/maintenance-services/ or available in-person at the Maintenance Office at 245 Prospect Plains Road, or at the Administration offices in the Village Center at 128 Sussex Way. Each permit request follows the procedures outlined below.

1. ROSSMOOR PERMITS ARE COMPLETED BY THE MANOR OWNER.

- Installation of an EV Charger will require drawings and/or specifications be attached to the permit request.
- All contractors must have appropriate insurance and name Rossmoor as additionally insured.

2. PERMIT REVIEW

- MAINTENANCE OFFICE.**
 - Maintenance staff reviews the permit request and obtains approval from the Maintenance Foreperson before sending the form to the Administration office.
- ADMINISTRATION OFFICE – MUTUAL ASSOCIATION**

(Continued on page 5)

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Increased Traffic – recommendations to consider

By Linda Bozowski

Growing from 2,500 people to nearly 50,000, Monroe Township has, like its neighboring communities, seen many changes. Some have been positive and have improved our lives. Others, like increased traffic, have caused concern to residents.

At a multi-community meeting on April 17 at Cranbury School, highlights of the Southern Middlesex County Freight Movement Study were presented to residents and officials from Monroe, Cranbury, Jamesburg, and South Brunswick Townships. Following the first public meeting held in Monroe in December at the Senior Center attended by about 100 residents, the online survey received 361 recommendations which became part of the Study Team's presentation.

Also taken into consideration was the input from trucking and rail industry representatives, realtors, warehouse, and other business owners. Discussion with local, county, and state officials offered additional insight into traffic problems

and potential solutions.

Improving interactions between residents and increasing traffic revolve around six topics: Improved truck access, neighborhood protection, wayfinding, truck parking, workplace access, and implementation. What do these terms mean in practical terms?

Improved truck access deals with six transportation corridors, including the Turnpike, U.S. Route 130, N.J. Route 33, South River-Cranbury, Applegarth, Prospect Plains, Half Acre, and several other roads. A solution might be to rework Turnpike access, widen some existing

roads, and create several dedicated truck roads.

Neighborhood protection includes limiting or restricting truck access through residential areas such as Cranbury Station, Applegarth, Prospect Plains, and other roads. Municipalities could add traffic signals and improve signal light timing, create crosswalks and sidewalks, and lower speed limits in some residential areas.

Wayfinding involves working with software developers to improve direction assistance to truckers and other drivers. We could improve roadway signage to help

keep vehicles away from areas that have limitations.

Truck parking, or lack of same, is a serious issue within these communities. On-street parking is not the solution for truckers or for other drivers or residents. However, truckers have driving limitations that require them to limit their hours behind the wheel. In the interest of safety for truckers and others, offering a safe and secure parking facilities benefits all.

Workplace access means

(Continued on page 6)

governor's meeting

(Continued from page 2)

before carport cleaning.

- M2 Director Haggerty requested management install an additional AED in the Pickleball court pavilion. Curry said he will order and have it installed.

Residents Comments

- Several residents discussed the importance of AED training and requested the Association look into providing training to residents. Jolly reported the Board is exploring options.
- A question was raised about the status of the flood grant from the state. Curry reported the attorneys have worked out the agreement issues and we expect a meeting with the County

Administration soon.

- Several residents asked about the Board's reason for not hiring lifeguards and not allowing guests in the pool. Jolly explained the pool rules will not change this year. Changes in the rules pertaining to the summer of 2024 will be decided this fall. A resident suggested some type of compromise allowing guests should be included. Several other residents expressed their satisfaction with the current rules and want the pool to remain at your own risk and without guests allowed.

There was no further business for the Board to discuss. A motion to adjourn was made at 10:38 a.m.

A special day in Rossmoor

By Allen Kobezak

At 10 a.m. on Friday, June 2, our Shuffleboard team will take part in the Monroe Township Recreation Department's sponsored competition. This year, the teams will comprise exclusively Rossmoor players.

We cordially invite residents to come out and cheer their friends and neighbors for this fun event.

Afterward, players will gather at the Recreation Center for awards and lunch provided by the Township.

Electric Vehicles

(Continued from page 4)

i. The RCAI Administrator and then the corresponding Mutual Director reviews the permit request and signs for approval or denial.

3. APPROVAL/DENIAL LETTER

a. The Administration staff sends the owner an approval or denial letter along with the signed Rossmoor permit.

b. A copy is provided to the maintenance office to be recorded and filed by Manor number.

The entire Rossmoor Permit Process takes approximately ten working days before a resident receives a letter in the mail. The process prevents costly mistakes for both the owner and the owners' association.

Possible Future Costs for EV Charger owners: Electric vehicles and their associated chargers are presenting new challenges to associations, owners, and utility companies. As more chargers are installed, greater electrical demand will be placed on old infrastructure. Within a Condominium Association, if an electrical upgrade to a building's electrical supply is required, New Jersey Law states all the EV charger owners affected by the required upgrade shall share in cost as a special assessment.

The bottom line is there are many steps required to install an EV charger and all the associated costs are the requestor's responsibility. Therefore, the best advice if you are about to purchase an electric vehicle is to closely examine how you plan to charge that vehicle. What is it going to cost? How difficult will it be? It is different for everyone.

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Increased Traffic

(Continued from page 5)
working with employers to develop car-pooling or bus transportation for employees, particularly for those facilities that have large numbers of workers or who have around-the-clock worktimes. This recommendation may also create the need for additional parking locations for workers' cars.
Implementation is the biggest issue of all. The obvious solution to this problem is that communities need to work collaboratively. There was no commentary about how these recommendations could be funded.
Interested persons are invited to view additional information at the website planning@co.middlesex.nj.us

Golf Course to host charity event; players are most welcome

By Leonard Caglianone
Rossmoor's highly regarded golf course will be the scene of a charity event sponsored by the Knights of Columbus Council No. 14658, affiliated with the Nativity of Our Lord R.C. Church, to be held on Monday, July 10.
This will be the fourth such annual event, which raises money to support such worthwhile charities as Deborah Hospital, the Wounded Warrior Project, and Send a Hero Home, among others.
The cost to play will be \$150 per golfer, and players will not need a foursome to play. Golfers can pay by

check that morning as they register. They can also send payment with the form that has been distributed. Mail it to The Rossmoor Golf Club, 1 Rossmoor Drive, Monroe Township, N.J. 08831.
Golfers are invited to come to the Golf Clubhouse for coffee and bagels at 8 a.m. Play begins at 9 a.m., scramble format.
Dinner and drinks will follow in the Ballroom of the Clubhouse. The event will be catered by City Streets. Golfers are welcome to bring a spouse or other guest to the dinner at \$50 per guest.
Three prizes will be

awarded for golfing excellence. In addition, everyone will be eligible for the door prize drawing.
All golfers are most cordially invited to join us for this

congenial event. It will be a fun day.
Questions? Call Tony Cardello at 917-282-6818, or email at peppercuphouse1@aol.com

It's a grand old flag

By Bob Huber
A reprint from June 2019
We've reached the time of year when our American flag appears to enjoy its maximum exposure. During the period between Memorial Day and the Fourth of July, Old Glory may be seen everywhere from marking the graves of our fallen service men and women to blanket-ing used car lots, where there seems to be some dubious relationship between

displaying the flag and selling automobiles. Our flag always appears as a symbol of patriotism and solidarity during times of national crisis. Following 9/11 the Stars and Stripes sprouted from millions of homes across the country.
Oddly enough, for such an important national symbol, our flag had a very obscure beginning. The apocryphal story that Betsy Ross created the first flag from a sketch provided by George Washington is probably inaccurate. More likely, a woman by the name of Rebecca Young created the flag from a design provided by Francis Hopkinson of New Jersey, a signer of the Declaration of Independence, while he was chairman of the Continental Navy Board. The first flag was intended to be flown by American ships as a means of identification rather than for general display. Before the Civil War the flag served mostly as a military ensign or a convenient marker of American territory, flown from forts, embassies and ships. Otherwise, it was only displayed on special occasions, such as the Fourth of July.
For such a patriotic symbol, it's hard to believe that our flag has gone through 26 official alterations in its lifetime. The only flag to have more than 13 stripes was flag alteration number two. It had 15 stripes. The stripes were originally intended to represent the individual states, but after the addition of Vermont and Kentucky, it quickly became apparent that the process was going to get out of hand as more states were added. So, beginning with flag number three, the design returned to the original 13 stripes, with the states being relegated to the star field, known as the Union, the familiar design that we know today. Oddly enough, none of the resolutions specified any design for the star field, so a number of flags appeared that were only loosely based on the resolution. Some of them were very creative. But on June 24, 1912, an executive order issued by President Howard Taft put an end to the matter by providing complete official specifications for the flag's shape and design. It decreed that all stars in the blue field would be organized in linear fashion. So much for creativity. So, in the future, as you encounter Old Glory with a salute, a pledge of allegiance, or in the process of buying a used car, show a little extra respect. It's a grand old flag, and it's been through a lot.

DO YOU HAVE ANY OF THESE SYMPTOMS?

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



YOU MAY HAVE

PERIPHERAL NEUROPATHY

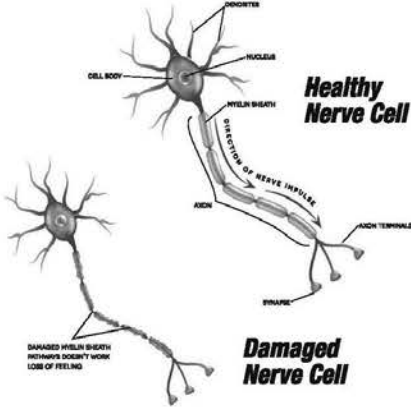
Peripheral Neuropathy is a condition that affects millions of Americans, commonly resulting in pain, tingling, numbness, and other painful symptoms in the hands, legs and feet. This pain changes your life and affects how you work, how you play and how you live.

