



# Rossmoor IN News



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Monroe Township, New Jersey

December 2016



## MERRY CHRISTMAS & HAPPY HANUKKAH



### Focus on: Groups and Clubs Dance Club: Dance the night away

By Jean Houvener

Every month except December, the Dance Club has a party. There is always food, either light refreshments or a catered meal. September's dance was a catered meal, October's a

Halloween costume party with sandwiches and sides from Sandwich King, November's a buffet. President Armen DeVivo hires different DJs for the events, who bring their own unique music for each dance. Pricing for the parties depends on the food provided, but range from \$8 for members, \$10 for non-members on up to, for example, \$16 and \$18, respectively for the Halloween party. Annual membership dues are \$7.50 per person, \$15 for a couple, and are due in January. The club has around 100 members, and as evidenced in the recent Halloween party, this group knows how to dance! While people are assigned to tables, groups and individuals can request to sit together. I was happily

(Continued on page 12)



The Di Polveres, as Martians, conquer Dance Club and capture First Place



Second place winner - Greek Goddess Katarina Milazzo



Scarecrow (third prize) and Raggedy Anne



One of the Dance Club tables



Cast of *It's News to Us*

### Another hit! The Rossmoor Players do it again

By Carol De Haan

If you missed the Players' new musical comedy, "It's News to Us," you have only yourself to blame. We tried to alert you. The show played to standing room only crowds in the Meeting House last October 20, 21, and 22.

Bob Huber, who is our four-time Emmy award-winning neighbor, wrote the book and lyrics. His friend Bill Strecker, a professional musician, wrote the toe-tapping score. Our favorite thespian, Joe Conti, directed the performance to a fare-thee-well.

The plot involves a struggling small-town newspaper in the 1950s whose owner and publisher goes off on a round-the-world tour, leaving the staff to its own devices. Practically overnight, they turn the stuffy paper into a red-hot tabloid that sells out like hotcakes. The plot thickens when hayseed-type farmer Homer Perkins, played by Bill Strecker, startles everyone by announcing

that a UFO must have landed in one of his fields.

This brings in believers, skeptics, curiosity seekers, a couple of "men in black" secret agents played by Alex Monaco and Al Longo, and the mayor of Dullwood, played by Annmarie Martucci, whose stirring voice brought to mind the heroic tones of the late, great Ethel Merman.

John Cummings played Elwood, the office copy boy, who silently trudged across the stage rear, until late one evening when he came face-to-face with a small green person and made the split-second decision to seek a new career.

The talented cast included Laurie Moyer, Norman Politziner, Arnold Brown, (Continued on page 2)

### Near Clubhouse disaster

By Joe Conti

On Tuesday, November 1, at approximately 6 p.m., two fire engines and a police car were at the Clubhouse.

Why? Because someone decided to start a fire in the fireplace in the Red Room using magazines and cardboard with the FLUE CLOSED. Obviously, closed or not, this is a very dangerous thing to do. The result could be fatal.

Imagine some residents, who must use the elevator to get to the second floor, being

trapped should a real fire occur. Or the overall damage to the Clubhouse.

The irony of all this is that Michele Williams informs me that any reasonable request for a fire is granted. For example, there are weekly fire chats around the fireplace to provide a warm social atmosphere. A fire is started under proper supervision on very cold days.

There is no need for anyone to start a fire unsupervised. Someone from E&R is always available to be of assistance.

### Holiday thanks

RCAI employees wish to thank you for your contributions to the Holiday Gift Fund. Your generosity and holiday cheer is appreciated.

We also extend to you our warmest wishes for a joyous holiday season and a pleasant New Year.

### Inside this issue

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## at the governors' meeting



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

gm

Gerald McQuade reported that there is a year-to-date surplus of \$116,852.23. Jolly

reported that the next Golf Course Committee meeting will be on November 8 at 2 p.m.

gm

The Board of Governors acknowledged and approved the actions of the

Executive Committee to replace the 2006 barrier arm unit at the North Gate exit at a total cost including delivery, installation and sales tax of \$4,545.36. The expenditure will be charged to the RCAI Reserve Fund Account.

## Bits & Pieces - Follow Up

By Ed Muench

This article in the November issue brought back many memories. I was one of those paperboys that Sue mentioned. Delivering newspapers was my first regular paying job. I started when I was 10 and delivered papers both before and after school. The dealer that I worked for in North Jersey, handled all the New York and Newark papers, including Jewish,

Polish, German and Italian issues. I walked my routes and later had a series of used bikes. By the time I had enough money for a new bike, the war (WWII) was on. Bikes were sold only to people who had a real need for one. I had to apply to the Ration Board to get approval to buy a bike. Since I delivered newspapers, I was approved and off to Sears I went. The wartime bike was designed

for practical use.

We still get the morning paper, The Times (Trenton) delivered. No paperboy comes on a bicycle, but my paper comes in a plastic bag and is right on my second floor landing every morning. Our "paper person" has a good arm, and a little gratuity helps.

In 1952, The U.S. Post Office issued a special stamp "Honoring the newsboys of America."

### Open RCAI Meetings in DECEMBER

Tuesday, Nov. 8 ..... Agenda Committee ..... 10 a.m.

Thursday, Dec 8 ..... Maintenance Committee\* ..... 9 a.m.

Thursday, Dec. 8 ..... Community Affairs Committee\* .

Thursday, Dec. 8 ..... Finance Committee\*

Thursday, Dec. 15 ..... Board of Governors ..... 9 a.m.

*All meetings are held in the Village Center Meeting Room*

*\*These meetings will run one after another, no longer an hour apart.*

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



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Myra Danon  
Bob Huber,  
Jean Hoban,  
Jean Houvener  
and ex-officio, Jane Balmer,  
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Alex Monaco  
Linda Monaco

The Rossmoor News a monthly periodical is mailed to every home within the Rossmoor community. News items are welcome. Appropriate

news items from outside organizations will be considered as space permits. All copy and pictures are subject to editing and are accepted with this understanding.

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

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## Bits & Pieces

Sue Ortiz

All those years ago, when I was a young girl, the anticipation of Christmas started the weekend after Thanksgiving. Stuffed with leftover turkey and all the trimmings, my parents and I headed out to pick out the perfect tree that was to be the centerpiece of the living room and, eventually, the depository for gifts from Santa. After it sat for a week or so outside in a bucket of water, the Scotch pine was brought in and transformed into a twinkled, tinsel cone of shiny glass ornaments – a sight to behold with a lighted angel or star adorning the top. Whether the tree was placed in one corner of the room or another, one piece of furniture always had to be repositioned to make room for it.

Excitement built as the days dragged on until December 25. Mom would bake cookies and buy eggnog. Christmas cards were mailed out. The letter carrier would deliver more back to us; Mom would tape them on the woodwork surrounding the inner doorways. There were so many cards that she had to overlap them. Other decorations were brought up from the basement: outdoor garlands, wreaths with big red velvet bows, plastic (but realistic-looking) mistletoe, antique (old) figurines of Santa, angels, and Rudolph, and, of course, a Nativity set. Bing Crosby crooned *White Christmas*, Gene Autry sang *Rudolph the Red-nosed Reindeer*, and the Chipmunks chipped *Jingle Bells*, all from the Hi-Fi stereo console. It was, and still is, a magical time of year.

Wish lists were made. Before I could write, my mom let me cut out the pictures of what I wanted from the Sears Wish Book and paste them on paper. We visited Santa at Britt's Department store in Freehold. I was told years later that I pulled down his beard and cried! Don't think I ever sat on Santa's lap ever again.

A plate of homemade sugar cookies and a glass of milk were set out on Christmas Eve for Santa. Would he eat them? What toys would he leave me? Oh, the anticipation! I could hardly get to sleep.

One Christmas Eve, jingling bells woke me in the middle of the night (probably 11 p.m., as I went to bed early those days). I sat up in

bed and saw the shadow of sleigh runners silhouetted on my bedroom curtains. (I swear, to this day, it was not a dream!)

When I woke up on Christmas day, I was first downstairs. Mom was only seconds behind me. We both loved this time of year. Dad, on the other hand, was a Bah Humbug. (Although, I think he secretly liked it – at least the cookies and the eggnog.) I had to wait until he got out of bed and finished his morning ablutions. But that made the anticipation all that more exciting.

The gifts were piled high – too high to be under the tree, but all around it. The presents were wrapped in all sorts of patterned paper. I never realized that the same designs reappeared year after year. Mom, I mean Santa, must have bought it in bulk. And, she, er, Santa, did a good job at hiding all those wrapped boxes, too.

Finally, Dad bounded down the stairs. Time to open presents! For me: games, puzzles, arts and crafts kits, books, Colorforms, Play-doh kits, Lego, Tinkertoys, Barbie dolls, Dawn dolls, and Liddle Kiddies. Every year I would also get some nice clothes and always a new robe. Mom got tea towels, pots and pans, and a new robe and slippers, too. Dad always got a new pair of slippers, a shaver, and a tool of some sort. They would steal a kiss under the mistletoe, Mom would make breakfast, usually pancakes, and Dad would set about cleaning up. All that work of wrapping only to see that pretty paper torn and crammed into two or three trash bags.

I had a whole week off school to play with and wear all the new stuff. It was a week of visiting and being visited by friends and family. Cookies, ham, turkey, eggnog – oh, my!

I was happy, Mom was tired, and Dad ate cookies while anticipating all the bills...

**Merry Happy Peace  
Love Joy  
B&P**

"Christmas won't be Christmas without any presents" – Louisa May Alcott (American author known for her children's books, especially the classic *Little Women*. 1832-1888)

## Players

(Continued from page 1)

Suzanne Lawrence, Susan Archambault, James Wilson, Judi Frey, Camille Stahl, Norman Perkus, Martin Gurvitch, Becky Redington, Dolores Grieff, Anita Cooper, and Helen Brown.

Bill Strecker enriched the whole evening by bringing in

a wonderful musical ensemble that included the talented team of Collin Wright, David Hall, Dennis Arce, and Janet Wilson.

This was a performance to make us proud. And if a good story, much humor, and lively music were not enough, the Players fed us cookies, donuts, and apple cider on the way out.

What more could one ask?



## A conversation with Mrs. Claus

By Bob Huber

**Thank you for taking the time to talk to me, Mrs. Claus. I imagine you folks must be very busy right now.**

Oh, we've been busy since the beginning of the Christmas marketing season.

**When was that?**

July fifth.

**That early?!**

Well, it seems like it anyway. It starts earlier every year. I can recall when people didn't even think about Christmas until after Thanksgiving. Now there are Christmas shops that stay open year 'round.

**What else has changed over the years?**

There was a time when our elves made all the toys in our own shop. Now, we have to outsource a lot of work to China. Kids want electronic gadgets nowadays. By the time we deliver them, they're obsolete. The world moves at a much faster pace. You have to be on the dead run just to keep up.

**Yet, the image of the "Jolly Old Elf" appears to remain intact.**

Well, sort of. My husband can trace his ancestry back to a fourth century bishop named Saint Nicholas, who went around giving gifts to the poor. The gift giving part of it worked out pretty well all the way up to the nineteenth century. Then, two people changed the whole game.

**Who could be that influential?**

Clement Clarke Moore, a college professor who wrote the poem "A Visit from Saint

Nicholas" ("The Night Before Christmas"), and a political cartoonist named Thomas Nast who illustrated the poem. The combination became so popular that we had no choice but to conform to their descriptions. All of a sudden we were saddled with a sleigh and eight reindeer, and my husband, dressed up in a bright red suit, was popping in and out of chimneys. Our dry-cleaning bills were horrendous, and you'd be surprised how much it costs to feed eight reindeer.

