



# Rossmoor IN News

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VOLUME 52 / No. 4

Monroe Township, New Jersey

April 2016

## Get ready for spaghetti and meatballs - coming to you April 28

By Diane England

What does the arrival of April mean? That it's time to pick up your phone and invite friends and family members to join you for an evening of great food and great fun, which also supports a great cause, of course. After all, the semi-annual Kiwanis Spaghetti Dinner will be here before you know it, or on Thursday, April 28 at 6 p.m. in the Ballroom of the Clubhouse, to be exact.

And for the same economical price you've come to expect, merely \$15 per person, you'll get to enjoy not only the widely anticipated spaghetti and meatballs, but also a salad, Italian bread, dessert, coffee, and tea. Oh, and certainly don't hesitate to bring a bottle of Chianti or another favorite wine since this is a BYOB affair. However, for those of you who'd prefer something other than wine or coffee, we will be providing soft drinks, too.

Certainly, we know that many of you like to take advantage of this opportunity to entertain friends and family over a dinner in our lovely Clubhouse, something you're not typically able to do. So, make a note to yourself to reserve a table for ten, by calling Alyce Owens sometime from April 4 through April 15. (That phone number is 609-860-0866.)

As usual, if you don't have a large group, all remaining tickets will be sold in the Red Room of the Clubhouse. Purchase them from Monday, April 18 until Friday, April 22 between the hours of 10 a.m. and noon. Also, please plan to pay for your tickets by check. This helps immensely with the handling of seating arrangements and other record-keeping.

Do you wish to know the

causes that some of your ticket dollars will support in the coming year? Indeed, they'll help fund the Monroe High School Key Club Scholarships, the Kiwanis Food Pantry, the Reading Is FUNDamental Program, and some of the other Kiwanis charitable activities, too.

By the way, our community has been helping to support

these projects now for 19 years, through their attendance at these semi-annual spaghetti dinners. Thus, if you're a newcomer to Rossmoor, let us thank you now for planning to embrace this important tradition. And if you're an old-timer, we of course offer you a big thank you for your continued support!

## The drones are coming



By Jean Hoban

The Logistics Department at Amazon's mega warehouse in Robbinsville, under the guidance of CEO Jeff Bezos, recently announced that it has partnered with Rossmoor to launch a new drone delivery testing program. The hush, hush nature of the project has been kept under wraps for several months; however, Rossmoor's proximity to the warehouse and the low architectural and structural nature of our buildings make it a perfect location to test the delivery of packages by drones. The tremendous increase of online buying by seniors and other adult consumers makes the use of drones both practical and cost efficient. The Robbinsville warehouse will start delivering dummy packages to Rossmoor residents who are interested in participating in the program.

An Amazon gift card worth \$350 will be given to those who complete the application process and agree to the terms and conditions that will be part of their contract with the company. Only 300 residents who own or rent a downstairs or single-story unit will be selected to receive packages. A lottery will draw the names of the lucky participants early in May.

During the testing event the time of each drop-off will

be emailed or texted to the resident; after delivery an online feedback form must be completed and returned to Amazon. If a package misses its target, for instance, and it drops onto the golf course or swimming pool, then the intended receiver must retrieve it and follow the feedback procedure. Packages that miss their mark must not be opened by anyone except the resident whose name appears on the label. If you find one of these packages please call the owner or drop the package at the Clubhouse lost and found. Amazon will give a reward of a \$25 gift card to the finder. This is an important test program for Amazon.

There will be additional information coming our way in a few weeks concerning safety and possible mishaps such as the crash of a drone, or injury to a walker or golfer by a dropped package. Please note that none of packages will weigh more than 30 pounds.

The initial roll out of the drone program starts in June and will continue through the end of October. Not more than 60 packages will be delivered on any day. As of this writing, no Sunday deliveries are scheduled. Remember the new Rossmoor motto this summer will be Heads Up!

(Continued on page 21)



Geoff Gallante

## Another great jazz-fest will star Geoff Gallante and his jazz trio

By Gene Horan

Those who attended last summer's rousing jazz concert by musical prodigy Geoff Gallante and his trio will be happy to know they are returning to Rossmoor. Mark the date: Sunday, August 21, at 3 p.m. in the Meeting House. The cost of this Mu-

sic Association concert is only \$10.

Geoff, a 15-year-old high-school student, plays the trumpet, cornet, and flugelhorn. He has been dazzling audiences since he was four years old, and that includes playing at the White House when he was only six.

## Registration for primary voting

If you are not yet registered to vote, you can become registered. The voter registration sites in Monroe Township are (1) The Recreation/Community Center on Monday, April 25, from 6 to 8 p.m., or (2) the Monroe Twp. Library on Tuesday, April 5, from 5 to 7 p.m.; Monday, April 11, from 5 to 7 p.m.; Tuesday, May 10, from 11 a.m. to 2 p.m.

The last day to register is May 17 if you want to vote in the primary. Your Vote-by-Mail ballot must reach the County Clerk's office by May 31.

The primary will be held on Tuesday, June 7. Vote in the Rossmoor Clubhouse

### Announcing

Two new articles began in February and will continue monthly:

1. The Fitness Corner, by Kim Vasta
2. Focus on Groups and Clubs, by Jean Houvenir

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# at the governors' meeting

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

gm

Annette Murray reported that the RCAI ended 2015 with a deficit of \$189,511 or \$134,240 over budget. The deficit will be offset by the cumulative surplus or "Undesignated Operating Fund Balance" line item on the balance sheet leaving a small balance of \$254,166. Ms. Murray explained that the severe 2015 winter was the main reason for deficit. The Snow Control Cost Center was approximately \$260,000 over budget at the end of last year.

gm

Vincent Marino, Jr. reported that guest speaker, Peter Katula, discussed the wood-destroying insect reports. Mr. Marino stated that the Maintenance Committee recommended the resolutions brought before them. Moya Brady gave the report from the Community Affairs Committee. Judith Sforza reported that the Finance Committee recommended the resolutions brought before them. Peter Kaznosky gave the report on the Golf Course Committee.

gm

After review of the Capital Improvement Fund, with a balance of approximately \$124,000 as of December 31, 2015, and no capital projects anticipated at this time, it was recommended that the RCAI Membership Fees received after January 1, 2016, be deposited into the RCAI Reserve Fund as a contribution to the fund. The Board of Governors approved a resolution to allocate and deposit the

RCAI Membership Fees received after January 1, 2016, into the RCAI Reserve Fund as a contribution to the fund.

gm

The Board of Governors approved the renovation of the bocce court surfaces with drainage panels and new synthetic turf on the three courts at their July 16, 2015 meeting. The Board of Governors approved a resolution to remove and replace the existing rail road tie edging with new pressure treated rail road ties over new 1 1/2" spacers at a total cost of \$14,278 ) \$12,980 for the project and \$1,298 for contingency of 10%). The expenditure will be charged to the RCAI Reserve Fund Account.

gm

The RCAI Reserve Study has set aside \$37,674 in 2015 for Mutual Domestic Water Line replacements. The Board of Governors approved a resolution to approve the total 2015 expenditure for the replacement of Mutual Domestic Water Lines in the amount of \$64,388.42. The expenditure will be charged to the RCAI Reserve Account.

gm

The RCAI Reserve Study has set aside \$133,474 in 2015 for Mutual sanitary sewer pipe reconstruction. The Board of Governors approved a resolution to approve the total 2015 expenditure for the reconstruction of Mutual sanitary sewer pipes in the amount of \$84,416.10. The expenditure will be charged to the RCAI Reserve Account.

gm

The RCAI Reserve Study funded for the anticipated expenditure of \$22,898 for

resurfacing Spencer Lane in 2020; \$46,440 for resurfacing Terry Lane in 2020; and \$105,035 for resurfacing Tilton Way in 2019; \$85,682 for resurfacing Waverly Way in 2019; \$125,000 for concrete flush curb/curb and gutter; \$10,000 for common facility sidewalks; and \$50,000 storm inlet reconstruction in 2016 or a total of \$445,055. The Board of Governors approved a resolution to approve the 2016 paving project at a cost not to exceed \$384,888.40 (\$283,061.70 for the paving, curb, and storm inlet reconstruction project; \$10,000 for the common facilities sidewalks; \$10,000 for additional storm inlet reconstruction; \$60,612.34 for a contingency of 20% of the project; and \$21,214.32 for 7% of the project engineering services). The expense will be charged to the RCAI Capital Replacement Fund Account.

gm

The RCAI Controller and Finance Committee have recommended the removal of items on the RCAI Property List that have been retired from our inventory. The Board of Governors approved a resolution to have Accumulated Depreciation debited and the appropriate equipment accounts credited for the amounts and items being retired.

gm

The Board of Governors approved the Rossmoor Community Association, Inc. Emergency Management Plan.

gm

Mr. Jolly appointed Arnold Jasper, as Chair, Vincent Marino, Jr., and Albert deLorimier to the Trash Removal Contract Committee.

## Bits & Pieces

Sue Ortiz

Winter came and went all in one weekend. March winds preceded April showers. But watch out! April weather can be unpredictable. I remember a snowstorm on April 1 one year. No kidding -- I was able to write "April Fools" in the snow with a stick! And another year, on school break at Easter, my parents dug out the lawn chairs, and we sat in the scorching heat out on the front porch in our shorts and T-shirts.

Soon, though, a crayon box of colors will tint the landscape, and the scent of fresh blooms will waft on the spring breeze. Bumblebees will buzz leisurely, their striped coats covered with yellow pollen.

Robins have come out of hiding and have begun their search for subterranean treats. Before long, the first cabbage white butterfly will be flitting about the gardens like the old bouncing ball from those old-timey sing-along cartoons.

A host of birds, back from their winter migration, will sit and gossip on our feeders, fences, and trees. Those barren tree branches, not too long ago covered with snow (for one weekend, at least), will come to life as their tiny buds quickly grow into leaves that will shade us from the simmering summer sun.

My little nutty buddies, a.k.a. squirrels, will be trying to lose the weight they gained from gorging on the nuts I fed them last winter. Now they'll hang from the delicate new branches to nibble on leaf buds and chase each other around my yard for exercise. (But, they will not give up their peanuts!) And, soon there will be the patter of little nutty buddy feet, and I'll have to buy even

more nuts! It's Halloween year-round at my back door. Every morning those little critters in their furry gray costumes, sometimes ten at a time, "knock" at my door. "Trick or treat," I can almost hear them squealing. Don't rush the seasons, please!

They walk along my fence and stop to peek at me through the window. "Could you bring out some nuts for us, please?" they plead with their eyes. I wave for them to go to the back of the house, and, when I open the door, there they are, patiently waiting for their treat. Who has whom trained, I ask you?

Sometimes, though, when I toss a treat out my back door, it's war. A beautiful but rude blue jay squawks overhead and swoops down to snatch the peanut, leaving the squirrel looking skyward, thinking *what just happened?* Then he shrugs at me, "Got another one?"

What would happen if I should run out of nuts? I don't ever want to find out, so...

I'm heading back to Sam's Club for another big bag of peanuts...

Happy spring from the crazy squirrel lady!

B&P

*"April is the cruellest month, breeding lilacs out of the dead land, mixing memory and desire, stirring dull roots with spring rain."* – T.S. Eliot (American born English editor, playwright, poet, and critic, 1888-1965)

*"Here cometh April again, and as far as I can see the world hath more fools in it than ever"* – Charles Lamb (English critic, poet, and essayist, 1775-1834)

The deadline for

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

## ATTENTION RESIDENTS

Be certain to keep your telephone number and contact information current at the Administration Office. Please call 655-1000 with any updates or changes to your information.

## RCAI Committee Meetings April 2016

Agenda	April 7	10 a.m.
Maintenance	April 14	9 a.m.
Community Affairs	April 14	10 a.m.
Finance	April 14	11 a.m.
Board of Governors	April 21	9 a.m.
Golf Maintenance	No meeting scheduled	

Meetings are held in the Village Center.



### News Board:

Joe Conti, Chair  
Carol DeHaan,  
Myra Danon  
Bob Huber,  
Jean Hoban,  
Jean Houvener  
and ex-officio, Jane Balmer,  
General Manager.  
**Editorial Assistant:** Sue Ortiz

The *Rossmoor News* is published monthly and is mailed to every home within the Rossmoor community. News items are welcome. Appropriate news items from outside organizations will be considered

as space permits.

All copy and pictures are subject to editing and are accepted with this understanding.

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

### Editorial Office:

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Monroe Twp., NJ 08831

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# The jazzy month of April

By Bob Huber

The Smithsonian National Museum of American History has designated April as *Jazz Appreciation Month, (JAM)*. The Smithsonian says that Jazz Appreciation Month was created by the Museum in 2002 to “herald and celebrate the extraordinary heritage and history of jazz for the entire month of April.

“JAM is intended to stimulate and encourage people of all ages to participate in jazz - to study the music, attend concerts, listen to jazz on radio and recordings, read books about jazz, and more.”

This begs the question: exactly what is jazz? As an old jazz musician friend of mine said: “If I have to explain it, you ain’t going to get

it.” Some long haired academics have tried. One critic suggests, “It is music that includes qualities such as swing, improvising, group interaction, developing an individual voice, and being open to different musical possibilities.” (Take notes. We may have a quiz later.)

Jazz is universal. It is so difficult to describe, because each culture has added its own take on the genre. My own oversimplified interpretation is that jazz consists of improvisations around the chords that are basic to any particular melody; sort of like not staying within the lines when you paint by numbers.

In our own little jazz group here in Rossmoor, the Mayflower Trio, (Bill Strecker,

guitar; Bob Huber, keyboard; and Bill Gibson, bass), we sometimes go so far over the line that we forget the tune we were originally playing, but we have more fun than a bunch of kids in a wading pool.

We have recently discovered several other residents who are excellent musicians and have a similar interest in jazz, so we are looking forward to the possibility of expanding our little group in the future.

If you enjoy music which is “a little outside the lines,” we’ll be participating in the Rossmoor Players “Just Music” concert in the Meeting Hall, Thursday and Friday, April 28 and 29. Please come and join us.

# I forgot my tiara. How to be well prepared for national princess week

By Linda Bozowski

Since April, 2012 National Princess Week has rated time on our calendars. This year we will celebrate this occasion during April 24 to 30. And what a celebration it may be. Once again, Disney, Target, and Julie Andrews will no doubt be promoting this event which they originated four years ago. We’ll have to watch the newspaper ads for upcoming movies and sales.

Princesses have been part of our collective realities and fantasies for many years. Many of us probably watched the sad events unfold during the days following the untimely death of Princess Diana a few years ago. And who can forget Cinderella getting into her pumpkin-turned-royal-coach on her way to the ball? Did those of us with daughters, granddaughters, and nieces permit or encourage dress-up sessions with our dresses, shoes and lipstick? And how many Princess Elsa sheet sets adorn little girls’ beds? (Thanks, Target.)

All princesses are not fantasies. The non-democratic governing structures of many countries are replete with royalty. Kings, queens, princes, princesses, dukes and duchesses rule in many countries throughout the world. Interestingly, royals are viewed differently from our elected pseudo-royalty. No disrespect intended to First Lady Michelle Obama, but Duchess Kate Middleton and even Princess Camilla Parker Bowles have a different aura about them. Among the current princesses are Madeleine (Sweden), Mary Elizabeth (Denmark), Letizia (Spain), Rania, now Queen (Jordan), and Beatrix, now Queen (Netherlands). If we were to meet one of these ladies, we would be expected to bow and/or curtsy. If we were to meet Ms.

Obama, we would be expected to politely nod and offer our hand. It’s different, for sure.

Among the fantasy princesses are the three most famous Disney originals: Snow White, Cinderella, and Aurora. The Disney princess website lists 13 “official” princesses. In order to qualify for this designation, the princess must meet the following requirements: have a primary role in a Disney animated feature film, be human or human-like, and cannot appear primarily in a sequel. In addition, most should be able to communicate with animals (even if the animals do not talk back), are beautiful and can sing well. Most also have romances that are resolved by the ends of their respective films.

The “unofficial” princesses on the Disney site number 24 and include (sigh) Alice of *Alice in Wonderland* fame and (gasp) Tinker Bell. Disney’s final listing of 38 “heroines” includes Daisy Duck, Jessica Rabbit, and Minnie Mouse. These ladies have been excluded from the princess designation for various reasons, including their non-humanness, box office failures, or their young ages.

Many princess books are available through Amazon, Good Reads, and Barnes and Noble, to name a few vendors. Among Good Reads’ 338 titles are *Just Ella*, and *Dealing with Dragons*. My favorite title among the 850 listed at Barnes and Noble is *Pinkalicious: The Princess of Pink Slumber Party*. And Amazon lists *Do Princesses Really Kiss Frogs* and *Princess for a Day* among its offerings.

According to the Clara-belle blog, there are five ways to ensure that you properly celebrate National Princess Week: wear a hat, choose a cause, host for-



mal dinners, marry a stranger and acquire a nemesis. I guess I won’t be celebrating since I don’t plan on doing any of those things, unless it snows.