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

HOW DO YOU KNOW IF YOU HAVE NERVE DAMAGE?

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



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Visit to Vietnam- Part two

By Terre Martin

We spent a lot of time on the bus. It gave the guys time to talk. Conversations often started with the memory of an incident or person or place. Before you knew it, they all chimed in with similar stories. In fact, they all seemed to have a lot in common even though they weren't stationed together or at the same time. Their biggest gripe was with John Kerry and all the attention he got for the little time he actually served in Vietnam. Only one of the men served in Camron Bay. All the others patrolled the Mekong River, the canals, and the coastline. That was what they were all eager to see ... where they actually patrolled and were stationed.

Early in the tour we visited the Cu Chi Tunnels, an amazing experience. The VC were incredibly clever in the way they built tunnels and survived underground. They added air holes and locations for smoke to be released when they cooked. One of the guides entered a bunker which was hidden beneath leaves and shrubbery. We saw him go in, but we couldn't see where he came out. After several minutes, he surfaced about 20 yards from where he went in. We were able to enter and creep through a couple of tunnels. Because they were low and narrow, it took a lot of courage to make our way in.

We also got to see a diorama of the maze of tunnels. They were multilayered and could sustain the VC for a long time. When they were ready to attack, they exited the tunnels right in the midst of the military camp and killed many men. Surrounding the site were several captured planes, jeeps, tanks, and other equipment. They are a reminder of the VC and NVA's victories.

Each day we stopped for lunch at what would be considered "nice" restaurants. The most important thing was that they had western bathrooms. Some of the more remote villages that we went to had only holes in the ground to relieve yourself.

The food was very good. The men couldn't handle eating all the fish, especially the way it was prepared with heads, fins, tails, innards, you name it, all in a broth with bok choy. The best part was lots and lots of sticky rice, served with every meal. The only thing that changed was the type of fish. Some of us were hesitant to eat it, not knowing where the fish had been caught. Many of the species were bottom feeders, and the waters around Vietnam are so muddy, looking like brown soup. There is also the problem of trash in all the rivers. We worry about cleanliness, but they thrive in what we'd call gross conditions. I should also mention that they rarely

offer napkins. You have to ask for them, and they are very small and more like tissues we use to blow our nose.

Our tour went to the Ba Canal and Dinh River. That was an area that the men recognized as having a base they frequented. They were eager to see it, but Trang found out it is now occupied by the Vietnamese Coast Guard and off limits to visitors. Being a creative guide, Trang asked if the men would be willing to visit the area in a fishing boat. He couldn't get them to the base, but they could see it from the

(Continued on page 8)



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YEARS OF
EXPERIENCE****Visit to Vietnam***(Continued from page 7)*

water. So, with a persuasive pitch and contributions of "dong" (Vietnamese money) from each of the men, he found a fisherman willing to take us out in the river.

Now that was something! All the boats look like they're falling apart, and they smell awful, but off we went. "Yep! That looks like where we docked the boats to refuel!" "No, I think we were farther up the river!" "Does it look any different?" "Can we get any closer?" Lots of comments, lots of questions, lots of memories. The fisherman's mother was excited to host us outside her home when we returned. She brought out tiny little plastic chairs that I had for my young grandkids, but these were her furniture! Everything is low to the ground since they are small people who are also very limber, no matter what their age.

Our next adventure was a cruise on the Mekong River. The boat was compact but nice. The crew was very accommodating and eager to use their English to talk with the men about their experiences during the war. One of the crew members said his father fought for the south and his uncle fought for the north. The war divided families much like our own Civil War. Most of the people we encountered were not born when the war was going on, so they could only recount stories told by their parents and grandparents. Trang made it very clear that the Communist government is not popular, and it is very corrupt. The south is filled with people who escaped from the north to settle in South Vietnam.

The river cruise was like a blast from the past. The men sat on the top deck and watched the river flow past the jungle, huts, fishing boats, and barges. It was most like they remembered at dusk and dawn when there was very little activity, but the sky was ablaze with vibrant colors. Fortunately, the cruise didn't elicit bad memories. Instead, it encouraged lots more sharing and questions about what each man had experienced so many years ago.

Is there a better way to say it?*By Myra Danon*

When was the last time you said, "Tomorrow is another day?" Were you trying to comfort a friend who just went through a sad experience? Was that the only thing you could think of at the time? Was it a platitude, or was it a cliché?

Familiar combinations of words are often chosen for specific reasons based on various situations. Whether within or separate from everyday conversation, words are powerful; they can instruct, reprimand, argue, plead a legal case, hurt, and more. We all know the sticks-and-stones ditty that was told to us to assuage our pain, when we were children. We may have repeated those instructions to our children when they were hurting many years ago, but as time and tragic events have shown, none of those words proved to be true. Conversely, other clichés, platitudes, proverbs, appropriately offered, can offer comfort, reassure, encourage, cheer, and therefore ease the sting of harsh words or painful events.

"He who laughs last laughs best," "a stitch in time saves nine." These combinations of words and thousands of other familiar sayings have been around for years, centuries perhaps. People whose ancestors lived in distant geographic locations from each other exchange remarkably similar messages. Are these clichés or platitudes or phrases, pithy sayings, and what is the difference? What accounts for their popularity, longevity, and similarity among different cultures whose ancestors spoke totally different languages? We have all heard how often people pepper their conversations with these expressions, myself included.

I was surprised at the many sites that contained the information I sought. Almost every definition of platitudes was the same. Platitudes are considered trite and stale, and are repeated so often that they become clichés. More than a few other sources suggested that the utterance of these was moralistic and disrespectful, in that they were judging people and their behavior. Some went as far as to suggest that the purpose of offering a platitude was to indicate disapproval of older people's behavior and needed to change their attitude or at least their thinking. To offer

"Nobody's perfect" or "Crime doesn't pay," a platitude reduced to a cliché, does not offer help or compassion, nor does it express original thought. Another source considered them, the utterance (not the person), shallow and disrespectful.

The hunt was still on when I continued to search for the definition of *phrase*. The critics were relentless; they lowered the level of a phrase beneath the cliché, which was pretty low. One source declared that a phrase becomes a cliché when it is overused. Ouch.

Almost done; I entered the word *proverb* and *pithy* sayings because I noticed both words describing examples of expressions followed by an English translation of about 25 proverbs titled "Arab Proverbs," which also calls them pithy sayings. I've not heard these expressions before and I'm not sure where I've heard the word *pithy*. "A good man is one who rejoices in the well-being of others." Another one, "A heart free from care is better than a full purse." They are so elegantly expressed and make such good sense that I've reread them dozens of times and appreciated their messages more with each successive reading.

A proverb is described as events that occur repeatedly and that are commonly experienced. It offers no judgment, positive or negative. "Fear can make a donkey attack a lion," is an example that is commonly experienced in some parts of the world.

The sources were unanimous in praising and describing pithy sayings as almost synonymous with proverbs and as such, are often used interchangeably. They are clear, clever, and full of substance and meaning. One writer linked the word *pith* to the spongy tissue in plant stems. It is the white membrane between the rind of an orange and the fruit; the connective tissue.

The power of words cannot be underestimated; it depends on the message and how it is expressed. "If you have much, give of your wealth. If you have little, give of your heart." I think many of us have heard expressions like this that are very similar. Certainly, this one qualifies as a commonly observed experience. "An army of sheep led by a lion will defeat an army of lions led by a sheep."

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A different virus from our past

By Jean Houvener

Poliomyelitis is a very old scourge to humans. We are apparently the only host for the virus. An Egyptian tomb has a painting showing a man clearly with a withered leg and a cane to support himself. The virus is highly contagious, and easily transmitted in unsanitary conditions, able to survive in the soil until an unwitting human picks it up. It lives both in the intestines and in the throat of an infected person, and so can be transmitted through feces, cough, or sneeze. It also is transmitted through water from one person to another. The virus can contaminate food.

Most infected people will show no symptoms. For around 25% of infected people, the symptoms will be like a case of the flu. A much smaller number get more severe symptoms. In between one and five infected people out of 100, the virus will attack the brain and spinal cord. Between one and 10 in 2000 infected people will experience some degree of muscle weakness or paralysis. This paralytic disease is the form actually named poliomyelitis. After infection and recovery, it is possible to have a return of symptoms (post-polio syndrome), sometimes years later, of muscle weakness and even of paralysis.

There is no cure for polio, so the best option is to be vaccinated, either with the Salk vaccine (an inactivated virus polio vaccine or IPV) or the Sabin vaccine (a weakened virus oral polio vaccine or OPV) or a combination. Primarily the IPV version is used in the United States.

In the early 20th century, the occurrence of polio suddenly increased, with epidemics emerging first in Europe and then spreading elsewhere. The tragic results of paralysis and even death brought a new urgency to the hunt for a vaccine. Most of us probably remember scenes on television and in magazines and newspapers of people, mostly children, in iron lungs. It seemed ironic that this disease was increasing just when public sanitation was improving. Early limited exposure to the virus in less sanitary conditions granted some immunity to young children. Without that exposure, the transmission of the disease in more sanitary conditions became more dangerous and led to an acceleration of cases specifically in more developed nations.

