



Rossmoor IN News



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August 2018

Meet Melissa Vaccariello



Melissa Vaccariello, manager of E&R

By Carol De Haan

This is to introduce Melissa Vaccariello, our new E&R manager, who began her responsibilities in late June. Melissa will function as manager of the Clubhouse as well as surrounding facilities such as the pool, the Pro Shop, the courts, and the Meeting House. Nine other employees will report to her.

It's a tall order, and that does not even begin to mention events planning which is so dear to the hearts of many in this community.

Melissa began her business career 12 years ago with the New Jersey Apartments Association. She earned her real estate license. Subsequently she worked for a management company in the field of customer service and as a lifestyle director. She was the events director at the nearby Stonebridge community before joining our staff. She sees all these experiences as stepping stones leading to Rossmoor.

Melissa lives with her fiancé in Jackson, N.J., where she fills her free time with two responsibilities: first, her two new yellow Labrador puppies named Holley and Jesel. For the unenlightened, (such as yours truly), those names refer to the manufacturers of racecar compo-

(Continued on page 3)



Honor Flight participants enjoying breakfast at Williamstown High School before continuing their trip to Washington, D.C.

Focus on Groups and Clubs: Veterans Group

By Jean Houvener

Before the Veterans Group began its meeting on May 8 in the Ballroom, there were numerous conversations and greetings, as the veterans, in their Rossmoor Veterans t-shirts and caps, circulated

around the room. While this is a relatively new group, it has grown quickly to around 85 members. Dennis O'Malley opened the meeting and we all rose for the Pledge of Allegiance. There was a moment of silence requested, heads uncovered, for a recently fallen member, Dennis Maloney.

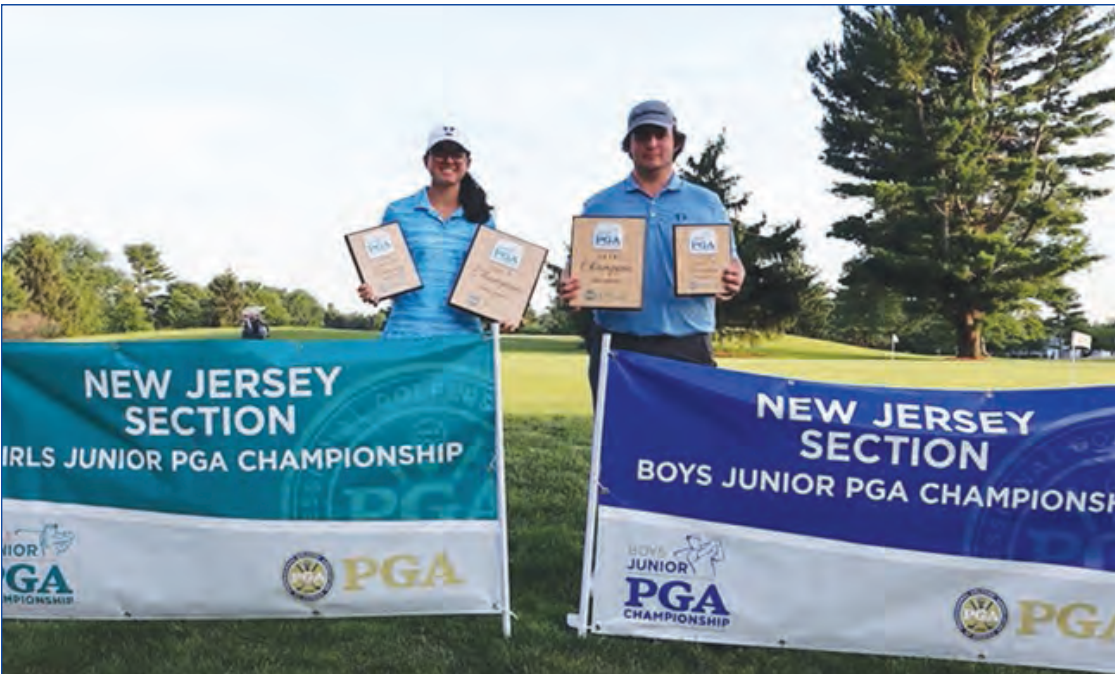
Dan McOlvin announced that an Honor Flight would be happening again on June 5 to Washington, D.C. Over 20 members have taken advantage of this opportunity to visit the memorials to World War II, Korean War, and Vietnam Veterans, and to go there with fellow members in the larger company of veterans statewide. It is a long day, starting early with a drive to Williamstown High School in southern New Jer-

sey for breakfast catered by the students. The 1700 students, teachers, and band members then lined the school hallways to salute the Veterans as they boarded their buses for the rest of the drive to D.C. Veterans who have gone on this trip have commented that it was an emotional and memorable experience. Another Honor Flight will be happening this fall.

An announcement was also made about the upcoming QuickChek Hot Air Balloon Festival beginning in the wee hours of July 27 at Solberg Airport near Readington, an exciting and dramatic event as over 100 balloons begin to rise in the early morning light.

Also announced was the

(Continued on page 22)



Ami Gianchandani and Brendan Hansen Winners of the Junior Sectional Championship at Rossmoor.

Golf Course hosts the 43rd Junior PGA Sectional Championship

By Dan McOlvin

The excitement began early in the morning on Monday, June 25, when 177 young men and women between the ages of 11 and 18 began a two-day 36-hole event that also served as a qualifier for the Junior PGA Championship. The young men and women competed in two age groups: 16 through 18 and 11 through 15.

Brandon Valvano was on fire in the opening round on Monday with 4 birdies and an eagle on the par 5 16th hole, shooting a one under par 71. Christine Shao was very competitive closing out the final three holes on Monday with 3 birdies.

On Tuesday, Zheng Bao was hot closing out both the front and back nine as he had birdies on the final three holes going out and coming

in. Ami Gianchandani demonstrated her solid golf skills on Tuesday shooting a 3 under par on the front 9, birdieing holes 7,8 and 9.

Brendan Hansen survived a three-way playoff with a birdie on the first hole to win the overall event, while Brandon Valvano made par on the fourth playoff hole to outlast Kevin Smith and grab the final qualifying spot. They

(Continued on page 24)

Announcing our new Robo Call communication system

We're pleased to announce the beginning of a new automated call service to residents. This system will convey special announcements and important community information.

Miss our phone call? Don't worry – there is no need to return our call by contacting the office. A voice mail will be left for you with all pertinent information.

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at the governors' meeting



At its recent meeting, four retiring members of the Board of Governors were recognized for their years of service to our community. From left are Assistant Secretary Barbara Krysiak, Community Affairs Chair Joan Avery, Maintenance Chair Vinnie Marino, Board President Dan Jolly (not retiring), and Assistant Treasurer Muriel Calvanelli.



Erica Hardeo with Dan Jolly wishing her the best as she moves on to her new home after seven years with E&R.

July 19, 2018, Board of Governors Meeting

Daniel Jolly, RCAI President, opened the Annual Meeting of the Association promptly at Board of Governors meeting at 9:00 a.m. with the Pledge of Allegiance.

Ms. Balmer gave a report on the history of the professionals that serve Rossmoor.

The Board authorized resolution #18-15 to Approve the Policy for Rebidding Professional Services. A vote was taken and the motion passed 14-4.

The Board authorized resolution # 18-16 Authorization to Replace the Hot Pool Boiler. A vote was taken and the motion passed 16-2.

There were updates given on paving and also the Clubhouse HVAC project.

The meeting was adjourned at 10:50a.m.

Bits & Pieces

Sue Ortiz

There's an entire world up there that I don't even know about!

Two inches. Just two more inches! That would make me 5 feet 4 inches tall and just wedge me out of the "short" or "petite" section of clothing stores, which are hard to find, anyway.

I look up to everyone, literally. I used to be the shortest person in the family. Until one of my cousins married someone shorter than me. Later on, another cousin married someone even shorter. Made me feel like a giant! Speaking of giants, most of my family is 6 feet tall or higher. They are waaaaay up there, and I'm all the waaaaay down here. "Hey, what's it like up there?" I ask. I hear the air is rarified "way up there" on the Alps of humanity. Oh, well, I would probably get light-headed if I were that tall.

I could wear high heels, I suppose. But, I wasn't trained on heels – only wore them once. I'd probably fall, injure my ankle, and end up sitting for weeks. That would make me even shorter for a time. No. No stilettos for me.

Stepstools...stepstools everywhere. Trying to reach the top shelves in the kitchen cabinets is a chore. If I don't use a stool, I have to get a long spoon to scoop out that box of cereal that worked its way to the back of the cabinet. Then I risk the chance of it tumbling down onto my head. Can't reach the top shelf at the grocery store, either. I stand there, just waiting for the Jolly Green Giant to come along to grab that can of beans for me.

Hanging curtains is difficult, too. I, like my mother, like to ruffle the top edge of newly washed and ironed curtains. She was a bit taller than me and could reach, but I have to use a stool to get the job done right. I have acrophobia. I'd rather be a couple of inches taller on the ground than stand on a wobbly stool twelve inches off the ground. I have a large-load washing machine. It is tough to reach for that last sock all the way at the back of the bottom of the tub. Sometimes I have to balance on my stomach, stretch my arms, and hope I don't fall in.

I took my driving test in a 1973 Pontiac Bonneville. A behemoth with a bench seat. I sat on a pillow to see over the steering wheel and barely reached the pedals. But I passed!

Sitting in a chair is a circus. A tall person will always raise her chair to fit her long legs. So, when I have to sit on the same seat, my legs dangle as if I were a construction worker sitting on a girder high above the city. It's scary up there! Tall beds are hard to climb into. I guess that's why they make bed

stairs. By the way, I need a new bed, too. Guess I'll be buying some steps, as well.

Then there are the "short" jokes:

- My friend who's really short had a party the other night and he only invited other really short people. It was just a little get together.
- Short people are oppressed. They're always getting overlooked.
- Why shouldn't you hire short people as chefs? Because the steaks are too high.
- You've got to hand it to short people...Well, they can't reach for themselves, can they?

Groan.

Don't forget that old song by Randy Newman, *Short People*. I won't discuss the lyrics here ... they are too discourteous to wee shorties.

Yes, I called myself a shorty. Many others do, too. I don't mind, really, because it is true. (Hey, that rhymed!)

There are advantages to being short. I'm closer to the ground – it's easier to pick up things off the floor. I never hit my head on the doorway, the ceiling, or a tree branch. I can squeeze through a crowd by ducking under everyone's arms. I can take a nap on the sofa without my feet hanging off. It's easier to reach into the lower cabinets.

I still want those two inches, though.

Appreciate the little things. Give a short person a hug.

B&P

"I didn't want to be short. I've tried to pretend that being a short guy didn't matter. I tried to make up for being short by affecting a strut, by adopting the voice of a much bigger man, by spending more money than I made, by tipping double or triple at bars and restaurants, by dating tall, beautiful women." – Mickey Rooney (American actor, 1920-2014)

"What's so wonderful about being 6'3"? What is this mythical edge tall men have over average and short men?" – Regis Philbin (American entertainer, b. 1933)

"I love my height because when I'm doing gymnastics, it really benefits the sport - and also, I think being short is kind of cute." – Laurie Hernandez (American athlete, b. 2000)

B&P

(Thank you to Connie P. for giving me the idea for this column!)

Open RCAI Meetings in August

Thursday, August 9
Standing Committee Meetings 9 a.m.
Maintenance Committee
Community Affairs Committee
Finance Committee

Thursday, August 16
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



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Alex Monaco
Linda Monaco

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

Special fire election results

By Fire Commissioner Joe Haff

On Saturday, June 23, a special election was held for Monroe Township Fire District #3. The purpose of the election was to vote on two bond issues, one to finance the construction of a Firehouse to replace the obsolete house on Schoolhouse Road, and the second to purchase a new fire truck to replace one we have that is 27 years old.

Both issues were passed by an overwhelming majority. The following are the results from each voting location:

Rossmoor	Yes	No
A. Firehouse	57	0
B. Fire truck	57	0
Regency		
A. Fire house	257	8
B. Fire truck	249	16
Firehouse, Centre Drive		
A. Fire house	5	0
B. Fire truck	5	0
Firehouse, Schoolhouse Road		
A. Fire house	2	2
B. Fire truck	0	4
Greenbriar		
A. Fire house	14	2
B. Fire truck	17	0

Absentee ballots

A. Fire house	10	5
B. Fire truck	11	4
<u>Totals</u>		
A. Fire house	335	27
B. Fire truck	339	24

Construction of the new firehouse will probably commence next spring because the bond must be obtained and the bidding process for the construction must be finalized. The lead time on the delivery of the new fire truck is between 10 and 12 months.

Administration reduces the cost of DMO

By Alex Monaco

A Declaration of Maintenance Obligation (DMO) is a necessary part of the process to establish responsibility for permitted improvements to the common elements for a specific owner/stockholder's personal safety or benefit that were not original when the building was built. The common elements consist of all areas not designated as part of the manor in the condominium associations and cooperative associations governing documents. The exception is patio rooms. Since the governing documents clearly spell out the responsibilities for the patio rooms, a work permit is required, not a DMO.

Any improvements to the common elements require a Mutual work permit, a DMO and written approval from the Mutual directors prior to commencing the work. Improvements made without written approval may require the removal of the improvement and restoration of the area to its original condition at the owner's/stockholder's expense.

DMOs for improvements in the condominium associations must be filed with the county clerk's office and the owner is responsible for the filing fees and postage. The cost is broken down as follows: \$33 for the first page

and \$10 for each additional page or a total cost of \$63 to file the typical DMO and \$5 for postage. Administration will file the DMO for the owner. In the past, residents paid \$135 to the RCAI attorney to perform this service.

For all condominium owners, the DMO is required to be recorded to ensure that there is continuity of responsibility from one owner to the next. The DMO agreement acknowledges that the owner has been granted permission to make the improvements and that the owner has accepted responsibility for maintenance of the improvements as well. The DMO documents this process and guarantees that the successive owners maintain the obligation by annexing the obligation to the property deed.

Cooperative stockholders must also complete a work permit and DMO when requesting to make changes to the common property and also receive written Board approval, but it is not necessary to record the DMO with the county as there are no title searches when a unit is transferred to the next stockholder. The work permit and DMO are kept on file in the Maintenance Department and explained to the buyer

when there is a transfer of the unit so the new stockholder understands that they are responsible to maintain that particular improvement, not the Mutual.

If you need to request permission for an improvement, this is how to do it.

1. Get a permit application from Maintenance.
2. Complete the application and submit it to Maintenance. At this point, you should receive a DMO application if necessary.
3. Maintenance will review the permit and forward it to the Mutual Directors for review and approval.
4. The Mutual directors (or the Mutual architectural review committee) will approve or deny.
5. If approved, complete the DMO form and include a copy of the recorded deed for your manor and submit it to the Maintenance department with the required checks payable to: Middlesex County Clerk, amount to be paid dependent upon the number of pages to be submitted. A second check payable to RCAI for \$5, for administration mailing costs.
6. Administration will submit the DMO to the county clerk for recording with your deed.

Don't destroy our shade trees

By Lorraine Sarhage

Mature shade trees are being cut down at an alarming rate.

Instead of honoring Rossmoor's original design as a virtual arboretum, our lanes are becoming vacant with just occasional diminutive ornamentals to break the grassy expanse. In addition to honoring our Leisure World heritage, decision makers should consider the numerous advantages of preserving our shade trees which distinguish Rossmoor from neighboring adult communities.

Health Benefits. Shade brings welcome relief from summer sun as well as protection from its harsh rays. RCAI's recent investment in extending the pool roofing acknowledges that. Research shows that majestic trees foster mental serenity. Residents who regularly walk

our streets would agree.

Economic Value. Shaded roofs reduce air conditioning costs in summer. Tall trees break the force of winter winds to further decrease costs. These factors along with aesthetic beauty lead to higher property values.

Environmental Advantages. Underground root systems hold the soil during heavy storms. Run-off can be captured, filtered, and retained to resupply Monroe's well water system on which we depend. In these days of climate change, mature shade trees remove carbon dioxide from the air we breathe.


Joyful Living. We are truly blessed to live in Rossmoor, where we can partake in the pleasure of bird song, the glory of fall foliage, and the promise of spring when

(Continued on page 4)

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Veterans pay tribute to America's fallen military with the raising of the Honor and Remember Flag

By Dan McOlvin and Joe Salzano

On Thursday, June 14, Flag Day, about 40-50 Rossmoor Veterans, family members and residents gathered at the Golf Course flag pole to raise the Honor and Remember flag, that recognizes all American military service members who have paid the ultimate sacrifice in defense of our great nation.

Joe Salzano had provided a briefing to the members of the Veterans Group during our March meeting, explaining the history of this flag. At that meeting it was agreed that Joe would discuss this with the RCAI Administration and Board of Governors to obtain approval to raise this flag here at Rossmoor.

Background

On December 29, 2005, George Anthony Lutz II (Tony) was killed by a sniper's bullet while he was on patrol in Fallujah, Iraq. After Tony's funeral his father George visited other families who had lost loved ones in the Iraq war. These families were only the latest additions to a group that originated with the American Revolution, when the first soldiers to shed their blood for our freedom gave their lives. This experience led George on a quest to discover if there was a universally recognized symbol that specifically acknowledges the American service men and women who never made it home. To his surprise, he found nothing. Thus the Honor and Remember Flag was conceived.

Why do we need this remembrance flag?

Men and women have been serving in the United States military and dying for our country for more than 200 years. They represent a unique and distinct category of individuals, along with the families that sent them, who deserve a symbol of recognition, a visual emblem of honor. Until the Honor and Remember Flag was conceived, there was no such nationally recognized symbol. As a nation we have flags that symbolize everything; each state has its own flag, every branch of the service has its own flag, the POW/MIA has its own flag, every veteran's organization has its own flag, every college, high school, organiza-

shade trees

(Continued from page 3)
 green leaves emerge.

