



Rossmoor IN News



VOLUME 62 / No. 9

Monroe Township, New Jersey

SEPTEMBER 2026



Rossmoor Pool Sharks Win Second Consecutive Mayor's Cup Championship

In a hard-fought championship game against Regency, the Rossmoor Pool Sharks prevailed, winning a second straight championship. The Sharks were on their game and, with the fine shooting of "The Great Reynaldo," were able to scratch and claw their way to the top. Thank you to Clearbrook for once again hosting the games and thank you Tom Glade for doing another fine job with the tournament. Pictured from left: John Ferriolo, Dave Infante, Greg La Croce, Dennis Kalos, Paul Boisvert, and Harry Moorhouse.

Photo by Malissa McCormick

Flu Shot Clinics Are Coming this Month

Saint Peter's will be offering flu shot clinics on Wednesday, Sept. 23, and Friday, Oct. 9. The flu shots will be given between 10 a.m. and 2 p.m. in the Ballroom on Sept. 23 and be-

tween 1-5 p.m. on Friday, Oct. 9.

You can register online, or you can stop by the Rossmoor Health Care Center and complete the appropriate paperwork to select an ap-

pointment time. The flyer with instructions is available.

The nurses can accommodate walk-ins on the day of the shots, but priority will be given to those who have an

(Continued on page 3)

Chronic Pain Educational Series Returns Oct. 1

By Mary Jane Brubaker

Back by popular demand, the highly acclaimed "Take Control of Your Health: Chronic Pain" six-week educational series returns on Thursdays, Oct. 1 through Nov. 19 (12:30 - 3 p.m.) in the Clubhouse. However, no session will be held on Thursday, Nov. 5, due to the Charity Exchange.

Developed by Stanford University and successfully implemented worldwide, this evidence-based program equips participants with prac-

tical tools to better manage chronic pain and improve their quality of life. Sessions will cover effective pain management techniques, medi-

cation management, communication skills with healthcare providers, healthy eating strategies, and appropriate

(Continued on page 3)

The Health Connection Series

By Mary Jane Brubaker

Your body's systems are deeply interconnected. Join us for this free nine-week series, starting in September, to discover how heart health influences the brain, how gut health affects energy and mood, and how simple daily

habits can help you thrive at every age.

Each one-hour lecture features Hackensack Meridian staff sharing practical, evidence-based insights tailored for active adults. Sessions take place on Tuesdays from 10:30 - 11:30 a.m. in the Cedar Room in the Clubhouse.

Topics are grouped thematically so you can explore the connections or simply attend the sessions that interest you most and build your own wellness journey.

The first grouping is the Heart and Brain Connection, with lectures focusing on Women's Heart Health (Sept. 15), Neuroscience: Stroke

(Continued on page 3)

RCAI's Special Election Results



At a special election held at July's Board of Governor's meeting, Jo Schwegel was elected as president, Lori Moses as vice president, and Debra Stasik as secretary. John Craven continues as treasurer. From left: John Craven, Lori Moses, and Jo Schwegel. Not Pictured: Debra Stasik.

Sunday Afternoon at the Meeting House with Abraham



Following a wonderful concert by Abraham Alinea at the Meeting House on Aug. 9, attendees gathered on the patio to congratulate the pianist. Front row from left: Virginia Kondakjian, Meryl Hanson, Sheila McCue, and Aimee Coleman. Back row from left: Rebecca Redington, Abraham Alinea, and Paula Saucier.

Free Emergency Preparedness Classes

Residents are invited to attend free Emergency Preparedness classes presented by Saint Peter's University Hospital. The same one-hour session will be offered on two dates: Wednesday, Sept. 16, and Wednesday, Nov. 18. Both classes run from 3 - 4 p.m. in the Clubhouse.

These practical sessions are designed to help community members prepare for emergencies and strengthen personal readiness. The program is free and open to all Rossmoor residents.

To register, contact the Rossmoor Health Care Center. Space may be limited, so early registration is encouraged. Don't miss this opportunity to gain valuable skills that can help keep you and your neighbors safer. Call the Health Center at 609-655-2220 if you have any questions.

Inside this issue

Calendar of Events	19	Recycling and Trash .	18
Clubhouse Happenings..	3	Religious News	11
Clubs	8	Sports	12
Culinary Corner	8	Trivia Fun	8
RCAI's Exec. Board	2	Transportation	
RCAI Meeting Notice	2	Tidbits	18

Message from RCAI’s Executive Board

As your newly elected Executive Board, we are excited to bring a positive, forward-looking vision to our community. We are committed to building on Rossmoor’s strong foundation by working collaboratively with RCAI staff and all 18 mutual directors. Through thoughtful analysis, proactive planning, and open, ongoing communication, we will continue making Rossmoor the vibrant, active adult community we all value.

A clear example of this approach is our review of pool operations. At the July Board of Governors meeting,

we asked mutual directors to observe day-to-day activities during the final weeks of the season. An email was then sent to directors outlining key areas to evaluate, including lifeguard operations, usage patterns, amenities, and opportunities for improvement. We’ve invited directors to bring their observations and recommendations to the Thursday, Sept. 17, board meeting, so we can make well-informed decisions for next year’s pool season. We look forward to a productive and collaborative discussion.

This hands-on, data-

informed process reflects the proactive leadership we intend to apply across all areas of community life. We will also focus on enhancing communication so every resident stays informed and connected. Rossmoor thrives when we work together. We encourage every resident to share ideas, feedback, and suggestions.

Thank you for your continued support and engagement. We are optimistic about the year ahead and look forward to serving you with energy, transparency, and a shared commitment to our community’s success.

Recycling Together: Small Steps Make a Big Difference

By Tom Curry

Rossmoor residents have long embraced recycling as a simple way to care for our shared environment. However, recent challenges with our dumpsters have highlighted opportunities for all of us to work together more effectively.

When non-recyclable items find their way into the recycling dumpsters, that can delay pickups and attract unwanted wildlife. At times, our waste management company’s drivers have made on-the-spot decisions about what qualifies, and communication gaps between them and our management team have added to the confusion. These issues are frustrating for everyone, but they also present a chance to strengthen our system.

The Executive Board and I are committed to proactive, ongoing meetings with the waste management company to clarify guidelines, improve consistency, and resolve issues quickly. This collaborative approach will help create a smoother, more reliable recycling program for all of us.

In the meantime, residents play a vital role in making the system work better. Each issue of The Rossmoor News includes guidance on recycling and trash. To find

these instructions, check the table of contents on the front page (“Inside this Issue”). It might be a good idea to cut this article out and place it on your refrigerator for easy reference. By following the recycling and garbage instructions in that article, you can help keep our community clean by taking these additional steps:

- **Stick to recyclables only.** Please double-check that only accepted items go into the recycling dumpster. This keeps the process efficient and prevents delays. If you transport recyclables to the dumpster in a plastic bag, you must empty the items in the recycling dumpster and then place the plastic bag in the garbage.
- **Keep lids closed.** If a dumpster is full, use a nearby one. A closed lid is one of the easiest and most effective ways to deter animals and keep our community clean.
- **Notify your director if recycling hasn’t been picked up on the scheduled day.** Your director will notify Maintenance, and a staff member will be sent to the dumpster in question to assess potential contamination, move any non-recyclable item(s) to the garbage dumpster if possible, and then contact the waste management com-

pany to arrange an additional pickup of the recycling dumpster. If Maintenance cannot move the non-recyclable item(s), they will notify the waste management company that the dumpster in question should be treated as garbage and arrange for an additional pickup.

- **Break down cardboard.** Flattening boxes before placing them in the dumpster helps everything fit better and reduces overflow.
- **Handle home improvement waste separately.** Construction debris, renovation materials, and similar refuse do not belong in our recycling dumpsters. Residents, or their contractors, are responsible for proper disposal at an appropriate facility.

Our recycling program isn’t perfect - no system is - but with clear communication and a shared commitment, we can make it more effective. Every correctly sorted item, closed lid, and flattened box contributes to fewer delays, less wildlife activity, and a cleaner, greener neighborhood.

Thank you for your continued efforts and cooperation. Together, we’re not just managing waste; we’re building a stronger, more sustainable community. Let’s keep working together.

Bits & Pieces

By Sue Ortiz

Artificial intelligence (AI) is taking over.

I think I’m pretty good at graphic design without ever taking a class. So, a couple of years ago I was given the task of designing a logo for my writer’s group’s new name, “Jersey Sleuths.” AI was just starting to go mainstream, so I gave it a try.

Our group knew what we wanted for a logo: a black silhouette of New Jersey with our name “Jersey Sleuths” under a magnifying glass, both positioned over the central area of the state. Colors were to be red, black, and tones of gray. A simple task, one would think.

I don’t remember what program I used, but the results were disastrous! A silhouette of something vaguely resembling our great state appeared. The magnifying glass was crude at best and not even close to being positioned over, or even near, the state. But the biggest disappointment was AI’s spelling.

I found one of Canva’s myriad fun fonts that worked.

It seems like a no-brainer project, but it took a while to put all the components together in a cohesive design that our group liked. With the logo set, I now had to design a six-foot banner that included the new logo, our name, and our social media info. Canva to the rescue, again.

Skip a couple of years to now.

I use Publisher at work to make the flyers, tickets, and Facebook posts you see. Photos are downloaded from royalty-free sites, clip art added, text boxes filled with pertinent information, and ticket numbers imported from Excel. It takes time, sometimes an hour or more, to get things perfect.

Now, with Publisher going away in October and what will I do?

Well, I’ve started dabbling in AI again. And I found it has come a long way in a short time.

I just type in the information I want, the size of the document, color scheme, the event theme, and all the other minutiae. Click. Wait a minute or less. And it’s done! All words are even spelled correctly! It’s amazing. Stay tuned.

BP

“The development of full artificial intelligence could spell the end of the human race.... It would take off on its own, and re-design itself at an ever increasing rate. Humans, who are limited by slow biological evolution, couldn’t compete, and would be superseded.” — Stephen Hawking (English physicist, 1942-2018)

Information Highway: Contact information

By Meghan Kelly

To help us keep our resident records accurate and up to date, we recently mailed information request forms to residents who do not currently have an email address on file.

If you received this form, we kindly ask that you complete and return it at your earliest convenience. You may either drop it off at the Administration Office or email it to info@rcainj.com.

Keeping your contact in-

formation current allows us to communicate important Rossmoor news, community updates, and other timely information more effectively.

We need to know the following information: resident name(s), property address, primary email address, secondary email address, and phone number.

Thank you for your cooperation in helping us keep our records current.



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The Rossmoor News, a monthly periodical, is mailed to every home within the Rossmoor community. News items are welcome. Appropriate news items from outside organizations will be considered as space permits.

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

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

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Open RCAI Meetings in September

Thursday, Sept. 10
Standing Committee Meetings.
Maintenance Committee – 9:30 a.m.
Community Affairs Committee – 10 a.m.