By the 1940s on average 35,000 people in the U.S. were disabled by polio each year. Travel between cities was curtailed, children were kept indoors, especially in the summer, and quarantines were imposed on certain hot spots of contagion. Families lived in fear each summer that their children might succumb. The pressure to develop treatments and/or vaccines was on. Various treatments were tried, a few successful in treating symptoms, some harmful, and none a cure.

Researchers in a team led by John Enders at Boston Children's Hospital were the first to successfully cultivate the polio virus in human tissues, a nec-

essary step to develop a vaccine. Enders and his colleagues, Thomas Weller and Frederick Robbins, were awarded a Nobel Prize in 1954 for their work.

While it was not widely known at the time, the U.S. president, Franklin Roosevelt, had contracted the disease in 1921 while in his 20s. By 1924 he was visiting Warm Springs, Ga., for its therapeutic value. He was to visit this place regularly both prior to and during his presidency. In 1927 he bought a resort in the area, redeveloped it, and founded the Roosevelt Warm Springs Institute for Rehabilitation in 1927. In 1932 he built the Little White House there.

He founded the Georgia Warm Springs Foundation with his friend Basil O'Connor, who led the foundation as president for 30 years, to raise money to support research. The Foundation evolved into The March of

Remembering my Father

By Carol De Haan

In the early 1930s, before I was born, the country was mired in the Great Depression.

By then, most of Manhattan had been built up from shore to shore. So contractors were buying less expensive farmland in nearby Brooklyn and Queens, where commuting into the city was possible by several bridges, ferry boats, and eventually tunnels under the East River.

Junction Boulevard was paved atop a former country road, and an elevated train line made possible the growth of Long Island City, Sunnyside, Woodside, and eventually Jackson Heights. Rows of brick houses popped up on newly paved streets. Families moved from crowded Manhattan to the less costly suburbs.

My parents had a small apartment in a new four-story, brick walk-up in Woodside. My mother earned steady but meager wages as a teletype operator. My father worked as a carpenter whenever he could find work, and at times he drove a truck. He brought his ailing mother and two young brothers to live with them.

One wintry Saturday evening, my mother took the elevated train (a mere five cents) into Manhattan's Grand Central Station to meet four or five women friends. They walked over to Third Avenue and south several blocks to attend some event.

By 10 p.m., they reversed their direction, hurrying homeward. The chilly streets were empty until the moment when a thin young fellow in a skimpy jacket approached the women and quietly asked for help.

"I have terrible problems," he said. "If you could spare anything to help me, I'd be very grateful." No government agencies existed for distressed people in those days.

My mother was baffled to see her friends brush him off. They turned their righteous backs and stomped away,

Dimes, initially a riff on the newsreel "The March of Time." Millions of individual donations of dimes were mailed by citizens from all over the country to the foundation and even directly to the president. This money was to be crucial in underwriting the development of the vaccines for polio we have today. By 1955 The March of Dimes had spent \$25.5 million on research.

Jonas Salk was the first researcher to the finish line in the subsequent race for a vaccine. He pursued the concept of an inactivated, or killed, virus administered as an injection. He tested this vaccine first in 1952 in the cell line known as HeLa, which had been found in the cancer cells of patient Henrietta Lack in 1951. Further tests in 1954 in humans was to be one of the largest medical trials in history. In 1955 Salk's vaccine was approved for use in the United States.

Throughout these trials, Albert Sabin cautioned that the

justifying their lack of compassion by muttering that he just wanted money for booze.

My mother was home by 10:30. Still upset, she told my father what had happened. Without a word, he put on his coat, left the apartment, and headed back to the city. For an hour, he walked the length and breadth of Third Avenue, mostly deserted at that late, cold hour. He paced in and out of all the side streets, looking for that skinny young fellow. By midnight, my father was back home in Woodside, greatly disheartened that he had been unable to find that troubled young person who needed help and had been so sorely rebuffed.

That was ever my father, his brother's keeper.

country was moving too fast on this. It appeared to be the truth when a number of children were sickened with polio after receiving the shots. As it turned out one of the manufacturers was not following the proper procedure Salk had developed and had not successfully killed the viruses. Once the vaccination program, supported by The March of Dimes, was resumed, without the faulty manufacturer, the benefits were immediately apparent. By 1957 the number of cases in the U.S. that year was only 5,600 as opposed to a peak earlier of 58,000 in one year.

Albert Sabin began the human trials of his vaccine in 1957. His vaccine was based on a weakened or attenuated version of the virus and was given as an oral dose. His vaccine was approved in 1962, and a second wave of vaccinations followed. The rate of polio dropped again, this time to only 161 cases in a year. In the 1960s the average number of cases was 100. By the 1970s it was 10.

The CDC recommends a

course of four inoculations in the course of the first six years of life. Most people born and raised in the U.S. were vaccinated as children. Most of the countries in the world have pushed for similar vaccine schedules. There are a few countries in which the virus is still endemic, including Afghanistan, Pakistan, and many countries in Africa. It is also currently circulating in the United Kingdom and Canada according to the CDC. When cases arise, every effort is made to trace the source of the infection and to isolate and vaccinate as needed. When someone brings this virus to the U.S., it can spread rapidly, so it is important for everyone to be protected against it.

Although it may seem that a long time elapsed before viable vaccines were created, in light of the necessity of numerous precursor steps to come together to enable the development of the vaccines, the push by the public and by the researchers was remarkable in its speed and in the spread of the vaccines globally.

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Fifty children saved from the Nazis

By Allan Kaufman

On April 18, The Monroe Township Library observed Holocaust Remembrance Day in an event planned with the assistance of Eileen Lerner, Township Commissioner of Human Relations. A film was shown and several

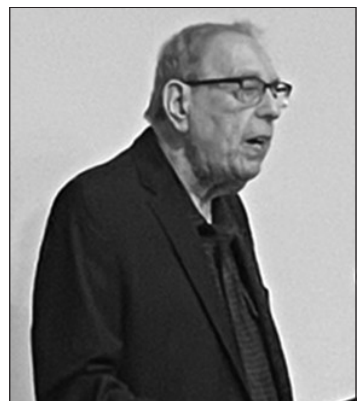
guests spoke to the attendees: Mayor Steve Dalina, who deplored the anti-Semitism that we see today, Rabbi Shmuel Polin from the Etz Chaim congregation, and Holocaust survivor and 91-year-old local resident, Paul Beller.

The film, describing the 1938-9 rescue of 50 Jewish children from Nazi-occupied Vienna, had an interesting origin. Journalist and filmmaker Steven Pressman learned that his wife had an unpublished manuscript written by her grandmother, Eleanor Kraus. It told how Eleanor and her husband, Gilbert, set out to save children from the Nazis.

Gilbert, an attorney from Philadelphia, and his friend,



The children



Paul Beller

Louis Levine, had access to a camp in nearby Collegeville that could accommodate 50 youngsters. They decided that kids between ages 6 to 12 would be ideal for their efforts.

The Nazi administration, not yet fully up to its death camp horrors, seemed amenable to getting rid of Jewish children. Nevertheless, it was a daunting task for the two Krauses and their friend, pediatrician Robert Schless, to enter Nazi controlled Germany and Austria. Their next problem was getting the children into the United States, which had restrictive immigration laws and an unsympathetic President Franklin Roosevelt. It took several

months of personal peril but eventually, with the assistance of the U.S. embassy in Berlin, papers were issued allowing the children to go.

The children's parents, in spite of their aching hearts and apprehension, told their children they were going on vacation, a happy event. The parents hoped eventually to reunite with their children in the U.S.

One youngster, Heinrich Steinberger, was ill and dropped from the program at the last minute. He was replaced by Alfred Berg. It was later determined that Heinrich Steinberger perished in one of the death camps.

The ship carrying its 50 young passengers arrived in New York on June 3, 1939, and the kids transferred to the camp in Pennsylvania where they were cared for by the Krauses. In the following

months, one by one, each youngster was moved to join a welcoming family that agreed to care for that child until its parents managed to get here and claim their child. If no parent arrived, the foster family agreed to adopt the youngster. It was a noble program.

Local resident Paul Beller then told his story to the audience, where many had tears in their eyes. He was taken in by Emily and Philip Amram in Feasterville, Pa. He lived with them until his mother and grandparents arrived to claim him. His father, who was Polish, had more difficulties, not getting here until 1946. The family moved to the Bronx. Paul grew up, married, and settled in Virginia, where he worked as a medical administrator. Then he and Glenda, his wife of 66 years, moved to Mon-

(Continued on page 12)

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June 15 is Magna Carta Day

By Anne Rotholz

Magna Carta, Latin for Great Charter, is also known as the Great Charter of the Liberties of England. This document is one of the most important of the medieval era and indeed of all time.

It got the seal of King John of England at Runnymede Meadow in Surrey, England, in the year 1215. It arose from an attempt by feudal barons to limit the power of the king and to protect their

privileges.

The charter required the king to accept the fact that he was not above the law. He was asked to grant certain liberties not only to the barons but to all free (non-serf) English people.

This document became the basis for English citizen's rights and it allowed the formation of a powerful parliament.

Ten months after King John accepted the Charter, it was nullified by Pope Innocent Third. It was reissued in modified form several times.

Many attempts to draft constitutional forms of government in the English-speaking world have their roots in the Magna Carta.

When English colonists came to the New World, they drew up charters for the colonies. These charters were based on English Common Law, which in turn came from the Magna Carta.

Believing that they had the same rights as English citizens, the colonists incorporated these rights into the legal systems of the various states and later into the Bill of Rights and the U.S. Constitution.

The Magna Carta of 1297 is believed to be one of the most important legal documents in the history of democracy. One of the four surviving original documents from 1297 is on display at the National Archives in Washington.