The author of this article, Lorraine Sarhage, is a long-time resident of this community. She was a member of the Rossmoor Tree Committee when it existed; she became a member of the Township Environmental Commission; and she is now an active member of the Township Shade Tree Commission.



Honor and Remember Flag takes its place with our American Flag at the Golf Course

tion, and so on. Yet there is no public recognition for the group that sacrificed everything for us freely to fly all these flags. It is important that their lives and their families be remembered and thanked.

The Honor and Remember Flag is not a replacement for our Stars and Stripes or for the POW/MIA flag, nor is it intended to diminish their meaning or stature. It was thoughtfully established to fill a void and complete the circle of tribute. With all three, we comprehensively and publicly give tribute to those veterans who served, those who are captured and need to be brought home, those who are still missing and need to be found, and those we know who gave the ultimate sacrifice. Let none be forgotten.

The Honor and Remember Flag design

The Honor and Remember Flag was designed from both historic military and universal icons. The red field symbolizes the sacrifice of bloodshed; what better color than American Flag red. The white field below, the purity of that sacrifice. Each man and woman serves with a pure heart and a willingness to lay down their lives at any moment. The blue star in the center dates back to World War I when military families hung a solid blue star banner on their windows or doors representing a loved one on

active duty. The gold star overlaying the blue, again going back to WWI, signified that the loved one had been killed. The folded flag beneath the stars represents the flag that is handed to each family at the memorial service of their loved one. The flames above are an eternal reminder that we will never forget. The three words below complete the tribute. We will always **Honor** their sacrifice and **Remember** them specifically by name.

The Honor and Remember Flag has been endorsed by the American Gold Star Mothers, Inc., The Gold Star Wives of America, the Blue Star Mothers of America, the Vietnam Veterans of America, the Fleet Reserve Association, the Military Officers Association of America, the Associations of the U.S. Army, Navy and Air Force, the Air Force Security Forces Association, and the Naval Reserve Association, among many others. The flag has already been adopted as an official state symbol by Delaware, Virginia, North Carolina, and Oklahoma; legislation is pending in many others. More information can be found at www.HonorandRemember.org

Our mission is to Honor and Remember every American fallen service member and to recognize the enduring sacrifice of every family.

New scam - Don't get roped in

By Carol De Haan

If you receive a call asking you to send a Medicare processing fee, or asking for your bank account information, hang up. You are talking to a scammer.

Here's what is going on:

Errata

1. In our July issue, a still active Grange Hall was described as being in Dayton, Ohio. Correction: It is right here in Dayton, N.J.
2. Our landscape service was identified as "High Gate." Wrong again. The correct name is High Tech Landscapes, Inc.

Because Social Security numbers can be, and have been, used for nefarious purposes, Medicare announced that in 2018 it would send out new Medicare ID cards to all recipients. These cards will have an individual identification, eleven letters and numbers, that are completely different from the holder's Social Security number. In a recent AARP survey, however, 60% of respondents believe they will have to pay a fee for the new card. WRONG. The new cards are free.

Enter the grifters

Some scammers have

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Getting to know our veterans

By Chris Donahue

Each month, The Rossmoor News will feature a story of a resident who has served in the military. This is the first in the series.

Seabee enjoyed helping win war for those 'on front lines'

The walls of Robert W. "Bob" Shine's home on Old Nassau Road are adorned with watercolor paintings of subjects such as family members riding bicycles on a path through the woods, a gondolier gently guiding his craft through a canal, pet cats lazily posing, old barns and a snow-covered mountainside.

But the soft, delicate brush strokes Shine used to paint them are a stark contrast to the brute strength he sometimes needed while serving



Bob in his Art studio



Bob Shine in uniform

with the Navy Seabees in World War II. In places such as Okinawa, where there were 50,000 American casualties and 100,000 Japanese casualties; and Guam, Shine was among thousands of members of the Naval Construction Battalions (N.C.B., which the Seabees are derived from) who helped the soldiers on the front lines by securing ships to bring troops, tanks and equipment ashore, and by building roads and airfields.

Growing up on Highland Avenue in Metuchen, the youngest of two brothers and a sister, Shine did not think he was going to be accepted into any branch of the service after he graduated from St. Peter the Apostle High School in New Brunswick because of poor eyesight.

His late brother, John, who was 27 at the time, had been drafted into the Army in February 1941. Shine's other brother, Ed, who is also deceased, joined the Army Air Corps in 1943.

Shine recalls waiting for a physical exam with hundreds of other men so he had time to memorize the first five or six lines of an eye chart before his test. When it was his turn, he was told to read with just his good eye. Then, he was told to cover his good eye and read with the other, but the doctor changed the eye chart and the deficiency was discovered, Shine said with a laugh.

Eventually, he was accepted into the Navy and spent 11 weeks at boot camp in Bainbridge, Md., then transferred to the Seabees 81st Naval Construction Battalion at Davis-

ville, R.I. From there, he traveled to Hawaii, where he stayed for about six weeks, then to Okinawa to set up docks and causeways to bring troops, tanks, trucks and equipment. He arrived April 26, 25 days after the invasion began.

"When we came in, for whatever reason, we anchored too close to the island and we got bombed," Shine said. "They [Japanese] had cannons in caves and would roll one out every night and sink a ship if they could. I remember standing on the deck and seeing a flash and the captain is yelling and screaming that the ship should start up and move over. We could have been sunk."

"We sat there for a week while these kamikazes were coming in, and one ship that got sunk was right next to us."

"They decided to move us from west side of the island to the east side. Our platoon of about 30 men was kept on deck to unload the ship the next day. That night, a suicide boat went right across our bow and went to the ship next to us and blew a hole in it. It didn't sink because it moved close to shore but it was leaning over."

On May 15, 13 Japanese planes filled with soldiers landed at Kadena airfield on a suicide mission. Before the attackers were killed, they destroyed seven planes and damaged 26 others, and also destroyed 600 drums (70,000 gallons) of gas, Shine said.

The perils of being in a war zone did not always come from the sky or from the island. Shine almost lost his life while working on the end of a pontoon causeway. One stormy day, as an LST (Landing Ship Tank) came in to unload, the ship backed off and the ramp fell, spilling Shine into the water between the ship and the causeway. Fortunately, the ship did not move forward again or he would have been crushed. He was pulled out of the water by the LST crew members, given dry clothes and a meal with fresh food by the captain.

One positive story that came out of his experience in Okinawa involved his brother, John. Because Shine had worked in an office and had contacts with some workers there, they helped him get information on various branches of the service. He learned that

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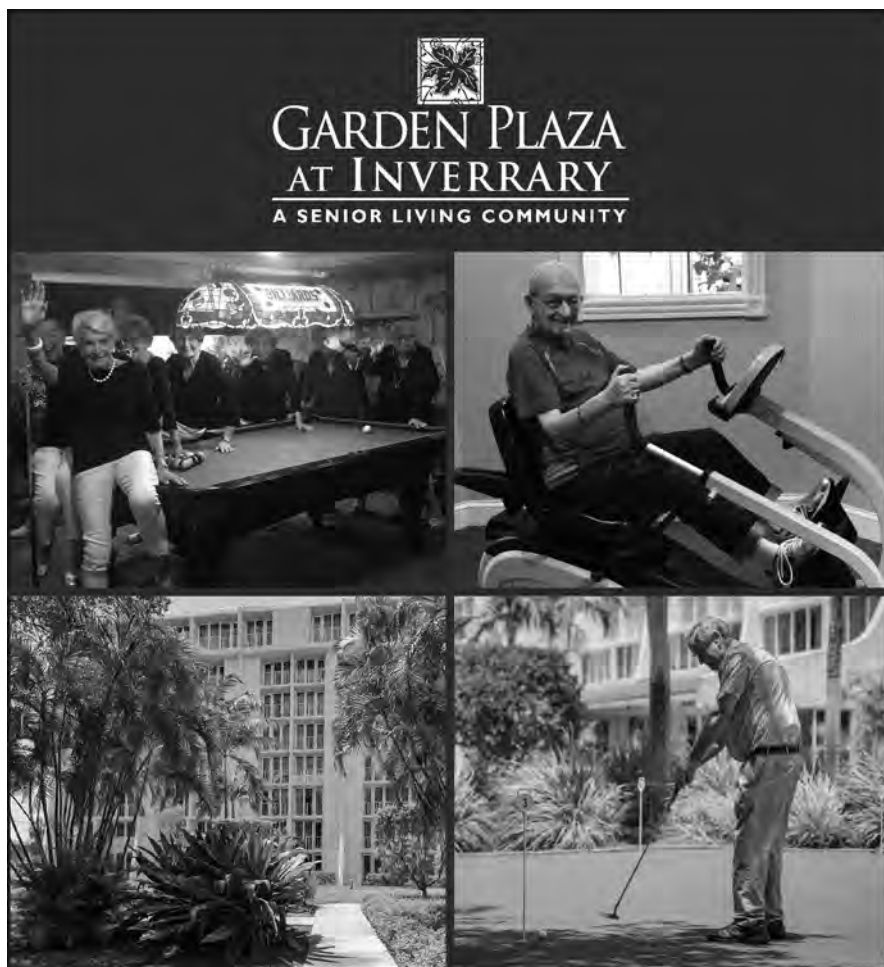
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Seabee

(Continued from page 5)

John had returned from France and been assigned to the 10th Army in Okinawa, which Shine's unit was also assigned to.

Because there were no phones, Shine hitchhiked to meet his brother, who was "shocked" to see him for the first time in a couple of years.

Shine was also able to contact other soldiers at Okinawa from Metuchen, including Don Wernick, a Marine who also lived on Highland Street. Wernick, who later became mayor of Metuchen, was in charge of a group of marines who manned anti-aircraft guns.

On Aug. 8, Shine's battalion boarded the USS Niagara to be shipped to Guam along with 29 other ships. They were being reassigned for the next invasion.

On Aug. 14, the Niagara arrived in Guam and anchored

next to the battleship New Jersey. They were scheduled to be transferred from the Niagara to another ship for the next invasion.

On Aug. 15, as the sun rose, Shine said all the ships in the harbor blew their horns as the news came that the Japanese had surrendered and the war ended. Being anchored next to the New Jersey gave it even more significance.

At Guam, he became part of the Fifth Naval Brigade as a surveyor based out of Admiral Chester Nimitz' formal headquarters to help build roads and buildings.

"The last thing we did was the golf course on Guam," Shine said. "I always wished I had gone back. I did go back to Japan with my wife and kids."

After Guam, he worked as a surveyor for about eight weeks at Bikini Atoll to lay out the equipment and build towers to be used at the first atomic bomb test in the Pacific.

Family of Man

Shine was discharged as a petty officer third class June 1, 1946. He studied at Newark School of Fine and Industrial Arts and worked in industrial design the rest of his life.

At Construction Specialties, his first job was designing pens and pencils, then store fixtures. As the company expanded, it brought in people from Europe and Asia to show them with how it worked. Once, Shine was asked to take a man from Japan who did not speak English on a two-week tour, so he was accompanied by another man — Sumio Kato -- who spoke some English.

"They were getting ready to go back and it was around Easter and I said, 'Why don't you come over to our house [in Somerset] and have dinner?'" Kato accepted his offer and while he was at Shine's home, measured his three children [there would later be a fourth]. Kato later sent them Japanese-style clothing.

"We started to write back and forth," Shine said. "I bet I have 100 letters from him over the years. We ended having such good rapport that we went to Japan [about 1960]. My wife and two daughters and one of my daughter's boyfriend."

During the visit, Kato brought them to a large room filled with people and introduced Shine to everyone first. He had also given Shine's daughters something to sing in Japanese, which they did.

Years later, Shine's son, who was in college and aboard a ship going around the world, landed in Japan and Kato met him and allowed him to sleep at his house for three nights.

Team effort

Looking back, Shine feels fortunate to have served his country. Out of his class of 15 in grammar school and about 100 in high school, five were killed, but he does not know how many were injured.

In the written summary of his experiences he wrote, "I did not get into some of the horrific situations that other servicemen did, but I found the Seabees to be a very unique group of 'older' men [20 to 50 years old], most of whom had volunteered to help win the war for the guys on the front lines."

"I learned a lot as to how to act and think when put into a situation where we could all win by helping others. It was an experience that affected the rest of my life, probably more than any other. "There were 11 million men in all branches of the service, many of whom were injured or who were killed and no one in this country should ever forget what a lot of these guys and families went through, some, including my brother, John, for as long as 5 1/2 years."

While living in Highland Park 54 years ago, he and his wife, Mary, who also graduated from St. Peter the Apostle High, were married at St. Peter the Apostle Church. They raised four children and, in addition to Somerset, also lived in New Milford and Wayne. They have lived at Rossmoor for four years.

Shine's fondness for painting stems from his love of photography, which he did in his travels. The paintings, which are done from photos, each took a different amount of time to complete. He estimates he has sold dozens over the years, the most for about \$1,800.

New scam -

(Continued from page 4)

been phoning Medicare recipients to demand a processing fee for the new cards.

Other fraudsters — the really creative ones — say you are owed a refund from previous transactions on the old card. They ask for your bank account information so they can process the refund. Who doesn't love a cash refund? At least until you discover your bank account has been cleaned out.

The timetable

In April, new Medicare recipients received cards with the eleven letter-and-number ID. Over the course of 2018, the rest of us will receive these new Medicare cards. If you want to know when your new card should arrive, go to [Medicare.gov/New Card](https://www.medicare.gov/NewCard)

Meanwhile, it's always safe to be skeptical.



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Chorus honors Gene Horan and Alyce Owens

By Jim Wilson

At what has become an annual tradition, the Rossmoor Chorus gathered for a season-end party before its summer hiatus. There's always lots of good food, wine, laughter and singing (lots of singing). But over the recent years, another tradition has developed - that of honoring Chorus members for their longevity in the choral group, their departure from Rossmoor, or as was the case this year, for their untiring and valuable contributions and service to the Chorus and the Rossmoor Community. This year, Certificates of Appreciation were awarded to Gene Horan and Alyce Owens.

Gene Horan was honored not only for being a longtime valuable member of the Chorus, but also for his service as editor of the Rossmoor News for more than a decade, a job for which he was uniquely qualified. Gene moved to Rossmoor in 1998, soon after retiring as vice president of community relations for Robert Wood Johnson University Hospital. About a year later, the position of editor for the Rossmoor News became available and, of course, Gene was the natural person for the job. Under his direction the paper expanded considerably with the addition of many new features. His staff fondly remembers Gene's exceptional knowledge, always gracious help and patience, and untiring dedication to excellence in journalism.

In addition to his responsibility as newspaper editor, Gene became involved in other Rossmoor activities. In 2001 he started the Hiking (& Outing) Club and over the years has led its enthusiastic members on many different and memorable adventures,

from a walk across the Brooklyn Bridge to one through the Pine Barrens. Ann Rotholz, fellow hiker and current leader of the group estimates the group has walked a total of more than 5000 miles since Gene helped them take their first step!

A lifetime music lover, Gene has served on the Board of the Rossmoor Music Association, belongs to the Emerald Society, is very active in the Catholic Society, and regularly writes for The Catholic Spirit, a Metu-

where he worked on the Scout's national magazine and literature. In a few years Gene was promoted to Assistant National Director of Audio/Visual Services, which he described as "One of the greatest jobs of my life - writing and producing films in our own sound and movie studios".

Also honored for her longtime service to the Chorus, to Rossmoor, and to the community was **Alyce Owens**. Born and raised in Elizabeth, N.J., Alyce has lived at Rossmoor for 23 years and has been an active member of the Community Church and the Rossmoor Chorus for 22 of those years. Speaking at the party, Chorus Director Janet Wilson said that "Alyce has done much for the community, serving as a member of the Kiwanis Club of Rossmoor for 15 years - five of them as President - and more recently, helping to organize the new Greater Mon-



Gene Horan Receives his Certificate of Appreciation from Jim Wilson

roe Club." In 2014, she was named "Citizen of the Year," an award given by Kiwanis for distinguished community service.

She is actively involved with the Monroe Township Food Pantry and works closely with "Your Grandmother's Cupboard," collecting warm clothing and household necessities for the needy and homeless people in N.J. who are served by

this charitable Christian organization. An avid golfer, Alyce belongs to the Women's 9-Hole Golf Association, the Croquet Club, and the Women's Guild.

In addition to singing with and being vice president of the Chorus, Alyce has chaired many committees at the Community Church, where she has served as a lay minister, liturgist, Dea-

(Continued on page 8)



Alyce Owens received her Certificate of appreciation from Janet Wilson

chen Diocese publication, as well as articles for the Rossmoor News. In addition to the Rossmoor Chorus, Gene has sung with several other choral groups and currently sings in the choir at St. James Catholic Church in Jamesburg. A gentle and humble man, Gene rarely talks about himself but is always eager to share stories of whom he is very proud - one a priest serving in the Vatican, the other a professional actor.

One of seven children, Gene was born and raised in Staten Island. During high school Gene worked at an A&P managed by his father and particularly enjoyed grinding coffee. After graduation from Fordham University, Gene began his career working for the Boy Scouts of America, first in New York City, then on the editing staff at their national headquarters office in North Brunswick,

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Chorus honors

(Continued from page 7)

con, and Church Council member. According to Women's Guild president Diane England, everything that Alyce does is "done with excellence." Janet also passed along the sentiments of Sallie Rowland who calls Alyce, "the kindest, most thoughtful, loving, positive and hardest working person I've ever met."

Alyce retired in 2004 as director of Creative Services for the Zinsser Co. in Somerset, N.J., a division of RPM Int'l. Inc., where she managed graphic designers and writers in the development of international packaging, literature, and video materials. Her career began in the Advertising Dept. of Ronson Corp. in Newark but led to distant places such as a ranch in Jackson Hole, Wyo. - at 12 degrees below zero - to direct a video detailing the extensive winter testing of a new Atlas tire being introduced by the automotive products giant. Other travel included multiple trips to France, Spain, and Canada as Catalog Manager and production advisor for newly acquired subsidiaries of Construction Specialties, Inc., an architectural building products company in Cranford, N.J.

