



# Rossmoor News



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Monroe Township, New Jersey

July 2019

## Senior/Senior sports are a big hit

By Carol De Haan

A clear, crisp morning set the stage for Monroe Township's sixth annual Senior/Senior Sports Event on May 29. A total of 128 people took part, half of whom were "seniors" like ourselves from several nearby communities, and half of whom were "seniors" who were granted a day off from their studies at the Monroe Township High School.

Four sports events were sponsored by the Township Recreation Department and took place at various locations across this large community.

**Shuffleboard** was played at Rossmoor. The arrival of the 16 High School seniors elicited smiles and applause from their 16 older counterparts. They quickly formed teams made up of two peo-

ple, one young person and one older person. The games lasted from 10 a.m. until it was time to break for lunch, with Rick Siemon, coordinator for the Township Recreation Department, keeping score.

**Pickleball** was played at the Community Center. All four courts were used by the 16 older seniors and their 16 younger counterparts.

**Bowling** was played in eight lanes by 16 older seniors and 16 younger seniors at the Knob Hill Country Lanes on route 33.

**Bocce** was played in the four courts at Thompson Park, again with 16 older seniors and 16 younger seniors.

"The goal of these events," according to team player Al-len Kobezak of Mutual 12, "is

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Our WW II veterans were honored at the Interfaith Service on Memorial Day. From left: Joe Schifauo, Walter Murphy, Walter Marz, Bernie Fox, Henry Cox, Paul Sinnicke (in back), Bob Shine (in front), and Trudy Skladany.

## Good morning, Rossmoor Veterans!

By Dan McOlvin and  
Denny O'Malley

Thank you for a strong turnout for the Interfaith Council's Memorial Day Ser-

vice on May 27. This occasion allowed us to pay tribute to all those who have died in service to our country and gave us an opportunity to

recognize and honor our own World War II veterans, pictured above.

For additional photographs see page 4.



Rick Siemon, coordinator for the Township Recreation Department, explains the rules to the competitors.



The shuffleboard players await their turn.

## A Day in the Honor Flight

By Alex Monaco

Last year, Dan McOlvin announced at the Veterans group meeting that we had an opportunity to attend an "Honor Flight." Honor Flight is a non-profit organization dedicated to providing Veterans from WW II, Korea, and Vietnam a free trip to Washington D.C. to view the various armed service memorials dedicated to those who served in the wars and conflicts of the 20<sup>th</sup> century. All

veterans are eligible to participate in an Honor Flight, with priority to WW II, Korean, and Vietnam veterans. Over 200,000 veterans have participated so far.

Dan gave me an application, but I was too late for the October trip, so was placed in the list for the June 4 Honor Flight. In January I received the first call from the Southern New Jersey Honor Flight team who would coordinate the trip. Confirma-

tion of my trip was established and I was given a target schedule for the event.

On the morning of June 4, Dan McOlvin, who was participating in the trip as a guardian, picked me up at 4:30 a.m. The guardians are volunteers who guide and aid the veterans on the trip. They must pay for the privilege of being a guardian. (I can't say enough about these volunteers!)

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The veterans on the June 5 Honor Flight are, from left, Harry Murphy, Lex Monaco, Dan McOlvin (a Guardian), Al McVicar, and Tony Cardello.

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# at the governors' meeting

The Rossmoor Community Association, Inc. ("RCAI") Board of Governors meeting on June 20, 2019, was called to order at 9:00 a.m. by Mr. Daniel Jolly, President.

Mr. Gerald McQuade, Treasurer, reported that there is a positive variance through the period ending April 30, 2019, mainly due to the mild January, Febru-

ary and March this year.

Mr. Robert Gleason read and the board approved Resolution Number 19-18, Authorization to Receive a Competitive Bid from TLP for Phase III of the Clubhouse and Meeting House HVAC Replacement Project with oversight by ATI, the mechanical engineering firm RCAI hired to oversee the entire project.

Mr. Jolly informed the board that Middlesex County denied Rossmoor's request for a guard rail along Applegarth Road near Mutual 8 as it would not meet State requirements.

There were no other resolutions, policy changes or concerns for the board to discuss.

## Senior/Senior

(Continued from page 1)

to promote positive interactions between the two generations, to foster pride in our community, and most of all, to have fun."

The various groups came together at noon at the Monroe Township Recreation Center on Monmouth Road

to be welcomed by Council Vice President Elizabeth Schneider. The scores from each game had been tabulated and the overall winner was announced as Team Five.

Participants and their guests then enjoyed lunch which was graciously sponsored by the Gardens at Monroe Rehabilitation Center.

### The origins of these games

Bocce was played in ancient Egypt from around 5200 B.C. In today's world, it is among the most widely played games, second only to soccer.

Bowling also appears to have originated in ancient Egypt. In the 1930s, a British archeologist found a collec-

tion of objects suitable for bowling in a child's grave that dated back thousands of years.

Shuffleboard began among 15th century English pub patrons who would slide a large coin across a tabletop and gamble on the outcome. King Henry VIII also liked to gamble and play, but he prohibited commoners from playing the game. Deck shuffleboard, popular on today's cruise ships, is played at Rossmoor and many other communities.

Pickleball is the newcomer, having begun in 1965 in Washington State. Played with a paddle and a whiffle ball, it has grown in popularity across the country and even overseas.



## Open RCAI Meetings in July

Thursday, July 11

Standing Committee Meetings 9 a.m.

Maintenance Committee  
Community Affairs Committee  
Finance Committee

Thursday, July 18

Board of Governors Meeting 9 a.m.

All meetings are held in the Village Center Meeting Room unless noted otherwise.

Please watch Channel 26 for any changes or cancellations.

## Rossmoor Phone Directory

Please check our current phone directory.

If you would like any changes or to add your information, please complete the form on page 27 of this issue and submit it to the Administration Office in the Village Center.

ALL CHANGES MUST BE SUBMITTED BY JULY 12.

Thank you,  
Rossmoor Phone Book Committee

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



### News Board:

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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 Chairman Joe Conti about any article they wish to contribute. All copy and pictures are subject to editing and are accepted with this understanding.

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

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## Bits & Pieces

Sue Ortiz

Here's a little story I wrote for a writing exercise a few years back. The prompt was "Seven days ago, I ... " I will let the reader decide if the story is true or not.

Seven days ago, I cooked with garlic. Now, nobody will talk to me. A strong garlic aroma has overtaken the welcoming flowery potpourri and candle scents of my home.

My dinner included the garlic-infused tomato sauce that was served over rotini pasta. My breath must be really bad, too, because I won't even talk to myself. My reflection in the bathroom mirror doesn't even show up. My ever-faithful dog packed up his bed, chew toys, and treats and moved out. The postman left a note on my front gate saying that my mail delivery has been stopped until further notice. All the pretty flowers I planted in the spring have uprooted themselves and are now growing in my neighbor's yard. Birds have "for rent" signs on their nests and houses; they flew south for the summer! My house is no longer infested with termites, ants, or silverfish. Ladies and gentlemen, even Elvis has left the building.

Seven days ago, I cooked with garlic. That's nothing unusual for me: I love the stuff. I do make my own tomato sauce from scratch, but sometimes I open a jar of sauce and add some extra ingredients, such as green peppers, onions, fresh oregano, and garlic just to give it my own flavor. That's what I did this time – so, nothing unusual there. And three or four cloves of garlic added to the sauce are just about the right amount for that authentic Italian flavor. Sometimes I sauté chopped garlic in a bit of olive oil and add fresh spinach until it wilts. Add a splash of lemon juice ... hmmm ... heaven! I have roasted whole garlic before, and I haven't had this malodorous problem. I am determined to find out what I did differently this time.

I ate alone that fateful night, but some friends came over later. Well, they came to the door, but they didn't come in. As soon as I greeted them at the door, the garlic odor rushed out and hit them in the face like an explosion blast. Their hair blew wildly, and they stumbled off my porch. They held their noses as they rushed back to their cars without waving goodbye.

I haven't seen or heard from them since.

There have been no incoming phone calls; any outgoing call is answered by a strange, nasal-sounding recording telling me to call back in a couple of weeks. It seems like I and my house are in a

quarantined bubble. But why?

I'm hoping, as the days go by, the odor subsides. I think it is fading already.

Doesn't anyone worry if I, too, was affected by the pungent garlic? I ate it, for Pete's sake!

I've checked the remaining cloves of garlic on my kitchen counter...Did they have that overpowering reek of old garlic? No. I could barely smell them. I threw them out anyway, just to be sure. That didn't matter, though. The trash men skipped my street this week.

I have since checked the sauce itself. It was way too garlicky. Barely palatable. How did I ever eat it? Did I put too much garlic in it? Had I been distracted by something — a phone call, perhaps — and lost count of the cloves I was chopping? It's possible. I can't remember now — it's been a week since this whole stink started. Anyway, I threw out the leftovers, as well. Again, no trash pickup, but at least it, along with the garlic, was out of the house.

When I drive anywhere, and I try to enter a store, lights go out and a "closed" sign pops up in the window. I yell, "I know you're in there!" but no one answers me. I need groceries — I'm running out of food. I promise I won't buy any more garlic. (At least for a while!)

I just had an idea. I'm going to check the can of sauce I used. Wait here; let me get it from the recycling bin out back ...

... Here we go. Let me see, now. Eureka! "Now with more garlic flavor," the label announced. That must be it. Between that and the garlic I added — whew — garlic overload!

(Oh ... And I forget to mention the garlic bread I also made that fateful day. Ha ha!)

I guess the aroma will eventually fade, but I hope my social standing doesn't. When I hear from my friends, my dog comes home, the bugs return, and I start receiving bills in the mail, I'll know that my world is revolving again.

Garlic is good for one's health. I know that. But now I've learned that too much of a good thing is no good ... for everyone!

### B&P

"You can never have enough garlic. With enough garlic, you can eat The New York Times." — Morley Safer (Canadian journalist, 1931-2016)

"Doing the weekly shopping, I stock up on stir-fry kits, Amy's meatless burgers, and armloads of onions and garlic. I put onions and garlic in everything." — Carrie Underwood (American musician, b. 1983)





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

**Q: If there are questions or concerns that are community related, how do residents voice their comments?**

**A:** If the matter is related to your manor, carport or common area around your building, it would probably be best to contact your Mutual director during normal business hours. Be kind and respect your director's time and space by not calling on the weekends, evenings or holidays unless it is absolutely necessary.

If the matter is related to an RCAI policy or the common facilities, please contact the appropriate department, Education and Recreation at 609-655-3232; Maintenance at 609-655-2121 or my office, Administration, at 609-655-1000 and we would be happy to assist you.

If you feel strongly that an RCAI matter is not resolved and you would like to express your thoughts or concerns, please attend the next RCAI Board of Governors meeting. The affairs of RCAI are governed by the RCAI Board of Governors. The meetings are open to all residents and is the best place to have your voice heard. Typically, the board meets on the third Thursday each month at 9 a.m. in the Village Center Meeting Room. Please consult Channel 26 for up to date information on the Board meeting dates, times and locations.

The best resident is an informed resident. Work within the system. Be informed about what is happening and when by consulting the *Rossmoor News* and watching Channel 26. Get involved because you care about Rossmoor not because you have a hidden agenda. Most importantly, there is always much debate, discussion and compromise in a democracy and Rossmoor. It cannot be for the few, decisions and policies are made keeping in mind what is right for our community and our residents.

**Q: I would like to make some changes to my manor. What should I do first?**

**A:** Whether you live in a condominium or a co-operative manor, the governing documents for your Mutual clearly state that additions, alterations or improvements require written approval of your Mutual board prior to starting any project. You also need written approval of your Mutual board prior to changing the landscaping in your three-foot bed or planting a tree.

The process begins in the Maintenance Department on Prospect Plains Road where work permits are available. It is important to be precise when describing the project

on the permit and be sure to include measurements, dimensions, color, size, type of material, etc. and a drawing and/or brochure of the item. It is also a good idea to hire a contractor that is insured if you own a condominium Unit. If you own a cooperative Unit, all contractors must meet the minimum insurance requirements and provide a Certificate of Insurance. Maintenance also can provide a list of recommended plant material for the three-foot beds and trees that are best for our region and soil type.

Once you submit the completed work permit, your Mutual's Architectural Review Committee will review the material and will inform you in writing of their decision. Some changes require Monroe Township building permits and some changes require a Declaration Maintenance Obligation form. This will be noted on your work permit when it is returned to you.

If you plan to use a contractor, all debris must be removed from Rossmoor by the contractor. Do not use the dumpsters. This includes, but is not limited to, old carpet and shrubs. It is the responsibility of your contractor to remove the old materials. You may want to mention this to your contractor when negotiating a price so there is no misunderstanding or added, unexpected expenses to you.

If you are not sure if your project requires a work permit and written approval prior to commencing the work, please contact the Maintenance Department at 609-655-2121 and they will be happy to assist you.

(Continued on page 5)

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**Our many veterans attended the Memorial Service and Wreath Placement at the Inter-faith Service on Memorial Day.**



**The Chorus sang an anthem during the Memorial Day Service.**



**Denny O'Malley, left, with Tommie Croake as Pastor Robin prays over the wreath.**

At 10 a.m. we were greeted by another police motorcycle escort that stayed with us the entire day. Our first stop around 11:15 was the Iwo Jima Memorial, a tribute to our Marines. We toured around the monument and then the guardians took a group photo. What a mob! We had views of Arlington Cemetery from here as well. Next, over to the Air Force Memorial which was shaped like a jet contrail. It also contained a set of bronze airmen in Honor Guard formation. We had a great view of greater Washington D.C., Arlington Cemetery, and the Pentagon. Here we relaxed for a while and ate our Arby's box lunch.

All along we were greeted by tourists shaking our hands and thanking us for our service, having an emotional impact on us.

After lunch we moved to the Mall location to view the WW II Memorial, the Korean War Memorial, and for me at least, the Vietnam Veterans Memorial. We formed up with an Honor Guard from the High School to lead us into the WW II Memorial, wheelchairs first then the rest of the 200+ members of our Honor Flight. Again, we were greeted with applause and handshakes (don't let them see you use the Kleenex to wipe your eyes). The WW II vets were photographed in front of the state they represented.

We were free to visit all the memorials in our own time, since they were all in close proximity. Some of the Vietnam vets had brought paper and crayons to trace a friend or relative's name from the

(Continued on page 5)

## Honor Flight

(Continued from page 1)

We picked up Al McVicar, another Rossmoor Vet who was being honored. Off to Ramada Plaza to meet the bus to Williamston High School where the Honor Flight will start. We met two more Rossmoor Vets, Tony Cardello and Harry Murphy, and a number of other veterans who were going. At this time, we were given Honor Flight T-shirts to wear for the day. Our bus Included a group of 10 women veterans from northern New Jersey.

We arrived at the High School at 6:30 a.m. and were ushered into the cafeteria to meet our guardians and learn our itinerary. The school was decorated with patriotic sayings and drawings by the students with many a "Thank you for your service" poster on the walls. Photos were taken of the groups as we came in and later with our guardians. There were over 160 veterans and

approximately 60 guardians.

Breakfast was served and we were serenaded by the High School Acapella choir singing the National Anthem. When we left the cafeteria the student body lined the halls cheering, shaking our hands, and thanking us for our service. It was quite a moving and humbling experience.

As we left the school, we received a salute from the School's Junior ROTC and a police escort from the school to the New Jersey Turnpike. We headed south with the normal traffic. The buses were abuzz with people getting acquainted. My seatmate was a Navy Veteran who served on the same ship for a time with his now deceased twin brother. It was also the same ship their older brother had served on earlier. On our bus were the women veterans. One of the guardians, a former marine, is now a VA employee. She was our leader on the bus.



## A published historian in our midst

By Carol De Haan

For all of his working life, Ed Raser, of Mutual 9, seemed to be just like the rest of us: up at the crack of dawn, long commute to the office (in this case, IBM) and not home till dinner time, weekends for the family, for chores, and for odds and

### Honor Flight

(Continued from page 4)

wall. One fellow had help from another visitor who had a ladder available.

We regathered at 4:15 to start the trek home. Again, the police escort was invaluable in getting us through the D.C. rush hour traffic. He saved us at least an hour and a half of travel time. When we got off the Turnpike we were greeted with a police and motorcycle escort to get us back to the school. At the school, a crowd, including the fire department, was there to welcome us home. Family and friends from the school prepared a delicious meal for us.