The celebrated actress and author Julie Andrews has apparently become a serious proponent of princess-oriented activities. Andrews’ website lists 30 ways to celebrate this important week. Among them are such activities as throwing a princess tea party, reading princess stories, watching princess movies, and baking castle cakes, princess cupcakes or crown cookies. The site also recommends wearing a tiara, practicing a royal wave, being charitable, sleeping like a princess while wearing princess pajamas, presenting someone an honorary award for something special, making someone smile, and sending a homemade thank-you note, birthday card or other special note. I did not list them all, but my favorite, number 30, says “Believe in yourself! Only then can you truly let your sparkle out for all the world to see!” I’d say that’s a good message to pass along to our up-and-coming princesses and princes any time.

Speaking of princes, in checking the Web, I could not find a “National Prince Week”. Hmm—do boys not fantasize about being princes or kings? Or do they want to be other sorts of heroes, like GI Joe or Rambo or Spiderman? Maybe the glamour and glitz of wearing high heels and nail polish is not nearly as exciting as safety-pinning towels around their necks and jumping off the backs of couches like Superman or crawling through the weeds on their bellies like GI Joe. The constant Venus-Mars dichotomy.

Happy April.

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## The Monroe Township Chorus presents...

Come to our fifth annual salute to the Armed Forces performance on Monday evening, May 16 at the Marasco Performing Arts Center. The doors open at 7 p.m.

More than 32 million men and women have served our country in uniform since WW II. Of the 13.2 million living military veterans, many are still struggling to adjust to civilian life, especially those from the Vietnam War to the recent conflicts. Many of these veterans require mental health treatment to help them fully integrate into our society. Significant others are facing issues of drug abuse and homelessness. Accord-

ing to the Veterans Administration, one out of four veterans is or will be homeless.

Our Ad Journal will feature "A Memorial for Our Fallen Heroes" page, an "In Honor of Those Who've Served" page, and an "In Honor of Those Presently Serving" page.

A donation of \$25 for each name you provide will have a direct impact in transforming the lives of those who served our country and those who continue to serve, especially during these extremely troubled times. Please take the time to remember someone who fought for our country and/or someone who is now

serving to protect our country.

A big thank you in supporting our fifth annual salute to our veterans and our armed forces. Your contribution will help make this memorable celebration a big success. The net proceeds from this event will help fund a second chance for our veterans in need. We are a 501 (c) (3) charitable organization. Your donation is tax deductible. All checks must be received by April 15.

Make your check payable to: The Monroe Township Chorus, and mail it to: The Monroe Township Chorus, PO Box 6125, Monroe Township, N.J. 08831.

## April 24 will mark the 100th anniversary of the Easter Rising in Ireland

By Anne Rotholz

On Easter Monday, April 24, 1916, a group of Irish patriots, led by Patrick Pearse, proclaimed the establishment of the Irish Republic. Pearse read the proclamation from the steps of the General Post Office in Dublin. Then he and a following of about a thousand other nationalists began a rebellion against British occupation of Ireland.

The rebels took over some strategic buildings in the city of Dublin and there were several clashes with British troops. Within a week Pearse surrendered to avoid more bloodshed. When the rising was over, almost 500 people, many of them civilians, were dead and over 2,000 were wounded. In the weeks following 14 of the leaders were executed by firing squad in Kilmainham Jail including one who was injured in the fighting and taken there in a wheelchair. Another was executed by firing squad in Cork detention barracks, and yet another was hanged in Pentonville Prison, London. Eamon De Valera was not executed because he was an American citizen. He later became Taoiseach, which is the equivalent of Prime Minister, in the government of the newly-

formed Irish Republic. Countess Markievicz was also spared. She became the first woman ever elected to Parliament.

The background to the rebellion needs to be understood in order to appreciate its "apparent" failure (Looking back we know that it was an event that changed Ireland's history in a very positive way).

From the 12th century on, Ireland was continually under some form of British rule. In the course of the centuries there were several unsuccessful attempts to free Ireland. One of the more notable uprisings, the rebellion of 1798, was also a failure. In 1800 the Act of Union was passed and Ireland was merged with Britain to form the United Kingdom of Great Britain and Ireland. There was no longer an Irish parliament in Dublin. Ireland was governed from Westminster. Some of the more moderate nationalists advocated for Home Rule, an arrangement that would keep Ireland as part of the UK, but with some form of self-government. Several Home Rule bills were defeated in Parliament during the second part of the 19th century. When one finally passed in 1914, it was not implemented because of

the outbreak of WW I.

Meanwhile a secret revolutionary group, The Irish Republican Brotherhood came into existence. They opposed Home Rule and wanted Ireland to be an independent country, so they began planning another attempt to free Ireland, which eventually led to the 1916 rising. Their hope was that they would get help from Germany because that country was fighting England in WWI.

In 1915, the British government proposed that conscription be extended to Ireland, infuriating a great number of Irish people. It is important to remember that at the same time thousands of Irish men had gone voluntarily to join the British army, many of them leaving behind wives and children who were being supported by the British government. Needless to say, when the revolt in Dublin took place many of these families were opposed to it.

When a shipment of arms and ammunition was sent by the Germans to the Irish Rebels in 1916, it was intercepted by the British Navy. Initially the IRB planned to have a rebellion in all of Ireland but without the arms from Germany, it was limited to Dublin and a few small

(Continued on page 7)

NEIL SIMON'S

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Bats in your belfry? Maybe it will be your lucky day

By Linda Bozowski

I always told my kids that it was their lucky day if they learned something new. When I decided to write about bats this month, I thought to write a witty piece about Halloween and vampires. However, when I started to do some research, I realized there's nothing funny about bats. In fact, we should be very grateful that they exist in such numbers in New Jersey. If that were not the case, we would all be spending our days and nights scratching many more mosquito bites than we do now.

In recognition of Bat Appreciation Week, April 3 to 9, and Bat Appreciation Day (April 17), let's look at some facts that may not be on the top of everyone's "wow, I didn't know that" list.

Although there are 1240 species of bats worldwide, N.J. supports six year-round resident bats and three part-time (migratory) species. Only two resident varieties are common in New Jersey, the little brown bat and the big brown bat (also known as the house bat). The big brown bat can have a wingspan as wide as 14 inches, while the little brown bat has a body less than 2 inches long and a relatively short wingspan. Bats are warm-blooded, live-bearing, nocturnal mammals. Despite folklore to the contrary, bats are not blind, although they can see only in tones of black and white. Their primary method of finding their way and capturing prey is through echolocation, that is, bouncing ultrasonic pulses off other objects. This skill is so refined that bats can avoid obstacles as small as the width of a hair or can, conversely, capture mosquitoes equally as minute.

Some bats are carnivorous, further refined as insectivorous among the 70% who prefer this food source. In fact, bats are the only known predators of nocturnal insects, and a single little brown bat can eat up to 500 mosquitoes in an hour. Bats consume half of their body weight each day during their active periods since they have very rapid metabolisms. Bats also spread seeds and assist in pollination.

Bats generally live in trees, caves or buildings in the summer, and may live in colonies of up to 200 animals. Females may make separate colonies for caring for their young. During the colder months, the bats may migrate to warmer climates

but usually return to their previous nesting places, or may hibernate in more sheltered sites after developing fatty reserves. During the hibernation period, which usually runs through April, the bats manage to slow their metabolisms to such a slow rate that they are totally immobile. If disturbed during the hibernation period, a bat's metabolism may be so disrupted that death may occur.

In seeking shelter, bats may enter and become trapped in human living spaces. Encouraging their exit may be a difficult process. While trapped, the bats are more likely to be frightened than aggressive. Bats can transmit rabies, but such incidences are very rare. Since rabies can only be transmitted from bats to other animals through biting it is important that protective clothing be worn if a person attempts to capture a bat.

Mating generally occurs during the pre-hibernation period between July and September. After mating the female stores the sperm in her body until spring and then fertilizes the eggs. The singleton hairless, thumbnail-sized, blind bat pups are born in the summer. The pups nurse for four to five weeks before leaving the roost and feeding on their own.

In New Jersey the little brown bat population has seriously decreased. Since mating generally produces only one pup per year per female (no litters) and most bats die at a very young age (although they can live as long as 30 years), less than zero-population-growth is problematic. Bats may become infected with White Nose Syndrome, a fatal fungus, or may starve due to being trapped in locations with little or no food or water. A decline in insect prey due to usage of pesticides and herbicides, being disturbed during hibernation, and the presence of wind turbines (which cause internal hemorrhage in the bats due to a drop in air pressure near the turbines) are other causes of death.

Bat protection organizations do exist and folks are encouraged to construct bat houses to provide safe shelters for these creatures. In summary, bats should be protected since they are beneficial to mankind. For more information, the N.J. Bat Sanctuary has a website as does Rutgers.

I always thought the creatures flying overhead at dusk were birds until about five years ago, when one of my kids said, "No, Mom, they're bats." So I guess that was one of my lucky days. And in case you didn't know, a belfry is a bell tower or steeple. I just looked it up to be sure.

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

### Did you know...

- the RCAI Maintenance Committee, Community Relations and Finance Committee meet the second Thursday of the month at 9 a.m., 10 a.m., and 11 a.m. in the Village Center Meeting Room?
- the RCAI Board of Governors meets the third Thursday of the month at 9 a.m. in the Village Center Meeting Room?
- all meetings are open to you and you are encouraged to attend?

### Did you know...

- the agendas for the RCAI meetings are posted on the bulletin boards in the entrance to the Village Center Fitness Center and the E&R hallway of the Clubhouse, typically, the Friday before the meetings?
- the agendas and resolutions are also available, upon request, in the Village Center

### Did you know....

- the minutes of the RCAI meetings are available shortly after the meetings and are posted on the bulletin boards in the Village Center and Club House?

### Did you know...

- an access to records policy was established in 1998 enabling owners to request minutes, agendas, resolutions, etc., from previous meetings?

### Did you know....

- the RCAI monthly financial reports are available in the E&R Office and the Village Center?

### Did you know....

- the RCAI staff is ready, willing and able to assist you with questions, comments, or concerns? Just ask us.

Much of this information can also be found through the Residents' Portal from the rcainj.com website. See the January Rossmoor News, available on the website, for information on access. Check it out.

## Bob's Almanac

By Bob Huber

### April foolishness

Fair warning! Somewhere, within this publication, our conniving Editorial Board has conspired to play a practical joke on you. It's an April 1st tradition which goes back many years in the Rossmoor News; however, not nearly so long as the tradition itself.

Some historians believe the practice of having some sort of practical joke day can be traced all the way back to the fifth century A.D. in the Middle East. Practically every culture has some sort of All Fools Day, though not necessarily on April 1st.

There's another indignity to

be dealt with in April: mud. A friend who lived in the outlying areas of Maine for many years always referred to April as "Mud Month." Frost, which penetrates deep into the ground over the winter, begins to thaw, leaving a sticky mess that you can sink in up to your knees. My friend once proposed that the entire population of Maine be transported to the Bahamas for the month of April at the state's expense. When someone pointed out that this proposal was totally impractical, my friend gathered up his family and went to the

(Continued on page 7)



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— Peter DeFazio, D.M.D.

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

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Who Am I  
By Norma Evans

First Clue:

I live in a body made up of many intricate systems. When I am healthy these systems work harmoniously together with precise perfection.

More Clues:

When I believe or live lies, I become anxious and sometimes angry.

When I believe and live truth, I am more joyful and free to love others.

There are millions of others similar to me in the world, but none other exactly like me... I am unique.

Some additional facts about me:

- I, like the others have amazing abilities.
- I am self-aware.
- I can enjoy music and art.
- I can create wonderful, beautiful things.
- I can express my feelings.
- I can make choices, wise or foolish.
- I can learn from my mistakes.

There are basic needs that I and others like me share. Among these are: food, air, water, shelter, recognition, to love and be loved, someone or something to worship, connection with others, hope, purpose, to forgive and be forgiven,

and rest.

When I complain about who I am or what I have, I become unhappy and grumpy.

When I am thankful for who I am and what I have, I feel more content, joyful, and peaceful.

I have the capacity to

dream, plan, plant ,and build. I am a creature made in the image of God. I am indeed a gifted, beautifully made amazing creature.

Who do you think I am?  
I am a human being.  
I am YOU.... and I am ME too!

Almanac

(Continued from page 6)

Bahamas anyway. His plan to bill the state of Maine for the entire trip was rejected.

Actually, there's no need to be "stick-in-the-mud" during April. There are many special observances throughout the month to attract your attention, such as: Grilled Cheese Month, Irritable Bowel Syndrome Month, Jazz Appreciation Month, Frog Month and Bat Appreciation Week. For the more serious minded there's National Autism Awareness Month, Cancer Control Month, Confederate History Month, Global Child Nutrition Month, and many other worthy causes.

On the religious side: Pass-over begins on Friday, April 22, and if you're looking for Easter, you missed it. It was the last Sunday in March.

April is also the birth month for many of the famous and the infamous. A short list includes

- American author and historian, Washington Irving (April 3, 1783),
- William "Boss" Tweed, corrupt New York politician (April 3, 1823),
- African-American educator, Booker T. Washington (April 5, 1856),
- Buddha (April 8, 563 BC – celebrated),
- African-American singer and activist, Paul Robeson (April 9, 1898),
- Thomas Jefferson (April 13, 1743),
- London born comedian, Charlie Chaplin (April 16, 1889),
- Adolph Hitler (April 20, 1889),
- William Shakespeare (April 23, 1564),
- Samuel F. B. Morse, inventor of the telegraph (April 27, 1791).

There's an old popular song that goes, "When April showers come your way, they bring the flowers that bloom in May." The lyrics fail to mention that April showers also bring May tree pollen.

Have a happy April.

Easter Rising

(Continued from page 4)

pockets throughout the country. Some of the leaders were opposed to the Dublin rising but in the end the rebels there decided to go ahead with it.

Though the Dublin action took the British Government by surprise, it soon reacted in a very violent manner. Martial law was imposed and thousands of troops were sent to Dublin. In the violence 466 people were killed, including 36 children. Property in the center of Dublin was destroyed and business and daily life in the city were severely disrupted. Approximately 3,000 people who were believed to be involved in the rising were arrested, and 1,800 of them were sent to British jails without trial. Martial law remained in effect until the fall of 1916.

The haste to execute the leaders of the revolt, the mass arrests and the imposition of martial law fueled resentment toward the British government. Public opinion changed dramatically and now favored the rebels, thus strengthening the movement for Irish independence.

In the 1918 General Election to the Parliament of the UK the Sinn Fein Party won a majority of Irish seats. They refused to sit in the London parliament and met in Dublin in January, 1919. They formed an Irish government known as the Dail Eireann and declared Irish independence. The IRA (the Irish vol-

unteers from the Rising who had avoided execution and imprisonment) then launched a guerilla war against England and its forces in Ireland. After a July 21 ceasefire the two sides came to an agreement and signed *The Treaty* in December, calling for the establishment of the Irish Free State.

Six counties in the north were coerced to remain with the UK. The remaining twenty-six counties became the Republic of Ireland. The formal proclamation was made on April 18, 1949.

Several members of the nationalist movement were unhappy with this arrangement so the group split. Forces of the provisional government supported the treaty while the others felt that they should be true to the spirit of the Rising and have a Republic of Ireland. This led to a bitter civil war in 1922-1923. The Free State forces won but the people of Ireland were left divided and with underlying problems for many years.

After decades of unrest, mostly in the north, the signing of the Good Friday Agreement in 1998 brought some measure of peace, tranquility, and prosperity to all of Ireland. It was a multi-party agreement by most of the Northern Ireland political parties and a mutual agreement between the governments of Britain and Ireland. The people of Ireland will be forever grateful to retired U.S. Senator George Mitchell for his relentless work to achieve this accord.

  
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## THE FITNESS CORNER

By Kim Vasta, CPT

You've decided it's time to start exercising. Congratulations! You've taken the first step to a new and improved body and mind. But where to begin?

Below are some tips to help you get started:

- Consider your fitness goals. Are you starting a fitness program to help lose weight or to help you get stronger or are you preparing for an athletic event such as a 5K run? Having clear goals can help you monitor your progress. A written plan and exercise log may encourage you to stay on track.
- Create a balanced routine. The American Heart Association recommends at least 30 minutes of moderate-intensity physical activity on most days of the week. Don't worry if you can't complete 30 minutes at first. If you are tired after 10 minutes, that's fine, just try to add some time with each workout until you reach the 30 minutes. Adults also need two or more days of strength training per week. Stretching to maintain flexibility is also very important.
- Exercise at your own pace and allow time for recovery. Too often beginning exercisers will begin an exercise program with such zeal that they overdo it and become injured. Start cautiously and progress slowly. Those with an injury or medical condition should consult a physician before beginning an exercise program. Be sure to leave time in between sessions for your body to rest and recover.
- Build activity into your daily routine. Finding time to exercise can be a challenge. Schedule time to

exercise just as you would any other appointment and don't let other things interfere with this appointment.

