



# Rossmoor IN News



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August 2017



Mutual 2 President Dennis Haggerty and fellow residents created a beautiful rock garden.

## Rossmoor Chorus honors the Parkers

By Alyce Owens

It has become a tradition for the Rossmoor Chorus to honor one of its own at its annual season-end picnic, which was held this year in the Dogwood Room on June 21. The unsuspecting recipients of this year's awards were Al and Eileen Parker – each knowing only that the other was to receive the Chorus's coveted accolade.

It was quite an accomplishment to keep this secret from a couple which has shared everything since their marriage 63 years ago. They grew up as neighbors and childhood friends, meeting at the age of 5 five in Union City, N.J. They began dating in high school, married upon graduation from college and, in addition to all their other accomplishments, now have three grown children and eight grandchildren.

Al went to Columbia and then Harvard Medical School, while Eileen graduated from Keuka College of Nursing. Dr. Parker was in private OB/GYN practice for 35 years in Westchester County, and stopped counting after having delivered 3000 babies! Eileen was head of a maternity ward in Boston before their own children were born. She returned to work part-time, training nurses' aides, once the children had grown.

Over the years their hobbies have included traveling, camping, sailing, marquetry, investment, books, and family history. And music! Both

have sung in choruses and church choirs all their lives. Soon after moving here 14 years ago, they joined and continue to be valued members of the Rossmoor Chorus, and sing in the choir at Prince of Peace Lutheran Church as well. Al's musical talents have included playing seven musical instruments,

Chorus for 10 years, Eileen also has been involved in several book clubs, is active in the N.J. Club, and has a gift for hospitality, having entertained many in their warm and inviting home. With their children and grandchildren living all over the U.S., she has organized Parker family reunions for



The Parkers with daughter Janet Wilson presenting the certificate of achievement

singing numerous solos at Rossmoor Chorus shows and directing two hand bell choirs.

Individual Certificates of Appreciation plaques were bestowed during the June 21 festivities. In presenting the award to Eileen, Janet Wilson, their oldest child and Rossmoor resident/Chorus member for just over a year, told of her mother's many accomplishments. Eileen plays piano and was first piano teacher to all three of the Parker kids. President of the Rossmoor

almost 30 years so that all would remain connected.

When it came time to honor Al, Gene Horan presented his plaque and shared stories and insight into the many facets of this multi-talented man. With full knowledge that Al does not enjoy being put in the limelight, Gene described his friend with as few superlative adjectives as possible, telling of the talents and accomplishments of a life lived in selfless service to others.

(Continued on page 3)

## Focus on: Groups and Clubs Pickleball players form a Ladder League

By Jean Houvener

In late June, the pickleball players of Rossmoor met to discuss forming a Ladder League, as the U.S. American Pickleball Association (USAPA) describes it. There was curiosity, excitement, and a certain amount of apprehension evident. Nevertheless, the players were enthusiastic about starting such a league.

The objective is to make the game fun and yet challenging for all players. The ladder is set up on the USAPA website. Initially the ordering of the players is somewhat arbitrary, but as play proceeds, the ladder filters out in such a way that players play with other players of a similar skill level. While somewhat complex in the actual details, the software on the website handles

the ordering and scheduling of players based on the results of the previous matches.

Similar leagues are increasingly common at communities across the U.S. Resident Al Jacobs explained the details of how the system works. First and foremost, he stressed that this is meant to be fun, with the hope also of generating challenges and encouraging improvements in players' games.

The plan is for the league to play once a week. Four relatively equal players play three different games, each with a different partner in a round-robin format. Although most games played at Rossmoor play to 11 points with a two-point margin in order to win, in the ladder there is no

(Continued on page 3)

## What's up with Medicare?

By Carol De Haan

It goes without saying that many of us in this pleasant community would be in dire straits if not for Medicare and the help it gives us with our medical expenses. Yet virtually every time we read the newspapers or turn on the TV, we find ourselves bombarded with predictions of fiscal doom and gloom. Our political "leaders" seldom cease their to-ing and fro-ing about "The government's medical program is going broke," and about the Affordable Care Act versus the American Health Care Act. Is there any truth in all this hubbub? What's a person to believe?

### Enter the AARP

President and National Volunteer Spokesperson Eric J. Schneidewind tackles this thorny issue in the April/May issue of The AARP Magazine. (If you didn't get it in the

mail, you can find it at the Monroe Library.)

Schneidewind states that the trustees of the Medicare Trust Fund as well as the analysts from the Congressional Budget Office all agree that the fiscal strength of Medicare is currently better than it has been in recent years.

Hospital expenses, covered by Part A, are fully covered through 2028. After that, revenues should be able to cover 87 percent of hospital costs. This might decline to 79 percent by the year 2040, but he says the shortfall could be managed without messing with the health care coverage of retirees.

### So, what's the problem?

Lawmakers, fearful of backlash at the polls, insist that "no current beneficiaries of Medicare will be affected" by whatever they decide to do.

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# at the governors' meeting



## July 20, 2017 Board of Governors Meeting

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

Guest speaker Alan Weinberg, the newly hired Monroe Township Business Administrator, presented the highlights of current and future projects.

The Board of Governors approved a resolution for the acceptance and approval of the final revised construction plans and specifications for construction of improvements to the existing Cedar Brook Pond Retention Basin Pump Station after guest speaker, Christopher Rosati, P.E., P.P., FWH Associates, presented the final revised plans.

Gerald McQuade reported that RCAI has a year-to-date surplus of \$240,167.48 for period ending May 31, 2017, compared to a budgeted year-to-date surplus of \$77,263.24 or \$162,904.24 better than budget.

The Board of Governors also approved an amended resolution to repave additional cart paths on the golf course. The Reserve Study funded for the anticipated

expenditure of \$55,361 for repaving cart paths on the golf course in 2016, 2017 and 2018. The board authorized the repaving of the cart paths at the MUA pump house; #11 approach; #12 blue tee to #12 green; intersection of #17 green to #18 tee; and #1 green clock bed

to #2 tee on the golf course at a cost not to exceed \$55,326 (\$43,626 for the project; \$8,700 for 20% contingency; and \$3,000 for engineering services, if needed) and charge the expenditure to the RCAI Capital Replacement Fund Account Number 4110.

## Letters to the editor

### Carcinogen, anyone?

I just saw a TV ad, presumably from a law firm with an 800 number. The ad asks to hear from any person who has been exposed to Roundup, (the vegetation killer from Monsanto) and who has also been diagnosed with non-Hodgkins lymphoma. This is a blood disease to which seniors are highly susceptible.

High-Tech, Rossmoor's lawn and garden service, announces that it will spray (has sprayed?) weeds in our community with Roundup.

Do we need this?  
**Carol De Haan**

### Skin cancer, anyone?

Ms. Shunning's comments in the last issue, saying that the pool sun shelter is unnecessary, ignores the fact that senior citizens are most at risk for skin cancer. Using our funds to save

lives is the most important thing that our Association can do to protect the health of our residents.

We want to thank Dan Jolly and the Board for addressing this most important health concern for all who use our pool. Many residents stopped going to the pool when the old shade structure was removed because there was (is) not enough shade for those who do not worship the sun.

While we might not all agree on what is the best use of our funds, there are many other areas where funds have been and are being used that we consider less beneficial than protection from sun's harmful rays.

**Jim Sheerin**  
**John Vergano**

### Radiation, anyone?

If sun were in the entrance area, would a sun worshipper want to sit there? (The operative word is sit, as there is not much room to recline.) Shade cast by a tree, awning, etc., still leaves one exposed to the open sky's radiation. An overhead structure is required.

Building a shade structure along the entrance side also may be misguided and ill conceived.

**Herb Junker**

## Open RCAI meetings in August

Thursday, August 10, at 9 a.m.

Standing Committee Meetings: Maintenance Committee, Community Affairs Committee, and Finance Committee

Thursday, August 17, at 9 a.m.

Board of Governors Meeting

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

Please watch Channel 26 for any changes or cancellations.



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

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## Bits & Pieces

Sue Ortiz

A suburban backyard is filled with wildlife; you just have to have patience, and a good eye, to find it.

Each day, even in the heat of summer, I take a few minutes to sit out on my back steps to feed my "nutty buddies," those rascally rodents who live somewhere high up in the neighbors' trees, but come to me twice a day for meals. Every year, it seems there are more and more of them, and this year there are at least seven regulars. One, whom I've named "Ruffles," has been visiting me for at least four years. I can tell it is her by her wavy tail, hence the name, and, she comes when I call her. The others come when I call out, "Yoo hoo!" The youngsters are very skittish and cautious of me. I throw them peanuts, but their sense of smell isn't established yet -- they can't find the nut that's right under their noses.

I was surprised one day when I spotted a rare black squirrel; these can be found in abundance in Princeton and Cranbury, but not here. There are other one-off visitors, as well. I see them once or twice, then never again. Maybe they are too high-class for ordinary peanuts.

Those mini-squirrels, aka chipmunks, will scoot right between my feet for a nut, or two, or three. With their cheeks stuffed bigger than their bodies, they zip off to who-knows-where to hoard them away for a rainy day.

I see white-breasted nuthatches running up and down the lone maple tree in my yard. Silently, I marvel at the crisp black, white, and gray markings of the little birds. They, too, want peanuts. But every time I throw a nut in their direction, a squirrel finds it first. I feel bad for the little beauties.

A male downy woodpecker pecks on one of the uppermost limbs of a nearby tree. The loud tap, tap, tap echoes throughout the neighborhood. Tiny black-capped chickadees try to land on the bird feeder, but they are too wary to stick around while I am in view. I hear their familiar "chick-a-dee-dee" as they sit among the upper branches waiting for me to go away.

The only thing remaining from the other maple tree in my yard is the 18-inch stump. I've attached a squirrel feeder, a clear-fronted, hinged-lidded box, to it. In it I deposit a cupful of nuts on rainy days or whenever I don't have time to convene with nature. The squirrels know how it works; so do the chipmunks. But it boggles the heck out of the birds.

A monochromatic mockingbird lands on the box on the stump and stares at me. "Any nuts for me?" He will

not take a nut if it is still in the shell. Oh, no, I have to shell them and break the nuts into little bits. I throw a piece to Mr. Mock, who flies off to munch privately. I place the rest of the broken nuts on the stump. He comes back time and again for a piece of the action. (Unless a squirrel or blue jay gets there first.) I love the mockingbirds' repertoire of Great American Standards, especially late at night in the spring.

Usually there is a multitude of squawking blue jays vying for dinner. It amazes me how a jay can home in on a single nut lying in the yard, zoom down, pick it up in its bill, and disappear into the trees with his prize. Once, there was a standoff between a squirrel and a blue jay. Each wanted the nut that was between them. Each inched closer to the sweet morsel. The jay bolted when the squirrel made a wild dash and won the prize.

A cardinal in search of dinner "chips" amongst the tree branches. Males soar over the treetops, their red feathers bright in the glow of the setting sun. But, one, perched high up in a neighbor's locust tree, watches me. I spot his mate nestled near the ground, in the shadow of some bushes. I toss a nut as far as I can, hoping a squirrel or blue jay won't snatch it before the cardinal gets to it. After a few tries, success! The male scoops up a nut, and he and his mate disappear into the bushes to feast.

I have three wild rabbits who visit my yard on a daily basis. They, too, love peanuts. Once in a while, one will come running at me for some peanuts, only to stop about six feet away. I can usually get him to eat a nut or two before he hops off to safety.

A funny incident happened recently. My yard had most of the above denizens roaming and flying around one evening. Mockingbirds were squawking at jays; jays were bickering with squirrels; squirrels were pursuing chipmunks; and rabbits were chasing everyone. Why? Because everyone, including the ant at my feet, wants a peanut.

You might say that I am working for peanuts.

**B&P**

I just need green. I need to wake up and see grass and squirrels. I don't want to see skyscrapers. —Andre Leon Talley (American editor, b. October 16, 1949)

**B&P**

It's a cliché, but true, that writing is intensely solitary and at times really lonely. I sit in one room and talk to squirrels and blue jays all day. — Douglas Coupland (Canadian author, b. December 30, 1961)



## Focus on: Groups and Clubs

### Pickleball players

(Continued from page 1)

two-point margin. The ladder will begin with games to 11 points, with the possibility of expanding that to 15 points if the players desire. In tournament play the games are usually the first side to 15 points wins.

This system will give our residents more practice to prepare for tournament play, in which many are active. At the end of the match, the total points won by each player during the three games will be recorded out of a possible maximum of 33 points for the day (45 with 15-point games). The Ladder Captain enters the numbers for each of the players into the system, which will then create the results, rankings, and schedule for the next week.

In this new format, there is

room to expand the size of the ladder as additional people join in or to form more than one ladder. It is a flexible system in terms of dealing with necessary absences, substitutions, and bye weeks. It all depends on proper communication with the Ladder Captain, who in this case will be Al Jacobs.

The league began the first scheduled matches on July 11 with 28 active players and much excitement. Play continues each Tuesday morning beginning at 9 a.m. completing by noon, and will continue until the season ends in October. The goal is to add enjoyment to the game for players and to challenge each player to improve. That will be particularly valuable for those who enter the New Jersey State Senior Olympics in Woodbridge and for the team entering the Monroe Township

Mayor's Cup competition, both events in September.

The Pickleball Group can be found on the courts most days of the week between 9 and 11 a.m. and from 3 to 6 p.m. depending on the weather. The courts are available from 9 a.m. to 8 p.m., but during group hours, there are more people available with whom to play. The group also has paddles and balls, so equipment is not necessary, but most players eventually buy their own paddles. The group also offers workshops and tournaments, for example the recent Skinny Singles tournament. (Ask a player; it looks like fun.)

All residents are welcome to come and check it out and to join this popular sport. For further information, contact Frank Nobile. Warning: the game can be addictive.

### The Parkers



Al and Eileen Parker's wedding photo

(Continued from page 1)

In addition to his skills as a beloved physician, Dr. Al's expertise in today's electronic technology and photography is well known and appreciated here. He designed the beautiful Rossmoor website - taking photographs, writing copy, gathering information about all the many and various Rossmoor organizations and their histories - a professional job in every respect.

He created a section within

this website promoting the Music Association, detailing and updating information on its concerts. In developing the web section for the Rossmoor Chorus and its history, Al discovered that it was founded in 1969 as "The Melody Lane Singers," renamed the Rossmoor Mixed Chorus in 1977, and finally became the Rossmoor Chorus in 1983. Who knew?

Al not only has the skills, but the motivation and generosity to use them to teach, entertain and enlighten our entire Community through his activities in the Computer Club as an instructor, website expert, and much more; as well as his 12-plus years with the NJ Club, where he has created so many outstanding presentations about the people, sights and history of our state. Many other organizations such as the Rossmoor Kiwanis Club and Women's Guild have enjoyed his Power Point programs on a multitude of subjects. And — you will probably want to thank him personally the next time you see him — because it was Al Parker who made the Clubhouse Wi-Fi enabled!

Our entire community certainly has benefited from the outstanding contributions made by this gentle, soft spoken, devoted couple. Their daughter Janet's closing words in her presentation sum it up quite nicely: "My husband, Jim, and I are very thankful to live just four doors down from such loving and supportive parents. They continue to be blessings to everyone they meet!" Thank you, Eileen and Al, for all you have done to make Rossmoor a better place to live. You certainly are an example and an inspiration to us all.

The Rossmoor Chorus, directed by Cecile Wang, is open to all residents, but currently is on summer hiatus. They will be accepting new members when their rehearsals resume on Wednesday, September 6, at 4 p.m. in the Meeting House, and every Wednesday thereafter. If you love to sing and enjoy being with nice people who do, too, you are invited to come and sit in on a rehearsal. Whether you sing alto, soprano, tenor or bass, there's a place for you in The Rossmoor Chorus.



Gene Horan, left, made a presentation to Al and Eileen Parker

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## August 21 will bring a rare celestial treat

By Anne Rotholz

On August 21, residents of 12 U.S. states will have the rare opportunity to observe a total solar eclipse. In the remaining states, it will be a partial eclipse.

The last total eclipse in the continental U.S. took place in 1979. The next one will be in 2024.

But the last total eclipse in our area was in 1498, over 500 years ago; the next will occur in 2079.

A total solar eclipse occurs when the moon passes between the earth and the sun and totally obscures the image of the sun from viewers on earth. A total solar eclipse can only happen at the time of the new moon.

A coating of gasses called *the atmosphere* surrounds the sun. Since the sun's light is so bright, we cannot see that atmosphere with the naked eye. The outer layer of the atmosphere is called the corona. The magnetic fields on the surface of the sun affect charged particles in the corona, causing it to glow with bright multicolored lights in the form of rings, plumes, loops, and streamers.

When a total solar eclipse occurs, the moon completely blocks the sun from earth revealing a spectacular sight—the brilliant, luminous corona. Those who have observed this phenomenon say that it simply cannot be described.

The upcoming solar eclipse will cover a vast section of the country. Its *Path of Totality* (track of the moon's shadow across the earth) will cross a band of states in the center of the country beginning with Oregon and ending in South Carolina. The path actually begins in the Pacific Ocean where a lucky observer could see the rising of a totally eclipsed sun. It will end in the

Atlantic Ocean.

The eclipse will also be seen in Canada, in parts of Central and South America and in the northwestern countries of Europe, including Ireland. (I am happy for the people of Ireland, because they love sky events.)

The duration of the total eclipse will vary. The maximum will be two minutes and 41 seconds in Kentucky, and the least two minutes and two seconds in South Carolina.

People who live in the path of the total eclipse will notice some drastic changes as it begins. It will become dark very quickly. It will also get very cold. Birds and insects will begin to chirp thinking that night is coming. A hush will come over the earth to be followed quickly by the excited sounds of those who are getting their first sight of the breathtaking corona.

In our area, we will be

treated to a partial solar eclipse. Our eclipse will have a magnitude of .78, which is notable. Its duration will be two hours and 30 minutes. Beginning at 1:22 p.m., it will reach maximum at 2:44 and end at 4 p.m.

Eye safety is a major factor during a solar eclipse. NEVER look at a partial solar eclipse without wearing proper eye protection. Your eyes could be damaged or, worse still, you could become blind. Special glasses (thousands of times stronger than sunglasses) are already available online and in local stores. It is important to get brands that are approved.

People who are fortunate enough to have an opportunity to observe the total solar eclipse can view it with the naked eye but only for the precise duration of totality.

The safest way to watch the eclipse is on TV. NASA will

(Continued on page 5)

## National Days

By Linda Monaco

You all know them. The national holidays that celebrate all sorts of activities, events, or groups for a month, week, or day. Each month, week, or day has multiple things to celebrate. You know...Speak Like a Pirate Day, Take your Child/Pet/Plant to Work Day, National Toilet Paper Day, or, my favorite, Festival of Owls Week. They can be cute, funny, timely, or serious.

For instance, August 24 is Knife Day, a day to appreciate knives. Why just knives? Is there also a fork or spoon day? If there is, I can't find it, the closest being National Forklift Day. Oh well.

The 24th is also Pluto Demoted Day, a rather dubious, wimpy event to commemorate especially for planet Pluto aficionados. Along the same line, Vesuvius Day marks the eruption of Mt. Vesuvius on August 24, 79 A.D. The cataclysmic event buried Pompeii in ash and has fascinated mankind for years.