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This month in pictures



At the golf course Open House, Rossmoor Golf Pro Ray Bridy provided instruction on putting before the closest to the hole contest



E&R recently sponsored an Expo with over 40 clubs, groups, religious and ethnic organizations from Rossmoor presenting themselves. The Expo was well received and attended.

Natalie Megules performance was a delight

By Linda Bozowski

Rossmoor Music Association performer Natalie Megules offered us an evening of Broadway pieces from years gone by at her premier performance at our Meeting House. While accompanying herself on our refurbished piano, Megules let her mezzo-soprano voice soar with songs of love and joy.

As part of her repertoire, Megules offered snippets about her family and provoked many smiles from audience members. We look forward to hearing her again, perhaps with selections of blues or jazz or other genres.

Upcoming events

The Music Association is planning an exciting 2023-2024 season that it hopes will appeal to current and new subscribers.

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CULINARY CORNER

By Sidna Mitchell

Irish isn't the only soda bread

Admittedly, I really enjoy making and later eating the baked bread. I'm always looking for unusual breads such as baked bean, Bourbon pecan, mango, green tomato, green bean, carrot, fig, olive nut and dilly beer. When I came across a recipe for a Southern soda bread, I saved that in my bread file. As St. Patrick's Day approached, Ken and I decided to have only a few folks over instead of hosting the big party

Fifty children

(Continued from page 10)
roe Township. Beller closed his presentation with a quote from the Talmud: "To save a life is to save the world."

A stunning coincidence

Some time after first seeing the film, my wife and I were enjoying dinner with four other couples. I told them about the film. Our friend, Lori Devine, volunteered that Alfred Berg, the child who joined the program at the last minute, was her father. We were all shocked. Here was proof: If Alfred Berg had not gotten on that ship, this good friend would not be here.

Please make every effort to see the film, titled "50 Children: The Rescue Mission of Mr. and Mrs. Kraus." Narrated by Alan Alda, it takes less than 90 minutes. You can find it on Hulu and HBO. Just hold the microphone button on the remote and say, "50 Children."

we had for years before Covid. There were times when we managed to squeeze 24 croquet players in our small house, actually giving each one a place to sit.

For those times, we cooked the corned beef (three big slabs) for two days with guests bringing appetizers, potatoes, cabbage, and desserts.

This year since our croquet club was sponsoring a potluck on St. Pat's Day, we pulled out our green shirts and I signed up to make champagne cabbage. I will confess, I wasn't about to waste champagne in cooking so I used Four-Buck Chuck from Trader Joe's.

There were several variations of corned beef as well as different potatoes. Someone had cooked big chunks of cabbage that were difficult to handle so my shredded "champagne" cabbage was a popular choice. This is an easy recipe, once you cut all the cabbage, and even tasted good warmed over for another meal.

Also, I decided to bake the Southern soda bread for the potluck dinner. The Southern soda bread is also easy to make; it's sweeter and not as heavy as Irish soda bread. Here's my version that also makes a nice gift to take to a friend recovering from an illness.

Southern Soda Bread

2¼ cups flour
1/3 cup sugar
2¼ teaspoons baking powder
¾ teaspoon baking soda

Preheat oven to 350°.
Whisk together first five dry ingredients in a large bowl. Make a well in center of dry mixture.
Add buttermilk, eggs and butter, whisking just until thoroughly blended. Batter should be almost smooth.
Pour batter into a lightly greased 8- ½ x 4-1/2 inch loaf pan.
Bake 30 to 35 minutes or until a long wooden pick inserted in center comes out clean.
Cool in pan on a wire rack 10 minutes.
Carefully run a knife along edges of bread to loosen from pan.
Remove bread from pan to wire rack, and cool completely, about 1 hour.

NOTE: My recipe cuts the original recipe in half so I used four small loaf pans and put them on a baking sheet to put in oven. (You can obviously double the above recipe to make two regular loaves.) Also, I didn't rotate the pans or shielded with aluminum foil as the original recipe stated and only baked for 25 minutes. I let the loaves cool for about an hour before testing and slicing to take to a St. Patrick's potluck.

Culinary Corner

¾ teaspoon salt
1½ cups buttermilk
2 eggs, lightly beaten
2¼ tablespoons melted butter

Artificial Intelligence

By Steven Gray

So what the heck is artificial intelligence (AI)? The Encyclopedia Britannica defines it as "the ability of a digital computer or computer-controlled robot to perform tasks commonly associated with intelligent beings." Yeah. Simply put, it can simulate human intelligence. This is as opposed to fake intelligence, wherein some humans spout off theories without knowing what they are talking about; as in some of our elected representatives. How do we test for AI? We can go back to 1950 and look at Alan Turing's work, "Computer Machinery and Intelligence" and the test he offered that is now known as "The Turing Test," whereby a human would try to figure out a human response as opposed to a computer response.

Is AI being used today? You bet it is. Facial recognition to unlock computers, text editors that recognize grammatical errors, social media sites such as Facebook and Twitter identifying users' interests to keep them on the platform, smart

filters to remove spam, emojis as part of predictive text, and chatbots are all examples of current usage of AI. Some items, such as smart thermostats, can help save energy and a smart refrigerator can create a shopping list using what is absent from its shelves. "Hey Hon, our fridge says we need more asparagus, do we even eat asparagus?" Try arguing with a semi-sentient appliance.

So far, however, the greatest use of AI has been in Hollywood. Not only has AI helped immensely with real-

(Continued on page 13)



The Computer Club hosted a presentation by the Monroe Library given by Karen Klapperstuck (sitting) and Lauren Uslan (standing).
Photo by Cathleen Norback

Inquiring Photographer

By Rosemary Masella

Question: What is your favorite memory of your Father?



Dottie Haggerty: I have great memories of my Dad. We used to take long walks, ice skating in the winter, crabbing on his boat. A funny memory: we took my Mom and Dad to the Statue of Liberty. We were there 15 minutes when he said, "Let's go. I saw it." It took us longer to get there. I miss my Dad so much, he was my hero.



Pat Garbrandt: My favorite memory is dancing with my Father at parties. He loved to dance. He would take me ice skating but I was always cold so I would stay in the shack by the pot belly stove.



Fran Gatti: My memories of my Father are going to Coney Island on weekends, and to New York City to see stage shows and movies. He took me to the Yankee ball games. He was a loving, good Father.

And I miss him.



Dave Wasnick: My best memory of my Father is going fishing at least three times a week. We went to many baseball games. I played baseball all my life. He was a great guy; I was so lucky to have him.

Clubs and Organizations



The Spring Concert, June 2022

Come to the Rossmoor Chorus Spring Concert

By Alyce Owens

It's time again for the Rossmoor Chorus to raise our spirits at their Spring Concert on June 10, at 3 p.m. at the Meeting House. There will be beautiful music and fun performances by some of your favorite soloists and duets as well. This year's concert will feature a selection of beautiful arrangements from the ever-popular Rodgers and Hammerstein show, "The Sound of Music." It will include everyone's favorites: "My Favorite Things," the frivolous "Supercalifragilisticexpialidocious," and, of course, "Climb Ev'ry Mountain."

To show their versatile repertoire of classic American popular music, this 30-plus voice mixed chorus will reach

back in time with a popular oldie that everyone loves, "Someone to Watch Over Me," by George and Ira Gershwin. Then, moving forward many decades to the Walt Disney movie "The Lion King," you'll be mesmerized by Elton John's beautiful "Can You Feel the Love Tonight."

Whether they're singing show tunes, novelty numbers, or uplifting music like the contemporary ballad, "You Raise Me Up," the Chorus will have something for everyone, including a couple of surprises. So come and enjoy a wonderful Saturday afternoon of song with the Rossmoor Chorus on June 10. A goodwill offering will be greatly appreciated.

If you love to sing and

would like to find out what it might be like to be a member of this talented group, you're invited to come and sit in on a rehearsal at the Meeting House any Wednesday at 3:30 p.m. through the end of June. After a summer hiatus, Rossmoor Chorus rehearsals will resume in September. Then maybe you'll be on stage at next year's concert, a part of this fun-loving group of happy singers and friends. We hope you'll join us.

Emerald Society will hold election for Board members

By Erin Medlicott

The next meeting of the Emerald Society will be held on Wednesday, June 7, 2023 at 2 p.m. in the Clubhouse Ballroom.

Board News: Emerald Society holds monthly meetings from September through June, with summers off. The new season is scheduled to resume on Wednesday, Sept. 6. At that meeting, members with an interest in running for a Board position will be introduced and a vote will be taken for a new Board. Member. Dues will also be collected at the September meeting: \$20 per person, which covers the September through June sea-

son.

This is my last Emerald Society article for the Rossmoor News, as I am stepping down at the June meeting. I will give a copy of all relevant materials, both printed copies as well as copies on a flash drive, to our current Treasurer Mary Perry, so that she can hold the information for all incoming new Board members to handle when they are voted into their new positions as president, vice president, treasurer, and secretary.

It's been my pleasure working for the Emerald Society and I wish all the new Board members great success.

Artificial Intelligence

(Continued from page 12)

ism (computer-generated graphics), it has also spawned a plethora of movies dealing with both good AI ("Her" and "Ex Machina") and bad AI ("Robocop" and "Terminator") as well as just entertaining (Wall-E). This is not a recent phenomenon, just check out a movie called "Metropolis" made in 1927.

AI can be even more frightening when used to deep fake someone's voice and face giving a statement of the exact opposite of what they really believe. The big question now is should we believe everything we see or hear on the Internet? Obviously not.

Should we continue to use AI? Actually, we do not have that choice as that decision has been made for us.