Thursday, Sept. 17 – 7 p.m.
Board of Governors Meeting

It will be an in-person meeting and will be held via Zoom.
Please watch Channel 26 on your TV or on www.rcainj.com for more information.

Around the Clubhouse

By Melissa Barnard,
Clubhouse Manager

Here are some of the many activities planned for the coming months. We're always updating our schedule, so check Channel 26 and the Rossmoor Clubhouse Facebook page for the latest details. Registration is required for all events through E&R unless otherwise noted.

Special Events
Bob Scott's Game Show Night
Bob is back for another exciting Game Show Night on Tuesday, Sept. 15, from

6:30 - 8:30 p.m. Tickets are \$18 per person. Bring your own snacks and beverages.
Retirement Confidence and Financial Security
CEO and Founder Kevin Noon of Tyde Financial in Red Bank N.J., will help you plan your financial future on Tuesday, Sept. 15, at 10 a.m. at a special seminar in the Ballroom. Complimentary lunch will be provided. RSVP your attendance to the E&R Office.
Tony 'n Tina's Wedding
Come join the wedding of the century! This is an interactive, off-Broadway immersive comedy show where

the audience participates as guests, eats an Italian buffet - deliciously catered by Palms Plaza in Matawan - and mingles with the chaotic bridal party. The nuptials take place at Clearbrook's Cultural Center on Saturday, Oct. 10, at 6:30 p.m.; doors open at 6 p.m. Tickets are \$75 per person.
Trivia Night
Our next Trivia Night is being held on Tuesday, Oct. 20, from 6:30 - 8:30 p.m. in the Ballroom. Tickets are \$10 per person. Bring your own beverages and snacks.
New Years Eve Celebration
Ring in the New Year the Vegas Way on Thursday, Dec. 31, from 8:30 - 12:30 p.m. in the Ballroom. Tickets are \$37 per person. Finger sandwich assortment and dessert on tables. Champagne toast at midnight. Bring your own beverages.

Music
Order & Passion
Pianist Jennie Liu will be performing the music of Bach, Chopin, Beethoven, and Brahms on Sunday, Oct. 25, at 3 p.m. in the Meeting House. Tickets are \$10 per person.

Health Connection
(Continued from page 1)
Awareness (Sept. 22), and Understanding Memory Loss (Sept. 29).
The second grouping is Gut and Nutrition Powers, with lectures focusing on Healthy Gut (Oct. 6), Eat Heart Smart: Mediterranean/DASH Diet Benefits (Oct. 13), Fad Diets (Oct. 20), and Living with Diabetes (Oct. 20).
The third grouping is Daily Foundations for Lifelong Wellness with sessions on the Importance of Dental Hygiene (Nov. 3) and Lead a Healthy Lifestyle (Nov. 10).
The entire series is free, but registration is required. Once registered, you may attend any or all sessions.
Register today at E&R and take the next step toward vibrant health.

Get to Know the RCAI Staff:
Meet Gina Genther

By Susan Peters

As I continue to conduct interviews with members of the Rossmoor staff, it is my hope that you might get to know many of the interesting and caring folks with whom you interact on a more personal level.

A common thread for those working at Rossmoor is how much each loves working here. The word "family" comes up quite a bit when referring to those in their respective departments. This was especially true of Gina Genther, who has worked in the Administration Office at Rossmoor for nine years as accounting assistant.

Gina, originally from Brooklyn, comes to us with a diverse background. Her college interests in journalism and English turned into a career in banking and legal work when she became a comptroller for a private foundation in NYC. She then took a seven-year hiatus to care for her young family; then after moving to the Monroe area, she worked part-time for nine years at the Oaktree School for the Special Education Department.

What brought Gina to Rossmoor was a need for full-time work, so she applied for an administrative assistant position. Luckily for Rossmoor, after review of her resume, she was hired to fill that much needed position.

Gina works behind the scenes preparing RCAI and mutual reconciliations, assisting the comptroller, and assisting as board secretary. She mentioned how lucky Rossmoor is to be one of only a few self-managed adult communities, with the ability to give personal attention to its residents. She said our Administration works hard as a team to keep things running smoothly.

She lights up with pride speaking about her two sons, aged 24 and 30, and adores her new role as "GG" to her beautiful one-year-old grandson. Gina loves to travel and has several destinations on

her bucket list, namely Italy, Ireland, and Germany, which she hopes to visit in the future with her newly retired husband.

When I asked about some of the oddest requests she remembers from residents, she responded, "Can you turn my electric on," and concierge-type requests for a taxi or restaurant recommendations. When I asked what she has witnessed changing over the years, she responded, "more diversity and younger people, many still working."

Gina treasures a lovely thank you note taped to the wall by her desk from a resident, which I believe says it all. "I love living here. Every department takes such good care of us, which is reassuring when you live alone. Thank you."

Flu Shot Clinics
(Continued from page 1)
appointment. The homebound may be able to receive shots at home by contacting the Health Care Center at 609-655-2220.
At the time of your appointment, be sure to bring your current health insurance cards (primary and secondary) and your driver's license or identification card.
The Rossmoor Health Care Center is open seven days a week from 7 a.m. until 7 p.m. for a variety of services, including blood pressure and lab work. Call 609-655-2220 if you have any questions.

Chronic Pain
(Continued from page 1)
exercises for pain relief and mobility.
Past participants report meaningful benefits, including increased physical activity, higher energy levels, and fewer doctor visits.
The series is sponsored by Hackensack Meridian Health at no cost to Rossmoor residents. Space is limited to the first 15 participants, so advance registration is required through E&R.
Take control of your chronic pain. Register today!

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Bonnielee Smith

Welcome, Neighbor!

Bonnielee Smith, who grew up in New Brunswick, moved to Rossmoor (Mutual 5) in May. She had been living with her son in Woodbridge until she retired from her job as a security analyst at Phillips 66 and he got his first apartment. Bonnielee's best friend, Judy Hickey, moved here four and a half years ago, so Bonnielee was familiar with our community from her frequent visits. "I love it here," she says. "As soon as my son decided to move out, I knew I was going to come to Rossmoor."

Free Community Cleanup Day: Sept. 14

The Township of Monroe will be picking up all bulk items on Monday, Sept. 14.

All items should be placed in the designated areas on Saturday, Sept. 12, and Sunday, Sept. 13. Cones will mark the exact location in each designated area where bulk items may be left.

The 17 designated areas are Dorset Lane, Concord Lane, Hanover Lane, Portland Lane, Malden Lane, Mystic Lane, Nantucket Lane, Narragansett Lane, New Bedford Lane, Northfield Lane, Redding Lane, Somerset Lane, Sutton Way, Westfield Lane, Yorktown Lane, the Clubhouse Parking Lot, and the Meeting House Parking Lot.

Fabric-typed furniture including couches, mattresses, recliners, etc., must be securely wrapped in plastic.

Items that will not be picked up: clothing, paint, concrete, tires, aerosol cans, motor oil, antifreeze, brake fluid, transmission fluid, kerosene, pesticides, herbicides, pool chemicals, drain cleaners, petroleum lubricants, photographic chemicals, driveway sealer, oven

cleaner, mercury thermometers, household and car batteries, fluorescent light bulbs, construction debris, and garden debris.

Any of the above items

that are put out will not be picked up by Monroe Township. The individual mutuals will then be responsible to dispose of such banned items.

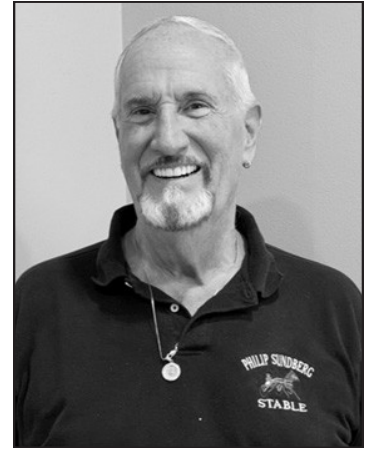
Phil Sundberg's Journey through Art and Recovery

By Mary Jane Brubaker

"Everyone has a story to tell," says Rossmoor resident Phil Sundberg, "and when we share that story, we help others."

A graduate of Parsons School of Design, Phil enjoyed a successful career in pharmaceutical design and medical illustration. He came to painting only in retirement. "I had always been a social drinker," he says, "but when retirement came and then COVID hit, I became isolated and alcoholism had taken grip of my life. My recovery program involved art therapy where I learned that I preferred creating abstract rather than representational art."

Phil continues his sober recovery journey painting in Rossmoor's Art Group,



Phil Sundberg

which is a gathering of residents who pursue art on Fridays from 9 a.m. - noon. "I go to the Art Group for about an hour every Friday," he says. "I have no idea what I'm going to do before starting a project. I just start. When I'm done, I rarely like it; but strangely, as time passes, I sit with it, and view it differently. It's a process of 'acceptance' that I go through."

Phil moved to Rossmoor from Lincoln Park in 2013. He and his partner have been together for 53 years. While Phil describes them as "total opposites," the relationship has stood the test of time. They both enjoy living in Rossmoor. "Our neighbors watch out for us, and we watch out for them," he says.

A lifelong Catholic, Phil serves as a eucharistic minister at a nursing home in Cranbury. He frequents the pool and attends all the dances. The Art Group remains one of his favorite activities.

"I tell people who think they can't draw that they are better than they think they are," he says. "I share my art so people can see it's not about being perfect. It's a form of self-expression, and people can read into it what they want to see."

"I've learned to accept life on life's terms," he concludes. "I have a lot of respect and gratitude for the journey."

Phil Sundberg's paintings will be on display in the Gallery through the month of September.

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Rossmoor's Website

Go to rcainj.com to access the Rossmoor website.

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

Won't You Be My Neighbor? Meet Lorraine Glynn

By Susan Peters

I am both intrigued and sometimes pleasantly surprised to discover what attracts new residents to Rossmoor. So when Lorraine Glynn told me "it was the beautiful trees," I chuckled, yet understood.

Lorraine comes to us from Stony Point, in Rockland County, N.Y., known for its scenic mountain views and green terrain. She has an

impressive background supervising alternative incarceration programs for the Rockland County District Attorney's Office for individuals with substance dependency and mental health diagnoses, as director of admissions for Rockland Community College for many years, and working for the FBI.

Lorraine moved to Rossmoor more than a year and a half ago with her cats Cody



Lorraine Glynn

and Willow that also feel right at home overlooking the woods on Yarborough Way. Lorraine boasts about the wonderful reception she received from her neighbors in Mutual 16 who hosted a brunch for new members of their mutual shortly after her arrival. She said she quickly made new friends and is grateful to have moved closer to her son and three grandchildren who live in East Brunswick.