Then there is Wayzgoose Day, which has nothing to do with ways or geese. It is a day when master printers provide entertainment or a banquet for their workers, especially newspaper workers. (Hint, hint.) The origin of the name is probably from the Dutch, with various spellings and explanations. It is also thought to be held on the 24th, St. Bartholomew's Day, to mark the change of seasons and the 1456 printing of the Gutenberg Bible.

One bright spot in the list for 24 August is William Wilberforce Day. He was born in England on 24 August 1759 and worked steadily for the abolition of slavery during his time in Parliament.

But my favorite August 24th day is National Waffle Iron Day. Hats off to Cornelius Swarthout of Troy, N. Y. for his patent on the waffle iron, leading the way for Eggo's, Belgian, heart-shaped,

and Mickey Mouse waffles. What would breakfast be without them?

Why my interest in August 24th holidays? After many years checking out celebrities born on August 24, culminating with the best of the bunch being Rupert Grint of Harry Potter fame, I decided that I would have to be content with it just being my birthday.

## Medicare

(Continued from page 1)

"Not true," says Schneidewind.

Moving healthier, younger Medicare recipients onto voucher programs, as offered by private insurance companies, would increase premiums, perhaps drastically, for those of us currently on traditional Medicare. Whatever health coverage you and I might have earned in our working years could then become unaffordable.

People with high medical expenses would have the choice of cashing in their savings or selling their homes — or going without medical care. It's a "Catch 22." We'd be damned if we do and damned if we don't.

## Is there a solution?

Schneidewind says that Congressional plans to tinker with Medicare could come up short because of President Trump's campaign promises to seniors. "I am going to protect and save your Social Security and your Medicare. You made a deal a long time ago," he said. So let us count on President Trump to keep this promise, and for Congress to abide by his priority in this matter.

Schneidewind assures us that the AARP will continue to protect Medicare and the coverage it now offers us. He suggests that we can all join this effort by logging into [aarp.org/protectmedicare](http://aarp.org/protectmedicare).

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## Medical dosimetry – a highly specialized profession

By Linda Bozowski

Reliance on computer technology has greatly changed and enhanced our lives, and has made tasks easier, more accurate, and more expansive. Computers play a highly significant role in medical practice, from recording our histories and illnesses to calculating our dosages of medications and radiation. If you or a loved one has experienced radiation therapy, a radiation oncologist, a physicist, a medical dosimetrist, and other caregivers have guided the treatment.

Radiation therapy has been enormously beneficial to millions of patients. Slowing the growth of cancerous tumors or eliminating them altogether is the primary objective of radiation therapy. The level of exactitude required in calculating the appropriate location for treatment, the dosage, duration, and frequency of treatment are all among the tasks in which the medical dosimetrist participates. Factors that require careful evaluation include the location of the proposed treatment, the

lively level of hydration of the site, proximity to other organs or areas of the body that require protection, and the patient's general well-being.

Education requirements are often intense. Among courses required are anatomy and physiology, brachytherapy, calculus, physics, and radiation safety. A bachelor's degree is required, and master's degree programs are offered at some colleges. A dosimetrist must pass certification testing in order to practice. In addition to interaction with other medical professionals, the dosimetrist is likely to spend his or her time in front of a computer, calculating the best course of action for each patient.

Medical dosimetry is, sadly, an expanding field. However, successful outcomes make the work rewarding. The opportunities to work with other professionals and gain in-the-field knowledge may also lead to further career advancement. These behind-the-scenes specialists are key players in our health care arena.

## The dog days of summer are here again

By Anne Rotholz

The expression "dog days of summer" refers to the hot, humid, sultry days that we usually experience in the Northern Hemisphere in the months of July and August. These days were given the name by the people of ancient Rome.

Because of its geographic location, the city of Rome was particularly affected by the summer heat. The Romans considered the dog days to be a period of stagnation when food and wine spoiled, humans got plagues and fevers, dogs went mad, and the ocean boiled. They blamed it all on Sirius, the Dog Star.

To understand the origin of the term dog days we need to look at some star lore. Two constellations in our heavens are named Canis or Dog; Canis Major is the Big Dog and Canis Minor the Little Dog. Canis Major can be seen in close proximity to a very prominent constellation named Orion, which was known to ancient people as The Hunter. The Romans believed that Canis Major was Orion's hunting dog.

The brightest star in Canis Major is Sirius. Sirius happens to be the brightest star in the night sky, which is one reason the ancients could keep track of it.

Sirius is not visible during the hottest part of summer because at that time it rises and sets at or near the same time as the sun (heliocal rising). In Roman times that occurred around August 8 so the Romans considered the days from July 23 to August 23 (20 days before and 20 days after) to be the dog days. Since Sirius was very bright they reasoned that it was very hot. Their conclusion was that since Sirius was up there all day with the sun, it added its heat to that of the sun, making the earth unbearably hot and muggy.

Every year in April the Romans sacrificed a red dog to Sirius hoping that it would appease the Dog Star and so

avoid an extremely hot summer.

The Romans were correct about Sirius being hot. Sirius, our nearest star after the sun is twice as large as the sun. It is 25 times brighter than the sun and much hotter. What the people of ancient Rome had no way of knowing was that Sirius is 8.6 light years away from Earth and therefore could not contribute its energy to our planet. By comparison the sun is just a small fraction of a light year from Earth.

Nor did the ancients know that the summer heat is caused by the tilt of the Earth.

The dates for the dog days have changed since Roman times. *The Old Farmer's Almanac* now lists them as July 3 to August 11. Because of Precession of Equinox, a gradual drifting of the constellations over time, we now have heliocal rising in the middle of that period.

## August 21

(Continued from page 4)

host an Eclipse Megacast that will be carried by national and local stations. It can also be seen on YouTube.

The upcoming eclipse is already being spoken of as the most watched one ever. People will travel thousands of miles to get to a location where they can view this once-in-a-lifetime event. Many of them are making contingent plans in case of clouds or bad weather. My California friends are going to fly to Idaho to see it.

Elaborate parties are being planned all over the country to celebrate this rare solar event. Rossmoor hopes to have its own celebration. Watch Channel 26 for details. If I am not here for the occasion, you might look for me in Oregon, or South Carolina, or in one of the 10 lucky states in between.

## India Pale Ale and other brews

By Jean Houvener

When the British Empire expanded into India, there was great demand for beer by the soldiers, sailors, bureaucrats, and colonials who followed. The climate of India was too warm to brew beers. The earliest shipments to India were of porters and other beers that did not survive the long voyage well.

The East India Company turned to London brewer George Hodgson, who developed an ale to which he added extra hops, creating a stronger beer that survived the voyage better. The ale was an immediate hit. Later, when Hodgson's sons tried to overcharge, the shippers turned to Burton-on-Trent brewer Samuel Allsopp to create a competitive product, ending the Hodgson monopoly. It was also said that the water in Burton created better ale.

Beer has been brewed in some form for well over 5,000 years, and probably dates back to the collecting and then cultivating of grains. Beer requires a starchy mash, water, and yeast. The starchy mash could be from barley, wheat, rye, corn, rice, sorghum, or other grains. Water can vary from place to place, affecting the final flavor of the beer. The yeast metabolizes the sugars in the mash into alcohol and carbon dioxide, thus creating beer.

The code of Hammurabi (1754 B.C.) had regulations for brewing. The workers on the pyramids at Giza received 4 liters of beer a day. Workers in early cities of the Fertile Crescent were paid in beer some 5,000 years ago.

When humans started writing, they wrote about beer.

Interestingly the addition of hops to beer, which adds bitterness to counteract the sweetness of the mash, was not in wide use until the Middle Ages. The addition of the hops also adds preservative qualities and vitamins. Hops also can add distinctive flavors, depending on the variety of hops. Hops sole use is in brewing beer. Other fruits, herbs, and spices are used to flavor beers, for example orange peel and coriander in the Belgian Wheat (or white) beer.

August 3 is India Pale Ale Beer Day. International Beer

(Continued on page 6)



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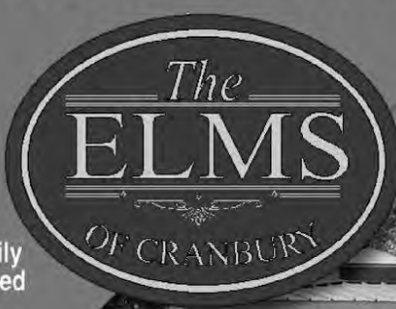
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## Chevre or goat cheese: It's tasty no matter what you call it

By Linda Bozowski

Most of us eat cheeses made from cows' milk — cheddar, Gouda, Swiss. But sometimes, for a tangy, tasty treat, we enjoy cheese made from goats' milk — goat cheese, or chevre as it's known in France. Goat cheese was one of the earliest made cheeses because its preparation is so simple.

The goats' milk is allowed to curdle, and then it is strained and the curds are pressed. Some techniques add vinegar, lemon juice or some other acid to speed up the curdling process. Most goat cheeses are soft and do not melt like other cheeses. Goat cheese may also be hardened after brining, and then cured.

Goat cheese is made all over the world. In China, the cheese is known as rubing, similar to Indian paneer, a firm cheese. In the Eastern Mediterranean, labneh is a goat or cow yogurt cheese that is often eaten with bread and olives. France has the greatest number of variations of chevre that are specialized by region. Ireland makes its tullyboy goat cheese into a hard cheese from pasteurized milk. Greek feta cheese, usually made from sheep's milk, is also sometime made from goats' milk, and is considered a type of goats' milk cheese. Spain, Venezuela, Turkey, Tibet and Norway all have their variations that may be made from goats' or cows' milk.

Here in the U.S. we also use both milks in making our goat cheeses. A mold-ripened cheese (kunik) is similar to Brie, and Humboldt Fog is also a mold-ripened type that contains edible white ash.

Goat cheese can be used in many recipes, from a simple bruschetta topping to vegetable and cheese tarts to additions to mashed potatoes or turkey burgers. Crumbled goat cheese is a tasty addition to salads, especially those with hearty vegetables such as kale and beets. Angel hair pasta topped with sun-dried tomatoes and crumbled goat cheese is a light and tangy supper, and hot goat cheese and leek dip is a great starter.

Goat milk is available in many supermarkets. It is available in Stop & Shop, just past the yogurt section in one-quart containers (whole milk variety, not low fat) and I was able to purchase it in ShopRite a few years ago when I last made fresh goat cheese. The milk is not expensive, \$4.89 per quart, and the resulting cheese is easy, delicious and far less expensive than the pre-made logs. Since goats' milk has a higher fat content than cows' milk, be sure to buy the high-fat (whole milk) version for a richer, creamier cheese. The Martha Stewart recipe online uses one quart of goats' milk, two lemons, some salt and some herbs, takes about 20 minutes to make, and keeps a week in the refrigerator. Why not give it a try on one of these lazy hazy days of summer?

## Learn to control your diabetes: Community Church offers free workshops at Clubhouse

By Mary Jane Brubaker

If you have diabetes or pre-diabetes, do yourself a favor and register today for a free six-week workshop being held in the Dogwood Room at the Clubhouse on Tuesdays from 1 to 3:30 p.m. from September 12 through October 17. The workshop, which is being sponsored by the Community Church and is open to all residents, is part of the Everyone with Diabetes Counts program, a national initiative of the Centers for Medicare & Medicaid Services. Each participant (one per household) will receive a complementary textbook, "Living a Healthy Life with Chronic Conditions," 4<sup>th</sup> edition (\$20 value). Healthy snacks will be served.

The free workshop follows the Diabetes Self-Management Program developed at the Stanford University School of Medicine. Workshops are designed to educate individuals about diabetes and help them learn how to manage it and take control of their health through various tools, behavior modification and coping techniques. Participants will learn about preventing complications, healthy eating, exercise, how to deal with stress and difficult emotions, managing medications, effective communication with healthcare providers, and much more.

"We have partnered with the Quality Insights Quality Innovation Network to offer these workshops to our entire community as part of the Community Church's Health Advocacy program," says Pastor Dierdre L. Thomson. "I know there are many in our community who are living with diabetes and pre-diabetes, which can be quite challenging. Our goal is to help our friends and neighbors learn how to proactively manage this disease."

The workshop is limited to the first 25 people who register. "As soon as I heard about this workshop, I signed up," says Linda Klink. "Diabetes runs in my family and I have seen firsthand how challenging living with this disease can be. I want to learn everything I can so I can help myself and my family."

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

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## Open or closed – minimally invasive surgery enhances recovery

By Linda Bozowski

Do you still have your appendix? If you've had it removed in the past 15 years, you were probably able to benefit from the less uncomfortable technique known as minimally invasive surgery. Laparoscopic, endoscopic and now even robotic surgery technology has enhanced patient care by minimizing time in the operating room, time in a hospital room, and enabling the patient to go home with minimal medication and minimal discomfort. Many of the surgeries that used to require several days of hospital inpatient stay are now done on an out-

patient basis.

Among the surgeries using these advanced techniques are treatment of varicose veins, mitral valve repairs, treatment of uterine fibroids and ovarian cysts, and removal of kidney stones, to name a few.

Laparoscopic techniques generally require three or four small incisions and introduction of small surgical instruments and cameras. For cases necessitating removal of tumors or other extraneous tissue, one of these tubes may include a suction device that will withdraw macerated tissue from the

(Continued on page 7)

## Pale Ale

(Continued from page 5)

Day is August 4. Mead Day is August 5. Mead, also called honeywine, ambrosia, or nectar, is probably even older than beer and is made from honey, water, and yeast. Fruits, herbs, and even hops can be added to mead. August 5, not surprisingly, is also International Hangover Day.

Oscar Wilde - "Work is the curse of the drinking classes."



## Laugh it up for Joe Miller

By Bob Huber

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

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

But our particular interest is in Josias (Joe) Miller. He was a popular English actor who appeared on the Drury Lane stage in London in the 18th century. During the off season, he frequented other venues including the Blackjack Tavern on Portsmouth Street in London, where he was a favorite with the Drury Lane players

who ascribed all new jokes to him.

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

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

As an example:

*A Lady's age happening to be questioned, she affirms she was but 40, and called upon a Gentleman that was in company for his opinion: "Cousin," said she, "do you believe I am in the Right when I say I am but Forty?"*

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

and

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

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

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

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

Keep on laughing.

## Is there a toque in your closet?

By Linda Bozowski

Who is higher in the chain of command in a professional kitchen – the sous chef or the chef de partie? Top chef is a chef de cuisine, followed by the sous chef, then the chef de partie, who is also known as a station chef or a line cook. Chefs, including all those in the less-than-top position, come from many backgrounds. Graduating from a culinary school does not guarantee a student an ultimate chef's position and a toque in a fancy restaurant, but the absence of that degree does not preclude a kitchen hound from

reaching the top.

The newest issue of Food and Wine magazine was in the mail last week, and I just finished reading the biographies of the newest named "best chefs of 2017." I don't recall any mention of Johnson and Wales or Culinary Institute of America. Thinking about some of the more well-known names among TV personality chefs, Curtis Stone started out studying business and Bobby Flay dropped out of high school, but did go on to further his education at the French Culinary Institute. Giada De

(Continued on page 8)

## Surgery

(Continued from page 6)

body. The incision sites are usually repaired with several sutures and bandages, and the patient is advised how to care for the wound sites.

Endoscopic surgery is most often used in caring for disorders of the digestive tract. A tube is inserted through the esophagus or the colon and the physician is able to visualize and then treat the condition that brought the patient to the OR.

A newer technique uses robotic equipment, which the surgeon can manipulate, helping to minimize the need for a surgical assistant or other physician in the operating room. The surgeon sits at a computer console and manipulates the robotic arms inside the surgical site. Robotic surgery is frequently used for gynecologic procedures, and is also used for treatment of prostate issues and disorders of the abdo-

men. One of the most significant advantages of robotic surgery is the ability of the operating physician to visualize the operating field through computer equipment. Visualization is far better than what would be viewable looking into the patient's body from an overhead position, since the cameras can be moved to different angles.

Some surgeries still require an "open" technique. However, for those procedures that can be performed with minimal introduction into the body, the patient is able to benefit from a shorter stay at a facility, reduced pain, less scarring, reduced blood loss, and a lower risk of infection. Less anesthesia is also a benefit, as is potentially lower cost in some cases. The patient is advised to have a thorough discussion with his or her physician about surgical options to determine if minimally invasive techniques might be a treatment option for an upcoming surgery.

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## The thing about zucchini

By Linda Monaco

August, summer comes to an end, kids cram in fun before school starts, vegetable gardens overflow, and we are faced with what to do with all that abundance. For those of us who don't have the time or inclination to have a vegetable garden, August abundance can still be a hassle. That's why August 8, "Sneak some zucchini onto your neighbor's porch night," can apply to anyone. I wish I had thought of that.

It's August 1979; my daughter Ann is three years old and loves zucchini. I asked my husband to stop at the local produce stand and get some zucchini for dinner. That night he walked in the door with a 2'x1'x1' crate of zucchini, not just filled, but opened and heaped with zucchini. Tons of zucchini!

We like zucchini, but having it every night with dinner was not going to work. What to do with all of it? This of course was before online searches. With the help of the local newspapers, family, and friends, I collected recipes and spent the next week trying them all in multiple batches, freezing the extras. I was running out of freezer space and there was still almost half a crate of zucchini left. So, I put Ann in her stroller (she barely fit), filled a large bag with zucchini, and walked around the

neighborhood giving some to anyone who would take it.

That's when I learned that all I had to do was wash, slice, put the zucchini in a bag, and freeze it. After all that cooking! Well at least I got a freezer full of meals and a few good recipes out of it.

### Zucchini casserole

4 small zucchini 1½ lbs.  
4 tablespoons butter  
1 lb. ground beef  
¼ cup flour  
½ cup chopped onion  
½ teaspoon salt  
1½ cups soft bread crumbs  
2 cups milk  
¾ teaspoon salt  
1 5 oz. jar processed cheese  
¼ teaspoon crushed thyme  
1/8 teaspoon pepper  
1 tablespoon butter

Wash and remove ends from zucchini; cut into ½-inch-thick slices. Cook in boiling, salted water for 5 minutes; drain.

In skillet, cook ground beef with onion till meat is browned; drain well. Stir in ½ cup of the breadcrumbs, the ¾ teaspoon salt, thyme, and pepper. Remove from heat.

In saucepan, melt the 4 tablespoons of butter or margarine; blend in flour and ½ teaspoon salt. Add milk all at once. Cook and stir till mixture thickens and bubbles. Add cheese, stirring till melted.

Stir in meat mixture.

Alternate layers of meat mixture and zucchini in a 10 x 10 casserole dish.

Combine remaining breadcrumbs and 1 tablespoon melted butter. Sprinkle on casserole.

Bake in 350-degree oven 45 minutes or till heated through.

Makes 6 servings.

## A toque

(Continued from page 7)

Laurentiis studied at Le Cordon Bleu in Paris, as did Julia Child, aka The French Chef. Emeril Lagasse is a graduate of Johnson and Wales, and fellow New Orleans chef John Besh attended the Culinary Institute of America.