With gratitude for their tireless service and faithful commitment, the Rossmoor Chorus called Alyce and Gene "an inspiration to us all."

Did you miss another really good one?

By Carol De Haan

If you stayed home to watch TV on the evening of Friday, June 15, then yes, you did miss a really good one. Too bad.

The rest of us, several hundred strong, gathered in the Meeting House for two hours of heart-joying, foot stomping Scott Joplin piano selections brought to us by maestro Richard Dowling, of Lincoln Center and Carnegie Hall fame. Dowling played 19 of Joplin's lyrical ragtime compositions, introducing each with a bit of history or a charming anecdote.

"The Swipesy Cake Walk," for example, harks back to the neighborhood custom of amateur dance competitions that were called "cake walks," in which a cake was the winners' prize. On one occasion that came to Joplin's attention, however, some culprit made off with the cake, leaving nothing for the winning couple, and inspiring the title of this new composition.

Dowling added to the richness of the evening's experience with his delightful introductions followed by each masterful piano performance. He has earned advanced degrees in music from Yale and the University of Texas. In the past 20 years, he has performed 1,300 recitals across America, featuring Chopin, Debussy, Gershwin, Gottschalk, and Ravel, among others. For the 100th

anniversary of Joplin's death, in 2017 Dowling played in Carnegie Hall - from memory - all 53 of Joplin's rags, marches, waltzes, and cake-walks. He is the first pianist in the world to accomplish this.

The takeaway from the evening is that music is not only uplifting and emotionally rewarding but also, in the hands of Dowling and Joplin, great fun. How does little old Rossmoor (you have to admit, we're not on a par with Lincoln Center) warrant a performance of such unparalleled excellence? Don't even ask; just get to the next concert in September. Look for announcements in The Rossmoor News or sign up for the mailing list at rossmoor.music.association@gmail.com

Who was Scott Joplin?

He was the son of a former slave and a maid, born in 1868 near Texarkana, Texas. His childhood interest in the piano brought him to the attention of a local piano teacher, a European Jewish man, who taught Scott in the classical style. The teacher loved the boy's talent; he taught him for free.

Joplin left home in his teens to become a traveling musician on the honky-tonk circuit along the Mississippi River. Ragtime was becoming popular but did not take off until Joplin combined classical European harmonies with syncretized African rhythms, as in



Richard Dowling at the piano playing a Scott Joplin piece.

his first big hit, "Maple Leaf Rag."

Ragtime was making it big and New York's Tin Pan alley beckoned by 1907. Joplin was famous and in demand for about 10 years. Alas, in those days Joplin received nothing when his music was performed in film and other venues. His opera, "Tremonisha," never took off. By 1917, jazz was becoming the latest sensation. An ailing, penniless Joplin was admitted to the State Hospital on Ward's Island, N.Y., where he died a few months later at age 49.

He was buried in a pauper's grave in St. Michael's Cemetery in East Elmhurst, N. Y. and largely forgotten until a cemetery director, Ed Horn, conceived of an annual concert in Joplin's honor. For each

of the past 14 years, Joplin enthusiasts, consisting of a six-piece band and a barber-shop quartet, meet and perform in the nearby chapel so that his ragtime rhythms roll gloriously out the door and over the grassy plains of the cemetery.

St. Michael's Cemetery installed a bench near Joplin's grave for his many admirers.

Joplin's opera, "Tremonisha" has now been performed to critical acclaim.

The film, "The Sting" featured his music.

The American Society of Composers, Authors, and Publishers marked his grave with a plaque.

Joplin was awarded a Pulitzer Prize in 1974 in recognition of his unique contribution to American music.



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Fall is on the way

By Anne Rotholz

While walking around Rossmoor in early to mid-July, one finds it hard to believe that fall is quickly approaching. The trees are at their best as they beautify our community and provide us with oxygen and shade. The common areas are looking good although the sunpations are a little less impressive than last year. Many residents have 3-foot beds ablaze with color. A special word of thanks goes to them for making our environment so aesthetically appealing.

While many of us cannot plant flowers for various reasons, we are grateful to those who do. Flowers mean lots of work and they are not cheap to plant. To make matters worse, our rabbit population, which has increased this year, loves to come by and feed on them. Nevertheless, flower lovers continue to plant them hoping that they will be enjoyed by all.

We have a new and welcome addition to Rossmoor: the beautiful rock gardens that have sprung up at some of our roadsides and intersections. A huge word of thanks is in order for the directors of the Mutuels responsible for them. Like Abou Ben Adhem, may their tribe increase!

August 1 is the third cross-quarter day of the year. It is

approximately midway between the summer solstice and the fall equinox. Many early cultures had a festival on this day. They celebrated the abundance of fruit and vegetables that came with harvest time and also the ripening of the grain crops, especially wheat.

In Ireland and other Celtic countries, the festival came to be known as Lughnasa. Loaves made from the new wheat and various fruits and berries were offered up in thanksgiving to the Celtic god Lugh. Modern pagans still celebrate the festival but changed its name to Lamas.

Night events to watch for

August is not the best month for viewing the night sky. While the nights are lengthening, daylight still lingers into the evening hours.

There are, however, a few events worth looking for this month.

The Perseid Meteor shower is produced by debris from the comet Swift-Tuttle, which was discovered in 1862. It has been visible since July 17 but will peak on the night of August 12-13. Since the new moon is on August 11, it will be a thin crescent setting early in the evening, so the sky should be really dark. If the weather cooperates, we should have a brilliant show with up to 60 large, bright meteors per

hour.

Our two inferior planets (they are closer to the sun than our earth), Mercury and Venus, will reach greatest elongation in August. Elongation is the angle formed by the sun and a planet as it is viewed by someone on earth. Greatest elongation for Venus is 45 to 47 degrees, for Mercury 18 to 28 degrees. Since they are in orbit around the sun, the elongation can be east or west.

When the planet is visible after sunset, it is near its greatest eastern elongation; visible before sunrise it is near its greatest western elongation. The best time to view the planets is at greatest elongation, when they are as far as they can get from the sun from our perspective on earth.

On August 17, Venus will reach greatest eastern elongation at an angle of 45.9 degrees from the sun. Look for the planet in the western sky after sunset. Venus will be visible for several weeks and should be easy to spot. It is a large planet and it orbits close to earth. It is totally surrounded by clouds that reflect most of the sun's light back into space, causing it to look very bright.

Venus (named after the Roman goddess of beauty and love) is the brightest object in the sky after the sun and moon. It even casts a shadow. It can sometimes be seen during daylight if

one knows where to look for it. Venus has aptly been called the Morning Star and the Evening Star.

On August 26, Mercury will reach its greatest angle of western elongation at 18.3 degrees from the sun. Look for Mercury in the eastern sky as it shines brightly above the horizon just before sunrise. Because it is so close to the sun and has a smaller orbit, it can be seen only briefly in the morning sky around sunrise or in the night sky after sunset.

The ancients were aware of the existence of five of our planets, including Mercury and Venus. They thought

that they were stars, but noticing that they moved in relation to other stars, called them "wanderers." Our word planet comes from the Greek word *planetes*, which means wanderer.

It is little wonder that ancient people were totally confused by the seemingly erratic appearances of Mercury and Venus. They believed that they were four stars, two to take care of the sun in the morning and two to take care of it at night.

Finally, a note to our sky lovers: please look for NASA's *Astronomy Picture of the Day* on the Internet each day. Most of the pictures are stunning.

Scrabble – One letter at a time

By Linda Bozowski

Before the days of TV streaming and computer games, a source of entertainment in many households was board games. Some games, like Candyland and Chutes and Ladders, were marketed for younger children, while older kids sometimes enjoyed Battleships, Pictionary, and Operation. Other games were played by children and adults – Connect 4 was favored by many. And there was Scrabble, a mind-challenging game that required a combination of vocabulary, math, and strategy skills. Invented in 1938

by architect Alfred Butts as a variation to the game Lexiko, the scoring mechanism of "Criss-Crosswords," the original name, was based on the expected frequency of letters used in words. However, Butts was unsuccessful in selling his new game to any major manufacturers.

Ten years later, James Brunot, one of the original owners of a Criss-Crosswords game, bought the rights to manufacture the game and agreed to grant Butts a royalty for each game sold. The game was modified a bit and the

(Continued on page 10)



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Mapping your healthcare journey: Conversation of your life begins October 2

By Mary Jane Brubaker

"My wife and I thought we had made all the necessary arrangements for end of life," says Tom Lombardi. "Our plan had been to put all the necessary information, including our wills, family trust documents, and advance directives in one place and to let our children know where they can locate them. After participating in the eight-week Conversation of Your Life series, we realized two very important things."

"First," he says, "We realized that we need to talk with our children to ensure they understand our end of life wishes and not just leave them a bunch of documents to work through on their own. We plan to start the conversation now and I know they will resist. My children will say, 'Oh, you and Mom will be around for years we don't need to talk about this yet.' But we now know we do need to start the conversation and that we will need to continue the conversation over time." Tom adds, "It will be worth the time and effort because I know this will be one of the greatest gifts we will give our children. They just may not realize it until the time arrives when they are called upon to make decisions for us when we are no longer able to do so ourselves."

"Second," Tom adds, "We realized that our end of life documents needed a tune up. During the COYL series, we learned about the 5 Wishes advance care directive, which is a really simple and straightforward document for expressing end of life wishes. We also learned about the POLST form which is very important. We learned about the types of questions we need to ask our doctor. It was a very worthwhile program and I am very glad we

took part. I highly encourage people to take advantage of this free educational series."

"As someone who developed programs and presentations before retirement, I have to say this series was well designed," he adds. "Each session built on the previous session and there was a nice blend of interactive activities. One session I found particularly helpful allowed us to break into small groups to discuss our personal values at end of life. I learned so much from the others at our table and I think they learned a lot from me. For example, we talked about the importance of being pain free at end of life. One person at my table immediately said 'I don't want any pain at all, put me on whatever drugs are necessary' and another said it was very important to her to be conscious and able to talk with loved ones so she would be willing to tolerate pain to achieve that goal."

"In order to achieve your end of life goals, you need to know what they are and then you need to communicate



Pat and Thomas Lombardi

those goals to your loved ones and physicians," says Tom. "This program really helped my wife and I define our personal goals. It also provided us with the tools and resources to be able to share our goals with those who will help us achieve them."

The Conversation of Your Life educational series will be conducted in the fall on Tuesdays, from 2 pm to 4 pm in the Gallery at the Clubhouse from October 2 through November 20. To register for this free eight-week series, contact Diane Fairchild-Maretzy at 732-238-5570, ext. 2121.

This series is being sponsored by the Community Church and supported by the NJ Health Care Quality Institute, The Horizon Foundation for NJ, and Healthcare Quality Strategies, Inc.

Scrabble

(Continued from page 9)

name was changed to Scrabble. Over 2,000 sets of the game were manufactured, but the game was still a sales flop. However, in 1952 Jack Strauss, the president of Macy's, played the game while on vacation and insisted that the game be made available in Macy's stores. The large order of games from Macy's to Brunot made the game a huge success. Brunot, unable to keep up with the demand for manufacturing the game, sold the manufacturing rights to Selchow and Richter, one of the major companies, including Parker Brothers and Milton Bradley, who had rejected the game some years earlier. Four million sets of the game were sold in Selchow's second year of making the game.

The game has been owned by various companies over the years, including Mattel and Hasbro, and went through several television iterations including Scrabble Showdown in 2011, aired on The Hub cable network.

Over the years, the rules of the game have been modified in the North American version. These changes occurred in 1953, 1976, 1989 and 1999 and included rules about skipped turns, lost turns, tied scores. The 100 tile configuration has remained the same, as has the point value of each letter.

Although Scrabble can still be played at the dining room table, those without playing companions can play online or at serious competitive matches held throughout the world. Playing online does not limit a competitor to one to three other players, as many players may be involved in a game at one time. According to one of the sources used in preparing this piece, I learned that Scrabble can be played on Facebook, but some critics say that this version has been simplified and contains a dictionary. Since the Facebook app can be added to a phone, the game may be continued when away from a more traditional computer.

The International Scrabble Club (ISC), a more complex organization, requires that players be registered, download the WordBiz program, and specify their language choice. Pogo is another website alternative for those looking for Scrabble companions. This site also requires a membership affiliation.

For those who opt not to play online, at the end of the day, it seems like the choices come down to streaming Netflix or Amazon, playing Solitaire, doing needlepoint, or reading a good book. Or maybe asking a friend or neighbor if they'd like to join us for an old-fashioned game of Scrabble at the dining room table. Hot chocolate, tea, or wine included.



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A Senior Citizens Day suggestion

By Bob Huber

In case it escaped your attention, Tuesday, Aug. 21, is National Senior Citizens Day. It was established by proclamation in 1988 by President Ronald Reagan. This is a little confusing, since both Presidents John Kennedy and Jimmy Carter had previously designated the month of May as Senior Citizens Month (now known as Older Americans Month).

To complicate matters further, there doesn't seem to be any specific indication as to what is supposed to happen on these occasions, other than vague references to "ceremonies, events, fairs and other such activities."

President Reagan's proclamation reads, in part: "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older -- places in which older people can participate to the fullest and can find encouragement, acceptance, assistance, and the services they need to continue to lead lives of independence and dignity."

Rossmoor life certainly meets the provisions of President Reagan's procla-

mation, but it was not that long ago that families were expected to provide a home for their elderly relatives. Since then, the dynamics have changed drastically. Nowadays, with highly mobile families spread to the four winds, seniors are more likely live in communities like Rossmoor than in "the bosom of the family."

Current lifestyles may keep up with the ever-increasing pace of our modern society, but there is one important element which is in danger of being lost in the shuffle: our anecdotal family history; those wonderful stories about the "old days" that were once told around the table when the family gathered for dinner. When I was a young boy, my maternal grandparents lived with us. I cherish the stories my grandfather told about running away from home at the age of 15 and signing on board a sailing ship as a cabin boy, eventually becoming an able-bodied seaman. At one time, when he was teaching me how to row a boat, he said, "Always keep an eye on the wake behind your boat." When I asked him why that was important, he said, "Because, knowing where you've been is the best way to keep track of where you're going."

Considering that day-to-

day, in-person contact with older family members may no longer be practical, I would like to make the following suggestion: Senior Citizens Day would be a good time for us Seniors to begin collecting those "dinner table" stories by writing them down or recording them. If letter writing doesn't appeal to you, book and stationery stores have books specifically designed for this purpose. It's simply a matter of filling in the blanks. If voice recording is more your style, it's often better to do so with another family member who can serve as a prompter.

However you accomplish it, your personal account of your life and times will become a document treasured by succeeding generations. Rather than just a name on a genealogy chart, you'll come alive for those who never had the privilege of knowing you.

Happy Senior Citizens Day!

Sign on a church lawn in Franklin Park:

LOVE THY NEIGHBOR

(No exceptions)

Learn to control your diabetes at workshop starting Sept. 21

By Mary Jane Brubaker

"The participants at our Diabetes Workshops have had some great results," says Janet Knoth, BS, RN, CHPN, CPHQ. "One of our most recent graduates, Madeline, has a particularly wonderful story to share. She told me that she and her doctor are both thrilled with what she has accomplished in the few short months since the spring workshop ended. She has lost 20 pounds, her A1c is down to 7 from 7.9, and she says she has much more energy now than before she took the classes."

Janet, a Diabetes Self Education Management Program master trainer, reports that Madeline is one of 11

residents who graduated from the six-week Diabetes Workshop that concluded in April. "Madeline shared with me that before attending this workshop, she didn't realize that she could do something to control her diabetes," says Janet. "Now she understands the significant impact that what and how much she eats and how much exercise she gets has on her blood sugar. This helped her realize that she does have some control over her disease." Janet adds, "Madeline's one regret is that she just wished she had known that sooner."

During the workshops, participants develop goals and actions plans for themselves. Madeline's action plan in-

(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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Prince Harry works to save elephants

By Carol De Haan

Britain's Prince Harry offered his skills to help save Africa's wild elephants, having once worked as an army helicopter pilot in Afghanistan. In 2016, he volunteered in Malawi with the "500 Elephants" initiative.

When a herd of wild elephants was spotted by helicopter, the animals would be darted from on high. Ground crews followed each anesthetized animal till it fell. It was then air lifted onto a waiting truck and driven 200 miles to a new \$1.2 million wildlife reserve sanctuary where the animals could thrive. Every effort was made to keep elephant families together in their new home.

Harry helped transport 269 elephants to safety. The following year, another 239 were brought to the reserve. This was a massive, costly effort.

Why was it necessary?

In a mere 58 years since 1960, the human population of southern Africa more than quadrupled to 320 million people, up from 73 million. The economy could not support such growth, with the

result that people were chopping down forests to create farmland. Elephant populations suffered greatly from the ensuing loss of habitat.

In addition, the poverty that accompanies such a massive growth in human population also encourages illegal poaching of elephants for their ivory tusks, which sell for an enormous profit. One pound of ivory brings \$1,000. A set of ivory tusks can go for \$25,000. Which poor person with a gun would not be tempted?

Unfortunately, it is not only the elephants that are shot. Far too many park rangers, who work to protect elephants, have also been killed in the unholy quest for ivory.

History of elephant populations

In the 1500s, when Europeans began venturing into Africa, an estimated 26 million elephants roamed that vast continent.

By 1913, that number was down to 10 million.

By 1979, it was 1.3 million.

By 1989, only 600,000 elephants survived in Africa.

In 1990, the international

community, hoping to save that iconic species, banned the sale of ivory. Nevertheless, illegal consumer demand in now wealthy China and south east Asia has created a lucrative black market for ivory.