Lorraine is also a poet and photographer; she has covered the walls in her new home with canvases of all the places she has been in life. For each of the past five years, she has prepared a hardcover book of photos she has taken as a Christmas gift for each of her grandchildren - college-aged twins and a high school student - depicting special moments within that year for each child.

Although she only officially retired about six months ago, Lorraine has been exploring the many activities Rossmoor has to offer. You may run into our delightful new neighbor as a participant in Mutual 16's activities or at the Tai Chi classes on Tuesday nights. Be sure to say "Hello."

Making Waves with Paint



The Summer Wave Paint Party on July 22 brought together budding artists for an evening of creativity and fun. Under Kathie Morolda's easy-to-follow instruction, everyone completed the same colorful Summer Wave painting-each with their own artistic flair! Check with E&R for the date, theme, and ticket information for the next Paint Party at Rossmoor. Diane Charleton shares her Summer Wave painting.



Daisy Cohen wins Second Place

Another one of Daisy Cohen's paintings, "Easter Island," came in second place at the Senior Art Contest & Show 2026. Sponsored by the Middlesex County Office of Aging and Disabled Services.

The Dog Days of Rossmoor



Twelve of Rossmoor's most respectable dogs met with their humans one summer morning for an important neighborhood conference. While the official agenda remains confidential, it was unanimously agreed that Penni would proofread the minutes, every passerby would receive a friendly greeting and treats and belly rubs would always remain on the agenda! From left: Frank Trainor, Aline Carroll, Penni McOlvin, and Cynthia Marnell.

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The Mob Strikes Again!



The "Mob" came to Trivia Night with minds blazing and teamwork to spare, winning the opening round! Here they are proudly showing off their winning scratch-off tickets. Just another night of laughs, friendly competition, and great friends making great memories! The "Mob" from left: Rob Lewin, Steve Rothchild, Diana Gatto, Hope Madden, Cathleen Collins, Louise Ayers, Mickey Tamberelli, Judie Sforza, Deb Casper, and Jo Genovese.

Monroe's Part in the Rev War

By Sidna Mitchell

When you turn off the Cranbury-South River Road (Route 535) onto Forsgate Drive or Prospect Plains Road, you see a sign welcoming you to historic Monroe Township. On Wednesday, Sept. 9, at 6:30 p.m. in the Clubhouse Ballroom, you can hear the stories behind Monroe's history.

Township Historian John Katerba with Kyle Johaneson will tell you about the famous generals – George Washington and Charles Lee – who stayed in Monroe before the June 28, 1778, Battle of Monmouth. You can also learn about some of the town's early families and

their contributions to Monroe Township.

John Katerba may even tell you about the Revolutionary War John Miller house that still stands on Hoffman Station Road; he and his oldest son, Joe, have been restoring the house for more than two years. Learn what

they uncovered as they prepared the structure to become home for Joe and his family.

Be sure to register with E&R to uncover the historic facts about our hometown. This program is co-sponsored by the Rossmoor Computer Club.

Hello, Neighbors



John and Penny North came to Rossmoor 22 years ago. Prior to retirement, John was a sales executive, and Penny was a school librarian. The Norths were originally from southeastern Connecticut, and they moved here because the New England architecture and landscaping reminded them of home.

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A Tribute to Brad Damore



This past March, a golf outing was held in loving memory of Brad Damore, son of Ed and Peg Damore, who passed away on Oct. 27, 2025. The event raised funds for a high school scholarship in a deserving student's name at Brad's alma mater in Hightstown. In addition, the extended Damore family donated a bench and a tree in Brad's memory at the 14th hole on the golf course. The plaque reads: "In Loving Memory Brad Damore 'Ready Golf.'" According to his father, Brad always said that to his foursome to keep them moving at a good pace on the golf course. Special thanks to Rossmoor Golf Course Superintendent Tom Tucci and Golf Pro Ray Bridy for their assistance with the

tree and the bench. Front row from left: Frank Turk, Eva Turk, Peggy Damore, and Chase Damore. Back row from left: Ed Damore, Madison Damore, Parker Damore, Chris Damore, Lisa Damore, Gage Damore, and Tina Damore.

Discover Your Family History

By Josephine Genovese
Have you ever wanted to trace your family tree? The Genealogy Club at the Monroe Township Public Library welcomes anyone with an interest in family history. The club meets on the second Wednesday of each month from 2 - 3 p.m. at the Monroe Library, 4 Municipal Plaza. Members gather to discuss research, share discoveries, and exchange helpful resources. No registration is required. This month's meeting will be held Wednesday, Sept. 9. Save the date for Wednesday, Oct. 7, from 2 - 3:30 p.m. You can hear Debbie Hadley give "Advice from a Professional Genealogist: 10 Best Tips for Finding Your Ancestors." No registration is required. Whether you're just getting started or looking to take your family research to the next level, this special presentation promises practical tips from a professional genealogist. For more information about the Genealogy Club or the October program, contact Lauren Uslan, Adult Services Librarian, at 732-521-5000, ext. 106, or email luslan@monroetwplibrary.org.

From the Jewish Congregation of Clearbrook

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ROSH HASHANAH

Friday, September 11th	Erev Rosh Hashanah	6:45 pm
Saturday, September 12th	1 st Day of Rosh Hashanah	9:30 am
Sunday, September 13th	2 nd Day of Rosh Hashanah	9:30 am

YOM KIPPUR

Sunday, September 20th	Kol Nidre	6:45 pm
Monday, September 21st	Shacharis	9:30 am
Monday, September 21st	Yizkor	12:00 noon
Monday, September 21st	Service (only do NEILAH)	6:45 pm

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Princeton's Taverns

By Sidna Mitchell

Check out "Princeton's Taverns: On the Road to Revolution" short exhibit off Nassau Street in Dohm Alley (near Starbucks). On Friday, Sept. 11, at noon and 1 p.m. you can hear a "Community on Tap" curator talk about the role of Princeton's taverns in Revolutionary times. The talks are free, and no registration is required.

Trivia Fun

By Peter and Phyllis Braff

- 1- What is the most eaten fish in the world?**
A - salmon B - tuna
C - flounder
- 2- What has the most protein?**
A - peanut B - walnut
C - almond
- 3- What has the least calories?**
A - apple B - pear C - orange
- 4 - What food can you not eat in space?**
A - chocolate B - bread
C - juice

(Continued on page 12)

CULINARY CORNER

By Sidna Mitchell

Using Squash for Muffins

Writer's note: My cooking columns this year were to coordinate with the articles I'm writing about nearby Revolutionary War sites. However, in August, my article about Bordentown didn't make the paper, but Culinary Corner did. Thus, one sentence - "Perhaps a cook in Joseph Borden's or Francis Hopkinson's house or maybe Patience Lovell Wright herself might have baked a berry cobbler" - probably seemed curious in my column about a raspberry cobbler. From now on, I'll just write the two articles without trying to link them.

By this time of the summer season, our gardens, like those in colonial times, are often full of summer squash and other vegetables such as peas, beans, and corn. What to do with all those colorful vegetables? I checked my many colonial cookbooks as well as the Internet for something to make. Fortunately, I found a recipe for squash muffins on <https://www.revwartalk.com/squash-muffins/>.

Perfect, I thought. But not so fast as I read the ingredients and the instructions. "Line one to two muffin pans" read one direction. Okay, but what size? I know that some of the old recipes were not explicit, and maybe colonial types did most of their cook-

ing and baking by instinct, but this needed work. First of all, the instructions were not in order of the ingredients.

And two and a half cups flour sounded like that would make more muffins than I

wanted. Obviously, I needed to cut the recipe in half and straighten out the instructions. Also, I added nuts to the recipe. Here's my version for a tasty appetizer or a breakfast muffin.

Squash Muffins

- 1 ¼ cups flour
- ¼ teaspoon salt
- ½ teaspoon cream of tartar
- ¾ teaspoon baking powder
- ½ cup milk
- ¼ teaspoon baking soda

Preheat oven to 400 degrees.

Line a six-cup muffin pan with six paper baking cups.

Sift the flour, salt, cream of tartar, and baking powder in a large bowl.

Add baking soda to milk in a small bowl and stir.

Mix squash, melted butter and sugar in another bowl; mix well.

Add squash mixture and nuts to flour and then add milk; stir until well blended.

Pour into baking cups.

Place muffin pan in oven and bake about 20 minutes or until done.

NOTE: Makes six muffins, and for me, it also made a little loaf. I cut the muffins in half and served those as an appetizer one night. The original recipe said to serve with jam. Although my taster liked the muffin without strawberry jam, I did find bacon jam on the muffin very tasty.

I can be reached via email at sbmcooks@aol.com.

Culinary Corner

- ½ cup grated squash
- 1 ½ teaspoon melted butter
- ¼ cup sugar
- ¼ cup chopped walnuts or other nuts

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Clubs and Organizations



Bond of Brothers

Several Rossmoor veterans paid tribute to a fellow veteran, the late Dennis Haggerty, at a memorial bench honoring Dennis. His wife Dottie and Mutual 2 were instrumental in placing a plaque that reads, in part, "In loving memory of a gentle spirit who loved this place. Sit awhile and remember a life that made the world brighter."

Italian American Club

By Tony Cardello

The month of September will be the return of our membership meetings that were on summer hiatus. The next meeting will be on Wednesday, Sept. 16, at 7 p.m. in the Ballroom. Entertainment will be provided by the return of the great duo Silver and Gold.

There will also be a trip to Wind Creek Casino on Thursday, Sept. 17, in Bethlehem, Pa., at a cost of \$30 per person with \$25 back.

Bingo will be played on Friday, Sept. 25, at 6:30 p.m. in the Ballroom.

Players: An Exit, an Entrance, and a Revival



By Jason Salt

After years devoted to the Rossmoor Players, Sue Archambault has stepped down as president of the club. She was honored in July at a Players gathering and was presented with a plaque that reads, in part, "With gratitude for your many years of dedication as President of the Rossmoor Players ... for your great performances on stage and your tireless work behind the scenes ... You have made a profound difference in the lives of each one of us. Rossmoor is a better place because of you." The cake was inscribed "Let's Get Going (referring to her signature song) – Thank You, Sue."

But the Players aren't president-less, if that is even a word. Stepping in as the newly elected president is Annmarie Martucci, who said, "It has been an honor for the last 12 years to be part of the Rossmoor Players. Please join us as the fun continues. I look forward to many more years as president, and to seeing everyone at 'Between Engagements' in October."

And speaking of "Between

Engagements," the Bob Huber/Bill Strecker musical comedy with additional surprises and new songs by Jim Wilson, there's still time to join the production, working with the stage crew, the sound team, the lighting group, or the orchestra. Possibly more than one. If you're even a little bit interested in the fun, the teamwork, and the glow of pride, please call Annmarie at 914-906-7648.



Passing the torch: Incoming President Annmarie Martucci (left) and outgoing President Sue Archambault.