- Do what you enjoy and plan to include different activities. Exercise will be much easier to stick with if you do something that you truly enjoy. Seek out exercise that rewards you mentally and emotionally as well as physically. Different activities can keep exercise boredom at bay. Cross-training also reduces the chance of injury caused by overusing a specific muscle group or joint.
- Exercise with a partner. Having a workout partner is one of the most effective ways to be accountable and make your workout fun.
- Enlist the help of a certified

fitness professional. Hiring a certified fitness professional will ensure that you are exercising properly and efficiently, help you stay motivated, and help you remain consistent. Some people find it beneficial to work with a personal trainer because they don't have to worry about what exercises they should or shouldn't be doing. They just show up for their appointment and let the trainer lead them through a fun and productive workout.

The hardest part is getting started! Once you have committed to your goals and exercise consistently, you will find that exercise becomes a healthy habit. You'll feel better and look better. So, let's get moving! Your body will love you for it.

## Smilestones

Shirley and Ed Muench report that their daughter, Justine, of Juneau, Alaska, has been honored by AWARE (Aiding Women in Abuse and Rape Emergencies) at that organization's annual Women of Distinction banquet.

AWARE Executive Director Saralyn Tabachnick said, "There are people all the time in our town who are doing fabulous work for the community, work that is often done behind the scenes. This banquet allows us to shed some light on their work."

Justine, who has been a Juneau resident for 38 years, received both a Bachelor of Science in Nursing from Duke University, and a Masters of Nursing Science from the University of Washington. She has been involved with

women's and children's issues for decades. She created a cardiopulmonary rehab program at Bartlett Hospital and Kidsafe, a national childhood injury prevention program. She also volunteers with AWARE's Girls on the Run program.



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## Focus on: Groups and Clubs

By Jean Houvener

### All In Stitches: Caring through knit and crochet

All In Stitches is a relatively new group that meets every Thursday from 1 to 3 p.m., usually in the Maple Room. Everyone is welcome to join the group. There are no dues for the group, but knitters and crocheters bring their own supplies. Come and go as you can. Whether experienced or beginner, someone will teach you how or give you new ideas.

The aim of the group is to be charitable and generous. They are a non-denominational group that makes baby hats (preemie hats are half the size) for hos-

pitals, baby blankets, lap robes for nursing homes, and other knit and crocheted creations. The group formed as a giveback to the community.

The idea for All In Stitches grew this past summer at the pool, where several women were knitting or crocheting and having discussions. Other people came to ask questions about their work, and the idea came to form a regular group. After discussions with E&R, All In Stitches was established. The group has been meeting since Oct. 22, and as many as 20 people come to knit, crochet, and talk each week.

Just come if you are interested and see what they do. Instruction can be given for a range of skills, from those who have never knitted or crocheted to those who need a refresher. If you have any questions, Barbara Brumberg, group leader, would be happy to speak with you (609-619-3463).

The group always has delicious refreshments and coffee or tea to go along with the work, and there is much conversation, from how to make scones to getting rid of squirrels in the attic. All agreed, "We're here for the company!"



The All in Stitches Group is open to anyone who likes to knit or crochet

## Musings and Memories

By Betty Emmons

### The Five & Ten Cent Store

When I was growing up, a regular Saturday afternoon adventure was a trip to the 5 & 10 cent store. You didn't need much money, which was a good thing because I didn't have much money and neither did my friends.

Even so, we always went to Woolworth's and looked at everything. Sometimes we bought something but, even if we didn't make a purchase, we always ended up at the soda fountain where we had fun laughing and talking over ice cream or sipping a soda for as long as we could stretch it out.

I was not allowed to wear lipstick, jewelry, or perfume until later in my teens, so I had to wait to purchase my first lipstick. I was probably about 16 and, if I remember correctly, it was called Tangee which was a reddish-orange color. It cost ten cents and went with everything, or maybe a better way to put it is, it had to go with everything.

Then there was the ever popular "Evening in Paris" perfume in the bright cobalt blue bottle. But, like lipstick, I was not allowed to wear perfume. Actually, this was just fine with me because I really did not like the unmistakable scent of "Evening in Paris." In fact, in my memory, it was a smell rather than a scent. I do, however enjoy wearing perfume these days, the cost

of which could not have even been imagined back then.

The one thing I did buy, though, was note paper. I loved the pastel colors with either initials or the cute little designs. But before I would make a purchase, I gave it my whole-hearted attention and it took quite a while before I finally made a selection. You see, I really liked writing to pen pals or friends and later, during the war, to a G.I. or two, so it was really important that I make the right choice. After all, if you were going to put S.W.A.K. (how corny can you get?) on the back of the envelope, you couldn't just use any old paper. It had to be special.

And, as we all know, time goes by so quickly and, as if overnight, I had my first job and even though my buying power was greater, I still browsed in the 5 & 10 cent store.

As a matter of fact, one Christmas I bought a set of earrings shaped in the form of holly leaves with two little red berries on each leaf. I paid 10 cents for them and still have them to this day. They have screw on backs (which I don't think are even made any more) but I love them and every year I wear them and, not surprising, they have become a conversation piece. Invariably, someone will ask me about

(Continued on page 10)

## New Neighbors



Christina Smith,  
resident services manager

Suzie Rusak 295C Stratford Lane, formerly of Neptune, N.J.

Valerie Lauer 295C Stratford Lane, formerly of Staten Island, N.Y.

Mary Whetham 4130 Oxford Lane, formerly of North Haledon, N.J.

Luisa Macchiavello and Cesar Negreiros 38B Concord Lane, formerly of Staten Island, N.Y.

Suzanne Pataki 181A Rossmoor Drive, formerly of

Bronx, N.Y.

Marianne Merlo 181A Rossmoor Drive, formerly of Hollis, ME.

Nance Theis 86A Old Nassau Road, formerly of Monroe Twp., N.J.

Janet and James Wilson 500A Old Nassau Road, formerly of Westfield, N.J.

Rosalie Jean Mason 78B Old Nassau Road, formerly of Wayne, N.J.

Prudence K. Fritz 413B Oxford Lane, formerly of Jamesburg, N.J.

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As I passed a line of newspaper boxes, my eyes landed on one for the Boca Beacon, the paper for Gasparilla Island (Boca Grande). Since Ken and I really enjoy the island beaches and the Pink

**CULINARY CORNER**

By Sidna Mitchell

Elephant restaurant, I immediately stopped to pick up the newspaper.

Later as I perused the island news, my eyes fell on an upcoming event at the Fust Library. "The Honorable James W. Symington Heard and Overheard" was the headline for an upcoming reading and book signing.

Last year when I saw a picture of the former Missouri Congressman in the Gasparilla magazine I called Jim. From his D.C. home he said he was working on a book that included his time as assistant to Attorney General Bobby Kennedy when James Meredith integrated the University of Mississippi. I met Jim Symington during that time when I was editor of the Daily Mississippian, the student newspaper.

We've kept in touch over the years but I haven't seen him and his wife Sylvia in quite a while so I said to Ken, "We've got to go to the reading." We made the 45-minute drive to Gasparilla Island; ate in the Pink Elephant, a favor-

ite restaurant; took a walk on the beach and headed over to the library.

Jim told and read stories about Ole Miss, his careers and his family. One story that got a big laugh was about his godmother and cousin Joan Payson who owned the New York Mets. A passionate opera supporter, his godmother, when the production of Aida was late starting, leaned over the railing of her box and yelled, "Play Ball!" The curtain soon went up.

After the reading and Jim's book-signing stint, Sylvia invited us to join them for a drink. We had a delightful time reminiscing and the two guys talking about their experiences in the Marines.

We drove back to Venice, and decided, since it had been a long time since we ate lunch, we were hungry. I took the opportunity to try out a quick recipe. The inspiration came from a Hillshire Farm recipe in a "Better Homes and Gardens" magazine. Here's what I did.

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**(609) 655-8301**[www.NJRETINA.com](http://www.NJRETINA.com)**New Jersey  
BEST DOCTORS****Best Doctors****Parker Acquires McCarrick Care Center**

Above, from left, are Parker representatives Chip Ross, Maria Campilonga, Janet Patullo, Jim Zauner, Roberto Muñiz, Donna Lazartic, Donna Silbert, and John Cerminaro. Photo by Kailin Bouse

The Francis E. Parker Memorial Home, Inc. and The Margaret McLaughlin McCarrick Care Center, Inc. of Somerset, NJ, a member of the Saint Peter's Healthcare System, has announced that Parker has acquired McCarrick's 120-bed post-acute rehabilitation and nursing home, to be operated by a new Parker affiliate with the name Parker at McCarrick, Inc. The acquisition of the home will enable Parker to build on McCarrick's long-standing reputation of providing high quality and compassionate long-term care and services.

Parker at McCarrick is a welcome addition to the not-for-profit organization's skilled nursing residences: Parker at Landing Lane in New Brunswick, Parker at Monroe in Monroe Township, and Parker at River Road in Piscataway. Parker at Stonegate, an assisted living residence in Highland Park, which is also the location for the Center for Healthy Aging and Parker's Adult Day Center.

For more information about Parker, visit [www.FrancisEParker.com](http://www.FrancisEParker.com) or call 732-545-4200.



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**Sausage Alfredo**

1 Knorr's Fettuccine  
Alfredo package  
1 cup sausage medallions

¼ cup chopped onions  
1 tablespoon olive oil

**Directions:**

Cut the sausage pieces in half. Briefly brown in olive oil.

Add onions and sauté until translucent.

Meanwhile prepare the Knorr's Fettuccine Alfredo according to directions.

Add sausage and onions and mix well.

Makes two servings.

Serve immediately.

NOTE: If there are any leftovers, save for breakfast and zap.

I can be reached via e-mail at [sbmcooks@aol.com](mailto:sbmcooks@aol.com).

Culinary corner

**Musings***(Continued from page 9)*

them and I get to tell my story over and over again. Then, when I'm finished, the next words usually are, "You sure got your money's worth."

Yes, I did get my money's worth and so much more. Memories of the nicest kind. Memories that I cherish.

At present, I feel a pull to the Dollar Store, but it is just not the same and I don't think it will ever be for me. You see, I am an octogenarian thinking back some 65 years or so ago to the late 1930s. The Dollar Store belongs to the younger generation and they will remember things in their own time and in their own way and that is how it should be. I just hope they enjoy the Dollar Store as much as I enjoyed the 5 & 10 cent store. It was a wonderful part of my growing up and now there is much joy in remembering.



*To all my friends in Rossmoor who called, sent cards and asked about me: Thanks for caring and for your good wishes for my speedy recovery.*

**Love,  
Dolores Grief**

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news to:  
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rcainj.com](mailto:news@rcainj.com)**





## Memorial Service for June Brubaker



A memorial service for June Brubaker, who passed away in November, will be held on Saturday, April 16, at 11 a.m. at the Rossmoor Meeting House (Rossmoor Community Church) located at 1 Village Mall. A catered luncheon will follow in the Ballroom at the Rossmoor Club House. The service and luncheon are open to June's colleagues, friends and family.

The Brubaker family would appreciate donations in June's memory to the Rossmoor Community Church or the Kiwanis Club of Rossmoor at the addresses below:

Rossmoor Community Church  
1 Village Mall  
Monroe, NJ 08831

Kiwanis Club of Rossmoor  
316N Sharon Way  
Monroe, NJ 08831

## In Memoriam

### Virginia Jones

Virginia Jones, 96, passed away on Feb. 11, 2016, at her residence. She was the owner of Classic Collier Calligraphy for many years before her retirement. She was a member of Rossmoor Community Church and the NAACP, Rahway chapter. Virginia is survived by her daughter, Pamela Robbins; her sons, Geoffrey (Sylvia) and Harold Jones Jr.; her brother, Benjamin Collier (Adele); one grandson and two great-grandchildren.



## From the Mayor

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

## Veterans Park expansion to open Memorial Day Weekend

By Mayor Gerald W. Tamburro

One of the gems of Monroe Township's Park system is set for its grand re-opening Memorial Day weekend as work on the expansion of Veterans Park and repairs to the pads at the Spray Park nears completion.

When Phase One of the 37-acre Veterans Park on Avenue K opened in 2008, the Spray Park quickly became a hit for residents with young children and grandparents with grandchildren seeking a nice place to keep cool during the hot summer months. Phase One also included a busy playground area and an expansive walking trail around the site.

In 2013, the Township unveiled the Veterans Memorial at this location, which was completed as the Eagle Scout Project of current U.S. Marine Corps. Lance Corporal Sean Evans. The memorial is the site of the Township's annual Memorial Day and Veterans Day ceremonies.

Construction on Phase Two started in 2015, and includes two much-needed lighted multipurpose fields, expanded parking area, a cricket pitch and picnic shelter. The multipurpose fields will bring much-needed game and practice fields for soccer, lacrosse and other field sports to the north end of the Township. The lights will allow for night-time practices and games.

Over the past few years, the need for a designated cricket pitch in Monroe has increased. The new pitch in Veterans Park and the current pitch adjacent to Danny Ryan Field on North State Home Road will provide the needed space for the growth of the sport in Monroe.

In addition, it was already common to see residents enjoying picnics at the park, and the permanent shelter will allow for a more comfortable

shaded place to enjoy an outdoor meal.

Furthermore, a new spray pad surface will be installed this spring. Due to high use and weather conditions, the fabric tore and could no longer be repaired.

Veterans Park and its expansion are fully funded by the Township Open Space Trust Fund, which was authorized by the voters. The Trust is also used to purchase land in the Township that can be used for parks, preserved farmland and green undeveloped woodlands.

The expansion of Veterans Park will provide our residents with even more opportunities to enjoy a day outside with their families, friends and neighbors.

For directions to the park visit [www.monroerec.com/Veterans-Park/](http://www.monroerec.com/Veterans-Park/).

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## Clubs and Organizations



Resident Amir Khan, at left, with his team "Eagle" – winners of the gold medal.

### Amir Khan wins Gold Medal in the U.S. Open National Indoor Field Hockey Tournament

By Govinda Rajan

One of the founders of our Indian American Club, Amir Khan, participated in the U.S. Open National Indoor Field Hockey Tournament held in Richmond, Va., on February 26, 27, and 28. His team, Eagle, won the Gold Medal. Kahn is 73 years old.

He played for the East Zone USA Field Hockey League. Previously, his team won the championship in 1997 and 1998. In summer of 2000, he conducted a summer field hockey clinic in collaboration with Julie Tamas, coach of Hightstown High School, N.J.

Born in Rampur, Uttar Pradesh State in India, Khan showed interest in field hockey from an early age. In 1982, he worked as a protocol officer in the ninth Asian games held in New Delhi. He then represented India in the Veteran World Cup Hockey Tournament held in London in 1986. He has played against many international teams including those from Singapore, Sri Lanka, and London.

After moving to the U.S. and earning a degree from Rider University, he joined New Jersey State Inter Scholastic Athletic Association (NJSIAA) and started umpiring on weekends while he was working as a library of-

fice assistant in the Princeton University Research and Special Collection Consortium. He retired in 2011 and ever since, has been umpiring six days a week during the fall season, from August to December, every year.

Khan will participate in the Grand Masters Hockey World Cup (Men) 2016 tour-

nament to be held at Newcastle, New South Wales, Australia, from May 3 to 12, representing the Alliance International Hockey Club based in Holland, which has members throughout the world. The tournament is held every two years under the auspices of the International Hockey Federation.

### Partnering with the Public Library to mentor students

By Govinda Rajan

The Indian American Club will partner with the Monroe Township Public Library to mentor students during the weekends in May and June 2016.

According to the website [www.mentoring.org](http://www.mentoring.org) "mentoring, at its core, guarantees young people that there is someone who cares about them, assures them they are not alone in dealing with day-to-day challenges, and makes them feel like they matter. Research confirms that quality mentoring relationships have powerful positive effects on young people in a variety of personal, academic and professional situations. Ultimately, mentoring connects a young person to personal growth and development and social and economic opportunity. Yet one in three young people will grow up without this critical asset."

In the foreword to the Handbook for Mentors titled, "The Wisdom of Age," by Dr. Andrea Taylor, Director of Youth Development and Family Support at the Temple University's Center for Intergenerational Learning, Tonya Wiley and Kate Schineller, Mentor vice presidents observed: "As the number of Americans over the age of 50 continues its pace as the fastest growing population, the need for positive adult role models has never been greater. Mentor estimates that nearly 15 million young people could benefit from high-quality, formal, men-

toring relationship. Linking youth with older adults is a vital strategy to help close the mentoring gap."

Each senior will be in charge of four students in grades 8 to 12 under the Cross-Age Mentoring Program (CAMP).

The Cross-Age Mentoring Program is a federal program, an increasingly popular choice for youth development that creates positive outcomes for youth. This program, in which older youth befriend and mentor younger children in a structural environment, is growing in popularity.

What can the Cross-Age Mentoring Program achieve?

The Cross-Age Mentoring Program produces a range of positive outcomes for both the peer mentors and their younger mentees.

- For mentees, this program has shown a positive impact on connectedness to the school and peers, feelings of competency and self-efficacy, grades and academic achievement, and prosocial behavior and attitudes.

- For mentors, there have been reported improvements in connectedness to school, self-esteem, empathy and moral reasoning, intrapersonal communication and conflict resolution skills, and relationship with parents.