**I've often wondered why you don't go along with your husband on his Christmas Eve journey.**

Staying out in the cold all night on Christmas Eve is not for me. My husband leaves the house at dusk, and I don't see him again until dawn Christmas morning. I stay home with a pot of tea and watch reruns on television. I've seen "It's a Wonderful Life" so many times that I can recite the dialogue by heart. As a matter of fact, I hardly see Claus at all between Thanksgiving and Christmas, he's so busy making personal appearances at shopping malls.

**Surely, you must take some sort of vacation when Christmas is over.**

We have a time-share condo down in the Bahamas. We usually spend the month of January there. Claus shaves off his beard and cuts his hair.

**I can understand why he would want to be incognito. Does he have a**

**hobby?**

If you can call it that. He likes to saunter up and down the beach, telling all the bikini cuties that he's auditioning weather girls for a television show.

**That must embarrass you.**

It certainly does, especially if he's wearing his Speedo.

**By now, I suppose you're all prepared for this Christmas.**

Oh, there are always a lot of last minute things to do: polish the sleigh and the sleigh bells, put fresh batteries in Rudolph's nose, and check "The Book" one more time.

**What book?**

The Naughty/Nice book. We still call it that, even though it's all computerized now. Actually, all we have to do is push a button, and bingo! There's all the information we need. We'll start loading up the toy sack next week.

**In all the pictures I've seen of Santa, that toy sack looks like such a burden.**

No sack filled with toys is a burden. Unfortunately, this year, the sack will be a little lighter than usual.

**Times are hard.**

Yes, but Claus always manages to put a good face on it. At dawn on Christmas day I'll hear the sleigh pull up in the front yard, and he'll come bursting through the door, reeking of milk and cookies. He gives me a big hug, and he always says the same thing.

**What's that?**

Happy Holidays!



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## Hanukkah marks a great victory in human history

By Carol De Haan

*This year, 2016, the Christian celebration of Christmas will coincide with the eight-day Jewish observation of Hanukkah, a Festival of Lights, from Saturday, December 24 through Sunday, January 1, 2017. Many of us understand the significance of the Christmas celebration. This article is an attempt to explain why Hanukkah is also a time of great importance, not only to Jews, but to anyone who appreciates how a small band of rebels could overthrow a mighty and oppressive empire and thereby establish their own identity, their own relationship with their God.*

It all began with Alexander the Great (356-323 B.C.E). He succeeded his father, Phillip of Macedon, at 20 years of age. He immediately began his conquest of the vast territory between the Adriatic Sea and the Indus River in India, as well as the Levant (Israel and Jordan) and much of North Africa. Wherever he conquered, Alexander founded cities and brought in Greek settlers, thereby creating the long-lasting Hellenistic culture. He died at age 33, possibly of poisoning, in Babylon.



His generals divided up his empire. Ptolemy seized Egypt. Seleucus I Nicator took the largest part comprising all of Mesopotamia and Central Asia. Eventually, Antiochus IV succeeded to that throne.

Eager to expand his possessions, Antiochus invaded Egypt with chariots, horsemen, elephants, and a great navy. Turned back by Roman forces, according to the Second Book of Maccabees, Antiochus decided instead to sack Jerusalem. He defiled the Temple sanctuary, stole the golden altar, the solid gold candlesticks, and the many precious gold and silver vessels, causing outrage and distress to the people of Judea.

Then Antiochus sent armies to demand tribute from all the cities of Judea, massacred many people, took women and children captive, stole cattle, and burned down people's houses. So great was the destruction he wrought that the written record states "the elders mourned, the young people were made feeble, the women lost their beauty, and the house of Jacob was cov-

(Continued on page 4)

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## December 7, 1941: "A date which will live in infamy"

By Jean Houvener

Seventy-five years ago, on December 7, 1941, shortly before 8 in the morning, more than 300 Japanese planes launched from aircraft carriers began an attack on the massed U.S. fleet at Pearl Harbor. Coming in two waves, the attack lasted for over two hours. At the end of the attack, eight battleships, 12 other naval vessels, and over 300 planes had been severely damaged or destroyed. Worse, almost 2,500 sailors and soldiers had been killed and more than 1,000 injured.

The first large vessel hit was the *USS Arizona*, which was hit by a bomb which landed in the forward ammunition hold, causing an explosion that destroyed the ship, which sank with 1,000 men aboard. The *USS Oklahoma* was hit with a torpedo, which caused it to list and slip under water with 400 men aboard. By the end of the attack every battleship in the harbor had been damaged. Amazingly all but the *USS Arizona* and *USS Utah* were eventually repaired and returned to duty.

Fortunately, all the aircraft carriers had been shifted to Midway and Wake Islands or back to the mainland. Strategically, the aircraft carriers and their planes were critical to the waging of the war. For various reasons a third wave to attack the supply and repair depots and dry docks of Pearl Harbor did not occur, making rebuilding much more feasible.

Ironically much of the Pacific Fleet had been redeployed to Pearl Harbor only in 1940, in spite of warnings that it was not a secure location and over the objections of Commander in Chief of the Fleet James Richardson. The thought had been that having the fleet there would deter further Japanese aggression. It was also thought that the 4,000-mile distance from Japan to Hawaii and the provocation of actually invading the U.S. proper would reduce the likelihood of an attack.

Japan had begun its aggressive policies after determining that it needed to

enlarge its territories and also to control more resources in order to prosper. The first invasion was of Manchuria in 1931. When Japan continued on to invade the Republic of China in 1937, the U.S. objected and imposed sanctions and limited shipments of war materiel to Japan. France, the United Kingdom, and the United States provided loan assistance to China. As the war between Japan and China became more intense and with the increase in civil-

ian deaths, the U.S. continued to increase sanctions while still negotiating with Japan, trying to end the war. Japan expanded its activities to invade French Indonesia and Dutch East Indies in order to access their resources, particularly oil.

On November 27, 1941, the "Hull Note," named for Cordell Hull, required all withdrawal of Japanese forces from China and Southeast Asia in order for sanctions to be lifted. In the

(Continued on page 5)

## Hanukkah

(Continued from page 3)

ered with confusion."

Most of the Jewish people abandoned Jerusalem, but of those who remained, some Hellenized Jews and Samaritans consented to the decrees of Antiochus to deny their own law and their covenant with God; they agreed to worship pagan idols. At that time, if any copy of the Testament was found, it was burned and its owners were put to death. If a child was found to have been circumcised, that poor child was hanged and his parents put to death. But when faced with the requirement to eat forbidden pork, there were Jews who chose to die rather than break the law. It was a time of horrendous suffering.

In those days, in the city of Modin, there was a priest named Mattathias who had five sons. To make an example of him, he was commanded to publicly sacrifice to the Greek gods. The fearless Mattathias replied, "I and my sons and my brethren will walk in the covenant of our fathers. God forbid that we should forsake the law. We will not hearken to the king's words." But another Jew came forward in the sight of all to perform the sacrifice that Mattathias had refused. This drove Mattathias to such a rage that he killed the traitor as well as the king's commissioner, and he pulled down the pagan altar. He, his five sons, and many of his followers fled into the mountains.

But after another provocation, when the king's forces went into the wilderness and slaughtered a thousand refugees from Jerusalem, men, women, children, and all their cattle, Mattathias and his sons began to form alliances. Their team went around tearing down pagan altars. Later, when the elderly Mattathias died, his son Judah Maccabee became the driving force of the rebellion.

Judah was a powerful military leader. At first, he cautiously waged only guerrilla war against the Seleucid armies. But with increasing support from other exiles, he engaged in open warfare, gaining victories at Beth-Horon and Emmaus. When, in 164 B.C.E., he freed Jerusalem, he purified and reconsecrated the Temple, which event has been celebrated as

the feast of Hanukkah for more than 2,000 years.

After Jerusalem, Judah and his army of 3,000 men freed Gilead, Transjordan, and Galilee. They destroyed the Seleucid garrison at Acra. But at the battle of Elasa, in 160 B.C.E., Judah Maccabee was killed. His two brothers continued the war and, at long last, because of this heroic family, the Jewish people won their independence, their right to religious freedom, to live by their own laws, and to worship their God in their own Temple in Jerusalem. It had taken eight years for a small band of people to defeat a mighty and oppressive nation.

### The significance of Hanukkah

Judah Maccabee cleaned and restored the defiled Temple at Jerusalem. When it came time to light the lamp, he found that most of the purified ceremonial olive oil had also been destroyed. Only one day's worth remained, and it would take another week to prepare more. Nevertheless, he lit the lamp. To the astonishment of all, it remained lit for the entire eight days of the Festival of Lights. This miracle is remembered in many Jewish homes to this day, with the lighting of one candle each successive night.

Customs also include eating foods cooked in olive oil, such as potato pancakes and doughnuts, as well as playing games with the dreidel, a spinning top.

The significance of this festival is the triumph of light over darkness, the triumph of the few over the many, of purity over adulteration, and of spirituality over materialism. It is a very happy commemoration.

The menorah, the many-branched candelabra in the Temple, is traditionally believed to have been described by God to Moses. It has been a symbol of Judaism since ancient times, and is now the emblem on the coat of arms of the modern state of Israel.

NB. *Is it Chanukah or Hanukkah? Since the staff of The Rossmoor News observes industry standards as set forth in The Associated Press Stylebook, and since that source favors "Hanukkah," that's the spelling we use.*

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## Fact or folk-lore: the quest for “real” history



Wendy in her modeling days in England

By Linda Bozowski

True or false: Columbus discovered America. George Washington had wooden teeth. Betsy Ross sewed the first American flag. When Wendy Kennedy was asked to make that veracity assessment 40-plus years ago, she began her journey into aspects of our history. She has continued that journey over the past years. Her first foray into the study of history was five years' research into the heritage and lifestyles of American Indians. Her years of living in Flemington led her to the study of the historic buildings in that town, as well as those in Princeton, Bedminster and ultimately Monroe Township. As a volunteer and then as a member of the Monroe Township Historic Preservation Committee over the past eight years, she has participated in the Committee's efforts to expand its development of the Dey Farm and the preservation of the buildings on that site.

Why would a woman, a British citizen until 2003 when she became a naturalized American, dedicate so much of her energy to old buildings and artifacts? Born in Malaya to a father who became the British Secretary of Agriculture, Veterinary, Forestry, Fisheries and Queen's Protector of Turtles, Wendy and her brother received most of their formal education at boarding schools in England and came home to Malaya and later North Borneo for six-week summer holidays. After completing her high school-equivalent education, Wendy returned to North Borneo and served as her father's official hostess for the next four years.

At age 21, she moved back to England, where she worked as a representative for Pan American Airlines and did modeling. In 1962 she married, went to Hong Kong for four years and later to Brunei. Following her divorce, Wendy and her toddler daughter, Jacky, moved back to England, and four years later she made her move to the United States in 1970. She and her second husband settled in Flemington, where she began her volunteer work with handicapped youngsters and nurtured her burgeoning interest in history, beginning with her study of the American Indians. Five years of research and travel gave her a better understanding of how the first Americans lived and provided for their families.

Wendy's interest in New Jersey history was prompted by a colleague at the youth center who asked her the three questions at the beginning of this article. Since there was no Internet in the late seventies, Wendy had to use other resources to find the answers to the questions. Her interest in the town of Flemington and the surrounding towns later led to her interest in Morven, the



Wendy Kennedy at home

original home of Richard Stockton of Revolutionary War fame. Wendy has volunteered as a docent at Morven for the past three years, and delights in sharing information about Richard Stockton, the house and grounds with the many visitors to the property.