When we reached our tables, Miss New Jersey sang the national anthem and America the Beautiful. We were entertained by the Philly Phanatic, a mummer style band, and an all female barbershop group that sang various military anthems.

We were given additional mementos from the Honor Flight organization. Our particular guardian and his wife presented our group with scrap books to remember our experience. We were overwhelmed by all the enthusiastic support from the volunteers and the students. We left the school happy and tired and rolled home about 11 p.m., exhausted but charged up.

I would personally like to thank Dan McOlvin and Denny O'Malley, our group leaders, for starting the Rossmoor veteran group and encouraging our members to participate in this one of many veterans' activities. I will cherish this Honor Flight experience for the rest of my life.

### Ask the G.M.

(Continued from page 3)

**Q: What are the procedures should I decide to sell my manor?**

**A:** Please contact Chris Smith, resident services manager, in the Administration Office in the Village Center at 609-655-1000. She will be happy to explain the process and give you all the forms and the details explaining the seller's and buyer's responsibilities. It is important to notify Chris when you intend to sell your manor.

Remember to check and make sure you remove all your personal belongings that you may have stored in the carport storage areas. Unwanted pieces of furniture and other personal belongings may not be left in the dumpster or dumpster area.

ends that couldn't be done during the work week.

What few people realized about Ed was his secret passion: he's been writing history for all these many years.

As a young sailor stationed at a U.S. Naval Hospital during World War II, Ed came across a patient working on his ancestry chart. The ensuing conversation fascinated Ed; he knew some of his ancestors had fought in the Revolution and were members of the DAR or Sons of the Revolution. There had been a Philadelphia sea captain somewhere back in time. He decided to investigate. He got his mother's Christmas card list and wrote to the relatives for family information. It came in by the bucket load.

Ed discovered that many ancestors had lived in Middlesex and Monmouth Counties during colonial times, so that's where he began. An early bump in the road was too many people with the same surname, such as Davison or Bowne. Ed got

involved in surname research to clarify the various family lines, and he found himself searching written records and tromping through New Jersey cemeteries to read old gravestone inscriptions.

Many old burying grounds had been destroyed or were badly neglected, so Ed copied inscriptions from stone markers to preserve the data. Along the way, he met D. Stanton Hammond, a trustee of the Genealogical Society of New Jersey, and he joined their group, Tombstone Hounds, to gather further information.

By 1954, Ed was named a trustee of the GSNJ, in which role he was actively publishing family and burial ground material and working to update the Society's magazine. In 1957, he was named associate editor and continued in that capacity through retirement in 1988.

Over time he had acquired more genealogical information than you could shake a stick at and what to do with it all? Fortunately for us, Ed had been a computer maven

in his working life and he had much of it on his computer. The Society realized how priceless was Ed's burial ground research; they offered to publish it, using grants from the New Jersey Historical Commission, in several bound volumes and then to manage the distribution. Here are his handsome volumes, each titled "New Jersey Graveyard and Gravestone Inscriptions Locators":

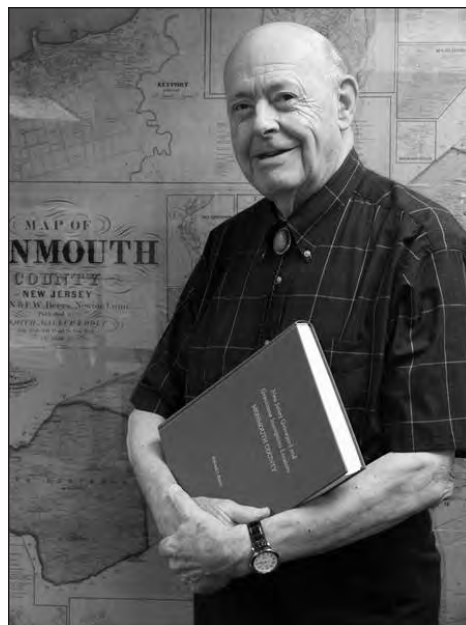
1994: Morris County, 107 pages

2000: Mercer County, 109 pages

2002: Monmouth County, 359 pages

2018: Middlesex County, 294 pages

In 2011, Ed put the finishing touches on his original project and published "Our Raser Family," a fascinating 374-page family record beginning with his earliest new world ancestor, Johannes



Author Edward Raser with his book

Roser, who dates back to the 1700s. In the National Archive, Ed found ship manifests from that rumored sea captain, Bernard Raser, who, after the American Revolution, for 20 years sailed up and down the seaports of the Americas, carrying cargos of coffee, sugar, molasses, rum, tobacco, rice, and

(Continued on page 8)



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## Getting to know our veterans

By Chris Donahue

*Each month, The Rossmoor News will feature the story of a resident who has served in the military.*

### Submariner enjoyed silent service during World War II

While growing up in Brooklyn, N.Y., Joe Schifaudo's family spent summer days at Coney Island, N.Y. He was

also a member of his high school swim team.

"I always loved the water and my birthday is in February, so I am an A q u a r i u s (horoscope sign)," Schifaudo said with a smile. "I was on the beach all the time. On summer vacations, I used to do volunteer lifeguarding for the kids in the pool."

Schifaudo's love of water would be tested years later while serving on three United

States Navy submarines, called boats by their crew members, during World War II. He would spend weeks surrounded by water as far as the eye could see, or several hundred feet beneath it.

His military service began



Joe Schifaudo at his Rossmoor home

gears, then learning about diesel engines.

"They give you six months to qualify in a submarine before they kick you out. To qualify, you had to know the whole boat, the job of everyone. In case you got stuck in one compartment you had to know what to do," he said.

"When I was taking my course in motors, taking notes, I had a best friend who was going to Stevens Institute of Technology in Hoboken and taking mechanical engineering. When we got together, I showed him my notes from my crash course — in three months I had the same notes he had in one year."

The first boat he served on, R7, was stationed in Bermuda and went on daily patrols for nine months with destroyers. His second boat, R16, was stationed in New London Conn., where he taught the new sailors.

"After that, I was a diesel engine mechanic. The new boat had two engine rooms with four engines total," he said.

Because training to serve in a submarine was "very vigorous," a lot of people dropped out.

"All it takes is for one man to make one mistake and the whole crew is gone," Schifaudo said. One near-fatal mistake occurred on the R7, which was built in 1921.

"The older boats are not as strong so you can only go under so far," he said. "One day, we were under about 150 feet and I shut down my engine from my position, which was in the high-pressure air manifold. We were going down instead of leveling and they told me, 'Bleed air into certain tanks.' But it would not level off. It kept going down. They told

(Continued on page 8)

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Joe at his Brooklyn home in 1942

when he enlisted in the Navy in 1942 at the age of 18. "I didn't like playing in the mud," Schifaudo said with a laugh when asked why he chose that branch.

Schifaudo said he was the only one of his fellow inductees in boot camp who volunteered to serve on submarines. To some, that made him a hero because of the courage it took, but others asked, "What are you doing? Are you crazy?"

Ironically, it was a decision that saved his life.

"The fellows I knew in boot camp were on a ship in the Atlantic Ocean that was sunk most likely by a German U-boat and here I am still going to submarine school," he said.

His training included learning how to run milling machines and lathes to making



USS Carbonero at sea





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Historian

(Continued from page 5)  
wheat. From ports in Europe, he brought back luxury goods, tools and hardware, sheet glass, stationery supplies, clothing, and occa-

sional passengers. If you think that genealogy is boring, you need only thumb through this volume and see old, handwritten documents in flowery script, read quaintly worded wills and lively anecdotes, and see

family photos dating back to the mid-1800s. It paints a charming picture.  
Ed Raser has been honored for his lifetime of historical research. In 2010, Monmouth County honored him with their Clayton Award, for his exceptional contribution in preserving the history of that county. In 2015, he received the Barbara Carver Smith Award in recognition of his valuable research. It was delivered at the Monmouth County Library in Manalapan.

How many of us leave a legacy that lasts beyond a generation or two? What Ed Raser has done in his spare time will be a priceless resource to future generations of title searchers, historians, and genealogists. Who knows what future leader or national hero might emerge from some New Jersey family, who will then be able to trace his or her origins, thanks to decades of detailed investigation by Ed Raser? This quiet historian leaves a meticulous legacy for all the ages to come.

Submariner

(Continued from page 6)  
me, 'Put air pressure in this tank. Blow water in this one.'  
"We were still going down. Now we were getting scared. You had steel stanchions that were starting to bend

because of the pressure. It just so happened that we had an old-timer on the sub and he went back and whatever he did we started coming up. One of the fellows on the valves in the back, the last compartment, had dozed off and left the valve open so more water was coming in. When they returned to port, the crewman who had dozed off was re-assigned."  
Schifauodo, then a Motor Machinist Second Class, was next assigned to the USS Carbonero, a newly-christened boat based at Subic Bay, Philippines. The Carbonero had a crew of about 85 men and would patrol for 48 to 50 days, sometimes 60, Schifauodo said. While he was aboard, it sank eight cargo ships bound for Japan with its four-inch deck gun.

As for being underwater for long stretches, Schifauodo said it did not bother him. A crew member's day included four hours on watch followed by eight hours off, during which they slept or played games such as cribbage and acey-deucey (backgammon). They could also watch movies in the torpedo room. When Schifauodo's boat met others in the Navy, they would trade films.

He described the food on his boat as "the best" and interactions with others as "very informal."

"Almost father-like," he continued. "The commanders were in their late 20s or early 30s. We were only kids, 18-, 19-, 20-year-olds."

A couple harrowing experiences Schifauodo lived to tell about involved Japanese destroyers dropping depth charges — high-explosive ordnance. The Carbonero dove to about 200 to 250 feet to avoid them.

"Everything is silent," Schifauodo said, "and if they are dropping depth charges you hear click, click and then the next thing you know — boom! You don't have to have a direct hit. The concussion can loosen up valves, fittings, cause water to leak."

"Once, it rocked the boat and knocked things off shelves. It never bothered me."

Schifauodo was discharged in January 1946 and eventually worked as a subway motorman in New York City for 34 years. He apparently liked working below the surface. "Always in the dark. And my eyesight is still good," he said with a laugh.

Schifauodo, 96, and his wife, Anne, a high-school sweetheart who died in 2010, were married for 65 years. They raised a son and a daughter. Schifauodo also has three grandchildren and five great-grandchildren.



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# Touched by their sacrifices

By Diane England

As I write this article, we just recognized the 75<sup>th</sup> anniversary of D-Day. As you read this, we're likely just about to celebrate Independence Day. And why am I writing this article? To accompany photographs taken at the Interfaith Memorial Day Service held on May 27. So, doesn't it seem fitting to somehow tie these events together?

D-Day, June 6, 1944, was when the Allied Forces of Great Britain, the United States, Canada, and France attacked German forces on the coast of Normandy, France. Many men lost their lives that day — but this was especially true among those who were the first to make their way to shore at Omaha Beach. Fortunately, though, and likely in part because there was a force of over 150,000 soldiers involved in the Normandy invasion, the Allies ultimately gained what was a most important victory. Indeed, this became a turning point for World War II in Europe.

When our founding fathers declared independence from Great Britain on July 2, 1776 (we celebrate July 4 instead, or the date on which the Continental Congress approved the final text of the Declaration of Independence), they probably never imagined a future in which the two nations would join forces against a common enemy. Furthermore, did those who died in both these wars ever suspect that these wars would pave the way for our country to have such a profound impact on the sculpting of the world from the time of each war until the present? I would suspect not.

Each Memorial Day when the Interfaith Council holds a service at the Meeting House, I like to believe that all civilians are reminded anew that while we may wish to express gratitude to all veterans who have fought in our country's wars, the veterans themselves likely believe that our gratitude belongs to their fallen brothers and sisters. However, by honoring these fallen, is this not a good way for us to thank the veterans who live among us? I would think so.

I suspect that as civilians, we must remember that our veterans, while in a war zone, likely envisioned themselves as fighting as a team and a family. Hence, they strove to look after one another until any one of them might have taken a dying breath. Many of us who have been close to war or warriors in more recent years realize that so many who once succumbed to wounds on the battlefield no longer do so. Instead, today's warriors may have to learn how to live with bodies and minds reshaped by horrific injuries.

I cannot help but wonder if, on Memorial Days to come, we might not need to change our services. But certainly, this is not something we'll be facing immediately. Furthermore, I trust that the veterans in our community might themselves guide us regarding what may be the most fitting way to honor their brothers and sisters who may not have lost their actual lives on the battlefield, but may certainly have lost the possibility of living the type of life they'd once imagined.

Anyway, as you prepare to enjoy a cookout or fireworks on July 4, instead of just see-

ing this day as a big birthday party for our nation, please take a look at the photographs of members of our Veterans Group celebrating the fallen on Memorial Day on May 27. After all, it was these individuals, in conjunction with the Chorus, as well as members of the Interfaith Council, that created a service that so many have since described as very moving. And frankly, this makes my heart sing. After all, as one of the planners, I wanted it to be this way. Because really, shouldn't our heartstrings be pulled when we think of those who came before us and made possible the lives we enjoy today?

Indeed, may we not only be forever grateful for the sacrifices of these individuals, but may we strive to forever protect all our freedoms which came at such a high cost to so many.

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## Let's make this another great school supplies drive

By Diane England

Many families with children struggle to make ends meet. Thus, if the rent is past due, or perhaps a car used to drive to work is suddenly in need of repair, a family might be unable to afford even the basic school supplies the children need. But certainly, no child wants to have to ask others regularly for things such as paper and pencils. It could be humiliating.

Such feelings will interfere with the child's ability to learn. However, you have the opportunity to keep some children in the Trenton area from suffering in these ways. How? By donating to this year's School Supplies Drive. Some of you have been

kind enough to do this in the past. For those of you unfamiliar with this drive, however, let me briefly acquaint you with it. This important endeavor has once again been organized by the chairperson of the Community Church's Benevolence committee, Jean Cooke. She and members of her team will be collecting supplies, which will later be delivered to the Trenton Area Soup Kitchen (TASK) for distribution to the neediest young people in that city, at the following locations on these dates and times:

- Meeting House on Sunday morning, July 28, before the 11 a.m. church service
- Craft Room of Clubhouse on Monday, July 29, from 10 a.m. to 3 p.m.
- Craft Room of Clubhouse on Tuesday, July 30, from 10 a.m. to 3 p.m.

TASK requests specific things, plus they ask that all items be new and in their original packaging (should there have been any). The items requested are:

- **Backpacks** (suitable for boys or girls which are not rolling or oversized)
- **Thumb Drives** or Flash Drives
- **Calculators** (Scientific T181)
- **Paper:** white lined note-

book paper, spiral notebooks, and/or composition books

- **Notebook Storage:** 1-inch three-ring binders, sheet protectors, pocket folders, and/or dividers with tabs
- **Writing Instruments and Associated Items:** blue or black pens, #2 pencils, colored pencils, large erasers, pencil sharpeners, pencil cases with zippers, crayons, colored markers (small boxes), highlighters, and/or dry-erase markers
- **Other:** Rulers (with the metric system), scissors for children, and/or glue sticks
- **Classroom Supplies:** Boxes of tissues and/or antibacterial sanitizing wipes

Let us thank you now for supporting this very important Rossmoor-wide event. By electing to expand this drive beyond the Community Church (this will be the third year of doing so), we've been able to more than double the value of supplies donated to TASK. Perhaps this year we can triple that original dollar value of such supplies?

Certainly, no matter how much we ultimately collect, we sincerely thank you on behalf of all those children whose lives will have been helped by your generosity.

## Not just another brick in the wall

By Linda Bozowski

Contrary to the Pink Floyd lyrics, many other bricks in the walls of Monroe Township schools have helped the district expand from two elementary schools, constructed in 1936, to six elementary schools, a middle school and a high school, plus a well-attended, before-and-after school program. Our combined buildings service nearly 7,000 students. This article will speak about only the elementary schools in our township. The August issue of the Rossmoor News will continue discussion of our schools and will focus on the Middle School, the High School, and the Falcon Care Day Care Program. We will also take a look at the changing population in our Township.

The growth of the Township from a farming community with few industries, like the Forsgate Dairy, to a full-blown slice of suburbia, complete with warehousing, manufacturing, limited farming and preserved open space, has increased the demand for schools. The Township has grown from a sending district, using Jamesburg and Hightstown High Schools and various special education facilities, to a receiving district servicing high schoolers from neighboring Jamesburg and educating our special needs students in-house.