Those who are interested in participating in the program may contact Govinda Rajan at 732-801-4814 for further information.



Learn how crooks intend to separate you from your money

By Diane England

You know the saying about the fool and his money. But in truth, with people world-wide scheming about how to separate you (as a senior) from your money, you don't have to be a fool to fall victim to such a scam. However, this is less likely to happen if you'll keep yourself updated regarding what these crooks are currently trying.

Fortunately, Kiwanis has some help for you. On Friday, April 15 at 12:15 p.m., Melissa Companick, the president and CEO of the Better Business Bureau (BBB) serving New Jersey, will speak on "Scams versus Seniors" at the Kiwanis Club meeting which will be held in the Maple Room. (Yes, this is indeed the correct time. After all, Companick was scheduled to speak at a noon luncheon meeting at Garvey's. However, since Garvey's was sold, we moved this important presentation to the Maple Room, but kept the time the same to accommodate our speaker's busy schedule. So, eat an early lunch, and then join us for this talk and refreshments.)

What can you expect to hear addressed? Companick will be covering topics that should matter to you including

- Some of the common denominators and red flags
- Why seniors are targeted
- The science behind these scams
- The current top scams against seniors

Certainly, most of us have long known that it was a smart idea to check the Better Business Bureau before hiring some unknown company to do work around our house, for example. But perhaps you hadn't realized that the Better Business Bureau has become a resource for learning about the most recent scams in the area. The truth is, you can go to the website, [www.BBB.org](http://www.BBB.org), and review their scam tracker. Also, if you've been the victim of a recent scam, you can report your experience at this website. (Yes, you can still talk to someone by phone if you'd prefer that.)

Thus, if you should become a victim of a scam, don't just sit around feeling like a fool for falling for it. However, some might consider you a fool for not doing something to stop these people when the BBB has made it so easy for you to take action which could possibly

keep your friends and neighbors from being victimized, too.

With regard to our speaker's background, Companick worked in the for-profit sector for eight years, at Samsung and Linens 'n Things, prior to joining the BBB as their associate director 12 years ago. Originally, she was responsible for public relations throughout our state. When the BBB president retired in 2007, however, Companick was appointed acting president. Then, in 2008, she became president and CEO.

In her position, Companick oversees a team she describes as small but mighty. After all, last year 20 people processed over 50,000 complaints. This team also set-

tled 114 arbitrations; challenged 221 misleading advertisements; closed 123 investigations; and accredited 1,005 businesses in our state. They are fifth in the nation when it comes to complaints handled, which suggests they are indeed a mighty team. But it also suggests that here in New Jersey, there are plenty of crooks out there who want to separate us from our money.

Anyway, now it's your opportunity to take action so that you don't become the next victim of some scam artist. In other words, we're counting on seeing you on April 15 at 12:15 p.m. in the Maple Room. Let's show those crooks there are no fools here at Rossmoor, okay?

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# This month in pictures

Photos by Joe Conti

## Players' Open Mic a big success!



Josie Cuddy and Anne Rotholz at the Emerald Society-sponsored Catholic Mass

Father Frogoso, from St. James the Less Church in Jamesburg, blessing prayer shawls







SPORTS FUN

**BOCCE**  
Bocce Sign-ups...Watch Channel 26 for Details

**CROQUET**  
Golf Croquet Fridays 5pm  
Call Betty Anne Clayton for Details

**PICKLEBALL**  
May 21...Pickleball Tournament...8:30am  
Call Frank Nobile for Details.

**ROSSMOOR HIKERS**  
April 30...Mercer County Park...Departs Poolside 9:30am  
Call Ann Rotholz for Details

**SHUFFLEBOARD**  
April 20...Shuffleboard Sign-ups...9-11am...Ballroom  
Call Mary Leone for Details

**TABLE TENNIS**  
League Play Tuesday, Friday, Saturday & Sunday, 9-11AM.  
Anyone interested in table tennis for beginners, contact E&R. New players welcome!

**TENNIS**  
We're getting ready!!!

Most outdoor sports begin in April, weather permitting

Questions about any of the sport activities please contact the E&R Department at 609-655-3232.

**FITNESS PROGRAMS**  
New to the Fitness Center or just need a refresher on the equipment? See info on page 1.

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

**OPEN EXERCISE DVD**  
Monday, Thursday, 9:30 Hawthorn Room  
Saturday, 9:30am, Maple Room  
No Instructor. Exercise at your own pace.  
Monday: Richard Simmons, Thursday: Jane Fonda's  
Saturday: Leslie Sansone  
No charge or sign-up required.

**YOGA**  
Wednesday, 9:30am, Cedar Room.  
Resident instructor conducts the class. No Charge.  
All Welcome. Bring floor mat.  
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**ZUMBA GOLD**  
Monday, 6:30pm, Hawthorn Room.  
Class conducted by a certified Zumba instructor.  
Pay instructor directly.

**National Walking Day...Wednesday, April 6**  
**Some Benefits of Walking**  
\*Boost your overall energy  
\*Improves oxygen flow through the body  
\*Improves strength and function of the heart  
\*Reduces the effects of sitting  
\*Enhances mental well-being  
\*Reduces your risk of breast & colon cancer  
It's a great way to exercise & spend time with friends

LET'S GET MOVING



CULTURE & EDUCATION

**AVIATION GROUP**  
2nd Wednesday, 1:30pm, Ballroom

**BOOK DISCUSSION GROUP**  
2nd Thursday, 3:00pm, Maple Room

**CULTURAL PROGRAM SERIES ON DVD**  
1st Tuesday, 1:00pm, Ballroom


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

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

**GREEK AMERICANS**  
1st Tuesday, 1:00pm, Maple

**POLISH AMERICANS**  
1st Friday, 1:00pm, Maple Room

**WRITERS GROUP**  
Last Thursday, 10:00am, Cedar Room  
Get the latest edition of the Fox in the Clubhouse



**Science & Nature DVD**  
"The Incredible Journey of the Butterflies"  
3rd Tuesday, 1:00PM, Ballroom

**Armchair Travel DVD**  
"America's Road Trips: Arizona to Alaska"  
4th Tuesday, 1:00PM, Ballroom

Contact the E&R office at 609-655-3232 if you would like more information

**"ALL IN STITCHES" Knit & Crochet Group**  
Thursdays, 1pm, Maple Room

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

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

**GALLERY EXHIBITS**  
The month of April will feature a one man show with resident/artist Al Longo. Be sure to stop in and browse his beautiful artwork.

**POTTERY**  
Wednesday & Saturday, 8:30am-12 Noon.  
Tuesday, 1-4pm. Monitor present.

**RUG HOOKING GROUP**  
Thursdays, 9am—2pm, Gallery.  
Bring your lunch and be prepared to have some fun!

**OPEN WOOD CARVING WORKSHOP**  
For experienced carvers, Fridays, 9am—12pm, Woodshop. Work at your own pace. Supplies on your own. If interested in a beginners class, contact E&R.

**WOODSHOP**  
Open to Residents who have completed the orientation and safety class.  
Monday-Saturday 9am-4pm

Contact the E&R office at 609-655-3232 if you would like more information

THE ART WORLD



THIS & THAT

**MONROE TOWNSHIP BOOKMOBILE**  
Tuesday, April 12  
10:15am-11am  
Old Nassau & Newport  
11:15am-12 Noon  
Clubhouse Lot  
Call Library for Details  
732-621-5000

**SAVE THE DATE**  
Wine & Design Painting Party  
Thursday, May 26  
Details in May Paper

**GALLERY ART EXHIBIT RECEPTION**  
**Sunday, April 3**  
**2PM Gallery**  
**Light Refreshments**  
**Enjoy the Artwork of Rossmoor Artist & Resident Al Longo**

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Saturday, May 21...8:30am  
Mixed Doubles  
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CANASTA MAHJONG

Contact E&R

MAY I

Contact Sophie Prata. Info in Rossmoor phone book

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Contact Joe Conti. Info in Rossmoor phone book

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Contact John Cristiano. Info in Rossmoor phone book


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Contact Ginny Giorgio. Info in Rossmoor phone book

POOL ROOM

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

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WOMAN IN GOLD

"Women in Gold"

Starring Helen Mirren

Tuesday, April 12  
1&7PM Ballroom

Sunday, April 17  
1:30PM Ballroom

Rated PG-13  
109 Minutes

\*Movie Subject to Change\*

MOVIE CORNER

SAVE THE DATE

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SATURDAY, JUNE 4


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THURSDAY, JUNE 16


DETAILS IN MAY PAPER


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# APRIL 2016



\*\*CALENDAR SUBJECT TO CHANGE\*\*Check with Group/Club for more info\*\*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
<div>"LIKE" the Rossmoor Clubhouse NJ on Facebook</div> <div></div>				10:00am Agenda Committee-VC	8:30am AARP Class-GL 7:30pm Music Assn-MH	
3	4	5	6	7	8	9
2:00pm Al Longo Art Exhibit Reception-GL	9:30am Mutual 4b-GL	1:00pm Cultural Program-BR "The Three Tenors"		10:00am American Cancer Society Relay Kickoff-BR	2:00pm Mutual 17-VC	
10	11	12	13	14	15	16
1:00pm Activities Expo-CH	10:00am Mutual 14-DW 1:00pm Health Care Lecture-MP 2:00pm Mutual 2-BR	7:45am Trip-Brooklyn Tour 10:00am Fitness Center Orientation-FC 10:00am Mutual 5-BR 1:00pm & 7:00pm FREE MOVIE-BR "Woman in Gold" Rated PG-13-109 Mins 2:00pm Mutual 9-GL Mutual 11-VC	9:00am Trip-Atlantic City 10:00am Mutual 1-BR 1:30pm Aviation "Making of the Lear Jet" 3:00pm Mutual 10-GL	9:00am Maintenance Comm.-VC 10:00am Community Affairs-VC 11:00am Finance Comm.-VC 2:00pm Mutual 12-GL	7:00pm Friday Night Dance with DJ Gary-BR	
17	18	19	20	21	Earth Day 22	Passover 23
1:30pm FREE MOVIE-BR "Woman in Gold" Rated PG-13-109 Mins	10:00am Mutual 7-BR 2:00pm Mutual 3-GL	10:00am Mutual 6-GL 1:00pm Science & Nature Program-BR "Incredible Journey of Butterflies"	9:00am Shuffleboard Sign-ups-BR 10:00am Trip-Monroe Tour	9:00am Board of Governors-VC 2:00pm Mutual 15-VC	2:00pm Mutual 4-GL 6:30pm Bingo-BR	5:30pm Passover Seder-BR
24	25	26	27	28	29	30
	GOLF OUTING 10:00am Mutual 8-GL	1:00pm Armchair Travel-BR 2:00pm Mutual 4c-GL	10:00am Meet the Mayor-BR	2:00pm Mutual 16-GL 6:00pm Spaghetti Dinner-BR 7:00pm Players Performance-MH	7:00pm Players Performance-MH	

GROUPS/CLUBS MEETING ON A WEEKLY or BI-WEEKLY BASIS			
All in Stitches	Thurs	1:00pm	MP
Art Class	Wed	9:30am	GL
Chorus	Wed	4:00pm	MH
Church Discussion	Tues	1:30pm	MHP
Community Church	Sun	11:00am	MH
Crafters	Tues	9:30am	CFT
Croquet	Fri	5:00pm	C/MP
Current Events	Mon	10:30am	MP
Rug Hookers	Thurs	9:30am	GL
Sewers	Mon	9:30am	CFT
Torah Study	Sat	10:00am	CD

WEEKLY GAMES, EXERCISES & SPORTS			
**CARD ROOM**			
Bridge (Various Groups)	Thurs & Fri	1:00pm	GR
Cards	Tues	10:00am	BR
Chair Yoga	Tues, Fri, Sat, Sun	9:00am	H
Table Tennis	Mon, Thurs, Sat	9:30am	H/MP
DVD Exercise	Wed	9:30am	CD
Yoga	Mon	6:30pm	MHP
Zen Meditation	Mon	6:30pm	H
Zumba®			

GROUPS/CLUBS MEETING ON A MONTHLY BASIS			
Book Discussion	2nd Thurs	3:00pm	MP
Catholic Society Mass	2nd Thurs	7:00pm	MH
Computer Club	3rd Mon	10:00am	GL
Dance Club	Last Sat	7:00pm	BR
Emerald Society	4th Wed	2:00pm	BR
German-American	Last Thurs	1:30pm	MP
Greek-American	1st Tues	1:00pm	MP
Indian American	3rd Fri	7:00pm	CD
Italian-American	3rd Wed	7:30pm	BR
Jewish Cong. Services	2nd & 4th Fri	7:45pm	MH
NJ Social & Cultural	Last Fri	1:30pm	BR
Players	Last Mon	7:00pm	GL
Polish-American	1st Fri	1:00pm	MP
Sisterhood	3rd Mon	1:30pm	BR
Women's Guild	3rd Thurs	1:30pm	BR
Worship with Communion	1st Sun	11:00am	MH
Writers Group	Last Thurs	10:00am	CD

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



Women’s Guild will go to Kuser Mansion and Sayen Gardens

By Lana Ottinger

The Women’s Guild is having a day trip to Kuser Mansion and Sayen Gardens on May 11 in Hamilton, N.J. Springtime is a beautiful time of year with more than 250,000 azaleas, rhododendrons, and many other colorful flowers blooming in Sayen Gardens. Enjoy the breathtaking views as you sit on benches throughout the gardens or enjoy a walk and explore the ponds, bridges, and gazebos .

The Kuser Mansion, built in 1892, is a magnificent Queen

Anne-style “Country Home.” It was formerly the summer home of Fred Kuser whose business interests included Fox Film Corporation and the Mercer Motor Car Company. Since 1979, Kuser Mansion has served as a house museum, featuring guided tours. The mansion sits in the middle of a 22 acre estate. Springtime will be beautiful with nature surrounding the mansion.

We will be going to Mafalda’s in Hamilton for a family style lunch between

Kuser Mansion and Sayen Gardens. The all Inclusive price is \$65 which includes the bus from Rossmoor. Checks should be made out to Rossmoor Women’s Guild, no cash. If you would like more information please contact Ruth Klein at 609-655-8755. You can send Ruth Klein the checks and secure your position for this trip which will be a great way to enjoy a wonderful day. On May 11, we will be meeting at poolside at 10 a.m.

Women’s Guild will present Annie Oakley

By Lana Ottinger

The Women’s Guild will present “Annie Oakley,” a program funded by Humanities, a state partner of the National Endowment for Humanities, on Thursday, April 21 at 1:30 p.m. in the Ballroom. Their support has enabled the Women’s Guild to bring quality public humanities programming to our audience.

Annie Oakley, born Phoebe Ann Mosey, was probably the most famous woman of her day. With photographs and posters everywhere, she and professional partner Buffalo Bill Cody may have been the first international superstars. The diminutive sharpshooter and exhibition shooter, who made her own costumes, competed in a sport and in a world dominated by men. The no-holds-barred performer learned to shoot from practical necessity, hunting to feed her parents and siblings. Growing up poor, overcoming a difficult and even abusive childhood, she just did what she needed to in order to survive and to keep her family going. She fought for safe working conditions, fair and equal pay for a day’s work regardless of gender or heritage, and for a first- rate

show that presented good solid family entertainment.

International fame and success came with a price. Later in life she had to fight to maintain the honor of her name. She steadfastly supported the country in times of war, and put many young girls through school at her own expense. Believing that women were just as capable as men, she firmly insisted that they should strive to achieve any goal or occupation that interested them. Her motto was to “Aim for a High Mark...For practice will make you perfect.”

Kim Hanley is an actor, singer, costumer, and dancer. She trained and danced from an early age with the School of American Ballet and the Eglevsky Ballet of New York. She credits her dance background and in-depth high school acting courses, including daily vocal labs and onstage work, for her ability to rise to any occasion when performing. Hanley is an accomplished costumer whose specialty is historical fashion. She began interpreting Abigail Adams in 1997; she now also interprets Betsy Ross, Molly Pitcher, Alice Roosevelt, and Annie

Oakley. Hanley has appeared at the White House Visitors Center, National Archives, National Portrait Gallery, and many other venues.

All are welcome to attend. Refreshments will be served after the presentation.

Women’s Guild events

By Ruth Klein

The Women’s Guild will hold its annual scholarship luncheon on Wednesday, June 2 at 1:45 p.m. in the Ballroom.

A number of scholarships will be given to Monroe seniors in the amount of \$1,000 each. The new slate of officers will also be introduced.

The luncheon will be a hot buffet consisting of three entrees, side dishes, salad, rolls and butter, and of course, an array of yummy desserts.

All are welcome. Tickets are \$16 (checks only, please) and may be obtained from the following members: Carol O’Brien 609-655-5780 Alyce Owens 609-860-0866 Carolyn Terry 609-395-9346 Dolores Wardrop 609-860-2810 Ruth Klein 609-655-8755



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Rossmoor Rental Library

By Irene Poulin

**The 14<sup>th</sup> Colony by Steve Berry**

What happens if both the president and vice-president die before taking the oath of office? The answer is far from certain. In fact, what follows would be nothing short of total political chaos.