The Honeyman house in Griggstown is also on Wendy's "preserve it" list. John Honeyman was a spy for George Washington during the Revolutionary War. His house, still standing, has been of interest to the community, particularly to local historians. The home has always been privately owned

## Behind the wheel – how safe is the driver rounding the next corner?

By Linda Bozowski

According to 2013 statistics published regarding auto accident rates, there are more than six million auto accidents each year in the United States and more than 40,000 persons are killed. Most of these fatalities are teenagers between 16 and 20 years old, followed by seniors older than age 65. That data does not suggest that seniors are less safe drivers than those under 65, but that we are more frequently the victims of these crashes. The article went on to point out that there are more fatalities in rural areas, that about 150 persons die each year from collisions involving deer, and that over 31% of fatalities are caused by vehicles running off the road. What do we, as an age class, need to be mindful of to keep ourselves and others

safe as we go about our days and drive our autos?

Health and wellness are major factors to be concerned about. As we age we may experience stiff muscles and joints. Arthritis may make controlling the steering wheel more difficult or delay braking abilities. Trouble seeing street signs, traffic lights, pedestrians, bicycles, and other autos are especially dangerous. Night driving is likely to become a problem as we react differently to glare as our eyes age. While hearing might not be thought of as a deterrent to safe driving, keen hearing alerts us to potential dangers in our surroundings. Slower reaction time and reflexes may make us less able to protect ourselves in the event of a potential hazard.

Another factor that must be considered is what side effects we may suffer from the medications that we may use. Anti-hypertensives may cause dizziness or lightheadedness in some patients. Other medications may cause different side effects that could negatively impact safe driving. And most importantly (and most difficult to consider) is that we may be at the beginning stages of dementia or Alzheimer's disease. This disorder can have serious negative consequences for drivers, passengers and those around us, as we lose track of landmarks, street addresses, and the ability to make careful decisions.

Although my late husband

(Continued on page 6)

and recently there was an effort by another individual to purchase the house and donate it the village of Griggstown. Unfortunately, that effort was not successful. Wendy's philosophy about old properties is that "to be worthwhile, properties to be preserved should have purpose." During her 27 years working at the now-closed Flemington Speedway, Wendy discovered that many of the former buildings on the property were used during the Civil War. Still standing is the Oak Grove one-room

schoolhouse located on Route 31.

"Real history" is what keeps Wendy's interests stoked up. Her philosophy is that we have "bad history" that should be corrected. Case in point – the answer to the three questions at the beginning of this piece is that none of those statements is true. There is a certain comfort in believing old stories, I guess. But if we want to know reality, sometimes we have to look at little further. Our Brit-turned-Yank neighbor will continue her research, I'm sure.

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## December 7

(Continued from page 4)

meantime, Japan's military had been planning for a massive strike against the U.S. in Pearl Harbor, thinking this would keep the U.S. out of the Pacific wars. On November 26, the Japanese forces began the activation of their plan, moving aircraft carriers and aircraft into position toward Hawaii. Emperor Hirohito was finally persuaded to approve the attack on December 1.

Of course, contrary to the expectation by the Japanese military that this would deter

the U.S. from entering the war and lead the U.S. to seek peace with Japan, it in fact resulted in an immediate declaration of war by the United States on December 8, with subsequent declarations between Germany and Italy and the United States on December 11, drawing us also into the war that had begun in Europe in 1939 with the Nazi invasion of Poland. The bombing of Pearl Harbor was viewed as a war crime because it occurred prior to a declaration of war by Japan, which was not delivered to the U.S. until December 8.

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### Why I Became a CeFT®

In 1977 I sold my toy business and became an insurance agent. I had great respect for our company's agent. He counselled us on various benefit programs, i.e., retirement plans, key man coverage and more.

For the first few years in my new occupation I worked exclusively with business owners and professionals using insurance products to satisfy their needs.

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In 1983, I became a CFP, a very early adopter to the practice of financial planning. This broadened the choice of solutions to solve needs of my clients

But, traditional financial planning provides a process for all situations; it wasn't designed to navigate the personal side of financial change. Many of my clients have experienced transitional events such as the death of a spouse, sale of a business, large inheritance or retirement. For most people, these events are stressful, and, even if planned as in retirement or sale of a business, the passage from their old self to their new can be disconcerting.

So, in order to better serve my clients, in 2008 I began to study the fields of neuroscience, psychology, sociology and leadership at the Sudden Money Institute in Fla. Together, we have developed an integrative approach, offering a more rich and comprehensive understanding of how people subjectively experience change and how we can co-create the "highest outcomes" with them.

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### Winterizing tips for our dogs

By Aline, the dog walker

Since the weather may get frightful frightfully soon, this is a good time to share tips and advice on caretaking for your dog companion in cold weather.

Double-coated dog breeds like setters and golden retrievers are designed to maintain body heat in cold conditions; however, single-coated breeds such as Maltese, Yorkies, Chihuahuas, Poodles, Dachshunds, and Bichons require help from their humans in order to be safe in frigid conditions. Puppies and smaller, older, arthritic, and ailing dogs require closer attention as well.

Winterizing dogs involves more than protective outdoor gear. Here are some tips for other cold-weather issues.

#### Booties and paw care:

Paws help regulate dogs' body heat, and booties can help retain that heat. Booties also protect dogs from salt and other substances used to melt ice on our walkways. These substances are toxic, and when the particles get caught in dogs' paws, it burns. Then when dogs lick their paws to soothe the

pain, their mouths and intestines can get burned as well. So if you have a dog that says "no" to booties, it is important that you wash his or her paws whenever you return home from an icy or snowy walk.

#### House temperature:

If you set your thermostat low during cold months, a light spring coat or sweater and a cozy bed off the floor can keep your dog comfortable. If your thermostat is set particularly high during the winter months, on the other hand, your dog may become uncomfortable. So watch for panting or signs of restlessness, and adjust your thermostat accordingly.

#### Exposure:

Watch your dog carefully when you walk him or her in frigid weather. If you notice trembling, shaking, or unusual hesitancy, it is time to get back home. Regardless, keep your outings brief, no longer than 15 minutes for healthy and hearty dogs; no longer than five minutes for dogs requiring extra care. Avoid tying your dog outside to take care of its business. If

(Continued on page 7)

### Behind the wheel

(Continued from page 5)

was a safe driver and was in good health, I stopped being his passenger when he was about 60 years old. Why, if he had no serious issues? Because he was a tourist. He liked to look around and see new buildings or admire properties. If we were riding near a railroad track, he had to examine the Amtrak passing by, especially if it was the Acela. Paying attention to the road and surroundings is a critical component of being a good and safe driver. Engaging in conversation with a passenger is entertaining, but making frequent eye contact is a potentially dangerous no-no.

How can we become less likely to enter the roster of statistics? Monitoring our health, carefully reading and adhering to prescription warnings, watching and listening to our surroundings including our car itself (what's that noise?), keeping our vehicles in good condition, and following traffic regulations can all offer positive benefits. And we need to be honest with ourselves about our limitations. If we

have had near-misses, hit too many shopping carts, missed stop signs, strayed from our designated driving lanes too often, gotten disoriented at locales that we've frequently visited, perhaps it's time to see a doctor or take a driving refresher course. It may even be time to hang the car keys on the hook in the hallway. Our safety and the safety of those around us is more important than driving to Long Beach Island this weekend. Surely there is someone else who would be happy to fill in as the designated driver.

Car crash statistics may only give a purely numeric indication of how car crashes happen, but they correctly indicate that certain age groups and certain locations are at a higher risk than others. It is not to say that drivers over the age of 24 and under the age of 65 should be unconcerned about accidents. They merely point to the fact that teenagers and senior citizens are at a higher risk when driving. Defensive, safe driving should be practiced at all ages, and no matter if you are in the middle of a city or on one of the nation's highways.



## One, two or three – how many lenses do your eyeglasses have?

By Linda Bozowski

Since I was five years old, I've worn eyeglasses. I think I was the only person in my kindergarten class wearing them, but it was okay, I wasn't self-conscious and no one made fun of me. Every two years I visited the eye doctor, was examined, and had my changed prescription made into new glasses. As some of my vision-impaired friends made the transition to contact lenses and gave up their tortoiseshell frames, I was disappointed to learn that my prescription was not contact-compatible.

Around the time I hit the big four-0, my optometrist said it was time to move to bifocals. It took a while to get used to the line in the middle of the lens but what a difference it made when I read or worked on needlepoint. I could see clearly! However, since I spent many hours a day working on a computer, by the end of the day my neck was tired from tilting my head back to view my monitor screen. It was time for trifocals.

How did we develop the vision (no pun intended) to create devices that would permit us to see better? According to some sources, the first eyeglasses were used in Italy in the late 13<sup>th</sup> century. The original inventors are unknown, but it is assumed that their creation had occurred not long before that time period. Eyeglasses were made for general use by Friar Alessandro della Spina of Pisa, but their sale became regulated

by the guilds in Venice by 1301. The design of eyeglasses underwent many iterations over the next several hundred years.

The pince-nez, monocle, lorgnette and other styles had their users and devotees. The current design of a simple frame with two pieces of glass that rested on the user's nose is still in use today because it is functional and practical.

Benjamin Franklin is credited with the invention of bifocals, since he suffered from both myopia (nearsightedness) and presbyopia (age-related decreasing vision). Early bifocals were created by attaching two unique lenses to each other and were, obviously, very large and awkward. Having the two lenses fused into a single glass allows the upper portion to assist the user in seeing distances while the lower portion provides magnification to enable easier reading or other close work. Traditional bifocals contain a visible line separating the two portions of lens. This development was patented in 1908. More current technology has eliminated the dividing line and has permitted the development of other types of multifocal lenses.

Our use of computers helped facilitate the development of multifocal lenses, since a mid-range lens prescription is most useful for working at a monitor. Specialty multifocal lenses have become available as well, and include such types as double magnification lenses

used by some auto mechanics and other specialty lenses used by some golfers.

The need for eyeglasses is no longer regarded as a handicap. Eyeglasses have continued to evolve in function as well as form, and are regarded as fashion elements by many. Trendy designers have joined the marketplace and eyeglass frames can become quite costly for those who choose to indulge in a little eyewear bling. Designer frames in various colors, textures, and shapes are available alongside frames that are more simple. Lenses can be purchased that change color in bright light, eliminating the need for separate sunglasses, and spring hinges and flexible frames have added great durability to what used to be very fragile appliances.

I certainly owe a debt of gratitude to Benjamin Franklin and those who have followed him – I can see my needlepoint canvas and computer monitor pretty well these days, thanks to multifocal lenses.

### Winterizing tips

(Continued from page 6)

you must do so, watch the dog carefully for any indication of discomfort.

The bottom line is to know your dog well enough to know when it is uncomfortable and seek advice from your veterinarian if you have questions about proper care when the weather outside gets frightful.

From your friend, Aline, the dog walker, at 551-486-2534.

## A word to the wise

'Tis the season to remember to be attentive to your surroundings and exercise extra care when walking on exterior surfaces during periods of inclement weather. If it is absolutely necessary to drive during a snow storm, please drive slowly and give snow removal vehicles the right of way.

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### "Ask the G.M."

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

**Q:** Does Rossmoor own any of the snow removal equipment and is our staff involved in the process?

**A:** Prior to an ice/snow storm, based on the local weather reports, all the streets and carport areas are pretreated by our Maintenance staff, using our trucks and spreaders. When the snow starts accumulating, the main streets, gates and parking lots are plowed, continuously, also by our Maintenance staff. Once the storm ends and the snow stops falling, our Maintenance and Education and Recreation staff start the process of clearing the main, perimeter sidewalks in the Mutuals with our bobcats. The Kubota is used to clear and treat the common facilities' sidewalks.

High Tech Landscapes has a crew clearing the carports, a crew clearing drive-ways and when the perimeter sidewalks are cleared, another HighTech crew clears the walks to the individual manor front doors and front stoops.