In 2013, President Barack Obama issued an executive order making it a crime in the United States to traffic in wild life products.

In 2017, President Donald Trump revoked that executive order.

Experts believe that African elephants will be extinct in the wild by 2023.

People saving elephants

The David Sheldrick Wildlife Trust, founded in Kenya in 1977, has raised more than 200 orphaned baby elephants. More than 100 of their matured elephants have been reintegrated into wild herds in the Tsavo forest. The younger ones are being readied for release into the wild.

The Trust has arrested 2,800 poachers and removed 140,000 wildlife snares.

The Trust builds boreholes and windmills to be sure each elephant can access the 50 gallons of water it needs to drink every day.

The Trust uses three super-smart Belgian Malinois dogs to detect illegal stashes of ivory, rhino horn, bush meat, guns, and ammo.

The Wildlife Conservation Society protects 44,000 African elephants in several national parks that have the worst record of being poached: Mozambique, Tanzania, The Congo, and Gabon. Their campaign is called "96 Elephants," because that is how many elephants are

killed each day, for a total of more than 35,000 each year.

Sophisticated poachers use helicopters, GPS equipment, night vision goggles, and automatic weapons. They mow down whole fields of elephants to hack out their tusks, even when the animals are still alive.

Some herds have learned to come to their waterholes in the wee, small hours of the night for fear of being killed.

The Elephant Sanctuary of Tennessee was founded in 1995 under the aegis of the Department of Agriculture and the Tennessee Wildlife Resource Center. On 2,700 acres of fields, streams, lakes, and woodlands, it houses 28 elephants once forced to perform in circuses and zoos. They now are free to roam at will and can sleep

in barns that are heated in the winter.

Its two most famous elephants are Shirley and Jenny, both crippled circus performers, who knew each other 20 years earlier. Jenny was a newly captured youngster and Shirley served as her foster mother in the years they worked together. After so many years apart, they reunited with cries of joy at the Tennessee Sanctuary. They became inseparable companions, wandering out each day with their other good pal, the dog who lived in the barn with them. Shirley has just turned 70 years old, a record for an elephant.

The Performing Animals Welfare Society (PAWS) operates the elephant sanctuary of San Andreas and two

(Continued on page 13)

In honor of Bad Poetry Day August 18

By Linda Monaco

At some time during our lives most of us have had the urge to write poetry. After all, how hard could it be? Silly question. Some really bad poetry has resulted from finding out just how hard it can be.

Nonetheless, Sir William Topaz McGonagall made it his life's work, bad poetry, that is. Born in 1825, McGonagall was a Scottish handloom weaver, poet, and sometimes actor. With the advent of mechanical weaving, when he could no longer support his family, he turned to poetry, not at all concerned about or aware how bad it was, or, for that matter, what the public thought of his work. He became known as the worst poet in England. He even applied to Queen Victoria to become his patron. She said no, but he still continued writing, reading his work in halls and circuses, and selling it on the streets of Dundee, very often to the ridicule of his audience.

McGonagall died penniless in 1902. However, his poems are still around today as a reminder that no matter how good or bad, some poetry survives.

The limerick below was first written to honor(?) Ogden Nash, known for writ-

ing limericks, really good limericks. Life intervened so it became a perfect candidate for Bad Poetry Day.

Rossmoor

There once was a man lived at Rossmoor

Who had so much to be happy for.

The golf there was great; He just couldn't wait To be a member of four.

At Rossmoor they have a big pool Which helps him to keep his cool.

Shuffleboard outside, Croquet court is wide.

At pickleball, they just rule.

The clubhouse is the place to be

In the craft room or gallery.

The woodshop is handy; The ballroom is dandy.

They keep the residents busy.

If you plan to move to Rossmoor, Monroe, To enjoy the best life you can know.

For this plan to jive You must be fifty-five.

Until then, you'll just have to go.

P.S. I recommend looking up some of McGonagall's works. They really are bad.

Your diabetes

(Continued from page 11)

cluded changes such as eating a nutritious breakfast each morning and taking walks. "Many of the participants who come to our workshops tell us that they frequently skip breakfast or they eat pastries or other sweets," says Janet. "They don't realize that doing so has a direct negative impact on their blood sugar and that they are putting themselves behind the eight ball before their day even gets started."

Janet also says that an added benefit to attending the workshop is that participants make new friends. "Now they can support each

other," she says. "They've all set goals and have action plans and they help each other to stay on target. Many even go out for walks together."

The fall Diabetes Workshop will be held on Fridays from Sept. 21 through Oct. 26 from 9:30 a.m. to noon in the Gallery. All those with diabetes or pre-diabetes are encouraged to participate in this free workshop series. These workshops are being sponsored by the Community Church in partnership with Quality Insights and are open to the entire community.

For more information or to register for these free workshops, call Jarmaine Williams at (732)955-8168.



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A round of applause for Joe Miller

By Bob Huber

There's an old bromide which says: laughter is the best medicine. Scientists tell us that this is actually a fact. Those who are able to laugh and see the humor in situations are inclined to be happier and have a better perspective on life.

No one knows when humor first appeared, but it certainly goes back to the dawn of civilization. No doubt the first joke was told at the same time that language was invented. We know that down through history humor was an important part of the social environment. Every court had its jester. Shakespeare's Hamlet said of his deceased childhood friend, Yorick, "a fellow of infinite jest." And the Bard himself is known to have had a sharp wit.

But our particular interest is in Josias (Joe) Miller. Our calendar devotes a whole day to him. He was a popular English actor who appeared on the Drury Lane stage in London in the 18th century. During the off-season he frequented other venues includ-

ing the Blackjack Tavern on Portsmouth Street in London, where he was a favorite with the Drury Lane players who ascribed all new jokes to him.

After Miller's death in 1738, a contemporary, John Motley, brought out a book called *Miller's Jest*s, published under the pseudonym of Eli Jenkins, Esq. This was a collection of witticisms, only a few of which were actually Miller's, but the public ascribed all of them to him. The first pamphlet ran three editions in its first year.

Later versions with titles like "Miller's Joke Book" and "The New Joe Miller" latched on to the popularity of Joe Miller himself and the popularity of Motley's first book. Even though the quality of the jokes was questionable, the threadbare gags continued to be popular.

As an example:
A Lady's age happening to be questioned, she affirms she was but 40, and called upon a Gentleman that was in company for his opinion: "Cousin," said she, "do you

believe I am in the Right when I say I am but Forty?"

"I ought not to dispute it, Madam," replied he, "for I have heard you say it for these ten years."

A famous teacher of arithmetic, who had long been married without being able to get his Wife with Child, once said to her "Madam, your husband is an excellent mathematician."

"Yes," replies she, "only he can't multiply."

From the 18th century to the present day, many people still refer to any dog-eared gag as a "Joe Miller" or simply a "Millerism."

We bring all this to your attention because on the 16th of this month we celebrate Joe Miller's Joke Day, time to extract a laugh (or groan) from your friends by laying an old wheezer on them. 'Can't think of one? How about: "Who was that lady I saw you with last night? That was no lady, that was my brother. He just walks that way!"

Whether you live in Rossmoor or Timbuktu, a hearty laugh is good for what ails you.

My evening with elephants

By Carol DeHaan

We were in Bangkok. After dinner, the tour company sent a minivan to take us to an outdoor theater for a show. The tiny little Thai dancers were colorful and sweet.

Then came the dancing elephants: two females and a great big bull. As they came out onto the open-air stage, the bull decided he had something important to take care of before the performance. He squatted to deposit the biggest pile of you-know-what that I have ever seen. To complete the event, he spilled umpteen gallons from his bladder and turned away as if to say, "Boy, that felt good."

Prince Harry

(Continued from page 12)

other locations in California. Since 1984, they claim 33,000 supporters who care for a variety of abused or abandoned animals. Right now they have six Asian elephants, five African elephants, 41 exotic cats, eight bears, eight primates, a coyote, a herd of scimitar-horned oryx, an emu, a rhea, some fallow deer, an eland, and a Muntjack deer. All these animals would undoubtedly be dead from neglect or abuse if not for this excellent organization.

If you are an animal lover, your donation to any of the above-mentioned organizations will be most welcome. Or, you can remember them in your will. Just google any of their names to find more info about them. August 12 is World Elephant Day, when we would do well to remember all of God's creatures.

Now that 50% of the stage was off limits for sanitary reasons, the music began and three elephants, all musically inclined, sashayed their way through a waltz, a rumba, and a cha-cha. The most fascinating part of the show was not that they were such adept performers, but that those lumbering creatures prancing around on half a stage never once came even slightly close to stepping in the you-know-what.

In an arena after the show, the bull elephant set out to make some money. He went down on all fours with his left paw flat on the ground and his ankle forming a sort of low bench. Mrs. Tourist was encouraged (for a fee, of course) to take a seat on that paw to have her picture taken. As Mr. Tourist instructed his wife to fix her skirt, or take off her hat, the Thai elephant listened and apparently understood English. When he sensed that Mr. and Mrs. Tourist were ready, the elephant raised his enormous trunk in salute, waited for the camera flash, and then promptly pushed Mrs. Tourist off his ankle as if to holler, "Next!" No fooling him, he knew the routine.

In another part of the arena, a game of "hide and seek the fruit" was going on. Many audience members had brought bananas or melons, which they hid behind their backs. The two lady elephants put out their trunks to inspect each person's head, neck, arm, and finally down the back to grab the hidden fruit. A lot of laughter ensued and the elephants seemed to enjoy the game as much as the patron whose fruit was being

"stolen."

Not prepared with a piece of fruit to play that game, I stepped off to one side to conduct an experiment. A few years earlier, a National Geographic article pondered why a herd of grazing elephants might suddenly sense danger and take off in a flash with no apparent signal.

Then some enterprising person managed to set a recording device in the midst of a grazing herd. What he learned is that grazing elephants emit a subsonic humming sound. The split second it stops, they all make for the hills.

I had practiced my subsonic hum. Inhale first, then slowly exhale as low as you can while silently vibrating your vocal chords. If you keep trying, you might feel you are vibrating your trachea. You might even feel it in your lungs.

So that is what I did, off to one side, in this room full of noisy, laughing people. I tried my subsonic rumble a few times. For some reason, I glanced at the nearest elephant. She was no longer poking about for fruit. She was leaning to one side to look around past the crowd. Her trunk was half raised. She was staring at me. What was the expression on her face? Consternation? Curiosity? Disbelief? Hard to tell. She continued to stare. Like a dope, I stared back, smiling at her.

Eventually she stopped staring and went back to trawling for fruit. But what had just happened? Had I actually said something to an elephant, something she recognized?

Good grief! What on earth had I said?

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This month in pictures

Photos by Joe Conti and Walter Gryskiewicz



Veterans and guests at the Honor and Remember flag raising ceremony



Joe Salzano and Tommy Croake, Vietnam veterans, present the Honor and Remember Flag



Above and on right, two examples of the photo art displayed at the recent exhibit in the Gallery



Erica Hardeo's farewell cake



Sebrena Jinks of E&R with her dog "King"



Richard Dowling at the piano for his performance of Scott Joplin's music



The Music Association team with Richard Dowling, far right, after the concert

Rossmoor Clubhouse News

August 2018

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Sue Ortiz: Office Coordinator
Sebrena Jinks: Office Assistant
Jessica Roberts: E&R Foreman

ON SALE THIS MONTH

EVENTS

MOVIE IN THE PARKING LOT

Thursday, August 23, 6:30pm, Clubhouse Lot
Movie to be Announced...Bring a Chair! No Charge

WINE & DESIGN PAINTING PARTY

Thursday, August 30, 6:30pm, Gallery, \$15pp
On Sale Wednesday, August 8!

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WWII—Letters From Soldiers with Maggie Worsdale

Tuesday, September 11

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Friday, August 10
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Lottery Collection Dates: July 31 at 9AM—August 2 at 9AM
Lottery Drawing: August 2 at 2PM
Payment **MUST** be received by Monday, August 6

Friday, August 31
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Lottery Collection Dates: August 21 at 9AM—August 23 at
9AM Lottery Drawing: August 23 at 2PM
Payment **MUST** be received by Monday, August 27

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AVIATION GROUP
2nd Wednesday, 1:30pm, Ballroom
"Miracle Airplanes"

BOOK DISCUSSION GROUP
2nd Thursday, 3:00pm, Dogwood
"The Sea" by John Banville

CURRENT EVENTS ROUNDTABLE
Mondays, 10:30am, Maple

GERMAN AMERICANS
Last Thursday, 1:30pm, Cedar
Next Meeting 9/27

KOREAN AMERICANS
Contact Clubhouse for Info!

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

POLISH AMERICAN
1st Friday, 1:00pm, Maple

RECIPE GROUP
2nd Wednesday, 7:30pm, Maple

VETERANS GROUP
NEXT MEETING
Tuesday, November 13, 10am, Ballroom



THE ARTS

"ALL IN STITCHES" Knit & Crochet Group
Thursdays, 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.

GALLERY EXHIBITS
Be sure to stop in and browse each month's display of art work.

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

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

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

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

CARDS & GAMES

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

BRIDGE
Contact Clubhouse

CANASTA & MAHJONG
Contact Clubhouse

MAY I
Contact Sophie Prata.

MEN'S POKER
Contact Alan Lasky.

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

PINOCHLE
Please call the Clubhouse if interested in playing Pinochle.

POKER
Contact E&R

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

GET MOVING!

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

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

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

FITNESS CENTER ORIENTATION
New Dates to be Announced!
Sign-up in the Clubhouse...Space limited

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

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

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

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



Kids Day at Rossmoor Monday, August 13

Ages 7-12
**9-11am...Driving/Putting
On the Golf Course**

Ages 4-16
**11am...Hot Dogs & Chips
at the Pro-Shop**

11:30am...Free Pool Time
**2:30pm...Movie followed
by Dessert**

RSVP By August 6
609-655-3232



SPORTS FUN!

BOCCE
New Players Welcome!

CORN HOLE
Friday 9am-11am Hawthorn/Terrace

CROQUET
New Players Welcome. Call Betty Anne Clayton.

HIKERS
Semi-annual Hikers Meeting
Wednesday, August 22, 7pm, Maple Room
New Hikers Welcome!

PICKLEBALL
New Players Welcome!

SHUFFLEBOARD
Tuesday, August 21-"High 4" Disk Tourney & Social...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

"GOING IN STYLE"



Rated PG-13
1h 36min
No Charge
Tues., August 14 1:30pm & 7pm Ballroom
Sun., August 19 1:30pm Gallery

TUESDAY MYSTERY MOVIES
August 7, 21 and 28 at 1:30pm

Movies Subject to Change

COMING ATTRACTIONS

Details To Be Announced...

NYC HOLIDAY LIGHTS TOUR
Thursday, December 6

KISS ME, KATE
Wednesday, April 17

THE CHER SHOW
Wednesday, April 17



LIBRARY ON LOCATION

"NOWHERE TO HIDE"

Male nurse Nori Sharif films five years in one of the world's most dangerous and inaccessible areas—the "triangle of death" in central Iraq. Sharif and his family experience dramatic change as conflicts continue with Iraqi militias and the rise of ISIS.
Directed by Zaradasht Ahmed.

Tuesday, September 25
1PM...Ballroom...No Charge

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

FYI

- **RCAI Offices will be Closed** on Monday, September 3 in observance of Labor Day.
- **COMCAST Q&A...** August 7th at 9 AM in the Ballroom.
- **CONTACT THE CLUBHOUSE** for information regarding events and trips.
- **EVENT REMINDERS:** Bring Rossmoor ID when purchasing tickets for Clubhouse events. Only two tickets per manor can be purchased. When bringing a guest/non-resident, please provide their full name at the time of ticket purchase. Tickets are non-transferable.
- **TRIP REMINDERS:** Trips require average physical activity. You should be in good health, able to climb stairs, and walk reasonable distances. Any guest accompanying a Rossmoor resident **MUST** be at least 18 years of age. Basic information on guests must be provided when tickets are purchased.
- **CLUB PRESIDENTS & GROUP REPRESENTATIVES:** Channel 26 announcements and room set ups **MUST** be handed in on the official forms. Forms can be found on the website or in the Clubhouse.
- **ROSSMOOR CLUBHOUSE NJ** is our official Facebook page. Follow us for Clubhouse updates, ticket sales, and event photos. You just might see yourself having a good time!
- **RCAINJ.COM** is the official website for Rossmoor. Here you will find everything Rossmoor! Check it out!
- **EVENTS & TRIPS** are subject to change.

RSVP YOUR INTEREST

To further meet programming needs and exceed expectations, we want to hear from you! Below are some educational offerings and trip suggestions.











- New York Botanical Garden & Holiday Train Show
- Sign Language for Beginners
- Ukrainian Egg Decorating
- CPR for Dogs
- Mozzarella Making Class

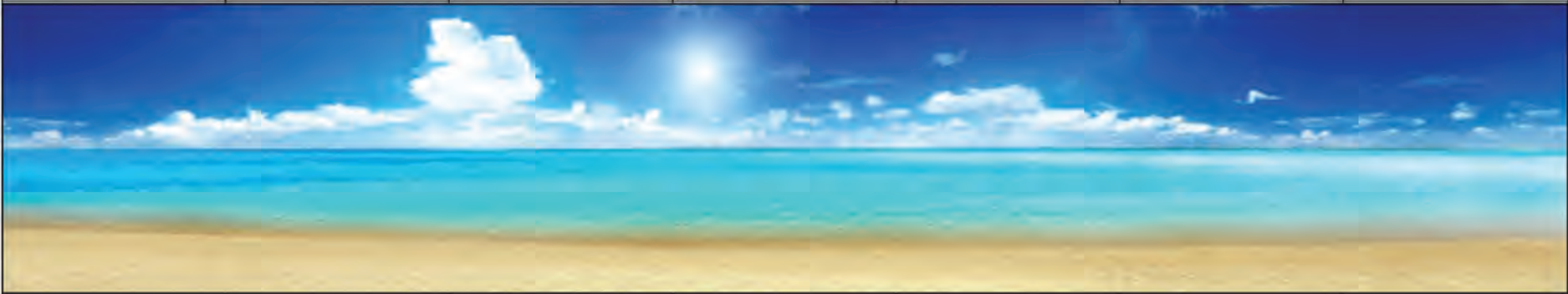
Please RSVP your interest to the E & R Office.