**That Darkness by Lisa Black**

While investigating the body of a young teenage girl found in the local cemetery, a girl never reported missing, Cleveland forensic investigator Maggie Gardner crosses paths with a killer who is convinced his deadly deeds are keeping people safe.

**The Girl from Summer Hill by Jude Deveraux**

New York Times best-selling author Jude Deveraux’ breathtaking new series is set in Summer Hill, a small town where love takes center stage against the backdrop of Jane Aus-

ten’s “Pride and Prejudice.”

**Hide Away by Iris Johansen**

A beautiful destination and hidden treasure sounds like paradise for most people, but danger is around every corner for Eve Duncan, as her latest challenge has taken her to the Scottish Highlands to protect a young girl whose life is in danger.

**Lilac Girls: Novel 1 by Martha Hall Kelly.**

Young Manhattan woman Caroline Ferriday embarks on an unexpected journey when her attempt to find a boutonniere for a noted diplomat shows her the truth about the all-female concentration camp called Ravensbruck.

**15th Affair by James Patterson; Maxine Paetro**

When a beautiful blonde with ties to the CIA disappears from the scene of a luxury hotel murder, detective Lindsay Boxer seeks the truth about a plane crash and casts a suspi-

cious eye on her vanished husband.

**‘Till Death Do Us Part by Amanda Quick**

A desperate Calista Langley, who runs a Victorian London agency for lonely ladies and gentlemen, turns to elusive crime novelist Trent Hastings for help when she begins to regularly receive mourning gifts with her initials engraved on them.

**The Obsession by Nora Roberts**

Naomi Bowes lost her innocence the night she followed her father into the woods. In freeing the girl trapped in the root cellar, Naomi revealed the horrible extent to her father’s crimes, and made him infamous.

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**BUCKINGHAM PLACE**

## Players Pastimes



**Bill Strecker and Laurie Moyer in the production of "The Music Man" at North Brunswick High School**

By Sue Archambault

Our Open Mike production on March 13 was a big hit! The audience of 60 people filled The Gallery to capacity. Performances by the Players and members of the audience offered a wide variety of acts. Showmen presented jokes and skits; singers consisted of solos, duos, trios, and a large closing number by all the entertainers. Our own Mayflower Trio performed various instrumental numbers. Plus there was a

dance solo, a poetry reading, and song mimes. In addition to the entertaining program, the audience was treated to refreshments throughout the performance. The general consensus was that it was a terrific way to spend a Sunday afternoon.

Another March highlight for the Players was our monthly club meeting on Monday, March 28, when Dottie Haff offered us *Hollywood Footsteps*, a musical program, which was enjoyed by mem-



bers and guests alike. Our next monthly meeting will take place on Monday, April 25 at 7 p.m. in the Gallery. All members and any interested residents will be treated to a Vaudeville film, which will be hosted by Bob Huber. Bob is a stage/screen historian and will introduce the film and provide the audience with background information. All are welcome.

Our next main event will be our very popular *Just Music* production at the end of April. Open auditions will be held on Tuesday, April 5 from 1-4 p.m. and on Wednesday, April 6 from 7-9 p.m. Rehearsals will take place on Tuesday, April 26 and Wednesday, April 27 from 7-9 p.m. Please set aside Thursday, April 28 or Friday, April 29 from 7-9 p.m. to come see this very entertaining show. Tickets will be on sale April 20, 21, 22, 25, 26, and 27 in the Red Room from 1-3 p.m. You will also be able to buy tickets at Sal's from April 20 - 29. Ticket prices will be \$5 or \$7 at the door. The price of admission will include the show and refreshments as well. Please note: There will be no performance on Saturday for this particular production. Auditions, rehearsals, and performances will be held in the Meeting House.

## Exploring Internet crowdfunding

By Dixon and Aylat

The Internet has opened wonderful possibilities to bring people together for good causes, from contributing to the Wikipedia encyclopedia to helping to develop open source software like the Firefox browser and the Linux operating system. Similarly, crowdfunding brings groups of people together over the Internet to help fund interesting projects or ventures. It's a great new option for people who need to raise money for specific needs, or for ideas they

would like to develop.

Crowdfunding is a big and growing business. There are multiple sites that have each raised billions of dollars from tens of millions of donors.

All Rossmoor residents are invited to delve deeper into these, and other exciting new options, at the monthly meeting of the Computer Club in the Gallery at 10 a.m. on Monday, April 18, when guest speaker Doug Dixon will explain how crowdfunding offers wonderful opportunities for you to use sites like GoFundMe to provide direct support for people in need, and to explore sites like Kickstarter to help aspiring entrepreneurs create exciting new products.

We'll explore different types of crowdfunding sites and look at recent interesting projects, along with demonstrations of fun and offbeat products created thanks to crowdfunding.

Doug Dixon is an independent technology consultant, specializing in digital media and portable devices. He has been writing and speaking on digital media for the past decade and a half, and providing annual holiday gadget coverage in the Princeton area since 2002. Doug previously was a product manager and software developer at Intel and at Sarnoff in Princeton. He has

(Continued on page 17)

## New Jersey Club

By Eileen Parker

The New Jersey Club will meet on Friday, April 22 at 1:30 p.m. in the Ballroom. Our speaker will be Douglas Aumack, a Resource Interpretive Specialist in the Art and History Service of Middlesex County. His will be a "Trunk Presentation" of artifacts from New Jersey during the Civil War days.

Save the date of Tuesday, October 18, when the New Jersey Club will have a trip to Liberty Hall, located on the Kean University Campus in Union. Our day will start at the Visitor's Center Museum,

followed by a tour of the Mansion and the Gardens. A special tea will be served in the carriage house, consisting of sandwiches, scones, pastries, and more.

The Mansion was built by our first state governor, Robert Livingston, who was an ancestor of the recent Gov. Thomas Kean. The house was occupied until the early 1980s by Gov. Kean's mother and contains many interesting artifacts.

The cost of the trip is \$75. Call Ruth Klein (609) 655-8755 to join the trip, or to ask for more details.



Italian American Club activities

By Tony Cardello

We will enjoy an interactive dinner/theater show at the Cranbury Inn on Sunday afternoon, April 10, at 4 p.m., which promises to be a lot of fun. The cost will be \$45 per person and payment can be sent to Bob Macchiarola at 330-O Nantucket Lane, no later than April 5. For information, call Bob at 732-778-3685.

The next regular membership meeting will be on April 20 at 7:30 p.m. Caterers John and Phylliss Gatti will conduct a cooking demonstration on how to make

homemade mozzarella. Free samples will be given to all.

Future events will be the Rossmoor Downs on May 14 in the Ballroom. The cost will be \$15 per person.

A casino trip to the Sands in Pennsylvania will be on June 24. The cost will be \$25 and we will receive \$25 in coupons.

A trip that was enjoyed by all last year, to the Renault Winery, will be in August or September.

Bingo will be held on April 22 at 6:30 p.m. In the Ballroom.

Put a spring in your steps at the Dance Club's April Dance

By Judy Perkus

Join your fellow dance lovers in the Clubhouse Ballroom on Saturday, April 30 at 7 p.m. as the Rossmoor Dance Club welcomes spring. Couples and singles will be dancing to the music of Carmine. Soda, munchies, coffee, tea, and desserts (sugar-free available) will be served.

Send your \$8 per paid-up member or \$10 per non-member check made out to the Rossmoor Dance Club to

Armen DeVivo at 409B Roxbury Lane. All welcome.

If you haven't yet renewed your membership, please send your 2016 Dance Club dues of \$15 per couple, \$7.50 per person to Armen. New members are always welcome.

Save the Date: September 24 is the date of the Dance Club's annual anniversary dinner dance.

Call Armen at 609-655-2175 for more information.

Emerald Society's spring activities

By Joan Avery

President Dan Jolly stated that the trip to the Sands Casino on Feb. 5 was a great success. The trip to Sight and Sound Theater in Pennsylvania will take place on April 19. The fabulous production will be "Samson."

March was a busy month for the Emerald Society. The St. Patrick's Day dinner was held on March 17 in the Ballroom from 6 to 10 p.m. There was a choice of corned beef, chicken marsala or broiled tilapia. There was also wine, beer and soda.

The Emerald Society hosted the Catholic Society's Mass, which was held on March 10 at 7 p.m. Father Michael Fragozo celebrated the Mass and Jamie Frame served as the organist. The "Irish Ladies" provided the delicious refreshments.

The March entertainment was the fabulous Flavian, a comedian/mind reader. Walter Marz will give a presentation at the April Emerald Society meeting. Don't forget to sign up for the September Niagara Falls trip.

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Rossmoor Republican Club

April 19, 2016 at 7:30 p.m. in the Gallery

- Come and meet:
- State Senator Sam Thompson
  - Donald Katz, Esq., Republican State Committeeman for Middlesex County and Counsel of Middlesex County Republican Organization
  - Sue Tisiker, president of Middlesex County Republi-

can Women's Club

- Michael Leibowitz, Republican Councilman of Monroe

Each will give a brief speech and then will be available to meet with our members and answer any questions they have about their policies and issues. They will also answer questions relating to the candidates running for President.

Also present will be our guests Phyllisann Stein, Republican Chairwoman in Cranbury, Cheryl Bass, Republican Chairwoman in Spotswood, and Jose Martinez, consultant in Law Enforcement Matters.

The cost of joining the Republican Club is \$10 annually. If you have not paid your dues, you can do so at this meeting. If you have any questions, contact Ron Haas, president (609-235-9026) or Dee Frank, membership chairperson (609-409-0075).

Refreshments will be served.

Exploring

(Continued from page 16)

authored four books on digital media, published hundreds of feature articles, and presented over a hundred seminars and talks.

He makes his articles and technical references freely available on his Manifest Technology website and blog at Manifest-Tech.com. Take another look about him at the club's website at www.rossmoor.org, and come to the crowded meeting at 9:30 for coffee and cake.

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## Democratic Club

By Helen Ward

Joseph Harvie of the Monroe Township Office of Public Information will discuss his position at the Township at the April 26 Meeting of the Rossmoor Democratic Club. Harvie, who started working for Monroe in April 2007, will share how the Monroe News came to be, how it is produced and also the origins and inner workings of the Township Television Station.

While serving as Council President, current Mayor Gerald W. Tamburro secured a Governmental and Educational television channel for Monroe Township (28 for Comcast subscribers). Once the station

was established, Harvie began videotaping, editing, producing, and directing television programs for the town. The programs are also available on the Township's website www.monroetwp.com.

In addition, Harvie will show the Democratic Club how to navigate the Township website and where to find all of the most up-to-date information about Monroe.

While his primary job is providing information, Harvie also helps plan, promote and run special events in the Township such as the Green Fair and Community Cares Thanksgiving.

Harvie is a lifelong Monroe Township resident, and a 1998 graduate of Monroe Township High School, where he worked on the school newspaper, "The Falcon," and developed his passion for writing and videography.

From 1998 to 2002, Harvie attended Rowan University in Glassboro, NJ, where he earned his bachelor's degree in journalism. While at Rowan, Harvie worked for the school newspaper, "The Whit," and served as features editor during his senior year.

Following graduation, Harvie

worked for Packet Publications as a reporter for the "Cranbury Press" and "South Brunswick Post," where he won several New Jersey Press Association awards for his reporting, including first place awards for interpretive writing in 2006, and the Lloyd P. Burns Memorial Award in 2005 for a series of articles on an affordable housing complex in South Brunswick. A non-profit group purchased, repaired, and re-modeled the formerly run-down apartments as a result of Harvie's coverage. In addition, South Brunswick developed and adopted an ordinance requiring inspections prior to leasing apartments to new tenants due to the extensive coverage of the apartment complex.

In his spare time, Harvie enjoys working and hanging out with his fiancée Eileen and their dog Patch. He also makes short independent films with his uncle and father through their production company, Giordanoworks. He also enjoys bicycling, and does a 110-mile ride to raise money and awareness for the National MS Society every year.

Light refreshments will be served.

## Mutual News

### Mutual Seven

Spring is here at last. Thank God for that.

The Directors of Mutual Seven would like to take this opportunity to thank all the residents in Mutual Seven for their most generous gift—THE FIRST DIRECTORS' CRUISE. All three of us, as well as our spouses, had a wonderful time sailing through the Panama Canal. It hardly seems possible to believe that we were gone for three weeks. As the saying goes, "Time flies when you are having fun."

Our cruise started with an

absolutely beautiful suite for each of us. We were amazed at how much food and liquor was consumed by all. Thank you Mutual Seven! We hope that our next Directors' Cruise will be longer, say 26 days, with stops in China, Japan, and South Korea. This way we, personally, will be more in tune with what is going on in Eastern Asia.

**APRIL FOOL...** Of course you all realize this!

The next point of business is the ongoing siding and roofing project. With this printing, buildings 245, 265, 268, 270, and 282 will be well on their way to completion. This will give us a total of 22 manors finished. Thank you for your cooperation in this matter. The next set of buildings will be done some time in the spring or summer. Those manors will be notified before work is started.

If you see any walk light not working, please put a bag over it and notify us with the location so our lamp lighters can take care of it. Also, if a carport light is out, please give the location and carport number.

The Monroe Twp. Fire Department will be checking all common halls for code violations. Any fines will be your responsibility and not that of the Mutual.

If you have any medical issues requiring treatment for dialysis, chemo, radiation or oxygen, you should provide this medical information to the Health Center, and make sure it is updated. This is the only way they will be aware of your needs.

#### Directors:

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## SPORTS



## Time for 9-Holers to get moving

By Terre Martin

Feeling sluggish? Stiff? Frustrated with cold weather? It's time to get off the couch and get ready to swing those clubs. Exercise seems to be the preferred medicine for almost every ailment, so in the next few weeks we should all be cured.

Although we ride in carts for 9 holes, we need to be building up some endurance by walking each day. Apparently 20 minutes is the magic number. Can you walk briskly for 20 minutes without stopping? How about for 10 or 5 minutes? Start slow, but start! Get out those cans of soup and start a little weight

training too. Doing 8 to 10 repetitions several times a week may earn you 8 to 10 more yards on your drive.

Most of all, let's all start the season with a great attitude and a goal. Make this the year that we all see improvement in some aspect of our game, even if it's to lose fewer balls. My goal is to get over the water on the second hole.

The season starts on April 5 at a get-together with the 18 Hole Club followed by a general meeting for all 9-Holers in the Cedar Room. We hope to see some new faces as well as our tried and true members. Think about

(Continued on page 21)

## Croquet Club opening day luncheon meeting

By M. Vail

The Croquet Club begins Year 27 and its 2016 season with opening play day luncheon and general meeting on Saturday, April 30, in the Ballroom at 12 p.m. Social Chair Gail McCarthy is arranging a cold luncheon with a twist. Members will dress in white ready to play golf croquet on opening day.

Golf croquet begins in May, three times a week, Sunday, Tuesday and Friday at 5 p.m. Refreshments are served in the Clubhouse on Fridays after play. The schedule is posted on the storage building bulletin board. Residents are invited to join in the play and try out. White clothing is not required for tryouts; however, please wear flat soft sole footwear or sneakers to protect the court's grassy surface. Equipment is available for play.

American Six Wicket Croquet, singles and doubles, is played most days of the week. Lessons on skills and strategy will be offered to members. For more information on joining the croquet club contact Membership Chair Betty Anne Clayton at 609-662-4659 during the croquet season, April through October.

Croquet Winter Birds gathered in the Clubhouse in February for a winter break and a Potluck Luncheon. Ruth Klein chaired the event and was supported by many members. A good time was had by all. At the same time our Croquet Snow Birds were playing and entering competitions, and soaking up the sunshine. Sidna Mitchell won third place trophy for doubles in her flight. Karl Kruse spent his off time wearing many hats in the production *Super Bowl of Music* at the Bay Indies Club House, Venice Fla., and singing standards and show tunes. The cluster photos from Ellen Frankel give a peek into the fun filled winter here and in the South.

## Golf Course Highlights

By Ted Servis, Rossmoor Golf Professional

What's going on at the Golf Course? Spring is here. That means it is time to start playing golf. It's been a long winter. We will hold our first ladies' golf clinic on Wednesday, May 18, so please call the Pro Shop to sign up.

The Pro Shop is starting to receive new merchandise. We still have plenty of golf equipment in stock. Gift certificates are available for merchandise or for greens fee and golf carts.

The Pro Shop is back to its normal hours, Monday from 11 to 5:30 p.m., Tuesday through Sunday from 7 to 5:30 p.m. All hours are subject to the weather. If there is anything we can help you with or any questions we can answer, please give us a call at 609-655-3182.

I wish everyone a healthy and happy 2016 golf season.

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

## Ladies' 18-hole season opens in April

By Arlene McBride

On April 5 we host a breakfast social, which joins the two ladies' leagues in a get-acquainted social before the start of the 2016 season.

The first Executive Board meeting will be held in April. All concerns will be addressed and reported to the league at the Opening Day luncheon May 3.