Rossmoor Dance Club: 42nd Anniversary Buffet and Dance

By Debbie Sills

On Saturday, Sept. 26, the Rossmoor Dance Club is holding its 42nd anniversary-catered buffet Dinner Dance. The DJ will entertain us from 6 p.m. - an earlier start to allow time to eat the delicious meal. La Terrazza will cater the meal.

The buffet selection includes such favorites as penne vodka, cavatelli broccoli, grilled veggies, chicken francese, sausage/pepper/onion, meatball marinara, and, of course, salad, and dinner rolls. There will also be a range of desserts and soft drinks such as soda, coffee, and tea.

Paid-up 2026 members will pay \$31 per person, and non-members will pay \$35.

Please complete the reservation form, found on the carousel by the E&R office, and place the reservation form in an envelope with payment of exact cash or check made out to the Rossmoor Dance Club. To deliver the envelope to the club, you can either put it the Dance Club mailbox near the E&R office or mail it to President Armen DeVivo, 449B Roxbury Lane, 609-655-2175.

Please note that reservations must be received by Monday, Sept. 21, so plan ahead.

When you complete the

(Continued on page 10)

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WHAT TO EXPECT

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ROSH HASHANAH

Friday, September 11, 6:30pm

Shabbat, September 12, 9:30am

Evening service 7:30pm

Sunday, September 13, 9:30am

Shofar Blowing 11:30am

Family Tashlich Waterfront Service 2:45pm (at Concordia's Perrineville gate)

YOM KIPPUR

Sunday, September 20

Kol Nidrei and evening service 6:30pm

Monday, September 21

Morning Service 9:30am

Yizkor Service 11:00am

Neilah Closing Service 5:30pm

Break-fast 7:37pm

FEE: \$90 per person

(no one will be turned away due to lack of funds.)

For more information or to RSVP, please text 609-610-8264 or email chanie@chabadmonroe.org

www.ChabadMonroe.org/highholidays

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Chorus Looks to Make This Year Something Special

By Jason Salt

According to a source close to the music stand, this promises to be an exciting year for the Rossmoor Chorus with our new Chorus Director Aimee Coleman and Russ Howard back as treasurer and events coordinator. Russ was recently honored for

his dedication to the group. "This is the best chorus I have ever sung with," he remarked. "This chorus is really something special."

When asked what's coming up for the Chorus, Aimee said, "The winter concert will include some of everyone's favorite holiday classics, plus some new

works as well. And the spring one will pay tribute to a decade of fantastic music. Which decade? You'll have to either join the chorus or wait to see us perform!"

Maybe you've already seen the Rossmoor Chorus perform, and you'd like to join. If you're thinking of adding a dash of harmony to your recipe for living, feel free to drop by a rehearsal on Wednesdays 3:30 - 5 p.m. in the Meeting House or email Aimee Coleman at boysandcurls@yahoo.com.



Upon being honored, Russ Howard said, "This Chorus is really something special." From left: Russ Howard and Jim Wilson.

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Dance Club



Dave Crane and Cynthia Marnell at the Dance Club's Independence Day Dance.

(Continued from page 9)
reservation form, please write your name and the names of any guests you wish to have seated with you..)

The Dance Club was established 42 years ago when it was originally called the Ballroom Dance Club. Since then, we have added line dancing and a lot of free style music for solo dancers.

In the club's early years, it was customary to wear evening wear, ballgowns, and tuxes. We are not so formal now, but why not get some of your dressy wear out, and let's show everyone what a glamorous bunch we are in Rossmoor. This is our only formal event of the year, so take the opportunity to dress up.

See you at 6 p.m. on Sept. 26 in the Ballroom for four hours of good food, fun, and friends.

Computer Club



Shirley Bowers of the AARP talked about "Growing Younger as You Age" at last month's Computer Club meeting.



Veterans Group Welcomes Members

All Veterans! Come to a meeting every second Tuesday of the month at 10 a.m. in the Ballroom.

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Religious News

Catholic Society News

By Sheila McCue

As Indian Summer transitions to fall, the Catholic Society is gearing up for a busy season of spiritual renewal with several events on the calendar.

Our September luncheon is scheduled for Wednesday, Sept. 16, starting at 11 a.m. in the Gallery. Our presentation will focus on "Experiencing the Thin Places – A Look at Celtic Spirituality." Check Channel 26 for ticket information. We look forward to an afternoon of food and fellowship offering an opportunity to deepen our spiritual and social relationships.

October brings our traditional mass, hosted by the Italian-American Club. Once again, we gather in prayerful celebration of our Italian American heritage and how it has enriched American life.

Our screenings of "The Chosen" episodes continue Friday afternoons in the Clubhouse. Invite a friend to join you for a Friday afternoon "watch party."

Our November goal is a healing service including the sacrament of the Anointing of the Sick.

December includes plans for two events: Advent by

Candlelight and the Posada Procession. Advent by Candlelight is a new event for us. It will include a time of prayer and meditation followed by refreshments and fellowship. Volunteer sponsors are needed for this event. Each sponsor will curate/host a table for eight at the event. This will include decorating your table with an Advent theme and providing refreshments.

Later in December, closer to Christmas, we will have our Posada procession recalling the journey of Mary and Joseph to Bethlehem, their experience being turned away before finally finding shelter and welcoming our Savior into the world.

Due to early deadlines for The Rossmoor News, we strongly encourage you to check Channel 26 regularly for updated developments and dates.

Also, we remind you that our membership list continues to grow, thanks to your registrations via email. Please include your name, cell phone number, and email address, and send to: readermccue@yahoo.com with a subject title, "Catholic Society member." See you at the September luncheon.

Year 5787 High Holiday Services

By Adrienne Brotman

In the year 5787, the Jewish Congregation will be holding services as follows: Friday, Sept. 11, Erev Rosh Hashanah, 7 p.m.; Saturday, Sept. 12, Rosh Hashanah, 10:30 a.m., Kol Nidre, Yom Kippur, Sunday, Sept. 20, 7 p.m.; Yom Kippur, Monday, Sept. 21, 10:30 a.m., and Neilah and Yizkor, beginning at 5 p.m. that evening. All services will be at the Meeting House. There is no cost for members to attend services. Nonmembers are welcome to join us at \$25 per person.

(Continued on page 12)



Scoops, Smiles, and Summer Fun

The Ice Cream Social, sponsored by the Rossmoor Jewish Congregation, was the perfect way to beat the summer heat. Residents from across the community gathered to enjoy great conversation, nine delicious flavors of ice cream, and enough toppings to satisfy every sweet tooth. A heartfelt thank you to Barbara and Scott Hoff for putting together another wonderful event and bringing our community together. It was the perfect recipe for a sweet summer night! From left: Barbara Herman Hoff and her husband, Scott Hoff.



A Bagel-icious Night

Did you ever wonder who invented the bagel? Rabbi Deb Smith answered that-and so much more-at the "History of the Bagel" gathering held on July 26, sponsored by the Rossmoor Jewish Congregation. It was a fun and delicious neighborhood event filled with interesting history, good conversation, fresh bagels with plenty of toppings, and a tempting assortment of scrumptious desserts. A heartfelt thank you to Barbara and Scott Hoff for organizing this gathering and to Morty Wall for handling the RSVPs. More than 50 Rossmoorites enjoyed the presentation followed by delicious bagels, lox, salads, and desserts. It was a great story with a delicious ending.

Photo by Helene Gray



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Dr. DeFazio has been practicing for over 30 years, is married, and has three daughters and three grandchildren. He enjoys spending time with his family and at his favorite pursuits which include golfing and vintage cars.

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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Happy Birthday
The ladies of Mutual 4B celebrate the August birthdays. From left are Sara Torres, Joan Clayton, Lin Richelsen, Linda Ikeda, Joan Russo, Delia Gaines, and Youngae Lee.



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Rossmoor Sports

Team #9 is the Bocce Champ!

By Terre Martin
This past Bocce season did not disappoint. There was fun, competition, cheering, trash talking, teasing, and team-bonding. Monday/Wednesday's Team #9 won an excellent best of three

Year 5787 High Holiday Services

(Continued from page 11)
There will be a Break-the-Fast following services on Monday evening, Sept. 21. The cost is \$36 per person for members and nonmembers. Look for flyers in the carousel near the E & R office. Mail completed forms and checks to Morty Wall. For information, contact Barbara at 973-476-5702.
La Shana Tova-may you all have a healthy and sweet new year.

Trivia Answer Key

(Continued from page 8)

- 1 - B
- 2 - A
- 3 - C
- 4 - B



match with rival Team #6. Captain Mike Doran led Barbara Wright, Mike Macagnone, Mitch Rinsky, Mike Mancusi, and Sue Peters through a season of close calls. The runners-up on Team #6 were Captain Doug Martin, Joel Benetti, Jean Balore, Terre Martin, Mike Enz, and Sal Proietto.
Bocce is one of Rossmoor's most popular sports and one of the most inclusive. You don't have to be young and agile, fast and limber, or even have good eyesight. You must want fun, friendship, and an occasional win. If you need quiet to concentrate, Bocce may not be

your preferred game. It gets loud, raucous, and intense, but always peppered with fun.
Over the years, people have played with oxygen tanks, binoculars to see the intended target, and aides to escort them on and off the court. There aren't even any language barriers. Since the game originated in Italy, you often hear "Italian" spoken when someone misses a shot, but everyone says "good game" in English.
Bocce will be back in the fall, so look for the sign-up date. The most important skill you need is showing up for your match.

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



Round Robin Tennis Mixer

After Mother Nature postponed their original Round Robin Tennis Mixer, scheduled for July 5, Rossmoor’s tennis enthusiasts and guests finally enjoyed a beautiful day of friendly matches on July 12, with much laughter, great food, and wonderful company. Judging by these smiles, the wait was definitely worth it. From left: Nancy Nicola, Renee Mancuso, Donna Rea and her sisters, Teresa Vasaturo-Tuvino, Carmella Vasaturo, and Terre Martin.

Croquet Club Tournaments

By Sidna Mitchell

The weather definitely didn’t cooperate for the Croquet Club’s Golf Croquet tournament on July 17 and 18. First, that Friday was a scorcher along with the bad air from Canada so several players dropped out for respiratory

reasons. Tournament Director Ken Northrop thought the tourney could still go on Saturday, but thunder showers were predicted so he cancelled both days. The tournament was rescheduled for Friday night, Sept. 25, and Saturday morning, Sept. 26.

The Kooky Kroquet tournament is slated for Saturday, Sept. 19, with the annual barbeque to start right after the trophies are awarded to the winners.

At the July Board of Governors meeting President Dan Dobromilsky and Treasurer Barbara Weiner proudly presented RCAI President Jo Schwegel a \$1,000 check from the club for cancer research as a result of donations from its “Paint the Court Pink” for National Croquet Day in June.