AI in the future will probably include self-driving cars (not the self-crashing ones Tesla currently has), diagnostic programs as part of your tablet or laptop (Windows 42 has detected an anomaly and made a doctor's appointment for you), appliances that not only tell you what to order but watch your diet and do the ordering and payment for you (obviously in cold cash) and then do the cooking and cleaning (Rosie from the Jetsons). and many other ideas to make life much easier and uninteresting ("in the Year 2525...")

(Continued on page 14)

The Players

By Sue Archambault

The Players' next monthly meeting will take place on Monday, June 26, in The Gallery at 7 p.m. We will be entertained by our own play "It's News to Us," which The Players performed in 2021. The play is an original musical comedy by Jim Wilson, who wrote the book and the music. The play was very well received. It featured our own Rossmoor Players. Please join us for a very entertaining evening. All are welcome.

A Players' Heads up: Our next performance is our popular "This & That" variety show, which will take place on Thursday, Aug. 3, and Friday, Aug. 4. Both performances will be performed in The Meeting House at 7 p.m.

The cost of \$10 will be collected as the audience enters and will include refreshments. (Tickets will not be sold in advance.) Auditions will take place on July 24 in The Meeting House from 7 to 9 p.m. Please come prepared with accompaniment.

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Veterans Group Welcomes Members

All Veterans, come join us at 10 a.m. on each second Tuesday of the month in the Ballroom



Ivory and Gold® will entertain us in June

By Linda Bozowski
Rossmoor Music Association is pleased to welcome back Ivory and Gold's Anne and Jeff Barnhart, the versatile flute and piano duo who have entertained us several times in the past with their range of jazz, blues, ragtime, and Broadway hits. Scheduled to perform at the Rossmoor Meeting House on Friday, June 16, this program will mark the end of the 2022-2023 season. The program, "Eclectic Americana," is intriguing and certainly the offerings should delight us, as they have in the past. The duo, founded in 2001, has played on six of the seven continents as well as

on cruises. Nine recordings are among their accomplishments – their most recent production is titled "Bridges." The concert, scheduled for 7:30 p.m., is included in the subscription bundle for the year. Non-subscribers may purchase tickets at the door for a charge of \$15. We hope to see you at this event We'll have some news about our exciting 2023-2024 season at that time.



Ivory and Gold's Anne and Jeff Barnhart



Paula Richardson, Virginia Kondakjian, and Linda Bozowski greeted visitors at the RMA table.



Armen DeVivo with husband Tony and birthday cake, card and flowers at April Dance Club dance

First Dance Club dance of the summer

By Judy Perkus
Join us on Saturday June 17 at 7 p.m. in the Clubhouse Ballroom when the Rossmoor Dance Club and its friends will dance to the music of Danny Pesce. The decorations will have a Hawaiian theme. Everyone is welcome. Send your reservation check made out to the Rossmoor Dance Club to Armen DeVivo at 449B Roxbury Lane. The cost is \$10 a person for mem-

bers and \$12 a person for non-members. Annual Membership is \$10 per person, \$20 per couple. Refreshments include ice cream, coffee, tea, soda, and cake or cookies (sugar-free available). Call Armen at 609-655-2175 for more information. SAVE THE DATE: Saturday September 30 is the date of the Anniversary Dinner Dance.

Rossmoor Dance Club June 27 Dance RESERVATION DEADLINE: June 9

Name: _____

Phone # _____

Address: _____

\$10 per PAID UP member _____

\$20 per non-member _____

2023 ANNUAL DUES: \$10 per person, \$20 per couple

Membership Dues: \$ _____

TOTAL: \$ _____

Please seat me with [if possible] _____

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



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Mutual News

Mutual 2 News

By Rosemary Masella

We had dead trees removed, which will be replaced, and dead bushes removed. The hallways were painted and we will be looking at front doors that need to be painted. We are Jomaxing houses on May 5, 8, and 9. All the carports and garbage sheds were washed. We are done working everywhere to keep our Mutual beautiful.

Mutual 4B

By Lori Moses

The results are in from our recently held elections, Lori Moses will be our maintenance director for the next three years. Serving for one year as alternate directors are Mike Doran, Pat Egan, and Sue Buckley. Congrats and good luck to all our rookies and thank you for volunteering.

As you may know, 4B has lots and lots of beautiful, big trees. We love them all, but unfortunately, we have had to remove several of our older trees as they were becoming a potential danger to nearby homes and infrastructure. Work is continuing on this project to keep our Mutual beautiful and safe.

Other continuing projects include repairs to our sidewalks and walkways, repairs to our carport, and the power washing of our homes with Jomax. This helps keep mold away and leaves our homes sparkly clean.

To reduce the risk of fire, all residents should make an appointment with the maintenance department to have their dryer vents cleaned. The cost will be absorbed by the Mutual.

We would like to encourage all residents to review the recycling guidelines posted in the carports, and to be respectful of their neighbors by keeping our dumpster areas tidy. Organic yard waste such as twigs, plants, weeds, should be placed at the curb on Sunday evenings for Monday morning pick up.

Please do not throw yard waste in the dumpsters.

The ladies of Mutual 4B are continuing to get together every month for dinner at Sal's deli. Please join us. Get to know your neighbors.

For more information, call Pat Egan at 908-812-1428.

Mutual 6 News

By Yvonne Nobile

Spring is here and there is a lot going on in our Mutual. The biggest news involves our President Beverly Masters, who recently resigned to be closer with her family in Kansas. We thank Beverly for her many years of service, and we all wish her well.

Thank you to everyone who sent in ballots or attended the April 26 annual meeting. In the meeting

Robert Franco was elected to the open director position for a three-year term. Patricia Kavalier, Adrienne Brotman and Thomas Delacy were elected to one-year alternate director positions. Since the meeting the directors have met and determined responsibilities. Paul Mueller has accepted the position as president, Yvonne Nobile, vice president, and Robert Franco, secretary/treasurer.

As you may have already noticed, our siding project is underway once again. We hope to complete a total of six buildings this year. To date we have sided a total of 14 buildings, with 30 more to go. This is a long-term, five-year project.

You may also notice sidewalks marked with spray paint throughout the Mutual. This is the time of year our annual concrete project gets underway. The concrete contractor will be replacing problem sidewalks soon as they begin concrete projects throughout the entire community.

Rather than wait for owners to schedule cleaning, the Mutual is considering taking on the cleaning of dryer vents on a two-year schedule and the scheduling of regular gutter cleaning. Lint accumulation in the vents is a fire hazard and needs to be addressed while clogged gutters cause water leak issues. Both maintenance items are expensive and have not yet been finalized, but we will

keep you updated as to our decision.

We are working on replacing our lights in our carports and along our walkways with LED lighting to save money on our electric bills.

Over the next two weeks, we will tour the Mutual to check common hallways for both painting and rug cleaning or replacement. We will also look at common doors that may need replacing or painting, and buildings that may need Jomax, to clean off algae/mold and dirt from the siding.

On another note: If you haven't already given your email address to RCAI please do so. It is a great way to keep updated on the happenings in our community.

Your directors are trying our best to keep on top of the things in the Mutual that need to be taken care of, while trying to stay within our budget. Hopefully working together, we can make our Mutual something to be proud of. Remember, "See something say, something!" We are in this together.

Mutual 6 Condominium Association

Paul Mueller, president
Yvonne Nobile, vice president

Robert Franco, secretary/treasurer

Alternate directors: Patricia Kavalier, Adrienne Brotman, and Thomas Delacy

Mutual 17

Spotlight on WW II Veteran

By Babs Burford-O'Reilly

Mutual 17 has a resident who served in WW II. I was able to visit Ernest (Ernie) Mogor, PFC, and his wife Carol in their home.

They had a special guest with them, Adam MacMillian, a college student interested in military history.

He has a museum in his basement and has started a non-profit called Honored Legacy Project.org. Through this non-profit he collects documents, stories, and memorabilia on the United States military.

Ernie and Adam met when Adam's dad was in Target and noticed Ernie



Ernie Mogor and Adam MacMillian

wearing his WW II hat. He lost sight of Ernie in the store but noticed a car in the parking lot with purple heart license plates. MacMillian waited by the car until Carol and Ernie came out and the rest, as they say, is history. The first time Ernie and Adam met,

(Continued on page 16)



Ernie's Purple Heart award. earned during WW II



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Religious Organizations

What’s the story on the Community Church?

By Robin Bacon Hoffman, Pastor

If you walk or drive around Rossmoor, you’ve probably noticed a tall steeple above the trees and homes. Some people might see that steeple and assume there is a church on the grounds, but the building is actually the Meeting House, home to a variety of community events. The building is a sign of the forethought of the designers of the community, who created a variety of multipurpose spaces for the many activities of the residents.

The Meeting House auditorium serves as a venue for concerts and plays, as well as different types of religious services. It is the home base for the Music Association, The Players, and the Rossmoor Chorus.

Jewish, Protestant, and Roman Catholic services are all held there, along with services organized by the Interfaith Council. The main level is an attractive, accessible space that all residents can

enjoy.

So what’s the story on this Church we hear about? The Rossmoor Community Church was founded over 50 years ago, and still offers worship services to residents of the community at 11 a.m. on Sundays. The Church is open to everyone regardless of religious background, and is completely supported by the offerings of members and friends – both financial offerings and volunteer work, such as ushering or serving on committees.

In addition to worshipping together, the Church organizes numerous opportunities for giving and helping those in need, and plans occasional social events. The Church employs a part-time pastor, an organist and a secretary, and rents the offices on the top floor of the Meeting House.

We’re glad to be part of the fabric of the Rossmoor Community, and look forward to many more years of service here.