Rick DeBlois, operations manager, is our snow guru and guides the staff and High Tech through the process.

Please review the complete RCAI Snow Policy for further details.

**Q:** What are the rules regarding pets?

**A:** Pets must be leashed at all times when outdoors and under the control of the pet owner. Pets may not be left outdoors unattended. Pet owners are responsible to properly remove and dispose of their pets' waste.

Over the years, we have had problems with residents leaving food and water outside for their pets and strays. Be kind and thoughtful of your neighbors; not everyone is a pet lover, and leaving a food source outdoors attracts stray cats and rodents.

**Q:** In an effort to be a good neighbor, as a resident, I am concerned that the volume of my television may be bothering other residents in my building. Do you have any suggestions?

**A:** Living in close proximity to others can present some problems if a resident is not sensitive to this fact. Noise is a complaint from time to time so it is important to use your common sense and think about what you are doing and whether or not it will affect your neighbors' rights to enjoy their home. You certainly do not want to be an annoyance or nuisance to others.

It has been suggested that if you are hard of hearing and need your television at a high volume or you are a night owl that loves to watch television late at night, you should consider purchasing earphones. There are many wireless, rechargeable, inexpensive earphones on the market to consider.

**Q:** What happens when an Owner/Stockholder is not up to date with monthly fees?

**A:** As you may be aware, each Mutual's budget is based on each Owner/

Stockholder paying their fair share of the expenses. When an Owner/Stockholder is late or is in arrears, it affects everyone else in the Mutual. Timely payments in full each month are necessary for the Mutual to function properly financially.

A statement is sent to an Owner/Stockholder at 30 days and again at 60 days past due. If payment is still not received, the matter is typically referred to the Mutual's attorney and the collections process begins.

If you have not thought about it yet, start the New Year off right and sign up for Auto Debit. The Administration Office in the Village Center has the forms. It is the most efficient way to pay carrying charges, and you will never be late with your payment. Payments are automatically withdrawn from your checking account on the ninth of each month with no effort on your part. It's a good thing!

On behalf of all the RCAI employees, we extend our warmest wishes for a joyous holiday season and a pleasant New Year.

## Musings and Memories

By Betty Emmons

**A Christmas memory from the past -- from yum to barf**

The holidays are over and all the hurry and scurry has died down and I am now enjoying happy memories of family, friends, gifts and parties. I enjoyed it all but I think that you will be surprised to learn that a box of candy probably gave me the most pleasure.

All my life I was restricted in my sweets consumption and I was never satisfied. My mother taught me that when I was offered candy as it was passed around that I was only to take one piece and not the biggest piece. Sharing too was part of the rules and if there was only one piece left I was to make sure that no one else wanted it before I took it. I was also told that if I had candy from home I was to share it and not eat it in front of someone who had none. So, as the years went on, I never got over these instructions and always held back, even as an adult. It was like I had a built-in governor.

This year, however, I decided to indulge myself freely

from my Christmas box of candy and I started with the nut-filled pieces. After they were gone, I decided to eat only one piece a day which sounded like a good idea until I started to reward myself every so often during the day. When it came to the creams, I would have at least two to see what I liked best. Even so, the box lasted a long time and toward the end I was just eating to finish the box. I had no desire to satiate myself anymore. I definitely had my fill.

My Mom taught me manners but said nothing about overindulgence, because she probably figured I had common sense. Well, it took me many years to fill that sweet tooth desire and, as I write this, I can honestly say "no thank you" now and let the sweets pass me by. I finally had enough and the end result was not as sweet as I thought it would be.

I guess too much of a good thing really is not a good thing but, as the saying goes, you are never too old to learn. I now know I ate too much and I really learned my lesson the hard way.

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## Bob's Almanac

By Bob Huber

With all due respect to the year-end holidays, there are many other December historic events which have altered and illuminated our times. Here are just a few:

December 1, 1955: African-American Rosa Parks was arrested in Montgomery, Alabama, for refusing to relinquish her seat on a bus to a white person. The event triggered the Montgomery bus boycott by African Americans which lasted 14 months and eventually led to laws integrating public transportation.

December 3, 1962: Edith Sampson was the first African-American woman to be appointed to a judgeship. She served on the Chicago Municipal Court bench.

December 5, 1791: Wolfgang Amadeus Mozart died at the age of 35. In his brief lifetime, he wrote 600 compositions, many of which have left an indelible effect on the world's classical music.

December 5, 1901: Walt Disney was born. His gift of telling stories through animated characters has charmed and inspired generations, and since his death in 1966, his concept of storytelling continues in films and theme parks throughout the world.

December 6 1492: Christopher Columbus landed on Hispaniola (now known as the Dominican Republic and Haiti), thus opening Europe's door to the Western world.

December 6, 1877: Thomas Edison demonstrated the first phonograph. The ability to capture sound for replay has led to many other dimensions in communication.

December 7, 1941: Japan's air bombardment of Pearl Harbor disseminated America's Western naval fleet and thrust the United States into World War II.

December 10, 1830: Emily Dickinson, one of America's most beloved poets, was born. Strangely enough, it was not until after her death in 1886 that most of her poems, nearly 1800 of the 2000 she had written, were discovered in a locked bureau drawer.

December 4, 1962: the space probe Mariner II sent back information from Venus. It was the first signal ever received from another planet.

December 15, 1840: Napoleon Bonaparte died in exile on the island of St. Helena, whereupon Napoleon's older brother, Joseph, absconded to America with the Spanish crown

jewels, finally settling in Bordentown, New Jersey. Joseph led the comfortable life of a country gentleman for 24 years before returning to Europe permanently.

December 17, 1903: Wilbur and Orville Wright flew their first powered airplane. Though the flights the brothers took on that first memorable day were measured in feet rather than miles, they proved that human beings were no longer bound to the earth, and the sky was the limit.

December 18, 1865: the 13th amendment to the Constitution abolishing slavery became law.

December 21, 2015: the winter solstice occurs ushering in the first day of winter. Stay warm and stay well. May the coming year offer nothing but the best for you and yours. Cheer up! Spring is only three months away.



## From the Mayor

### Grandparents' day out

It's that time of year again. The Recreation Department is accepting reservations for this year's Grandparent's Day Out. The free event offers family portraits, raffles, lunch and a choice of one of three movies. The day begins at 10:30 a.m. at the Community Center on Wednesday, December 28 (snow date Thursday, December 29).

The event is co-sponsored by the Recreation Department and the Gardens at Monroe Healthcare and Rehabilitation on Applegarth Road whose support and generosity are vital to the success of Grandparent's Day. It has become an annual tradition, which has grown each year and is a fantastic way to usher in the New Year as it is held during

the holiday break from school, when many of us gather and celebrate with friends and family.

It is always a great day in Monroe as both gyms at the Community Center on Monmouth Road are filled with grandparents and their grandchildren as they start their day-long adventure with one another. It is a special time for grandparents and grandchildren to bond together. The theme of this year's event will be "Beach Party in December." Following the luncheon, the grandparents and grandchildren will board school buses and travel to the movie at the Regal Cinemas on Route 1 in North Brunswick.

The only stipulation for those who want to attend is that either the grandparent or the grandchild, or both must be residents of Monroe Township.

Space is limited for Grandparent's Day, and residents must sign up in advance. Registration forms are available on [www.monroerec.com](http://www.monroerec.com) and at the Community Center.

For more information, call (732) 723-5000.



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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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## CULINARY CORNER

By Sidna Mitchell

Last December, as we were driving along the back roads of central Florida, my cell phone rang with sad news. The daughter of my close friend Bobbie said her mother had died on Sunday.

Barbara, as most people called her, moved into Rossmoor the same time I did. We became fast friends. There was such closeness despite the almost 20 years' age difference. We knew we could depend on one another.

If she needed a ride to the doctor, she could call me. If I was upset about something or someone, I could tell her and never worry that my issues would be repeated to someone else.

We could call one another any time of day or night with good news, sad news or just get an uplift with a laugh. We often told one another, "I'm so glad you're my friend." Indeed, God blessed us.

I, as a white person, was raised in the segregated South and had problems with die-hard Southerners as editor of the student newspaper when James Meredith integrated the University of Mississippi. Bobbie, a black woman, grew up in South Jersey; there she experienced some of the same discrimination that people only thought happened in Mississippi or Alabama. We both survived and became stronger persons.

We both loved "soul food." Whenever I traveled South I would always buy smoked country ham hocks for both of us. Often I would use mine to cook up a mess of greens or a pot of black-eyed peas to share with Bobbie.

For a New Year's Day dinner, I made Hoppin' John, a Southern tradition, for good luck and in memory of Bobbie. Here's my recipe.

### Hoppin' John

1 pound dried black-eyed peas  
2 small ham hocks or chunks of fat back  
1 cup white rice  
1 medium onion, chopped  
3 garlic cloves, finely chopped  
½ green pepper, chopped  
lots of black pepper

salt to taste  
red pepper flakes or chopped hot pepper (optional)



Soak peas overnight in water in a large pot. The next morning rinse and return to pot with water to cover.

Add ham hocks. Bring to a boil; then lower the heat and simmer until peas are tender.

Meanwhile prepare rice according to package.

Add rice, chopped onion, chopped garlic cloves and chopped green pepper to peas mixture and continue simmering. Add more water if necessary. Season to taste.

NOTE: I used peas that were grown by former Rossmoor resident Linda Metro Zeck.

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

Culinary corner

## New Neighbors



By Christina Smith

Dohoon and Eunju Han, 120-O Rossmoor Drive, formerly of East Brunswick, N.J.

Nancy Stone, 357-A New Haven Way, formerly of Cranford, N.J.

John F. Doherty, 165-D Providence Way, formerly of Hempstead, N.C.

Carol Liptak, 65-C Amherst Lane, formerly of Monroe Twp., N.J.

Ming Zhang, 590-C Troy Way, formerly of West Windsor, N.J.

Margaret Reda, 183-C Old Nassau Road, formerly of Staten Island, N.Y.

In Ho and Sook Ja Bae, 256-C Old Nassau Road, formerly of Little Neck, N.Y.

Oswaldo and Yvonne Melendez, 354-B Old Nassau Road, formerly of Roselle Park, N.J.

Mercedes E. Malik, 103-A Gloucester Way, formerly of Croton on Hudson, N.Y.

Raymond Durac, 320-A Sharon Way, formerly of Flemington, N.J.

Judy Bergendale, 279-C Milford Lane, formerly of Monroe Twp., N.J.

Abdul and Ilmas Majeed, 428-O Redding Lane, formerly of Cranbury, N.J.

Shawn Cavanaugh, 121-A Glenwood Lane, formerly of Monroe Twp., N.J.

## In Memoriam

Carl Frankel

Carl Frankel passed away on November 1 at New York Presbyterian Hospital in New York City. Carl was born April 6, 1944 in Brooklyn, New York. He was an avid painter; he's painted for most of his life and has had many art showings around the Middlesex County area. He was also part of the croquet team here at Rossmoor, a game he thoroughly loved to play and always looked forward to. Carl is survived by his loving wife of 48 years, Ellen Frankel, his daughter Stacey; son-in-law John; and grandson Aron, who was his muse for many paintings throughout the years; his daughter Debra; and son-in-law Chris. He is also survived by his sister Sharon; Renee and her husband Alex; and Lynne and her husband Mark. He will be sorely missed by many nieces and nephews, cousins and friends. In lieu of flowers, the family asks that contributions be made, in his name, to [Lisa-sarmy.org](http://Lisa-sarmy.org). May light perpetual shine upon him until mortal breaks and the shadows flee away.