SMILE...YOU'RE ON CANDID CAMERA




AUGUST 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>Ticket Sales</div> <div></div> <div>Today!</div>	<div>Events or trips marked * require tickets or prior registration</div>		1	2 <div></div>	3 <div>6:30pm</div> <div>Bingo-BR</div> <div></div>	4 <div>Golf Outing</div> <div>3:30pm</div> <div>African Heritage Group-GL</div>
5	6	7 <div>9:00am-11:00am</div> <div>Comcast –BR</div> <div>12:00pm</div> <div>Golf “18 Hole” Luncheon</div> <div>1:30pm</div> <div>Mystery Movie -BR</div>	8 <div>1:30pm</div> <div>Aviation “Miracle Airplanes” - GL</div> <div>6:30pm</div> <div>Recipe Exchange-MP</div> <div></div>	9 <div>9:00am</div> <div>Committee Meetings-VC</div>	10 <div>7:00pm</div> <div>*Pool Party</div> <div></div>	11 <div>12:00pm</div> <div>Mutual 6 BBQ-BR</div>
12	13 <div>Kids Day at Rossmoor*</div> <div>10:00am</div> <div>Fitness Orientation</div> <div>10:00am</div> <div>Mutual 8-GL</div> <div>1:00pm</div> <div>Healthcare Lect.-MP</div>	14 <div>9:00am</div> <div>Sands Bus Trip*</div> <div>1:30pm & 7:00pm</div> <div>“Going in Style” Movie -BR</div> <div>7:30pm</div> <div>Players Auditions-MH</div>	15 <div>9:30 am</div> <div>Medieval Times*</div> <div>2:00pm</div> <div>Players Auditions-MH</div> <div></div>	16 <div>9:00am</div> <div>Board of Governors-VC</div> <div>6:30pm</div> <div>Indian American Party-BR</div>	17 <div>5:30pm</div> <div>Mutual 11 BBQ-BR</div>	18 <div>2:00pm</div> <div>Emerald Picnic—BR</div>
19 <div>1:00pm</div> <div>Mutual 17 BBQ-BR</div> <div>1:30pm</div> <div>“Going in Style” Movie -BR</div>	20 <div>10:00am</div> <div>Mutual 7-BR</div>	21 <div>10:00am</div> <div>New Resident Meeting-VC</div> <div>1:30pm</div> <div>Mystery Movie-BR</div>	22 <div>7:00pm</div> <div>Hikers-MP</div>	23 <div>12:00pm</div> <div>Computer Club Luncheon—BR</div> <div>2:00pm</div> <div>Mutual 11-MP</div> <div>6:30pm</div> <div>Movie in the Lot</div> <div></div>	24 <div>10:30am</div> <div>Golf 18 Championship Party at Pro Shop</div> <div>6:30pm</div> <div>Bingo-BR</div> <div></div>	25
26	27	28 <div>1:30pm</div> <div>Mystery Movie-BR</div> <div></div>	29	30 <div>6:30pm</div> <div>*Wine & Design—GL</div>	31 <div>7:00pm</div> <div>*Pool Party</div> <div></div>	



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

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

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

The Bible and Shakespeare

By Gene Horan

Carol De Haan wrote an interesting article in the July issue (*Shakespeare's name in the Bible? Impossible!*) positing that William Shakespeare's name appears as a cryptogram in the King James Bible.

She described the extraordinary array of 48 intellectuals and scholars, divided into groups at Westminster, Oxford University and Cambridge University, which achieved in the King James Version what is undoubtedly one of the most influential works of English literature.

Another Bible

The article mentions several

noted English translations of the Bible prior to the 1611 King James Version. I would add one more: The Douay Bible (New Testament 1582 and Old Testament 1610) translated by four Catholic scholars, all alumni of Oxford University, living in exile in France.

Though they had no access to the kind of resources provided by King James, they produced a notable Bible that has served English-speaking Catholics well for centuries. It is noteworthy that Shakespeare revealed a knowledge of the Douay New Testament in some of his works.

Carol wrote that Shake-

speare seemed "not to have taken sides in the religious conflicts raging across England." Could that be because he was secretly of a religion proscribed by law in his country?

Scholars, using his writings as the main resource, have long disputed over the Bard of Avon's religion, some claiming he was a convinced Protestant, others that he was an atheist, others a Catholic. In the latter case, it could not have been openly so, given the severe penalties on adherents of the old religion.

Shakespeare a Catholic?

Here is one author's brief take on the Catholic case.

In an article in *ThoughtCo*, author Lee Jamieson cites some of the main reasons some historians have maintained Shakespeare was Catholic. The following is a summary of the reasons he gave:

Shakespeare portrayed very favorably Catholic characters in his plays. For example, Hamlet (*Hamlet*), Friar Laurence (*Romeo and Juliet*), and Friar Francis (*Much Ado about*

Nothing) are all "kind and emotionally astute characters guided by a strong moral compass." Also, "Shakespeare's writing suggests an intimate knowledge of Catholic rituals."

The family home of Mary Arden, William's mother, is believed to have been devoutly Catholic. Edward Arden, a family relation, was executed in 1583 after it was revealed that he had been hiding a Catholic priest on his property.

In 1592 John Shakespeare, William's father, "found himself in trouble for refusing to attend Church of England services."

In 1757 a Catholic pamphlet of the type distributed by Edmund Campion, an English Jesuit publicly executed in 1581 for not renouncing his faith, was found by a workman in the rafters of Shakespeare's birthplace. The young William Shakespeare was living at the house during the time of Campion's activities.

Shakespeare married Anne Hathaway in 1582. They were married by John Frith at his church in the nearby village of Temple Grafton. Four years later, the government accused

Frith of secretly being a Catholic priest, leading to the possibility that the wedding was Catholic.

In the late 1600s, an Anglican minister wrote about Shakespeare's death. He said that he "dyled a Papyst" — meaning a Catholic.

Conclusions

Jamieson concludes: "Ultimately, we still don't know for sure that Shakespeare was a Catholic, leaving a question mark over Shakespeare's biography. Even though the reasons listed above are compelling, the evidence remains circumstantial."

Another view is expressed in a recent book, *The Quest for Shakespeare*, in which the author, Joseph Pearce, goes far beyond the reasons cited by Jamieson and argues that the evidence is overwhelming that the Bard was Catholic. Others, of course, will dispute this and the arguments will go on.

One thing is not disputed: that Shakespeare was one of the greatest geniuses of all time

Vesuvius: a hot time in the old town in 79 A.D.

By Jean Houvenier

In a hot August, A.D. 79, many of the wealthy of Rome had retreated to their villas on the Bay of Naples. Among them was the elderly and portly Pliny the Elder, a prolific author, who had recently published his "On Natural History." After a long military and political career, he was currently the admiral of the Roman fleet stationed near Misenum. Visiting him was his young nephew, called Pliny the Younger, with his mother, Pliny the Elder's sister.

In the sixth century B.C., the people who lived around Vesuvius, the Oscii, believed that Vesuvius was the home of the god Vulcan, the god of fire. The Romans, who later conquered the area in the third century B.C., continued in that belief and held ceremonies, known as the Vulcanalia, every August 23 to appease the god.

The area had rich soil, enriched by the volcano over the centuries, and was a profitable place to farm, producing grain, wine, and olive oil for export. It also had an excellent bay, where ships could safely come, and in addition to housing the Roman navy, was an active port. Pompeii and Herculaneum were wealthy towns. Successful in its own right, the area also drew the wealthy from the capitol for the comfortable life they could lead there away from the politics of Rome.

The volcano had been relatively quiet for centuries, but in A.D. 62 it had a damaging eruption. Nevertheless, the numerous earthquakes experienced in the region in the next several years came to be expected. As it happened that was only the prelude of the large eruption that was to come.

On August 24, the volcano erupted, spewing a huge column of gas and ash into the air. Pliny the Elder, naturalist that he was, wanted to see the explosion up close. Pliny the Younger chose to remain at the villa for his studies. Pliny the Elder arranged for the vessels of the fleet to help evacuate the nearby

towns. He himself took a vessel to the home of his friend Rectina whose villa lay close to Vesuvius in Stabiae.

Pliny the Younger de-

(Continued on page 16)

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Vesuvius

(Continued from page 15)

scribed the initial eruption as like a huge tree with branches spreading in all directions in the lower part of the column. Having reached the port to rescue his friend, Pliny the Elder's vessel was unable to leave as the heat of the column whipped up the waves, and rocks and pumice battered the ship. While everyone else was terrified, Pliny went ashore to reassure everyone, to feast and bathe and sleep while waiting for an improvement in the weather. Ultimately, as the weather did not improve, they wrapped pillows around their heads and dashed to the ship. The air was filled with noxious gases, and unable to continue, Pliny the Elder collapsed, probably of a heart attack, and had to be abandoned by his friends. Three days later, they found him buried under the ash.

Of the 11,000 inhabitants of the area, most escaped on foot. Some were rescued by the Roman fleet. Some perished on the shore, waiting for the fleet to return, but were overcome before the ships could safely return to the harbor. Some thought it was safer to stay in their houses. Unfortunately, that night brought the second and worse part of the eruption. Heavy material consisting of hot ash and gas started to flow down the volcano, in a pyroclastic flow. Moving at 50 miles an hour or so, it could not be outrun and it killed instantly. Pompeii, Herculaneum, Stabiae, and Torre Annunziata as well as smaller communities were all destroyed, buried under many feet of ash and pumice.

Eventually Pliny the Younger and his mother were able to escape from the villa, returning to Rome. Much of what is known about the eruption is because of the detailed writings of Pliny the Younger. Buried in ash, Herculaneum, Pompeii, and the surrounding villas, were lost until being rediscovered in 1599, and subject more recently to extensive excavation, revealing the beauty and wealth of the towns and the villas.



"Ask the G.M."

Questions posed to RCAI General Manager Jane Balmer by Rossmoor staff and residents.

Q: There are two types of home ownership in Rossmoor. What is the difference between condominium and cooperative ownership?

A: According to the Community Associations Institute ("CAI"), a cooperative is defined as follows:

Cooperative Ownership – An individual owns stock or membership in the cooperative and holds a Proprietary Lease for his/her living unit (*manor*). The Proprietary Lease defines the member or stockholder's rights and obligations in relation to the living unit (*manor*). The Cooperative Mutual (*corporation*) owns all the real estate as a not-for-profit corporation. The Cooperative Mutual (*corporation*) maintains and administers all property in the cooperative, except for those matters for which the Stockholder is responsible under the Proprietary Lease.

According to the Community Associations Institute ("CAI"), a condominium is

defined as follows:

Condominium Ownership – An individual owns his/her living unit (*manor*) and an undivided interest in the common elements of the Mutual (*association*). The common elements consist of everything except the living units (*manor*). The Condominium Mutual itself owns no real estate as an association. The association undertakes the maintenance of the common elements and is generally responsible for the administration of the condominium.

Q: How do residents receive emergency or current information or schedule changes?

A: If there is enough lead time, major projects, schedule changes, etc. are posted in The Rossmoor News. If there isn't enough lead time, these announcements and other changes or emergency information are posted immediately on Channel 26. And with our new website, Channel 26 may be viewed at www.rcainj.com, also.

In addition to the paper

and the Rossmoor in-house TV channel, we are trying something new called "robo call." Using residents' telephone numbers that we have on file, we will be able to contact everyone in the community by telephone, or a certain section of the homes depending on the situation. Recently, we had two water main breaks and many were without water. We contacted those affected to let them know about the problem. We advised when the water was restored and told residents what they needed to do when they first used the water after the repair was made. Do not be surprised if you receive a recorded message from Administration when there is important information that we need to tell you about. If you do not answer when the robo call is made, a voicemail will be left at the number we have on file.

Please contact Administration at 609-655-1000 to verify that we have your correct contact number because many residents have eliminated their home telephones and are strictly using a cell phone. It is a good thing!

New Website

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

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

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Scams

By Steven Gray

Have you been scammed? Are you too smart to be scammed? Actually, none of us is too smart to fall for a very well-developed scheme.

Tax scams are very common. If you get a call from IRS, well, you didn't really get a call from IRS because they do not call you, and especially do not ask for money over the telephone.

Cyber extortion is another

major problem. You may get a pop-up that you cannot close, saying that you are infected and to call a number right away. Do not call. Reboot your computer. Odds are that the pop-up will no longer be there. If you still have issues with that, call your friendly Computer Club – service calls are free to members.

You may get a telephone call saying that Microsoft has detected a problem with your computer and gives you a number to call. Just hang up. Microsoft does not cold call users. However, they will call back if you call them first and leave a message. Remember, if you call that phony number you have just given up some of your protection to a scam artist.

A word about telephone scams – the cost to consumers last year was about 1 billion dollars and 70% originated from a telephone call. Some of the popular ones are a grandchild in jail in a foreign country – send bail (check with the family first). Fake tech support and IRS issues are mentioned above. Online dating is another source, especially through Facebook. According to the FBI, millennials are twice as likely to be scammed as their grandparents. But don't breathe a sigh of relief, grandparents tend to lose more money per scam.

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Bob's Almanac

By Bob Huber

We have made it into August, usually the hottest month of the year. August weather is typically referred to as "the dog days of summer." The bright green foliage that we have enjoyed from late spring into early summer has dulled slightly, and the chirping of cicadas and blackbirds fill the air. It's too hot to exert much physical effort, and gas is too expensive to take any extended road trips, so it's time to relax and curl up next to the air

conditioning with some trashy reading material.

The term "dog days" refers to an ancient belief that Sirius, the dog star which is responsible for weather, appears closest to the sun this time of the year, and that's what causes the weather to be so hot. That's an easier explanation to understand than the one we usually get from the TV meteorologists.

Native Americans in New England and the Great Lakes region refer to the first full

moon in August as a "Sturgeon Moon," the time when this popular fish is most plentiful. This year, the full moon appears on August 1. All sturgeon take note.

Actually, there's a lot going on in August. Muslims celebrate Ramadan, the holiest month on the Muslim calendar. This is also American Indian Heritage month.

August embraces Knights of Columbus Family Week,

Senior Citizen's Day (Only one day?! We get short changed again!), National Aviation Week (always the week of Orville Wright's birthday), and the Little League World Series, which is often more entertaining to watch than the one the pros put on at the end of the season.

August 1 is also National Girlfriends' Day, although we suspect that any swain who only celebrates his girlfriend one day out of the year won't have a girlfriend for very long.

National Mustard Day occurs this month, which is a

gross misplacement by the authorities. It should have been included with National Hot Dog Month, which we celebrated in July.

For the more frivolous minded: there's: Sneak Some Zucchini onto your Neighbor's Porch Night, National Underwear Day, International Bat Night, National Halitosis Day and International Clown Week and a host of other observances, 132 in all. Take your pick.

Autumn will be upon us all too soon, so enjoy the dog days of summer while you can.



From the Mayor

By Gerald W. Tamburro,
Mayor of Monroe Township

Monroe taxpayers receive additional State funding thanks to community effort

With the Governor signing a new budget on July 1, Monroe taxpayers scored an important victory with the addition of \$2 million for our schools and \$1.4 million dollars in the Homestead Rebate property tax relief program.

The initial state budget included only \$344,000 earmarked for Monroe schools and thanks to our collective efforts, taxpayers will see that increase to \$2 million in aid monies for our district. This comes on top of the \$458,000 we received last year, which I applaud our Board of Education for using for property tax relief.

I'm especially grateful to our 14th District representatives, Sen. Linda Greenstein and Assemblymen Wayne DeAngelo and Dan Benson, who have been lobbying to end school aid disparities for Monroe residents over the last several years.

I am proud to have fought for this alongside the township council, school district administrators, Board of Education, and most importantly, the parents and advocates who championed our cause for so long.

Together, we wrote letters, we held petition drives, we made phone calls, we sent delegations to speak at state-wide forums, and yes, we even marched on Trenton.

While we still have a way to go to ensure we get the full amount of funding that our students deserve, this is a promising and pivotal step in the right direction.

The adopted state budget also included \$1.4 million dollars in tax relief for Monroe seniors and residents who qualify for the Homestead Rebate program. Special thanks to Assembly Speaker Craig Coughlin (Middlesex) for his hard work and commitment to restoring this funding. Qualifying residents should see these refunds later this year.

This is an important milestone for us as taxpayers, as we will finally see some

much needed state property-tax relief.

Since I became Mayor, two and a half years ago, I've made it my highest priority to ensure that our message reached lawmakers in Trenton.

I will continue to work hard with our legislators, council, school district and residents for a better Monroe Township. This level of cooperation proves that we are more effective and stronger together, working toward a common goal.



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David K. Lee, MD, FACS

Oculoplastic Surgery

Steven K. Mishkin, MD, FACS, FRCS(C)

Retinal Diseases

Elena Ng, MD

Contact Lenses and Optometry

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Rachel S. Bernatsky, OD 6737
Drashti Makwana, OD 6488
Talia M. Mishkin, OD 6461
Paul L. Sonenblum, OD 6871
Hina P. Zaidi, OD 6236

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Hina P. Zaidi, OD 6236

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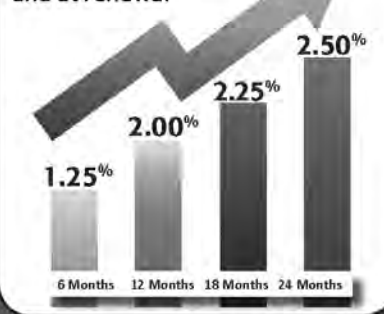
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My ancestor was what?!