Opening Day for the 2016 season is April 12. Hopefully good weather will be with us.

The membership form will be printed in this issue. If you want to join there is still time. Forms can also be obtained in the pro shop. Dues for the league - \$75; deadline - 04/01/16.

Email arlene-mcbride@comcast.net or call @ 609-395-1017 for more information.

Happy spring. Let's hope this is the warmest April ever!

Happy Passover to all who celebrate.

## Rossmoor 18-Hole Ladies' Golf League 2016 Membership Form

Please return the membership application by April 1, 2016 or earlier.

Please renew my regular membership: \_\_\_\_\_ \$75.00 (Note: change in dues)

Prospective members, please enclose a current USGA handicap card or five Rossmoor scorecards attested by a league member and your check in the above amount. (Maximum handicap - 40)

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GHIN #: \_\_\_\_\_

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

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

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Please make checks payable to: "Rossmoor Ladies' 18-hole Golf League" and send checks to:

Arlene P. McBride, 352A Old Nassau Road, Monroe Township, NJ 08831, OR place the form with a check in the Ladies 18-Hole box in the Pro shop. Thank you.

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Religious Organizations



Standing, from left: Marge Princiotta, Eleanor Szalus, Kevin Kelly, Terry Grillo, Lucille Conti, Fred Mytinick, Moya Brady, Joan Russo, and Gene Horan. Sitting, from left: Elena Daugherty, Grace Struzynski, and Mary Maloney. Not present: Joan Avery, Maureen Abano, Roseann Fordellone, and Deacon John Zembrowski.

Catholic Society Mass, Rev. John Primich celebrant

By Gene Horan

The monthly Mass of the Rossmoor Catholic Society will be held in the Meeting House at 7 p.m. on Thursday, April 14. Father John Primich, diocesan hospital chaplain and grand-nephew of resident Grace O'Hare, will be the celebrant. Refreshments and fellowship will follow. The following activities are scheduled during the month:

- The Chaplet of Divine

Mercy will be prayed in the Maple Room of the Clubhouse at 3 p.m. on Tuesday, April 19,

- The Prayer Shawl Ministry will meet in the Craft Room of the Clubhouse at 1:30 p.m. on the Thursday, April 7, and Thursday, April 21.

The Catholic Society Council will meet on Tuesday, April 12, in the Meeting House parlor. Our newly formed book

club will meet on Tuesday, May 17 at 1:30 p.m. in the Cedar Room. The book for discussion is, "The Girl Who Slept with God," by Valeria Breilinski.

Note: The Catholic Society is resuming its series of programs on St. Luke's Gospel starting on Wednesday, April 6, at 2 p.m. in the Maple Room of the Clubhouse. Check separate article in this issue for details.

Jewish Congregation: A busy April Seder and Services

By Ben Wistreich

First we experienced Purim in late March and now it's our traditional Passover second Seder in the Ballroom. It gets underway at 5:30 p.m. on Saturday, April 23, and features readings from the Hag-gadah by several Congregation members and guests, accompanied by delicious kosher Passover wine, a traditional Passover plate on

every table, and then a delicious hot kosher Passover meal with many of your favorites. Though we don't know all of the details at this writing, we're certain it will be a great holiday meal, complete with coffee, tea, and a dessert.

When the reservation form appears in the April Bulletin, don't wait, just attach your check and send it to Jeff Al-

bom, or drop it in the Congregation's envelope in E&R. Be sure to use an envelope, and address it to "Jeff / Passover Seder."

Did we mention that Bob Kolker and Cantor Mary Feinsinger would lead the Passover Services? They will do it again this year. They are very good and make the holiday very cheerful.

On Friday, April 8, Jeff Albom will be the lay reader and Bob Kolker will be the Torah reader. On Saturday, April 30 at 10:30 a.m. in the Meeting House, at a combination Service and Yizkor Service, Bob Kolker will be our lay reader, and Jeff Albom will read from the Torah.

Sabbath Services are held at 7:45 p.m. in the Meeting House. The Congregation will provide refreshments after both Services. Our Cantor is Mary Feinsinger, and our Gabbais are Judy Perkus and Janet Goodstein, president of the Congregation. All are invited to attend our Services, which include both English and Hebrew readings.

The Congregation's Board meeting on Tuesday evening, April 5, will be held in the Dogwood Room at 7 p.m. All Board members are urged to attend meetings on the first Tuesday evening of each month.

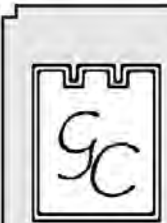
Finally, see the April Bulletin to discover the latest restaurant the Men's & Friends Club has selected, whether near or not. You can be certain the place chosen will serve interesting and delicious meals, and the price will be complete (no "extras").



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Catholic Society resumes series on St. Luke's Gospel

By Gene Horan

The Catholic Society is sponsoring a series of programs on St. Luke's Gospel. Season One, consisting of 10 sessions, was completed in 2015.

Season Two includes 10 additional sessions. Each consists of a half-hour televised video and a half-hour discussion. They will be conducted in the Maple Room of the Clubhouse on Wednesday afternoons at 2 p.m.

On the videos, scripture scholar Frances Hogan brings insights on some of the most cherished stories in the Gospel of St. Luke, narrated with precise and vivid detail, with many illustrations from the masters.

Participants are encouraged to bring a Bible and notepaper with them. Light refreshments will be available.

The Wednesday sessions

are as follows:

- April 6: John the Baptist Demands Absolute Conversion
- April 13: Jesus' Mission in the Power of the Spirit
- April 20: The Trial of Jesus in the Wilderness
- May 4: The Testing of Jesus, the Word Incarnate
- May 11: The Inaugural Speech of Jesus in Nazareth
- May 18: Jesus' Ministry in Capernaum
- June 1: Proclamation of the Christian Way of Life
- June 8: The Fisherman's Response to the Call of Jesus
- June 15: First Public Miracles: Healings of the Leper and the Paralytic
- June 29: The Calling of Sinners to Repentance

Please note that there are no sessions on April 27, May 25 and June 22.

Diocesan newspaper features Rossmoor Catholic Society

By Gene Horan

Sara Acevedo, a native of Cuba, is a relatively new resident of Rossmoor, having moved in last May. Although she still works, Sara has found time to become active with the Hiking Club where her cheerful disposition and photographic prowess has made her a much-valued member. She is also active with her church, Most Holy Name of Jesus in Perth Amboy, where she plays the keyboard and guitar for the Sunday noon Mass.

Another organization that very much interests Sara is the Rossmoor Catholic Society. "It's a really active community and I felt it should be recognized in a wider context." So in a conversation with Joanne Ward, editor-in-chief of *The Catholic Spirit*, bi-weekly newspaper of the Metuchen Diocese, she proposed doing a story about the Society. Joanne readily agreed.

That's where the author of this article comes in. Since retiring as editor of *The Rossmoor News*, he has taken on a number of freelance writing assignments, including ones for *The Catholic Spirit*, such as "Offering help to the bereaved as a parish ministry," and "Vietnamese Catholic community in diocese marks 25<sup>th</sup> anniversary." Asked to

do an article on our own Rossmoor organization, the answer had to be "yes."

The full-page article, titled "Faith group provides spiritual nourishment, fellowship to retirees" appeared in the January 14 issue. For those who haven't seen "The Catholic Spirit," here is a brief summary of the article's content.

Ross Cortese, founder of Rossmoor, believed that for many seniors a spiritual dimension is very important for a happy retirement. The official dedication of Rossmoor was held on Oct. 15, 1965, but it would be two years before the first residents moved in. By that time all the main facilities were complete, including a New-England-style Meeting House where religious services as well as concerts and other events could be held.

In June 1967, Msgr. J. Morgan Kelly celebrated Mass for the first ten members of the newly formed Catholic Society. An Interfaith Council, made up of the Catholic Society, the Rossmoor Community Church, and the Jewish Congregation was soon formed to foster religious cooperation and harmony. The Interfaith Services on Memorial Day, the National Day of Prayer, and Thanksgiving, as well as the

(Continued on page 21)





Six funny Jewish broads

By Judy Perkus  
For a wildly hilarious afternoon, on Monday, April 18, at 1:30 p.m. in the Ballroom, relax and enjoy the DVD "Making Trouble," featuring six of the greatest Joan Rivers, Gilda Radner,

and Wendy Wasserstein. This is a Sisterhood meeting you won't forget! This film does it all, as it informs, entertains, and enlightens, covering the history, humor, and heritage of these incredibly talented women.

Delicious refreshments, as usual, will be served. All Rossmoor residents are invited. Contributions of non-perishable food for the Kiwanis Pantry are welcome.

A message from High Tech Landscapes, Inc.

Winter pruning has been completed (all crabapples, hanging branches, or branches were pruned 6" off the siding). Please bring any trees that you are concerned about falling, or look to be falling, to High Tech's attention and we will be happy to assist you.

Spring clean-ups have already started. The first operation will be cleaning up gumballs and debris throughout the community. Edging of the beds and cleaning will also start this month.

The first fertilization application will begin in March once spring clean-ups are complete and before the first mowing. This application will consist of a fertilizer as well as a crabgrass pre-emergent treatment.

Snow damage is being taken care of and will be completed in a timely manner.

Carport cleaning will take place in April and May, weather permitting. Common facilities will be mulched as well. Edging of the sidewalks

will be performed once a month and will take place in the same time period as our first cut (April). Please note all of this will be a two-month operation in March and April.

MAINTENANCE

By Marlene Niwore  
**A/C Servicing**  
Now that spring has arrived, it's time to have your air conditioner serviced. Maintenance will be servicing air conditioners again this year. Please call our office starting April 1 to have a work order written. When weather permits and servicing begins, it is done on a first call, first serve basis. Maintenance Department: 609-655-2121  
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Many residents enjoy gardening and take pride in maintaining their own three-foot bedding areas. If you are one of them, you need to mark the bed so the landscaping company (High Tech) gets the word. This is done with yellow stakes at the corners of the bed where they are visible from either direction or additional stakes every six feet or so in between, if needed. The stakes mean nothing is to be touched. Some people only want to take care of a special bush or two themselves. If you don't want a bush

(Continued on page 22)

Diocesan newspaper

(Continued from page 20)  
host service, where one constituent member of the Council invites members of all other faiths to attend, and the dinners delivered to the homebound on Thanksgiving, are testimony to the success of that objective. The most important activity of the Catholic Society is the monthly Mass, which is followed by refreshments and fellowship. At some Masses, the Sacrament of the Sick is administered and at others confessions are heard. Regular activities include the Prayer Shawl Ministry, the

Chaplet of Divine Mercy, and during Lent, a weekly Rosary. Educational programs include guest speakers, films, days of recollection, retreats, excursions to religious sites and Bible Study. Throughout its history, the Catholic Society has provided support for missionaries and charitable organizations. Currently its principal interest is in an orphanage being established by Felician Sisters in Haiti, and in the mission of Sister Donna Brady, formerly on the staff of Nativity of Our Lord Parish, working with Native Americans in South Dakota.

The drones are coming

(Continued from page 1)  
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Golf Course highlights

(Continued from page 19)  
inviting a friend to join us. You'd be hard pressed to find a nicer group of women who encourage you on every shot, good or bad, they applaud the effort. Women who are new to golf or are slowing down from more rigorous games, should inquire about joining the 9-Holers. Contact membership chair Mary Shine (609-655-4518) or President Marie Bills (609-655-1912) to learn more. Thought for the day: The best exercise for golfers is golfing. - Bobby Jones

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**Pets must be leashed at all times and kept under control so they do not disturb the peace of residents.**

**Pet owners may not allow a dog to relieve itself upon sidewalks, driveways, flower beds or any landscaped area more than three feet from any street curb.**

**Pet owners are responsible for cleaning up after their dogs immediately.**

**Pets are not permitted on the golf course or the perimeter of the golf course at any time.**



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## HEALTH CARE CENTER NEWS

### Zika Virus

By, Kaytie Olshefski

It is on the news and on the radio; Zika virus is known to be in Latin America, Caribbean, various islands in the Pacific, Cape Verde off the coast of Africa, and now in Brazil. The Zika virus is finding its way to the United States. Centers for Disease Control and Prevention (CDC) recognizes the fact the Zika virus will continue to spread, but knows it will difficult to determine how it will continue to spread over time. This information is from the

CDC. Information is evolving every day with updates.

The Zika virus was first discovered in Uganda in 1947. Prior to 2007, sporadic cases were reported in Africa and Southeast Asia. The first outbreak was noted in 2007 on Yap Island. In 2013-2014, there have been more than 28,000 suspected cases. In May 2015, Brazil was the first country in the Americas to report the Zika virus. Currently, outbreaks are occurring in the Americas, Puerto Rico, Virgin Islands, and America Samoa. The outbreaks that have occurred in the United States so far have been from travelers returning from an infected area.

The Zika virus is spread specifically by the bite of an infected *Aedes* species mosquito. This particular mosquito also spreads dengue and chikungunya virus. The Zika virus can be spread from person to person when an infected mosquito bites another person who then becomes infected. This cycle has the potential to create an epidemic as more and more people become infected.

Researchers know this virus is transmitted through blood transfusions, sexual contact, laboratory exposure, and from a pregnant mother to her fetus. It is especially dangerous for an unborn child because some of these infants have been born with microcephaly. This means that an infected baby's head will be significantly smaller when compared with a normal baby's head. Brazil reports a substantial number of babies born with microcephaly.

Cases of Guillain-Barre syndrome have been linked to the Zika virus. Researchers do not know the connection between Guillain-Barre syndrome and Zika virus. Guillain-Barre syndrome is a muscle weakness of the legs and arms, leading to possible paralysis, caused by one's immune system damaging the nerve cells. In more severe cases, muscle weakness affects swallowing, eye movement, and breathing, which leads to death.

Everyone can be a target for this mosquito. The common symptoms of Zika virus are fever, rash, joint pain, muscle pain, headache, and conjunctivitis (red eyes). Symptoms are mild and last from several days to a week. CDC reports 80% of the people infected with the Zika virus are asymptomatic, meaning that only one in five will experience a mild illness. Once a person is bitten by an infected mosquito, symptoms usually appear in two to five days. CDC reports it is uncommon for people to be hospitalized. Deaths are rare from this virus.

Presently, there is no vaccine to prevent Zika virus, nor is there a cure. The only treatment at this time is to treat the symptoms. The person needs to get plenty of rest, drink fluids to prevent

from becoming dehydrated and use Tylenol to bring down the fever. It is advised not to use aspirin or non-steroidal anti-inflammatory drugs (NSAIDs) until dengue is ruled out, to reduce the risk of hemorrhage.

All precautions must be taken to break the chain of spreading the virus to other people. Researchers know that to stop the spread, the infected person needs to be protected from all mosquito exposure for the first week of being sick. CDC feels that once a person has been infected, that person is most likely protected from future infections.

As of this writing, there are no commercially available diagnostic tests for the Zika virus. Testing at this moment is at CDC laboratory and a few State and local health departments. Seek medical attention if you develop the above symptoms. Your physician will want to know your history and if you have recently traveled. The doctor may order blood tests looking for the Zika virus and to rule out dengue and chikungunya virus.

In this cold winter weather, we are safe from mosquito bites. It is too cold for them to breed. However, as warm weather approaches, we must be aware and protect ourselves from mosquito bites. First, mosquitos breed and lay their eggs in standing water containers such as buckets, bowls, animal dishes, flower pots, and vases. They are aggressive biters especially during the daytime, but also at night. The mosquitos live in and around households. To protect yourself, wear long sleeve shirts and pants. Make sure the window and door screens have no holes or openings. Use air conditioning when indoors instead of opening the windows. Use Environmental Protection Agency (EPA) recommended insect repellent. Follow the directions on the product label when applying and reapplying it. If you are using sunscreen, apply the sunscreen first, then the insect repellent.

If you or someone you know will be traveling to an area that is known to have the Zika virus, read all the latest information from the CDC to prevent from getting bitten. Stay updated with all the latest information on the Zika virus to protect yourself and others from this virus.

I would like to add an addendum to my February article on Medical Alert Devices. A couple of residents have informed me of medical alert devices they have which were not mentioned in my article.

**Great Call Splash 5 Star Urgent Response** is a medical alert system with GPS. The GPS is through a cellular connection provided by nationwide cellular provider such as by Verizon and AT&T. You can be in any

(Continued on page 23)

### MAINTENANCE

(Continued from page 21)

pruned by the landscaper, please tie a yellow ribbon or two on it where it is very visible. Yellow stakes and ribbons, and more detailed instructions on their use, are available at no charge in Maintenance and E&R.

#### Insects

If you have a problem with insects in or around your manor, please call or bring in a sample. We will have the exterminator treat, if applicable.

#### Smoke detectors and batteries

The Fire Department recommends that smoke detectors be replaced after ten years. If you would like to have yours replaced, please give us a call. You should also replace the batteries in your smoke detector twice a year.

#### Irrigation systems

When you have your irrigation system opened, if you have a sprinkler head possibly damaged by snow removal, please call our office.