Submitted by Stacey Sanchez

(Continued on page 11)

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## Clubs and Organizations



Princeton Pro Musica Chamber Chorus



### Princeton Pro Musica Chamber Chorus presents joyous concert for holiday season

By Gene Horan

The much-acclaimed Princeton Pro Musica Chamber Chorus will present a Holiday Concert in the Meeting House on Friday, December 9 at 7:30 p.m. Tickets are available at the door for non-subscribers at \$15 each.

Princeton Pro Musica includes a Chorus of 100 voices and a select 36-member Chamber Chorus. Since its founding in 1979, the primary purpose of the organization has been the presentation of major choral works – classical, contemporary, and multicultural.

The Chamber Chorus per-

forms several times each year and has been featured annually at the Guild for Early Music Festival at the Grounds for Sculpture. The choral ensemble also offers a wide variety of smaller chamber music works and appears in concert in more intimate settings such as senior centers, private clubs, and corporations; has performed a program about music and mental health for employees at Janssen Pharmaceuticals; has given a holiday program for members of The Present Day Club; and has sung for The Princeton New-

comers and Friends Club.

The Chamber Chorus, directed by Ryan James Brandau, is pleased to sing for the Rossmoor Music Association and will present a program of holiday favorites such as *O Holy Night*, *Joy to the World*, *Shalom Rav*, *S'vivon*, and *We Wish You a Merry Christmas*. Some of the carol arrangements are Mr. Brandau's own.

The concert will include opportunities for audience participation.

### The cell phone Revelations Revolution at Computer Club

By Alec Aylat

Al Parker tells us that, "We always used to think of a cell phone as a way to make phone calls. But with the evolution of technology, that little cell has become a complete computer with the many more things it is capable of doing. One of the things that makes all smartphones especially interesting," he says, "are the computer programs on its surface called apps."

On Monday, Dec. 18, at 10 a.m. in the Gallery, Al, Fred Milman, and Arty Segal, will present a program of their favorite apps drawn from both Android and iPhone devices. Club members, and residents generally, will not want to miss out on seeing these apps revelations, to be forever known in Rossmoor as the Revelations Revolution.

If you come at 9:30 you also won't be missing refreshments, and if you go to the club website at [www.rossmoor.org](http://www.rossmoor.org), editor Milman may have written something more about apps. Meanwhile, forever busy, Dr. Parker is hosting in the Lab, an eight-session course for beginners on Microsoft's Windows 10. Happy holidays.

### In Memoriam

(Continued from page 10)

#### Anne Ruffalo

Anne Ruffalo, well-known and loved Rossmoor resident, passed away on November 9. There will be a memorial service in the Meeting House on December 3 at 2 p.m.

Submitted by Linda Klink

#### Jean Gloria Bitetti

Jean Gloria Bitetti of Rossmoor Drive died on Sunday, November 13, 2016. Born in Princeton, she grew up in Monmouth Junction and attended St. Peters High School. Jean worked as a Teller for First National Bank of Cranbury and then went on to work at Carter Wallace as an Administrative Assistant. She is survived by her daughters and sons-in-law, Debra and Buck College, Karen and Adam Sells, Tyann Nordness and Andrew Comolli, Donna and Dave Lyon and Janice and Van Delfino; her grandchildren, Jennifer and Trevor Kennedy, Kyle Lyon, Tyann Sells, Daniel, Oscar and Claire Nordness; her siblings, Louie and Robert Tammaro; and her best friends and sisters, Arlene Bernardo and Joann Russo.



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## The New Jersey Club

By Eileen Parker

The New Jersey Club will meet on Friday, December 16, at 1:30 p.m. in the Ballroom. Judi Krall-Russo will be our guest speaker. Her theme will be "The Discoveries, Inventions and Innovations of Agriculture in New Jersey - the Garden State."

The New Jersey Club welcomes all residents who would like to learn more about the state where we reside.

We wish everyone a very happy Holiday Season!

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Emily Jarvis, DVM

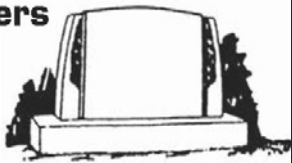
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## Focus on: Groups and Clubs

By Jean Houvener

(Continued from page 1)

seated with people I already knew, and enjoyed meeting new people as well. The Ballroom had been appropriately decorated, and put everyone in a festive mood. Dinner included a very large sand-

wich (many halves went home with people), potato salad, coleslaw, donuts, soda, and beer. Some people also brought their own beverages.

The DJ for the event was Bobby Picone, who, with his

partner, is also a dancer. The dances included foxtrot, rumba, cha-cha, jitterbug, El Paso cha-cha, tango, tarantella, mambo, jitterbug, the dances I remember as slow dance and fast dance from my youth, and even a rousing twist. There were also line dances, led by Bobby and his partner, including electric slide and cha-cha slide, tricky dances that make the group look like members of "A Chorus Line." Impressively there are many great dancers in the Dance Club, and it probably works best to have appropriate dance shoes or at least dance sneaker covers, so as not to stick to the floor. Most people knew the names of the dances and how to perform the steps, but there was also room for people to join in or to do their own thing.

Late in the evening, the costume parade began, showing off the very imaginative costumes. Just before the parade Martians kidnapped a lovely couple with pumpkin vests, invaded the parade, and promptly won first place (who knew they have Clorox bottles and egg cartons on Mars?). A more terrestrial scarecrow and a Greek goddess won second and third. Chris Christie won Honorable Mention. Having won the contest, the Martians disappeared and released the lovely couple, to everyone's relief. A 50-50 and more dancing finished off the evening. This large sociable club is always happy to welcome visitors and new members. The Club has a regular article in *The Rossmoor News* detailing future dances.



Linda Klink, Armen DeVivo, Bobby Picone, and partner Lynn

## Happy birthday, Bob!

By Joe Conti

On Sunday, November 6, the Players, along with Bob Huber's family and friends, celebrated his 90th birthday in the Ballroom. It was fitting that the afternoon was filled with Bob's contribution to The Players. Bill Strecker and his band supplied the music. Members of the group performed a medley of songs from their last two original musical comedies, "Between engagements," and "It's News to Us."

Bob wrote the book and lyrics for both plays and Bill Strecker the music. Bob has also served as president, director, musician, and whatever else was needed at any



Bob Huber, Blowing out the candles at his 90th Birthday Party

given time.

Thank you, Bob. We literally couldn't have done it without you.

## Happy Holidays from the Dance Club

By Judy Perkus

December is such a busy month with lots of happy events, so the Dance Club will have no dance this month. The deadline for the December issue of the *Rossmoor News* is early November; so we have no photos yet from that event. Check out the photos from our October Halloween dance.

See you in January at our next dance. All Rossmoorites are welcome, but priority goes to Dance Club members.

You may send your 2017 Dance Club dues of \$15 per couple, \$7.50 per person made out to the Rossmoor Dance Club to Armen DeVivo at 449B Roxbury Lane. New members, singles and couples, are welcome. Call Armen at 609-655-5799 for more information.

President Armen DeVivo and the entire Dance Club wish you Happy Holidays and a Happy and Healthy New Year.

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## Players pastimes

By Sue Archambault

The Players would like to thank all the attendees at our play "It's News to Us," which we performed at the end of October. We played to full audiences all three performances. We certainly appreciated the applause throughout the shows and the accolades

we received both right after the play, as we mingled over refreshments, and in the weeks following as the cast went back to their activities of daily living. Special thanks to all the volunteers who helped by selling tickets, collecting tickets, setting up refreshments, becoming our light and sound



providers, and undertaking all the other jobs that are necessary to make our plays come to life.

The money The Players receive in ticket sales is first utilized in paying for refreshments served to our audiences, remunerating the electricians who set up the lights, purchasing props and costumes when necessary, which is especially true for period plays like "It's News to Us," and compensating professional band members, not members of The Players. In addition, the sound equipment needs to be updated, plus we regularly have to replace some components. At the end of the year, we donate 50% of our net earnings to charitable organizations decided upon by our board of directors.

A new board of directors was nominated and voted upon at our meeting on October 31. Our officers, as of January 1, 2017, will be Sue Archambault, president; Beverly Masters, vice president; Joan Northrop, secretary; and Dolores Grief, treasurer. The Players would like to thank Norman Perkus for acting in the capacity of president of The Players for the last two years.

Our December meeting will be our holiday party. Players members, please check your emails and messages for information regarding this fun annual holiday outing. Arrangements are being made at this time.



Players Laurie Moyer, Jim Wilson and Sue Archambault on stage



It's News to Us Author Bob Huber and composer Bill Strecker



Players costume winners Sue Archambault (3<sup>rd</sup>), Joyce Drager (1<sup>st</sup>), Judy Frei (2<sup>nd</sup>)



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## Mark your calendars for a joyous Holiday Concert

The renowned Princeton Pro Musica Chamber Chorus will present a joyous Holiday Concert at Rossmoor on Friday, December 9. It will take place in the Meeting House at 7:30 p.m. Mark your calendars and see more details in this issue of *The Rossmoor News*.

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**ALSO BUYING**  
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## Emerald Society's activities

By Joan Avery

President Dan Jolly reported that the Halloween Party was a great success. Several people came in fabulous costumes and during the festivities a contest was held for the best costumes. The winners were as follows: Jeanne Vohrer won first prize, August Sardo won second prize and Pat Marcols won the third prize. Top Hat caterers served an outstanding buffet and wine was on each table.

There will be another festive Emerald Society Christmas party on December 10 from 6 to 10 p.m. in the Ball-

room of the Clubhouse. The cost is \$45 and you can sign up with Dan Jolly. There will be another great dinner by Top Hat caterers and music by Outcast Productions. There is a fabulous menu consisting of hot and cold hors d'oeuvres, green salad, prime rib, chicken marsala, broiled tilapia, parsley potatoes, mixed vegetables, coffee and dessert. There will also be wine on the tables.

Ron D'Angelo ran the elections for officers for the Emerald Society at the last meeting and the results were as follows: Dan Jolly will again be president, Carol

O'Brien will be the new vice president in charge of membership, Marge Princiotta will again be treasurer and Joan Avery will again be secretary. Everyone in the Emerald Society is looking forward to a terrific 2017.

Dan had arranged for another popular trip to the Sands Casino in Pennsylvania, and everyone had a great time on November 18.

Mark your calendars for the trip to the Christmas Show in Lancaster, Pa., for December 6. Dinner will be at Good and Plenty Restaurant, another extremely popular event.

The Emerald Society December 21 meeting will have Jack and Sherri entertaining the members. Certainly, a sensational December!

## Honoring our veterans



MC and Military Outreach Coordinator Dan McOlvin with Bob Macchiarola



Reliving old times at the Veterans Breakfast



Erica and her grandfather Rene Gagnon, a WWII Veteran



Honor table for Servicemen Missing in Action

## Italian American Club

By Tony Cardello

The Karaoke night at the November membership meeting was a huge success and made for a fun filled evening. There were many fine voices and some with NOT very fine voices who participated. You know what? Nobody cared.

The champagne Christmas brunch will be held at The Cranbury Inn on Sunday, December 11, from 11 a.m. to 3 p.m. at a cost of \$30 per person. Joe Conti wants to remind everyone that we are not restricted to 120 people and that guests are invited. In addition to champagne, there will be a cash bar. Singer Rick Purcell will provide entertainment, as last year.

Bingo will be held on December 16 at 6:30 p.m. in the Ballroom.

As is the custom, there will not be a membership meeting in December.

The officers of the club wish all our members and their families a HEALTHY, Merry, and Blessed Christmas.