Allan Kaufman and Cindy Sigl at the RJC Booth at the E&R EXPO

The Jewish Congregation at the Activities Expo

By Allan Kaufman

President Cindy Sigl and Vice President of Membership Allan Kaufman of the Jewish Congregation worked the RJC desk at the April Activities Expo. They were able to answer questions about the history of the Congregation as well as questions on becoming a member. The Expo provided a great opportunity for us to meet potential members.



Cindy Sigl



Community Church June Schedule

By Alice Owens

- June 4, 11 a.m., Holy Communion Service
Pastor Robin will preach: “Endings and Beginnings”
- June 11, 11 a.m., Worship with the Rossmoor Chorus
Pastor Robin will preach: “I Desire Mercy”
- June 18, 11 a.m., Worship
Pastor Robin will preach: “What God Has Done”
- June 25, 11 a.m., Pentecost Worship
Guest Preacher: The Rev. Alice Batcher

What do you know about Your Show of Shows?



Sid Caesar, Max Liebman and Imogene Coca

Sunday, June 4th in the Gallery from 2 to 4pm

Listen to our own Rossmoor resident Barry Jacobsen

Barry worked for the producer of **Your Show of Shows**, Max Liebman, researched for the book **Show of Shows** by Ted Sennett and provided material for “Sid Caesar and Your Show of Shows” as well as the film “Funny You Should Ask.” He certainly has first-hand experience to give us. See the Emmy award, watch some clips, bring back some memories.

Dessert and Drinks will be offered.

Reserve now for this fun time!

Open to all of Rossmoor and guests

Please make checks payable to Rossmoor Jewish Congregation.

\$5.00 in advance if received by May 30th.

\$7.00 at the door.

Name(s) _____

Phone _____

Send form and check to Cindy Sigl, 536A Thurman Ln, Monroe Twp NJ 08831.

Jewish Congregation

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Services- The Meeting wood Room
House Saturday, June 10 and 23
June 9 and 23 at 7:15 p.m. at 10 a.m.
Torah Studies – The Dog-

League of Women Voters upcoming election events

By Linda Bozowski

Voting looms on the horizon. At our primary election on June 6, voters will select their preferred candidates for public office from each party.

The Monroe Township League of Women Voters will then offer voters two opportunities to meet those candidates and hear their points of view.

- On Thursday, Sept. 14, at 7 p.m., candidates for mayor and Township Council will present their positions on local issues. The location will be the Senior

Center at the corner of Applegarth and Halsey Reed Roads.

- On Tuesday, Oct. 3, at 6:30 p.m., residents can meet and greet candidates for County Commission seats as well as Township Board of Education positions. This event will be held at the Recreation Center at 120 Monmouth Road.

All residents are urged to attend both these important information sessions. The general election will be on Nov. 7. Vote!

Mutual 17

(Continued from page 15)

they talked for four hours.

Ernie had joined the service right out of high school at the ripe old age of 18. He was a combat infantry soldier in the U.S. Army under General George Patton, 76th Division, 3rd Army, 417 Infantry. At the age of 19 he was wounded by a sniper in Germany near the Rhine River. Adam was able to trace back Ernie’s steps during the war – right back to where he was wounded. Part of the bullet is still in Ernie because it could not be removed without causing further damage.

Ernie no longer had his uniform because it was damaged and moth eaten. Adam was able to recreate the uniform for him and it is proudly displayed in Ernie’s den along with other memorabilia. A Purple Heart

Chapter in New Jersey has recently changed its name to PFC Ernest Mogor, Chapter 10. “This is such an honor,” said Ernie.

Ernie presented me with a coin and explained the Purple Heart, which had been established by General George Washington for honor and bravery for all wounded in all branches of the service.

Ernie is an original owner in Mutual 17 having moved in in 1997. Carol joined him in 2005. Adam and his family have become close friends with Ernie and Carol, spending holidays together. Ernie says Adam is the son he never had.

It was a pleasure to talk to Ernie and Adam and refreshing to see a young person taking time to learn history and befriend a soldier from World War II.

HEALTH CARE CENTER NEWS

Elizabeth Caruso, MSN, RN, COHN-S, Nurse Manager Community Health Services,
Saint Peter's University Hospital

Reduce your risk of developing Alzheimer's Disease:
Eat healthy and exercise

There are more than six million people in the United States who are living with Alzheimer's disease and, quite unfortunately, that number is expected to double by 2050. There are many reasons for this prediction, but mainly experts point to the aging population as a point of note.

As the population of the United States ages, more people will be diagnosed with age-related conditions — including Alzheimer's disease.

In fact, according to a study published in JAMA Neurology, "roughly half of middle-aged Americans fear that they will someday develop Alzheimer's and other forms of dementia. And many aspects of the disease remain shrouded in mystery, as far as the general public is concerned."

What's going on?

Alzheimer's is a type of dementia caused by increased proteins in the brain that destroy the connections between brain cells that are important to memory and mental function. Further, as Alzheimer's moves from the early stage through the middle stages and finally to the end stage of the disease, brain cells continue to degenerate.

While there are some

FDA-approved medications on the market that may slow the progression of the disease, there is no definitive treatment or cure. According to the Alzheimer's Association, "more than 12.7 million Americans over 65 are expected to have Alzheimer's, unless major medical breakthroughs are made to cure, reverse, or slow AD."

What you can do to reduce your risk of developing Alzheimer's

Did you know that almost 80 percent of people who develop Alzheimer's also have been diagnosed with cardiovascular disease? It's true, says the Alzheimer's Association.

A considerable amount of research has been published that says improving heart health — specifically by stepping up your level of exercise and eating a nutritious diet — can help reduce your risk of developing this type of dementia.

"We know that what is good for the heart is good for the head," says the U.K.'s Alzheimer's Society. "Research suggests that improving your heart health through diet and exercise can help to reduce risk of dementia."

Making sure risk factors are at proper levels — including

blood pressure, cholesterol, and blood sugar — help reduce your risk of developing diseases as you age.

"Exercise may directly benefit brain cells by increasing blood and oxygen flow in the brain. Because of its known cardiovascular benefits, a medically approved exercise program is a valuable part of any overall wellness plan," explains the Alzheimer's Association.

What's normal and what isn't as we age

All that being said — and, no, it's not a pretty picture — rest assured that the vast majority of people who may be afraid they will develop the condition will not. Consider this: becoming a bit forgetful can often come naturally as we age. Alzheimer's disease is a brain disease. It is not a normal part of aging.

The Alzheimer's Association points out that the forgetfulness some begin to experience over the age of 60 is actually mild cognitive impairment (MCI). "MCI affects roughly 12 to 18 percent of people over age 60," the association estimates, noting about 10 to 15 percent will go on to develop dementia each year.

MCI includes "losing your train of thought, forgetting appointments or social gatherings, becoming disoriented in places you know well" among others, experts say.

Next steps...

Don't suffer in silence. If you or someone you love is experiencing any of these symptoms of MCI or Alzheimer's disease, speak with your doctor so your condition can be monitored and a wellness plan can be developed for you.

Travel Feature:
Canadian Express

By Ken Thomas

My wife and I chose the Canadian Rocky Mountains as part of our retirement vacation with friends who were also retiring. Our trip would start somewhere in Canada, head cross-country and end in Seattle by car and train. We had never seen the Rocky Mountains in Canada or the USA. All the tour attractions ahead were now audibly available on the trip tape mile by mile in the car. I wanted to see moose, long-horned sheep, bear, caribou and shake hands with a yeti.

The Canadian Express highway offered a quick passage, but the scenery slowed us down: many mountains, many rivers, many valleys, huge forests and blue skies. The tape named them all as we passed through surrounding towns. The first two days on the road stunned the eye with panoramic views. The Rocky Mountains were Canada's contribution of beauty to the world. We didn't see any wildlife except for the chipmunk in a parking lot.

The waiting train had more windows than a computer; left, right, and up. Whenever the train conductor pointed out wild life or a tourist attraction, our seats did not prevent a view. This train could compete with any luxury choice of transportation. The on-board breakfasts were substantial with great coffee. Various lunch selections included cocktails and dinner entrees had gourmet titles. What did a train kitchen look like?

In between, the Canadian Rocky Mountains from front row seats were awesome and amazing. Those "A" words were inadequate. The wildlife showed up. We

saw three bears roadside. Two moose crossed a lake. Eagles lined the trees, swooping down into a river for salmon. A long-horned sheep momentarily stopped for pictures. In our cabin that night, the lawn lights identified a huge, multi-antlered caribou, majestic. The remaining days on the train used up all the pictures in our cameras. Our friends frantically searched for more film.

Our first 400 clicks weren't enough. The glacier was at low temperatures and visually stunning. This ice cube was gigantic. Most of the nights were in hotels. Canadian hospitality and service on and off the train were better than advertised, ten times better.

One of the last train stops was at Lake Louise. Even the spectacular Grand Hotel couldn't match the beauty of this lake and surrounding mountains. We spent the day gawking. Every time I opened the doors onto the room balcony, Lake Louise introduced me to beauty. Our boat ride pictures identified more of God's Country.

The end of the train trip was like retirement, both happy and sad. I'll never say choo-choo again. We left the San Juan Islands and headed west by car. Seattle was the final leg of our vacation, but not the end of great tourist attractions. Puget Sound was an unforgettable picture and sea food saturated. The seaport area only needed their cup of Starbucks coffee for tourist perfection. A walk around town is a hike. Take the Space Needle to the top for a majestic view.

Our retirement vacation wasn't worth 45 years of on-the-job, but the memories would last that long. I'll never forget.