The club continues its Golf Croquet games on Friday evenings, followed by Attitude Adjustment (AA) with chips, dips, and beverages in the Hawthorn Room. Other nights, Sue Peters serves one of her special treats – tacos, stuffed spuds, or meatballs – to the members at AA. Her potatoes are slated for enjoyment on Sept. 25, and pizza night was changed from the fourth Friday to the second Friday, Sept. 11.

All Rossmoorites are welcome to join in the fun. The first couple times of play, residents are not required to wear the traditional all-white attire on the court. Stop by the court at 4 p.m. on a Friday, and someone will help with the selection of a mallet and instructions.



RCAI President Jo Schwegel accepts a \$1,000 check for cancer research from Rossmoor Croquet Club President Dan Dobromilsky and its Treasurer Barbara Weiner at the July Board of Governors meeting. The club raised the money from donations at its “Paint the Court Pink” fundraiser as part of its celebration of National Croquet Day in June, where members dressed in pink instead of the traditional white court attire.

An Amazing Imposter

By Allen Kobezak

I was outside on one of the few July afternoons with low humidity in Rossmoor this summer, snipping off a few spent blooms from my butterfly bush. It’s a plant that draws butterflies, bees, and even hummingbirds to our garden.

But that afternoon, I spotted a new creature feeding on the nectar its flowers provide. It looked somewhat like

a hummingbird, but if it was, it was the pipsqueak of his brood.

He was about half the size of a hummingbird, but not only did he look similar to one, but he also behaved like one. It was the way this little guy moved his wings and went from flower to flower, pausing only to hover and sip nectar with his long, flexible tongue.

(Continued on page 14)

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Sept. 11, 2001- My Story

By Susan Peters

The evening of Sept. 10, 2001, had been a special one. I had dinner with a friend and woke up to a magnificent fall day. I had a long commute that year. Landing a dream job in NYC the previous year resulted in a two-hour commute by train each way.

The workday started out as any other. I made my way to my office which had an unobstructed view of lower Manhattan. I sifted through corporate insurance policies ready to be mailed - I was the manager for Administrative Assistants for the Sales Department for a healthcare insurance company - when several employees burst into my office saying a plane crash had just occurred at the World Trade Center. As we watched in shock, we all witnessed the second tower being hit and realized this was

something more horrific than we ever imagined.

Immediately, local phone lines went down. Cell phone usage was spotty at first, then inaccessible. Our company still had a tie-line to our Connecticut corporate office, which became our lifeline. Officers in the company started to make arrangements for safe places for employees.

Since all train service was shut down, those of us who lived in New Jersey, decided to attempt to make it to the Hudson, in hopes that we could make it to Jersey by boat. The streets of Manhattan were eerily empty, but as we crossed Broadway, ABC had the horrific sight of the burning towers streaming across their building. We ran across the highway as fire trucks and ambulances raced to the disaster site. When we arrived at the

(Continued on page 15)

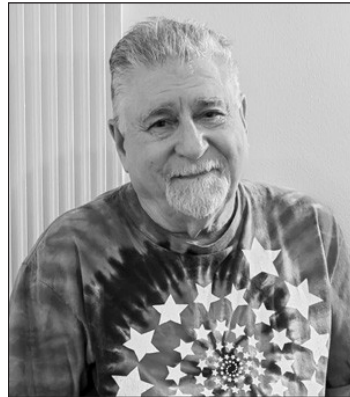
Rossmoor Wants to Know ...

After a fun-filled summer, how did you feel about going back to school? Did you have any expectations or trepidations about starting a new year?



Edye Tenner

I came to this country from France when I was seven. Just learning English, I was anxious and worried about homework. My parents were unable to help because of lack of education and the English language. Also, I had more sleep in the summertime. I started to become independent when entering junior high school.



Larry Gibel

I never had trepidations about returning to school as a student. But after college, I began my professional career as an elementary school teacher at P.S. 133 in Brooklyn. This was Al Capone's alma mater through grade six, and the school was built in 1899. Going back to work with the children was fine, but I did not look forward to the parents or administrators, especially after a summer of fun and relaxation.



Terry O'Connell

I am one of those who looked forward to shopping for clothes and shoes for back to school. I went to Catholic school, my one brother had a bad reputation, and every year the big question was "Is Jim Clark your brother?" I was doomed, but I had new clothes and new shoes!



Rebecca (Becky) Redington

Oh boy! When we were young, starting school would be a big deal since we were the only triplets in our town, known as the "Scureman Triplets." My mother would sew my sister and me beautiful, stylish dresses, some of them even smocked. I can't remember what she did for my brother

Mark. Often, we would get our picture taken for the local paper, "West Side News." We were all in the same room until third or fourth grade, then we split up. The thing is even though Harriet and I were identical, kids knew the difference, and we all were treated normally like any other kid. It was the grown-ups who made it feel different.

Labor Day and Fall Nostalgia

By Terre Martin

September is a melancholy month. It's not sad. It just makes you wistful. Summer is over. A few warm days remain. Colder days are ahead, and daylight will leave sooner than we would like. Of course, there is Labor Day. We celebrate, but most of us have forgotten why we celebrate the holiday in the first place. We grew up in an era of trade unions, corporate benefit packages, social security, pension plans, and labor laws.

Our parents and grandparents never knew those benefits. They worked 12-hour days and seven-day weeks just to make ends meet. Children as young as five or six worked in factories and mines across the country. There were no child labor laws. Our immigrant ancestors built bridges and tunnels and worked in sweat shops. When workers finally had enough, and labor unions began to take hold in the late 18th century, the idea of a "workingmen's holiday" caught on across the country. The holiday finally became official on June 28, 1894, when President Grover Cleveland signed it into law.

Labor Day represents the

(Continued on page 15)

Amazing Imposter

(Continued from page 13)

Of course, he was gone before I could snap a photo of him. But I did have a picture of him in my mind, along with all the other clutter. I just had to retrieve it and Google the description of this unique little imposter that was doing an excellent imitation of a hummingbird while visiting my garden.

Was this just some young hummingbird whose growth was stunted after an encounter with my neighbor's cat? Or could it be some rare, exotic little creature, perhaps a cross between a hummingbird and a butterfly, that only I had witnessed since time began?

Of course not; it was a moth! Can you imagine my disappointment? Instead of being known as the man who discovered a new bird species, I ended up finding a crummy moth on a bush.

On the United States Department of Agriculture website, I discovered that my

visitor was a hummingbird moth. See, I told you he looked like a hummingbird.

However, although this moth is known to inhabit much of the United States, it is still a very unique type of moth. In addition to resembling a hummingbird in its appearance and actions, it also makes a humming sound from its wings, which beat up to 85 times per second.

Okay, so although I didn't discover a new exotic bird species, I did see a funny little creature I'd never seen before, or since.

I do keep my eyes wide open every time I walk past that butterfly bush, hoping for a second chance to snap a picture of my mysterious guest. I just hope it doesn't take another 70-plus years before I spot another hummingbird moth. There is a slight chance I might not be writing for The Rossmoor News then, and I wouldn't have any way to let you know about my next sighting of this amazing imposter.



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Santo Intravartolo

Rabbit Stew

By Allen Kobezak

If you're looking for an article that will provide you with a good recipe for a tasty rabbit stew, you won't find it here. However, the main ingredient in that recipe is abundant in Rossmoor this year.

Every time I walk around the block, I see at least one or two rabbits munching on my neighbor's greenery. You know how good they are at reproducing; I have to be careful not to run over a little bunny when I back my car out of my driveway.

When my wife Rose and I moved to this community 11 years ago, you couldn't find a bunny grazing on your lawn if your life depended on it. Even the Easter Bunny was afraid to show his (or her) fluffy white tail in Rossmoor to hide treats for your grandchildren to find on Easter morning.

That's when we had the Rossmoor Fox and many others on duty, patrolling our properties and controlling the rabbits and squirrels.

At that time, it was common

for us to see a fox almost every day, looking for his supper behind our home, next to the golf course. They drove our Molly girl crazy when she saw them through the screen door, but little Molly was all bark and no bite.

But a major change happened to the wildlife population in Rossmoor, and it doesn't take Lieutenant Columbo to figure out the mystery of the rabbit explosion over the last few years.

Unfortunately for the fox population, their numbers have declined due to a highly contagious parasite that causes Mange. The Rossmoor Fox is rarely seen now, and

only time will tell whether it will return to the numbers it had 10 years ago.

With less of these highly effective predators to contend with, Rossmoor's Gates opened to new members of our community who feed on our grass and plants and produce offspring faster than your grocery list empties your wallet.

On our property, my wife has our flower beds filled with all kinds of perennials, and one of her favorites and, unfortunately the bunnies' favorite, is her Hosta plants.

My wife is usually very caring toward God's little creatures. However, those cute

little bunnies have eaten so many of her plants that she is hoping for the return of more of those hunters with the bushy tail. Just enough to bring a little more balance to the predator-prey populations here in Rossmoor and save her Hosta plants from extinction.

If that doesn't happen soon, I'm afraid my desperate wife might start serving me hearty stews for dinner made from a mystery meat that tastes very similar to chicken. But it won't be chicken, and it once had four furry little feet that turned out to be not as lucky as their reputation.

Bordentown During the Revolution

By Sidna Mitchell

Just down Route 130 South, you'll discover the charming town of Bordentown, founded in 1682. As you get into the town, you'll see the Clara Barton School on your left at 100 Crosswicks Road. Continuing to the intersection of Crosswicks and Farnsworth Avenue,

you'll find the Bordentown History Society's headquarters in what was the 1740 Friends Meeting House at 302 Farnsworth. For more information about events and other happenings, call 609-298-1740 or check the website www.BordentownHistory.org.

Even if the Historical Society isn't open, you can stop and read the interesting outside panels, including those about Thomas Paine, Patience Lovell Wright, and Francis Hopkinson, and learn what other people had in common. Or you can continue straight across Farnsworth onto Walnut Street.

At the stop sign, turn right onto Prince Street, and then head all the way down to the end of Prince Street to the Thomas Paine Park. There you'll find Paine's statue and can almost hear him quoting, "These are the times that try men's souls." Known for "Common Sense" and "The American Crisis," Paine is often credited with helping the nation turn toward independence from England.

When you walk to the end of the park, you have a beautiful view of the Delaware River. Almost hidden in the greenery on the right, you'll discover the historic marker about river vessels that were destroyed by the British on May 8, 1778.

Then head one street over, back to Farnsworth Avenue where Joseph Borden, the founder of Bordentown, built a house at 32 Farnsworth.

(Continued on page 16)

turned with only two items. The youngest, and most easy-going, saved her money and waited for the hand-me-downs.