How we've responded to the spatial needs of our students over the past 60 years is outlined below. Our various Boards of Education have

struggled to maintain a balance between providing resources for our students while maintaining fiscal soundness for our residents, aka taxpayers. Approximately 55% of our property taxes pay for supporting our school system. A well-informed citizenry can help our school administration make decisions that will continue to benefit our students.

According to data presented in a Wikipedia article, the population of Monroe Township has grown from 1,829 in 1900 to an estimated 45,332 in 2017. Between 1970 and 1980, the population grew from 9,138 to 15,858, then to 22,255 in 1990. Over the next 27 years, we've more than doubled the number of residents to its current forty-five thousand number. The 2010 census reports that 22 percent of our households had children under the age of 18. The school-age percentage now, in 2019, is not reported in the Wikipedia piece.

### The first schools and construction projects

Several small school buildings existed in Monroe Township prior to 1936, when the matching-pair schools, Monroe #1 and Monroe #2, were built. Information about those early small buildings can be researched in publications by the Township Historian, John Katerba. His books are available in the Monroe Public Library, and are very enlightening about how our Township has changed over the years.

School # 1 was located on

(Continued on page 11)



## Not just another brick

(Continued from page 10)

Country Road 522 in the eastern part of the Township. School #2 was built on Applegarth Road, located in the western section. Because these schools serviced such large areas of students, busing was provided for virtually all K-8 students attending these facilities. Each school serviced student populations of about 200 pupils, with one class for each grade. The average population in each grade was fewer than 25.

As the student population increased in the 1950s, additions were constructed at each of the two early buildings and additional schools were constructed. As our population continued to grow, various schools were regraded to accommodate different age ranges than those for which they were originally built. At other times, students were shifted to different schools other than those closest to their homes. Following is a brief rundown of the construction and renovations that have occurred in our district as well as the current status of each of our schools.

As noted previously, Monroe School #1, now known as Barclay Brook, was built in 1936 as a K-8 elementary school. Additions were made to the building in 1960 and in 1999, and the school now services 338 students from pre-

kindergarten to grade 2.

The companion school to Barclay Brook is Brookside Elementary, also located on Buckalew Avenue (Route 522). That building was constructed in 1991, and was added to in 1995. The current student population is 400 pupils in grades 3 to 5.

Monroe School # 2, now known as Applegarth School, was the second building constructed in 1936. The original K-8 school has seen multiple additions and renovations (1960, 1979 and 1984), and has been converted from an elementary building to a middle school and then back to an upper elementary facility. The 445 students being educated at Applegarth are in grades 4 and 5.

Oak Tree School, located across Applegarth Road from Applegarth School, now accommodates 729 students in grades K to 3. That building, the largest of our elementary facilities, was built in 2008. Oak Tree is the partner school to Applegarth.

Woodland School, located on Harrison Avenue near Spotswood, was built in 1960. Additions and renovations in 1966 and 2001 have enabled that building to serve the needs of 352 students in grades 3 to 5. Its partner school is Mill Lake Elementary.

The original Mill Lake Elementary school was built in 1971 but was partially torn down and partially renovated

to become the Falcon Care Daycare Center. The main part of the current building was constructed in 2001 and is used for 562 students in grades pre-K to grade 2.

### How changing utilization affects costs

As we have added buildings over the years, we have borne the costs of borrowing and bond issues. What we may not think about is what it costs to re-utilize an existing building and make it suitable for another slice of our student population.

For example, converting a K to 8 building to a pre-K to grade 2 facility means that bathrooms need to be renovated, sinks and fountains have to be lowered, stairway banisters may have to be replaced. Smaller furnishings may be needed to accommodate little ones instead of pre-teens. Outside playground equipment may need to be downsized to ensure that it can be safely used for younger children.

Looking at this topic from the opposite perspective, converting an elementary building to an upper elementary or middle school requires the same sort of renovations but in reverse. Fountains need to be mounted higher on the walls, labs may be needed for science workshops, urinals need to be relocated or replaced, coat closet hooks may need to be mounted differently or lockers may have to be installed.

The lunchroom, gym equip-

ment, audio-visual devices – all need to be examined for their utility for the new incoming population, and decisions must be made about replacement purchases. How we, as taxpayers, cover the costs of these changes depends on whether the costs are related to a bond-issue referendum or if they are current operating expenses, subject to the spending caps imposed by the Department of Education.

The other issue that must be taken into consideration is how old the facilities are that are being re-fitted. For instance, is there asbestos that needs to be removed? What materials are the water and waste pipes

made of? Is the electrical system up to current building codes? And then there's the HVAC system – not an easy task to replace all of this infrastructure. Windows, siding, roofs, flashing, sidewalks, stairways. The list goes on and on and on.

We will examine some of these issues in future articles. In the meantime, please give our schools a little more thought. Since our school tax accounts for about 55% of our property tax bills, we need to be well informed. Attend a school Board meeting, feel free to contact an administrator, or visit the Board of Ed website.

## New York, Chicago, or International. Choose your favorite cheesecake

By Linda Bozowski

Looking for a dessert that is filling, not too sweet, but substantial and smooth on the tongue? Pies and cakes and cookies are tempting, and puddings, fruits, and candies are enjoyed by many from time to time. But for the smooth mouth feel and sweet or tart fruit topping, optional, of course, you can't beat a cheesecake.

Part of the attraction of cheesecakes is that they can be baked or unbaked and can be flavored with any number of choices – vanilla, almond, lemon, maple, coffee – you get the

idea.

And the toppings, which are, as noted above, optional, can also be chosen to suit the occasion or the whim of the baker or guest. Fruit, whipped cream, nuts, and various syrups can add another dimension to the creaminess of what lies beneath.

We cannot leave out the foundation underneath the creamy filling. Graham cracker crumbs are used by many, but any crushed cookie will do, including gingersnaps, chocolate crumbs, or even finely chopped nuts.

Cheesecakes are said to

(Continued on page 12)



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

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## Cheesecake

(Continued from page 11)

have originated in Greece and were used during religious events. The English claim that they were the originators of this dessert centuries later than the Greeks, but the cake itself did not evolve into its modern form until the 18th century. At some time during those centuries, yeast had been used as an essential ingredient, and the English decided to substitute eggs instead. This substitution changed the flavor of the cake and make it more palatable as a dessert.

The debate still goes on as to whether the cheesecake is really a cake or a torte. Others claim that it is a custard pie, and still others compare it to a flan or tart. No matter. The taste and texture are what's important.

Different varieties of cheesecakes are baked around the world. Whipped cream is a key ingredient in some cakes baked in South Africa, and the Japanese sometimes used matcha (green tea), lychee or mango. In India, a type of cottage cheese may be used and nuts may be added to the cake. Gelatin is used in some French cheesecakes and Neufchâtel cheese is used as well to give the cake a lighter texture than traditional cream cheese. Italians use Ricotta cheese; the Poles use quark cheese and the Russians use quark and cottage cheese. The list could go on with other combinations of ingredients that make each cake the signature choice of that region.

Here in the United States there are two primary iterations of cheesecake – the New York style and the Chi-

cago version. The New York version uses heavy cream or sour cream as principal ingredients, which gives the cake a dense, smooth, creamy consistency. Chicago-style cheesecake is a baked dessert that relies most heavily on a cream cheese filling over a shortbread crust, yielding a fluffier creamy product.

Some of my favorite cheesecakes have taken me down different paths and have included a recipe for Choco-flan (a combination flan and cheesecake of Mexican origin) or a knock-off Cheesecake Factory recipe of carrot cake cheesecake, which might knock your socks off if you are a fan of both of these flavors. My favorite good, basic cheesecake calls for a combination of cream cheese and sour cream, so maybe I should call it Pittsburgh cheesecake since it's in between New York and Chicago.

A good source of dairy and calories must be taken seriously, so I hope that the next time you're enjoying a piece of your cheesecake of choice, you ask how many units of Vitamin D it contains. Asking about the calories and grams of fat is not required.

## Flash

By Steven Gray

What is Flash? No, it is not the guy in a raincoat, a very fast guy in a red suit, or the name of a drive but rather a program from Adobe that is used for rich content, gaming, animations, and media of all kinds, and inspired many of the current web standards powering HTML5. Adobe has partnered with Microsoft, Google, Mozilla, Apple, and many others, to ensure that the open web could meet and exceed the experiences that Flash has traditionally provided. Flash is going away.

Why? Flash is too easily hacked. Anytime you see a pop-up stating "Flash must be updated" DON'T! The update almost always takes you to a site where you can download not only Flash but myriad other programs commonly listed under the heading of crap and/or infections.

Steve Jobs (Apple) encouraged Adobe to replace Flash as far back as 2010 since it often crashed and used excessive amounts of battery. Today it is still being criticized as a security risk. Apple does not support Flash at all.

Android used to support Flash but stopped as of August 2012. Both Chrome and Firefox disable Flash by default and Edge (the IE replace-

ment in Windows 10) will let you run Flash but only after OK'ing it as it is still built into Edge. You can still install Flash as a plug-in on Firefox but don't. By the end of 2020 Flash will be gone in all versions of Windows.

So again, why does this matter? A lot of older games need Flash in order to run. Comcast still requires Flash to be turned on to watch TV online (hey Comcast – get with it). Still need Flash? The good news is that Google Chrome, Microsoft Internet Explorer 10 and 11, and Microsoft Edge will update themselves automatically. The bad news is that Mozilla Firefox, Apple Safari, Opera and Internet Explorer 9 or earlier will need the user to go to <https://get.adobe.com/Flashplayer/> and install the patch manually. As stated above do not ever click on an update Flash pop-up. Flash is currently used by about 3.5% of all websites. Unfortunately, Google.com is one of them as is CCTV.com, Payoneer.com and onlinetrade.ru.

There are many others and I am just naming the ones that you may be using.

Once Flash disappears, any website that relies on Flash will essentially "break" and will no longer be useable. I suspect Google will get their act together before the end of 2020 and hope that Comcast does as well.



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## It's a grand old flag

By Bob Huber

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 blanketing 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 begin-

ning. 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 ad-

dition 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.

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## Bob's Almanac

By Bob Huber

There's an old saying that nothing of importance happens in July, because everybody's on vacation. We beg to differ. There have been many important events that occurred in July, and we can testify that some very influential Americans were born this month, including authors Nathaniel Hawthorne (1804), Henry David Thoreau (1812), Ernest Hemingway (1899) and composer Stephen Foster (1826). July also witnessed the birth of aviatrix Amelia Earhart (1898) and industrialist Henry Ford (1863).

But in our family, the most significant "birth" occurred on July 4, 1910. On that day the newspapers were filled with stories about how African-American heavyweight boxer Jack Johnson had defeated Jim Jefferies, sparking race

riots throughout the country, but we were blissfully unaware of that problem, because we were concentrating on our own important event: the launching of the "Rex."

On our family farm in Green Springs, Ohio, grandpa Walt and his sons had taken on a winter project of building a motor boat in one corner of the barn. It was a sturdy little craft, 18 feet in length with a scalloped canopy and powered by one of those new-fangled gasoline engines.

Everybody for miles around knew that July 4th was going to be launch day, so a considerable crowd gathered to watch the event. The Rex was hoisted aboard a flat bed wagon pulled by Gladys and Dan, grandpa's favorite team of horses. The whole entourage took off for

the trip to the Sandusky River where the craft would be birthed. It was quite a parade, with people on horseback, buggies, wagons and kids running alongside. Grandmother and the hired girl stayed home to prepare the traditional family Fourth of July picnic supper, which would be followed by the equally traditional family fireworks display.

When the parade reached the river's edge, grandpa, normally a taciturn man, felt compelled to make a speech: "Folks," he said, "We thank you for joining us on this very special occasion. We have decided to call our boat the "Rex," and as you all know, Rex refers to royalty, and royalty requires a crown." And with that, grandpa reached under the seat of the wagon and pulled out a

beautiful brass navigation lamp, red glass on one side, green on the other with a clear glass lens in the center. A kerosene lantern provided the light source. With great ceremony, grandpa placed lamp on top of the canopy and said, "I crown thee The Rex!" A cheer went up from the crowd as grandpa continued, "In appreciation for your companionship, you're all invited back to our place for a picnic supper and fireworks!" A second cheer went up from the gathering, but a neighbor, suspecting that grandmother didn't know about grandpa's magnanimous invitation, dispatched her son on horseback back to the farm tell her that there would be considerably more guests for dinner than she was expecting.

A glitch in the launching process occurred when Gladys and Dan collectively decided that backing the wagon into the water was not a good idea. The problem was solved when the team was unhitched, and everybody pitched in to push the wagon out into the river so the Rex could float free. She was a beautiful sight, gently bobbing on her tether.

Everybody got a ride in the Rex that day, and thanks to a thoughtful neighbor's forewarning, grandmother was prepared to feed the additional guests.

The fireworks display on the front lawn was an extra treat, and everybody agreed that that was the best Fourth of July ever!

Who says nothing ever happens in July?

## World day against trafficking in persons

By Anne Rotholz

In 2013, the U.N. General Assembly proclaimed July 30 as a day against trafficking in persons. The day is to be observed each year on this date.

The U.N. defines human trafficking as "the recruitment, transportation, transfer, harboring or receipt of persons by improper means (such as forced abduction, fraud, or coercion) for an improper purpose including forced labor or sexual exploitation." Trafficking is always a grave violation of human rights.

Human trafficking, sometimes called "modern slavery," is a crime that exploits children, women, and men in various ways that include forced labor and sex. A more recent U.N. definition in-

cludes the crimes of organ harvesting and pornography. It is a global problem with only a few countries exempt. An offending country can be one of origin, transit or destination.

It is only in recent years that law enforcement and human rights advocates have become aware of how extensive this largely hidden crime is.

There are 20 to 30 million "slaves" in the world at the present time. The US State Department reports that approximately 60,000 of them are in the U.S. It goes on to point out that 600,000 to 800,000 persons are trafficked across international borders each year. Of that number 80% are female and 50% are children. On a yearly basis 14,500 to

17,500 people are trafficked in the U.S.

Millions of people are trafficked each year making it a lucrative, illegal \$32 billion a year industry. It ranked third, behind illegal drugs and illegal arms, but just recently moved into second place.

U.N. Secretary-General Antonio Guterres' message for the 2018 World Day against Human Trafficking states that "Trafficking in persons is a vile crime that feeds on inequalities, instability and conflict. Human traffickers profit from peoples' hopes and despair. They prey on the vulnerable and rob them of their fundamental rights.

"Children and young people, migrants and refugees are especially susceptible. Women and girls are targeted again and again. We see brutal sex exploitation including involuntary prostitution, forced marriage and sexual slavery. We see the appalling trade in human organs... This must change...

## Institutionalized

By Dale Ralston

Did you ever stop to think what it would be like to be in a place where you can never go outdoors again? I'm thankful every day for my life here in Rossmoor. The community has so many wonderful activities and exercise programs keeping our minds busy and bodies active.

No one gives a thought about being institutionalized, even at our age, with our everyday busy lives. Nor have I, until I found myself sitting in a hospital room for a week waiting for surgery.

There are only so many magazines, newspapers, games, or TV shows one can read or watch, or visitors passing through, during this time.

I found myself sitting in a chair looking out a very large window overlooking the Princeton Hospital's grounds. On one of those days, I wondered what it must be like to be institutionalized.

Thanks to the architect

who designed the Princeton Hospital, it has very large windows overlooking beautiful landscaped grounds. Inside, you're in a private room with a bed and a long couch next to a very large window.

In looking out into the surroundings of the hospital and seeing the different people coming and going, I couldn't help but think of being confined each day and having the only contact with the outside world to be looking out a window.

It made me realize how unhappy the people in nursing homes or other institutions must feel each day. Once we pass our golden years and now are in our elder years, our preference isn't always an option; we often don't have a choice.

It was sad thinking of becoming institutionalized and the people who are in these places. So many, when we reach that age, can't fend for

(Continued on page 14)

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## Happy birthday, Medicare

By Jean Houvener

On July 30, 1965, Lyndon Johnson signed into law Title XVIII of the Social Security Act (itself signed into law 30 years earlier, August 14, 1935, by Franklin Roosevelt), establishing Medicare. As part of the same signing, Title XIX established Medicaid. At the signing and among the first recipients were former President Harry Truman and his wife First Lady Bess Truman. As of 2018 almost 60 million Americans were covered by Medicare, most of them seniors but some eight million of them younger than 65, as the Act was expanded to cover serious long-term conditions such as ALS and renal failure in younger people.