By Dierdre Thomson

Friday – My youngest daughter, Laura, and I are driving up to central New York State. I am referring to the “real central” New York State, the Syracuse/Utica area where I have returned every year to visit family for over 50 years. It is beautiful weather; the scenery is beautiful and brings back memories. We stop at the familiar truck stop for lunch, then straight on through to Norwich, New York. As it happens, Norwich is my late mother-in-law's home town. When we used to travel back home to Utica, she would point out the various areas that were special in her life as she was growing up. The area where her uncle's farm was, the park, the elementary school (still being used as a

school 90 plus years later) and the theater where her father used to run the projector. We arrive at a wonderful bed and breakfast called Splendor Inn. After unpacking we walk around the block and then just relax, wanting to be wide awake and ready to go in the morning.

Saturday – I check with my sister-in-law in Utica to see if she and my niece will be home today or Monday. Unfortunately, both days are busy for them, so we will not be seeing them this time. So I check over some information on my computer in preparation for Sunday. Then Laura and I go to the Antique Car Museum just a few blocks away. Wow! There are about 170 cars, trucks, and liveries here. My son-in-law and his father have sev-

eral antique cars dating from 1915 into the 1940s, but here we see cars from 1905 and a car designed in the 1880s. What a great way to spend a few hours.

Sunday – The day I have been waiting for. Why? Because Laura and I will be meeting with more of my recently discovered birth family. We head to my birth second cousin Cindy's home first. There we meet another second cousin, Jean, and her grandson, Carter. Then we are on our way back to Norwich where we meet with my birth first cousin, Bonny. She has brought her youngest sister, Shelley, and Shelley's daughter, Kayley. Sitting around a table we are all talking at once. The first thing Shelley says directly to me is, “Our dad is your dad.” Later in the conversation, she repeats it firmly and with joy. It is like we have known each other all our lives. So, it is pretty well assured that I now know who my birth father is, and that my first cousins are actually my half-sisters. We continue talking and Shelley mentions that she has our dad's ring. It is engraved with the initials “P.R. to F.T – 1938.” My birth year is 1938. Apparently it was common for the mother or the father to give the other such a ring on the birth of a child. It is a wonderful day, and we set a date for a birth-family reunion where I hope to meet more of my several half-brothers and half-sisters.

Monday – We meet again with Cindy for lunch and she shares some more information. We part with the promise of contacting each other as we each continue to seek more information. Now Laura and I head for Cortland to visit some of my husband's family. Our four-day weekend is coming to an end, but what a weekend! Oh, did I forget something? Ah, yes. The title of this article refers to discovering another new ancestor, Rebecca Nurse. She was accused of being a witch at the infamous Salem Witch Trials, found guilty, and was executed. So our family's claim to fame is still Hannah Dustin, the mother with whom one does not mess around. You know Hannah. She was the lady with the hatchet.

New Neighbors

Christina Smith - Resident Services Manager

Mel and Sharon Klansky, 328C Nantucket Lane, formerly of Manalapan, N.J.

Barbara Sullivan, 135F Plymouth Lane, formerly of Old Bridge, N.J.

Diane and David Kramer, 48N Old Nassau Road, formerly of Matawan, N.J.

Thomas Smith, 129A Providence Way, formerly of Princeton, N.J.

Clifford and Yungae Lee, 297B Stratford Lane, formerly of Edison, N.J.

Robert Kennedy, 420-O Newport Way, formerly of Atlantic City, N.J.

Maryann Newman, 94B Gloucester Way, formerly of North Brunswick, N.J.

Veronica Lombardi, 25E Rossmoor Drive, formerly of Edison, N.J.

Joseph and Rita Bianco, 100A Rossmoor Drive, formerly of North Brunswick, N.J.

Jerry and Mary Ann Singer, 175C Portland Lane, formerly of Oakland Gardens, N.Y.

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Sook, 255C Mystic Lane, formerly of Monroe Twp., N.J.

Luis and Gladys Muniz, 309N Sharon Way, formerly of Roselle, N.J.

Howie and Yvonne Weiss, 312C Sharon Way, formerly of Fords, N.J.

Chang and In Jin, 138B Plymouth Lane, formerly of Fort Lee, N.J.

Lawrence and Christina McCarthy, 403N Newport Way, formerly of Helmetta, N.J.

Joellen Arrabito, 22-O Rossmoor Drive, formerly of Point Pleasant Beach, N.J.

Kathryn Lerner, 236N Marblehead Lane, formerly of Plainsboro, N.J.

Jian Jun Mu and Jing Hua Chen, 255N Mystic Lane, formerly of Fort Lee, N.J.

Henrietta Kaiser, 227D Manchester Lane, formerly of South River, N.J.

Virginia Kondakjian, 369A New Bedford Lane, formerly of Middletown, N.J.

Florence Osunga, 212N Mayflower Way, formerly of Edison, N.J.

Martin and Dorothy Brown-ing, 121D Lowell Lane, formerly of Monroe Twp., N.J.

In Memoriam

Eugene H. Neuzil

Eugene H. Neuzil, 96, died peacefully at his home on May 24. Neuzil, the son of Herman F. and Margaret Steele Neuzil, was born in Lynn, Massachusetts and graduated from Lynn English High School. He entered the Army in 1942. Among other assignments, he guarded German POWs and was training for the planned invasion of Japan when the

war ended.

While at Fort Wadsworth on Staten Island in 1942, he met Dolores Larsen and they married after a six-year courtship. Children Christopher and Bonnie were raised in Port Richmond, Staten Island, while Gene worked at postal facilities in St. George and Castle-ton Corners. He had a keen eye for photography, for example recording striking images of the Verrazano-Narrows Bridge under construction. He avidly collected coins and stamps. After retiring in 1983, he and Dolores moved to Rossmoor. In his last years, particularly after Dolores' death in 2016, he was greatly comforted by Sukai Jowjobe's attentive and gracious care.

He loved Yankees baseball and weekly poker with buddies and remained a faithful supporter of charities related to vision, Native Americans, and veterans.

Gene is survived - and greatly missed - by Chris and wife Sandy, Bonnie and husband Jose, grandchildren Siri, Anna, Lauren, Claudia, and Gregory, and great-grandchildren Max, Grace, Zelia, Adeline, and Signe.

Thank you notes

Thanks to all

I would like to thank everyone for their prayers, get well wishes and phone calls during the time that I was recovering from my accident. Rossmoor is a wonderful place and I have a tremendous amount of friends here. God bless.

Dan Jolly
RCAI President

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CULINARY CORNER

By Sidna Mitchell

The garden is coming in beautifully and plentifully especially since Ken and I have two sites at the Monroe Township Community Garden. (At our age, I hesitate to say plots.) We have corn, watermelons, acorn squash, collard greens and beans on one site. Tomatoes, peppers, okra, lettuce, zucchini, cucumbers and onions are filling the second site.

And do we have zucchinis! I've made zucchini bread, zucchini cookies and zucchini soup and have given away many of those slender green vegetables. I refuse to let the zucchinis get as big as baseball bats.

People keep telling us that our acorn squash are maturing too soon. I fail to understand how they know since we're the ones eating the delicious squash baked with butter and brown sugar.

The cucumbers have been coming in fast. I've used the cukes in salads, as a vegetable dipper for blue cheese dips, and I've pickled some. Lettuce has also been abundant and along with Ken and me having a salad every night, I've given bags of the green and red-leafed stuff away to friends and neighbors.

The tomatoes, okra, beans, peppers, collard greens and onions are slowly coming around and that's probably a good thing. In the meantime, I've used the cucumbers in a wonderful summer soup. Gazpacho supposedly originated in Spain, perhaps in Roman times, as food for shepherds and peasants since this could easily be made and taken to the fields. You'll enjoy the modern version.

Sing with the Monroe Twp. Chorus

By Sheila Werfel

If you are a soprano, alto, tenor, or bass residing in Monroe Township and are interested in joining the Monroe Township Chorus, come join us.

We sing four-part harmony and we rehearse at the Monroe Township Senior Center, at 12 Halsey Reed Road, on Tuesday mornings from 9 to 11:30 a.m. You do not need to be a senior citizen to participate: men and women of all ages are welcome.

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"We don't sing because we're happy - We're happy because we sing." William James

Culinary corner

Gazpacho

- | | |
|---|--|
| 1 can (28 oz.) diced tomatoes or 2 cans (14.5 oz.) diced tomatoes | 4 tablespoons olive oil |
| 2 cucumbers, peeled | 4 tablespoon vinegar or to taste |
| 1 green pepper | salt and pepper to taste |
| 1 large onion | chopped fresh basil or cilantro for garnishes (optional) |
| 4-6 cloves garlic | croutons (optional) |

Put tomatoes into a blender. Cut cucumbers, pepper and onion in small chunks. Add vegetables, garlic, oil and vinegar to blender and puree. (Don't puree to really smooth; you want some small chunks.)

Season with salt and pepper to taste. Depending on your taste, you might want to add more olive oil or more vinegar... Refrigerate until ready to serve.

Pour into cups and, if you wish, garnish with herbs or croutons.

This soup is refreshing on a hot summer day and improves as it ages. It works well for picnics and outdoor meals.

NOTE: This will make a blender full of soup but you can easily cut the recipe in half. When I made this a few weeks ago, I used Rotel tomatoes because that was all I had in the pantry. The gazpacho was a bit too piquant even for me.

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

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Goat Cheese Month

By Linda Monaco

National Goat Cheese Month! Who would have thought there would be such a thing? Certainly not me and I grew up having goat cheese in the house.

Goat cheese is made in just about every country in the world. Depending upon the method, the finished cheese can go from a soft spreadable cheese to a firm block to be sliced or cubed. Chevre is a soft variety of one of many French goat cheeses; Greece produces feta, a crumbly to firm cheese; and Ireland's Tully-boy goat cheese is a firm brownish cheese.

One of my favorite childhood memories is of my family's Ukrainian Easter breakfast. Family and friends would stop by to celebrate the risen Christ. The wonderful aromas that permeated the house could rival

Thanksgiving.

Weeks before, Mom would start decorating the eggs with many colored designs. The egg dye included vinegar which filled the kitchen and never seemed to fade. Even boiling the eggs added an aroma layer. The breads baking, the ham, kielbasa, and horseradish added to the delicious aromas in the house. But it was not until our source for goat cheese closed shop and I made it myself that I realized we had missed the most-subtle aroma of all. Making goat cheese.

Fortunately, my sister found a recipe for the soft cheese and, after trial and error, produced a credible tasting cheese. My family's Easter goat cheese was a soft cheese. It is formed in a basket like a soft mozzarella and is a very finicky cheese to make. One miss-step and

it will not set up.

These days I make the cheese with 2% cow's milk. Whole milk makes a firmer, tho' still spreadable, cheese. I tried it once with goat's milk (a neighbor had goats and lots of milk leftover each day). No matter how I adjusted the recipe, the best I could do, using twice as much milk, was half the amount of cheese. So I went back to cow's milk.

Easter Cheese

1 quart milk
1 T Salt
1 c non-fat dry milk
2 rennet tablets

Use a stainless steel or glass pot. Warm milk 110 degrees (not scalded or too hot). Add non-fat milk. Crush rennet tablets and add to the milk. Let stand for three hours until it gels. Fill plastic baskets, place in containers to drain, and refrigerate.

This cheese should be made at least three days before you need it.

The little seed that brings such great taste - Mustard

By Linda Bozowski

We all take many things in our lives for granted, especially among foodstuffs. To wit, salt, pepper, lemons, flour and mustard seeds. Mustard seeds? Who cares? Those are not foods that we consume each day (at least, most of us don't). But when we want to add some bite to our hot dogs or perk up our deviled eggs or add a different zestiness to our sautéed salmon, we often reach for mustard.

Mustard is a condiment used around the world and may be made from several different kinds of tiny mustard seeds: white, brown, and black. The whole, cracked, or ground seeds are usually mixed with water, vinegar, lemon juice, wine or other liquids and salt and other flavorings or spices to create a sauce or paste. The flavors can range from sweet to spicy, depending on the culture and the preferred ingredients. Besides being used in its pure sauce or paste forms, mustard is also used as an additive in salad dressings, mayonnaise, and barbecue sauce. It is also used as an emulsifier in binding together other ingredients that would not usually combine well, like those in Hollandaise sauce.

Some cultures like to claim certain varieties of mustards as their own. The French claim Dijon as theirs, since the recipe that substituted grape juice for

vinegar originated there. Dijon is now manufactured around the world, and even Dijon mustard made in France uses Canadian mustard seeds as a principal ingredient. English mustard, specifically Colman's, is a very hot product originally sold in a powdered form. The bright yellow English mustard is recognized as the hottest in the world, especially compared to yellow mustards made in America and elsewhere. Traditional American yellow mustard, usually a mild product, gets its color in part from the addition of turmeric powder.

The home cook can easily make mustard for immediate use by combining mustard powder (which contains ground mustard, turmeric and wheat flour), water or an acidic liquid, e.g., wine, vinegar, lemon juice, beer, and letting the mixture stand for about ten minutes. Unfortunately, mustards made with water, as opposed to other liquids, deteriorate rapidly and should be used after the "resting" period.

So what flavors can we find

at the supermarket? Readily available varieties include Dijon, English, French, American yellow, spicy brown, beer, whole grain, honey, hot pepper, jalapeno, horseradish, and fruit mostardo. For those interested in expanding their palates, a Mustard of the Month Club membership is available online. A member can purchase a 12-month array of products for about \$177. The Club claims that it supplies products that have won medals at the Napa Valley Mustard Festival. It also offers a Ketchup of the Month Club variation or a combination membership.

Interesting bits of trivia: "Hot" mustard is made with cold water, but the use of hot water produces a milder flavored product. Mustard does not require refrigeration and will not grow mold or harmful bacteria. If mustard should separate, it can be reconstituted by stirring. Mustard averages five calories per teaspoon and contains omega 3 fatty acids. Oh, and it's tasty when combined with mayonnaise, a la dijonaise.

The forgotten appliance – your waffle iron

By Linda Bozowski

When is the last time you took the waffle iron out of the cabinet? Do you even know where it is? My most current appliance, a really cute round one, is still in the box from Kohl's, in its pristine condition, because I haven't yet tried all of the great ideas I've seen on Food Network for uses other than making waffles.

So my thought for today is that, if I discuss some of those ideas with you, my reading friends, maybe we'll both get inspired to try some of them and we can surprise our friends and grandkids with our creativity. Nowhere is it written that waffle makers can be used only for making breakfast foods or chicken and waffles. Let's begin.

First, we have to suffer through a brief history lesson.

Waffle irons were originated around the 14th century and were designed to imprint patterns on the waffle. Such patterns included coats of arms, religious symbols or other designs. The waffles were baked over the open-hearth fire. In 1869 a stove-top waffle iron was invented. That device had a clasp that allowed the iron to be flipped over so the second side could be cooked. It was not until 1944 that the first electric waffle iron made its debut.

Before we get to the food portion of this piece, I would like you to know of an amazing use of the waffle iron. In 1971 Bill Bowerman, the Oregon track coach and co-founder of Nike shoes, used the waffle iron to create the non-spiked

(Continued on page 21)

Clubs and Organizations

Calling all prospective 2018 bazaar volunteers!

By Diane England

Because many of you have so enjoyed volunteering for the Women's Guild Annual Bazaar in years past, you'll be glad to know that this year's volunteer planning meeting will be on Wednesday, August 15 at 1 p.m. in the Gallery. Of course, the

event itself is always on the first Saturday in November, which will be November 3 this year. However, we collect the goods residents have donated on that Thursday in the Hawthorn Room and then, on the Friday, we set up the various salesrooms.

It takes many volunteers to accomplish these three days of tasks. Fortunately, many of you step up year after year, probably because you know the money raised goes on to fund five to seven scholarships for college-bound Monroe Township graduating seniors. Furthermore, remaining merchandise is donated to local charities. Of course, we always love to see familiar faces at this planning meeting, but we also hope some of our newer residents will attend this meeting and sign on as volunteers. This truly can be a

fun way to meet other residents.

We ask that those intending to be Bazaar volunteers join the Women's Guild, something you can do at this meeting for only \$10 (checks are preferable). Since our program year is from September through June, and we always present a calendar of events at our September meeting, this is a great time to join anyway. Needless to say, all are welcome to join.

Most people planning to attend this meeting will have worked the bazaar before. For newcomers, though, just know this event takes over essentially the entire first floor of the Clubhouse. We sell the following items in the following rooms:

- The Gallery (Winnie's Closet): Women's clothing, shoes, purses, jewelry, and linens.

- The Hawthorn Room (Granny's Attic): Household items including working small kitchen appliances, pots and pans, baking/cooking utensils, dishes, glassware, decorative items, holiday decorations, and pictures/paintings.

- The Maple Room (Grandfather's Attic): Items appealing to men including men's clothing, shoes, sports equipment, tools, and small electronic devices (current and working, please).

- The Cedar Room (Gourmet Shop): Homemade baked goods.

- The Dogwood Room: Books, toys, games, and CDs/DVDs.

- The Craft Room: Hand-knitted items and yarns.

- The Red Room: Home to our silent auction as well as pictures with Santa (plus we'll have Mrs. Claus as well again this year).

- The Ballroom: Our café where a limited menu of breakfast and lunch food items are sold.

Again, we ask you to attend this meeting whether you are volunteering for all three days or just half a day during the Thursday through Saturday timeframe. But what if you can't volunteer? Well, look at the list of merchandise we expect to be selling in the various rooms. If you were to clean your closets or storage areas, would you find some gently used merchandise we could sell? If so, for now, please set it aside for us. Then, watch for more details about the Bazaar in my October article.