So why are Jean George Vongerichten or Michael Symon or Eric Ripert, owner of Bernadin in New York City, so successful as chefs? Maybe it's because of their imaginative pairings of foods or their innovative cooking techniques. Most chefs work their way up the ladders in restaurants, some even starting as dishwashers or floor sweepers. Moving to a line cook position and doing the tasks well may make the sous chef take notice, and maybe even comment about the learner's performance to the head chef. Maybe some unexpected event will permit the newbie to

## Mustard – a condiment of many variations

By Linda Bozowski

The Grey Poupon commercials of a few years ago always were good for a smile. Not being familiar with Dijon mustard, I did not have a full appreciation for the subtleties of its texture or taste, since what was on our

childhood table was Gulden's spicy brown. Even yellow mustard was absent from our refrigerator, although it was available at school. However, as my cooking skills improved, I began to develop an awareness of the many varieties of mustard and how different blends enhanced different dishes.

Mustard preparation dates back as far as the Romans, according to Wikipedia. The ground mustard seeds were blended with grape juice. Additives included pepper, caraway and coriander seeds, dill, celery, onion and other foodstuffs and herbs. Dijon, France became a center for mustard preparation in the 13<sup>th</sup> century, and white wine was substituted for the grape juice, leading to a more gently flavored mixture. It was not until 1937 that Dijon mustard was granted the recognition as a specific product, long after the 1777 partnership between Maurice Grey and Auguste Poupon.

In 1904 mustard came into usage in the U.S. as a hot dog condiment at the St. Louis World's Fair. The R. T. French Company offered its bright yellow blend, which became (and has remained) the standard topping for dogs, especially at baseball games.

(Continued on page 10)



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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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## From the Mayor

By Gerald W. Tamburro,  
Mayor of Monroe Township

### Police Earn a Badge of Honor with Monroe's Safest City Ranking

Safety doesn't happen by accident.

You may have recently seen in the news that Monroe has been named a "safest city," by several national and regional ranking agencies.

Safewise just ranked Monroe the seventh safest city to raise a child in the country and the National Council for Home Safety and Security identified our Township as the 14th safest in the State.

While many factors played into these designations and mentions – everything from high school graduation rates to emergency preparedness training and crime rates – I would largely credit our hard-working police force with the Township's improved standings in safety.

In fact, the latest Uniform Crime Report statistics back up these designations, recognizing Monroe Township as having the lowest crime rate in all of Middlesex County.

But I'm not the only one taking notice of our accomplished team of law enforcement.

On June 14, during a ceremony at Rutgers University in New Brunswick, the New Jersey chapter of Mothers

Against Drunk Driving (MADD) recognized four members of our police department, who kept our roads safer through DWI enforcement.

In partnership with the New Jersey Division of Highway Traffic Safety, MADD-NJ honored some of Monroe's finest, including Patrol Division Officers: Anthony Trohalides, Dale DeGraw, Ostap Pronin and Trevon Robinson.

During the Monroe Township Council's July 5 meeting, I was also pleased to present our Police Chief Michael E. Lloyd with the coveted "Community Leadership Award."

I tend to believe that success is a reflection of leadership and since taking the reins in 2013, Chief Lloyd has lived up to and built upon some very high standards put into place by his predecessors.

While we publicly honor our police force for their routine and distinguished service, I'd be remiss if I didn't point out that as of late, there have been quite a few Monroe officers, who have gone above and beyond the call of duty.

If you're tapped into local social media, you may be

prive to some of their commendable acts that have flown slightly under the radar.

For instance, in May, Officer Wesley Panckeri saw a small child fall off his bicycle. He pulled over to briefly introduce himself to the parents and check on the young boy, who was given a personal tour of Panckeri's police cruiser.

In April, Detective Bob Bennett stopped by a resident's house to bring a young boy, who has ambitions to one day become a police officer but is also hearing impaired, a toy Dodge Charger – much like the one Bennett drives every day. Bennett had a chance meeting with this young man weeks earlier and wanted to give him a token of encouragement.

That same month, witnesses reported that Officer George Olynk stopped traffic on Prospect Plains Road to assist a rather impressive-sized turtle cross this usually busy stream of cars and trucks.

I'm certain there are dozens more untold stories about our officers just like these. These are the small gestures of civility and kindness and the type of community outreach that we both praise and encourage here in Monroe.

It goes without saying that the Monroe Township Police Department has become a great source of pride in our town. I'd like to thank all of our officers who don the uniform each and every day for their bravery, their diligence and for giving citizens, like you and I, the peace of mind that we might sometimes take for granted as residents.

### Monroe appoints Leonard Baskin to vacant Council seat

At the July 5 Township Council meeting, members unanimously appointed resident Leonard Baskin to fill the vacant Ward 2 seat of departing Councilman Blaise Dipierro, who has retired and moved to Florida.

Baskin, a resident of the Stonebridge, was one of three nominations put forth by the Monroe Township Democratic Organization.

"This was the right choice for the Township at this time," said Monroe Mayor Gerald W. Tamburro. "We expect Councilman Baskin will bring a combination of his scientific expertise and thorough knowledge of the community to benefit all Monroe residents."

Baskin hails from an academic and scientific research background, receiving his undergraduate degree in chemistry at Trinity College in Hartford, Conn., and later earned his doctorate in biochemistry from John Hopkins University in Baltimore.

Among his many professional roles, Baskin taught at Stevens Institute of Technology, and conducted medical research at University of Medicine and Dentistry of New Jersey and the Veterans Assistance Medical Center in Brooklyn.

Today, he keeps busy as a

substitute teacher and science tutor.

As one of the founding members and president of The Friends of the Monroe Community Garden, Baskin remains an anchor for the expansive operation.

During his long-spanning record of public service, Baskin has been a member of the Monroe Shade Tree Commission and Mayor's Senior Advisory Committee, East Windsor's Planning Board and Parsippany's Safety Committee and Citizens Advisory Council.

Following his appointment, Baskin praised the Township for its fiscal management, its record on safety, as well the administration and Council's cooperative role within the community.

"I can attest from personal experience, as president of The Friends of the Monroe Township Community Garden, to the way the Township administration responds to resident requests and proposals after due diligence," Baskin said at the meeting. "The success of the garden, in such a short time, with over 150 gardeners speaks for itself."

Baskin will serve out the unexpired 2017 term for Dipierro, and run for the Council's Ward 2 full four-year term this November.

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By Bob Huber

We often think of August as the quiet month: time to get family vacations in before school starts, trips to the mountains or the shore, or just hanging out in the backyard flipping burgers on the barbecue. But August has been a very active month over the years and has undergone a considerable amount of tinkering at the hands of those who, down through history, have controlled such things.

In pre-Christian times, August was known as Sextilis, which had nothing to do with sex, but indicated that it was the sixth month of the year. In those days, there were only 10 months on the calendar. The year started with the month of March. It wasn't until January and February were added to the beginning of the year that August was

bumped to its current eighth position. After some further tinkering with the number of days in the month, August settled in to its current 31 days and assumed its present name in honor of the first Emperor of the Roman Empire, Augustus.

There have been a number of noteworthy events in August: on August 3, 1492, Christopher Columbus set sail for the New World. He landed in the Bahamas on October 12, thinking he had reached the outer islands of Japan.

On August 4, 1961 our 44th president, Barack Obama, was born in Honolulu, and he has a birth certificate to prove it.

Newspaper headlines announced the death of Marilyn Monroe on August 5, 1962. She was 36 years old. The Hollywood glamour icon is believed to have taken her own life, a matter which conspiracy theorists who believe she was murdered, continue to debate.

August witnessed the passing of another entertainment icon when Elvis Presley died at the age of 42 on August 16, 1977.

On August 6, 1945, the United States dropped the first atomic bomb on Hiroshima, followed shortly thereafter by a second bomb, which devastated Nagasaki. Eight days later, Japan surrendered, but the happy event was overshadowed by the ominous vision of what

total devastation future atomic wars might create.

Pres. Franklin Roosevelt signed the Social Security Act into law on August 14, 1935, guaranteeing pensions for all Americans over the age of 65.

On August 18, 1920, the 19th amendment became the law of the land, granting women the right to vote.

And on August 15, 1969, 300,000 young people from all over the country descended on a farm in upstate New York to attend what was known as the Woodstock Rock Concert. The miraculous gathering, a three-day event, astounded a nation which had tended to ignore the "hippie" culture. Young people with alternative lifestyles were suddenly recognized as an element that would now and forever be a permanent part of our social structure.

So, while we enjoy the amenities that August has to offer, let's pause for a moment to reflect on these and many other August events which have altered and illuminated our lives.

**Mustard***(Continued from page 8)*

Among the most popular mustard blends are the Dijon, spicy brown, yellow, honey, and English varieties. Horseradish may be added, which offers more heat to the taste. The grind of the seeds seems not to have much impact on the taste of mustard, but certainly more texture of coarsely-ground blends may be a welcome addition to a corned beef sandwich.

Mustards are more often used as toppings for meats, but may also be mixed with mayonnaise and are often a welcome addition to salad dressings, since the mustard is a natural emulsifier and helps to keep the dressing from breaking. Mustard can be made at home, and it is up to the cook to determine the fineness or coarseness of the grind, whether to use wine or a vinegar as the primary liquid, and which herbs and spices may join the mixture. Dry mustard can also be used as a base, mixed with whatever additives strike the cook's fancy. Basic dry mustard preparations should be used shortly after mixing. Powdered mustards such as Coleman's or extra spicy Chinese dry mustard are readily available in most groceries. Mustard is naturally antibacterial, so, according to my research, it does not need to be refrigerated. It will not grow mold but it may dry out if not well covered.

Can mustard be used in sweet dishes? Although there is a blend identified as "sweet mustard," I haven't seen any recipes calling for the addition of mustard. So, savory is the appellation that will remain attached to mustard. This no-fat condiment will remain one of our favorite toppings.

**Sound Advice****Avoid these 6 mistakes in Stretch IRA Planning**

Norman J. Politziner, CFP®  
President of NJP Associates

As talk of the possibility of tax reform continues in Washington, there's an increased focus on the rules for "stretch IRAs." This retirement planning technique, which enables you to preserve assets in an inherited IRA for an extended period, could be targeted in a larger tax reform package. For the time being, however, stretch IRA planning remains a viable option for many people. *But to use a stretch IRA successfully, you'll need to follow a number of important rules and avoid common mistakes made by those who inherit IRA assets.*

If you own an IRA, you must take required minimum distributions (RMDs) annually beginning the year after you reach age 70½. Otherwise, you'll be hit with a stiff IRS penalty. Those distributions are taxed at your rate for ordinary income—which could be as high as 39.6%—and are based on a calculation that considers the account balance at the end of the previous year and your life expectancy (or your joint life expectancies with your spouse).

However, beneficiaries who inherit your IRA can arrange for RMDs based on their own life own expectancies, unless they choose to empty the account more quickly. Stretching out the IRA in this fashion can help preserve wealth for younger generations.

With those basics in mind, consider these six common mistakes in stretch IRA planning:

**Mistake #1:** Your account is titled improperly. When someone dies and IRA assets are inherited, it's crucial to ensure that the account name is titled correctly. For example, if someone other than your spouse inherits your IRA, your name should remain on the inherited IRA account title and it must be indicated that it is an inherited IRA by using the words "beneficiary" or "beneficiary IRA" or "inherited IRA."

**Mistake #2:** You fail to take RMDs. If the IRA account holder already was taking RMDs at the time of death, inheritors will need to make sure that the RMD is withdrawn for the year in which the account holder died. Failing to meet this requirement triggers a penalty equal to 50% of the amount that should have been withdrawn.

**Mistake #3:** You, as the primary beneficiary, fail to utilize a disclaimer when appropriate. A qualified disclaimer is a legal document that effectively says you choose not to receive the IRA assets, which then will pass to the contingent beneficiaries listed on the IRA

*(Continued on page 11)*

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## Musings and Memories

By Betty Emmons

### There is joy in remembering

By Betty Emmons

I don't know if there is reincarnation, but if there is, I believe I have been reincarnated. I love old barns and the smell of animals: chickens pecking in the yard and a kitten sunning itself in quiet contentment. There are not many of these scenes around anymore, but even thinking about the gentleness of the past gives me pleasure.

Today there are hardly any open spaces left so I live with my thoughts and imagination and am quick to spot a reminder of the past. For example, the town of Cranbury always sets me off as I walk down Main Street and I can very quickly become a part of the gentle past.

Another place that I can relive from the past and, though

not as old as my Cranbury imaginings, is an actual scene from my youth. As the church bells rang, I remember the faithful dressed in their finery, meeting and greeting one another as they arrived for the Sunday service. I didn't know at the time what a lasting impression was being etched on my brain and how those peaceful memories would come back to make me happy. I find joy in remembering.

Now, as so often happens with me, one memory triggers another and I would like to tell you something from the generation before mine. I remember my mother telling me how as a little girl she and her whole family walked to church through a meadow to attend the Dutch Reformed Church where they were members and had their own pew. Today the church is surrounded by homes and

industry and the people living there probably don't even know what a meadow looks like other than from pictures. My family are buried in the family plot in the churchyard and, sad to say, the church and the yard are now fenced in to protect against vandalism. It is a far cry from the days when my parents took me there as a child and yet, to me, this historic place is like an oasis in a land of cement and steel and there is peace to be found there.

Now, I'm quite sure I have not been reincarnated but the things of the past are so much a part of my present. I can honestly say I have the best of both worlds. The trick for me is to be happy as life goes on and if the sights and sounds come to me in memory while surrounded by the technology and loud noises of today, I would say I am lucky or blessed, however you look at it. I will continue to seek the gentleness of the past that I so yearn for. It's still to be found, it's just a little harder these days. But I still have my memories and I am filled with the joy of remembering.

### Sound Advice

(Continued from page 10)

paperwork. This strategy may be preferable if you don't need the money and you intend to pass along the inherited assets to younger beneficiaries eventually. Doing it now means RMDs will be based on the new owner's longer life expectancy.

**Mistake #4:** You fail to analyze contingent beneficiaries when using a disclaimer. It's important to consider all relevant financial and tax factors before agreeing to pass up inherited IRA assets through a disclaimer. This is not a casual decision. Consider whether the contingent beneficiaries in fact will be able to stretch out the IRA longer under their life expectancies and look at their tax consequences. Younger contingent beneficiaries may be in a lower tax bracket than you are, and if they pay the taxes that could reduce the overall tax bite.

**Mistake #5:** You take a lump-sum distribution. Some people think they're required to take a lump-sum distribution from an inherited IRA to empty the account immediately. That's simply not true. If you need the money, go ahead and take it. But if you don't have a pressing need, going the stretch IRA route could enable you to preserve wealth longer and generally will reduce tax liability.

A large lump-sum distribution could rocket you into a higher tax bracket and force you to lose more of the inheritance in taxes.

**Mistake #6:** You fail to analyze spousal rollovers. Current tax law offers greater flexibility to spouses who inherit an IRA. They can roll over inherited assets into their own IRA accounts and set up payouts calculated on their own life expectancies. However, a rollover isn't always the optimal approach for spouses. For instance, if a surviving spouse is under

age 59½, payouts from the IRA will trigger the 10% penalty tax for early withdrawals, on top of the regular income tax owed.

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## New Neighbors



By Christina Smith, Resident Services Manager

Robert and Kenise Panatieri, 640B Yorkshire Lane, formerly of Piscataway, N.J.

Gerald and Gloria Ford, 326A Nantucket Lane, formerly of Manalapan, N.J.

Carol DeCaro, 345C Old Nassau Road, formerly of Monroe Twp., N.J.

Vincent Mondini, 293C Sharon Way, formerly of Kearney, N.J.

Sara Torres, 329A Sharon Way, formerly of Elizabeth, N.J.

Ramesh and Vindhya Kommareddy, 287C Sunset Circle, formerly of Woodbridge, N.J.

Jonathan and Miwaon Park, 189C Malden Lane, formerly of Scotch Plains, N.J.

Elba and Carmen Luciano, 410A Oxford Lane, formerly of Lakewood, N.J.

Laura Bedient, 408A Oxford Lane, formerly of Princeton, N.J.

Edith Phillips and Thomas Florio, 203A Rossmoor Drive, formerly of Staten Island, N.Y.

Ron and Judith Potts, 233C Marblehead Lane, formerly of Monroe Twp., N.J.

Teresa and David Wong, 50E Emerson Lane, formerly of New York, N.Y.

Rani Malka, 558O Troy Way, formerly of India.

Janet McEwen, 432N Redding Lane, formerly of Trenton, N.J.

Anne Niese, 60A Old Nassau Road, formerly of South Brunswick, N.J.

Arlene Sereni, 91B Greenfield Lane, formerly of Trenton, N.J.

Ann Sulkowski, 559A Tilton Way, formerly of Monroe Twp., N.J.

Dennis and Chung Cronin, 134B Old Nassau Road, formerly of Monroe Twp., N.J.

William and Ann Allen, 180C Prescott Lane, formerly of Mount Laurel, N.J.

## CULINARY CORNER

By Sidna Mitchell

### Always find time for blueberries

By Sidna B. Mitchell

Ken and I often go to a Cracker Barrel restaurant near us for breakfast. He always orders the blueberry pancakes with maple syrup and I usually opt for one of the big breakfasts featuring country ham.

When granddaughter Maggie visits, she always wants to go to Cracker Barrel, hoping she can order chocolate chip pancakes like she gets at the diner near her home in north Jersey.

With Maggie visiting again while her mother attends a legume conference in Canada, we made several plans -- haircut, mini manicure, pedicure, Rossmoor pool, croquet, and a trip to Cracker Barrel for pancakes.

We decided to have our pancakes at the Cracker Barrel down on Route 130 South in Hamilton and then keep heading south via Route 206 to Hammonton, perhaps the blueberry capital of the USA, to pick our own blueberries.

I love pancakes and I've made a variety of this popular breakfast food from the plain to spaghetti pancakes. Also, I fixed banana, apple, buttermilk, cinnamon, pump-

kin, gingerbread, chive and, of course, blueberry and chocolate chip for two of my favorite people. Here's a recipe for blueberry pancakes with oatmeal.

#### Blueberry Oatmeal Pancakes

Culinary corner

1 cup Jiffy or Bisquick	1 egg
1/4 teaspoon cinnamon	1 cup milk
1/3 cup rolled oats	1 tablespoon oil
1/4 cup brown sugar	1/2 cup blueberries

Mix together the pancake mix, cinnamon, rolled oats and brown sugar. Stir to mix well.

In a separate bowl, beat together the egg, milk and oil.

Make a well in the dry ingredients and add the egg mixture all at once. Stir just until moistened. The batter will be lumpy.

Fold in the blueberries and let sit for about three minutes.

Add more milk if the batter is too thick.

Drop spoonfuls of batter onto a hot, buttered griddle or cast-iron skillet.

Cook until the surface of each pancake is covered with bubbles.

Flip pancakes and cook on the other side until browned.

Serve with butter and maple syrup. Serves two to three.

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

### Who doesn't love a red, ripe tomato?

By Carol De Haan

Part I:

My friend Brendan had been reading about the benefits of eating organic veggies. One spring, he dug up his back yard and put in a dozen young tomato plants. Faithfully watered, fertilized, and staked, they grew like gang-busters with huge, dark green leaves.

By late July, Brendan began to wonder why he had only small green tomatoes and no big red ones.

One day came the answer: a grey squirrel stealthily creeping along the top of the garden fence. Jumping to the ground, the little intruder examined each plant, finally settling on a favorite. It plopped its little behind firmly at the base of the chosen plant, grabbed the stem with both paws, and began shaking like a category 7 earthquake. Raining down from the foliage above came one nearly ripe tomato, which the little sneak seized in its mouth, carried to the top of the fence, and into a nearby tree. There sat the pint-sized thief, eating Brendan's lunch.