The first president to propose a health insurance plan, in this case for all citizens, was Teddy Roosevelt in 1912. The idea was not taken up again until President Harry Truman pursued the idea with congress in 1945. President John F. Kennedy was the next president to seek medical insurance coverage, in this case for seniors.

While administered by CMS (Centers for Medicare and Medicaid Services), it is still closely linked with the Social Security Administration, which determines eligibility and collects premiums. Prior to Medicare, some 40 to 50% of seniors had no health care coverage and some 30% lived in poverty. Insurance companies either would not cover them or the premiums were prohibitively expensive. A White House Conference on Aging was

called by President Dwight Eisenhower in 1961. One of the proposals to come from that conference was for the concept of Medicare to provide health care coverage for Social Security beneficiaries. The proposal was debated and developed over the next few years until final passage by Congress. Since then the poverty rate for seniors has lowered to 7.5%.

The original Medicare provided Part A coverage for hospitalization and Part B for doctor and outpatient coverage as well as some in-hospital expenses. Many individuals with Part B coverage also pay for a supplemental plan to cover the portion of expenses not paid for by Medicare. Since the original bill, Part C (1997), which is an alternative to Part B with private insurance plans, usually an HMO or PPO with a network of providers, and Part D (2006), providing drug coverage, have been added to the plan.

Part A accounts for the largest expense for Medicare at just over 1% of GDP. Part B costs a little less than 1% of GDP. Both have held steady since 1995 as various efforts to hold down expenses have been made. At only around 3% of expenses going to administration, Medicare is the most cost-effective medical plan in the U.S. Part C has added another expense of slightly more than the costs of Part B, and Part D tops off the expenses bringing the total to around 3.5% of GDP.

Around half the income for Medicare comes from premiums paid by beneficiaries and payroll taxes of 2.9% on workers, half paid by the employer, half by the employee. Self-employed people pay the full 2.9% as both employer and employee, but can deduct half as a business expense. The rest is from interest on the trust funds, state transfers, and U.S. General Revenue, which is to say the taxes paid by all of us.

As the generation of Baby Boomers reaches the age limit of 65 for enrolling in Medicare and as healthcare costs continue to rise faster than the general rate of inflation, the amount of revenue originally designed to carry the system will fall short and general revenue will be increasingly required to cover that shortfall. By 2030, the last of the baby boomers will have reached 65, and the expected number of Medicare recipients is expected to reach 80 million. While the Congressional Budget Office and the Medicare Trustees regularly forecast the future expenses and revenues for Medicare, there are myriad variables, including productivity, medical advances, and efficiencies, which can change what those numbers are. Over its existence, the projections for Medicare remaining solvent have ranged from 2 to 28 years, a huge range, and at each point of possible insolvency the projection has moved into the future.



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## Institutionalized

(Continued from page 13)

themselves and need extra care. Some are fortunate enough to have family or care givers who come and help them. They take them for walks, or play games with them still living in their own surroundings, their own homes.

I'm not looking forward to that time and don't want to think about it again. Just looking out the window each day, having no one to come and visit or, when they do, it's a short stay and they're gone until whatever time they can return.

My stay in the hospital wasn't that long and thank God I could go home to my own home and do my daily routine without worry.

I know I'm thankful for

where I live, for the many friends and family I have to-day and hope that I never have to be institutionalized.

So many of us take so much for granted, we come and go every day thinking only of what we need to accomplish and so each day comes and goes.

Looking out this window I got a full impact of what it would be like just sitting there alone in a chair looking out the window and knowing I can't ever go out again.

It was sad, but I knew, soon I would be leaving the hospital and going back to my own home, family, and friends. So many of us never get that chance again.

Thanks to my family and friends who made my stay more comfortable and for always being there for me. God bless you all.

## Letters

### A word of thanks

Just want to say thank you to my neighbors and friends here at Rossmoor for all of your well wishes, prayers and cards this past winter. I am feeling much better and looking forward to seeing you around our community.

**Tom Christiano**

### Handicap parking

When will the security guards patrol the handicap parking area at the pool?

Now that the pool is open and the golfers are in full swing, I see cars parked there with no handicap cards or plates. I am at the Clubhouse about five days a week around noontime and later.

**Dennis Kalos**  
Mutual 8



# Rossmoor Clubhouse News

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Monday, July 15 at 12:30pm, Ballroom, \$24pp

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#### "SANDALS & SPRINKLES" POOL PARTY W/ DJ MEL

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#### BEATLES TRIBUTE SHOW by Maggie Worsdale

Thursday, September 12 at 7:00pm, Ballroom, \$10

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#### "ROCKIN' ROSSMOOR" POOL PARTY WITH

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Friday, August 9 from 7PM-10PM, \$15

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Monday, August 19—FREE

9 AM—Driving/Putting at Golf Course (Ages 8-15)

10:45 AM—Hot dogs & chips

11:15AM—Free pool time

2:30PM—Movie in Gallery

**RSVP to E&R by 8/12**

### Summer Kick-Off Pool Party w/ DJ Jeff

Friday, July 12

7pm-10pm

\$10 per person

**Call in on 7/2 at 12:15PM**



## CULTURAL

**AFRICAN HERITAGE GROUP**  
No July Meeting. Next Meeting: 8/3

**AVIATION GROUP**  
2nd Wednesday, 1:30pm, Ballroom  
"Frozen In Time"

**BOOK DISCUSSION GROUP**  
Thursday, July 18, 3:00pm, Dogwood  
"The Uncommon Reader" by Alan Bennett

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

**GERMAN AMERICANS**  
No July Meeting

**KOREAN AMERICANS**  
Saturday, July 27, 5:00pm, Gallery

**LATINO/HISPANIC-AMERICANS**  
Wednesday, July 17, 6:00pm, Gallery

**POLISH AMERICAN**  
Friday, July 5, 1:00pm, Maple

**PROGRESSIVE GROUP**  
Thursday, July 18, 6:00pm, Cedar

**RECIPE GROUP**  
"Summer Party"  
Wednesday, July 10, 6:30pm, Dogwood

**VETERANS GROUP**  
Tuesday, July 9, 10:00am, Ballroom



On Military Appreciation Day, Joe Salzano and Tommy Croake were honored by Monroe Twp. High School.

## THE ARTS

**"ALL IN STITCHES" Knit & Crochet Group**  
Thursdays & Saturdays, 1:00pm, Maple

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

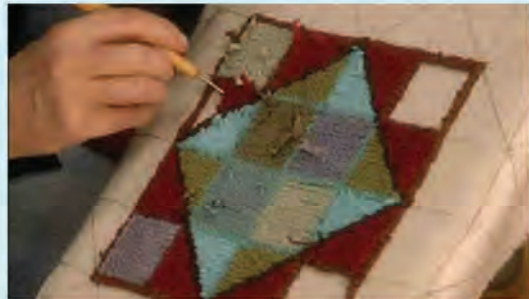
**CERAMICS STUDIO**  
Monday & Thursday, 8:30am—12pm.  
Monitor present. Molds & Kiln on site.  
Supplies on your own.

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

**RUG HOOKING GROUP**  
Thursdays, 9am—1pm, Gallery  
Bring your lunch and have some fun!

**OPEN WOOD CARVING WORKSHOP**  
Fridays, 9am—12pm, Woodshop  
Monitor present. Supplies on your own.

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



## CARDS & GAMES

**BANANAGRAMS**  
Mondays & Thursdays, 2pm, Game Room  
Contact Dolores Wardrop.

**BILLIARDS ROOM**  
Open 7 days, 8am-10pm  
(Closed for cleaning Wed. 8am—11am.)

**BRIDGE**  
Contact Clubhouse

**CANASTA**  
Mondays & Wednesdays, 1pm-4pm  
Contact Sandy Davidson at (609) 395-4057 or  
Linda Ortlepp at (609) 664-2965

**MAHJONG**  
Contact Clubhouse

**MAY I**  
Contact Sophie Prata.

**MAH JONG**  
Beginners and experienced players wanted. Contact Linda DeMorato.

**MEN'S POKER**  
Contact Alan Lasky.

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

**PINOCHLE**  
Please call E & R if interested.

**POKER**  
Contact E&R

## GET MOVING!

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

**"DOWNSIZING"-Weight Loss Support Group**  
Wednesday, 9:30am, Maple  
Call the Clubhouse for information

**FITNESS CENTER ORIENTATION**  
Monday, July 1st at 10am, Fitness Center  
RSVP your attendance to E&R

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

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

**T'AI CHI by Siobhan Hutchinson**  
Next series - Monday, September 23 at 9:30am  
\$80/10 classes or \$10 per class drop-in rate

**WALKING GROUP (Weather Permitting)**  
Mondays, 9am, Front of Clubhouse  
Walk the 1 mile or the 2.5 mile loop around Old Nassau. Bring water and wear comfortable shoes.

**YOGA**  
Wednesday, 9:30am, Cedar  
Resident instructor conducts the class. No Charge. Bring floor mat. SPACE LIMITED.

**ZUMBA**  
Mondays & Wednesdays, 5:45pm, Hawthorn\*  
Payable to instructor. Wear closed-toe shoes.

## 2019 Pool Pass Photo ID Cards

Stop by the E&R office during operating hours to have your photo taken.



Unable to make it by before 5PM?

Stop over during our

## Late Night

Wednesday, July 2  
Until 7PM

## Aqua Aerobics

Tuesdays at 10am  
Wednesdays at 6:30pm  
Thursdays at 10am

Classes begin July 9 - No Cost

## SPORTS FUN!

**BILLIARDS**  
Senior Condo Olympics, 6pm start  
8 Ball—7/8  
Straight Pool—7/15 (at Rossmoor)

**BOCCE**  
Monday/Wednesday and Tuesday/Thursday leagues are already underway.

**CROQUET**  
Fridays, 5:00pm, Croquet Court. Social gatherings follow. New Players Welcome. Call Betty Anne Clayton.

**HIKERS**  
Semi-Annual Meeting—8/21 at 7:00pm  
New Hikers welcome! All hikes depart from Clubhouse at 9:30am, unless otherwise noted.

**PICKLEBALL**  
Senior Condo Olympics  
Communities to be determined, 6pm  
Women's—6/24, Men's—7/1, Mixed 7/9

**SHUFFLEBOARD**  
"Under the Stars" Event  
Tuesday, July 16 at 7:00pm, Courts

**TABLE TENNIS**  
Tables available Tuesday, Friday, & Saturday 9-11AM. All welcome! Hawthorn Room

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



## MOVIE CORNER

### "BOHEMIAN RHAPSODY"

Rated PG-13 / 2hr 14m / No Charge



Sunday, July 7  
1:30pm Ballroom

Tuesday, July 9  
1:30pm & 7pm Ballroom

**TUESDAY MYSTERY MOVIES**  
June 11 at 1:30pm and 7pm

*Movies are subject to change.*

## SAVE THE DATE FOR UPCOMING ATTRACTIONS...

**MOVIE IN THE PARKING LOT**  
Tuesday, August 27th

### SUMMER POOL PARTIES

July 12 - DJ Jeff

August 9 - Bob Denson's Blues Band

July 26 - DJ Mel

August 30 - Let's Be Frank Band

Here are some other events to look forward to.  
**Dates TBD**

Car Show . "GOTCHA" Gift Steal Night

## LIBRARY ON LOCATION

### "My Way to Olympia"

Wednesday, July 31 at 1PM, Ballroom

Profiles of athletes in the 2012 Summer Paralympics in London. Viewers meet competitors from Norway, Rwanda, Greece and America counter stereotypes of disability and sports and learn about their motivations to compete. A film by Niko von Glasgow. [2014, 60 min.]

**No Charge**—Program is in collaboration w/ Monroe Twp. Library & PBS

## RSVP Your Interest

"Tina Turner" The Musical on Broadway  
Murder Mystery in Lancaster  
Mackinac Island, New York Tour  
Cirque du Soleil  
Harriet Tubman & the Underground Railroad  
Ladies Day in Lancaster  
Rice's Flea Market

Arrangement of trips is dependent upon number of residents interested. If you want to see something special, call E&R!

## F41

- **RCAI Offices will be Closed** on Thursday, July 4th in celebration of Independence Day.
- **CONTACT THE CLUBHOUSE** for information regarding events and trips.
- **EVENT REMINDERS:** Bring Rossmoor ID when purchasing tickets for Clubhouse events. Only two tickets per manor can be purchased. When bringing a guest/non-resident, please provide their full name at the time of ticket purchase. Tickets are non-transferable.
- **TRIP REMINDERS:** Trips require average physical activity. You should be in good health, able to climb stairs, and walk reasonable distances. Any guest accompanying a Rossmoor resident **MUST** be at least 18 years of age. Basic information on guests must be provided when tickets are purchased.
- **CLUB PRESIDENTS & GROUP REPRESENTATIVES:** Channel 26 announcements and room set ups **MUST** be handed in on the official forms. Forms can be found on the website or in the Clubhouse.
- **ROSSMOOR CLUBHOUSE NJ** is our official Facebook page. Follow us for Clubhouse updates, ticket sales, and event photos. You just might see yourself having a good time!
- **RCAINJ.COM** is the official website for Rossmoor. Here you will find everything Rossmoor! Check it out!
- **EVENTS & TRIPS** are subject to change.




**Residents found some great deals  
and steals at the Annual Trunk  
Sale and Shred Event!**





JULY 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10:00am Fitness Center Orientation-VC	2  1:30pm Mystery Movie –BR  5:00pm-7:00pm Pool Passes Late Night –CH  7:00pm Mystery Movie –BR	3	4  	5	6
7 1:30pm “Second Act” Movie – BR*	8  Golf Outing 9:00am Mutual 4B Open–GL  1:00pm Health Lecture–MP	9  1:30pm “Second Act” Movie – BR*  2:00pm Golf Committee–VC  7:30pm “Second Act” Movie – BR*	10 1:30pm Aviation “Frozen in Flight”–BR  6:30pm Recipe Exchange–MP	11 9:00am Committee Meetings–VC  1:30pm Prayer Shawl–CFT	12 7:00pm “Summer Kick-Off” Pool Party w/DJ Jeff	13
14	15 12:30pm “Let’s Luau” Hawaiian Luncheon—BR*	16  1:30pm Mystery Movie –BR  5:00pm-7:00pm Pool Passes Late Night –CH  7:00pm Mystery Movie –BR	17	18 9:00am Board of Governors –VC  3:00pm Mutual 15 Open–VC  7:00pm “This & That” Players Performance– MH	19 7:00pm “This & That” Players Performance– MH	20
21	22  Golf Outing 10:00am Mutual 5 Open–VC	23  Resort Casino Atlantic City*  2:00pm Mutual 4C Open–GL	24 2:00pm Mutual 11 Open–MP	25 1:30pm Prayer Shawl–CFT  2:00pm Mutual 16 Open–GL	26 7:00pm Pool Party w/DJ Mel  	27
28	29	30 	31 1:00pm Library on Location– GL		Events or trips marked * require tickets or prior registration	Ticket Sales Today!  

INDEPENDENT CLUBS			
Chorus	Wed	4 pm	MH
Church Discussion	Tues	1:30 pm	MHP
Computer Club	3rd Mon	10 am	GL
Dance Club	Last Sat	7 pm	BR
Emerald Society	4th Wed	2 pm	BR
Indian-American	Sun	9:30 am	GL
Italian-American	3rd Wed	7:30 pm	BR
Players	Last Mon	7 pm	GL
Torah Study	Sat	10 am	CD
Women’s Guild	3rd Thurs	1:30 pm	BR

MEETING HOUSE SERVICES		
Catholic Society Mass	2nd Thurs	7 pm
Jewish Congregation Sabbath	2nd & 4th Fri	7:15 pm
Community Church & Communion	1st Sun	11 am
Community Church Worship	2nd & 4th Sun	11 am
Community Church & Fellowship	3rd Sun	11 am
		

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



# This month in pictures

Photos by Joe Conti and Walter Gryskiewicz



Our veterans at the Monroe High School ball field start the Memorial Day activities.



Joe Salzano and Tommie Croake are recipients of the American Eagle Award for Service. Both men were wounded in Vietnam.