## 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.



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DECEMBER 2016

CLUBHOUSE

ROSSMOOR-NJ

Michelle Williams, Manager ♦ Erica Hardeo, Event Planner ♦ Sebreana Jinks, Office Assistant ♦ Sue Ortiz, Front Desk Coordinator ♦ Jessica Roberts, E&amp;R Foreman

**WINE & DESIGN PAINTING PARTY**Thursday, December 1, 6:30pm, Gallery  
Sold Out...Wait List Available**HOLIDAY PIZZA PARTY &  
CLASSIC TV COMEDY DVD**Tuesday, Dec. 20, 12:30pm, Ballroom, \$11pp  
Pizza, Salad, Dessert & Beverage  
ON SALE NOW**"BEAT THE WINTER BLUES" DANCE**Friday, January 20, 7pm, Ballroom, \$10pp  
Music by: DJ Jon Levine...ON SALE DECEMBER 1**New Year  
Celebrations****New Year's Eve Brunch**Friday, December 30  
11:30am Ballroom \$35pp  
Music by Maggie Worsdale**New Year's Eve Dinner**Saturday, December 31  
7:30pm Ballroom \$65pp  
Music by DJ Mel  
ON SALE NOW**SUNDAY MOVIE LUNCHEON****"SULLY"**

starring Tom Hanks

Sunday, January 15  
12:30pm Ballroom \$14**Menu Includes:**Tuna, Egg & Chicken Salad with  
assorted bagels, Pear Feta Salad,  
Roasted Red Pepper &  
Mozzarella Pasta Salad,  
Dessert, Beverage & more...

ON SALE DECEMBER 6

**SUPER BOWL LI**

On The Big Screen

Sunday, February 5

5:30PM Ballroom \$19pp

**Menu Includes:**Hoagies, Pasta Salad, Asst. Hors d'oeuvres,  
Dessert, Beverage and more...Not interested in the game? After dinner, head to the  
Gallery for a movie. We will be showing  
"Florence Foster Jenkins" starring Meryl Streep

ON SALE JANUARY 5

**NEW YORK CITY HOLIDAY LIGHTS TOUR**  
Wednesday, Dec. 7, Departs Poolside 1:30pm, \$70pp  
Wait List Available...Sold Out**ATLANTIC CITY...GOLDEN NUGGET**Tuesday, March 28, Departs Poolside 9am, \$25pp  
\$25 Slot Play & \$5 Food Voucher  
On Sale January 16**NEW ORLEANS...SENIOR TOURS BUS TRIP**April 4-13...10 Days...18 Meals  
\$1982pp (Double) \$2452 (Single) includes tax & gratuities  
\$662 due upon sign-up...Trip Ins. Recommended**SAVE THE DATE**Morning Matinee Bagel Breakfast  
Tuesday, February 21St. Patrick's Day Luncheon  
Monday, March 13"Laugh & Boogie" Comedy Show  
Friday, March 24

DETAILS COMING SOON

**Annual Philadelphia Flower Show**

Celebrate the Flower Fields of Holland

Wednesday, March 15... \$50pp

Departs Clubhouse 10am

Lunch On Your Own at the Reading Terminal Market

ON SALE DECEMBER 1

**Miss Saigon on Broadway**  
at the Broadway TheaterWednesday, March 22  
Departs Poolside 10am\$123pp includes front mezzanine,  
bus & driver gratuity  
ON SALE NOW**2016 Year in Review**Wednesday, January 18  
1PM BallroomJoin us for a look back on 2016. We will be showing  
pictures on the big screen of the year's highlights!**"Year of the Rooster"**  
*Chinese New Year Celebration*

Friday, January 27

12 Noon Ballroom

Buffet Luncheon

and

Introduction of Traditional Chinese  
Culture Presentation by Shen Yun Promotions

Menu &amp; Price To Be Announced

Watch Channel 26 for Details

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## GREAT DECISIONS

Explore the World  
via  
2017 Great Decisions Discussion Group

Tuesday Evenings...7PM...Cedar Room

February & March

\$22 Materials Fee

Register in Clubhouse by January 5  
Limited Space Available

## PROJECT HEALTHY BONES

Project Healthy Bones is a no cost 24-week exercise and education program for women and men at risk for, or who have, osteoporosis. The sessions include exercises to improve strength, balance, and flexibility, along with education on nutrition, safety, drug therapy, and lifestyle related to osteoporosis.

LIMITED SPACE AVAILABLE...BEGINS JANUARY 5



## Fireside Chats & Cocoa

Thursdays  
December 8 & 22  
10am Red Room

All Welcome

## CULTURE & EDUCATION

**NEW!**

### RECIPE EXCHANGE GROUP

2nd Wednesday of Each Month  
7PM Maple Room

Bring a copy of your Favorite Recipe

### AVIATION GROUP

2nd Wednesday, 1:30pm, Ballroom  
"The Invention of the Airplane"

### BOOK DISCUSSION GROUP

2nd Thursday, 3:00pm, Maple Room  
"Last Train to Istanbul" by Ayse Kulin

### CULTURAL PROGRAM SERIES ON DVD

1st Tuesday, 1:00pm, Ballroom

### CURRENT EVENTS ROUNDTABLE

Mondays, 10:30am, Maple

### GERMAN AMERICANS

Last Thursday, 1:30pm, Cedar

### GREEK AMERICANS

1st Tuesday, 1:00pm, Maple

### LATINO/HISPANIC AMERICANS

Last Wednesday, 6:00pm, Maple Room

### POLISH AMERICANS

1st Friday, 1:00pm, Maple Room

### WRITERS GROUP

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



RCAI Offices will be closed  
Monday, Dec. 26 &  
Monday, Jan. 2 in  
observance of Christmas &  
New Year's Day.

Have a Happy & Healthy  
Holiday Season

### 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  
time of ticket purchase.  
Tickets are non-transferrable

## THIS & THAT

### 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

Dates TBA for 2017

New to the Fitness Center or need a refresher?  
Sign-up in the Clubhouse

### HEALTHY BONES

Thursdays, 9:30am, Ballroom

This class is for those that have pre-registered.

### OPEN EXERCISE DVD

Monday, Thursday, 9:30 Hawthorn Room

Saturday, 9:30am, Maple Room

No Instructor. Exercise at your own pace.  
DVDs are selected from our current collection  
No charge or sign-up required.

### TOPS WEIGHT LOSS PROGRAM

Wednesday, 9:30am, Maple Room

Call Clubhouse for Information

### YOGA

Wednesday, 9:30am, Cedar Room.

Resident instructor conducts the class. No Charge.

All Welcome. Bring floor mat.  
SPACE LIMITED.

### ZUMBA GOLD

Monday, 6:30pm, Hawthorn Room.

Class conducted by a certified Zumba instructor.

New Session Begins March 6, 2017...Pay instructor directly

## LET'S GET MOVING



### "ALL IN STITCHES" Knit & Crochet Group

Thursdays, 1pm, Maple Room

### ART CLASS/WORKSHOP

Wednesday, 9:30am—11:30am, Gallery.

Resident/Artist Paul Pittari offers basic instruction.  
Easels provided. Supplies on your own.

### CERAMICS STUDIO

Monday & Thursday, 8:30am—12pm.

Monitor present. Molds & Kiln on site.  
Supplies on your own.

### GALLERY EXHIBITS

The month of December will feature winter scenes.  
Be sure to stop in and browse the beautiful  
artwork of our Rossmoor residents.

### POTTERY

Wednesday & Saturday, 8:30am-12 Noon.

Monitor present.

### 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.

Supplies on your own.

### WOODSHOP

Open to Residents who have completed  
the orientation and safety class.

Monday-Saturday 9am-3pm

### NEW EVENING HOURS

Tuesdays/Thursdays  
6-8pm

## THE ART WORLD



### TRIP REMINDERS

Trips require average physical activity. You should be in good health, able to  
climb stairs and walk reasonable distances,  
possibly over uneven grounds.

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 MUST be  
handed in on the official form. Forms can  
be found on the website or in the Clubhouse





## CARDS & GAMES



**Fast paced crossword style word game to keep you on your toes. Mondays & Thursdays, 2pm, GR. Contact Dolores Wardrop Info in Rossmoor phone book**

**Tuesday night Rubber Bridge players needed.**  
Contact Diane DelMasto Info in Rossmoor phone book

**Contact Clubhouse**

Contact Sophie Prata. Info in Rossmoor phone book

Contact Joe Conti. Info in Rossmoor phone book

**NINTENDOS Wii**  
Bowling, Tennis, Golf.

Stop by Clubhouse Office to sign out games.

**WEDNESDAYS, 1:00pm.**

Contact John Cristiano. Info in Rossmoor phone book

**POKER**  
Mondays and Fridays.

Contact Ginny Giorgio or Edye Tenner  
Info in Rossmoor phone book

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

**GHOSTBUSTERS**  
ANSWER THE CALL

A movie poster for the 2016 film 'Ghostbusters: Answer the Call'. The title is prominently displayed at the top. The central image features the five main characters in their iconic blue and white uniforms, equipped with proton packs. They are posed dynamically against a dark, swirling background. A large, white, ghost-like figure is visible in the upper center, and a large, red and blue 'No Ghosts' symbol (a circle with a diagonal line) is in the background. The overall tone is action-oriented and nostalgic.

Sunday, December 4  
1:30PM Gallery

Tuesday, December 13  
1&7PM Ballroom

Rated PG-13

116 Minutes

No Charge

**\*Movie Subject to Change\***

**Friday, December 9**  
**Tuesday, December 27**

## 1PM Ballroom

## No Charge

## ALL WELCOME

## MOVIE CORNER



**PICTURE  
PERFECT**



**PICTURE  
PERFECT**





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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
<div>E &amp; R Events Marked with ⌘ Require Tickets or Prior Registration</div>	<div>Tickets on Sale today! </div>	<div> Happy Holidays</div>	<div>9:00am-2:00pm Rental Library Booktique-CFT 2:00pm Mutual 16 Budget-GL 6:30pm ⌘ Wine &amp; Design-GL </div>	<div>9:00am-2:00pm Rental Library Booktique-CFT</div>		
4	5	6	Pearl Harbor Day 7	8	9	10
<div>1:00pm Mutual 11 Holiday-BR 1:30pm Free Movie-GL "Ghostbusters" PG-13 116 Mins 2:00pm Mutual 1 Holiday-H</div>		<div>1:00pm Cultural Program-BR </div>	<div>10:30am Mutual 16 Holiday-BR 1:30pm ⌘ Trip-NYC Holiday Lights </div>	<div>10:00am Fireside Chat-RR</div>	<div>1:00pm Mystery Movie-BR 7:30pm Music Assn.-MH</div>	<div>5:00pm Emerald Holiday-BR</div>
11	12	13	14	15	16	17
<div>1:00pm Mutual 7 Holiday-BR</div>	<div>10:00am Mutual 5-BR 1:00pm Healthcare Lecture- MP 1:30pm Mutual 3 Budget-GL</div>	<div>1:00pm &amp; 7:00pm Free Movie-BR "Ghostbusters" PG-13 116 Mins 2:00pm Mutual 9 Budget-GL</div>	<div>1:30pm Aviation-GL 7:00pm Recipe Exchange Group-MP</div>	<div>9:00am Board of Governors- VC 11:30am Directors Holiday Luncheon-BR</div>	<div>6:30pm Bingo-BR </div>	
18	19	20	1st Day of Winter 21	22	23	Hanukkah 24
		<div>12:30pm ⌘ Holiday Pizza Luncheon-BR </div>	<div>Happy  First Day of Winter</div>	<div>10:00am Fireside Chat-RR</div>		<div> HAPPY HANUKKAH</div>
Merry Christmas 25	Kwanza 26	27	28	29	30	New Year's Eve 31
<div></div>	<div>RCAI OFFICES CLOSED </div>	<div>1:00pm Mystery Movie-BR</div>	<div>1:00pm Hanukkah Party-BR</div>		<div>11:30am ⌘ New Year's Brunch-BR </div>	<div>7:30pm ⌘ New Year's Eve Dinner-BR </div>