Part 2:

About 11:30 one morning, I drove to the East Windsor Home Depot. Walking toward the front door, I paused to admire about a dozen large pots, each with a patio-sized tomato plant laden with tiny, green baby tomatoes. Wondering if all those tomatoes, when ripe, would defray the price of the planter, I noticed that one plant held a really big, round, red tomato hidden in its ample foliage. "That will make a delicious sandwich for someone," I thought, entering the store. I followed my list, made my purchases, and left about noon.

Still enamored of the handsome tomato plants, I wandered again among the pots, counting the green babies and searching for that big, red prize winner. "Where are you, big boy?" I poked aside the lush foliage. "Where, where?" Taking a quick inventory, I could see that all the original pots were still in place. I was inside the store for only a half hour. What had happened to that big, red show stopper?

Somewhere, at a safe distance, some two-bit felon was munching away on a pretty spectacular sandwich.

### (s)milestones



### A Mutual Five resident gets a prestigious award

Helen Ward-DeMuro holds her Certificate of Lifetime Achievement, signed by President Barack Obama. The award was granted in recognition of her almost 50 years of volunteer work with veteran's groups in New Jersey. Helen has done extensive work with the N.J. VA Health Care System, in conjunction with the Lyons and East Orange Facilities. She still works with veterans who have been placed in nursing homes in our area, hosting them for social events at The Elks in Jamesburg. While doing such a tremendous amount of good work Helen still found time to raise a family of seven. She was also given a beautiful pin to mark the occasion and wears it with pride. Congratulations, Helen! Your friends are very proud of you.

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## Clubs and Organizations

### Calling for volunteers for the annual bazaar

By Diane England

We'll have only one planning meeting for this year's bazaar. It will be on Thursday, Sept. 14, at 1 p.m. in the Hawthorn Room. Needless to say, Chairperson Paulette Mascia hopes to see many of you there because she's handling things a little differently this year. Rather than relying upon people just showing up on that first Thursday, Friday, and/or Saturday, November 2, 3, and 4, to help wherever there might be a need, she

hopes to fill all anticipated volunteer slots at this meeting. So, whether you're a returning volunteer, or someone considering participating this year, please put this meeting on your calendar.

I don't want to provide many details at this time since these will be handled at this meeting. This is when we'll talk about specific assignments, the hours we'll need you, and that type of thing. In case you haven't volunteered for the bazaar before, let me say that you

can work all three days or just agree to work one set assignment. It's up to you. I'm not going to say that if you work all three days (as Paulette and I do) that it won't get tiring. But we do have a lot of fun as well. And again, no one is saying you have to work the entire time. Figure out what works for you.

What follows is a short overview of what we anticipate our volunteer needs will be. But remember, nothing will be set in stone until this

meeting. However, we will likely need people to:

- handle the intake of donated merchandise on Thursday, November 2 (during both the morning and the afternoon);
- handle the intake of donated merchandise on Friday, November 3 (in the morning only, if we elect to have collections on this day at all);
- set up all the sales rooms on Friday, November 3 (we'll likely start this in the morning and continue working until this task is complete—which could be by early afternoon if we have enough help);
- work the actual event on Saturday, November 4 (you should plan to be present from 8:30 a.m. until 3 p.m.) in one of our sales rooms. While some of these rooms have yet to be assigned, plan on Winnie's Closet in the Gallery, where you'll find women's clothing, jewelry, and linens and things; the Red Room, where you're apt to run into Santa and Mrs. Claus, as well as the silent auction; our Ballroom café; a room full of books, games, and toys; home-made goodies and gourmet dog biscuits in the Gourmet Shop; Grandfather's Attic filled

with men's clothing, sports equipment, tools, and anything else the men would like; and Granny's Attic where you'll find all sorts of items for the home: kitchenware, dishes, glassware, paintings, picture frames, holiday decorations, small appliances, and decorative items.

We hope that we'll have some lovely hand-knitted items again this year. We are saddened to announce, however, that the crafters will not be joining us. After all, they not only made beautiful items, but they raised a considerable amount of money for scholarships throughout the years. We certainly appreciate all they did for the bazaar and ultimately, the Monroe Township college-bound seniors whose scholarships they helped finance.

I'll have information for all residents next month regarding the donation of items for the bazaar. If this summer you clean any closets, your storage area, or the garage, save those quality items in saleable condition for the bazaar. Until we see you at this meeting on September 14 at 1 p.m. in the Hawthorn Room, enjoy your summer.



#### (s)milestones

#### Congratulations to Frank and Gail Russo

Above, the Pickleballers at Frank and Gail Russo's recent wedding

Frank and Gail enjoy their first dance.



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Must be presented at time of write-up and expires 8/31/17.

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## RMA offers great line-up of performers for 2017-2018 concert season

By Gene Horan

The Rossmoor Music Association (RMA) had a very successful 2016-2017 season. During the upcoming season, the very popular "Our Three Tenors" concert will return and Scott Joplin's ragtime music will be featured in a program by pianist Richard Dowling, the nation's top exponent of his work.

All concerts will be held at 7:30 p.m. in the Meeting House. Here is the schedule for the year.

### Fall 2017

**Friday, September 22: "Our Three Tenors" with Jeffrey Uhlig**

This concert will be part of the 50<sup>th</sup> Anniversary celebration of the Rossmoor Community Church. More details to come later. Plan to be on hand for a great evening.

**Friday, October 20: All Seasons Chamber Players**

All Seasons Chamber Players, now in its 37th season, is a leading chamber music ensemble in the New York-New Jersey metropolitan area.

**Friday, November 10: Daurov/Myer Duo**

In 2012, two sensationally gifted virtuosi, cellist Adrian Daurov and pianist Spencer Myer established the noted Daurov/Myer Duo. This will

be their first appearance at Rossmoor.

### Spring 2018

**Saturday, April 21: Fred Moyer, piano**

Frederic Moyer has spent over 30 years as a full-time concert pianist, a career that has taken him to 43 countries. Many composers have written works for him

**Friday, May 4:**

**Olga Vinokur, piano**

Olga Vinokur is an acclaimed pianist and a dynamic performer on the classical and contemporary music scene. She has toured around the world

**Friday, June 15: Richard Dowling celebrates Scott Joplin, King of Ragtime**

Richard Dowling has been commemorating the 100th anniversary of Scott Joplin's death this year by performing 60 all-Joplin concerts nationwide. This will be a very memorable concert.

**Reminder: All concerts are at 7:30 p.m. in the Meeting House**

Subscription: \$60 for all six concerts. That's a savings of \$30!

Individual tickets: \$15 at the door.

## Geoff Gallante and his band will perform in the Meeting House

By Gene Horan

This concert by Geoff Gallante and his band will be held in the Meeting House on Sunday, August 20, at 3 p.m. The band's performances here in 2015 and 2016 got standing ovations.

This truly extraordinary Rossmoor Music Association musical event is only \$10 per person, payable at the door. Light refreshments will be available.

### About Geoff

At age 16, Geoff Gallante is one of the most celebrated young musicians in the world today. Geoff found his older brother's trumpet at age four and has since performed on prominent stages and alongside distinguished artists all across the country—as acclaimed soloist with concert bands, brass bands and pops orchestras and as fea-



Goeffrey Gallante

tured jazz performer, national anthem performer and as church soloist.

### At the White House

Geoff has performed in 34 states nationwide, including with five different ensembles of the U.S. Military. By the age of six he had already garnered guest soloist engagements with the likes of the Louisville Orchestra, the Duke Ellington Orchestra and the Philadelphia Brass Quintet. As anthem performer, Geoff has appeared in 16 pro-sports venues across the country. He's the youngest instrumentalist, at six years old, to ever perform at the White House or at the prestigious Kennedy Center in Washington, D.C.

### Soloed with top bands

In addition to solo engagements with many professional pops orchestras, Geoff has soloed with some of America's very finest symphonic bands, including the U.S. Naval Academy Concert Band

In 2012, Geoff was accorded the honor, at age 11, of being chosen as guest soloist at the annual convention of the Association of Concert Bands in Poughkeepsie, N.Y. In July 2014, Geoff had the distinction of performing as guest soloist at the Texas Bandmasters Convention, the largest of its kind in the world.

### Plays all styles of jazz

In the jazz realm, Geoff is comfortable playing all styles, from traditional New Orleans style to small-group straight-ahead jazz to classic big band and swing. As a 'traditional' jazz player he's a member of the D.C. based award-winning Capitol Focus Jazz Band, and as a big band trumpeter he plays in the Blues Alley Youth Jazz Orchestra. As a contemporary, straight-ahead jazz performer, Geoff has shared the stage with such jazz icons as Maynard Ferguson, Dick Hyman and Bucky Pizzarelli, as well as a host of other distinguished jazz musicians.

### Jazz club engagements

Geoff has performed in such prominent jazz venues as Andy's in Chicago, Blues Alley in Washington, D.C., the Metropolitan Room in New York City, and Herb Alpert's Club Vibrato in Los Angeles.

Geoff's network TV appearances include the "Tonight Show" with Jay Leno, NBC's "Today," and the CBS "Early Show."

**"What a great job Geoff and the fellows did. He's truly come into his own with wonderful technical and tonal quality, improvisational skills and his interpretations of the tunes...just fantastic! I'm still hearing accolades from people."**

*Toby DelGiudice, Rossmoor musician, on Geoff's 2016 performance here*

Name: \_\_\_\_\_  
Phone: \_\_\_\_\_  
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e-mail \_\_\_\_\_  
Number of subscriptions @ \$60 each \_\_\_\_\_ = \$ \_\_\_\_\_ (+ optional donation) \$ \_\_\_\_: Total \_\_\_\_\_

Please make check payable to  
**"ROSSMOOR MUSIC ASSOCIATION"**  
SEND TO: Paula Richardson, 673-A Yarborough Way,  
Monroe Twp. NJ 08831.  
Tickets will be mailed in late August.

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# Rossmoor Clubhouse News

## August 2017

### ANNUAL SPAGHETTI DINNER



**Thursday, September 14**  
**6PM...Ballroom...\$12**  
**2 Tickets per manor**  
**On Sale Monday, August 14**

Menu includes:  
 Garden Salad, Italian Bread, Spaghetti,  
 Meatballs, Beverage & Dessert

### WELCOME

Clubhouse  
 Open daily, 8am - 10pm

E&R Office  
 Open Monday - Friday, 8:30am - 5pm  
 609-655-3232

Michelle Williams: Clubhouse Manager  
 Erica Hardeo: Event Planner  
 Sue Ortiz: Office Coordinator  
 Sebrina Jinks: Office Assistant  
 Jessica Roberts: E&R Foreman

### ON SALE THIS MONTH

### EVENTS

**Pool Party with DJ Mel**  
 Friday, August 11, 7pm, Pool (Weather Permitting), \$10pp  
 Bring your own refreshments. We provide ice. Call-in on August 4 at 12:15pm. Payment **MUST** be received by Aug. 8 by 4pm. \*If we don't receive payment on time, your name will be removed and ticket will be given to the next name on the Wait List.\*  
**NO GLASS PERMITTED AT POOL**

**Pool Party with DJ Gary**  
 Friday, August 25, 7pm, Pool (Weather Permitting), \$10pp  
 Bring your own refreshments. We provide ice. Call-in on August 18 at 12:15pm. Payment **MUST** be received by Aug. 22 by 4pm. \*If we don't receive payment on time, your name will be removed and ticket will be given to the next name on the Wait List.\*  
**NO GLASS PERMITTED AT POOL**

**SUNDAY MOVIE & DESSERTS..."Hidden Figures"**  
 Sunday, August 13, 1pm, Ballroom, \$5pp  
 On sale now!

**MURDER MYSTERY NIGHT...Who Whacked Tony Loprano?**  
 Saturday, September 16, 7pm, Ballroom, \$30pp  
 Presented by Murder on Cue Mystery Company  
 We provide refreshments...bring your own beverage!  
 On sale now!

### EXCURSIONS

**SANDS CASINO**  
 Tuesday, August 8, \$25pp  
 Departs Poolside at 9am.  
 On sale now!!

**POINT PLEASANT BOARDWALK & SHRIMP BOX**  
 Tuesday, September 12, \$50pp  
 Departs Poolside at 11am.  
 On sale August 9!

**ATLANTIC CITY-TROPICANA CASINO**  
 Wednesday, September 13, \$25pp  
 Departs Poolside at 9am.  
 On sale August 9!

### BROADWAY BOUND...Possible shows for 2018

Dear Evan Hansen  
 Escape to Margaritaville...Songs of Jimmy Buffet  
 Dreamgirls  
 Roman Holiday...Cole Porter Musical  
 My Fair Lady  
 Carousel  
 The Cher Show  
 The Devil Wears Prada  
 Soul Train



### Kids Day at Rossmoor

Monday, August 14

Ages 7-12

9-11am...Driving/Putting on the Golf Course

Ages 4-16

11am... Hot Dogs & Chips at the Pro-Shop

11:30am...Free Pool Time

2:30pm...Movie followed by Dessert

RSVP by 8/7...609-655-3232

### WINE & DESIGN PAINTING PARTY

Thursday, Aug. 24

6:30PM Gallery

\$15pp

Bring Your Own Beverage

We Provide Light Refreshments

ON SALE AUGUST 9

### DON'T FORGET

NAVESINK RIVER TOUR—WAIT LIST ONLY  
 Wednesday, August 2

PHILLIES vs. METS GAME—WAIT LIST ONLY  
 Thursday, August 10

MUSEUM OF THE AMERICAN REVOLUTION—WAIT LIST ONLY  
 Thursday, August 17

BEAUTIFUL ON BROADWAY—WAIT LIST ONLY  
 Wednesday, August 23

9/11 MEMORIAL & MUSEUM—WAIT LIST ONLY  
 Thursday, September 7

COME FROM AWAY ON BROADWAY—WAIT LIST ONLY  
 Thursday, September 28



CULTURAL

**AVIATION GROUP**  
2nd Wednesday, 1:30pm, Ballroom  
"The Vastness of Space"

**BOOK DISCUSSION GROUP**  
2nd Thursday, 3:00pm, Dogwood  
"As I Lay Dying" by William Faulkner

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

**GERMAN AMERICANS**  
See you in September

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

**HISTORY PROGRAM**  
1st Wednesday, 1:00pm, Gallery  
WWII European & Pacific Theater

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

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

**VETERANS GROUP**  
Monday, October 2, 10am, Ballroom  
Bring another Rossmoor veteran with you!

**WRITERS GROUP**  
Last Thursday, 10am, Cedar



THE ARTS

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

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

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

**GALLERY EXHIBITS**  
The month of August will feature a display from the Digital Photography group. Be sure to stop in and browse.

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

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

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

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

CARDS & GAMES

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

**BRIDGE**  
Contact Clubhouse

**CANASTA & MAHJONG**  
Contact Clubhouse

**MAY I**  
Contact Sophie Prata.

**MEN'S POKER**  
Contact Joe Conti.

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

**PINOCHLE**  
Wednesdays, 1:00pm Dogwood  
Contact John Cristiano.

**POKER**  
Mondays and Fridays.  
Contact Ginny Giorgio.

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

GET MOVING!

**AQUA AEROBICS**  
Tuesday/Thursday mornings, 10am  
Wednesday evenings, 6:30pm

**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

**FITNESS CENTER ORIENTATION**  
Tuesday, October 10, 10:00am  
Sign-up in the Clubhouse...Space limited

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

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

**TOPS-Take Off Pounds Sensibly**  
Wednesday, 9:30am, Maple  
Call the Clubhouse for information

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

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

Enjoy a cup of joe with your friends on  
**FREE COFFEE**  
**FRIDAYS**  
9am-10am...Terrace  
**FRIDAYS IN AUGUST**

**ARE YOU INTERESTED?**  
**Thursday, October 26**  
**SPIRIT OF ARGENTINA**  
Evening Dance Performance of  
Tango Buenos Aires at the NJPAC  
Let us know in the Clubhouse!

**Card/Game Players**  
Please note that rooms are open to all players at all times unless room is reserved for an event or meeting.  
Please be considerate to your fellow players. Keep in mind, there is additional space on the second floor of the Clubhouse if needed.

**Chair Yoga**  
**Free Demo**  
**Tuesday, Sept. 5**  
**10am Gallery**  
Six week class  
will begin on Sept. 12  
**\$40 (Pay Instructor Directly)**  
Call Clubhouse for Details

SPORTS FUN!

**BOCCE**  
Attention Snowbirds...If you plan on playing in the 2018 Bocce Season, please let us know in the E&R office by March 1, 2018.

**CORN HOLE**  
Friday 9am-11am Terrace

**CROQUET**  
New Players Welcome. Call Betty Anne Clayton.

**HIKING SEMI-ANNUAL MEETING**  
Thursday, August 17...7PM...Maple Room  
New Hikers Welcome!

**PICKLEBALL**  
New Players Welcome.

**SHUFFLEBOARD**  
Tuesday, August 22-High 4 Disk Tournament & Social... 1:30pm at the Courts

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

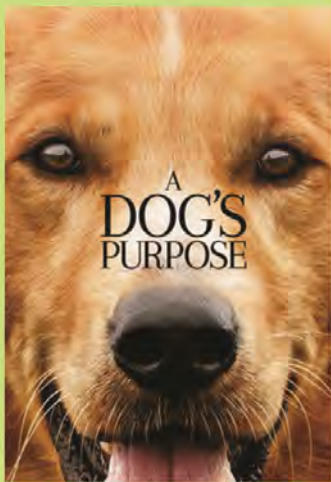
**TENNIS**  
Courts available 8am until dusk. Bring your own equipment.

**COME SEE WHAT ALL THE FUN IS ABOUT!**



MOVIE CORNER

"A DOG'S PURPOSE"



Rated PG  
100 Minutes  
No Charge  
Tues., Aug. 15...1:30pm & 7pm...BR  
Sunday, Aug. 20...1:30pm...Gallery

TUESDAY MYSTERY MOVIES  
August 22 & 29—1:30PM

Movies Subject to Change

COMING ATTRACTIONS

Details TBA

- BOCCE BREAKFAST  
Wednesday, September 27
- HALLOWEEN PARTY  
Friday, October 27
- SPORTS AWARDS DINNER  
Wednesday, November 1
- WINE & DESIGN  
Thursday, November 30
- LONGWOOD GARDENS  
Wednesday, December 6



"UNDER THE STARS"

Movie in the Clubhouse Lot  
Friday, September 8...7:15pm  
Bring your own chair & refreshments  
No Charge and no sign-up required

FYI

- RCAI Offices Closed on Monday, September 4 in observance of Labor Day.
- COMCAST Q&A Tuesday, September 12, 9-11am.
- CONTACT THE CLUBHOUSE for information regarding events and trips.
- EVENT REMINDERS: Bring Rossmoor ID when purchasing tickets for Clubhouse events. Only two tickets per manor can be purchased. When bringing a guest/non-resident, please provide their full name at the time of ticket purchase. Tickets are non-transferable.
- TRIP REMINDERS: Trips require average physical activity. You should be in good health, able to climb stairs, and walk reasonable distances. Any guest accompanying a Rossmoor resident **MUST** be at least 18 years of age. Basic information on guests must be provided when tickets are purchased.
- CLUB PRESIDENTS & GROUP REPRESENTATIVES: Channel 26 announcements and room set ups **MUST** be handed in on the official forms, Forms can be found on the website or in the Clubhouse.
- ROSSMOOR CLUBHOUSE NJ is our official Facebook page. Follow us for Clubhouse updates, ticket sales, and event photos. You just might see yourself having a good time!
- RCAINJ.COM is the official website for Rossmoor. Here you will find everything Rossmoor! Check it out!
- EVENTS & TRIPS are subject to change.