Now, as the returning president of the Women's Guild, let me thank you for your willingness to support us as a volunteer, donor of merchandise, and/or shopper. We couldn't succeed without people fulfilling all of these roles. But for now, please mark Aug. 15 at 1 p.m., in the Gallery, on your calendar. Paulette Mascia, this event's chairperson, and I look forward to seeing you then.

Waffle iron

(Continued from page 20)

sole of running shoes, still in use. The "Waffle Trainer" was introduced in 1974.


Okay, we'll start out with an easy option. How about making a fun grilled cheese sandwich? Prepare the sandwich in your usual way, but instead of putting in in the fry pan or on the griddle, butter both external sides of the bread and put it in the waffle iron. You'll have to watch this closely, since the cooking time will be less than that needed to make a waffle. But when you determine that you've reached the desired level of brownness, you can remove the sandwich and have an indented melty treat.

How about grooved (maybe groovy) French toast? Do the usual egg and milk prep, melt some butter on the waffle iron plates, and put the soaked bread in the waffle. Again, watch the time, but when you've gotten to the proper state of doneness, remove your toast and fill those crevices with warmed syrup or (yummy!) freshly made blueberry, raspberry or strawberry topping. After all, those fruits are in season and good for you.

Ready to try something a little trickier? How about a croque monsieur? Or a quesadilla, panini, or a waffle pizza? Want to make an entire breakfast on your waffle iron? Start with bacon or a sausage patty, then make some hash browns, and finish off with scrambled eggs or go a little farther and make a simple omelet. Of course, keep the meat and potatoes warm in a low-temp oven while the eggs are finishing. Best part is, you don't have three pans to clean up after enjoying this hearty breakfast.

Snacks and sweets on your list? How about soft pretzels, gooey s'mores, various cookies and brownies, banana bread, or even carrot cake. The cream cheese frosting, applied after the cake is removed from the waffle, melts into the crevices for a delicious treat. These suggestions and recipes can be found on the web under the banners of Food Network and other cooking sites.

I'm going to try some of these recipes over the next month and I'll report back in the September issue. In the meantime, let's put our imaginations and waffle irons to work. Further suggestions are, of course, welcome.





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Players Pastimes

By Sue Archambault

Our two performances of our "This and That" variety show were a hit with the audiences. The shows took place on Thursday, July 19, and Friday, July 20. Musical numbers included solos and duets. Janet Wilson accompanied many numbers on the piano and Peggy Mankey added such dimension to "Halleluia" by Leonard Cohen with her beautiful accompaniment and solo on the cello. The Players performed several comedic skits and the laughter it generated led us to believe it was well received by the audience.

Our next show will be a brand new original musical comedy. Our own Bob Huber has written "Crooks and Nannies." Bill Strecker first originated the concept, and it is with great pleasure that we will ensure that his vision is

fulfilled. Bob also wrote most of the musical numbers; however, some of the numbers were written by Bill Strecker. The play will be performed on Oct. 18, 19, and 20.

Open auditions will be conducted on Tuesday, Aug. 14, from 7:30 – 9:30 p.m. and also on Wednesday, Aug. 15, from 2 to 4 p.m. in the Meeting House.

The Players' monthly meeting will take place on Monday, Aug. 27 at 7 p.m. in the Gallery. The audience will be treated to a viewing of the DVD of "Over Easy," which was the third original play written by Bob Huber and Bill Strecker and performed by the Players. Refreshments will be served. All are welcome.

Emerald Society's summer/fall activities

By Joan Avery

The Annual Emerald Society picnic will take place on Aug. 18 at the Clubhouse. President Dan Jolly has also arranged a day at the Crystal Point Yacht Club in Point Pleasant on Sept. 18 with Vinnie Talerico entertaining again. The bus will leave pool side at 10 a.m. Checks for the Point Pleasant trip are due at the next meeting.

See you on July 25 when John Katerba will come back to talk to the members about historical events in the local area. The ever-popular Billy Philips will be the entertainer for the August meeting.

Save the date, Dec. 8, for the Annual Emerald Society Christmas party at the Cranbury Inn. Also save Dec. 18 for the trip to Lancaster, Pa. for the American Music Theater's Christmas Show. Dinner will be at Good and Plenty.

Dan announced that at the last count, membership in the Emerald Society totals 308 with 43 new members this year.

Dan Jolly also announced that the Emerald Society has donated \$150 to the Disabled Veterans Organization in memory of Helen Ward.



Italian American Club

By Tony Cardello

Our Monmouth outing on July 15 was a huge success. Some of us actually came home with more money than when we started. The lunch was good and being near the finish line was very exciting.

Singer musician Jerry Spathis provided the entertainment at the July membership meeting. His fine voice was well received by those who were there.

Because of bocce, the July Bingo that was scheduled for a Thursday was cancelled,

but we will have two Bingo nights in August. The dates are Friday, Aug. 3, and the normally scheduled Friday, Aug. 24. Both will be in the Ballroom starting at 6:30 p.m.

You spoke, we listened. Due to the popularity of the Rossmoor Downs night, our picnic scheduled for Sept. 8 will be replaced with Rossmoor Downs 2. It will be held in the Ballroom starting at 5:30 p.m. at the same \$20 cost. As a reminder, seating is limited, so sign up at our

August membership meeting on Aug. 15 if not sooner.

We are planning a trip on Sept. 20 to Doolan's for their annual San Genaro Festival. The cost will be \$82 per person which will include bus, sit-down dinner, cocktails, dancing, and a great Las Vegas show by entertainers Andre and Cyrell. Those of us who have seen this show know what a great day this will be.

A \$200 donation was made to the Disabled American Veterans Organization.

Democratic Club news

By Susan Kostbar

We hope everyone is enjoying a beautiful summer. We were delighted to have Andrea Miller, of People Demanding Action, talk about our Social Security and Medicare systems at our June meeting. She shared good insight on communicating with our elected officials and local media on the value of strengthening the systems we've paid for and have earned as important benefits in our lives. Andrea also was kind enough to treat us to her homemade ice cream, a treat she learned to make at age 10.

Catherine Hunt, secretary of the Democratic Club, was

also generous in sharing three homemade apple pies, hot from her oven. We really know how to have a good time and work toward taking actions that will benefit all, especially going into the mid-term elections.

Coming up for the remainder of the year: the next meeting will be on Monday, Sept. 17, in the Gallery. Please watch Channel 26, the Democratic Club Facebook page, and the E&R flyer for speaker announcement. Then, our annual bagel rally will take place on Tuesday, Oct. 16, in the Ballroom from 9:30 to 11 a.m. Come out to hear what our local elected officials and

nominees have to say and enjoy free breakfast and networking with your community peers and friends. And finally, our annual Holiday Shopping Spree and Silent Auction event is planned for Tuesday, Nov. 27 in the Gallery from 7 to 9 p.m. This event was sold out last year, so be sure to watch for the announcement for the ticket on sale date. More details will follow at the upcoming Sept. 17 meeting. Be sure to join us; refreshments will be served, and bring a friend.

For more information about becoming a member of the Democratic Club (dues \$15), please call Ann LaCascia at 609-235-9540.

Focus on: Groups and Clubs

Veterans

(Continued from page 1)

May 18 Monroe Township High School Armed Forces Appreciation Day to which our veterans were invited and some were honored, particularly those from WW II. The day was to include breakfast, the ceremony, and games. The students were divided into four teams representing each branch of service and competed in track and field events to determine the winner of the Armed Forces Trophy. Also on May 18 was the Honor and Remember flag raising and barbecue sponsored by the group.

The opportunity to greet the Wounded Warriors Motorcade at the turnpike overpass by the Ramada Plaza Hotel on May 19 was also announced, with members planning to attend rain or shine (and it did rain that day), followed by a chance to greet them in person at the Joyce Kilmer Service Plaza on the Turnpike between exits 8A and 9.

The group has had numerous speakers in the course of the last two years, including representatives from the Veterans' Administration; Carl Burns, former U.S. Army helicopter pilot and author of "Centaurus in Vietnam: Untold Stories of the First Year;" John Frederick, a West Point graduate and Rossmoor resident who discussed his time at the U.S. Military Academy at West Point; Tom Cunningham whose Operation Jersey Cares sends care packages to our soldiers and sailors deployed around the world. Washington Crossing National Cemetery in Newtown, Pa., and Brigadier General William Doyle Memorial Cemetery in North Hanover, N.J., provided information on where veterans can be buried. Brochures were also available on protecting veterans from fraud.

This meeting was a slide show presentation by Harold Kane recounting his experience and showing photos of his initiation Crossing the Equator along

with his fellow Navy seamen returning from Subic Bay in the Philippines after 100 days' deployment on gun support during the Vietnam War. The tradition of a hazing ritual ending in homage to Neptune is an old one, celebrated by navies of many nations as well as the merchant marines and passenger ships. Those who have previously undergone the initiation are known as Shellbacks and the newbies who are to undergo the ritual are known as Pollywogs. The ritual is independent of rank, with officers divided into the same two groups. The evening before the crossing of the Equator, the Pollywogs get to reverse the upcoming event by staging a revolt and putting the Shellbacks to the test. The next day things reverse to the "proper" order and the more experienced Shellbacks put the Pollywogs through their paces. At the end, each Pollywog pays homage to Neptune and receives his certificate making him a Shellback. In the pictures Kane showed, they all seemed to be having a great time. They also all looked exceedingly young.

This group meets every other month, so watch Channel 26 or visit www.rcainj.com and look under Community Amenities to find the events shown on Channel 26 on your PC.

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August Dance Club features music by Danny Pesce

By Judy Perkus

The Dance Club will continue its summertime dances in the Clubhouse Ballroom. All residents, singles as well as couples, are invited to our Saturday, August 25 dance. DJ Danny Pesce will play all kinds of dance music. Refreshments include coffee, tea, soda, and cake (sugar-free available).

Our June dance featured a Hawaiian theme. Some of the ladies wore hula skirts (with help from a dollar store) and Hawaiian shirts were in evidence. To my surprise DJ Carmine did play a hula. Everyone enjoyed the sumptuous BBQ

dinner.

Dancing will continue on Sept. 29 at our 34th annual anniversary dinner dance. There will be more information in the next Rossmoor News.

Please leave your check made out to the Rossmoor Dance Club in an envelope in the E&R office, or mail it to Armen DeVivo at 449B Roxbury Lane. The cost is \$8 a person for paid-up members and \$10 a person for non-members. The reservation deadline is Aug. 17.

Call Armen at 655-2175 for more information.



At the Dance Club, all attendees received Hawaiian leis



Benny Vetrano, on right, in black shirt and red lei celebrated his birthday

Rossmoor Dance Club August 25 Dance

Name: _____

Phone: _____

Address: _____

Reservation Deadline: August 17

Paid-up Member(s): @ \$ 8 = _____

Non-member(s): @ \$10 = _____

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

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

SPORTS



9 Holvers-Alyce and Tori



Mary Shine's chip in

By Terre Martin

The winners of the first "Step Away Scramble" were Joan Lundy, Mary Ellen Mertz, and Alyce Owens. Second place went to Soonja Nam, Joyce Cassidy, Joan Gabriello and Maureen Danehy. "Step Away Scramble" rules require the person who hits the "best" ball to step away and let her teammates take over. Each player must contribute two drives, so strategy as well as skill helps in this game. The "Fewest Putts" winner was Soonja Nam in the A Flight, and Cathy Misner in the B Flight. The "4 Clubs and a Putter" winner was again Soonja Nam in the A Flight, and Cathy Misner in the B Flight. Our weekly tournaments are unconventional, but they make the game fun for players at various levels. The final June tournament was another "Step Away Scramble." The winning team was Joan Lundy, Terre Martin, Soonja Nam and Marjorie Heyman.

Our Brown Bag lunch meeting was held the last week in June. President Joyce Cassidy presided. Following committee reports, Joyce reminded everyone about the golf movement screening in mid-July. The last order of business was a discussion of a possible twilight golf social combining the efforts of the Ladies 9 and 18-Holvers and the Men's Club. Look for more information on

Channel 26 and in the Pro Shop for a date in September. All golfers who live in Rossmoor would be welcome. Non-golfing spouses will be invited to the social afterwards.

Lastly, several 9-Holvers took advantage of an excellent golf clinic focusing on the short game. Assistant Pro Ray Bridy

(Continued on page 24)

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Junior PGA Sectional Championship



Brendan Hansen



Ami Gianchandani

(Continued from page 1)

will compete in Louisville, Ky., at Valhalla Golf Club from July 31 to Aug. 3.

Ami Gianchandani repeated as the girls' overall champion with a one-stroke victory over Megha Ganne in the girls division. They will compete in Lexington, Ky., at Kearny Hills Golf Links from July 9 - 12.

The Rossmoor Golf Course, a private club, is a par 72, 18-hole championship golf course with 900 mature trees, one small and two large lakes, all of which occupies 104 acres in the heart of our community. Desmond Muirhead, the golf architect, created it in 1966.

The Men's Golf Club has approximately 150 members, creating a great social atmosphere during the Wednesday and Saturday morning Tournaments. (These get-togethers start in April and are generally finished by the second week in October.) The club sponsors various tournaments during the season, they include: Member-Member; Member-Guest; Memorial Day and Labor Day. There is also a tournament for Club Champion and individual flight champions from flights "A" – "E".

The Women's Golf Clubs' competitions are on Tuesdays with variations in the play format similar to the Men's Golf

Club as described above. The women have both 9 Hole and 18 Hole groups.

For more information please contact the Pro-Shop at (609) 655-3182 or visit www.RCAINJ.com

Ted Servis became our head golf professional in 1999 and has worked steadily in that position ever since. Ted is a certified PGA Professional and has furthered his skills in the PGA Business School I (New Orleans), and placed in the top 5% in PGA Business School II (Philadelphia) in 1995. Ted has served as the Tour Host for the NJ PGA Junior tournament for over 20 years. Ray Bridy joined Ted at the end of last season as the assistant golf pro.

Tom Tucci, golf course superintendent has been with us since 1991. Tom and his team do a great job of maintaining a challenging and beautiful golf course. He graduated from the Rutgers Professional Golf Turf Management School in 1994 and is a member of both Golf Course Superintendents Association of America and Golf Course Superintendents Association of New Jersey, where he continues to keep up on the latest developments and trends in the golf world.

9 Holers

(Continued from page 23)

demonstrated the critical elements of chipping out of short, longer, and very long grass. We also learned some important tips for better putting. Ray is eager to run more clinics, so if you are interested let him know or contact Joyce Cassidy.

Lastly, did you know that the golf course has a blog? Check it out. There are some great photos of the work that was done to improve the course — <http://rossmoorcgcgolfcourse.blogspot.com>.

Remember, it's not too late to join the 9-Holers. Our season goes until October. You need a handicap. Our membership chair, Mary Shine, has all the details. Contact her at 609-655-4518 or President Joyce Cassidy at 609-619-3618.



By Ted Servis, Golf Professional

Golf Course Highlights

The golf season is in full swing and it's been a great season so far for everyone. A job well done goes out to Tom Tucci and his staff for keeping the golf course in such great shape.

Our next ladies' golf clinic will be on August 29. 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 something you're looking for and we don't have it in stock, we will be happy to order it for you. Keep an eye out for our end

of summer sale in the Pro Shop.

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 5:30 p.m., all hours 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 and I wish everyone a healthy and happy 2018 golf season.

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

Religious Organizations

Community Church welcomes guest preachers in August

By Mary Jane Brubaker

The Reverends Jean A.F. Holmes and Bill Neely will be serving as guest preachers at the Community Church on Aug. 5 and 26, respectively

Rev. Holmes is a graduate of Millikin University in Illinois and Drew Theological School in Madison, N.J. Rev. Holmes received her Master of Divinity degree in 1987. Throughout her career Rev. Holmes has served the church as Christian educator, associate pastor, solo pastor and temporary pastor, and she also served the denomination as temporary associate executive presbyter. Rev. Holmes is also a trained Spiritual Director by which she companions people and groups as we all seek to deepen our relationship with God in a contemplative and deliberate fashion.

Married for 43 years, Rev. Holmes lives in Oakland, N.J., with her husband,



Reverend Jean Holmes PM MD



Reverend Bill Neely

Stewart, who is a director of music at the Old Paramus Reformed Church of America in Ridgewood, N.J. Together they have two adult children, Dana, who practices acupuncture at North Jersey Community Acupuncture, a business she owns; and Russell, who is an administrative lab coordinator in the Department of Surgery at Memorial Sloan Kettering Cancer Center in Manhattan. Russell is married to Lori Armstrong Holmes. They have two children, Russell

George Holmes, born in August of 2012 and Christopher Stewart Holmes, born in October 2015. Grand parenting is a wonderful delight to both Jean and Stewart. Jean is an avid knitter and movie buff.

Rev. Bill Neely has served the Unitarian Universalist Congregation of Princeton since 2011. He previously served congregations in Detroit and Memphis and while in seminary did ministerial fieldwork in St. Paul, Minn., and Fond du Lac, Wis.

(Continued on page 25)

Rossmoor Croquet - fun for all, all for fun



Carl Kruse, winner at the 2018 Massachusetts State Croquet Championships

By John N. Craven

Here are a couple of facts that I bet you didn't know:

1. Croquet is believed to have its origins in 17th-century Palle-Maille, a game often played in London's Pall

Mall. It has been said that only tobacco smoke spread faster throughout the British Empire.

2. Rapper P. Diddy held a croquet party to celebrate becoming the first rap performer to be given a star on the Hollywood Walk of Fame.

3. Croquet was the first outdoor sport to embrace equality, allowing both sexes to play the game on an equal footing.

Croquet is mid-way through the 2018 season and it has been great fun since the first crack of a mallet in April. The opening luncheon, winning the match over Meadow Lakes, "Kooky Kroquet" and the annual BBQ are just some of the highlights to

date.