Less than **20%** of US adults
are aware that complications of flu can include heart attack,
worsening of diabetes, stroke, and disability.

National
Foundation for
Infectious
Diseases

Source: Online omnibus survey of 1,004 adults (18 years and older) living in the United States was conducted in October 2018

Monroe pleased to partner with Middlesex County Surrogate to offer a satellite office

By Mayor Stephen Dalina

The Middlesex County Surrogate's Office plays a critical role in the lives of many Monroe residents, including many of our senior citizens.

That is why I engaged Middlesex County Surrogate Claribel Cortes in an important discussion about ways in which the surrogate can have a closer relationship with Monroe. Her office is based in downtown New Brunswick, where parking and traffic can be challenging. My goal was to identify a localized place where residents can have easy access to the services they require, with ample, free parking.

I would like to thank the surrogate, who was eager to find the right solution for the people of Monroe. Together, we decided to open a satellite office for the surrogate at the Monroe Township Library, 4 Municipal Plaza.

Library Director Leah Wagner said the room is reserved each Wednesday for representatives of the surrogate's office to meet with residents and assist them in probating wills and to address other needs. Services are fee-based.

"Some of our residents are going through a difficult time and don't want to have to travel up to New Brunswick to meet with the surrogate," Wagner told me. "So, beginning in the fall, we partnered with the surrogate's office to have a satellite office in our library. It has been going very well, as we offer a comfortable place to meet that is right in town."

The county surrogate oversees the probate process and estate administration. When someone in our community passes away, the surrogate ensures that the deceased person's will is valid and guides the distribution of assets according to the will or applicable laws.

The county surrogate may also handle matters related to guardianship and conservatorship. If a resident is unable to make decisions for themselves due to age, illness, or disability, the surrogate court can appoint a guardian to make decisions on their behalf. Similarly, if someone is unable to manage their financial affairs, the surrogate court can appoint a conservator to handle their financial matters. These appointments are crucial for protecting the interests of vulnerable individuals who are unable to advocate for themselves.

The surrogate also processes adoptions and invests minors' funds on their behalf. The surrogate ensures that the legal rights and interests of all Monroe residents are protected, particularly in cases involving death, incapacity, or vulnerable populations.

I would like to express my appreciation to Surrogate Cortes for working with me to find the right solution for Monroe residents. I am pleased the service is well-used at the Monroe Township Library, as there are a number of appointments with our residents scheduled each and every Wednesday.

You can make a reservation by calling the surrogate directly at 732-745-3055. You can also learn more about the services provided by visiting middlesexcountynj.org/surrogate

ROSSMOOR COMMUNITY ASSOCIATION 2023 POOL SEASON

RULES, REGULATIONS, GUIDELINES & POOL HOURS
Friday, May 26th through Monday, September 4th
Open daily, 9:30am – 7:30pm.
(Pool hours are subject to change)

NO LIFEGUARD ON DUTY - RESIDENTS ONLY - NO GUESTS ARE PERMITTED- NO SWIMMING ALONE
Failure to comply with these guidelines will result in pool privileges being revoked and/or a fine to residents.

1. Health and Safety Guidelines:

- a.As per New Jersey State Bathing Code: persons showing evidence of communicable infection, sore or inflamed eyes, cold, nasal or ear discharges, or excessive sunburn will not be permitted in the pool area. Persons with open sores, blisters, cuts and/or bandages will not be permitted in the pool.
- b.Showering is required prior to entering the pool
- c. Persons recovering from diarrhea or symptoms of gastrointestinal disease are encouraged to wait seven days before using the pool
- d. Persons suspected of being under the influence of drugs/alcohol shall be prohibited from entering the pool area
- e.Non-slip footwear MUST be worn in the Pool Area Bathroom
- f. Management reserves the right to close the pool at any time

2. Pool Passes:

- a.Upon entering the pool area, all residents must present their blue photo ID pass with 2023 sticker. Rossmoor photo IDs are non-transferable and expire annually.
- b.A \$10.00 replacement fee will be charged for lost ID cards.

3. Food and Beverages:

- a.Food and beverages are permitted within the designated "Picnic Area" only.
- b.All beverages and food must be in non-breakable containers.
- c.Glass containers and alcoholic beverages are prohibited.
- d.Water in plastic bottles may be consumed on the pool deck, surrounding the pool.

- e.All residents' and guests' food/beverage debris must be removed and disposed of in appropriate trash/recyclable collection containers.

4. Seating:

- a.Pool furniture is available on a first-come basis
- b.Personal furniture is NOT permitted in the pool area
- c.Beach towels should be used to cover and protect pool chairs when using sun tan oil/lotions

5. General Rules:

- a.No animals, except service animals, shall be allowed within the pool area
- b.Radios or other music media are not permitted in the pool area, except those equipped with earphones
- c.Smoking of any kind, including e-cigarettes, is NOT permitted in the pool area
- d.No sitting on the entrance steps or ladders
- e.Neither diving, running, continual jumping nor "horseplay" is permitted

6. Noodles, Fins, Pool Toys, etc.:

- a.Pool toys—inflatable, plastic, foam, or any other material—and swimming devices such as, but not limited to, swimmees, inner tubes, fins, etc., are NOT permitted in the pool, except for Aqua Aerobic classes. Only US Coast Guard-approved life jackets may be used in the pool as flotation devices. Rossmoor residents may use "Noodles" in the shallow end of the swimming pool (as exercise/therapy tools but NOT as flotation devices) except during special events.

7. Rules Not Followed:

- a.Warning and fine of \$100
- b.Second Infraction \$200 fine
- c.Third Infraction – Pool privileges will be revoked for season and a \$300 fine

At the Monroe Township Public Library

The Monroe Township Library offers a mix of in-person, virtual and hybrid programs for adults, children, and teens. Please read the program descriptions carefully. Many programs require registration. Register on our website at www.monroetwp.library.org/calendar or by phone (732) 521-5000.

Virtual Author Talk: Ike Rucker, Ph.D.

Wednesday, June 7 at 4 p.m.

"The Fun Habit: How the Disciplined Pursuit of Joy and Wonder Can Change Your Life" by Mike Rucker, Ph.D., is the ultimate guide to reap the serious benefits fun offers. Fun is an action you can take here and now, practically anywhere, anytime. Through research and science, we know fun is enormously beneficial to our physical and psychological well-being, yet fun's absence from our modern lives is striking. This is a virtual program. Registration is required.

The Art of Photography

Thursdays, June 8 at 6 p.m. to 7:30 p.m. OR

Wednesday, June 28 from 1 p.m. to 2:30 p.m.

A lecture for photographers of all ages & skill levels. Hosted by photographic artist, teacher and "Princeton Photography Club" president, Dave Burwell. Sponsored by Monroe Township Cultural Arts Commission. Registration is required.

World Wide Knit in Public Day

Saturday, June 10 from 11 a.m. to 3 p.m.

Spend an afternoon socializing with local stitchers on the same day as other Knit in Public Day events all around the world! Knitters, crocheters, cross stitchers and needleworkers of all skill levels are welcome. Bring your own supplies - yarn, crochet hooks, knitting needles, etc. Drop into the library anytime between 11 a.m. and 3 p.m. No registration required.

CPR Training

Saturday, June 10 at 11 a.m.

Penn Medicine will offer

the American Heart Association Family and Friends CPR class. Learn basic Adult/Child CPR, and cardiac event and stroke warning signs. Designed for the general community, this course teaches you what to do in the first few moments until a First Responder arrives. This is not a certification course, but a participation course. Space is limited. Registration is required.

Medicare Scams Prevention

Monday, June 12 at 2:30 p.m.

Protect yourself from having your Medicare/Medicaid services stolen from you. Presented by Senior Medicare Patrol of New Jersey. This is an in-person event. Registration is required.

Learn to Crochet

Tuesdays, June 13, 20 & 27 at 2 p.m.

Learn the basics of crochet using Creativebug guided by library staff! This class is 3 sessions. Registrants will need to bring medium weight (#4) yarn and an H8 (5mm) crochet hook. This is an in-person event. Participants should plan to attend all three sessions. Registration is required.

Scrabble Club

Tuesday, June 13 at 3 p.m.

Come in and join us for some casual, non-competitive, rounds of the timeless board game, Scrabble. We will try to place attendees around the same skill level (beginner, intermediate, expert) or based on average score. Feel free to bring your own board, or use one provided by the library. Registration is required.

Photography Club

Tuesday, June 13 at 3:30 p.m.

Bring a camera (smart device is acceptable) and share your love of photography. This is an in-person program. Registration is required.

Caregiver Support Group

Wednesday, June 14 at 11 a.m.

A Caregiver Support Group meets at the Library

(Continued on page 19)

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

DANIK SERVICES
Call 609 655 2624

**Grocery Shopping
Lite Handyman Work
Lite Gardening
REASONABLE RATES**

CELEBRATE FREEDOM
JUNETEENTH
A DAY OF REMEMBRANCE

Monday, June 19

At the Monroe Township Public Library

(Continued from page 18)

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

Genealogy Club
Wednesday, June 14 at 2 p.m.

Beginner and experienced genealogists welcome to discuss research, share findings and resources. This program is held in person. Registration is required.

Page Turners
Thursday, June 15 at 11 a.m.

Looking for something to read or add to your reading list? Library staff will present and recommend a variety of titles pertaining to a different topic, both new and old titles. The theme for this session is Reel Good Books (Books to Movies). This is a hybrid program. Join us via Zoom or in person. Registration is required.

Book Bingo for ADULTS
Monday, June 19 at 2:30 p.m.