ELLIS ISLAND  
STATUE OF LIBERTY  
AND  
MUSEUM



PICTURE PERFECT



Could this be a love connection?



Splish Splash



All smiles during the Pool Party with DJ Mel



New residents enjoying their 1st Pool Party



Aye Aye Captain



DJ Jeanmarie really knows how to get you up and dancing



AUGUST 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 9:45am *Trip-Navesink Boat Ride 1:00pm WWII History Program w/ Monroe Twp. Library-GL	3	4 8:30am *AARP Driving Course-GL 	5 GOLF OUTING
6 2:00pm Mutual 1 Picnic-H/Terrace	7	8 9:00am *Trip-Sands Casino	9 10:00am Mutual 6-CD 7:00pm Recipe Exchange-DW 	10 9:00am Committee Meetings-VC 4:30pm *Trip-Mets vs. Phillies Game	11 7:00pm *Pool Party with DJ Mel-BR	12
13 1:00pm *Movie & Desserts-BR	14 9:00am *Kid's Day 1:00pm Health Care Lecture-MP	15 1:30pm & 7:00pm Movie "A Dog's Purpose"-BR	16 2:00pm Mutual 9-GL	17 9:00am Board of Governors-VC 9:00am *Trip-Museum of the American Revolution 7:00pm Hikers Semi-annual Meeting-MP	18 6:30pm Bingo-BR 	19 1:00pm Emerald Society Picnic-BR
20 1:30pm Movie "A Dog's Purpose"-GL 2:00pm Mutual 6-BR/Terrace 3:00pm Music Assc.-MH	21 GOLF OUTING	22 10:00am New Resident Meeting-GL 1:30pm Mystery Movie-BR 1:30pm Shuffleboard Tournament-C	23 10:00am Mutual 16-BR 10:00am *Trip-Beautiful on Broadway 2:00pm Mutual 11-VC	24 6:30pm *Painting Party-GL	25 7:00pm *Pool Party with DJ Gary-BR	26
27 12:00pm Mutual 17 Social-BR/Terrace	28 10:00am Mutual 7-BR 10:00am Mutual 8-VC	29 1:30pm Mystery Movie-BR	30	31	 Today!	Events or trips marked * require tickets or prior registration.







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

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

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



# This month in pictures

Photos by Joe Conti and Walter Gryskiewicz



Two Rossmoor treasures, Al Longo and Frank Sasso, at the Rossmoor Karaoke



From left, Debbie Sills, Dennis Arce, Sue Archambault, Joe Anbruedo, and Tom Croake



Bruce Coop entertains at the Italian-American Club meeting.



Knights of Columbus: Our own Paul Pittari, left, receives the Man of the Year Award from Grand Knight Ed Visinski.



Bill Strecker, Dennis Arce, and Rich Casey doing their monthly jamming at Sal's. Get there early to get a seat.

## A trip to Ellis Island



View of Ellis Island from the boat



Roving photographer Walter Gryskiewicz at the Statue of Liberty



Some of the Rossmoor group on the trip.



Empty Sky Memorial at Liberty State Park



Statue of Liberty from the Ellis Island Ferry



## Players Pastimes

By Sue Archambault

The Players report that our last events were tremendous successes.

First, our general meeting, which took place on Monday, June 26, was even more successful than previ-

ously reported. About 90 guests attended our fun-filled Karaoke Night hosted by the very talented DJ Gary Morton. Many audience members sang popular favorites. Gary himself added his beautiful voice to the eve-



ning and he welcomed audience participation numbers in his repertoire.

At the end of July, The Players presented three separate performances of our "This and That" production. The audience was entertained by a variety of vocal and instrumental musical numbers. Plus, an assortment of comedic skits and performances seemed to keep the audience quite amused.

Beverly Masters directed the program, and our very own Joe Conti was our emcee. As always, all attendees were served refreshments at the end of each performance.

The next general meeting for The Players will take place on August 28 in the Gallery. The entertainment will consist of a DVD of bloopers, which is a compilation of televisions biggest and best stars as they are caught in hilarious moments while filming. The stars and blooper moments are taken from such hits as *I Love Lucy*, *The Dick Van Dyke Show*, *The Mary Tyler Moore Show*, *Happy Days*, *M\*A\*S\*H\**, *The Andy Griffith Show*, *Laverne and Shirley*, and so many more. It will be a nonstop marathon of outtakes, goofs, blunders, and gag reels that will have you laughing out loud. The attendees will be able to see such megastars as Lucille Ball, Desi Arnaz, Dick Van Dyke, William Shatner, Leonard Nimoy, Ron Howard, Elizabeth Taylor, and many, many more. This collection will show the audience that stars aren't quite as perfect as they would have us believe. So come to this event, which is open to all, sit back, relax, and enjoy the show.

## Rossmoor Rental Library

By Irene Poulin

**Don't Let Go** by Harlan Cohen

Plot not available at this time.

**The Cuban Affair** by Nelson DeMille

A veteran of the Afghan wars with a charter fishing boat and a big bank loan to his name, Daniel MacCormick reluctantly agrees to hear why Miami lawyer Carlos, noted for his anti-Castro activism really wants to rent his boat for a 10-day fishing tournament to Cuba.

**I Know a Secret** by Tess Gerritsen

Boston homicide detective Jane Rizzoli and medical examiner Maura Isles pool their resources to find the killer of a young woman found with no sign of trauma or a struggle but holding her eyes in one hand.

**Y is for Yesterday** by Sue Grafton

In 1979, four teenage boys from a posh private school film their sexual assault of a 14-year-old classmate, and both the tape and the ringleader go missing.

**The Store** by James Paterson

A powerful retailer, The Store can deliver anything

to your door, anticipating the needs and desires you didn't even know you had. Most people are fine with that but not Jacob and Megan Brandeis, New York writers whose livelihood is on the brink of extinction.

**Secrets in Death** by J. D. Robb

The chic Manhattan nightspot Du Vin is not the kind of place Eve Dallas would usually patronize and it's not the kind of bar where a lot of blood gets spilled. But that's exactly what happens one cold February evening. Eve must separate rumors from reality.

**The Right Time** by Danielle Steel

Filled with heartbreak and betrayal, triumph and fulfillment, "The Right Time" is an intimate, richly rewarding novel about pursuing one's passion and succeeding beyond one's dreams.

### Library Hours:

Monday thru Friday  
10 a.m. to noon and 1:30 to 3:30 p.m.  
Library closed Saturdays

The library has a wide selection of books for sale – only \$1 each. Please visit us and check out our wonderful library.

## Diverse Topics at LWV MT August Meeting

By Ruth Banks

The monthly meeting of the Monroe Twp. League of Women Voters will take place on Monday, August 28 at 1 p.m. in the Municipal Building. The meeting is not restricted to members only; it is free and open to the public.

At this time, a topic and speaker have not been confirmed. However, a number of important and relevant issues have emerged which we may want to delve into.

Our Voters Service Committee is working to set up registration dates so that new residents can register for the November election. Heading the list of candidates is, of course, the governor's race. Then our legislators are competing for control; there are county seats as well as municipal seats up for grabs. Oh and there will be candidates running for the Board of Education. So there is certainly a full slate of de-

(Continued on page 25)

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## Dance Club to hold end-of-summer dance party



By Judy Perkus

Come join the Dance Club in the Clubhouse Ballroom on Saturday, August 29 at 7 p.m. DJ Bobby Picone will provide the music for an evening of all kinds of dancing. The theme is "Beach Party." All couples and singles are welcome.

The cost of \$8 per member/ \$10 per non-member includes ice cream, cookies, coffee, tea and soda, an evening of dancing and fun with old friends and new friends.

Please send your check to Dance Club president Armen DeVivo by August 17. For more info, call Armen at 609-655-2175.

### Rossmoor Dance Club

#### August 26 End-of-Summer Dance Party

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

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

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

PAID-UP Member(s): \_\_\_\_\_ @ \$ 8 = \_\_\_\_\_

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

2017 membership dues \$7.50 per person; \_\_\_\_\_

\$15 per couple \_\_\_\_\_

Total \_\_\_\_\_

RESERVATION DEADLINE: August 17

Please send check made out to  
the Rossmoor Dance Club to:

Armen DeVivo at 449B Roxbury Lane. 609-655-2175  
or leave in an envelope in the Dance Club folder in the  
E & R Office





Packed house at the Italian American Club meeting

## Italian American Club

By Tony Cardello

The July membership meeting featured a great show performed by Bruce

Copp, a member of the Vito Piccone and the Elegants.

The trip to the Sands Casino in Bethlehem, Pa., on

July 28 was another sellout. It was profitable for some and not so for others, but all had a good time.

The entertainment for the August meeting will be the return engagement of young singer Dominic Panfile and his vocal and pianist accompanist Peter Greco. I would urge you all to attend to hear a voice that is a true gift from God.

The annual picnic catered by City Streets will be held on Saturday September 9 from 3 to 8 p.m. in the Ballroom. Sign up and the \$26 per person payment can be made at the August membership meeting.

Bingo will be played on August 18 at 6:30 p.m. in the Ballroom.

## Emerald Society's summer activities

By Joan Avery

President Dan Jolly has arranged a fabulous cruise up the Hudson River on the Cornucopia Line on August 16. There will be a buffet lunch, a DJ and dancing included on this exciting trip. The cost is \$74 per person. The bus will leave poolside at 10:30 a.m. The trip is open to all Rossmoor residents, family and friends.

Everyone enjoyed Gary Morton, who entertained the Emerald Society members at the June meeting. Ian Gallagher, a very popular singer, was the entertainer at the July meeting; terrific reasons to come to the monthly Emerald Society meetings.

Dan has also arranged for a 25<sup>th</sup> Emerald Society Anniversary party, which will be combined with the annual picnic, on August 19 in the Ballroom of the Clubhouse. There is always wonderful food and fabulous entertainment.

In addition to all these exciting activities, Dan has booked a trip to the Indian Head Resort in New Hampshire for October 16 to the 20. There is a wonderful itinerary planned. More information will follow.

There are several wonderful summer events for the members of the Emerald Society. See you at the August 23 meeting.

## Kick off a new program year with our special fashion show

By Diane England

You might still be trying to beat the heat, but those crisp days of fall will soon be arriving. That means the Women's Guild will be ready to kick off its 2017-2018 program year with our *Fiftieth Wedding Anniversary Renewal of Vows Fashion Show*. And indeed, you are cordially invited to attend this event—on September 21 at 1:30 p.m. in the Ballroom.

We are flexible with regard to attire, but we're hoping you'll dress up in 1967-type attire for this event. If you can't do that, this might be a good time to pull out something that has been hanging in your closet for years that you just wish you could find an opportunity to wear again. We promise, we won't get angry if you're better dressed than our models.

So, plan to join us for this event in which our brides and other very special models won't mind if, as they're perhaps dancing down the aisle to fifties and sixties music, you suddenly feel the urge to get up and dance, too. And if you expend all your energy doing so, we'll be serving a wedding cake made especially for all of you — and

serving punch, too.

We'll also be collecting dues for the year at this meeting. So, you might want to drag out that old evening

(Continued on page 18)

## Computer Club annual party

By Alec Aylat

"Here we go again" as Ronald Reagan would say if he were gathering his Computer Club friends for their annual party in the Ballroom at noon on Thursday, August 17.

Sign-up for club members is at the bottom of the long winding stairs in the Clubhouse on August 8 and 9 from 10 a.m. to noon. Members will sign up their guests at the same time.

And now's the time to mark your calendars so as not to miss out on a great lunch and another fun-filled program selected by Herb Junker and Al Parker from their fabulous You Tube collections.

Members' exquisite cooking, and/or delightfully edible choices, are yours for the tasting with each and every member bringing enough for six persons, making up that great lunch we look forward to all year with cheers.



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For a sneak peek go to  
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## SPORTS



Al Jacobs (foreground left) explained the details of how the Pickleball Ladder system works.



The RCC players at Meadow Lakes. Front, from left: Carl Kruse, Betty Anne Clayton, Sharon Gaines, Sidna Mitchell, and Cynthia Hazen. Back row: Merv Shivers, Barry Clayton, Ellen Frankel, and Ken Northrop.

## Croquet Club news

*By M. Vail*

The new schedule for the hot summer months is posted on the court bulletin board. Golf croquet on Friday evenings starts at 5 p.m. followed by refreshments in the Clubhouse about 6:30 p.m. Golf croquet is also played on Sunday and Wednesday evenings at 5 p.m. Residents are welcome and current members are always willing to mentor new members. This is a learn-as-you-play game. Come join in the fun. Equipment is available for play. Flat soft-sole footwear is required to protect the court's grassy surface.

Six Wicket is played on Tuesdays at 5 p.m. Members play croquet all week reserving a time slot on the weekly sign-up sheets on the court bulletin board.

This past June members of the Club traveled to Hightstown to play Golf Croquet with the

Meadow Lakes players. The score was three to two in favor of Meadow Lakes and well played by all in a lovely setting of sunshine, flowers, and shade trees.

July 1 was the date of the Kooky Kroquet Tournament followed by the Annual BBQ.

It was a fine day all around. Many thanks to the on-duty Board members, all the volunteers, players, and cheerful gallery of members, family and friends who came out to support our event. Congratulations and cheers to Merv Shivers, our 2017 Champion.



Kooky Kroquet 2017 Champion Merv Shivers and his wife, Claire

## Fashion show

*(Continued from page 17)*

purse to hold your check-book—since we do ask that you pay by check.

Okay, we'll see you on September 21 at 1:30 p.m. in the Ballroom dressed for a wedding and reception, right?





## Golf Course Highlights

By Ted Servis, Rossmoor Golf Professional

The golf season is in full swing at the Golf Course and it's been a great season so far for everyone.

A job well done goes out to Tom Tucci and his staff for maintaining the golf course.

Rossmoor held the PGA Junior Tournament on June 26 and 27. The boys' champion was William O'Neil with scores of 68 and 75, and the girls' champion was A. Gianchandani with scores of 74 and 68. Congratulations to both of them.

Our next ladies' golf clinic will be August 30; please call the Pro Shop to sign up.

The Pro Shop is fully stocked with merchandise for all your golfing needs, so

please stop in and take a look. If there is something you're looking for and we don't have it in stock, we will be happy to order it for you. The Pro Shop hours of operation are as follows: Monday from 11 a.m. to 5:30 p.m. Tuesday through Sunday, from 7 a.m. to 5:30 p.m. All hours are subject to the weather.

If there is anything we can help you with or any questions we can answer, please give us a call at 609-655-3182. Thank you and I wish everyone a healthy and happy 2017 golf season.

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

## Ladies' 18-hole League – June tournaments

By Arlene McBride

On June 6, a rainout. What else is new? On June 13 and 20, the Member/Member tournament was held, the first major for the season. First place winners: Arlene McBride/Joan Semen; second place winners: Pat Crowley/Janet Decker. Luckily the weather cooperated and we were able to get two weeks in a row. Congratulations to all.

On June 26, the League participated in the Mayor's Cup at Concordia Golf Course with members Pat Crowley, Janet Decker, Maria Hogan, and Arlene McBride. This tournament is held every year, sponsored by the Recreation Department of Monroe Township. All the retirement communities in the area participated. Congratulations to Janet Decker on winning the Low Gross award. She will be presented with a plaque from Monroe Township.

On June 27, the Low Gross/Low Net tournament was held, Low Gross winner: Carolyn Meyer; Low Net winner: Sue Petersen.

Exciting upcoming tournaments for the summer - July 11 and 18, a second major tournament, the Low Net Championship; and August 15 and 22, the third major tournament, the Club Championship. Results will follow in future articles. Check the Rossmoor News for ladies' golf clinics during the summer.

The golf course is in great shape. Enjoy the rest of the summer golfing.



By Terre Martin

June was another good month for the group. We only got rained out once, and our tournament maven, Muriel Calvanelli, came up with some creative games. Our "Fewest Putts" winners were Paula Richardson (14) for the A Flight and Marie Bills (16) for the B Flight. Our June 20 tournament only allowed players to have 4 clubs and a putter in their bag. Joan Lundy was the A Flight winner, and Mary Ellen Mertz won the prize for the B Flight. The last tournament in June was "Low Net." The surprise return of Marjorie Heyman sealed the deal for the A Flight. She was the winner after a long absence. Barbara Agnese's score made her the B Flight winner.

The July schedule included our brown bag lunch and business meeting. President Joyce Cassidy reminded people to read the revised handbook and by-laws, which were voted on and approved. Rules chairperson Paula Richardson reviewed many of the issues that needed attention. Among them were:

1) yellow and red stakes;

2) local rule for second hole and penalties; 3) courtesy rules like talking when someone is about to hit, walking in their line of play; 4) proper way to "take relief" from the cart path; 5) need to establish a handicap before being allowed in tournaments; 6) keeping golf carts in designated areas; 7) proper way to let faster players play through; 8) signing in by 8 a.m. for an 8:15 start time.

To remove yourself from a tournament on Tuesday morning, call the pro shop after 7 a.m., otherwise call Muriel Calvanelli or Lucy Poulin before Tuesday.

Because non-tournament scores should also be entered into the computer, on Tuesdays after tournaments, Tori Meiselbach will show players how to enter them each time they play.

August also includes our member/guest and member/member tournaments. Results will be in the next issue. If you know someone who would like to learn more about the 9-Holers, please tell them to contact our membership chair, Mary Shine, 609-655-4518 or President Joyce Cassidy 609-619-3618.



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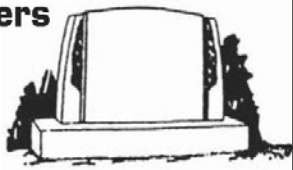
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## Religious Organizations

### Robin Bacon Hoffman and Donald Fletcher return as guest preachers

By Mary Jane Brubaker

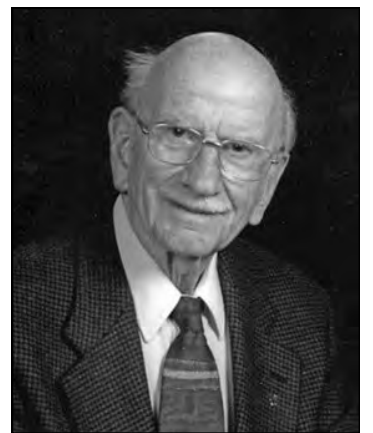
August is old home month for members of the Community Church as former preachers Robin Bacon Hoffman and Donald Fletcher make return visits.

On August 20, Bacon Hoffman will be leading the worship service. She has served as chaplain at Meadow Lakes, a Springpoint Senior Living community, for over 20 years. She holds two degrees from Princeton Theological Seminary as well as a B.S. in Chemical Engineering from Penn State. Pastor Robin and her husband live in Princeton Junction, and have two daughters and two very young grandchildren who live in the area. A hallmark of Bacon Hoffman is that she concludes each service with a beautifully sung benediction.