GROUPS/CLUBS MEETING ON A WEEKLY or BI-WEEKLY BASIS			
All in Stitches	Thurs	1:00pm	MP
Art Class	Wed	9:30am	GL
Chorus	Wed	4:00pm	MH
Church Discussion	Tues	1:30pm	MHP
Community Church	Sun	11:00am	MH
Crafters	Tues	9:30am	CFT
Croquet	Fri	5:00pm	C/MP
Current Events	Mon	10:30am	MP
Rug Hookers	Thurs	9:30am	GL
Sewers	Mon	9:30am	CFT
TOPS	Wed	10:00am	MP
Torah Study	Sat	10:00am	CD
WEEKLY GAMES, EXERCISES & SPORTS			
**CARD ROOM**			
Bridge (Various Groups)	Thurs & Fri	1:00pm	GR
Cards	Tues	10:00am	BR
Chair Yoga	Tues, Fri, Sat, Sun	9:00am	H
Table Tennis	Mon, Thurs, Sat	9:30am	H/MP
DVD Exercise	Wed	9:30am	CD
Yoga	Mon	6:30pm	H

GROUPS/CLUBS MEETING ON A MONTHLY BASIS			
Book Discussion	2nd Thurs	3:00pm	MP
Catholic Society Mass	2nd Thurs	7:00pm	MH
Computer Club	3rd Mon	10:00am	GL
Dance Club	Last Sat	7:00pm	BR
Emerald Society	4th Wed	2:00pm	BR
German-American	Last Thurs	1:30pm	MP
Greek-American	1st Tues	1:00pm	MP
Indian American	3rd Fri	7:00pm	CD
Italian-American	3rd Wed	7:30pm	BR
Jewish Cong. Services	2nd & 4th Fri	7:45pm	MH
Latino Hispanic American	Last Wed	6:30pm	MP
NJ Social & Cultural	Last Fri	1:30pm	BR
Players	Last Mon	7:00pm	GL
Polish-American	1st Fri	1:00pm	MP
Sisterhood	3rd Mon	1:30pm	BR
Women's Guild	3rd Thurs	1:30pm	BR
Worship with Communion	1st Sun	11:00am	MH
Writers Group	Last Thurs	10:00am	CD

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



# This month in pictures

Photos by Joe Conti and Walter Gryskiewicz

## The Annual Women’s Guild Bazaar



A quick view of the donations in the Hawthorn Room! Quite a selection!



Was Imelda Marcos here?



Some of the delicious cakes for sale!



Santa’s visit to the Woman’s Guild sale



Anne Rotholz examines some crystal



Helpers, L-R, Lennie Caglianone, Mike Sikora, Mark McEntee



Winnie’s Closet



## Thank you to all for a successful bazaar

By Diane England

We asked the entire community to support this year's Women's Guild Bazaar and, to our delight, many of you stepped forward and ensured this event was indeed successful. Fortunately, some of you donated merchandise and we thank you for doing this. Others volunteered to accept and sort these goods and we're grateful you fulfilled this task. Certainly, some volunteers organized our sales rooms and did such good jobs, in fact, that event chairperson, Paulette Mascia, and I have heard

many comments regarding this specifically. Then again, some of you stepped forward to sell goods at the actual event and we thank you for handling this role.

Fortunately, too, some of you were crafting or knitting items, or perhaps baking, prior to the bazaar itself. Needless to say, your willingness to donate your time and talents in this way has not gone unnoticed, and we wish to express our gratitude to you as well.

That all said, I don't want to forget any of you who fulfilled specialty roles, either. Examples include our Santa Claus, photographer for pictures with Santa, hot dog cooks in the cafe, specialty room managers, event bank-

ers, and, of course, our chairperson, Paulette. You all did great jobs, but we never would have had such a wonderful event without our dedicated leader with her seemingly boundless energy.

Of course, we all know the event couldn't succeed without shoppers. Therefore, let me express a big thanks to each and every one of you who came out and purchased goods or supported things like 50-50 tickets, pictures with Santa, and the café.

Before I go on further to share some details about the money we actually raised because of your support, I want to also thank the custodial staff who played a large part in our success. As I already indicated, many people commented afterward that the bazaar seemed well organized. And while great volunteers played a role here, so did the staff who'd set up everything to our specifications before our deadlines, and were then happy to rearrange things to accommodate our changing needs. So, I wish to extend a big thank you to each and every one of them, too.

Okay, now let's talk numbers. The overall event raised \$7,119. And in case you're interested, let me provide the sales for the various rooms. Except, before I do, just let me say that these figures probably say more about the appeal or usefulness of certain items versus others to a senior population (likely trying to discard versus accumulate items) than anything else. However, sales figures are probably also

impacted by the quantity of preferred items donated as well as their quality. That said, these might give you ideas as to what to donate next year, don't you imagine?

Here are those figures (which have been rounded off):

- Winnie's Closet (women's clothing and more)-\$1,833
- Craft Room (handmade crafts also sold in a presale)-\$952
- Silent Auction (limited number of higher end items)-\$718
- Photos with Santa-\$147
- Fifty-fifty tickets (our net)-\$263
- Knitting Room-\$242
- Books, Games, Toys, and Music-\$310
- Gourmet Shop (homemade baked goods)-\$284
- Grandfather's Attic (men's clothing and more)-\$342
- Granny's Attic (household items and decorations)-\$1,385
- Ballroom Café (bagels, hot dogs, and more)-\$647

Let me say I've been hearing some nice feedback this year not only with regard to how organized things looked, but regarding the quality of the merchandise generally. Also, I've heard positive comments about how hard many of you worked despite the fact you were not Guild members (I'm referring to the men here) or likely had only joined the Guild more recently. Needless to say, I've loved hearing these things,

and I want to thank those of you responsible for creating these positive responses.

I know this event requires much physical labor as well as standing for hours on hard floors, likely resulting in aching feet and legs. However, I hope all volunteers had enough fun that you'll consider returning and joining us again next year. And shoppers, we always need you! So, mark the first Saturday in November on your 2017 calendar now.

Also, watch for the luncheon date to be announced (late May or early June) where the Women's Guild will recognize the Monroe Township high school seniors to whom we'll be giving \$1,000 scholarships. Thanks to your support, I suspect we'll be handing out seven this year. So again, we extend a big thank you to all.

On another note, we will not be holding our regular monthly meeting this month but instead, will be having a holiday luncheon on Monday, December 5 at noon in the Ballroom. This event is for ticket holders only (the final count has already been given to the caterer), so to those of you whom we won't be seeing at this time, let me take the time now to wish you and your loved ones a joyous holiday season. However, we'll look forward to seeing you at our January meeting on the third Thursday of the month at 1:30 p.m. in the Ballroom (January 19, 2017).

See Women's Guild  
photos on page 15

### MONROE DENTAL GROUP Lawrence Klein, DDS Adam Klein, DMD

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## Rossmoor Rental Library

By Irene Poulin

**Plaid and Plagiarism** by Molly MacRae

The Ingersall Literature Festival in Scotland is just about to begin when a shocking murder temporarily turns the owners of the new Highland Bookshop into amateur detectives, in an enthralling new cozy crime novel from the beloved Molly MacRae.

**A Pinch of Poison** by Alyssa Maxwell

In post-World War I England, Lady Phoebe Renshaw and her lady's maid, Eva Huntford, encounter an uncharitable killer at a charity luncheon sponsored by a posh school for girls. Note: Some of the characters and scenes are highly reminiscent of TV's Downton Abbey.

**The Fire by Night: A Novel**

by Teresa Messineo

A powerful novel about two American military nurses during World War II illustrates the unsung heroism of women who risked their lives in the fight – a riveting saga of friendship, valor, sacrifice, and survival.

**The Mistress** by Danielle Steel

The Mistress is a riveting tale of vast fortune, cruelty, creative genius, and daring courage, as uncompromising individuals chart a course for collision.

**Library Hours:**

Monday thru Friday  
10 a.m. to noon

1:30 to 3:30 p.m.

Library closed Saturday

Shop the library's holiday booktique during December

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Since 1866



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## SPORTS



## Golf Course Highlights

## 9 Holers end on a high note



Officers for the Women's 9-holers Golf Club 2017 Season are VP, Joan Gabriello; President, Joyce Cassidy; Secretary, Terre Martin and Treasurer, Tori Meiselbach.



Terre Martin was the winner of the 9-holers Club Championship

By Terre Martin

The end of the golf season is always bittersweet. We say goodbye to players who leave for warmer weather, others who move away, and even to Rosie, the course patrol dog who stopped by our end-of-the-year luncheon. Let's hope for a mild winter and early spring, so we can get back to golf fit and ready.

Our last tournament was a Step Away Scramble, which was won by Denise Sikora, Joyce Cassidy, and Barbara Agnese. The second-place team was Tori Meiselbach, Marie Bills, and Terre Martin. Tournament chairman Muriel Calvanelli also announced the Chip-In winners: Doris Herron (twice!), Joan Gabriello, Marie Bills, Terre Martin, and Marilyn Shanks. "Birdie" winners included Doris Herron (twice!), Marie Bills, and Denise Sikora.

Joyce Cassidy and her committee did a great job of arranging our final luncheon. President Marie Bills graciously welcomed guests Catherine Hurley, Terry Whitman, and Helen Michna.

The final act of the season was the election of new officers. An enormous amount of gratitude for many years of service is due to outgoing president Marie Bills, whose concern, diligence, and attention to detail are unparalleled; vice president Mary Ellen Mertz whose organizational skills and support have been stellar; secretary Doris Herron who diligently kept the club on track and up-to-date on all discussions and issues; and treasurer Marie Eppinger who brilliantly kept our tight budget in the black.

learn, women who sort of play golf and would like to get better, and seasoned players who'd like to down-size to 9 holes should contact our membership chair, Mary Shine (609-655-4518) or new president Joyce Cassidy (609-619-3618). Thanks to clinics run by our pro Ted Servis and observational tips from fellow players, the 9 Hole group is the perfect place to hone your skills.

By Ted Servis, golf pro

Golf is in its winter season and only the truly hardy golfers are out.

To those of you who have stopped playing, or who go away for the winter, I hope you have a healthy and happy winter. We look forward to seeing you in the spring.

Our golf course continues to be in fantastic condition,

thanks to Tom Tucci and his staff. We just completed bunker work on holes five and eight, and they look great.

On behalf of myself and my staff, I thank everyone for a great 2016 season. If there is anything we can help you with, or any question we can answer, please give us a call on 609-655-3182.

The Pro Shop has a year-end sale going on so please stop by and take a look. We have plenty of merchandise for all of your shopping needs. Just remember that all Pro Shop credits must be used by December 31, 2016.

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's closing day luncheon's election results

By Arlene McBride

On Oct. 11, we held a Closing Day Scramble, tournament and luncheon. First place team: Carolyn Meyer, Sue Petersen, and Joan Semen; 2<sup>nd</sup> place team, Carol Faraci, Joan Messick and Sandy Pelligane. Congratulations to all!

Afterwards a luncheon/business meeting followed with election of officers. The slate was presented to the president and voted on unanimously by the members present. The new officers for 2017 are Arlene McBride, president; Pat

(Continued on page 18)

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for more information and directions.

This event will not include a formal marketing presentation, but sales associates will be on hand to answer questions.



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## 18-hole league

(Continued from page 17)

Mueller, vice president; Sandy Pellicane, treasurer; and Joan Semen, secretary. No other discussions followed.