Come play a few rounds of Bingo and win free books! Registration is required.

Coffee and a Book
Tuesday, June 20 at 11 a.m.

This month we will discuss "The Lost Apothecary" by Sarah Penner, nominee for Best Historical Fiction (2021), and nominee for Best Debut Novel (2021). A female apothecary secretly dispenses poisons to liberate women from the men who have wronged them - setting three lives across centuries on a dangerous collision course. Please read the book in advance and join us for a discussion. This is a hybrid program. Registration is required.

Elder Investment Fraud - Don't Let It Happen to You
Tuesday, June 20 at 1 p.m.

Presented by Arlene Ferris-Waks, Director of Investor Education, New Jersey Bureau of Securities, Office of NJ Attorney General. Ms. Ferris-Waks will help identify

the investor scams to which seniors are most susceptible, as well as give tips regarding how to spot, stop and avoid becoming a victim of fraud. In partnership with the New Jersey Coalition for Financial Education (NJCFE). Registration is required.

Short Story Discussion
Thursday, June 22 at 2 p.m.

We will discuss "Greenleaf" by Flannery O'Connor in The Best American Short Stories of the Century edited by John Updike and "Camp Sundown" in What We Talk About When We Talk About Anne Frank by Nathan Englander. This program is held in-person. Registration is required.

Farmers Market
Thursdays, June 22 & 29 from 2:30 p.m. to 6:30 p.m.

The Monroe Township Farmers Market is returning to the Library parking lot on Thursdays this summer. Start your weekend early! Eat fresh! Shop local! Our second season promises old favorites and will introduce you to some new ones. Scoop up seasonal produce, baked goods, honey, teas, prepared foods, and artisanal goods. Enjoy a different live musical performance every week. The Friends of the Library will be selling books at bargain prices. The market will run on Thursdays beginning June 22 to September 14 from 2:30 p.m. to 6:30 p.m., plus a Harvest Market on Tuesday, November 21.

CLASSIFIED Ad
COUPON

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

MAIL TO:
Princeton Editorial Services
P.O. Box 70
Millstone Twp., NJ 08510

RATES FOR ONE PUBLICATION
\$14 for 10 words, 50 cents each additional word

Multiple: 10 words in two publications = \$14 x 2 = \$28.
10 words in three publications = \$14 x 3 = \$42.

Check those that apply:

- ☐ Clearbrook Courier ☐ Concordian
☐ Encore Speaks ☐ GW Voice
☐ Regency Reporter
☐ Renaissance Reflections
☐ The Rossmoor News

☐ Check here for all seven

All ads must be mailed with payment.

No classifieds accepted by phone or email.

- Note: Phone numbers count as one word. Do not count punctuation. Do not abbreviate.
- State category/heading, ie., "For Rent", "For Sale", "Help Wanted." No charge for the heading.
- One check or money order must accompany insert, PAYABLE TO

PRINCETON EDITORIAL SERVICES

Classified Advertising

Home Improvement & Services

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

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

POWERWASHING—Spring/Summer clean-up. Sidewalks, patios, houses. Reasonable rates. (910) 308-0376.

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

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

Transportation

AAA TRANSPORTATION—Monroe area. (Encore resident.) Transportation to airports, trains, piers, NYC, and I will drive your car to and from Florida. Reasonable rates. Call Howard (732) 979-3085.

LIMO GUY — Our 20th year. We go almost anywhere. Upgraded SUVs. \$100 to Newark Airport. \$205 Philadelphia. \$205 JFK. We go almost anywhere. 24/7. Call (732) 803-2521.

MONROE SHUTTLE—formerly Carole's Shuttle. Local and airports. (609) 255-8880.

BOB'S RIDES FOR CASH. All airports and N.Y.C. No locals. Concordia resident. Call Bob at (609) 819-1240.

TOM'S TRANSPORTATION: Local Monroe Area appointments. Newark Airport. N.Y.C. events. Call (609) 917-5600.

Wanted to Buy

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

Miscellaneous/Services

NEED HELP DECLUTTERING? Downsizing or moving can be a daunting task, let me help. I am an experienced, compassionate professional planner and organizer who will work with you to help sort, manage, and facilitate the process of discarding, recycling, and donating items that could serve others. Reasonable rates. Call (914) 420-6802.

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

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

Help & Health Services

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

ANNA'S HOME CARE – Certified professional caregiver is looking for live-in/live-out job in Monroe Township. Experienced, references. Driver's license. Accepts long-term care insurance. Low prices. Private care option. Call Anna at (609) 917-4208 or (908) 337-7462.

House Cleaning

G&B CLEANING—Servicing Monroe and other areas for over 14 years. Also clean-out and Estate Sales. Weekly, bi-weekly or one time or once a month. Licensed & insured. Please call Bryan. (732) 310-9413.

SHANNON'S SUNSHINE CLEANERS— Friendly faces. Fast service. Fully insured. 908 413 0961

ERICA'S CLEANING SERVICES—Free estimate. Great references. Call at (203) 207-1241.

Contact Waste Management

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for pick up of household items

NO electronics

NO upholstered furniture

NO mattresses

TRANSPORTATION TIDBITS

Important phone numbers:

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

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

Schedule is available at www.rcainj.com under "Amenities".

Monroe Township Transportation609-443-0511

Middlesex County

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

Recycle information from
Waste Management



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

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Photo courtesy of Getty Images

How managing blood pressure can help save lives

FAMILY FEATURES

Effectively managing your blood pressure can help reduce your chances of life-threatening medical events, even death. Gain confidence and learn how to take control of your blood pressure with these tips and resources from the American Heart Association.

The Silent Killer

High blood pressure is often referred to as the “silent killer” because it typically has few, if any, noticeable symptoms but can lead to heart attack, stroke, heart failure and even death. Many people with high blood pressure don’t even know they have it. Some overlooked symptoms can include dizziness, facial flushing and blood spots in the eyes.

Understand Your Readings

The only way to know if you have high blood pressure is to regularly take an accurate blood pressure measurement. Understanding your results is key to controlling high blood pressure. Blood pressure numbers of less than 120/80 mm Hg are usually considered within the normal range, yet it is important to talk to a doctor about your healthy range. Even if you fall within a healthy range, it can be beneficial to stick with heart-healthy habits like following a balanced diet and getting regular exercise. Consider these numbers and ranges to know if it’s necessary to take action:

- **Elevated blood pressure** is when readings consistently range from 120-129 mm Hg systolic (the upper number) and less than 80 mm Hg diastolic (the lower number). People with elevated blood pressure are likely to develop high blood pressure unless steps are taken to control the condition.
- **Hypertension stage 1** is when blood pressure consistently ranges from 130-139 mm Hg systolic or 80-89 mm Hg diastolic. At this stage, doctors are likely to prescribe lifestyle changes and may consider adding blood pressure medication based on your risk of atherosclerotic cardiovascular disease, such as heart attack or stroke.
- **Hypertension stage 2** is when blood pressure consistently ranges at 140/90 mm Hg or higher. At this stage, doctors are likely to prescribe a combination of blood pressure medications and lifestyle changes.
- **A hypertensive crisis** requires medical attention. If your blood pressure readings suddenly exceed 180/120 mm Hg, wait 5 minutes then test again. If your readings are still unusually high, contact your doctor immediately. Seek emergency help if your blood pressure is higher than 180/120 mm Hg and you are experiencing signs of possible organ damage such as chest pain, shortness of breath, back pain, numbness or weakness, change in vision or difficulty speaking.

Know Your Risk

While many risk factors for high blood pressure may be related to your age, gender and family history, there are also risk factors you can change to help prevent and manage high blood pressure. People at added risk may be those who engage in lower levels of physical activity, eat a diet high in sodium (particularly from packaged, processed foods), may be overweight or obese, drink excessive amounts of alcohol and may have multiple chronic conditions.



Talk About It

Whether you’re making changes in your own life to combat high blood pressure or helping someone else, positive feelings and confidence are longer-term motivators to making health changes. If you’re talking with friends, loved ones or your doctor, be prepared to ask open-ended questions. Be curious and kind to yourself and others you may be helping.

Lowering Your Pressure

You can reduce your risk of heart disease, stroke, heart failure and even death with lifestyle changes and medication. Watching your weight, especially if you are overweight or obese, can bring health gains; losing as little as 5-10 pounds may help lower your blood pressure. Managing your stress by relaxing for short periods during your workday, at night and on weekends is another productive practice. If you have diabetes, it’s important to work with a doctor to manage the disease and reduce your blood glucose levels. If you think you could have sleep apnea, getting screened for and treating the condition can also reduce your risk for developing high blood pressure. When you have high blood pressure, medication may be an important part of your treatment. Follow the recommendations carefully, even if it means taking medication every day for the rest of your life. When you’re discussing high blood pressure concerns with your health care provider, also be sure to talk to your doctor about over-the-counter pain relievers that may raise your blood pressure. Talking with your doctor can help you identify over-the-counter pain medications that won’t raise your blood pressure to ensure you’re not creating a blood pressure problem while treating other concerns.

Getting Ready for Your Appointment

Think about what challenges you face in controlling your blood pressure that you need to share with your doctor to create a plan that works for you. Start by considering the answers to these questions to discuss with your health care provider:

- How often do you check your blood pressure?
- Do you keep a log of your blood pressure measurements?
- Are you taking medications as prescribed?
- What are some things you can do to have less salt in your diet?
- What are some reasons it can be hard to manage your blood pressure?
- What are some things you’d like to discuss during your appointment?

Learn more about monitoring and managing high blood pressure at heart.org/bptools.

Blood Pressure Categories

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

heart.org/bplevels