On August 27, Fletcher will be leading the Community Church worship service. Now

in his late 90s, Fletcher continues to write, publishing seven books since 2003. Born in 1919, he grew up in Korea, son of Presbyterian medical missionaries, earned degrees at Princeton University (B.A. and Ph.D., English) and Princeton Theological Seminary, and served the Presbyterian Church in Chile, the Caribbean, and at HQ. He also taught at high school, college, and university levels in New Jersey, Alabama, and Texas. In 1993, he became pastor of Rossmoor Community Church, where he served for six years, later moving, in 2007, to Lions Gate, a continuing care retirement community, with his wife, Martha, caring for her until her death from Alzheimer's disease in 2014.

The Community Church is an ecumenical congregation and welcomes people



Reverend Donald Fletcher

of all faiths to worship every Sunday morning at 11 a.m. at the Meeting House. For those already belonging to another church, the Community Church offers a dual membership. For more information, please contact Pastor Dierdre Thomson at 732-757-5190 or Membership Chair Alyce Owens at 609-860-0866.

### Jewish Congregation's members prepare for High Holiday activities

By Ben Wistreich

The Jewish Congregation's members are in the midst of preparing for the annual High Holidays of Rosh Hashana and Yom Kippur. Those who have paid their annual dues recently are always entitled to a free ticket, which admits a member to all services. Their family members may also attend if they purchase a guest ticket at only \$25. The 2017 admission tickets will be distributed to paid-up members on the following dates:

- Friday, August 25 before Services – from 7 to 7:30 p.m.
- Monday, August 28 – Red Room – from noon to 12:30 p.m.
- Friday, September 5 before Services—from 7 to 7:30 p.m.

Members may also purchase family guest tickets at \$25 each at the same times. If tickets are not picked up at the above dates, paid-up members may receive them by mail. Enclose a stamped,

self-addressed envelope and a check for \$25 each, if you also are purchasing family guest tickets, and mail it to Judith Wistreich at 69-O Amherst Lane.

The High Holiday Services this year begin on Wednesday, September 20 and conclude with Yom Kippur on Saturday, September 30. Services will be led by our Cantor, Mary Feinsinger, and will also include an organist at all services. The current Congregation President Ben Wistreich, will welcome all members and guests with prepared remarks at all services, as is typical at many congregations nationwide.

The Jewish Congregation recently announced to our members that our 50<sup>th</sup> Anniversary on Saturday, April, 14, 2018, will feature a lavish, catered luncheon for all paid-up members. First, there will be a special Saturday morning Service in the Meeting House. It will be followed by a gala luncheon in the Ballroom, and several dignitaries will be invited. Thanks to a bequest, this event will be free for our paid-up members, but there will be a charge for others and guests of members, if room allows. At this time, there are no plans to have an ad journal but other ideas are being discussed to make this a truly memorable occasion. Our Anniversary Committee is encouraging members to bring their ideas to any Board Member. Ben Wistreich and Judy Perkus,

members of the planning committee, can be contacted and will pass your ideas to the full 50<sup>th</sup> Anniversary planning committee.

The Jewish Men's & Friends Club will have their August luncheon at the Dayton Chinese Buffet on Summerfield Road just off Rte. 130 N near the Stop and Shop. This has become a summertime favorite, as the cost is very reasonable, the selection is quite wide, and the food is always fresh and refilled often. The date, cost, and reservation form will appear in the August Bulletin. There will be ample time to respond.

The August schedule of Sabbath Services is

- Friday, August 11: Torah Reader will be Bob Kolker, Lay Reader will be Jeff Albom.
- Friday, August 25: Torah Reader will be Jeff Albom, Lay Reader will be Bob Kolker.

The Congregation will sponsor all Services and the Oneg Shabbat that follows, unless someone comes forward to sponsor a particular service after this is published. Those wishing to sponsor a Sabbath Service should contact co-Gabbai Judy Perkus. Cantor Mary Feinsinger leads our Services, which begin at 7:45 p.m. in the Meeting House. The Congregation's monthly Board Meeting will be held on Tuesday, August 1, at 7 p.m. in the Dogwood Room.

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Father Ed Flanigan at the Catholic healing mass.

## Catholic Society schedules Mass for peace and justice

By Gene Horan

The Catholic Society monthly Mass will be celebrated in the Meeting House at 7 p.m. on Thursday, August 10. The celebrant will be the Rev. Brian McCormick, retired founder and long-time president of Martin House in Trenton, and frequent visitor to Rossmoor.

Few better exemplify the theme of peace and justice than Father McCormick. In 1970, following race riots in the Wilbur section of Trenton, Father's Martin House started providing shelter, food, and clothing to residents.

Over the years the organization expanded its activities to provide afford-

able housing, pre-school and after-school programs, and services for the homeless.

In 2012, Father Brian, as he is known in the community, retired after 40 years of service. He maintains a keen interest in the institution he founded and the community which it serves.

Fellowship and refreshments will follow the Mass.

Other August events include

- The Prayer Shawl Ministry on Thursdays, August 10 and August 24, at 1:30 p.m. in the Clubhouse Craft room.
- The Catholic Society Council meeting on Tuesday, August 8, at

1:30 p.m. in the Meeting House parlor. (All those interested in participating in the programs of the Catholic Society are cordially invited to attend, including those who wish to serve as altar servers, lectors, ushers or musicians, e.g., singing, playing the organ or guitar.)

- The Chaplet of Divine Mercy on Tuesday, August 15 at 3 p.m. in the Clubhouse Maple Room.
- As part of the Classic Films that Lift the Spirit series, "Lilies of the Field" will be shown in the Gallery on Friday, August 18, at 1:30 p.m. See separate article in this issue.

## From survivors' children to famous entertainers

By Hadassah Aylat

How did the "immigrant village" in Kew Gardens, N. Y., give birth during the 1940s and 1950s to stars of film, TV, and comedy? When director and best-selling novelist Robert. H. Lieberman returned to his hometown, he discovered that the Americanized children of the former Holocaust survivors who were settled in that town had become esteemed entertainers, widely known and loved by Americans across the country.

This program will be shown in film at the next Sisterhood meeting on Monday, Aug. 21, at 1:30 p.m. in the Gallery. It depicts the careers of TV's Jerry Springer, comedian Robert Schimmel, Josh Brand (creator of *Northern Exposure* and *St. Elsewhere*), Rona Elliot (the *Today Show* host), and others who have made a big impact on America's culture.

This engrossing documentary is one of the few to explore the lives and success stories of the children of Holocaust survivors. It serves as a fine example today of how immigrants

and their children enrich the lives of all America.

We will have our delicious refreshments, and all residents are invited. Please remember to bring non-perishable food for the Food Pantry, a Rossmoor

supported project for the needy.

For Sisterhood members, this also is the time to pay your membership dues so you can come to our gala luncheon on Sept. 18.

## Community Church calendar

By Linda Klink

- August 2, 10 a.m. Staff Meeting  
 August 3, 10 a.m. Women's Guild Board Meeting  
 August 6, 9 a.m. Communion Preparations  
 11 a.m. Communion Service  
 Pastor, The Rev. Dr. Dierdre L. Thomson  
 Sermon: True Worship in Action  
 Memory Verse: Isaiah 6:8  
 Main Scripture: Isaiah 6:1-8  
 Music Director/Organist, Cecile Wang  
 August 9, 9:30 a.m. Worship Committee Meeting  
 10:30 a.m. Staff Meeting  
 August 13, 11 a.m. Church Service  
 Pastor, The Rev. Dr. Dierdre L. Thomson  
 Sermon: Jesus Calls Disciples  
 Memory Verse: Jeremiah 1:8  
 Main Scripture: Jeremiah 1:4-10  
 Music Director/Organist, Cecile Wang  
 Soloist, Carol Baldessari  
 "O Breathe on Me, O Breath of God"  
 "He Smiled On Me"  
 August 16, 9 a.m. Operations Meeting  
 August 20, 11 a.m. Church Service  
 Guest Preacher, Rev. Robin Bacon-Hoffman  
 Music Director/Organist, Cecile Wang  
 Soloist, Carol Baldessari  
 "By the Waking of Our Hearts"  
 "This Day"  
 August 21 9 a.m. Council Meeting  
 August 22 1:30 p.m. Library Committee Meeting  
 August 27, 11 a.m. Church Service  
 Guest Preacher, The Rev. Dr. Don Fletcher  
 Guest Musician, Janet Wilson  
 Soloist, Jim Wilson  
 "Find Us Faithful"  
 "People Need the Lord"  
 1 p.m. Living Well at Rossmoor Service

Just a reminder ~ The Physical/Spiritual Exercise class will begin again on September 8 at 11 a.m. in the Gallery. Hope to see you there.



## Caregiver Support Group

Focus: Spouse/Partner

2nd Thursday at 1:30 p.m.

Location: Saint Peter's Adult Day Care Center  
 Monroe Township

Mtg.s are 90 minutes

Registration is not necessary.

Questions may be directed to Stephanie Fitzsimmons, RN, NP  
 at 1-800-269-7508, press 1, press 8662

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HOME SAFETY TIPS

How To Deter Home Burglary



- Invest in good quality locks on doors and windows. This includes all sliding glass doors as well. Make it difficult and time consuming for a burglar to gain entry.
- Whenever you go outside, lock the door and take the key with you, even if you are just stepping next door or out in the backyard.
- Don't put valuables where they can be seen from the window, especially items that can be easily carried.
- Be sure your garage door can be secured. Do not leave it open when you are away; an empty garage broadcasts your absence.
- When you aren't home, use a timer set to turn interior lights on and off at varying intervals as though your home was still occupied.
- Don't keep large amounts of cash or really valuable jewelry around the house.
- If a stranger comes to your door asking to use the telephone, make the call yourself. Don't invite them in.
- Don't hide a spare key under the doormat or flowerpot. Thieves know all the good hiding places.
- Invest in a good security system along with motion sensor lights installed out of reach.
- Keep any tools that could be used to break into your home locked away in the garage.
- Always double check that doors and windows are locked even during daylight hours.
- Videotape the contents of your home. Keep the video and the list of all valuables in a safe place, such as a safe deposit box.

How To Safeguard Your Home While on Vacation



- Strive to make your home look as lived-in as possible while you're away.
- Don't broadcast your plans but do let your neighbors and local law enforcement know.
- Arrange to have your mail and newspapers either stopped or picked up daily.
- Use automatic timers to turn on a radio and lights at different intervals to hide the fact you aren't home.
- Turn down the ringer on the telephone. An unanswered telephone is a dead give-away.
- Be sure you don't announce your absence on your answering machine message or email.
- Leave your blinds as you normally would if you were home. Only close them all the way if that is what you would normally do.
- Move valuables away from windows.
- Be sure to close and lock the garage as well as any storage sheds, etc.
- Be sure someone knows your itinerary and your estimated time of arrival and return.
- If you get lost while traveling, ask directions of local law enforcement, not complete strangers.
- Be sure your vehicle is in good working condition and that you have taken enough money. Do not carry large amounts of cash, use credit cards and travelers' checks.
- Arrange for a friend or relative to inspect your property periodically.
- Do not leave a key in a hiding place.
- Check and double-check all windows and doors on every level and garage doors before leaving.

Car Safety



- In traffic, keep doors locked and windows up
- Park and lock your car and remove the keys
- Park in areas that are well lighted
- Cruise around a bit in shopping centers parking lots until you find an open parking place close to a well-lighted entrance.
- When you return to your car, check in and around it, and have your keys *in your hand* and ready to use.
- If you are followed by another vehicle, go to a public place or, better, police station. If near home, stop at the staffed gate house to alert security.
- Keep valuables in trunk or hidden in the car and do not keep valuables in the glove box
- BE COURTEOUS! Confrontations often occur when drivers become frustrated about how others drive.
- If you have car trouble: Raise the hood, use emergency flashers, tie something white around your antenna or mirror.
- Carry a 'HELP' sign and keep a can of tire inflator in trunk. Stay inside the car, lock the doors and if help is offered, ask for the police. Do not allow strangers to help you "fix that flat." Thieves, especially near banking institutions, are known to ice pick car tires, so they'll go flat in a short distance then come to your "rescue" with theft in mind.
- Remember to regularly check your car's oil, gas, water and tires. Service your car regularly.
- Invest in an auto club membership, such as AAA, so you may have roadside assistance help you in any emergency, from fixing a flat to towing.
- Keep a charged cell phone with you when away from home. You can preprogram important numbers so that they are immediately available.
- Keep a flash light in your auto and attach a light-weight, slimline flashlight to your keychain.

Make a joyful noise: Community Church music program



Jim Wilson

By Mary Jane Brubaker

Residents Carol Baldessari and Jim and Janet Wilson will be featured performers at the Community Church this month, along with music director and organist Cecile Wang.

On August 6, which is Communion Sunday, Wang will be performing "Voluntary in G Minor" by Thomas Roseingrave, "Adagio" by John Bennett, and "Hornpipe" by Samuel Wesley.

Baldessari will be the soloist at the August 13 service at which time she will be performing "O Breathe on Me, O Breath of God" which is a traditional Irish melody with a keyboard arrangement by Randall DeBruy, and "He Smiled on Me" by Geoffrey O'Hara and Daniel S. Twohig. Wang's pieces for this service include "Dear Lord and Father of Mankind" by Rex Koury, "Children of a Heavenly Father" by David H. Hegarty, and "Celebration" by James Mansfield.

Baldessari will also be the soloist at the August 20 service when she will be performing "By the Waking of Our Hearts" by Ricky Manala during which she will accompany herself on the guitar and "This Day" by Bob Chilcott. Wang's music for this service will feature selections from Felix Mendelssohn's "From Songs Without Words."

Baldessari currently operates a studio of 23 musicians teaching guitar, piano and voice. She has performed various genres of music including jazz, contemporary Christian and Broadway tunes. She has sung with Monmouth Civic Chorus, Shrewsbury Chorale, Central Jersey Choral Society and the Diocese of Metuchen Festival Choir.

Jim and Janet Wilson will be leading the music program at the August 27 service. Janet Wilson will be serving as the substitute organist and Jim Wilson will be performing "Find Us Faithful" by Jim Mohr and "People Need the Lord" by Phil McHugh and Greg Nelson.

The Wilsons met 43 years ago in the Hendricks Chapel Choir at Syracuse University and have been singing together ever since. While dating, they and other choir



Janet Wilson

members toured Europe, singing at the Vatican, Notre Dame and many other cathedrals during the group's 30-day tour.

Married 39 years, the Wilsons have sung with the Westfield Oratorio Singers and at the Ocean Grove Choir Festival.

Jim retired earlier this year after 36 years with NBC, including more than 30 years as news producer and news writer at the Today show. Janet is a retired music and piano teacher (of 35 years) and church pianist. The couple moved to Rossmoor last spring, happily just four



Mary Baldessari

doors down from Janet's parents, Al and Eileen Parker. They are both active in the Rossmoor Chorus, the Players and the New Jersey Club.



Lilies of the Field poster

"Lilies of the Field," a film gem that earned Sidney Poitier the Best Actor Oscar, to be aired here

By Gene Horan

Critic John Puccio in *Movie Metropolis*, summed up the appeal of "Lilies of the Field" in a concise five-star review that says it all: "...a humble and humorous tribute to pride, faith, and perseverance, and that's more than enough. Amen."

It is the story of an itinerant handyman, Homer Smith (Sidney Poitier), who stops at a farmhouse in the Arizona desert to ask for water for his overheated car. There he finds five impoverished immigrant nuns living on a farm that had been willed to their order. He helps them fix a leaky roof.

The nuns are headed by

the strong-willed Mother Maria who comes to believe that Smith, she calls him "Schmidt," has been sent to them by God to build a chapel. (Lilia Skala, who played Mother Maria, was nominated for an Oscar for best supporting actress.)

This is the second film in the series "Classic Films that Lift the Spirit" being presented by the Catholic Society on the third Friday of each month.

The free showing will be held in the Gallery at 1:30 p.m. on Friday, August 18. Coffee, tea and light refreshments will be available and all Rossmoorites are most welcome.





Come, join the Rainbow Chimers.

## Calling all chimers: no experience necessary

By Mary Jane Brubaker

The Community Church is extending a warm welcome to any resident interested in learning how to “chime.” The Rainbow Chimers are gearing up for their performance season, during which time the group will meet on Wednesdays beginning in September from 10 to 11:15

a.m. at the Meeting House. The season will include two performances at the Community Church’s Sunday services.

If you are interested in being part of this friendly group, please contact Community Church Music Director Cecile Wang at [cecilewang@aol.com](mailto:cecilewang@aol.com)

## Mark these events on your calendar

By Diane England

If you’ve been reading the articles I’ve written as the publicist for the Rossmoor Community Church’s 50<sup>th</sup> Anniversary, you should realize you’re invited to join us for some special events we’ll be having the last weekend in September (since our actual anniversary is Sunday, September 24). While I’ve alluded to these in my June and July articles, let me share more details with you now.

We’ll kick off our celebratory weekend with a concert by *Our Three Tenors with Jeffrey Uhling* on Friday, September 22 at 7:30 p.m. in the Meeting House. This event is in conjunction with the Music Association. Since the Church has helped to underwrite this event — which would typically be more costly than the Music Association can afford — Church members will receive a ticket in the mail later this month to attend the concert at no charge. For others who are not Music Association subscription holders, tickets at the door will be \$15. (In case you’re wondering, our Church could absorb this cost because of a generous special gift made by a now-deceased Church member, Christine Wilson. You may have read an article in the Rossmoor News about this amazing woman. Since Christine was generous to both the Community Church and the Kiwanis, The Rev. Dr. Dierdre Thomson and Alyce Owens have both written about her in recent years.)

Now, let’s talk about the other celebratory events that Chairperson Gigi Dawley and her committee have planned.

For example, Church members will come together on that Saturday night at 6 p.m. in the Ballroom for an anniversary dinner. While we expect these tickets (\$25 per ticket) to sell out to Church members, if they don’t, we may invite other residents to join us via a special announcement on Channel 26.

There will be a special Church service on Sunday, September 24 at 11 a.m., our normal service time. On this Sunday, though, we’ll have guest speakers, plus our hospitality committee will be serving refreshments afterwards. Anyone is welcome to attend this special service, just as anyone is always welcome to attend any of our Sunday morning services.

The one event we invite you to attend that will be free of charge (again, because of the late Christine Wilson’s generosity) is a concert by the duo, Anthony and Claire. This concert will also take place on Sunday, September 24 at the Meeting House, but at 6:30 p.m. Did you catch this duo when they performed for our community last summer? After Gigi Dawley heard them, she knew they were the musical act we needed for this concert we’d already been planning. They were booked merely days later.

Let me tell you about one more event which was not planned by Gigi and her committee, but I have permission to promote. As president of the Women’s Guild of the Community Church, I wanted to alert you to the special fashion show which will kick off our new year of programs on Thursday, September 21 at 1:30 p.m. in the

(Continued on page 24)

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For more information visit [strokeassociation.org](http://strokeassociation.org)

## F.A.S.T.

is an easy way to remember the sudden signs of a stroke and what you need to do when it happens. When you spot the signs, call 9-1-1 right away.

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Check the time so you'll know when the first symptoms appeared.

#### WHY IS CHECKING THE TIME IMPORTANT?

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AMERICANS A YEAR

On average, a stroke occurs every 40 seconds.

Every 4 minutes someone dies of stroke.