In May, our own Carl Kruse traveled north to compete in the Massachusetts State Championship Tournament. Carl finished fourth in a field of 17 elite players from all over the east coast. Kudos to Carl on this major win.

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

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

Community Church
August 2018 Calendar
By Linda Klink

Aug. 5 Communion Church Service – 11 a.m.
Guest Pastor, Rev. Jean Holmes
Organist, Kevin Gunia

Aug. 7 Women's Guild Arts & Crafts for Bazaar
6:30 p.m. in Craft Room

Aug. 8 Worship Committee Meeting– 9:30 a.m.

Aug. 12 Church Service –11 a.m.
Pastor, Rev. Robin Bacon Hoffman
Organist, Kevin Gunia

Aug. 14 Finance Committee Meeting– 9:30 a.m.

Aug. 19 Church Service – 11 a.m.
Pastor, Rev. Robin Bacon Hoffman
Organist, Janet Wilson
Fellowship Sunday following service

Aug. 20 Council Meeting – 10 a.m.
Communications Meeting – noon.

Aug. 21 Women's Guild Arts & Crafts for Bazaar
6:30 p.m. in Craft Room

Aug. 26 Church Service – 11 a.m.
Guest Pastor, Rev. Bill Neely
Organist, Kevin Gunia

Aug. 28 Library Committee Meeting – 1:30 p.m.

Jewish Congregation and friends celebrate our nation's birthday

By Adrienne Brotman

On Wednesday, July Fourth, many Rossmoorites, friends and family celebrated our country's birthday with hamburgers, hot dogs, corn on the cob, macaroni salad, coleslaw, baked beans, cookies, rugalach, and no barbecue would be complete without watermelon! Hats off and a huge thank you to the Hospitality Committee, Marcia and Jeff Albom, Helene and Steve Gray, Janet and Fred Goodstein and Karen Seiden for a job well done. Our thanks go out to the waitresses and the griller who helped make this event a success!

Friday night Sabbath services take place at 7:45 p.m. at the Meeting House. On Aug. 10, Norman Perkus will

be our Torah Reader and Janet Goodstein will be our Lay Reader. Norman Perkus will be celebrating his second Bar Mitzvah. Mazel Tov Norm! Judy and Norman Perkus will be sponsoring the Oneg Shabbat in memory of Norman's Dad, Robert, and their son, Steven.

Friday, Aug. 24, services once again will take place at 7:45 p.m. at the Meeting House. Our Torah Reader will be Cantor Mary Feinsinger and our Lay Reader will be Jeff Albom. Helene and Steve Gray will sponsor the Oneg Shabbat in honor of Steve's 70th birthday. Happy Birthday and many more, Steve.

All residents are welcome to the services and celebrations.



Rossmoorites celebrate the Fourth of July, an annual event sponsored by our Jewish Congregation.



Hospitality Committee

Jews in the Civil War

By Hadassah Aylat

It was a grave and perilous time but no one can say that all through history Jews have not been through such times over and over again in one way or another. The American Civil War was again such an occasion and now they were serving their country on both sides of the infamous Mason Dixon Line.

Telling this story will be gifted historian and nearby Ponds community member Ira Hirschbein, who will be fascinating his audience once more at the Monday,

Aug. 20, meeting of the Sisterhood at 1:30 p.m. in the Gallery.

Sisterhood members and non-member residents will remember Hirschbein's visit last November when he related the story of Uriah P. Levy, the first Jewish Naval Commander in U.S. history. This time we are in the Civil War destined to be captivated again by Ira's compelling presentation.

Delicious refreshments will be yours and remember to make yours theirs by bringing food reserves for the needy in Monroe.

Catholic Society schedules activities for August

By Gene Horan

The following activities are scheduled during the month:

- **The Chaplet of Divine Mercy** will be prayed in the Maple Room of the Clubhouse at 3 p.m. on Tuesday, Aug. 21.
- **The Prayer Shawl Ministry** will meet in the Craft Room of the Clubhouse at 1:30 p.m. on Thursday, Aug. 9, and Thursday, Aug. 23.
- **The Catholic Society Council** will meet in the Meeting House Parlor on Tuesday, Aug. 7, at 1:30 p.m. All are invited to attend.

Note: There is no Mass scheduled for August.

Community Church

(Continued from page 24)

Rev. Neely spent his early childhood just outside Pittsburgh, Pa., and grew up in Virginia Beach, Va. He received his Master of Divinity from Meadville Lombard Theological School in Chicago in 2006 and currently serves on the school's board of trustees. He also serves on the board of the South-

eastern Unitarian Universalist Summer Institute (SUUSI) and is a past fieldwork supervisor for Princeton Theological Seminary.

As an undergraduate, Rev. Neely attended Old Dominion University in Norfolk, Va., where he majored in political science and minored in African American studies. He lives in Hamilton with his wife Shannon, their children Rachel (8), John (6), and Sara (4), and their cats Magnolia and Della. Bill enjoys sports, theatre, writing, and the beach.

The Community Church is an ecumenical community welcoming people of all faiths. Services are held every Sunday morning at 11 a.m. at the Meeting House. For those already belonging to another church, the Community Church offers a dual membership. For more information, please contact Membership Chair Alyce Owens at 609-860-0866

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HEALTH CARE CENTER NEWS

Shingles

By Kaytie Olshefski,
BSN, RN-BC

Shingles, also known as Herpes Zoster, is a viral infection caused by the same virus that causes chickenpox. For a person to have shingles, they must have had chickenpox. Once having had chickenpox, the virus lies dormant in nerve tissue. The incidence of getting shingles increases over the age of 50. Factors that

increase the risk of developing shingles include: the virus is reactivated by a decrease in the body's natural resistance to stress; infection; cancer; certain medications, usually immunosuppressant drugs; weakened immune system as in receiving chemotherapy, radiation treatments; having had an organ transplant; or being on steroids such as Prednisone.

Before a person breaks out

with a rash, the symptoms start with the person generally not feeling well. But usually the first symptom is pain. As the symptoms progress, the person will experience burning or tingling pain and sometimes numbness. They may experience itching or become very sensitive to touch. They may also experience a headache, upset stomach, and a fever. In a few days a rash appears that is reddened and then small red spots appear. Similar to chickenpox, the spots will turn into blisters and scab over. A small pockmark may be left once the scabs fall off. The rash and blisters will appear only on one side of the body as it follows a nerve root. It may appear as a band around the front of the chest and circle around to the back. It could also be on one side of the neck and go down the upper chest and back area. Shingles may also appear on one side of the face or scalp and may affect an eye. The pain of shingles not only occurs at the time of the attack, but may last months to even years afterwards. This long lasting pain is known as postherpetic neuralgia.

There is no cure for shingles, but with early treatment, the severity and duration may be reduced. If symptoms are affecting the eye or ear prompt medical attention is needed. It is important to see your doctor immediately to start on antiviral drugs. These drugs should be started within the first three days after the rash appears. The sooner the medication is started, the better as it will help

(Continued on page 27)

A Message from High Tech Landscapes, Inc.

By Jeff Voss

- Please call the East Gate phone and leave a message with any questions or concerns -- 609-655-5134.
- The first pruning (late spring/early summer) has been completed (weather permitting). The second pruning of all bushes and flowering shrubs will start this month.

- We will be street sweeping this month.
- Please remember to put any debris out front 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, 45 minutes each morning and afternoon.

Maintenance Department

By Dave Salter

Summer reminders

You can check Channel 26 for the daily landscaping schedule.

Air conditioning

If you haven't had your air conditioner serviced this year you can call the Maintenance Department to schedule your servicing. Some Mutuals require that you service your air conditioner every year or every two years.

Water valves

Water valves should be checked periodically to make

sure they are in working order in case of an emergency. Valves to be checked are the main shut-off valve, faucet and toilet valves, Symmons valve (washing machine shut-off), and outside faucet. If you would like a free estimate to replace those valves please call our office 655-2121.

Washing machine hoses

It is recommended that washing machine hoses be replaced every five years. Please call our office to set up an appointment.

ROSSMOOR COMMUNITY ASSOCIATION
2018 POOL SEASON
RULES, REGULATIONS, & POOL HOURS

The Rossmoor Community Pool is now open and
will close on Labor Day, Monday, September 3

The Pool will be open
daily between the hours
of 9:30 a.m. – 8:30 p.m.

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 Rossmoor identification.
3. Residents are required to register their personally invited guests. 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 first-come, 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 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. All residents must register their guests at the pool. Residents do not have to remain with guests over the age of twenty-one. Only residents may purchase pool passes in the E & R office. Residents assume full responsibility

- for their guests. Pool passes will be required for all guests during all hours of operation.
2. There is a maximum of four guests, including children, per Manor per day, except for Memorial Day Weekend, July 4th and Labor Day Weekend when there is a limit of two guests, including children, per Manor. The fee for a pool pass is \$5.00 per guest over the age of 16 and \$2.00 per child between the ages of four and sixteen.
 3. Children between the ages of four and sixteen 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 sixteen must exit the pool at 2:00 p.m. and exit the pool area no later than 2:30 p.m. Children under the age of four are NOT permitted in the pool or any of the facilities in the fenced area around the pool.
 4. Children between the ages of four and sixteen should be encouraged to use the restrooms before entering the water and any “accidents” in the water should be immediately reported to the lifeguard.
 5. 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, as follows:

Four Lanes:	
Monday – Sunday	9:30 am – 11:00 am
Two Lanes:	
Monday – Sunday	4:00 pm – 5:00 pm
Three Lanes:	
Monday – Sunday	5:00 pm – 8:30 pm

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

Revised by Board of Governors November 19, 2015

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 and following the links Facilities, Clubhouse and Activities, and Bus Info.

Your Garden

By Mel Moss

Black spot disease

Black spot disease on plants is a fungal disease. It can appear on the leaves, stems, flowers, or fruit of almost any plant. But it seems to love rose bushes the most of all. The official name of this fungus is Diplocarpan rosae.

If it is not treated all the leaves on a plant can get infected and drop off. If this were to happen in early or mid-part of the growing season, the plant will put out new leaves in that same season. But the gap of leaf loss can weaken the plant and make it less prepared to go through the upcoming winter.

This fungus disease, like most others, thrives in damp, warm weather conditions, much like we’ve had this past May and June. An infection on a leaf starts with a small black area that gradually grows larger and the leaf area around this spot will turn a yellowish color. Eventually these leaves will fall off. The branches of this plant may also develop dark purplish spots. If no action is taken, new leaves will probably come out but no doubt get re-infected.

Depending on weather conditions, the disease can be hard to prevent, but some good practices will help lower the chances of getting it, having it recur, or spreading to other plants.

- Always plant sun loving plants, especially roses, in a very sunny location and leave a large space between plants so air can circulate between them.
- Prune any densely growing plants for air circulation.
- You can’t control rainfall, but if there is a need to water the plants, do it in the morning to give plenty time for any leaves to dry.
- Hand watering with a hose is best. Water only the ground around the plant and not the plant itself.
- Keep the ground around the plant well raked of any fallen leaves, weeds, or other debris. This is especially important in the fall because fungus spores can overwinter in debris

and become active next spring.

- Keep alert and at least once a week check the plants for signs of black spot on any leaves. If seen, pick off the affected leaves and look for any that might have fallen on the ground. Get rid of them also.

Spraying with either chemical or non-chemical types of fungicides can be used to help get rid of this fungus. Chemical types include Captan, Daconil (copper), Ferbam, Mancozeb, and Maneb (sulfur).

In the non-chemical line, mix one tablespoon of baking soda, 2½ tablespoons of liquid soap to a gallon of water. Be sure to use liquid soap, not detergent. Spray a small test area on a plant and if no burning occurs in two days, spray every two weeks, or as long as needed.

Another organic spray, Neem Oil, can be used every two weeks as a preventive after an infected area has been cleaned up.

Some varieties of roses are considered less susceptible to black spot disease. Among these are Forty-niner, Coronado, Carefree Beauty, Simplicity, Bonica, Grand Opera, and Knockout roses. This does not mean they won’t contract this disease, but only that they are less likely to get infected.

I worked at a wholesale rose nursery here in Central Jersey back in the 1960s for about 10 years. We grew only climbing roses, which seem to be a little less susceptible to black spot disease. But one summer we had a whole two-acre field get completely defoliated by the disease, despite our spraying. This happened in the middle of summer, but by cleaning up the ground area and by continued weekly spraying, the plants leafed out again and were fine by the time they were to be dug-out in the late fall.

In short, especially for roses, the key is to pick a sunny, airy location to plant in, and be vigilant for any signs of the disease.



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CERTIFIED PUBLIC ACCOUNTANT –Don't let your tax questions linger. Talk to a CPA today. Rebecca (732) 718-4359.

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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.

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

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

House Cleaning

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

House Cleaning

ANA SANTOS HOUSE CLEANING SERVICES – Experienced, dependable, trustworthy, reasonable, references. Call Ana (732) 337-5743.

SANDRA'S PERSONAL HOUSE CLEANING – Working 20 years in Rossmoor. References available. Call Sandra (609) 529-6209.

DETAIL ORIENTED – Experienced, reliable. Window washing extra charge. Renee (609) 319-3545.

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

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

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LWV-MT to plan future programs

By Ruth Banks
The Monroe Twp. League of Women Voters will take a break in planning another special event in honor of its 30th anniversary and will discuss the status of current programs at its meeting on Aug. 27 at 1 p.m. in the Municipal Building Courtroom.

Under consideration may be future topics regarding voting, the status of juvenile justice in New Jersey, climate change and its impact in our state, and possibly a look at the Constitution.

The League is a nonpartisan political organization open to men and women and welcomes visitors who are interested in public policy issues to

attend our meetings.
National Voter Registration Day will be observed on Sept. 25, and on that day the League will hold its third and final event of its anniversary year. It will be held at the Township Library and will feature the story of the League's founder Carrie Chapman Catt. More information on this will be forthcoming next month.

For more information please contact: Andrea Pellezzi, 609-664-2146; Adrienne Fein, 609-860-5984; Ruth Mullen, 609-655-7579; or Judy Perkus, 609-395-1552; Or find us on Facebook at MonroeLWV, or on our website: www.monroetwpnj.org.

Health Care

(Continued from page 25)
to control the rash and reduce the postherpetic neuralgia pain and lessen your chance of developing complications.

The postherpetic neuralgia pain affects the nerve fibers and skin. Although the person is experiencing pain, he or she no longer has shingles. This type of pain is described as stinging, burning, jabbing, and/or an ache. The skin becomes very sensitive to temperature changes or even light touch such as from a bed sheet or light breeze. The doctor may suggest over-the-counter drugs, non-steroidal anti-inflammatory medications, pain medications, or other medications to treat the pain.

Shingles is infectious through direct contact and remains contagious until the blisters scab over. The fluid in the blisters may cause someone who has never had chickenpox to come down with chickenpox, not shingles. It is advised that someone with shingles avoid anyone with weakened immunity, people who never have had chickenpox, pregnant women, and babies less than a year old.

Unfortunately, shingles may reappear more than once. It may flare up when the person again is run down and may attack a different part of the body.

There are two adult shingles vaccines available. In 2006, Zostavax vaccine, a live weakened varicella zoster virus, was the first shingles vaccine to be approved for adults over the age 60. Zostavax reduces the chance of getting shingles by 51% according to the CDC. Zostavax's protection is known to last for five years. In 2017 the FDA approved another shingles vaccine, known as Shingrix. It is a dead zoster virus with an adjunct that will boost the immune system. This vaccine is recommended for adults over the age of 50. According to the CDC, this

vaccine is 97% effective in protecting someone who is between 50 and 69 years old against shingles and developing postherpetic neuralgia. For people 70 years and older, it has been shown to be 91% effective protecting them. CDC is recommending if you recently received Zostavax, wait at least eight weeks before receiving Shingrix.

Shingrix is given in two doses, 2-6 months apart. The side effects of Shingrix are temporary with local response that includes a sore arm, redness, swelling, and pain at the injection site lasting up to three days afterwards. Other side effects may include headache, tiredness, achy feeling, fever, and upset stomach.

Medicare Part D pays for Shingrix, but there may be a deductible or copay depending on the person's plan. Medicare Part B does not cover for the vaccine. Health insurance plans do cover the vaccine, but there may be a deductible or copay depending on the person's plan. Medicaid may or may not pay for the vaccine. It is wise to contact your insurance company to verify coverage if there is a deductible or copay.

Our next lecture in Saint Peter's University Hospital lectures series is with Rutvi Patel, P.T., from Divine Spine Physical Therapy and Yoga who will be speaking on "Understanding Back Pain" on Monday, Aug. 13, at 1 p.m. in the Maple Room. If you would like to attend, please stop by or call the Health Care Center at 655-2220.

We are getting ready for our Flu and Pneumonia vaccine clinics. The dates are Thursday, Sept. 20, in the Hawthorn Room and Friday, Oct. 12, in the Ballroom. Both clinics will be from 8 a.m. to 2 p.m. Nurses will give the flu and pneumonia vaccines. Like last year, we are able to take all insurances including commercial, HMO, PPO, POS insurances, and Medicare. If you would like a pneumonia vaccine, please have your doctor give you a prescription indicating which of the two pneumonia vaccines he/she wants you to have. If you have any questions, please feel free to call the Health Care Center, 655-2220.

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ARE YOU A CANDIDATE FOR SPINAL DECOMPRESSION?

Types of symptoms that can be relieved include:

- Back/Neck Pain
- Leg Pain/Numbness
- Chronic Low Back Pain
- Sciatica
- Stenosis
- Neuropathy
- Failed Back Surgery
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Get Back the Active lifestyle you Have Always Enjoyed!

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

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

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

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

BACK PAIN: CAUSES AND COPING

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

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

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

A NEW HOPE FOR LASTING PAIN RELIEF

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

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

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

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

VAX-D SPINAL DECOMPRESSION

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

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

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



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