Men's Doubles Level 1: John Del Masto and Tom De Lacy – Bronze Medal



From left are Dottie Haggerty, Dennis Haggerty, Dale Ralston, John Del Masto, Tommie Croake, and Debbie Mc Cauley at the Pickleball Tourney.



Frank Nobile and Sal Guerriero at the Pickleball Tourney



Shuffleboard players joined other competitors at the awards ceremony at Monroe Township's sixth annual Senior/Senior Sports Event on May 29.



Monroe High School seniors preparing for the shuffleboard competition



Mary Ann Lombardi with her high school senior at play



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FABRIC & UPHOLSTERY SHOP ON PREMISES

## Musings and Memories

By Betty Emmons

### Ants

I think we all had to deal with ants some time or another. A pesky problem to say the least but we do learn to deal with them. Certainly, I never expected to be writing about them, but here is a little story that I think will amuse you.

During a time when my husband needed treatment for various health issues, one of them required a one-hour treatment every day for a month. I always went with him and waited in a large waiting room where I would read or just people watch. Well, one day before he was called in, I noticed some ants, pointed them out to him, and suggested that we move, which we did. Then he left for his appointment and I remained reading. Well, it wasn't long before I noticed ants in this corner. Not a good thing, so I decided to mention it to the receptionist at the desk. She immediately had someone come to check it out. Shortly after that the exterminator arrived and I moved again.

It didn't take them long to spray and they were gone but, guess what, I noticed more ants where I was now sitting and a light bulb went off in my head so I checked my pocketbook and sure enough, there was the source of the problem. A package of cookies had cracked open and the ants were having a feast. I really didn't know what to do. So I hurriedly went to the treatment room, told Jonas not to ask questions, but to get dressed as quickly as possible

and meet me in the parking lot. He, of course, wanted to know what was going on but I high-tailed it out of there. I emptied my purse near the car and when he came out, I explained what had happened. We had a good laugh because we really didn't know what else

to do and we started home like two partners in crime.

Now I don't think there is a moral to this story but I will tell you this. I threw my purse away because I felt itchy every time I looked at it. You can be sure I will never ever carry cookies with me again. End of story.

## CULINARY CORNER

By Sidna Mitchell

### Make this easy soup for one - or two

The main purpose of the trip was to attend a surprise 50th anniversary party near Chicago for one of my cousins on my father's side. Naturally, seeing family and friends after a long time meant "catching up" but throughout our travels we found a number of military connections. Ken noted that two of his grandsons served as Army Rangers in Iraq and Afghanistan.

At first much of the discussion was about Neal Brown, our young cousin who was recently named head football coach at the University of West Virginia for \$19.3 million over six years. Neal's parents, Tom and Peggy, went on to brag about their lawyer daughter, Beth, who is about to be an Air Force JAG (Judge Advocate General) stationed in Italy.

Then the conversation centered on stories of Tom's parents. His father, Joe, was a Marine in

World War II, seeing action at Guadalcanal, Bougainville and Iwo Jima. In fact, Joe Brown was on Iwo Jima when the US flag was raised there in victory.

Our next stop was in Poplar Bluff, Mo., to see my best friend from college, Shotsie, and her husband, Ken. Again, the military entered our talks since their son, Cory, is a Navy SEAL. Cory was one of the three SEALs that rescued Capt. Phillips from the Somali pirates. You may have seen the movie.

From Missouri we headed to Mississippi to my mother's family homestead on land acquired from the Choctaw Indians in the 1840s. Cousin Al, a lawyer and retired Army Major General, was restoring the original cabin, probably built by our great-great grandfather.

Of course, there was good food all along the trip. My Chicago cousin Ray insisted I have the cream of broccoli soup one night and, indeed, it was as delicious as he claimed. That inspired me to make the soup when I returned to New Jersey.

### Cream of Broccoli Soup



### Culinary corner

- 1 tablespoon butter
- 2 tablespoons chopped onion
- 1 cup chicken broth

- 1 cup broccoli flowerets
- 2 teaspoon cornstarch
- ¾ cup whole milk or half and half

Sauté the onion in butter in a medium saucepan.

Add chicken broth and broccoli and simmer until tender.

Puree in a blender and then return to saucepan.

Thicken the soup with cornstarch mixed with the milk or half and half.

Simmer until warm and serve.

This will serve two people or make a big bowl for one person.

NOTE: My soup wasn't as thick as the Chicago version but it was still tasty and so easy to make. If you want, garnish with chives or a sprinkle of curry powder.

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

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## Rossmoor will now send robocalls to advise in case of bad weather or emergencies

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

If you are not home to answer, a message will be left in your voice mail or on your answering machine.

Please be sure to check your phone or answering machine. All necessary information will be included in the message so you will not need to call the office in return.



## Clubs and Organizations

### Women's Guild 2019 scholarship luncheon

By Diane England

The winner of our music scholarship was Rachel Hansen. These are some highlights about her:

- National Honor Society
- International Thespian Society
- Tri-M Music Honor Society
- MTHS Chorus
- Concert Choir
- Tonics and Harmonettes
- MTHS Footlights Club Stage Manager
- Coach for Monroe Wolverines Pop Warner Cheer
- Majoring in music education
- Attending University of Delaware

The following students received academic scholarships:

**Danielle Larkin:**

- National Honor Society
- National Spanish Honor Society
- Principal's List
- FCCLA Gold Medalist
- Falcon PALS
- Unified Sports
- Community service at Raritan Bay Medical Center
- Four Boys Ice Cream employee
- Attending Drexel University's nursing program

**Piper Larkin:**

- Biliteracy Seal in Italian
- National English Honor Society president
- Unified Phys. Ed. and Track Program
- UP Partnership
- National Art Honor Society
- National Honor Society
- Four Boys Ice Cream employee
- Majoring in behavioral neuroscience
- Attending Northeastern University

**Evangel Lawrence:**

- Honor Roll
- Principal's List
- National English Honor Society
- MTHS Delegate at the Congress of Future Medical Leaders 2017

- MTHS winter and spring track
- Need2Read volunteer
- Hospital volunteer
- Soup Kitchen volunteer
- Princeton University DuBois Scholars Institute 2017
- Aspires to become a pediatrician

**Elias Shepherd:**

- Peace Ambassadors Club
- Gay Straight Alliance Club
- Literary Magazine Club
- AVID program
- Has passion for writing, poetry, and traditional art
- Majoring in psychology with an emphasis on neuroscience and abnormal psychology
- Attending William Patterson University



The five young ladies who received scholarships from the Women's Guild.

### Emerald Society's spring/summer activities

By Joan Avery

At the May Emerald Society meeting, Joan Avery gave a presentation on the autobiography of James S. Avery, titled "Others Thought I Could Lead." James was the recipient of the Jackie Robinson Life Achievement Award.

Billy Phillips was the entertainer in June.

In July, a representative from the Monroe Township Police Department will be here to discuss fraud.

In August, Mary Perry and Ann Rudolph will show a slide presentation on their trip to Ireland.

In October, a presentation from the Make-a-Wish Foundation will give a presentation on their work with children.

Everyone enjoyed the trip that Dan Jolly arranged to the Crystal Point Yacht Club in Point Pleasant on June 19 for a wonderful dinner and show starring Vincent Talarico. This is always a popular event.

The Emerald Society picnic will be held Aug. 10. The picnic will go from 1 to 5 p.m. and will be held in the Ballroom and the Patio of the Club-

house. The cost is \$25 per person. Join us to celebrate summer at Rossmoor with music and sing-a-longs by Outkast Customs, and enjoy delicious food including hamburgers, hot dogs, BBQ grilled chicken, pasta and salads. Drinks include soda, beer, wine coolers and water.

See you at the July 24 meeting.

## New Neighbors



By Christina Smith,  
Resident Services Manager

Mario Lamola and Deborah Kieselowsky 514A Sutton Way, formerly of Old Bridge, N.J. (Correction)

Joseph Zerman, 716A Victoria Ct. formerly of East Brunswick, N.J.

Michael and Anna Hertz, 65C Amherst Lane, formerly of Linden, N.J.

Champa Patel, 354A Old Nassau Road, formerly of Jersey City, N.J.

Parviz and Arnu Oshidar, 100B Rossmoor Drive, formerly of Monroe Twp., N.J.

Susan Carman and Joseph Stavish, 408-O Oxford Lane, formerly of Jersey City, N.J.

Dennis and Lucille Tomaso, 665B Yorktown Lane, formerly of East Brunswick, N.J.

Myron and Kathryn Domarecky, 643A Old Nassau Road, formerly of Kendall Park, N.J.

Christine Williams and Donald Perkin, 160A Pelham Lane, formerly of Levittown, Pa.

Luis and Gladys Muniz, 367-O Old Nassau Road, formerly of Monroe, N.J.

Suzanne Novak, 143C Providence Way, formerly of Staten Island, N.Y.

Katarina Ivanko, 537A Old Nassau Road, formerly of Monroe Twp., N.J.



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Music Association looks forward to another exciting schedule

By Linda Bozowski

Where can you enjoy an evening of fine music six times a year for only \$10 or \$15 per event? The Rossmoor Meeting House is the venue for a diverse array of classical and other music presented by the Rossmoor Music Association. Concerts are scheduled for the early evening, parking is free, and you can enjoy the company of your friends and neighbors while artists present their talents on a range of instruments from piano to strings to marimbas.

For example, Evan Drach-

man, founder and president of the Piatigorsky Foundation and grandson of the great cellist, Gregor Piatigorsky, and Wan-Chi Su, noted pianist, performed here last month. Last year, Richard Dowling, presented "Great Scott!" a program devoted to the music of Scott Joplin and accompanied by comments and stories about the great composer and performer of rags, marches, and waltzes.

Subscribers to the concert series enjoy the advantage of very modest pricing at \$60 for the entire series of six

concerts. For those patrons whose schedules may be less flexible or who travel, single concert tickets can be purchased at the door on the night of each performance for only \$15.

One of the benefits of these performances is that the artists are graciously willing to converse after the show has been completed. Most of these professionals often have CDs available for purchase so that patrons can enjoy other pieces of their music.

The Board of the Rossmoor Music Association will have the schedule for the new season available for the August issue of the Rossmoor News.

Invitations to renew subscriptions will be sent out in July, and subscription passes will be sent to subscribers in August. If you are not a current subscriber, but are interested in purchasing subscriptions for next season's series, which opens in September, please feel free to email the Rossmoor Music Association at [rossmoor.music.association@gmail.com](mailto:rossmoor.music.association@gmail.com).

Computer Club

By Steve Gray

This month our own Steven Gray will discuss some of the fascinating aspects of virtual reality.

What is it? How it can be used? How it is being used? You might even see some short VR type movies (all G rated, of course). If you do not have any idea what VR is, you surely will after the presentation.

The meeting is scheduled for July 15, at 10 a.m., in the Gallery. Doors open at 9:30 for the three C's: coffee, cake and conversation.

Italian American Club

By Tony Cardello

Happy Fourth of July

The officers of the club extend their best wishes to all the members and their families for a safe holiday.

The next regular meeting will be held on Wednesday July 17, at 7:30 p.m. in the Ballroom. Entertainment for the evening will be Joe

Conti's granddaughter, Julia Gargano.

Please be advised that there will be no Bingo in July. The next regular bingo night will be on Friday evening, Aug. 2, at 6:30 p.m. in the Ballroom. A second Bingo night in August will be held on Friday, Aug. 23 to make up for no Bingo in July.

July Dance Club BBQ and Dance Party

By Judy Perkus

Come to the Ballroom on Saturday, July 20 (the third Saturday of the month) at 6:30 p.m. for the Dance Club's BBQ and Dance party. We will be welcoming back DJ Erich who made his Dance Club debut earlier this year.

In addition to BBQ foods including chicken, hot dogs, burgers, corn on the cob, salads, and watermelon, dessert, soda, coffee and tea will be served. All Rossmoorites, singles as well as couples, are welcome.

Please send your reservation check made out to the Rossmoor Dance Club (\$20 a person for paid-up members; \$22 a person for non-members) to Armen DeVivo at 449B Roxbury Lane by July 13.

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

SAVE THE DATE: Saturday Sept. 28 is the date of our 35th Anniversary Dinner Dance. More details to follow.

ROSSMOOR DANCE CLUB

July 20 Dance

RESERVATION DEADLINE: JULY 13

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

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

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

PAID-UP Member(s): @ \$20 = \$ \_\_\_\_\_

Non-member(s): @ \$22 = \$ \_\_\_\_\_

2019 ANNUAL DUES: \$7.50 PER PERSON, \$15 PER COUPLE

Membership Dues: \$ \_\_\_\_\_

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

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 E & R Office

Players Pastimes

By Sue Archambault

This month The Players will present our ever popular "This and That" production. Performances will take place on Thurs-



day, July 18, and Friday, July 19, at 7 p.m. Both performances will be presented in the Meeting House. Members of the Players will entertain the audience with a variety of musical renditions that include soloists, duets, and group numbers. There will be vocal as well as instrumental performances.

In addition, various comedic skits and acts will certainly keep the audience thoroughly engaged. Beverly Masters will direct the program, and our beloved Joe Conti will serve as our emcee. As always, the productions will end with refreshments for all attendees.

Tickets will be on sale Friday, July 12, Monday, July 15, Tuesday, July 16, and Wednesday, July 17, in the Red Room from 1 to 3 p.m. Sal's Roma Deli and Pizzeria will also be selling tickets Friday, July 12, through Friday, July 19.

Ticket prices are \$5 in advance, and \$7 at the door. Don't miss out on this very entertaining event.

There will be no monthly Players meeting in July.

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## Religious Organizations

### What a wonderful day

By Adrienne Brotman

The Jewish Congregation held its first Game Day and what a success! Forty-eight ladies and gentlemen attended the event in the clubhouse. Lunch from Sal's Deli was delicious along with the Viennese table, which had delicacies from many different cookies and cakes to homemade Mandel Bread, which was a favorite of many of the participants.

Mahjong, Canasta,

### Democratic Club

By Catherine Hunt

The Democratic club would like to thank everyone who participated in our first meeting of 2019, from the excellent New Jersey Policy Perspectives panel to the members who joined in the lively discussions, and to all who participated in our annual elections.

One thing we always appreciate about our membership is the variety of viewpoints and the willingness both to speak up and to listen. We try to plan our events so that there is plenty of time after the presentation to discuss, share, and interact with the speakers and with each other.

We would like to offer special appreciation to our beloved officers who are stepping down, for their TLC and years of excellent service: Susan Kostbar, president; Arleen Cunningham, v.p.; Delia Gaines, treasurer. Installation of new officers was held at our June 17 meeting for Catherine Hunt, president; Mike Markel, vice president; Debbie Alonso, secretary.

Our meetings will resume this fall: Monday, Sept. 16 at 7 p.m. We would like to see you there. There will be a Bagel Rally on Oct. 22, at 9:30 a.m., and a holiday event with silent auction on Monday, Dec. 22, to which all are welcome. Details to follow.

Bridge, Scrabble and Yahtzee were all played in the Ballroom on a beautiful spring afternoon. The Silent Auction had offerings of a Lenox vase; gift certificates from various local restaurants such as Lox, Stock and Deli, Gus's Diner, Dayton Diner, Fiddleheads, Sal's Deli; Pops Farm Stand; Hair Salons, a massage, acupuncture; Sweet William and Thyme Florist; and two plentiful baskets from Rossmoor's Pantry Store. Two hundred and twenty-five dollars was raised for Make-A-Wish NJ.

We hope to have another successful Game Day on Aug. 18. We hope to see you there. You do not want you miss the fun.

The congregation mourns the passing of a wonderful member, Marty Gurvitch. Marty suddenly passed away on May 22. Marty was the congregation's treasurer and many of you may know Marty from the Interfaith Services. He always carried the Israeli flag. He was also an active member in the woodworking shop. Marty was always willing to lend a helping hand and always wore a smile on his face. He will truly be missed. There will be an Oneg, refreshments after Friday night Sabbath Service, on July 12 in Marty's memory.

Sabbath Services will be held this month on Friday, July 12, and Friday, July 26. The Torah Reader will be Bob Kolker and the Lay Reader will be Jeff Albom on the 12th. On the 26th the Torah Reader will be Jeff Albom and the Lay Reader will be Janet Goodstein.

If you would like more information about the congregation please contact Karen Seiden, Vice President of Membership.



The Reverend Robin Bacon Hoffman and her husband, Jeff, at the reception following the formal installation of Pastor Robin as the new minister of the Rossmoor Community Church on Sunday, May 19.