### STROKE IS THE NO. 1 PREVENTABLE CAUSE OF DISABILITY.

## SPOT A STROKE

# F.A.S.T.

Ad Council

strokeassociation.org

Together to End Stroke



## Been thinking about

By Dierdre Thomson

I have been thinking about the people in this community who have been doing so much for so many. Those who have been volunteering their time and money: groups like the Sisterhood, the Emerald Society, the Women's Guild and all the wonderful things Kiwanis accomplished to help others. People always thinking of others, of what they can do to help someone who is in need. I have been thinking about those who have individually taken part in various charity events for such things as fighting heart disease and cancer and those who help others individually such as Big Brothers, Big Sisters, and Raising Hope for Others. These organizations, and many others, are always grateful for any help.

On August 5, from 2 to 5 p.m., at the Gordon's Corner Firehouse on Tennent Road in Manalapan, we'll have an opportunity to continue helping. The Annual Fundraiser for Raising Hope for Others, which helps with medical bills, etc., for those fighting a serious disease, will be held that day. There will be pony rides the youngsters. The Silent Auction is one of the big attractions. There is also a 50/50, a Chinese auction, and snacks, soda, and water if you are hungry or thirsty.

The children will even have an auction just for them. If you do not want to spend a lot, there is a Petite Auction where, for \$5 a bag, you will receive a value ranging from \$5 and higher. So, are you looking for a fun Saturday afternoon, and a way to help others? Come out to the Gordons Corner Firehouse in Manalapan Saturday, August 5 between 2 and 5 p.m. Hope to see you there.

## Mark events

(Continued from page 23)

Ballroom. While our organization is open to all residents, because the president and vice-president must be members of the Community Church, Linda Klink and I (Linda is our new vice-president) were aware of the Church's upcoming 50<sup>th</sup> anniversary celebration and wanted to loosely tie this year's fashion show to the anniversary. As a result, a committee is now planning A 50<sup>th</sup> Wedding Anniversary Renewal of Vows Fashion Show. Therefore, please consider coming to this, preferably in finery reminiscent of 1967. If you want to join the Women's Guild that day, we'd be happy to welcome you as a new member.

## HEALTH CARE CENTER NEWS

### Parkinson's Disease

By Kaytie Olshefski, BSN, RN-C

Parkinson's disease is a neurodegenerative disorder that affects the central nervous system, which includes the brain and spinal cord. It remains a mystery why some people have the disease and others don't. What we know is that there is a depletion of a brain chemical known as dopamine, which is needed to send messages to other parts of the brain to coordinate movement. Researchers agree that the low dopamine levels in the brain causes the symptoms of Parkinson's disease.

The largest risk factor for developing Parkinson's disease is age. A person is more prone to develop the disease over the age 60. Men are 1.5 to 2 times more susceptible and a heredity tendency places family members at higher risk. Other risk factors include head trauma and exposure to environmental toxins such as pesticides and herbicides.

Symptoms may start to appear between late middle age and retirement years. People diagnosed with Parkinson's may not experience the disease in the same way. The symptoms can progress, but this varies from person to person. The first symptom might be tremors, often seen when the patient is at rest and usually on one side of the body. Stiffness, slow movement, and taking small steps might follow.

There are no specific tests to diagnose Parkinson's disease. The physician may order blood work and radiological studies, but the disease is diagnosed by medical history, symptoms, and a detailed neurologic physical exam. At this moment, we have no cure for this disease. The goal of treatment is to maximize function and maintain quality of life. A number of drugs will help restore dopamine and control symptoms. Surgery is also an option if medications do not suffice. In deep brain stimulation, electrodes can stimulate areas of the brain. Another surgery can target certain areas of the brain causing the symptoms.

Clinical research into stem cell therapy shows great potential for treatment.

The patient should consult with a physical therapist who will design an exercise program to maintain mobility, muscle tone, and strength, which will preserve balance and ambulation. This will decrease the possibility of falling and can teach the patient how to fall down safely, if necessary. A speech and occupational therapist might be helpful

for some. An occupational therapist can help the patient to manage everyday living activities.

National organizations and websites are available with information and support. Local support groups are beneficial to the individual and family members in providing information and emotional support.

Our next lecture in Saint Peter's University Hospital series will be "How to Manage Your Acid Reflux" by Andrew Korman, M.D., gastroenterologist, on Monday August 12, at 1 p.m. in the Maple Room.

We are getting ready for our flu and pneumonia vac-

cine clinics to be offered on Wednesday, September 20 and Monday, October 16. Both clinics will be from 8 a.m. to 2 p.m. in the Ballroom. The vaccines will be given by nurses.

I have good news: a program is being developed to enable us to accept commercial HMO or PPO insurance. Please bring your primary insurance card with you as we have to see it. If you would also like the pneumonia vaccine, ask your doctor for a prescription indicating which of the two pneumonia vaccines he or she wants you to have. If you have any questions, please feel free to call the Health Care Center.



### Your Garden

By Mel Moss

The Phlox family of plants produces some beautiful and colorful varieties with its 67 different species. Most are perennial but a few are annuals. I believe the perennial varieties are the most useful for our gardens here in Rossmoor.

Phlox subulata, which has many common names such as creeping phlox, mountain pink, and moss pink, is a ground cover with a low spreading growth habit that blooms in early spring for about three weeks. Its flowers are profuse with vivid colors. Although the common names indicate a pink color flower, they also come in red, lavender, and white shades.

Since we are now into mid-summer, another variety of Phlox can be put to good use. Phlox paniculata has a number of common names also, such as garden phlox, tall phlox, and summer phlox. They are native to North America. However, it was the Europeans who first recognized their potential for gardening use. They did a lot of experimental breeding back in the early 1900s, and came up with a number of new and useful varieties. Unfortunately, Phlox and perennials in general suffered a downturn in popularity in the early 1940s when perennial gardening came to be regarded as old fashioned and rather quaint.

Many of the new cultivars that had been developed were lost. But since the 1980s, perennial interest has been regained so that both European and U.S. breeders have been developing new cultivars.

Phlox paniculata varieties are upright in growth habit and mostly range from two to four feet in height. They do not require staking. The flowers are small, five-petaled, and clustered on

the tops of the plants. A wide range of colors are available, from pure white to shades of pink, lavender, purple, red, and even some bicolored. Most bloom in the summer months and give quite a show. Some will have a fragrance. It is best to cut off the spent flowers, since the old flowers will produce seed that will drop to the ground and germinate new seedlings that will not be as vigorous and the parent plant. Phlox thrive in both sun and part shade, although in our area where we tend to have a few prolonged hot spells every summer, it is best to plant them where they get some afternoon shade. In general, they need at least six hours of sun per day.

Phlox have few disease or insect problems. Powdery mildew can be a problem, but it will not kill the plant. The mildew is specific to Phlox and will not spread to any other nearby plants. It would be best to pick off any mildewed leaves, especially in the fall when the plants should be cut back to about an inch above ground. Be sure to clean up all the plant debris at this time.

There are not many insect problems with Phlox. Occasionally spider mites may appear. They are hard to detect because of their small size and the fact that they usually stay on the underside of the leaves. Infestations are more likely to form in prolonged hot spells. Infestations will cause the leaves to curl and drop off. Insecticidal soaps and cooler weather will get rid of this problem.

Phlox are an old-fashioned plant but they give a lot of color, and the plant breeders keep coming up with new and even more colorful varieties to beautify your gardens, especially in mid to late summer.



**MONROE TWP.  
FIRE DISTRICT #3  
AT YOUR SERVICE,  
ANYTIME.  
www.mtfd3.com  
609-409-2980**



### Caregiver Support Group

**Focus: Spouse/Partner  
2nd Thursday at 1:30 p.m.**

**Location: Saint Peter's Adult Day Care Center  
Monroe Township**

Meetings are 90 minutes

Registration is not necessary.

Questions may be directed to Stephanie Fitzsimmons, RN, NP  
at 1-800-269-7508, press 1, press 8662

Sponsored by Saint Peter's University Hospital

## 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.



A Message from High Tech Landscapes, Inc.

By Jeff Voss

Roundup has been effective now that it is hot consistently. Please tune to Channel 26 for information on when your Mutual will be sprayed.

Please call the East Gate phone and leave a message with any questions or concerns. (609)655-5134.

The first pruning (late spring/early summer) has been completed. The second

pruning of all bushes and flowering shrubs will start toward the end of the month.

We will be street sweeping this month.

Please remember to put any plant debris out front Sunday night for us to pick up Monday morning.

Just a reminder, the newly installed soil and seed needs to be watered at least twice a day, 45 minutes morning and evening.

MAINTENANCE DEPARTMENT

Summer Maintenance reminders

By Dave Salter

You can check Channel 26 for the daily landscaping schedule.

Air conditioning

If you haven't had your air conditioner serviced this year, you can call the Maintenance Department to schedule an appointment. Some Mutuals require that you service your air conditioner every year.

Water valves

Water valves should be checked periodically to make sure they are in working order in case of an emergency. Valves to be checked are the main shut-off valve; faucet and toilet valves; Symmons valve (washing machine shut-off); and outside faucet.

You can purchase items at the Maintenance Department:

- Shower Heads
- Leak Detector Alarms
- Shower Hoses
- Appliance Bulbs
- Swivel Connectors
- Burner Elements
- Slide Bars
- Rings & Pans
- Grab Bars
- Range Hood Filters

- Bathroom Faucets: Crystal Ball Handles & Single Chrome Lever
- Bake & Broil Elements
- Toilet Seats White or Beige
- A/C Filters: 10x20x1, 14x25x1, 16x25x1
- Medicine Cabinet Rollers
- Blue Mesh Filter
- Faucet Aerators
- (Cut to Size & Washable)
- Kitchen Faucets
- Fluorescent Tubes: 3', 4' & 6'
- Aqua Pure Water System
- Plastic Light Panels
- Aqua Pure Water Filters
- Outlets
- Whole House Filters
- Switches
- Washing Machine Hoses
- Dimmer Switches
- Symmons Valve
- Outlet & Switch Plate Covers
- Fire Extinguishers
- Batteries: 9 Volt
- Thermostats: Honeywell, Easy to Read & Digital (no programmable thermostats)
- Smoke Detectors
- Sliding glass door security bars

**Charcoal grill cautionary rules**

If you plan to use a charcoal grill, you MUST follow these safety rules:

- Grills must be five (5) feet away from an exterior wall or any opening when in use or when hot coals are present;
- After grilling, place the cover on the grill, close the vents and allow the coals to burn out completely for at least 48 hours;
- Dispose of the ashes in a non-combustible container, NEVER directly into a dumpster;
- If the coals need to be disposed of before they have completely cooled for 48 hours, remove them individually with long-handled tongs and carefully bury them in a can of sand or in a bucket of water; and
- Do not pour the hot coals into a pail of water, or vice versa. Steam from the coals may burn you.

PLEASE NOTE: Charcoal Grills are not permitted in Mutual 10.

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

Calendar of Events for Monroe Township Public Library

Book Café

Wednesday, August 2 at 11 a.m. Talk about books that you've read. Light refreshments will be served. Register at the Welcome Desk.

Adult Chess Club

Wednesdays, August 2, 9,

16, 23 and 30 at 6 p.m. This club meets every Tuesday. Open to teens and adults of all skill levels. Come learn how to play or meet a new chess partner. Registration is not required.

Socrates Café

Wednesday, August 2 at 7

p.m. Participate in this international group based on the philosophy of Socrates. Pose questions, listen to others, raise challenges and consider other alternatives. Monroe resident Noreen Gumnick moderates.

2017 Summer International Film Festival

Sponsored by The Friends of the Library. Thursdays, August 3, 10 and 17 at 2 p.m. August 3: French 2004 Drama/Romance/Thriller. On her initial appointment seeking psychiatric counseling, a troubled woman mistakenly enters a tax accountant's office, and an unusual relationship develops. 1hr, 43m Rated R

August 10: 2015 British Drama/Romance set in Victorian England about the independent and headstrong Bathsheba Everdene attracts three very different suitors: Gabriel Oak, a sheep farmer; Frank Troy, a handsome and reckless Sergeant; and William Boldwood, a prosperous and mature bachelor. 1hr, 59m Rated PG-13

August 17: 2014 Russian Drama set in a Russian coastal town. Kolya is forced to fight the corrupt mayor when he is told that his house will be demolished. He recruits a lawyer friend to help, but the man's arrival brings further misfortune for

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LWV MT

(Continued from page 16)

cisions to be made. League hopes to be able to provide residents with some information about these candidates and is working to plan a candidates forum of some kind. The LWV NJ is hoping to set up a gubernatorial debate, and when and if a date is announced, we will do our best to spread the word.

Recently, a campaign to shut down the Jamesburg training school for boys was started, claiming that the state should establish programs or facilities in communities closer to where the boys lived. At this writing, we are in the dark as to the outcome. Our League has been able to tour the school several times and members were impressed with the quality of the teaching and facilities available to the young men. We plan to refocus our attention on the issue of juveniles at risk, update our knowledge of the current laws and other pertinent issues.

Our Education Committee is embarking on a study of

Civic Education and welcomes anyone with an interest in or knowledge of the subject. Also, our Natural Resources Committee continues to monitor the issue of climate change and its impact on the state's water supply.

The LWV is a nonpartisan political organization which neither supports nor opposes candidates for elective office. Its members study policy issues and may support or oppose legislation. It is a national organization with Leagues in every state, and it open to men and women.

For more information about the League and its programs, please feel free to contact any of the following members: Andrea Pellezzi, president, 609-664-2146; Judy Perkus, treasurer, 609-395-1552; Marsha Rosenbaum, Voters Service, 609-409-0930; Adrienne Fein, Membership, 609-860-5984; Mary Ann Colgan, Natural Resources, 609-490-0063; or Ruth Banks, vice-president, 609-655-4791.

**The American Heart Association Recommendations for Physical Activity in Adults**

**For Overall Cardiovascular Health:**

**At least 30 minutes** of moderate-intensity aerobic activity **At least 5 days** per week for a **total of 150 minutes**

**OR**

**At least 25 minutes** of vigorous aerobic activity **At least 3 days** per week for a **total of 75 minutes**

**or a combination of the two**

**AND**

**Moderate to HIGH INTENSITY** muscle-strengthening activity **at least 2 days** per week for additional health benefits

**For Lowering Blood Pressure and Cholesterol:**

**An average of 40 minutes** of moderate-to-vigorous-intensity aerobic activity **3-4 days** per week

© 2016 Learn more at [heart.org/ActivityRecommendations](http://heart.org/ActivityRecommendations).



Senior Center Highlights

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

Membership Has its Benefits

Registering with the Office / Senior Center is free and available to Monroe Township residents, 55 years of age and older. Around the 15th of the previous month members can sign-up for the special, monthly activities either via phone or in-person for all programs with a fee. Visit the Senior Center or your Township Library or Community Center to pick up the newsletter. From your home, visit [www.monroetwp.com](http://www.monroetwp.com), and look for the "Office of Senior Services" link under "Departments" to access the calendar/newsletter.

Advance registration is recommended to ensure easy admission into a program; and, if needed, transportation to and from the Senior Center. Registration is also available on the same day of an event from 9 to 11:30 a.m. For members unable to attend a registered program, a cancellation phone call is appreciated. For more information, please call the Office/Senior Center at: 609-448-7140.

**HERE'S TO YOUR HEALTH**  
**Please register in advance**  
**Pain, The 5th Vital Sign:**  
**On Thursday, August 3, at 1:30 p.m.,** Charles Larobis, RN, from Chelsea Senior Living, will discuss the difference between acute and chronic pain, treatment goals, and therapeutic lifestyle interventions. Please register.

**Posture for Life: On Monday, August 7, at 10:30 a.m.,** learn how bones and posture change with age and the possible effects of bone density loss with Risheeta Joshi, PT, Jacqueline Maclearie, PT, and Patricia Gutormsen, PT, from CentraState. Learn about lifestyle modifications that can help promote strong bones to prevent fractures and preserve mobility. Please register in advance.

**You're So Vein: On Monday, August 7, at 1:30 p.m.,** join Dr. David Youmans, Radiologist and Vein Treatment Specialist, Princeton Radiology in Monroe, for an interactive Q&A discussion on the aching, itching, and heavy issues of varicose veins. Discover how you can gain relief with minimal discomfort.

**Drivers Safety Program:** On Tuesday, August 15, at 8:45 a.m., attend the AARP-sponsored drivers safety program to enhance your driving skills and receive a discount on insurance. To register or for more information, please call 609-448-7140.

**Laughter Therapy: On Tuesday, August 22, at 1:30 p.m.,** join Michele Granberg, Director, Center for Relaxation and Healing, for an interactive experience to add more laughs to our lives.

Find out how laughter therapy can reduce stress, lower blood pressure, and more.

**ProCure Proton Therapy: On Thursday, August 24, at 1:30 p.m.,** learn about the science behind proton therapy, the most advanced and precise form of radiation, and the different types of tumors that it treats. Presented by Radiation Oncologists from Princeton Radiation Oncology. Light refreshments courtesy of ProCure Proton Therapy Center.

**LivWell Series: Starting on Monday, August 29, at 10:30 a.m.** (and scheduled once a month thereafter through December) LivWell presents, in conjunction with Saswati Chakraborty, Case Mgr., Monroe Village at Village Point, this special Mind, Body & Spirit lecture series. This month, the focus is on the science behind keeping your brain healthy and your mind sharp as you age. Keep your brain healthy by practicing brain games and making healthy food choices.

LAUGHS, LYRICS, & LECTURES

**Fred Miller Presents: On Tuesday, August 1, at 1:30 p.m.,** enjoy Fred Miller's Lecture-in-Song as he explores the social upheaval of the 1960's along with the British music invasion, through narrative and song. Please register in advance.

**The Imperial Voyage: On Wednesday, August 2 and 9,** join Julian Davis as he delves into Theodore D. Roosevelt's illicit and unconstitutional pacts that would lay the groundwork for America's and Japan's pacific expansion — leading to World War II, Communism in China, and the Korean War. When registering in advance, you will be automatically enrolled in both sessions.

**Mike & Ted Present: On Thursday, August 17 at 2 p.m.,** Michael and Ted, from WWFM's "The Classical Network" trace the life-work of George and Ira Gershwin, from their early beginnings to their most memorable and popular songs. Please register in advance.

**Summer Series Concludes: On Wednesday, August 9, at 7 p.m.,** enjoy *VOICES OF LEGENDS*, featuring Eric Kearns, impressionist, for this limited ticket engagement. From Elvis Presley to Dean Martin, you will be astounded to hear all these incredible singers coming from one person. Please be sure to arrive at 6:30 p.m. to enjoy a special, refreshing treat courtesy of The Gardens at Monroe before the show. Tickets: \$5 p.p.; due upon registering in-person. No refunds after August 3.