While those memories bring back headaches, for some reason this year, I wanted to go shopping for kids again. The problem was not knowing sizes, and of course, what today's kids like and will wear. I got the OK from "easygoing" daughter and began my nostalgic shopping spree. To my surprise, the necessary items now include sturdy backpacks, huge water bottles, earbuds, and hand sanitizer. I just wanted to buy cute tops, functional bottoms, and maybe a jean jacket or two.

I am not old-fashioned, but I do long for the days that Labor Day represents, the beginning and the end. That is where the melancholy comes in. It is a mild, reflective emotion mixed with nostalgia and contemplation. You know it when you feel it. You are not sad; you just have the longing for what used to be...like being pulled in different directions and tearing your hair out doing back-to-school shopping with your kids.

Labor Day

(Continued from page 14)

end of a season, but it also represents new beginnings and elicits memories, not the least of which is back-to-school and shopping. Remember the joy of new Crayola crayons? If you were really lucky you could get the 48- or 64-count box. The colors had wonderful names, and each crayon was beautifully sharp! How about a new pencil box with a small sharpener, and getting new shoes and clothes? These are the memories that made my credit card finger twitch.

Shopping with my own kids was never fun, but shopping for grandkids is something else. My three daughters had different tastes, needs, and personalities, so taking them shopping together was awful. There was one me, three girls heading in three directions, and zero patience. When they were old enough, I gave each a budget and let them loose in the mall. The oldest - and most responsible - stretched her money into a semester's worth of clothes. The middle one, still the most expensive, headed for the priciest store and re-

Sept. 11, 2001

(Continued from page 14)

pier, hundreds were lined up against a chain link fence, hoping to make it on one of only several Circle Line touring boats available. Entrance on the boats was enforced to capacity only. As we saw the last available boat pull up, I held hands with my coworkers as the crowd grew restless. Someone pushed down a section of the fence, and a crowd rushed the boat.

I made it on that last boat as did my coworkers. It seemed like we circled the Hudson for hours, as we waited for each boat to disembark their passengers. The dock we were

taken to was much lower than the boat, so passengers had to be taken off one by one. As we waited, we watched in horror as the second tower collapsed. All of us on that boat that day went totally silent.

I lost my job a month later. The company no longer needed me in my position. My more senior counterpart in Connecticut could handle what was left of the current NYC clients.

As I write these very difficult memories of this time, I note these are just my personal experiences in a patchwork of thousands of others. As painful as it is to recall, as much as I really fought myself to write this piece, I was reminded that we must never forget.

Rebecca Bergknoff, CPA

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Constitution Island Has More than Rev War History

By Sidna Mitchell

Constitution Island in the Hudson River across from West Point and Cold Spring, N.Y., was an important spot during the Revolutionary War. Here a large chain - known as the Great Chain" - weighing 35 tons and 1650 yards long, was spread across the water to keep the British from controlling the Hudson River. Today you can see part of that huge chain at a marker on the boat dock.

Tours are available from 40 Market Street in Cold Spring, N.Y., to Constitution Island on Saturday, Sept. 12, and Saturday, Sept. 26, at 10 a.m., 11 a.m., and noon. For more information, go to the website at www.constitutionisland.org. Registration is necessary.

But there's more than just Revolutionary War history on the Constitution Island. You can visit the home of Susan and Anna Warner, who in the 19th century offered Sunday School lessons to West Point cadets. Over the years the two sisters had financial problems, and they wrote poems, stories, novels, and hymns to support themselves. Susan was well known for her novel "The Wide, Wide World," which was considered the first American bestseller. While both sisters

also wrote songs, Anna is best known for her hymn "Jesus Loves Me."

Unfortunately, the financial circumstances continued to be a struggle, yet Anna Warner never gave up. Once, a friend asked Anna how she and the family managed through all their problems. The friend wrote:

"One day when sitting with Miss Anna in the old living room, she took from one of the cases a shell so delicate that it looked like lace work and holding it in her hand, with eyes dimmed with tears, she said, 'There was a time when I was very perplexed, bills were unpaid, necessities must be had, and someone sent me this exquisite thing. As I held it, I realized that if God could make this beautiful home for a little creature, He would take care of me.'"

Here are the words to that wonderful children's hymn that is meaningful to all ages: *Jesus loves me! This I know, For the Bible tells me so; Little ones to Him belong, They are weak but He is strong.*

*Yes, Jesus loves me!
Yes, Jesus loves me!
Yes, Jesus loves me!
The Bible tells me so.*

Snap, Crackle, Pop

By Allen Kobezak

It was just a typical night when I woke at 3 a.m. My body was telling me it's time to find my way to the bathroom. So as not to wake my wife, I quietly maneuvered my way across the bedroom in the dark, trying to avoid bumping into the furniture. Then it happened: a popping sound loud enough to cause my wife to stir in her sleep. No, it wasn't that; it was my left knee cracking.

Now, I'm not a doctor, and I've never even played one on TV. However, Dr. Google has informed me that joint cracking, or crepitus, can produce an audible pop at 83 decibels, loud enough to wake someone in a quiet room.

The popping might occur when you stand up, bend, squat, or walk. In my case, it could have been that the tendons and ligaments in my knee tightened while I slept, then shifted and snapped back into place. It could also have been the sound of the gas bubbles popping in the lubricating fluid in my knee joint as I began to walk.

Your knee joint consists of bones, tendons, ligaments, cartilage, and fluid. The fluid helps all the parts move smoothly, but as we age, natural wear on these parts can lead to puzzling sounds that might concern us.

Knee cracking may happen when the tendons and ligaments shift as you bend your knee, and it can be a natural occurrence related to slight cartilage wear or gas bubbles in joint fluid. If the muscles around your knee are tight, they can also affect how your

knee moves.

Those snap, crackle, and pop sounds are usually a part of normal joint movement, unless they are accompanied by swelling or pain. Even arthritis, that common condition as we age, wouldn't cause cracking without persistent pain and stiffness.

Cracking accompanied by instability or discomfort can be a sign of irritation within the joint. If you experience persistent pain, locking or catching, swelling, or a feeling of instability, it may be time to see a doctor.

If you experience any of these symptoms and want more information, don't call me. Contact an orthopedic doctor instead. They are qualified to answer your questions. I'm just another wannabe writer for The Rossmoor News, with an occasional snap, crackle, or pop in my knee.

Bordentown

(Continued from page 15)

At 100 Farnsworth is the home of Patience Lovell Wright, our country's first famous female sculptress and an alleged Revolutionary War spy. On the side street you can read more about her on the Women's Heritage Trail marker. Moving to England in 1771 on the advice of Benjamin Franklin's sister, Wright continued her sculpting and other artistic endeavors. In an article on "The Arts" during the Revolutionary War, Barbara J. Mitnick wrote that Wright, "also became a self-appointed spy and informant to Benjamin

Multigenerational Family Series: Elaine Alexander

By Josephine Genovese

As we continue celebrating the 60th anniversary of the Rossmoor News, we're reminded that some connections to a place begin long before someone becomes a resident. Sometimes a community becomes part of a family's story first, and years later, the next generation finds its own way back.

Throughout this anniversary year, our multigenerational series has explored the ties that connect families to Rossmoor across decades. This month, we're pleased to feature Elaine Alexander, whose journey to Rossmoor began with visits to her mother's home and eventually led her to become a resident herself. Here is Elaine's story in her own words.

Elaine Alexander. My Story

My mother, Ethel Helen Alexander Gyorke, first saw 60-P Old Nassau Road in 1989 and, after one showing, decided it was her home for the long term. She sold our New Jersey family home, moved into 60-P, and enjoyed life at Rossmoor for the next

25 years.

She loved the light that shone through her windows. She joined the local church, made friends, and attended concerts and classes in the Clubhouse.

When I visited, we took long walks around the gorgeous golf course and enjoyed meals and holidays at Forsgate Country Club.

I, too, loved the Rossmoor environment and its proximity to Forsgate. Somewhere along the way, I made a mental note that someday I would retire here as well.

In 2024, when temperatures in Scottsdale, Ariz., soared to 118 degrees, I began my search and found my dream home in Rossmoor. The unexpected coincidence is that my mother's former home is only one block from my new home. When I arrived, everything felt perfectly familiar, and without much ado, I was welcomed into the community.

We are fortunate to live in well-kept neighborhoods and to have directors who care and keep watch. The friendly and kind people who live here are



Elaine Alexander, right, and her mom, Ethel Helen Alexander Gyorke, at Forsgate Country Club circa 1990.

a wonderful bonus.

My first year has been a success. I've settled in comfortably and built a social network that keeps me busy with events and good company. I am here for the long run and can see why no one is thinking about Plan B. The sponsored activities and fun sports keep us engaged with good friends in this healthy and strikingly beautiful community.

Is It Really Over?

By Terre Martin

For a few short months this past summer, the world was exploding with joy. The World Cup brought people together like no other event could. Videos from across our country showed foreign visitors experiencing pure delight with things we take for granted. Who knew Ranch dressing was worth smuggling? Texas BBQ tickled the tastebuds of Japanese fans. Times Square became the site of a Norwegian regatta! Those of us who do not even like soccer were glued to our TV sets and rooting for young men with strange sounding names from countries we did not even know existed. Where is Cape Verde, and how can I get there as soon as possible?

All this was happening while our country was celebrating its 250th birthday with fireworks, parades, and parties. Small towns, big cities, and communities like Rossmoor had their own celebrations and tournaments. While all that was happening, we had baseball's All-Star Game and the Wimbledon tennis championships. It

was hard not to cheer for someone and something. The best part was that people came together and celebrated as one human race. Even our divided country rejoiced as one America.

The foreign visitors may be

gone, but hopefully, the energy and exuberance they brought to our shores will remain. Let us keep the memory of the joy and continue to appreciate the cultures and people that give us a richer life.

Why Is It Always Friday in Rossmoor?

By Allen Kobezak

Now, don't get me wrong. I know there are six other days in the week, but every time I turn around, it's Friday, and we're about to start another weekend.

It's not that I don't like weekends; it's just that the older I get, the more I wish time would slow down so I could enjoy every day of my life. After all, we are each given an unknown number of days when we are born, and we should all be able to make the most of each one.

I can remember being in school in the last century when I was nine years old. I never thought about slowing the march of time when Friday afternoons couldn't come fast enough. Every weekend belonged to me, and I was free to

go off with my friends and do whatever nine-year-old boys did for fun. Of course, that was after I mowed the lawn and finished all my other chores, all for an allowance that didn't even cover my bubble gum addiction.

Then there was all the homework my teacher assigned us on Friday, due Monday morning. At the time, I thought my teacher was so old she had forgotten what it was like to be a kid with only the weekends to look forward to. I always wished there was a law banning all homework assigned before the weekend, with a minimum penalty of five days of supervised detention for the guilty educator-offender.

We have many younger residents who haven't reached retirement age, and they can't wait for Friday and the weekend to arrive. That's when they can enjoy the life they moved to Rossmoor for. It may be a few years before they realize that Mick Jagger was wrong and that time really isn't on their side, but that time will come sooner than they expect.