#### Dryer vent cleaning

Dryer vents should be cleaned at least once a year. Condensation can build up in the duct and can cause a leak. If you have a bird guard cover on the vent it can build up with lint. Please call our office for an appointment.

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## HEALTH CARE

(Continued from page 22)

part of the U.S. where there is network coverage to be able to use this medical alert device. This device can be worn as a necklace or on the wrist. The medical alert is waterproof and offers the option of automatic fall detection. This particular device needs to be recharged every four to five days. There are three package options to choose from.

Another medical alert device is the cell phone called Jitterbug 5. Because this is a cell phone, the cellular network coverage would cover you anywhere in the U.S. as long as there is network coverage in that particular area. The phone could be carried in your hand or placed in a pocket or in your pocketbook. As a medical alert device, the phone has a built in red color 5 Star button on the keypad that can be pushed in an emergency. You will have the option of choosing a minutes-only plan or health and safety service minutes plan. The phone needs to be recharged depending on how often one talks and/or texts. Care must be taken, as with all cell phones, not to get it wet.

The other medical alert device is an upgrade of the **Jitterbug 5** and the **Jitterbug Touch Smartphone**. Again, you would be covered anywhere in the U.S. as long as there is network coverage in that particular area. Since it is a smartphone, you have access to email, downloading Apps, connecting to the Internet, taking photos, besides making phone calls and texting. The medical alert features are the same as the Jitterbug phone. This is a little bit more expensive than a Jitterbug 5 phone. There are a variety of options available as to how many minutes one wants or the health and safety service minutes plan.

These medical devices are from Greatcall, Inc. The two phones can be found at Best Buy, Rite Aid, and Sears. Great Call Splash 5 Star Urgent Response is sold at Wal-Mart. Information and how to purchase the phones can be found on the Internet and in magazine advertisements such as in the AARP magazine.

In our lecture series from Saint Peter's University Hospital, Theresa Wyman, a registered dietitian, certified diabetes educator, and program leader for Diabetes Self-Management Education Program, will speak on "How to Prevent Diabetes and Pre-Diabetes" on Monday, April 11 at 1 p.m. in the Maple Room of the Clubhouse. She is an expert on diabetes and can answer all your questions. If you are interested in attending, please call the Health Care Center at 655-2220.

**Please Note:** I would like everyone to know that if anyone is on chemotherapy, radiation therapy, dialysis, hospice, or IV infusion, that person should contact the Health Care Center to be placed on the snow emergency list.



## Your Garden



By Mel Moss

In April people tend to get spring fever. If we have four or five days in a row with temperatures in the 60s or even 70s, gardeners get eager to start planting. This is fine depending on what you want to plant.

In the 40 years when I ran a nursery, I would have someone come in to buy tomato plants in early April, or even late March. Some people want to be the first in their neighborhood to have a ripe tomato. But planting them at this time of year usually results in dead tomato plants and the need to replant.

However, planting trees and shrubs in April is a good idea. This will help them develop a stronger root system before the hot summer weather or possible droughts occur. The more roots a plant can develop the more water it can supply to both new and old growth on the plant. But

there are still a couple of things to watch out for.

Because many of the plants that nurseries stock up on come from warmer areas, they start putting on new growth earlier than in New Jersey. New growth is tender and can be killed by a hard frost, which is certainly possible here in April. Even if the plants are grown in this area, container grown plants are usually overwintered in plastic covered greenhouses that warm up to high daytime temperatures. This can push out new growth prematurely, which might be zapped with a hard freeze.

Another thing to consider when planting is how wet is the soil? If the soil is too wet, digging in it can ruin the soil's structure so that when it dries, it bakes like a brick. This will make it hard for new root growth to penetrate the surrounding soil.

How can you test if the soil

is too wet? Get a handful of the soil in the planting area and mold it into a ball about the size of a golf ball or a little larger. Poke your fingers into it and if the ball breaks into small pieces, it's fine to plant it. But if the ball retains the hole your finger made, hold off.

Most of your annual flowering plants such as marigolds, zinnias, impatiens, etc., will not tolerate frost. But by the middle of April, most garden centers will have them displayed for sale, making them very tempting to buy. But April can have wide swings in temperature. Frost and even snow is still possible. In spite of global warming, frost can occur through the entire month. Remember, it takes only one freezing night to force you to start all over again.

Even if no frost occurs, most nights will be chilly enough that annual plants

will not start putting out new growth until nights become consistently well above freezing. May 15 has always been the conservative safe date for the safe planting of annuals. Pansies are one exception. They actually like the cool nights of April and will grow and bloom very well. Their only drawback is that they don't like hot summer temperatures. By the end of May or early June, they will not be as colorful anymore. But they can be replaced by any of the non-frost tolerant annuals.

In late April most frosts are only a degree or two below freezing. Therefore, some areas might be protected from frost. Plants close to the house might retain warmth, as could plants under trees or shrubs. That is because the canopy provided by trees or large shrubs will trap the warm air.

(Continued on page 24)

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Focus of LWV April meeting will be role of County Clerk and Primaries

*By Ruth Banks*  
Election fever pervades the air, even in Monroe Township. With N.J. primaries on the horizon (June 7), the League's April 25 meeting will give residents an opportunity to hear Elaine Flynn review her responsibilities as County Clerk and provide a pep talk about voting in the Primary Election. The meeting will begin at 1 p.m. in the

Your Garden

*(Continued from page 23)*  
If you have annuals planted in April, listen to weather reports every day. "Frost advisory" means there will be a chance of frost that night. "Frost warning" means there will almost surely be a frost.  
I always protected the plants with rolls of Styrofoam sheeting. But newspapers, old bed sheets, or light plastic cover will work as long as it is anchored down against the wind.  
So even though April weather can be pleasant and the plants will be available at most garden centers to tempt you, the safest time to plant anything will be early to mid-May.

Municipal Building Courtroom and is free and residents are encouraged to attend.  
Considering the fact that Flynn spent 27 years as an educator and is now entering her 20th year as the Middlesex County Clerk, that is a milestone in anyone's career. Under the law, she is responsible for recording property transactions, preparing all election ballots and certifying election results. Under her guidance, her office processes documents for county residents on behalf of many levels of federal, state and local government. She acts on behalf of the US Department of State accepting applications for passports as Passport Clerk, and has officiated at over 3000 weddings. She is responsible for recording and preserving all property transactions, preparing all election ballots and certifying election results.  
Flynn has served on the Middlesex County Children's Commission for health insurance, was a member of the Homeless Task Force for the County, and has been actively involved in the American Heart Association. She recently initiated a mass mailing to County residents to inform them about early

voting, in an effort to encourage more people to vote.  
We have witnessed via TV and other media sources the results of presidential primaries in various states. The extremely large and unexpected turnouts, the incessant debates and interviews of the candidates. The New Jersey primaries are much later than many of the states, occurring on June 7. Primary elections and caucuses are a key part of the process to select the next President and provide a crucial opportunity for voters to take control and influence the process by selecting their top candidate to represent a political party in the general election. The rules about primaries, when they are held and who can participate in them, vary widely by state. In New Jersey, you may vote for only one party's candidate. Currently, the Democratic and Republican parties qualify for primary elections. If you are an unaffiliated voter, you may declare at the polls the day of a primary election. You retain this party affiliation unless you file a party declaration form which is available at County or Municipal offices. However, in the general election you do not need to de-

clare a party affiliation.  
At the League meeting on May 23, Gordon MacInnes, president of the New Jersey Policy Perspective, will be our guest speaker and will engage us in a number of state issues including the current state and future of our transportation system.  
The League of Women Voters is a nonpartisan political organization, encourages informed and active participation in government, works

to increase understanding of major public policy issues and works to educate the community in these issues. It welcomes men and women over 18, and is also involved now in working with high school students. For more information on League, feel free to contact: Ruth Banks, 609-655-4791; Judy Perkus, 609-395-1552; Mary Ann Colgan, 609-490-0063; or Francine Glass, 609-860-7890.

Annual Book Sale Set

**Friends of the Monroe Library**  
The Monroe Library's Annual Book Sale is set for Saturday, April 30 to Thursday, May 5 at the Monroe Township Public Library, 4 Municipal Plaza, Monroe Twp. Gently used books, DVDs, audio books and CDs at bargain prices will be available.  
**Donation Information**  
Two bags per visit during Library hours through April 11.  
Clean, lightly used, odor-free children's books, newer fiction, timely non-fiction, history, and biography;  
Audio books, DVDs and CDs in working condition;  
Business, health, and computer books less than five years old;  
Videos, encyclopedias, Reader's Digest Condensed books and textbooks not accepted.

**Book Sale Schedule**  
11 a.m.- 4 p.m., Saturday, April 30: Early Buying Preview Day  
Adults, \$1 entry fee. Scanners, cell phones and other electronic ISBN search devices not permitted.  
1-4 p.m., Sunday, May 1; 10 a.m.- 8 p.m., Monday, May 2 to Wednesday, May 4; and 10 a.m.-3 p.m., Thursday, May 5, Bag Day. Fill the bag provided for \$1.00. Scanners, cell phones, and other electronic ISBN search devices permitted only after 11:30 a.m.  
**Pricing**  
-Hardcover books: \$3 (2/\$5)  
-Trade paperbacks: \$2 (3/\$5)  
-Mass-market paperbacks: 50 cents  
Special items priced as marked. Cash and checks only accepted for payment.

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The Patrons of the Arts of Monroe Township Proudly Presents:

**The 5th Annual Trip to Tanglewood**  
**July 28 – July 31, 2016 – 4 Days 3 Nights**  
Enjoy the Tanglewood music center Orchestra conducted by Andris Nelsons featuring pianist Paul Lewis. Visit the Clarke Institute in Williamstown, MA. Enjoy Jacobs Pillow Dance Festival

featuring Wendy Whelan and choreographer Ryan Brooks with music by Brooklyn Rider an Extreme Quartet. Visit the Norman Rockwell Museum.  
Enjoy an evening performance of the Boston Symphony Orchestra conducted by Andris Nelsons featuring pianist Jonathan Biss. Visit Historic Ventfort Hall, mansion of Sarah Morgan and home to the Museum of the Guided age. Williamstown Theater Performance to be announced.  
Double Occupancy: \$1089 per person, Single Occupancy: \$1419 per person  
Price Includes the Following: All tickets and entrance fees, 4 performances in orchestra seating. Round Trip Premium Motor coach, Transportation and Tour Escort, 3 nights at the "4 Diamond" Orchards Hotel in Williamstown, Massachusetts, 3 Breakfasts, 3 Dinners, all gratuities except driver gratuities included.  
A deposit of \$250 per person due upon booking is 100% refundable until May 15, 2016. Final payment is due May 15, 2016. Deposit checks should be made out to Atlas World Travel. *Payments received after 5/15/2016 are non-refundable unless covered by insurance.*  
Medical Cancellation Insurance



# Senior Center Highlights

## Monroe Township Office of Senior Services & Senior Center

12 Halsey Reed Road, Monroe Township, NJ 08831 • 609-448-7140

### Membership Information

Registering with the Office / Senior Center is free and available to Monroe Township residents, 55 years or over. Advance registration is recommended to ensure easy admission into a program. Registration is also available on the same day of an event from 9 to 11:30 a.m.

For more information, visit the Senior Center to pick up a calendar of events or visit [www.monroetwp.com](http://www.monroetwp.com), and look for the "Office of Senior Services" link under "Departments."

### On-Going Programs

Interested in a Support Group? Want to share your love of plants with others or play table tennis? Get a complete listing of our on-going activities held in the Monroe Township Senior Center. Just stop by during regular operating hours, Monday thru Friday, 8:30 a.m. to 4:30 p.m., and ask for our On-Going Program Sheet. You can also access our on-going activities on the Senior Center's page at: [www.monroetwp.com](http://www.monroetwp.com).

### Get Your Game On!

On select days and times, bring friends and play your game of choice on Monday and Wednesday afternoons from 1 to 4 p.m. and on Tuesday and Friday mornings from 9 to noon. Cribbage (for new and seasoned) players meet on the 2nd and 4th Wednesday. (Some days are shared with classes.)

### Good for You

**Income Tax Assistance:** By appointment only, trained AARP tax counselors will be available on to help individuals, with low-to-moderate incomes, with their tax return. Limited appointments available through April 13. For more information, please contact Rosanna.

**Bagels Plus:** On Friday, April 1, at 10 a.m., join Sheli Monacchio, Caring Connections, and Linda Mundie, The Gardens at Monroe, as they host this informative discussion on "Wills, Power of Attorney, & Living Wills." The guest speaker is Rehka Rao, Leder Law Attorney, who will discuss the importance of

### Patrons

(Continued from page 24)  
ance: \$93 Per Person due as a separate check made out to Atlas World Travel. Mail Checks to: (Please include a note with your name, address, phone number, email, emergency contact and any special request - we will do our best to honor.)  
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Gloria Adlerman (732) 605 0262  
Email [Gloria@atlaswt.com](mailto:Gloria@atlaswt.com)

these documents, where to store them, and how a Will could help minimize estate taxes. As always, bagels and smear will be provided. Please register.

**How to Talk When the Band is Too Loud:** Starting on Thursday, April 7, at 10 a.m., Naomi Miller provides a fun way to learn Sign Language so you can apply what you learn at special events and everyday life. This 5-session program includes fingerspelling and specific phrases. Course fee: \$15, due in-person, in advance. Space limited.

**Caring Café:** On Thursday, April 7, at 1:30 p.m., join Susan Schwartz and Dale Ofei-Ayisi, from the EARS program, as they offer a special afternoon for caregivers and their loved ones. Explore "The Relaxation-Creativity Connection" in a comfortable atmosphere. Pre-registration is required by calling either Susan at 1-866-300-3277, or Dale at 732-235-8452. (Caregiver is responsible for their care recipient's personal needs during the event.)

**Snooze & Lose:** On Tuesday, April 12, at 1:30 p.m., discover the link between sleep and weight with Caryn Alter, MS, RD, a registered dietitian, with CentraState Medical Center. She explores the connection between restless sleep and noshing all day along with tips for quick, healthy breakfasts. Please register in advance.

**AARP Smart Drivers Course:** On Monday, April 18, at 8:45 a.m., refresh your driving skills by taking the AARP's driving class. For space availability and payment information, please call the Office: 609-448-7140.

**Get Organized:** On Wednesday, April 20, at 1:30 p.m., learn simple yet effective ways to stay organized with Professional Organizer, Theresa D'Auria, of Organized to a T. Sponsored by Wilf at Home and The Oscar and Ella Wilf Campus for Senior Living. Please register in advance.

### Music and More

**Fred Miller's Lecture-in-Song:** On Tuesday, April 5, at 1:30 p.m., join Fred Miller as he explores, through narrative and song, a variety of topics and tunes surrounding "Money and Love" during the Depression and WWII years. Please register in advance.

**Weather in Music:** On Thursday, April 7, at 1:30 p.m., Marvin Fischer takes us on a musical journey as he braves the storm and reveals, through song and story, the influence of weather in music, from "Stormy Weather" to "On a Clear Day." Please register in advance.

**One Woman 50's Show:**

On Friday, April 8, at 2 p.m., our friends from Sunrise Assisted Living host this one woman show featuring songs from the "Fabulous 50's". Enjoy classics from Frank Sinatra, Peggy Lee, Elvis Presley, Patty Page, Hank Williams, and more! Please register in advance.

**Women in the Civil War:** On Monday, April 11, at 1:30 p.m., join Martin Mosho as he shares the remarkable contributions made by women during the American Civil War. Their heroic roles as volunteer, nurse, and even spy, defied the culture of their time but yet they received very little historical notice, until now. Please register in advance.

**Stories of Courage:** On Thursday, April 14, at 1:30 p.m., join Ilse Loeb, Holocaust survivor, as she hosts this special tribute to the non-Jews who heroically hid and saved Jewish families and their children during the Holocaust. She will address questions after the video presentation. Please register in advance.

**Musically Yours:** On Friday, April 15, at 1:30 p.m., we welcome back Barbara Harris, the lead vocalist of that 60's Girls Group, "The Toys," for an afternoon filled with lively music. Please register in advance.

**Earth Day Concert:** On Monday, April 18, at 1 p.m., enjoy this DVD musical performance by Placido Domingo, Wynton Marsalis, Sarah Chang, and others during this 1992 concert for Planet Earth. Hosted by Mike Ferriera. Please register in advance.

**Jewbadors:** On Tuesday, April 19, at 2 p.m., we welcome back this group of 9 musicians, actors, etc. as they perform their newest show, "A Jewish Journey." With touching dialogue and familiar tunes in Yiddish, Hebrew, and English, The Jewbadors depict the exodus out of Europe during the 19th and 20th centuries. Please register in advance.

**Thomas Elefant Presents:** On Thursday, April 21 and 28, at 1:30 p.m., join Thomas Elefant, Orchestra Conductor, for an enlightening look at: Handel's "Messiah" on the 21st. Learn how Handel's innovative writing created a sensation that has not subsided; and, "Gypsy Music of Hungary" on the 28th. Examine and identify the characteristics of Hungarian gypsy music and its influence on classical music. Please register for each program separately, in advance.