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- Hoses, holiday lights, hangers, extension cords
- Plastic bags, film, sheeting, flexible film packaging
- Paper napkins, plates, cups, tissues
- Polystyrene foam
- Tires, auto parts, scrap metal
- Concrete, wood, construction debris
- Yard waste, wood
- Non-recyclable plastics

Adhering to these standards can save you money by reducing Rossmoor's trash pick-up charges.



## Community Church July calendar

By Linda Klink

- July 7 Communion Service at 11 a.m.  
Preacher – Rev. Robin Bacon Hoffman
- July 8 Deacons' Meeting at 10 a.m.
- July 9 Finance Committee at 10 a.m.
- July 10 Worship Committee at 10 a.m.
- July 11 Women's Guild Board Meeting at 10 a.m.
- July 14 Sunday Worship Service at 11 a.m.  
Preacher Rev. Robin Bacon Hoffman
- July 15 Council Meeting at 10 a.m.
- July 21 Sunday Worship Service at 11 a.m.  
Preacher Rev. Robin Bacon Hoffman  
Guest Organist TBA  
Fellowship Hour following church service
- July 28 Sunday Worship Service at 11 a.m.  
Preacher – Rev. Robin Bacon Hoffman

We are an ecumenical church where all are welcome to join and worship.

All church services and meetings take place in the Meeting House.

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## SPORTS



Contestants at the Pickleball Tournament

## Spring Classic Pickleball Tournament

By John DelMasto

On Saturday, May 18, Rossmoor held its annual Spring Classic Pickleball Tournament. There were 70 participants playing in eight different brackets based on age and ranking. The following Rossmoor entrants received medals:

- Women's Doubles Level 1: Pat Delacy and Gail Piccirillo - Gold Medal
- Women's Doubles Level 2: Yvonne Nobile and Sandra Smith - Bronze Medal
- Men's Doubles Level 1: John DelMasto and Tom Delacy - Bronze Medal
- Mixed Doubles Level 1: Theresa Norton and Frank Trainor - Bronze Medal

The tournament directors would like to thank a number of people who helped to make this tournament a success.

First of all, our gratitude

goes to Melissa Barnard, our E&R program director, for her assistance and guidance.

To Paulette Mascia, Dale Ralston, and Bru Mihaeli for handling the registration process.

To Edye Tenner, Yvonne Nobile, and John DelMasto for their diligent work at the bracketing and scoring table.

To John Neglia, our statistician and all-around guru,

without whom this tournament would not be possible.

To the E&R Office for taking care of the application process.

To our great custodians, Pat Delacy, Yvonne Nobile, and Jim Altobello, who helped to prepare the tennis courts so that we could have two more pickleball courts.

And lastly, to our Tournament Director, Frank Nobile.



By Ted Servis, Rossmoor Golf Professional

What's going on at the Golf Course? Golf season is in full swing at Rossmoor Golf Club and it's been a

great season so far despite the weather. A job well done goes out to Tom Tucci and his staff; the course is in great shape.

The ladies' golf clinic will be held on July 24 from 9 to 10 a.m. Please call the Pro Shop to sign up.

The Pro Shop is fully stocked with merchandise for all your golfing needs. So please stop in and take a look. If there is anything you're looking for that we don't have in stock, we will be happy to order it for you.

The Pro Shop hours of operation are as follows: Monday from 11 a.m. to 5:30 p.m.; Tuesday through Sunday from 7 a.m. to 5 p.m.; all hours are subject to the weather. If there is anything we can help you with or any questions we can answer, please give us a call at 609-655-3182. Thank you. I wish everyone a healthy and happy 2019 golf season.

Remember: The Golf Course is currently offering a referral incentive of \$200 in Pro Shop credit for bringing in new members.

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## National Croquet Day – June 8

By John N. Craven

The United States Croquet Association announced that June 8, 2019, was National Croquet Day, the purpose being to help create awareness about the sport in the U.S. Local chapters of the organization were encouraged to create unique events in their locale to promote the sport. The Rossmoor Croquet Club had planned to

sponsor a firework display at the court next to the Clubhouse, but could not acquire the permits required in time to commemorate the day. Perhaps next year the club will be able to celebrate National Croquet Day in a suitable fashion.

One of the highlights of every croquet season is the annual match between Rossmoor and Meadow Lakes.

This long-standing series had its 2019 contest on June 20, with the "Rossmoor Rough Riders," on the road at Meadow Lakes, edging its opponents in five games to take the day. Post-game festivities included a group luncheon, hosted by Meadow Lakes, featuring homemade desserts. Both clubs look forward to this match each season and share bragging rights till the next season's match.

Saturday, July 6, is the annual club Kooky Kroquet and BBQ. The club members will play several rounds of Kooky Golf Kroquet, with a series of Wicked Wickets. When the last ball has been whacked through the last Wacky Wicket, a BBQ will be held in the Hawthorn Room and on the Patio for the membership. Last year's winner, Carl Kruse, will be back to defend his title of Kookiest Kroqueter,

The Club welcomes all residents. Anyone seeking a form of light exercise, the enjoyment of the outdoors, an opportunity to mingle with friends and neighbors and to learn a simple yet challenging game on a professional level playing court, can contact Betty Anne Clayton. Look for us on the Croquet Court any Friday afternoon. Come join us. You'll like it!

## Ladies' 18-Hole golf league tournaments

By Arlene McBride

May 7, three-way Nassau tournament was held. First place on the front 9: Maria Hogan. First place on the back 9: Jo Schwegel. First place on the whole round of 18 holes: Carol Faraci.

May 14 was a rainout for the Scramble tournament scheduled, but the meeting/luncheon was held. Many issues were discussed and resolved. President Lanie Kartagener, asked the assistant pro Ray to explain the new NGSA rules that were changed for 2019. Ray gave a very in-depth explanation and was very receptive to our concerns and questions. Afterwards, we had lovely desserts.

The Pro Shop gives free golf clinics periodically which are helpful for us retirees.

Watch Channel 26 or the Rossmoor News for the dates and times.

May 21, Shamble tournament was held. First place team: Denise Romano, Joan Semen, Nancy Nita, and Carol Faraci. Second place team: Terre Martin, Joan Lundy, Pat Crowley, and Sue Petersen.

May 29, Odd/Even holes tournament was held but couldn't be completed because of ... you know what.

June 4, Criers tournament was held. First place, Joan Semen; second place (MOC) Joan Lundy.

The results of our first major tournament, Member/Member, will be revealed in next month's issue.

Happy Fourth of July and happy summer!

## 9-Hole Golf

By Mary Shine

Wishing everyone a very happy and healthy Independence Day. July will start with a Step-Away scramble on July 2.

Update on previous tournament winners – May 14 – Low Gross – Flight A Grace Hammesfahr and Flight B Cat Misner. After a couple of rainouts, on June 4 – Pink Ball tournament (played with a yellow ball for some unknown reason), first place team – Susan Morris, Tori Meiselbach and Cat Misner and second place team Paula Richardson, Maureen Danehy and Joan Gabriello. Congrats to all.

On July 30 we will hold our annual Member/Guest tournament followed by lunch in the Cedar Room of the Clubhouse. Be sure to sign up in the Pro Shop for this fun day.

Please be sure to check Ted's column, "Golf Course Highlights," for dates of the future monthly clinics. These clinics are very helpful and are run at no cost. Class size is limited, so sign up at the Pro Shop early.

Details of membership to the golf club can be obtained by contacting Ted or Ray at the golf Pro-Shop. For more information on joining the 9-hole Women's Golf Association, please contact membership chair, Mary Shine, 609-655-4518, maryshine1@verizon.net or president, Joyce Cassidy, 609-619-3618, joyce3206@aol.com.

All tee times begin on Tuesday at 8:30 a.m. Please arrive at the Pro Shop at 8 a.m.

Enjoy the summer and happy golfing.



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## MAINTENANCE DEPARTMENT

By Dave Salter

### Summer Reminders

Please make sure all your windows are shut properly; blinds and drapes should be closed. In the summer time your attic fan might run constantly due to the heat. Air conditioning thermostats should be set on auto and cool. Also, set your thermostat to a temperature that is comfortable for you. If the temperature is 100 degrees outside, your house might only cool down to 80 degrees; that is why you should keep your air conditioning set at a constant temperature instead of turning it up and down.

Reminder: if you turn your air conditioning on, late in the afternoon it can take several hours to cool down.

### JCP&L

If you should experience a power outage please call JCP&L directly at the following phone number 1-800-714-7297 or 1-800-714-4624. With individuals calling in, it gives them a better idea how wide spread the outage is.

### Toilet Condensation

At this time of year, we get a lot of calls about water on the bathroom floor. Most of the time this is just condensation from the hot summer air on the cold tank

of the toilet. To check, wipe off the condensation with a towel and then wait a few minutes to see if you can then observe any water from a leak. If so, give us a call. If it is just condensation, there's nothing to do but wipe it off or mop it up occasionally.

### AC Service

The Maintenance Department has two technicians servicing air conditioners. If you have not had your air conditioner serviced yet, please give us a call.

### Resident work request forms

This is a reminder that all homeowners are required to fill out a resident work/request permit form when doing alterations in and around your home. In a Co-op this form is called an Alteration request. Also, a tree permit is required if you are planting a tree. These forms can be obtained at the Maintenance Office.

### Community Cleanup

The Township of Monroe will come into our community and pick up all bulk items. All items should be placed at the designated areas on July 19 and July 20 to be picked up on July 22.



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## HEALTH CARE CENTER NEWS

### Adult Scoliosis

*By Kaytie Olshefski, RN*

Scoliosis is not just a childhood disorder.

Adult scoliosis, also referred to as degenerative scoliosis, occurs from the wear and tear on the spinal joints. As we age, the wear and tear on the spine slowly progresses to where the curvature of the spine leans more to one side. Adult scoliosis can affect people over the age of 50. Studies have shown 60% of people over age of 60 have a mild form of degenerative scoliosis.

Some of the diseases related to degenerative spinal changes are arthritis, osteoporosis, vertebral compression fractures, degenerative disc disease, spinal stenosis, and/or a complication following spinal surgery. There are cases, where the scoliosis is called idiopathic. Meaning there is no apparent reason for the development of this disorder. Idiopathic scoliosis may have been untreated or unrecognized in a child/teenager with symptoms now appearing in adulthood. Adult scoliosis is more common in women than men.

The normal spine has three natural curves; one in the neck area, one in the middle of the spine, and the lower curvature in the lumbar area that is a slight "C" shape. Pain and discomfort appear when that "C" curves to one side of the body. Symptoms come on gradually, but it is not the curvature of the spine causing the symptoms. The main source of pain is generally caused by spinal joint inflammation or nerve impingement caused by the degeneration of the spine. Not everyone will experience symptoms and some people will only have mild complaints.

On the other end of the spectrum, some people may be severely disabled from the adult scoliosis. They are not able to stand up straight and it is very difficult for them to walk even short distances. Generally, discomfort is worse in the morning and the pain tends to subside as the day gets going, but returns as the day goes on.

Symptoms of degenerative

scoliosis include back pain that is worse on standing, but is relieved with rest. There may be a low back pain and/or stiffness in the mid to lower back area. Pins and needles and tingling sensation may travel from the buttocks into either one or both legs. There may be a numbness and/or weakness in either one or both legs. There may be shooting pain going down the legs. People with degenerative scoliosis may tend to "lean" to one side. For others, the rib cage and or shoulders are more prominent on one side of the body.

Degenerative scoliosis is diagnosed by a medical history and physical exam taken by your physician. Your doctor will assess for spinal irregularities and asymmetry. Are your shoulders and hips equal and are the length of your legs the same? Radiologic X-rays may be ordered to help further make a diagnosis. If these X-rays show a sideways curvature of the spine measuring at least 10 degrees or more, the diagnosis of scoliosis is made. A plain film X-ray will show the degree of spinal curvature and alignment of the spine. An MRI (Magnetic Resonance Image) will show information on the spinal discs, spinal cord, and spinal nerves. Myelo-CT Scan (Computed Tomography Scan with myelogram) will highlight more information on the spinal cord.

The primary focus of treatment is on pain management and relieving symptoms. Mild pain may be treated with over the counter or prescription NSAIDS (nonsteroidal anti-inflammatory medications). Your doctor may also order other analgesics, and/or other modalities of pain medication. He/she may order steroids including epidural injections and/or facet injections into the painful joint causing the pain. Physical therapy will be ordered to strengthen the abdominal muscles and to strengthen and stabilize the spine. Exercises will strengthen your back, leg and stomach muscles. Exercises will include stretching and increasing the flexibility of your spine and legs. These treat-

ments will help ease the pain and improve your mobility.

Here are some things one can do. Always try to use correct posture by keeping proper spinal alignment. Use correct body mechanics when lifting objects or bending. Lose weight if you are overweight as this may help reduce symptoms. If you are diagnosed with osteoporosis monitor your bone density and stay on the recommended treatment for your osteoporosis. Stop smoking if you smoke to help prevent back and neck symptoms.

If the pain progressively worsens and there is no relief from the other treatments, surgery may be an option. When speaking with a surgeon, have a clear understanding of the risks and benefits of the surgery being contemplated.

Please note we will not be having a health lecture on July 8. Saint Peter's health lecture for Aug 12 will be with Dr. Bertrand Parcells, an orthopedic surgeon from Seaview Orthopedics, speaking on "Arthritis and Joint Preservation."

I want to thank everyone for coming out to the Health Fair. It was wonderful to see you and I hope you were one of the many winners of the gift baskets being raffled off. There was a lot of useful information and I hope you took advantage of the screenings being offered. I want to thank all the volunteers who helped us at the Health Fair. Thank you.

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

- All summer flowers have been planted.
- So far, we have still been able to mow the entire community weekly even with the bad weather recently.
- Please call the East Gate phone and leave a message with any questions or concerns. (609) 655-5134.
- The third round of fertilization will be a liquid application of nutsedge control, using herbicide that produces fast, visible results and controls difficult weeds such as nutsedge, season long and aids in reducing future generations of weeds. This will take place late July/August.
- Pruning the smaller shrubs has been completed in Mutual 4C, 8, 7, 6, 9, 10 and 11. We will continue to work our way through the community.
- Please remember to put any debris at the curb on Sunday night for us to pick up Monday morning.
- Just a reminder, the newly installed soil and seed needs to be watered at least twice a day for 25 minutes in the a.m. and p.m.

### Recycle information from Waste Management

- No caps on glass bottles/containers in the recycle bin.
- No lids on plastic bottles.
- Only #1, #2, and #5 plastic is acceptable in the recycle bin.
- Plastics numbered #3, #4, and #7, etc. must go in the household trash 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.



## Your Garden

By Mel Moss

### Downy Mildew

Downy mildew is a disease that affects a wide variety of plants. It is classified as a fungus disease although some pathologists say it is more closely related to algae than fungi. It is a completely different disease than powdery mildew.

Downy mildew will show as white or yellow blotches on the upper side of a leaf. On the underside there will be white to grayish-like growth. These growths can be seen best right after a rainy spell or a heavy dew. It will then disappear a little later. As time progresses the leaves may turn brown and fall off.

Downy mildew occurs in cool, moist weather conditions, usually in early spring or mid to late fall. Spore production is favored with temperatures over 65 degrees and with high humidity. These spores can spread by breezes, insects, flowing water, and even garden tools. These spores will also overwinter in the soil and in any plant debris around the area.

It can be a difficult disease to prevent but by giving your plants an area with good air circulation, you can beat the odds. If these plants are trees or shrubs, trim out enough branches to allow good air circulation. Leave enough space between

plants also for circulation. If the plants need watering, do it in the morning and, if possible, use a soaker hose to avoid getting moisture on the leaves. Keep the ground clear of all debris and remove any badly infected plants. There is a copper spray for plants that can be used, but will probably not help if these preventive measures are not done.

The disease will disappear once the hot summer weather arrives. Most larger plants (trees, shrubs, and vines) will survive any downy mildew attacks that might occur in the spring. Then, with the cooler fall temperatures, they might show more leaf discoloration before falling off as they normally do. This cycle can go on for years as long as the disease spores are in the surrounding ground or debris in that area.