But the question is: why does time seem to go by faster as we get older? I've always heard that time flies when you're having fun, but how can that be when we spend so much of our time in doctors' offices? Unfortunately, I don't think there's much we can do about that.

But maybe the good things in our lives outweigh the not-

(Continued on page 17)

Franklin and later George Washington and Thomas Jefferson."

Across the street at 101 Farnsworth is the home of Francis Hopkinson, a signer of the Declaration of Independence. Some historians even claim he, not Betsy Ross, designed that early flag we know today with its red and white stripes and the 13 stars. A Bordentown lawyer, Hopkinson was a New Jersey delegate to the Continental Congress, originator of the great seal of New Jersey, a musician, and a composer. In 1798 his son Joseph Hopkinson, a member of the 14th U.S. Congress,

wrote the words to "Hail Columbia" that served as our unofficial national anthem until 1931 when the designation went to "The Star Spangled Banner."

At the corner of Farnsworth and Veterans Way is the War Memorial Wall with names of the Revolutionary War soldiers along with others who fought in various wars since then.

Thomas Paine lived a bit farther down the street at 154 Farnsworth Avenue in a house - now a coffee shop - that has been moved or modified over time. All of the sites are within walking distance or an easy drive.

A Visit to the Met’s Costume Exhibit

By Elaine Alexander

The Metropolitan Museum of Art has opened a new gallery just off the entry hall for the Costume Exhibit. The 12,000 square foot Conde M. Nast Gallery displays fashion and costume on two exquisitely lit, open levels. The above-eye-level construction offers a new vertical perspective of looking up to read details and decoration of designer chic and avant-garde wearable art.

The floor level mannequins are arranged horizontally on a low platform with printed plaques that highlight the theme of “Costume Art.” The Met expands the theme to make a connection between the anatomical body and fashion. Statements about “the Aging Body,” “the Muscular Body,” and “the Epidermal Body” broaden fashion dialog to include the internal biological structure.

With particular interest in “the Aging Body,” I gleaned that fashion design provides a “tool-kit to navigate late-life

transitions” and with some creative thought “offers authority, elegance, and strategic concealment...” There’s an effort to reframe aging as something other than biological decline. Fashion’s obsession with youth is challenged by lived experience and one’s power to negotiate agency, a welcome theory for most all mature women.

Another message is the relationship between art history and design. The unique display of garments is juxtaposed with sculptures, paintings, and other fine art objects to emphasize the connection of clothing, art, and the human body. Notwithstanding the imposed academic messages, the multi-level gallery and the work of artists from decades of fashion have grand visual impact. The groupings of primary colors, whites, and neutrals present micro scenes of thematic value. It’s a dramatic eye-ful and makes an inspiring afternoon. Photo images are on the Met’s website at www.metmuseum.org.

Stepping Into a Masterpiece at Grounds for Sculpture

By Josephine Genovese

Tucked among the trees at Grounds for Sculpture in Hamilton, N.J., is the late sculptor Seward Johnson’s life-sized recreation of Édouard Manet’s 1863 painting “Le Déjeuner sur l’Herbe” (The Luncheon on the Grass). Johnson, a New Jersey-born artist known for transforming famous paintings into immersive three-dimensional scenes, created this piece as part of his long career celebrating iconic artworks. The sculpture is so detailed and so true to the original that it feels as if the painting has stepped right out of its frame.

The title, “Déjeuner Déjà Vu,” gives you a hint of what Johnson wanted people to feel. “Déjeuner” is French for lunch, tying it to Manet’s painting, and “Déjà Vu” describes that strange feeling of having seen something before. Johnson wanted visitors to feel as if they were stepping into a familiar scene, and that’s exactly how it felt.

At first, I recognized the familiar arrangement: the two fully dressed men, the calm nude woman, the picnic spread, and the bather in the background. Then I noticed something that made me smile. Behind the figures, casually placed on the ground, was an open art book turned to the page showing Manet’s original painting. It felt like a little secret tucked into the scene - a quiet reminder from Johnson that says, “Yes, you really are standing inside a masterpiece.” I loved that small detail. It seems minor at first, but it adds so much to the experience.

As I continued to walk around, I realized the entire setting matched the painting too. It was as if the landscape had been lifted right off Manet’s canvas and placed in front of me. The more I looked, the more amazed I was. The painting wasn’t just in front of me anymore; it was all around me.

Grounds for Sculpture is full of surprises like this, with sculptures tucked around corners, hidden in gardens, and waiting along winding paths. We’ve visited several times, and each trip feels different.

We like to make an afternoon of it by having a late lunch at Rat’s Restaurant, which sits right on the grounds. We always ask to sit outside because it overlooks a beautiful lily pond designed to look like Claude Monet’s “Bridge over a Pond of Water Lilies.” It’s another example of how art comes to life at the Grounds. Parking at Rat’s also saves us from the busy main lot, and a 2 p.m. reservation is usually easy to get.

After a relaxing and delicious meal, you can walk out the back way, which leads to a ticket booth for entering Grounds for Sculpture. You can reserve and buy your ticket online at www.groundsforsculpture.org.

We like to stay long enough to see the lights come on as evening falls. It’s the perfect way to end a day where art surrounds you - sometimes literally - and moments of wonder show up all around you.

Lorraine’s Gas Station

By Allen Kobezak

When I started my research for this story, I planned to focus on the many ways Allen is spelled differently but pronounced the same. I was planning to title it “You Can Call Me Al.” But that was before my mind wandered, and I found myself thinking about a childhood memory.

I may still write that article, so don’t swipe my initial story idea or title for your own article. Of course, I did borrow the title from a Paul Simon song,

but that’s a completely different story.

I know what you’re thinking: Who is this person in my article’s title, and why should we give a gas station free advertising space in The Rossmoor News? Lorraine is my older sister, who never owned a gas station. But I remember, as a child, being told that our parents were inspired by a gas station’s name when it came time to name her.

Our folks have been gone for about 40 years, so they

can’t help me with the details of how this all came about. Even my sister couldn’t give me any additional information. Apparently, she was a little too young to offer an opinion on a name she would carry for a lifetime. As for me, I was just an accident waiting to happen, so I’ll have to rely on our family history, some detective work, and assumptions. Of course, you know what happens when you assume, don’t you?

There must have been a gas station with “Lorraine” in its name where my Dad bought gas for his car in East Brunswick, where we lived.

But my exhausted research left me without a clue.

But that was a long time ago. However, I do have one memory of my father’s trips to gasoline stations. He always told the attendant, “Two dollars, please,” and that came close to filling his tank. If only we could turn back time to when a gallon of gas could be paid for with a 25-cent piece rather than a loan from our credit card company.

Returning to my sister and her gas station. According to East Brunswick’s website, the construction of Route 18 in 1935, followed soon after by the New Jersey Turnpike, led to an influx of people in East Brunswick. This population growth transformed the township from a farming community to a suburban community.

(Continued on page 18)

HEALTH CARE CENTER NEWS

By Lisa DiGiovanni, EdD, MSN, RN, MEDSURG-BC, CHSE, and Elizabeth Caruso, MSN, RN, COHN-S, Saint Peter’s Univ. Hospital

Three Ways to Stay Healthy: Understanding Primary, Secondary and Tertiary Prevention

As we get older, taking care of our health becomes more important than ever. One of the best ways to stay well is by understanding the three levels of health prevention: primary, secondary, and tertiary prevention. Each stage has a different purpose, but together they help people live healthier, more active lives.

Primary prevention means stopping a disease or health problem before it starts.

The goal is to stay healthy and reduce the chance of becoming sick. Many healthy habits are examples of primary prevention. Eating a balanced diet, staying physically active, getting enough sleep, and not smoking all help protect your health. Vaccinations, such as the yearly flu shot, are also forms of primary prevention because they help prevent illness before it occurs.

For example, if you walk for 30 minutes most days of the week and eat plenty of fruit and vegetables, you are helping reduce your risk of heart disease and type 2 diabetes.

Secondary prevention is

about finding health problems early, before they become more serious. Many conditions can be treated more successfully when they are discovered early. Regular health check-ups and screening tests are important parts of secondary prevention.

Examples include blood pressure checks, cholesterol tests, blood sugar tests for diabetes, mammograms, bowel cancer screening, prostate checks when recommended by your doctor, and eye examinations. If high blood pressure is found during a routine check-up, your doctor may recommend lifestyle changes or prescribe medication to lower it. Treating the problem early can help prevent a heart attack or stroke.

Tertiary prevention focuses on helping people manage an existing illness or injury. The aim is to reduce complications, improve the quality of life, and help people stay as independent as possible.

For example, someone who has had a stroke may work with a physical therapist to

improve their strength and balance. A person with arthritis may benefit from pain-relieving medication, gentle exercise, occupational therapy, or radiation therapy to make daily activities easier. Someone living with diabetes may take medication, monitor their blood sugar, and receive regular foot and eye checks to prevent further complications.

The three levels of prevention work together to support good health.

Primary prevention helps stop illness from developing.

Secondary prevention finds problems early when treatment is often simpler and more effective.

Tertiary prevention helps people live well with long-term health conditions and reduces the risk of further health problems.

No matter your age, it is never too late to take positive steps for your health. Regular visits to your healthcare provider, healthy lifestyle choices and following treatment plans can all help you enjoy a healthier and more active life.

Always Friday

(Continued from page 16)

so-pleasant health issues. We have our family, our friends, and our activities here in Rossmoor. Maybe that’s why it’s always Friday in Rossmoor.

Now that we have identified why life seems to fly by, all we have to do is cut back on our time with our family and friends and on the activities we enjoy here in Rossmoor.

No? Then just sit back, fasten your seatbelt, and hang on for the rest of the best part of your life.

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Lorraine's

(Continued from page 17)

There must have been many new small businesses opening in the area, including independent gas stations. It wasn't uncommon for a family-owned business, like a garage, to name its new enterprise after a child or other fam-

ily member.

That's my guess, although I did find a Loraine Diner in South Brunswick. However, our family history always referred to a gas station. Anyway, teasing my big sister about being named after a place that had gas is much more fun than a diner. Sorry, Sis.



11TH SEPTEMBER

25TH ANNIVERSARY

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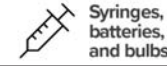
Dishware, glass, and mirrors



Tanglers
i.e. garden hoses, electric cords



Styrofoam



Syringes, batteries, and bulbs

Recycling and Trash

RECYCLING - collected every Friday

The following recyclable items are to be placed loose (no plastic bags of any color) in the containers marked for Recycling. (In those Mutuals not providing curb pick-up.)

TRASH - collected twice weekly on Mondays and Thursdays.