**Short Plays: On Friday, August 11, at 2 p.m.,** The Stonebridge Drama Club brings its new production to

(Continued on page 27)

ROSSMOOR COMMUNITY ASSOCIATION  
2017 POOL SEASON  
RULES, REGULATIONS, and POOL HOURS

The Rossmoor Community Pool will open **Friday, May 26,** and close on **Labor Day, Monday, September 4**

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

1. Access to the pool and any of the facilities in the fenced area around the pool are permitted only when a lifeguard is in attendance.
2. Upon entering the pool area, all residents must register and present Rossmoor identification.
3. Residents are required to register their personally invited guests. Guests are required to abide by all established rules and regulations.
4. As per New Jersey State Bathing Code: persons showing evidence of communicable infection, sore or inflamed eyes, cold, nasal or ear discharges, or excessive sunburn will not be permitted in the pool area. Persons with open sores, blisters, cuts, and/or bandages will not be permitted in the pool.
5. Persons recovering from diarrhea or symptoms of gastrointestinal disease are encouraged to wait seven days before using the pool.
6. Showers are required prior to entering the pool.
7. Non-slip footwear is recommended on the pool deck and locker room area.
8. No animals, except for service animals, shall be allowed within the pool area.
9. Food and snacks are not permitted in the pool area. The Clubhouse and Pro Shop Terraces have tables and chairs for residents to use for dining.
10. Radios or other music media are not permitted in the pool area, except those equipped to play through earphones.
11. Beach towels should be used to cover and protect pool chairs and lounges when sun tan oil/lotions are being used.
12. There is a 30-minute time limit when using swimming lanes and the lanes are to be shared.
13. Only water in non-breakable containers is permitted in the pool area.
14. Pool furniture is available on first-come, first-come basis. Personal furniture is not permitted in the pool area.
15. Pool toys—inflatable, plastic, foam, or any other material—and swimming devices such as, but not limited to, swimmees, inner tubes, fins, etc., are NOT permitted in the pool, except for Aqua Aerobic classes. Only U.S. Coast Guard-approved life jackets may be used in the pool as flotation devices, and paddles may only be used for lap swimming. Rossmoor residents may use "Noodles" in the shallow end of the swimming pool (as exercise/therapy tools but NOT as flotation devices, except during special events).
16. Card and board games are permitted at the pool after 4 p.m.
17. Management reserves the right to close the pool at any time.
18. Lifeguards are obligated to close the pool in the event of potentially dangerous weather.
19. Lifeguards and Pool Staff are required to enforce all Rules and Regulations.
20. Persons suspected of being under the influence of drugs and/or alcohol shall be prohibited from entering the pool area.
21. Smoking is NOT permitted in the pool area.
22. No sitting on the pool entrance steps or ladders.
23. Neither diving, running, continual jumping nor "horseplay" is permitted

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

GUESTS OF THE ROSSMOOR POOL

1. All residents must register their guests at the pool. Residents do not have to remain with guests over the age of 21. Only residents may purchase pool passes in the E & R office. Residents assume full responsibility for their guests. Pool passes will be required for all guests during all hours of operation.
2. There is a maximum of four guests, including children, per Manor per day, except for Memorial Day Weekend, July 4th and Labor Day Weekend when there is a limit of two guests, including children, per Manor. The fee for a pool pass is \$5 per guest over the

- age of 16 and \$2 per child between the ages of four and 16.
3. Children between the ages of four and 16 will be permitted to use the pool and surrounding facilities between the hours of 11 a.m.—2 p.m. daily and must be accompanied by a resident at all times. Children between the ages of four and 16 must exit the pool at 2 p.m. and exit the pool area no later than 2:30 p.m. Children under the age of four are NOT permitted in the pool or any of the facilities in the fenced area around the pool.
4. Children between the ages of four and 16 should be encouraged to use the restrooms before entering the water and any "accidents" in the water should be immediately reported to the lifeguard.
5. Children under 17 years of age are NOT permitted in the hot tub.

LANE SWIMMING SCHEDULE

Lane swimming is available on a daily basis, Monday through Sunday, as follows:

**Four Lanes: Monday – Sunday 9:30 am – 11:00 am**

**Two Lanes: Monday – Sunday 4:00 pm – 5:00 pm**

**Three Lanes: Monday – Sunday 5:00 pm – 8:30 pm**

**Note: Lanes will be removed 15 minutes prior to the start of the Aqua Aerobics classes.**

*Please note: Rules and Regulations are subject to change from time to time due to E & R Special Events*

Revised by Board of Governors November 19, 2015

Library

(Continued from page 25)

Kolya and his family. 2hr, 20m Rated R

All films have subtitles. Tickets are \$1.00 and are available at the Circulation Desk and at the door before each showing.

Sit-N-Stitch

Fridays, August 4 and 18 at 10:30am. Stitch a project, assist others, share tips, projects and patterns. Bring your own supplies. Registration not required.

Friday Afternoon Movies

Fridays at 2 p.m. at August 4, 11 and 18.

August 4: 2016 Comedy/Drama/Musical about a jazz pianist who falls for an aspiring actress in Los Angeles. 2hr, 8m Rated PG-13

August 11: 2016 Biography/Drama/History about the events following the assassination of President John F. Kennedy. First Lady Jacqueline Kennedy fights through grief and trauma to regain her faith, console her children, and define her husband's historic legacy. 1hr, 40m Rated R

August 18: 2016 Adventure/Family/Fantasy about the adventures of writer Newt Scamander in New York's secret community of witches and wizards seventy years before Harry Potter reads his book in school. 2hr, 13m Rated PG-13

Movies are free. Registration is not required.

Coupon Club

Monday, August 7 at 1:30 p.m. Clip, swap and trade coupons. Discuss deals, share frugal tips and shopping experiences. Bring a pair of scissors and your stash of non-expired coupons. Registration is not required.

World War I Short Story Book Discussion

Tuesdays, August 8 at 2 p.m. and August 15 at 6:30 p.m. We will be discussing short stories from No Man's Land: Fiction from a World at War edited by Pete Ayrton. In particular, we will be discussing "Done all That was Expected of It" by Siegfried Sassoon, "A Real Hero" by Emilio Lusso, "Crevasse" by William Faulkner, "The Blackbird" by Robert Musil and Erich Maria Remarque's "Sweet Dreams Though the Guns are Booming," "The Dead Man's Room" and "He Fell in October." Register and reserve your copy at the Welcome Desk.

Genealogy Club

Wednesday, August 9 at 1:30 p.m. Genealogists of all expertise levels welcome. Registration is not required.

Summer 2017

Documentary Film & Discussion

Saturdays, August 12 and 19 at 1 pm. Documentary Film with discussion to follow.

August 12: Apollo astronaut Eugene Cernan shares his epic story of NASA's final moon mission.

August 19: April 1975 evacuation effort during the final days of the Vietnam War.

Registration is not required.

Coffee and a Book

Tuesday, August 15 at 10:30 a.m. Discuss Rules of Civility by Amor Towles. Register and reserve your copy at the Welcome Desk.

The Great Courses: America at War!

Tuesdays, August 15, 22 and 29 at 1 p.m. Brush up on your US history from the War of 1812 through Reconstruction in this 14 session series.

(Continued on page 27)



## Classified Advertising

### Transportation

**AAA TRANSPORTATION** – Monroe area (Encore resident). Transportation to airports, trains, piers, NYC and reasonable rates. Call Howard (732) 979-3085.

**RIDES FOR CASH BY BOB** – Affordable rates for rides to the airport, doctor appointments, groceries, school, restaurants, work. Cheaper than Uber or Lyft. Robert Lande, driver. (609) 664-6558.

**NAT TRANSPORTATION** – Monroe resident. All airports, shipyards, NYC and local. Doctor and hospital visits. (917) 657-5611.

**EXPERIENCED LIMO DRIVER** – NYC, airports, anywhere. Former Clearbrook resident. Call John (732) 610-0703.

**CALL DOREEN** – I'm back! My new number is (609) 284-4308. Thank you.

**LIMO GUY, INC.** – Our 15<sup>th</sup> year. We go to all airports. Late model Lincoln Towncars. Holds four passengers in total comfort and style. \$85 to Newark, \$155 Philadelphia, \$180 JFK airports. We go almost anywhere 24/7. Call (732) 452-9222.

### Home Improvement & Services

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

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

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

**LEN'S REMODELING AND CONTRACTING SERVICE** (Formerly Len's Handyman Service). Happy summer. It's time for all those summer projects around your home. We do it all under your roof. Kitchen and bathroom remodeling, painting, molding, closets and closet doors, wood and tile flooring, carpeting, doors and windows, electrical, plumbing, and air conditioning and heating. All handyman repairs and services. Since 2003 we have continued to successfully grow. Please call (732) 851-7555 for a free estimate. Or visit our beautiful Design Center and Showroom at 28 Harrison Ave. in Englishtown.

### Miscellaneous/Services

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

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

**TECH BUDDY** – Simple step-by-step help with smartphones, computers, tablets and more. Large print solutions for low tech problems. ? Real Beginner to Advanced. Patience and enthusiasm included. Wireless printers, Netflix, Roku – setup and training. Free quote. (732) 589-4974. techbuddybarb@aol.com

**COMPUTER REPAIR** - RJF Sales Company LLC. Is your computer running slow? It may need a tune-up. Desktop and laptop repair in your home. Custom built computers. Virus removal and protection. Monroe resident with over 20 years of computer experience. www.monroe-computer.com (732) 723-9537 or (732) 967-3400. Please leave message, all calls returned same day.

### Wanted to Buy

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

### For Sale

**2001 LINCOLN TOWNCAR EXECUTIVE** with 56,600 miles, furniture, electric lift armchairs and bed, other household articles, pictures and more. Call Joe on Sunday, August 7, 2017 between 1 p.m. – 4 p.m. at (908) 507-5077.

**PATIO BISTRO ELECTRIC BARBECUE** with cover. Excellent condition. \$75 firm. (609) 306-5937.

### Help & Health Services

**NURSE** – An experienced, confident and caring nurse is seeking a full-time or part-time caregiving job. If interested, please call at (609) 643-2945.

**CAREGIVER** – Organized and dependable caregiver looking for part-time and/or full-time opportunities. Current driver's license and car. Over 10 years of experience. References upon request. (732) 513-2924.

**LEASE A NIECE** – Assistance with household activities, cooking, shopping, paperwork, appointments, companionship. Local transportation. NJ born and bred. Tracie (732) 904-3885.

**NEED HELP?** I will go food shopping, prepare meals and run errands. Call Miriam at (732) 343-4480.

**AT ANGEL TOUCH HOME CARE** we provide excellent care for elderly and we make sure that we have the best qualified workers for the job. We are a company that cares for our patients and makes sure they are treated by the best. 24-hour care (living with resident). Elderly companionship. Call (609) 907-6059.

**CARING ELDER CARE** – We will help you to live independently. Minimum visit is only two hours. We're experienced and we're here to help. (646) 413-0813. www.CaringElderCare.com

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

### Housecleaning Services

**SEVERAL YEARS** of honest and quality work. Call Laura (609) 902-9951.

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

**IZABELA'S CLEANING SERVICE** - Professional house cleaning. Quality work. Local references. Very reasonable. Years of experience in the area. European quality. (609) 954-0181 or (609) 656-9281.

**QUALITY HOUSE CLEANING** – Experienced and reliable, trustworthy and respectful. References available. Call (609) 858-4296.

### CLASSIFIED

#### Ad Information

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

Mail to:

**Princeton Editorial Services  
P.O. Box 70  
Millstone Twp., NJ 08510**

#### RATES

\$14 for 10 words,  
50 cents each  
additional word.

- Note: Phone numbers count as one word and names as one word. Do not count punctuation. Abbreviations will be counted as one word.
- Check or money order must accompany insert, made payable to Princeton Editorial Services.
- Phone number or address which appears in ad must appear on check or money order to ensure proper credit.
- Type or print your ad clearly and please include any contact information.

## Senior Center Highlights

(Continued from page 26)

the Center that focuses on the playwright and the performance. A variety of short plays, written by its members, will be featured and presented "script-in-hand." Also, several monologues will be performed to showcase the group's dramatic talents. Please register.

**Ted's Classics: On Monday, August 14, at 1 p.m.,** we welcome back Ted and his classic films. This month, he hosts, **Carnegie Hall**, a classical music extravaganza. Please register in advance.

**David Aaron Presents: On Tuesday, August 15, at 1:30 p.m.,** join David as he features the classic songs of Elvis Presley for this informative discussion on Presley's life and music. Please register.

**Aloha, Pizza Plus: On Friday, August 18, at noon,** enjoy a slice or two of pizza (how about with pineapple on top?) with a drink and dessert while you enjoy, **50 FIRST DATES** (a romantic comedy, set in Hawaii, starring Adam Sandler and Drew Barrymore). Tickets: \$6 p.p., due upon registering in-person, in-advance. No refunds after August 15.

**Music BINGO: On Monday, August 21, 1:30 p.m.,** join Tara Feeley as she brings a twist on playing BINGO with a lot of the oldies, but goodies music! Tickets: \$3 p.p., due upon registering in-advance. No refunds after August 17.

**Jerry's Travels: On Friday, August 25, at 1:30 p.m.,** join Jerry as he takes you on a journey through Spain starting in Madrid then to Barcelona, Valencia, Granada, and Seville. Along the way, visit Marbella (the playground of the rich and famous) and the Tomb of Christopher Columbus. Please register in advance.

**Bob Fosse Classics: On select days this month,** enjoy the choreography and artistry of Bob Fosse with the following films: **Cabaret** (starring Liza Minelli) on Monday, August 28 at 1 p.m.; and **Chicago** (starring Richard Gere and Renee Zellweger) on Thursday, August 31, at 1 p.m. When registering in advance, please note the movie title and date.

#### LET'S GET PHYSICAL

**Chair Yoga: Starting on Thursday, August 31, at 9 a.m.,** join Eileen for a modified, 8-session, yoga class with all yogic exercises performed on the chair. Relax your mind and improve your flexibility. Class fee: \$40 p.p., due upon registering in-person, in advance. Space limited. (No Class: September 21; Last Class: October 26)

**ARTISTICALLY SPEAKING Watercolor Experience: Starting on Friday, August 11, at 12:30 p.m.,** join Jer-

emy for this 5-session class for beginners/advanced beginners. Explore watercolor technique and fulfill your individual style. Demos, one-on-one critiques, and more will be provided. Course Fee: \$50 p.p., due in-person, in advance. Space limited. Supply list available upon request. No Class: 8/18 and 9/15; Last Class: either 9/22 or 10/6).

**Mixed Watercolor: Starting on Thursday, August 17, at 12:30 p.m.,** join Jeremy for this 5-session, multi-level watercolor class. Acrylics and other water media may be incorporated, if desired. Use of both natural and synthetic papers will be explored. Course fee: \$50 p.p. Supply list available upon registering in-person. Space limited. Last Class: Sept. 14.

**Art of the Masters: On Friday, August 18, at 2 p.m.,** join Cristina, as she briefly discusses the life and artwork of Georges Seurat. Then, 16 participants, with a project coupon (available upon request when registering in-person) will create a group masterpiece in the artist's style using acrylic paint. Lecture only? Please call to register. Space limited.

#### Center Transportation

Transportation to and from the Senior Center is a FREE service available to ALL Senior members/residents during regular business hours. Please be sure to advise us of your transportation need when registering for Center activities, as soon as possible, and include your name, address, community, and phone number. If you need to cancel your reservation for any reason, please let us know immediately, noting the original purpose of your transportation need (i.e. program, appointment, etc.) Also, please feel free to call the Office in the morning for all other transportation requests.

### Library

(Continued from page 26)

Topics this month include the Tensions Escalate, Drifting Towards Disaster, Coming of War, First Year of Fighting, Shifting Tides of Battle and Sustaining the War. Two 30-minute DVD lectures, followed by a brief discussion and light refreshments. Registration is not required.

#### NJ Aviators in the Great War

Tuesday, August 22 at 6 p.m. WWI historian Mike O'Neal presents NJ Aviators in the Great War

Registration is not required.

#### George Ivers Display Case

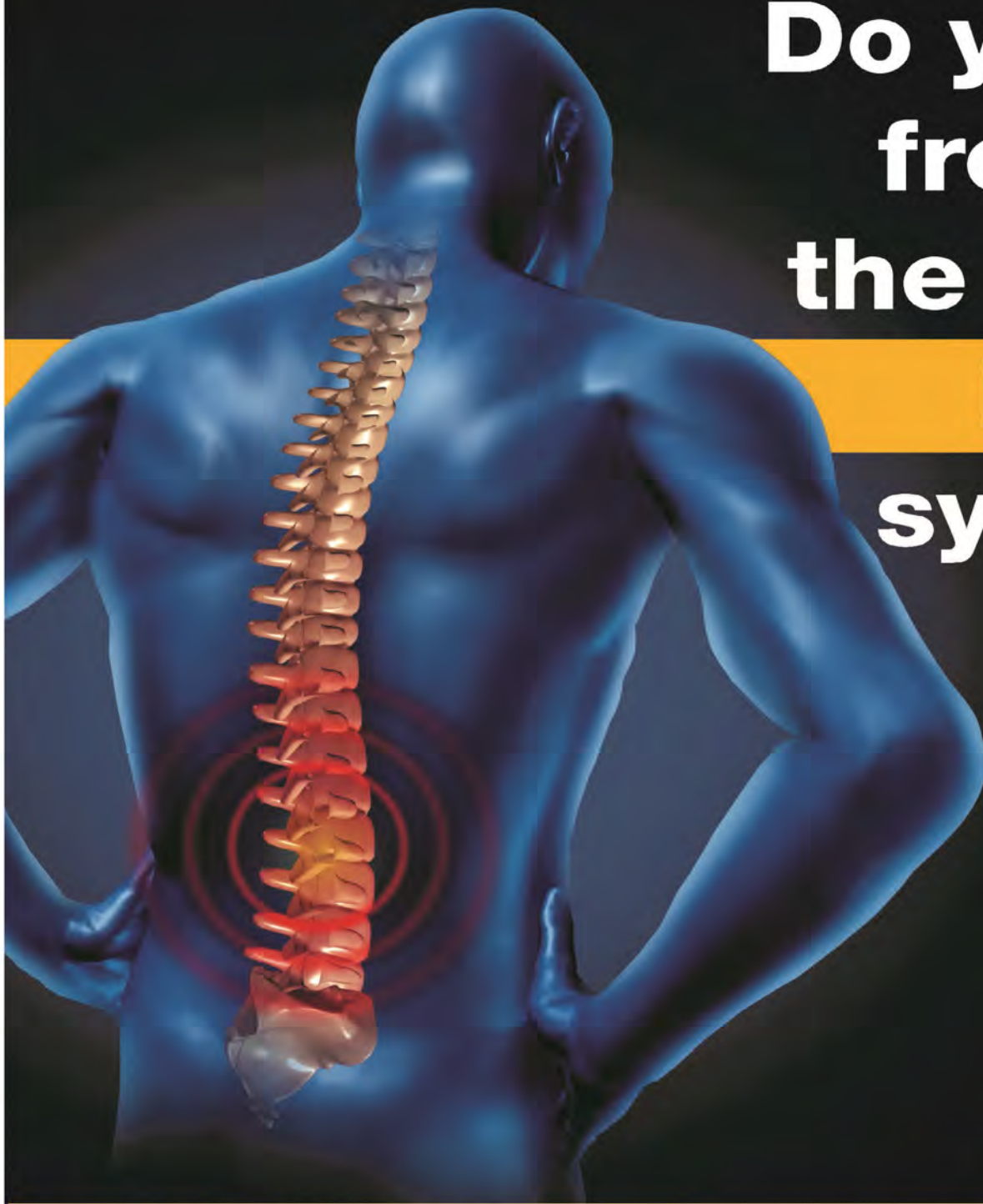
Battleship NJ Traveling Exhibit  
**Fine Arts Gallery**  
Paintings by Mr. E. Bal-krishna

All events are open to the public.  
www.monroetwplibrary.org





# Do you suffer from any of the following **back pain** symptoms?



- Bulged or Herniated Disc
- Spinal Stenosis
- Shooting Pain
- Difficulty Standing or Sitting
- Ghost Pain
- Severe Aching
- Pinched Nerves
- Sciatica

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