### Impatiens

Smaller plants, such as annual bedding plants, started having problems with the disease around the year 2000 with impatiens that was grown in South Africa. A year later, the same problem was in the United Kingdom and, a few years later, here in the United States. It started in the southeastern states and spread to our area by 2012. Nobody seems to know why these spores suddenly became active. Pathologists

were aware of spores being in the soil here in the U.S., because they had found them way back in the 1940s but they were always dormant.

Downy mildew caused a huge hole in the bedding plant industry because impatiens was, by far, the most popular selling plant. The disease did not affect other varieties of impatiens, but these varieties were too expensive to grow in the cheaper annual packs and were grown in larger individual pots.

Shortly after this problem with impatiens, some varieties of both coleus and salvia developed the disease. And the variety of basil grown by most farmers here in New Jersey also developed the disease. Most farmers stopped growing basil.

### Help is on the way

Things are starting to look better now. Thanks to our diligent plant breeders, a new disease-free variety of impatiens seeds has come to market this year developed by Syngenta Flowers and called Imara XDR. Next year, 2020, Pan America Seed Company will have a variety, "Beason," which is also disease resistant. Rutgers plant breeders have released three new downy mildew-resistant varieties of sweet basil.

## We can't help you if we can't find you

By Mike Dailey

In about 30 seconds, a fire in your home almost doubles in size until it reaches Flash-over. During a medical emergency, time is critical; it is paramount for someone to receive definitive medical care as soon as possible when lives are on the line. What would happen if you had an emergency in your home? Would emergency responders be able to identify your home?

Consider the street view of your home. How easily can your address be identified? Can it be identified at night, in inclement weather, from a short distance away as responders are arriving on-scene?

Here are some points of consideration to help responders identify the correct address:

- If the mailbox is close to the street, be sure the address numbers are visible on both sides of the mailbox; responders can be coming from either direction.
- The numbers that are affixed to the residence should be big enough to be visible from the street.
- Houses that are set back from the street and are set inside clusters of houses need to be identified street side. In some cases, walkways are in place to maneuver around houses;

there should be directions that can lead responders to the correct address the first time.

- Trim back shrubbery and tree limbs that can block the view of the numerical address of the residence. This will help spot the correct address the first time.
- Numbers for residences should be illuminated at night.
- Residences with multiple units need to be identified as such; clarification for

each unit should be near the front entrance.

- In some settings, mailboxes are across the street from the formal residence. There should be something that identifies the location of the residence in this case.

These are just a few tips to help emergency responders limit the amount of time for response. Providing as much visibility as possible ensures the proper help arrives in the shortest period of time.

### Monroe League of Women Voters points to vote411.org for election facts

By G. Moore

As Election Day draws nearer, are you feeling overwhelmed by a constant barrage of information about candidates for public office and about ballot initiatives? Conversely, are you at the other end of the spectrum or concerned that you don't have enough information to make a good decision in the voting booth? Whatever your position, we encourage all voters to utilize Vote411.org for comprehensive, non-partisan and unbiased election information.

Vote411.org is an election information site sponsored by the League of Women Voters Education Fund. Voters who log on to [www.Vote411.org](http://www.Vote411.org) and enter

their home address are able to create for themselves a personal voting guide, which can include:

- Verification of their registration status;
- Registration deadlines;
- Confirmation of their polling place and hours;
- Rules regarding ID requirements;
- A preview of their personal ballot;
- Information about ballot questions;
- A calendar of upcoming debates and forums;
- Links to other state and national voting resources.

Annually, since 2006, thousands of League volunteers have contacted candidates

(Continued on page 24)

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## LWV

(Continued from page 23)

for office at state and local levels of government to obtain their responses to questions posed by the League. Those statements are available on Vote411 to enable you to compare candidates and to identify the candidate who most closely matches your beliefs.

Use Vote411 to prepare for the important decisions you will be making when you step into the voting booth. Spread the word. Tell your friends and family about Vote411.org.

The League of Women Voters of Monroe Township is a nonpartisan political membership organization whose goal is to empower citizens to shape better communities. Visit our website, [lwvmonroetwpnj.org](http://lwvmonroetwpnj.org), to learn more about us. We invite you to attend our general meeting on Monday, July 15, at 1 p.m. in the Monroe Municipal Courtroom.

## Monroe Township Cultural Arts Commission presents Music in the Park

### Free Concerts

Summer 2019

Thursday Nights at 6 p.m.

The Open Grove Gazebo on the Lake

Thompson Park, Monroe Township NJ 08831

Bring your own chairs and blankets. Refreshments available.

July 11 - Mariachi with sounds of Mexico

July 18 - Strictly 60s Band with Beatles, Rolling Stones, Doors, Motown, and more

July 25 - Tanglewood with Classic Rock & Pop Music on acoustic guitars

Weather information for park concerts: In the event of

bad weather or if the group is not setting up in the gazebo by 5:15 pm, the concert will be held at the Senior Center at 12 Halsey Reed Road, Monroe Twp.

Signs will be posted in the park on the road leading to the gazebo indicating the change in location.

There is limited seating of 300 people at the Senior Center, so make sure to arrive early to be sure of a seat.

You can call 732-521-4400, ext. 134, for a weather update or access <http://www.monroetownshipculturalarts.com/>

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



## From the Mayor

By Gerald W. Tamburro, Mayor of Monroe Township

### Mayor expresses appreciation to Monroe residents at a time of sorrow

By Mayor Gerald Tamburro

I have had the privilege of knowing my wife, Carole, since I was in seventh grade. When we fell in love and were married at age 23, our sole possession was a Hi-Fi phonograph. From there, we somehow built an incredible life together, ultimately living in a seven-bedroom home in East Brunswick with six beautiful children.

Carole has given me more than I could ever imagine over our 60 years of marriage. We lost her on May 28, at the age of 83.

While I begin learning to live without my best friend, I am amazed by the comfort I am receiving from the people of Monroe; some who have been close to me for decades, others whom I only recognize by their supportive faces.

I know that many people in our senior communities have felt a similar loss, as a loved one has passed. I am now drawing from their support, their guidance and the knowledge that tomorrow will be a brighter day.

What has helped me over this difficult time are the many residents who have phoned me, sent cards and joined me at Carole's wake and funeral liturgy.

For four hours of visitation on June 2 at the M. David DeMarco Funeral Home, there were an estimated 800 people who paid their respects to my family and me. I stood for four hours, receiving hugs and kisses from so many caring people who wanted to know more about Carole and the wonderful life we enjoyed together. The same was true on June 3, when hundreds more attended the funeral at Nativity of Our Lord Roman Catholic Church.

I continue to receive mountains of sympathy cards in my mailbox, way more than I

can ever attempt to count. We continue to receive flowers, food, phone calls and such overwhelming support from Monroe residents. It is truly beautiful; I feel like the luckiest man in the world to have known my wife for so many years, and to now live in such a warm, caring community.

It is no surprise that Monroe loved Carole. She had an ever-present smile. When we would attend a senior social program, with 250-300 people, she would walk from table to table to say "hello." She knew so many people on a personal level, and I am comforted that many residents benefitted from her friendship.

My wife was a tremendous cook and baker, who enjoyed playing mahjong and canasta. And she was proud to be president of the Greenbrier Whittingham Bocce Club, which – she reminded me often – won the championship in 2013. She was also an active member of the Senior Social Club at Greenbrier and Past-Treasurer of the Italian American Club.

Carole also loved our extended family beyond words. Christmas would bring together a family with more than 50 people. It was a time that Carole loved most, surrounded by nine grandchildren and so many nieces and nephews. We now even have three great-grandchildren, a blessing beyond words to see.

I'm now back at work in the mayor's office. Although I am grieving – and continue to adjust – there is much work to do. I continue to welcome your expressions of sympathy and believe that my service to Monroe will help in the healing process.

Thank you, from the bottom of my heart, for allowing me to do so.

### Mayor Tamburro appoints Michael J. Biennas as Monroe Chief of Police

Mayor Gerald W. Tamburro announced on June 10 the appointment of Captain Michael J. Biennas to the position of Chief of Police of the Monroe Township Police Department effective July 1. Captain Biennas will replace outgoing Chief Michael Lloyd, who will retire effective June 30.

"Michael Biennas has dutifully served Monroe Township in roles of increasing responsibility since joining the Monroe Township Police Department as a patrolman in 1987. He has proven himself throughout his 32 years on our police force and has been promoted through the ranks based on solid per-

formance and strong command decisions," said Mayor Gerald W. Tamburro. "I am confident that the Monroe Township Police Department and our community as a whole are in good hands with Chief Biennas at the helm."

Biennas was sworn in as a patrolman on Dec. 30, 1987 and is a graduate of the Sea Girt State Police Training 188<sup>th</sup> municipal class. He was promoted to sergeant in July 1999 and lieutenant in Dec. 2014, before his promotion to captain in July 2017.

"I am honored to accept this appointment and I will strive to build upon the success of the dedicated indi-

(Continued on page 25)

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## Senior Center Highlights

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

### Registration News

Registering with the Office / Senior Center is free and available to Monroe Township residents, 55 years of age and older. **Around the 15<sup>th</sup> of the previous month and members are required to pre-register for ALL monthly activities.** Please be sure to call the office at least 24 hours in advance should you need transportation to and from the Senior Center. For members unable to attend a registered program, please sure to cancel.

**Magic by Marco: On Friday, July 5, at 2 p.m.,** there's nothing up Marco's sleeve except amazing "street magic" and entertainment. Marvel at his slight of hand and try to figure out, "how does he do that?"

**Tapping to Relax: On Monday, July 8, at 10:30 a.m.,** join Andrea Lewis, Accredited, Certified EFT Practitioner, to discover the benefits of tapping. EFT (Emotional Freedom Technique) or Tapping, is a combination of acupuncture and talk therapy. Tapping is a fast and effective way to empower oneself and heal negative emotions and stress. Find out if tapping is for you.

**State of Inventions: On Monday, July 8, at 1:30 p.m.,** join Linda Barth, NJ Author, for a look at what makes New Jersey such a fertile ground for the inven-

tors who brought us the light bulb, M&Ms, Band Aids, the electric guitar, bubble wrap, and other inventions that we take for granted. Provided by The Chelsea.

**Between the Covers: On Tuesday, July 9, at 10:30 a.m.,** book lovers unite with Barbara Hughes, Monroe Township Library, to discuss and share their favorite reads, once a month in the Center.

**Patriotic Stories: On Tuesday, July 9, at 2 a.m.,** join the Garden State Storytellers as they share patriotic stories to celebrate our great country.

**TED Talk: On Wednesday, July 10, at 10:30 a.m.,** join Ellie and Caryl as they present, "You Have No Idea Where Camels Really Come From" with Latif Nasser.

**Hey, Abbott!: On Wednesday, July 10, at 2 p.m.,** we welcome Robert Attanasia, life-long fan of Abbott and Costello and president of the monthly "Who's on First" newsletter and fan club, for a fun show on the dynamic comedy duo, with the help of his friend, Howie Meshel. Get ready to enjoy classic Abbott and Costello tidbits and classic routines.

**Bees to Tomatoes: On Thursday, July 11, at 1:30 p.m.,** Jim DelGiudice returns to examine the many different symbols of New Jersey. Did you know that four of New Jersey's state symbols are actually dinosaurs? Hear fun facts about animals, minerals, and vegetables that our state calls its own, from the bees that pollinate our crops to the tomatoes that once comprised more than half of all Campbell's products.

**Get Crafty Coasters: On Friday, July 12, at 10 a.m.,** join Andrea for a creative and fun project as you design and decorate your own pair of tile coaster with alcohol inks. All supplies provided. Space limited. Be sure to wear old clothes or bring an apron.

**Coffee: Friend or Foe: On Monday, July 15, at 10:30 a.m.,** find out if your cup of joe is your friend or foe with Saswati Chakaborty, from Monroe Village. The benefits and/or hazards of drinking coffee are as individual as how you enjoy it. One size does not fit all when it comes to this issue. Let's

**Robinson Artshop: On Monday, July 15, at 10:30 a.m.,** join J. Robinson Art for a creative and fun morning. All supplies are provided as you paint your own seascape masterpiece. Discover how a "complicated" piece is broken down into manageable steps to design an exciting finished product. Space limited.

**Thomas Presents: On Monday, July 15 and Tues-**

**day, July 16, both at 1:30 p.m.,** Thomas Elefant celebrates the rich American Musical Culture, from the symphonic to the hills of Tennessee during this two-part lecture. When registering, you will be automatically enrolled in both program dates, unless indicated otherwise.

**Write Your Story: On Tuesday, July 16, at 10:30 a.m.,** discover how you can get your story written and published. Join Steve Kahofer, author, as he shares how he took his experience and turned it into Monopoly Games - an action/romance thriller. A few simple tips will help you get started.

**Coming to America: On Tuesday, July 16, at 11:30 a.m.,** Walter Choroszewski, lecturer and photographer, presents the history of immigration to America from the first Colonial wave to the second mid-1800s wave of frontier expansion, with a culmination of the third Great Wave that passed through Ellis Island.

**Birding Basics: On Wednesday, July 17, at 10:30 a.m.,** join Kathy Easton, of Walks & Talks About NJ Birds, for a lively, interactive discussion about birdwatching. Birding is a form of wildlife observation as a recreational activity or citizen science. Discover the joys of birding and what is needed to get started.

**Worldly Book Tour: On Thursday, July 18, at 10:30 a.m.,** join Monica, from the library, to discuss the book, *My Brilliant Friend*, (Italy) by Elena Ferrante.

**Move Big: On Thursday, July 18, at 10:30 a.m.,** discover how the Lee Silverman Voice Treatment (LSVT) BIG program helps individuals, suffering from Parkinson's and other progressive neurological diseases, improve their walking and daily tasks. Join Vaani Pillai, DPT, with Princeton Medical Center, to learn how LSVT programs can help your quality of life.

**Trivia Meets Tunes: On Thursday, July 18, at 2 p.m.,** join our friends from Parker at Monroe as you test your knowledge of resources available to you AND your ability to recognize songs in the fewest notes possible. *Jeopardy* meets *Name That Tune* with special categories. Light snacks, too.

**1950's Guitar Jam: On Friday, July 19, at 11 a.m.,** join Rich, from the Guitar Den, as he plays hit songs from the 1950's and shares trivia about each tune. Limited percussion instruments will be available to those who want to jam along.

**Hand Massage: On Friday, July 19, by appointment, from 1:30 to 3:30 p.m.,** pamper yourself with a free, 10-minute hand massage provided by Touch of Health Therapeutic Massage. Limited appointments available.

**New Power Soul: On Friday, July 19, at 7 p.m.,** get ready to dance in the aisles to the sweet sounds of this

dynamic 9 piece band. From Queen to Bruno Mars, enjoy this high energy band!

**Ease Heart Disease: On Monday, July 22, at 10:30 a.m.,** Dr. Dinesh K. Singal, Cardiologist, discusses common forms of heart disease (coronary artery disease, heart attack, and atrial fibrillation) and addresses factors to reduce as well as prevent them.

**Release Your Energy: On Tuesday, July 23, at 10:30 a.m.,** Makiko Fliss, PhD, introduces you to energy healing technology and how it reads fluctuations in your personal energy, due to stress and vitality levels. With the help of modern science, the healing effects of Reiki are demystified. It allows a Reiki Master to focus on areas that need distressing to promote mind-body balance.

**Science Today: On Tuesday, July 23, at 1:30 p.m.,** join Vivian as she explores a topical subject in science that is selected by the group. Please be sure to register in advance.

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## Chief of Police

(Continued from page 24)

viduals who have come before me as we protect and serve the people of our community," said Biennas. "As a Monroe resident and an active member of the community, I am committed to maintaining a safe and secure environment for all of our Township residents."

The Monroe Township Police Department is composed of 61 sworn officers. The Department includes a detective bureau, a juvenile/youth services bureau, a domestic violence unit, a traffic safety bureau and has an officer assigned to senior citizen crime prevention.

"Monroe Township places the safety of all of our residents, businesses and visitors as a top priority and we credit the Monroe Township Police Department for our rankings as the third safest city in New Jersey and for the lowest crime rate in Middlesex County," said Mayor Tamburro. "We are extremely grateful to Chief Lloyd for his years of service and we will continue the department's professionalism and success under the leadership of our incoming police chief."