- Household bagged garbage and trash must be placed in the appropriate Dumpsters (in Mutuals not providing curb pick-up)

BULK - Call Rossmoor Maintenance 609-655-2121 by noon on Monday to schedule a Wednesday bulk collection. BULK ITEMS NOT ACCEPTED: TVs, electronics, tires, and small engines.

Bundled branches removed by RESIDENTS will be picked up at the curb on Mondays by High Tech (Holidays: Tuesday pick-up). Clippings should be placed in the regular trash.

- Contractors' and private landscapers' refuse is the responsibility of the contractor or private landscaper to dispose of. Contractors and private landscapers may not use the dumpsters.
- Please Note: Medical Waste and Personal Electronics may NOT be placed in either the Trash or Recycling dumpsters. It needs to be disposed of properly.

- If you are not certain as to the proper disposal for Medical Waste, please consult with your physician or medical supplier.

Monroe Township Recycling Center is located at 76 Gravel Hill-Spotswood Rd, Monroe Township, NJ

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

Monroe Township Transportation609-443-0511

Middlesex County

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

Bulk Trash Collection

To schedule Bulk Trash collection please call the Rossmoor Maintenance office at 609-655-2121 before noon on Mondays.

Bulk trash is collected on Wednesdays.

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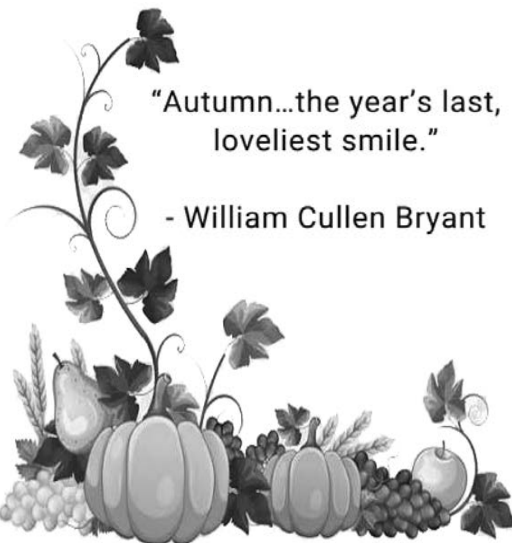
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 “Autumn...the year’s last, loveliest smile.” - William Cullen Bryant		1 10 am Chair Yoga GL 10:30 am News of the Week Roundtable MP 11:30 am Tai Chi Class HW 1 pm All in Stitches DW 6:30 pm Paint Party “Wildflowers” BR 7 pm JCC Board Mtg. DW 7 pm Players “Play” Rehearsal MHP	2 9:30 am Yoga CE 10 am Needle Punch Class MP 3:30 pm Chorus MHP 6 pm Players Party BR 6:30 pm Scrapbooking Classes MP 7 pm Players “Play” Rehearsal MHP	3 9 am “End of Summer” Party at Pool* Poolside 9:30 am Healthy Bones Class BR 10 am Rug Hooking GL 10 am Italian-American Board Mtg. WR 1 pm Table Tennis HW 6 pm Line Dancing GL 6 pm Republican Club HW 7 pm Players “Play” Rehearsal MHP	4 9 am Art Class GL 9 am Shuffleboard Mayor’s Cup SC 10 am Catholic Society Rosary MHP 1 pm Catholic Society DVD “Chosen” GL 1 pm Table Tennis HW 4:30 pm Croquet Social HW 	5 10 am Forever Fitness w/ Tracy S. BR 10:30 am Indian-American Meditation CE 5 pm Private Party GL 6 pm Private Party BR
6 11 am Worship/ Communion MHP 5 pm Table Tennis HW	LABOR DAY 7 10 am Forever Fitness w/ Tracy S. BR 1 pm Table Tennis HW 2 pm Line Dancing GL 5 pm Indian-American Yoga CE 	8 10 am Chair Yoga GL 10 am Veterans Group BR 10:30 am News of the Week Roundtable MP 11 am Church Finance Mtg. MHP 11:30 am Tai Chi Class HW 1 pm All in Stitches DW 1:30 pm Catholic Society Mtg.s MHP 6:30 pm Democratic Club HW 7 pm Players “Play” Rehearsal MHP	9 9:30 am Yoga CE 10 am Computer Club Board Mtg. DW 10 am Needle Punch Class MP 3 pm Church Worship Comm. Parlor 3:30 pm Chorus MHP 6:30 pm Cardmaking Classes MP 6:30 pm “Revolution to Republic” 250th Anniversary Presentation BR 7 pm Players “Play” Rehearsal MHP	10 9:30 am Healthy Bones Class BR 9:30 am Standing Comm. HW 10 am Rug Hooking GL 10:30 am Italian-American Board Mtg. WR 1 pm Prayer Shawl CR 1 pm Table Tennis HW 4 pm Dem. Club Political Roundtable MP 6 pm Line Dancing GL 6:30 pm Recipe Exchange BR 7 pm Players “Play” Rehearsal MHP	11 9 am Art Class GL 10 am Catholic Society Rosary MHP 1 pm Catholic Society DVD “Chosen” GL 1 pm Table Tennis HW 4:30 pm Croquet Social HW 7:15 pm JCC High Holidays MHP Patriot Day Rosh Hashanah Begins at Sunset	12 10 am Forever Fitness w/ Tracy S. BR 10:30 am Indian-American Meditation CE 10:30 am JCC High Holidays MHP 
13 11 am RCC Worship MHP 1 pm Mutual 4B Social HW 4:30 pm Mutual 11 BBQ BR/ Terrace 	14 8 am Golf Outing BR 10 am Forever Fitness w/ Tracy S. HW 10:30 am Rossmoor News Proofreading WR 1 pm Table Tennis HW 1 pm Players Board Mtg. WR 2 pm Line Dancing GL 5 pm Indian-American Yoga CE 6:30 pm Girl Power Support Group DW 6:30 pm Corn Hole HW 7 pm Players Mtg. GL 7 pm Players “Play” Rehearsal MHP	15 10 am Chair Yoga GL 10 am Retirement & Financial Security Presentation by Tyde BR 10:30 am The Health Connection Series by Hackensack Meridian Health CE 10:30 am News of the Week Roundtable MP 11:30 am Tai Chi Class HW 1 pm All in Stitches DW 2 pm Democratic Club HW 3 pm Chaplet of Divine Mercy MHP 3:30 pm Church Council MHP 6:30 pm Bob Scott’s Game Show Night* BR 7 pm Players Rehearsal MHP	16 9 am Private Party HW 9:30 am Yoga CE 10 am Needle Punch Class MP 10:30 am Rossmoor News Board Mtg. WR 11 am Catholic Society Luncheon GL 3 pm “Emergency Preparedness” by St. Peters BR 3:30 pm Chorus-MH MHP 7 pm Italian American Club BR 7 pm Players “Play” Rehearsal MHP	17 9 am Board of Governors HW 9:30 am Healthy Bones Class BR 10 am Rug Hooking GL 1 pm Table Tennis HW 2 pm Democratic Club BR 3 pm Book Discussion DW 6 pm Line Dancing GL 7 pm Emerald Society HW 7 pm JCC Challah Making BR 7 pm Players “Play” Rehearsal MHP	18 9 am Art Class GL 10 am Catholic Society Rosary MHP 1 pm Catholic Society DVD “Chosen” GL 1 pm Table Tennis HW 4:30 pm Croquet Social HW 7 pm DJ Party w/ Starshield Ent.* BR	19 10 am Forever Fitness w/ Tracy S. BR 10:30 am Indian-American Meditation CE 12 pm Kooky Kroquet & BBQ HW/Terrace 5 pm African Heritage Group Mtg. BR 5 pm Korean-American Group GL
20 11 am Worship/Chorus MHP 5 pm Table Tennis HW 8 pm JCC High Holidays MHP  Yom Kippur Begins at Sunset	21 10 am Forever Fitness w/ Tracy S. BR 10:30 am JCC High Holidays MHP 1 pm Table Tennis HW 2 pm Line Dancing GL 5 pm Indian-American Yoga CE 5 pm JCC High Holidays MHP	22 10 am Computer Club BR 10 am Chair Yoga GL 10:30 am The Health Connection Series by Hackensack Meridian Health CE 10:30 am News of the Week Roundtable MP 11:30 am Tai Chi Class HW 1 pm All in Stitches DW 5 pm Mutual 16 Open Director / BBQ BR/ Terrace 6:30 pm Croquet Board Mtg. CE 7 pm Players “Play” Rehearsal MHP Autumn is Here!	23 9:30 am Yoga CE 10 am Needle Punch Class MP 10 am Healthcare Flu Clinic BR 3:30 pm Chorus-MH MHP 7 pm Players “Play” Rehearsal MHP	24 9:30 am Healthy Bones Class BR 10 am Writers Group DW 10 am Rug Hooking GL 1 pm Table Tennis HW 5 pm Progressive Group BR 6 pm Line Dancing HW 6 pm Indian-American Club - Speaker GL 7 pm Players “Play” Rehearsal MHP	25 9 am Art Class GL 10 am Catholic Society Rosary MHP 11 am Mind, Body, Spirit Series HW 1 pm Catholic Society DVD “Chosen” BR 1 pm Table Tennis GL 4:30 pm Croquet Social HW 6:30 pm Bingo BR	26 10 am Forever Fitness w/ Tracy S. BR 10:30 am Indian-American Meditation CE 12 pm Mutual 12 Meet & Greet HW 6:30 pm Dance Club BR All Events Are Subject to Change. Schedule does not reflect changes made after the 15th of the month. *Registration required
27 11 am Worship MHP 1 pm Mutual 17 BBQ BR/ Terrace 5 pm Table Tennis HW ABBREVIATIONS Ballroom BR Bocce Courts BC Cedar Room CE Craft Room CR Dogwood Room DR Gallery GL Hawthorn Room HR Maple Room MR Meeting House MH Shuffleboard Ct. SC Willow Room WR	28 10 am Forever Fitness w/ Tracy S. BR 10 am Mutual 9 Open Director GL 1 pm Table Tennis HW 2 pm Line Dancing BR 2 pm Mutual 14 Open Director GL 5 pm Indian-American Yoga CE 7 pm Players “Play” Rehearsal MHP	29 10 am Chair Yoga BR 10:30 am The Health Connection Series by Hackensack Meridian Health CE 10:30 am News of the Week Roundtable MP 11:30 am Tai Chi Class HW 12 pm HCC - Nurses Mtg. BR 1 pm All in Stitches DW 2 pm Mutual 3 Open Director GL 7 pm Players “Play” Rehearsal MHP	30 9:30 am Yoga CE 10 am Needle Punch Class MP 10 am Mutual 2 Open Director GL 2 pm Mutual 4 Open Director GL 3:30 pm Chorus MHP 7 pm Mutual 4C Open Director GL 7 pm Players “Play” Rehearsal MHP			



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