**Jerry's Travels:** On Friday, April 22, at 1:30 p.m., join Jerry as he takes you, by bus, through the Peruvian Andes Mountains to the Incan citadel of Machu Picchu.

Then, by small yacht, travel to the Galapagos Islands where we walk amongst unique animal species that led Charles Darwin to develop his Theory of Evolution. Please register.

**Monet & Food:** On Monday, April 25, at 10:30 a.m., join Maurice Mahler, Art Historian, as he explores the love connection between Monet and food during this lecture and DVD presentation. Be sure to bring a pen/notepad to jot down recipes of Monet's favorite dishes. Please register.

**Mike & Ted Present - Only Astaire:** On Tuesday, April 26, at 2 p.m., join our friends, from WWFM's *The Classical Network*, as they examine Fred Astaire's career in Vaudeville, on Broadway with his sister Adele, and his Emmy Award winning TV work after his partnership with Rodgers ended. Please register in advance.

**Music BINGO:** On Friday, April 29, at 1:30 p.m., join our friend, Tara, for her special and musical twist on BINGO. Take a chance at yelling "BINGO!" and winning a prize! Tickets: \$2 p.p., due upon registering in-person, in advance. (includes game & light refreshments.) Space limited.

### Artistically Speaking

**Pastels Class:** Starting on Tuesday, April 5, at 1:30 p.m., join Shelly Wish as he shares tips and techniques in using soft pastels during this 5-session class. (Please note Class Dates: 4/5, 4/12, 4/19, 5/3, 5/31.) Course Fee: \$50 p.p., due upon registering in-advance and in-person. Space limited. (Students

must supply their own soft pastels set and pastel paper pad available at Michaels, AC Moore, etc.)

**Seasonal Wreath:** On Monday, April 11, at 10 a.m., join Andrea as you design your own spring wreath using a variety of silk flowers. Supplies/instruction included in the fee: \$10 p.p., due upon registering in-person, in advance. Space limited. (Students are encouraged to bring in their own glue gun and other embellishments.)

**Mixed Watercolor Media:** Starting on Thursday, April 14, with set-up time at 12:30 p.m., join Jeremy Taylor for this 5-session, multi-level, watercolor class that incorporates acrylics and gouache. Class starts at 1 p.m. Course fee: \$50, due upon registering in-person, in advance. Space limited. Previous participation does not guarantee enrollment in this class. Supply list available upon request.

**Art of the Masters:** On Friday, April 29, at 2 p.m., join Christina, from Creative Notions, LLC, for a brief lecture on Franz Kline. Then, individuals, with a project coupon, will create a personal, abstract B&W work of art in the artist's style. Coupons available upon request, in-person, while they last. Space limited.

### Exercise Your Options

**Chair Yoga:** Starting on Thursday, April 7, at 9 a.m., join Eileen as she conducts this 8-session program (minus the previous visual experience). Course Fee: \$40, due upon registering in-person, in advance.

(Continued on page 27)

## TRANSPORTATION TIDBITS

### Important phone numbers:

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

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

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

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

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

## Mailing Addresses

If you are not receiving mail from Rossmoor, your Mutual, or *The Rossmoor News*, it may be a matter of our not having your correct mailing address. Many residents, over the years, filed "Winter Address" forms with Administration and failed to specify a return date. If you did not contact us when you returned, it might be possible that we still have an alternate or winter address in our system.

Please contact Resident Services manager, at 609-655-1000, to verify your address.

The Rossmoor News  
deadline is the 7<sup>th</sup>  
of every month.



## New Take on Shakespeare’s ‘Midsummer Night’s Dream’ at MCCC’s Kelsey Theatre

West Windsor, N.J. – Mercer County Community College’s (MCCC’s) Academic Theatre Company will present an original adaptation of Shakespeare’s classic “A Midsummer Night’s Dream” at Kelsey Theatre. Dates and show times are Fridays, April 1 and 8 at 8 p.m.; Saturdays, April 2 and 9 at 8 p.m.; and Sundays, April 3 and 10 at 2 p.m. Kelsey Theatre is located on the college’s West Windsor Campus, 1200 Old Trenton Road.

The play features all of Shakespeare’s comic and fantastical fairy elements and characters, but adds jazz dance fused with classical Indian dance. Audiences can expect to experience the play as an electrifying Bollywood production fused with Shakespeare and jazz.

According to MCCC’s Theatre/Dance Program Coordinator Jody Gazenbeek-Person, each academic year, the program strives to give students and their audiences a diverse range of performances. This year’s focus is classical Indian drama and dance. Students are reading India’s classical plays and scholarly works on Indian stagecraft and performing.

Gazenbeek-Person said this production of “Midsummer” brings that theory and history to life on stage. “Students are learning rewarding and challenging movements and acting techniques, while also learning the difference between cultural appropriation and cultural valuing.”

With the help of a consultant, students are rigorously rehearsing a variety of hand gestures and other techniques that they will make breath-taking on stage. “But our students will know that the gestures they are performing date back over 2,000 years. They will have a powerful learning experience while audiences will leave the theater laughing, mesmerized by the dancing, and hopefully wanting to know more about India’s rich performance traditions,” Gazenbeek-Person said.

The cast features: Charles Acuna of Plainsboro as Puck; Amy Annucci of Ewing as Moth; Katherine Beauchamps of Ewing as Fairy/Philostrate; Krista Coleman of Hillsborough as Hippolyta/Fairy; Robert Gray of Ewing as Theseus; Kasiah Harrison of Lawrenceville as the Fairy/Attendant; Harley Herrell of East Windsor as Tom Snout/Wall; Kimberly King of Hamilton as Cobweb; Jessica Klatskin of East Windsor as Mustardseed; Kyle Kington of Florence as Demetrius; Madison Kotnarowski of Hamilton as Helena; Kourtney Laws of Trenton as Fairy/Votaress; Brian Tudor Leeds of Edgewater Park as Nick Bottom/Pyramus; Rachel Lemos of Lawrenceville as Titania; Shelley Gail Weiss Lightman of East Windsor as Atten-

dant; Meaghan Lukacs of Hamilton as Hermia; Teewhy Nyema of Trenton as Peter Quince; Adam Porcher of Hopewell as Francis Flute/Thisby; Marius Price of Ewing as Lysander; Brianna Rapp of East Windsor as Peaseblossom; Christopher Ryan of Trenton as Oberon; Brian Sheppard of Lawrenceville as Starveling/Moon/Attendant; Calla Tisdale of West Windsor as Attendant; and Matt Tucci of Ewing as Egeus/Snug.

The production team includes Producer/Choreographer Jody Gazenbeek-Person, Producer Kitty Getlik, Director Lou Stalsworth, Costume/Set Designer Kate Pinner, Lighting

Designer Bob Terrano, Master Carpenter Jim Petro, Sound Designer Frank McDuff, Props Mistress Madelyn Lichtman, Vocal Coach Rupert Hinton, Stage Manager Nicole Schulnick and Assistant Stage Manager Jon Cintron.

Tickets for “Midsummer’s Night Dream” are \$18 for adults, \$16 for seniors, and \$14 for students and children. Free parking is available next to the theater. Tickets may be purchased online at [www.kelseytheatre.net](http://www.kelseytheatre.net) or by calling the Kelsey Box Office at 609-570-3333. For a complete listing of adult and children’s events, visit the Kelsey webpage or call the box office for a brochure.

## What You Can Do To Protect Yourself from Card Fraud

You may have already received your new credit or debit card equipped with a microchip. If you haven’t received your new chip card, you most likely will by the time your card expires. The EMV chip technology is intended to help reduce debit and credit card fraud, and thanks to collaboration between America’s payment networks and card-issuers, you’ll see many more merchants using EMV-equipped card readers over the coming months.

Chip-enabled cards store the same basic information that’s already in the magnetic strip on the back of your card, such as the card number and expiration date. They add a layer of fraud protection by producing a single-use code to validate every transaction. While EMV technology is intended to reduce card fraud, it’s still important to be aware of how fraud happens, what you can do to prevent it and what your card-issuer does to help protect you.

“Fraud prevention is a partnership between cardholders and the bank,” said Pam Codispoti, president of Chase Consumer Branded Cards. “By working together, we can help customers keep their accounts safer and more secure.”

Chase offers some tips to help you stay alert to fraud while you holiday shop and in the New Year:

- \* Keep your contact information, including phone number and email address, up to date so the card issuer can contact you quickly if they detect signs of fraud on your account.
- \* Review your card agreement to be sure you understand what anti-fraud measures the issuer takes.
- \* If your card company or bank offers it, sign up for account alerts to monitor your finances and keep your accounts safe. Most issuers will allow you to choose to be alerted to any unusual account activity via text, email or phone call.

\* Review your statements every month to ensure all charges are accurate and authorized by you. If you spot a charge you don’t recognize, contact the card issuer or bank immediately. With the shift to greater use of EMV technology, if fraud occurs on your account and you have a chip-enabled card, the merchant will be responsible for the costs in most situations. Also, many banks offer zero liability protection - you won’t be held responsible for unauthorized charges made with your card or account information.

\* Monitor your credit reports. Although you’re entitled to a free report from all three major credit bureaus once a year, checking your report more often can help catch signs of fraud earlier.

\* Opt for secure paperless billing. Theft of paper documents, such as from your mailbox or trash, is still a top way fraudsters obtain information. By going paperless, you eliminate an opportunity for someone to steal your statement and get your account information.

\* Switch to secure online or mobile payments to help protect your account information. Online payments add layers of security to your transaction and can help ensure you never miss a payment.

\* When using your card in a store, never allow the card out of your sight. If you have to enter a PIN number to use the card, be aware of who’s standing around you and shield the keypad from view when you type in your PIN.

### Pitch in for the planet



## Resident Emergency/Disaster Information (R.E.D.I.)

### Knowing what to do is the best preparation IT’S YOUR RESPONSIBILITY

#### Why Prepare?

The outlook for recovery from a disaster often depends on your planning and preparation. While we all hope that such events never happen, it has been shown from time to time that those who have prepared are best able to recover. Emergency services and government agencies may not be able to respond to our needs immediately. **You need to be ready to care for yourself here in Rossmoor.**

#### Know What to Do

In the event of a disaster/emergency it is important to know what to do. Learn and understand the different types of disasters/emergencies you are most likely to encounter and what you will need. While each person is unique, you can take steps to prepare by evaluating personal needs and making a plan that fits those needs.

#### Make a Plan

The first step is to consider how a disaster/emergency might affect your individual needs. It may be necessary to plan to make it on your own for many days. It is possible that you will not have access to a medical facility, drugstore, gas station, or bank. Bus service may be limited or cancelled. It is crucial that you think about what kinds of resources you use on a daily basis and what you might do if those resources are limited or not available.

#### Leaving vs Staying Home

**Prior to a snow storm, hurricane, rain storm or other extreme weather advisories, you should consider staying with family, friends or in a hotel out of the area especially if you feel you are not capable to safely shelter-in-place.** If you leave Rossmoor prior to a storm, it is a good idea to check with the North Gate prior to returning to check on the conditions at Rossmoor and whether or not it is safe for you to return.

If you plan to stay home, it may be best in most situations to remain home during and after an extreme weather event as there may be the uncertainty of where you might go and the risk of impassable roads. Should you elect to stay home, you must plan ahead and be prepared to be at home for some period of time possibly without services.

#### Evacuation

The Monroe Township Office of Emergency Management, in coordination with fire, first aid and police departments, will be in charge and provide instruction should it be necessary to evacuate. If residents are evacuated, every effort will be made to open the Clubhouse as a comfort station until evacuees are able to make other living arrangements, or a Township or County shelter is opened. The Clubhouse is equipped with a stand-by generator that will restore power in the entire building within seconds of a power outage

#### Share Information

It’s a good idea to check with Administration that you have a current *Emergency Contact Information* form on file. This information will be available to Administration and will also be available at the North Gate for emergency responders should the need arise.

If someone has *Power of Attorney* for you, please consider filing a copy with the Administration Office. It would be helpful in an emergency to contact the person you have designated as the one to handle your affairs if you are unable to do so.

If you have a medical condition or special needs, you should complete the *Monroe Township Special Needs Registry* form available in Administration. Completed forms should be returned to the Monroe Township Police Department, 3 Municipal Plaza, Monroe Township, New Jersey 08831.

You should also register with the Healthcare Center with your contact information and medical history.

Should you have a medical condition that requires outside treatments such as, but not limited to, dialysis or chemotherapy, you must register with the Healthcare Center prior to an ice or snow emergency to guarantee access for these appointments.

#### Additional Resources

For additional information resources, it is suggested you visit these websites:  
<http://www.ready.gov/>  
<http://www.redcross.org/prepare>  
<http://72hours.org/>

#### Basic Disaster Supplies Kit

According to the [www.ready.gov/](http://www.ready.gov/) website a basic emergency supply kit could include the following recommended items:

- Water – one gallon of water per person per day for at least three days, for drinking water and sanitation
- Food – at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to filter contaminated air and plastic sheeting and duct tape to “shelter-in-place”
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cell phone with chargers, inverter or solar charger
- Prescription medications and glasses
- Pet food and extra water for your pet
- Cash or traveler’s checks and change
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- First aid book

It may also be important to make sure your car is serviced and has a full tank of gas.

#### ARE YOU R.E.D.I.?

**Be sure to review and renew your plan annually or as your needs may change**



CATEGORY/HEADING:

[illegible]





# New Directions

IN HEALTH AND WELLNESS

An educational medical series brought to you  
by Northeast Spine and Sports Medicine

This month's topic: **SPINAL DECOMPRESSION**

## Say goodbye to back and leg pain ...without surgery!

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

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

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

#### Back Pain: Causes and Coping

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

Regardless of the cause, people cope with pain differently. Many people try to wait back pain out

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

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

#### A New Hope for Lasting Pain Relief

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

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

#### Spinal Decompression: FDA-Approved, Non-Surgical Relief for Back Pain

Spinal decompression therapy can be used to treat disc bulges and herniations, disc degeneration, sciatica, spinal stenosis, arthritis, facet syndrome, and chronic pain in the low back. This type of treatment employs a motorized traction machine that gently stretches the spine,



**HELLO WORLD:  
NEW Non-surgical,  
FDA approved treatment  
for back pain  
now available locally...  
covered by most major  
insurances, including  
Medicare!**

relieving pressure that builds up on the discs and nerves. By creating negative pressure within the disc, referred to as *negative intradiscal pressure*, a vacuum is formed, drawing the bulging and herniated disc material back into the disc space, relieving pressure. Over time, this may cause bulging or herniated disks to retract, taking pressure off the nerves and other structures in your spine, which helps promote movement of water, oxygen, and nutrient-rich fluids into the disks so they can heal. This process of non-surgical decompression allows the body to heal itself naturally.



**Vax-D Spinal Decompression**  
There are many types of decompression machines available today. At Northeast

Spine and Sports Medicine you will find the latest medical technology, including Vax-D Non-Surgical Spinal Decompression. Vax-D's state-of-the-art decompression tables have been successfully operating for over 25 years throughout the world and is one of the FDA-cleared technologies available at Northeast Spine and Sports Medicine. More than 3,000 patients a day receive this treatment in the U.S. alone. Numerous clinical studies are available for review at [www.vax-d.com](http://www.vax-d.com).

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

- Acupuncture — Through clinical trials, acupuncture has been proven effective in treating various medical conditions, including back and neck pain, and has been expanded into conventional medicine practices throughout the world.
- Physical Therapy — A traditional

treatment methodology aimed at the treatment and curing of certain ailments common to patients suffering with chronic or severe pain. Its primary aim is to bring back the patient to his/her normal self, free of any pain or suffering.

- Gold Laser — A gentle, non-invasive procedure which is successful in treating chronic conditions without pain or discomfort to patients.

If you are suffering from the discomfort and numbness associated with back pain, the doctors and staff of Northeast Spine and Sports Medicine invite you to call their office and schedule a complimentary consultation. Say goodbye to pain and hello to a world of relief.

For details about Northeast Spine and Sports Medicine's non-surgical back pain treatment programs, call 732.415.1401 (Jackson Office), 732.714.0070 (Point Pleasant Office), 609.660.0002 (Barnegat Office) or visit [www.northeastspineandsports.com](http://www.northeastspineandsports.com)

### Are YOU a candidate for Spinal Decompression?

Types of symptoms that  
can be relieved include:

Back/Neck Pain  
Leg Pain/ Numbness  
Chronic Low Back Pain  
Sciatica  
Stenosis  
Neuropathy  
Failed back surgery  
Herniated/  
Degenerated discs

goodbye back pain...

hello world.

**MONROE  
LOCATION  
NOW OPEN**  
350 Forsgate Drive  
Monroe, NJ 08831  
732.561.8118

Get the non-surgical, FDA-cleared treatment for  
*sciatica, stenosis and herniated discs*

## FREE MRI/ X-Ray Review

Limited to the first 30 callers! Call today to secure your appointment!  
Offer expires 4/30/16

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732.561.8118 MONROE, NJ

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[www.northeastspineandsports.com](http://www.northeastspineandsports.com)