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



ROSSMOOR COMMUNITY ASSOCIATION  
2019 POOL SEASON

RULES, REGULATIONS, & POOL HOURS

The Rossmoor Community Pool will open *Friday, May 24, and close on Labor Day, Monday, September 2.*  
*The Pool will be open daily, in June and July, between the hours of 9:30 am – 8:30 pm*  
*The pool will be open daily, in August and September, between the hours of 9:00 am – 8:00 pm*

1. Access to the pool and any of the facilities in the fenced area around the pool are permitted only when a lifeguard is in attendance.

2. Upon entering the pool area, all residents must register and present their Rossmoor photo ID. Rossmoor photo IDs are nontransferable and expire annually.

3. Residents are required to register their personally invited guests and present their Rossmoor photo ID. Guests are required to abide by all established rules and regulations.

4. 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.

5. Persons recovering from diarrhea or symptoms of gastrointestinal disease are encouraged to wait seven days before using the pool.

6. Showers are required prior to entering the pool.

7. Non-slip footwear is recommended on the pool deck and locker room area.

8. No animals, except for service animals, shall be allowed within the pool area.

9. Food and snacks are not permitted in the pool area. The Clubhouse and Pro Shop Terraces have tables and chairs for residents to use for dining.

10. Radios or other music media are not permitted in the pool area, except those equipped to play through earphones.

11. Beach towels should be used to cover and protect pool chairs and lounges when sun tan oil/lotions are being used.
12. There is a 30-minute time limit when using swimming lanes and the lanes are to be shared.

13. Only water in non-breakable containers is permitted in the pool area.

14. Pool furniture is available on a first-come basis. Personal furniture is not permitted in the pool area.

15. 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, and paddles may only be used for lap swimming. 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.

16. Card and board games are permitted at the pool after 4:00 p.m.

17. Management reserves the right to close the pool at any time.

18. Lifeguards are obligated to close the pool in the event of potentially dangerous weather.

19. Lifeguards and Pool Staff are required to enforce all Rules and Regulations.

20. Persons suspected of being under the influence of drugs and alcohol shall be prohibited from entering the pool area.

21. Smoking of any kind, including e-cigarettes, is NOT permitted in the pool area.

22. No sitting on the pool entrance steps or ladders.

23. Neither diving, running, continual jumping nor “horseplay” is permitted.

24. Violators of the Rules may lose their pool privileges.

GUESTS OF THE  
ROSSMOOR POOL

1. Residents must register their guests at the pool and do not have to remain with guests over the age of twenty-one. Residents assume full responsibility for their guests.

2. Pool passes are required for all guests during hours of operation on Fridays, Saturdays, and Sundays. Only residents may purchase pool passes in the E & R office. The pool pass fee on Fridays, Saturdays, and Sundays is \$5.00 per guest over the age of fifteen and \$2.00 per child between the ages of four and fifteen.

3. There is a maximum of four guests, including children, per Manor per day, except for Memorial Day Weekend, July 4<sup>th</sup> and Labor Day Weekend when there is a limit of two guests, including children, per Manor.

4. Children between the ages of four and fifteen will be permitted to use the pool and surrounding facilities between the hours of 11:00 a.m.—2:00 p.m. daily and must be accompanied by a resident at all times. Children between the ages of four and fifteen must exit the pool at 2:00 p.m. and exit the pool area no later than 2:30 p.m.

5. Children under the age of four are NOT permitted in the pool or any of the facilities in the fenced area around the pool.

6. Children between the ages of four and fifteen should be encouraged to use the restrooms before entering the water and any “accidents” in the water should be immediately reported to the lifeguard.

7. Children under seventeen years of age are NOT permitted in the Hot Tub.

LANE  
SWIMMING  
SCHEDULE

Lane swimming is available on a daily basis. Monday through Sunday. The schedule will be posted on the pool bulletin board.

Note: Lanes will be removed 15 minutes prior to the start of the Aqua Aerobics classes.  
The Rules and Regulations are subject to change from time to time due to E & R Special Events.

Revised by Board of Governors  
February 28, 2019

Calendar of Events for Monroe Township  
Public Library

All events are open to the public.  
To register online: [www.monroetwplibrary.org](http://www.monroetwplibrary.org)

The Great Courses:

American Military History

Tuesdays, July 2 and 9 at 1 p.m. General Wesley K. Clark (Ret.), former NATO Supreme Allied Commander Europe, presents more than two centuries of America’s wars in this DVD lecture series.

**July 2:** Chattanooga to Appomattox 1863-65 & The Spanish-American War of 1898

**July 9:** American Expeditionary Forces 1917-18 & John J. Pershing, The Doughboys and France

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

Book Café

Wednesday, July 3. Session 1 at 11 a.m. Session 2 at 1 p.m. Discuss books that you have read. Light refreshments will be served. Space is limited. Register at the Welcome Desk.

Socrates Café

Wednesday, July 3 at 7 p.m. Socrates Café are gatherings around the world where people from different backgrounds get together and exchange thoughtful ideas and experiences while embracing the central theme of Socratizing; the idea that we learn more when we ask questions along with others. Join us and pose questions, listen to others, raise challenges and consider other alternatives. Monroe resident **Noreen Gumnick** moderates. Register at the Welcome Desk.

Sit-N-Stitch

Fridays, July 5 and 19 at 10:30 a.m. Stitch a project; assist others, share tips, projects and patterns. Bring your own supplies. Registration is not required.

Poets Corner

Friday, July 5 at 11 a.m. A workshop and reading group for all ages. Please bring 12 copies of your work. Registration is not required.

Music Circle

Friday, July 5 from 3 to 5 p.m. Musicians of any level are welcome to play popular songs of various decades in a campfire-style setting. Songs will be done in simple 3-4 chord arrangements and lyrics will be shown on the projector for everyone to follow along. Registration is not required.

POV Documentary Film  
Summer Series

Saturdays, July 6 and 27 at 1 p.m. July 6: Set in Eastern Ukraine on the frontline of the war, this film follows the life of 10-year-old Ukrainian boy Oleg throughout the course of a year. 1h 31min. July 27: The story of Nadia Murad, a 23-year-old Yazidi who survived genocide and sexual slavery committed by ISIS. 1h 30min. Registration is not required.

POV Documentary Film

Sunday, July 7 at 10:30 a.m. The world of international oil deals are on display

with the quest for oil in Ghana by Dallas-based Kosmos. Official selection of the Tribeca Film Festival. Runtime: 90 minutes. Registration is not required.

GEN X 1989

Sunday, July 7 at 1 p.m. We shine a spotlight on the biggest events of 1989, our anniversary year, during this series of programs.

On March 24, 1989, the Exxon Valdez ran aground, spilling nearly 11 million gallons of crude oil into Alaska’s Prince William Sound. Guest speaker **Richard Brief**, Exxon’s Director of Industrial Hygiene (ret.), presents what happened and measures taken to mitigate the spilled oil. Light refreshments will follow. Registration is not required.

Open Sewing

Monday, July 8 at 3 p.m. Thursday, July 11 at 6 p.m. Learn about sewing machines with this hands-on session for adults, ages 18 and over. You will learn how to wind a bobbin, thread a needle and practice stitching. Register at the Reference Desk, by phone or online at [www.monroetwplibrary.org](http://www.monroetwplibrary.org) beginning Tuesday, June 4 at 9:30 a.m.

Dealing with Dizziness & Vertigo

Tuesday, July 9 at 11 a.m. A number of things cause dizziness, limiting your ability to function. **Kelly A. Gray**, PT, RN, DPT, CLT, Rehab Manager, Outpatient Rehab and Physical Therapist at Penn Medicine Princeton Medical Center presents the anatomy and physiology of the inner ear, common causes of dizziness and vertigo, loss of balance and vestibular rehabilitation. *This program is Co-Sponsored by Penn Medicine Community Wellness.* Register at the Welcome Desk.

Short Story Discussion  
Group

Wednesday, July 10 at 11 a.m. Guest speaker **Kristina Sternesky** will discuss her short story “Thirty-One Degrees” at this session. Copies are available at the Welcome Desk. We will resume short stories from *Best American Short Stories* and *O. Henry Prize Stories* in August. Register at the Welcome Desk.

Tech Express

Wednesday, July 10 at 2 p.m. Drop-in with your electronic device to get personalized help from a Librarian. Bring your charged and registered device and necessary passwords. Registration is not required. First come, first served.

What’s Your Story:  
Leaving a Legacy

Wednesday, July 10 at 6:30 p.m. This is a special Genealogy Club event. **Steve Besserman** presents his documentary film “Bunnie.” 101-year old Bunnie shares her inspirational

(Continued on page 27)

TRANSPORTATION TIDBITS

Important phone numbers:

Rossmoor Bus ..... 609-655-4401  
Hours 10:00 -11:00 a.m. and 2:30 p.m.- 4:00 p.m.

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

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

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

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



Classified Advertising

Transportation

**LIMO GUY, INC.** – Our 17<sup>th</sup> year. We go to all airports. Late model Lincoln Towncars. Holds four passengers in total comfort and style. SUV's now available with approximately \$40 additional charge. \$75 to Newark, \$155 Philadelphia, \$175 JFK airports. We go almost anywhere 24/7. Call (732) 452-9222.

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

**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.

**LEN'S REMODELING AND CONTRACTING SERVICES** (formerly Len's Handyman Services). Doing repairs and renovations in Monroe since 2003. Full-service home renovation company. Our beautiful kitchen and bath showroom in Englishtown displays everything you need under one roof. All interior renovations – kitchens, bathrooms, flooring, painting, plumbing, electric and handyman services. Free estimates. (732) 851-7555.

Miscellaneous/ Services

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

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

**PET SITTERS (MONROE)** – for a day, a week, or up to a month. Our home or yours. True animal lovers. Barb (732) 735-4243.

**COMPUTER REPAIR** - RJF Sales Company LLC. Is your computer running slow? It may need a tune-up. Desktop and laptop repair in your home. Custom built computers. Virus removal and protection. Monroe resident with over 20 years of computer experience. Free cordless mouse with service. (732) 723-9537 or (732) 967-3400. Please leave message, all 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. techbuddy-barb@aol.com

Tax/CPA Services

**CERTIFIED PUBLIC ACCOUNTANT** – Want a CPA who comes to your home? Personalized attention to your tax questions or problems at reasonable rates. Rebecca Bergknoff, CPA (732) 718-4359.

For Sale

**FURNITURE**, household items, CD player, knick-knacks. Call Mary (609) 395-7843.

Wanted to Buy

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

Help & Health Services

**LEASE A NIECE HOME CARE** – Assistance with personal and household activities. Cooking, shopping, paperwork, appointments, companionship, local transportation. Companions, CNA's, CHHA's. Tracie (732) 521-HOME (4663).

**CERTIFIED HOME HEALTH AIDES** – Husband and wife looking for private job to do. Flexible price. Contacts: (609) 431-1694 or (609) 510-6631.

**RETIRED NURSE PRACTITIONER** available for elder-care in your home. Pleasant, responsible, mature and empathetic. Services include companionship, personal care, appointments, errands, laundry, local trips. I look forward to meeting you to discuss your needs. Contact Alice (609) 206-3080.

**CARING ELDER CARE** – We will help you with personal care, household tasks and outdoor errands. Free consultation. Reasonable rates. Elizabeth (646) 413-0813.

**COMPANION/DRIVER** – Compassionate, experienced Rossmoorite happy to assist. Judy (609) 655-1026.

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

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

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**NICE JEWISH GIRL'S HOUSE CLEANING** – Bonded and insured. Reasonable rates. 25 years of experience. Call Eileen (609) 860-9050.

**HOUSE CLEANING** – Honest and experienced. Quality work. Call Laura (609) 902-9951.



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Classified Information

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

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- ☐ Concordia ☐ GW Voice
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- Note: Phone numbers count as one word. Do not count punctuation. Do not abbreviate.
  - Check or money order must accompany insert, *made payable to Princeton Editorial Services*
  - Phone number or address which appears in ad must appear on check or money order to ensure proper credit.

Library

(Continued from page 26)  
life story. There will be a discussion about preserving your life story and family history after the 23-minute documentary. Registration is not required.

International Film sponsored by The Friends of the Library

Thursdays, July 11, 18 and 25 at 2 p.m. **July 11:** (2014) German Drama/History, Rated R, 2hrs 4min. A story that exposes the conspiracy of prominent German institutions and government branches to cover up the crimes of Nazis during World War II.

**July 18:** (2016) Israeli Comedy/Romance, Rated PG, 1hr 50min. When her fiancé bows out on the eve of her wedding, Michal refuses to cancel the wedding arrangements. An Orthodox Jew, she insists that God will supply her a husband. As the clock ticks down.

**July 25:** (2012) Iceland Action/Drama, Not Rated, 1hr 35min. Based on actual events, a fisherman tries to survive in the freezing ocean after his boat capsizes off the south coast of Iceland.

There will be no charge for International Films in 2019 as a 30th Anniversary bonus thanks to the generosity of the Friends of the Library. Registration is not required.

Friday Afternoon Movies

Fridays at 2 p.m. **July 12:** The story of Olympian and WWII hero Louis Zamperini as he meets and marries the love of his life while struggling with his post-war angst, until a chance meeting with Billy Graham in 1949 changes both of their lives forever. Biography/Drama, Rated PG-13, 88 Minutes

**July 19:** Clint Eastwood stars as Earl Stone, a man in his 80s who is broke, alone, and facing foreclosure of his business when he is offered a job that simply requires him to drive. Easy enough, but, unbeknownst to Earl, he's just signed on as a drug courier for a Mexican cartel. Drama/Thriller, Rated R, 116 Minutes

**July 26:** Seasoned musi-

cian Jackson Maine, who discovers—and falls in love with—struggling artist Ally. She has just about given up on her dream to make it big as a singer until Jack coaxes her into the spotlight. As Ally's career takes off, the personal side of their relationship is breaking down, as Jack fights an ongoing battle with his own internal demons. Drama/Music/Romance, Rated R, 135 Minutes. Movies are free. Registration is not required.

International Book Club

Tuesday, July 16 at 10:30 a.m. This month's title is *The House of Broken Angels* by Luis Alberto Urrea (Mexican American). Moderated by **Monica Teixeira**. Coffee and cookies provided. Register and reserve your copy at the Welcome Desk.

Meet the Author:

**Bobby Rydell**

Wednesday, July 17 from 1 p.m. to 3 p.m. **Bobby Rydell** will discuss his book *Bobby Rydell: Teen Idol On The Rocks: A Tale of Second Chances*. Register at the Welcome Desk.

Page Turners

Thursday, July 18 at 11 a.m. Looking for something to read or add to your reading list? Library staff will present and recommend a variety of new titles pertaining to a different topic each month, both new and old titles. July's theme will be **Road Trip**. Light refreshments provided. Register at the Welcome Desk.

Musician's Showcase

Sunday, July 21 at 2 p.m. **PD Brody** takes his inspirations of many genres in order to make a unique sound, all his own. Sponsored by the Friends of the Library. Registration is not required.

B.Y.O.P. (Bring Your Own Picnic)

Tuesday, July 30 from 6 p.m. to 8 p.m. Join us for a fun summer evening, as we continue celebrating our 30th anniversary. Bring your own blanket or lawn chair along with a picnic dinner or snacks. We'll provide lemonade and cookies. Open to all ages. In case of inclement weather, picnic will be moved indoors.

Rossmoor Resident Telephone Directory

CHANGES & DELETIONS ONLY

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

Information as it now appears:

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

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

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

Changes for the 2019-20 edition:

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

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

1 PHONE OR 1 CELL: \_\_\_\_\_

**\*\*All Changes must be received by July 12, 2019\*\***

*If your name, address and/or telephone/cell number is in the 2018 edition correctly, it is not necessary for you to complete this form.*





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15 minute  
consultation  
for the first  
30 callers!

# NEW LASER PAIN TREATMENTS

The **FX 635 Laser** by Erchonia provides patients experiencing musculoskeletal pain with a new treatment option. This non-invasive, pain-free, effective solution targets painful areas and improves quality of life without surgery. The FX 635 is the **ONLY FDA Market Cleared Laser** to provide relief for chronic low back pain, neck pain, and plantar fasciitis, as well as multiple other musculoskeletal complaints. The healing powers of this low-level laser technology can return you to an active life once again, without pain or the harmful long-term effects of pain medication. Please refer to the list of conditions that have had success with this laser.



FX 635 LASER

LOWER BACK PAIN	PLANTAR FASCITIS
NEUROPATHY	NECK PAIN
UPPER EXTREMITY PAIN	LOWER EXTREMITY PAIN

\*Free consultation offer expires 7/31/19