The luncheon was hosted by Joan Messick and Sandy Pellicane. The Halloween decorations that graced the table were unique. We all got our share of Halloween goodies. Thank you for all your cooperation and effort to make it a pleasant luncheon.

Also, we extend a big - THANK YOU to all the social committees that hosted our luncheons throughout the season. Everyone went over and beyond in their creativeness in making the luncheons a special event.

Have a very merry Christmas, happy holiday, and happy Hanukkah to all who celebrate their respective holidays. See you in the New Year 2017. Stay healthy and happy.

## Marie Bill's special poem

By Criswell Freeman

*Life is like a round of golf  
With many a turn and twist.  
But the game is much too  
sweet and short  
To curse the shots you've  
missed.*

*Sometimes you'll hit it  
straight and far  
Sometimes the putts roll true.  
But each round has its errant  
shots  
And troubles to play through.*

*So always swing with courage  
No matter what the lie.  
And never let the hazards  
Destroy the joy inside.*

*And keep a song within your  
heart.  
Give thanks that you can  
play.  
For the round is much too  
short and sweet  
To let it slip away.*

## Religious Organizations

### The Blessing Tree

By Dierdre Thomson

We have just enjoyed Thanksgiving, and are looking forward to Hanukkah and Christmas. I wonder how often we truly realize our blessings during these times, or is it only during these times that we might begin to remember the blessings we have received all year long from God.

Joanie Yoder, a favorite author of mine, wrote about a young couple whose business had failed, and as a result they had little money to spend in December. They also were going to have to move out of their house after the New Year. They still wanted to celebrate the holiday season, so they decided to throw a party. Their guests were surprised to see a little tree with one string of lights and small rolled-up pieces of paper tied to the branches with ribbon. The couple welcomed them by saying, "Welcome to our blessing tree!" and told their guests that despite the difficult times they had that year, God had blessed them in so many ways that they dedicated the tree to Him. Each piece of paper described a blessing God had given the couple that year.

The couple faced many

more trials over the years, but they stayed focused on God. They often reminded people of the Christmas of their blessing tree and how it was one of their most beautiful, because they were able to say in that special tree that, "The Mighty One is holy, and he has done great things for [us]."

So, remember when it seems that your difficulties

overwhelm you, they need not spoil your special holidays - nor any of your days. Remember to focus on God and find ways to share His blessings with others - perhaps through your own blessing tree, or blessing bowl, or even blessing window throughout the year. Happy Hanukkah, Merry Christmas, and a Blessed New Year!

### Catholic Society schedules Mass, Dec. 13, the Feast of Saint Lucy

By Gene Horan

The Catholic Society monthly Mass will be celebrated in the Meeting House at 1:30 p.m. on Tuesday, Dec. 13. Rev. Andrzej Wieliczko, administrator of Holy Trinity Church in Helmetta, will be the celebrant. The Sacrament of Penance (confession) will be available prior to the Mass at 1 p.m. Fellowship and refreshments will follow Mass.

Other December events include the following:

- The Prayer Shawl Ministry on Thursdays, Dec. 8 and Dec. 22 at 1:30 p.m. in the Clubhouse Craft Room.

- Catholic Society Council meeting on Thursday, Dec. 8 at 1:30 p.m. in the Meeting House Parlor.
- The Chaplet of Divine Mercy on Tuesday, Dec. 13, at 3 p.m. in Clubhouse Maple Room.
- The viewing of the film "War Room" in the Gallery at 1:30 p.m. on Monday, December 19.

Please note that the Mass is on Tuesday, Dec. 13, at 1:30 p.m., not on the usual Thursday evening.

The Catholic Society Council wishes a happy and blessed Christmas to all.



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## Jewish Congregation: Hanukkah party plus a New Year's favorite event

By Ben Wistreich

The eight days of Hanukkah coincide with both Christmas and New Year's Eve. This becomes an historic holiday. The Congregation will celebrate this occasion with a Hanukkah Party

at 1 p.m. on Wednesday, December 28. Catered sandwiches and salads from Lox, Stock & Deli plus other goodies like potato latkes (a holiday tradition), coffee, cookies, and cake, too, will mark this holiday. Reservations

will be closed by the time this appears – but we hope you reserved your place at this party.

The Jewish Men's & Friends Club will have its traditional (4th year) New Year's Lunch Party in January (instead of a few days before New Year's Eve). We couldn't fit it in before Hanukkah, so we opted for Wednesday, January 4 at 1 p.m. at the Old Trenton Road Capuano's. As usual, you will have a complete choice of the luncheon menu and daily specials. Plus, we will supply red and white wine for everyone – and you will also enjoy soup or salad, beverage, dessert, and gratuity, too. Nothing is extra – it is truly "all-inclusive." The total cost is \$35 (no increase) and your check and reservation form (see the Bulletin) must be in our hands before December 27. Make checks payable to "Rossmoor Jewish Men's Club" – then put our 2017 Capuano's holiday luncheon on your calendar! Prepare for a great time and lively conversation with your friends and fellow congregants.

The December 2 Sabbath Service will have Bob Kolker as Torah Reader and Jeff Albom as Lay Reader. The December 16 Service will also have Bob Kolker as Torah Reader and Jeff Albom as the Lay Reader. The Congregation will sponsor the Oneg Shabbat at both Services. 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, December 6, at 7 p.m. in the Dogwood Room.

## Caroling, fellowship, and fun

By Linda Klink

The Community Church is hosting an evening of Christmas caroling on the steps of the Meeting House, December 18 at 6 p.m.

Participants are encouraged to wear warm clothing and bring a small flashlight. Copies of the carols will be provided. Once we are hoarse and cold, we will come inside for cups of Sal's delicious chili and crack-

ers, hot cocoa, coffee, and tea. If anyone wants to bring cookies to share, we would appreciate it.

We do need to know how many people plan to attend, so please call Marianna Sandor – 609-655-0351 – to let her know you will be there.

We look forward to sharing the joy of the season with everyone!

## Mystery TV Presentations

By Hadassah Aylat

You'll be dazzled by an assembly of short clips from popular TV programs, and by TV program theme songs, all from the 1950s, the Golden Age of television. You'll then be asked to guess the names of the programs they're from, all collected by our very own Dottie Haff, the world's all-time expert on

musical trivia, at the next meeting of the Sisterhood on Monday, Dec. 19, at 1:30 p.m. in the Ballroom. In addition, have fun seeing and hearing some funny TV commercials. It's all pure nostalgia.

In addition, we'll have our delicious desserts. And we're still collecting non-perishable food items for the Food Pantry.

*More things are wrought by prayer than this world dreams of.*

*Wherefore, let thy voice rise like a fountain for me night and day.*

*For what are men better than sheep or goats that nourish a blind life within the brain,*

*If, knowing God, they lift not hands of prayer both for themselves and those who call them friends?*

*For so the whole round earth is every way bound by gold chains about the feet of God.*

**Alfred Lord Tennyson**

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## Rossmoor Community Church

(Tel. 609-655-2321)

### December 2016 Calendar

- December 4 @ 11 a.m. – Communion Service - Pastor, The Rev. Dr. Dierdre L. Thomson; Organist/Music Director, Cecile Wang
- December 5 @ 9:30 a.m. – Candles and Carols Rehearsal
- December 5 @ Noon - Women's Guild Luncheon
- December 7 @ 10 a.m. – Chime Choir Rehearsal
- December 10 @ 10 a.m. – Chime Choir Rehearsal
- December 11 @ 11 a.m. – Church Services – Benevolent Sunday  
Pastor, The Rev. Dr. Dierdre L. Thomson; Organist/Music Director, Cecile Wang;  
Music Presentation, Chime Choir; Guest Speakers, Rev. Dr. Gregory L. Wallace, Doug Eagles, and Jim Zullo
- December 17 @ 10 a.m. – Candles and Carols Rehearsal
- December 18 @ 11 a.m. – Church Services - Pastor, The Rev. Dr. Dierdre L. Thomson; Organist/Music Director, Cecile Wang;  
Musical Presentation, Rossmoor Chorus
- December 18 @ 6 p.m. – Christmas Caroling
- December 19 @ 10 a.m. – Council Meeting
- December 24 @ 5 p.m. – Christmas Eve Services
- December 25 @ 11 a.m. – Church Services - Pastor, The Rev. Dr. Dierdre L. Thomson; Organist/Music Director, Cecile Wang; Soloist Carol Baldassari
- December 25 – There is NO It Is Well at Rossmoor service
- January 1 @ 11 a.m. – Communion Services and Ringing of the Bells -  
Guest Pastor, Rev. Barbara McDonald;  
Organist/Music Director, Cecile Wang

## “War Room” to be aired In Gallery Dec. 19

By Gene Horan

“War Room” is a film that illustrates the power of prayer of which Alfred Lord Tennyson so beautifully wrote: “More things are wrought by prayer than this world dreams of.” The film tells the story of a couple that seems to have it all: great jobs, a beautiful daughter, and a dream home. But appearances are deceiving. Their world is actually crumbling under

the strain of a failing marriage.

Bob Lepine of Family Life calls the film, “An inspiring movie, full of faith and hope and love.” Christine Capolino of CatholicMom.com writes, “Walking out of the War Room’s preview, my son and I were speechless, processing the characters we got to know and like, their struggles, their pain and the roads remaining to be trod. We cheered them

as they turned to the Lord to beg forgiveness, patience and mercy.”

The film will be shown in the Gallery of the Clubhouse at 1:30 p.m. on Monday, December 19. Seeing this heart-warming film is a great way to start the last week before Christmas.

The viewing is sponsored by the Catholic Society. All are welcome. There is no charge and refreshments will be available.

## HEALTH CARE CENTER NEWS

### Winter safety

By Kaytie Olshefski, RNC, BS

Winter will be officially here. Are you ready for the cold, snow and possible ice that will come with it? Winter certainly challenges us, but we need to be ready for whatever comes our way. This is a good time to review how to be safe in the winter months. Here are a few reminders.

- If the weather is inclement, go out only if it is really necessary. When the temperature drops, everything freezes and all the melted snow turns to ice. Don't go outside for the newspaper or the mail – it is not worth falling and even fracturing a bone. If you have an appointment, call the office to see if they made it in, but chances are they too could not get in. If they did get in, make a new appointment for another day.
- Limit the amount of time when you go outside to avoid exposure to the cold frigid weather to prevent frostbite.
- Know the signs of hypothermia – known as the “umbles:” mumbles, fumbles, grumbles, and

stumbles. When your body temperature drops, it affects your heart, nervous system and other organs in your body.

- When outdoors – dress warmly. Wear loose fitting, layered, lightweight clothing. Protect your feet, hands, ears from frostbite.
- Don't forget to wear a hat if you need to be outside. Did you know that you lose 60% of your body's heat when you do not wear a hat in this frigid weather?
- Make sure your hat or scarf does not block your vision or cause you to have difficulty hearing sounds.
- Your boots should have a non-skid sole. Rubber sole boots have better traction in the snow.
- Protect your skin with heavier lotions and creams.
- If you use a cane, replace the rubber tip before it's worn smooth. It might become slippery when it gets wet.
- To reduce your chance of falling when leaving the house - use rock salt, sand, or some other de-icing compounds on the steps and walkways.
- Know your physical limitations. Do not over exert yourself. Be aware of the signs and symptoms of a heart attack. Common warning signs of heart attack include light-headedness, dizziness, be-


coming short of breath, tightness or burning in chest, neck, arms or back.

- If you must be somewhere during this inclement weather, consider some means of transportation other than driving your car.
- Car safety – winterizing your car includes checking the anti-freeze level. Your tires should be properly inflated. Don't forget the windshield wipers; replace them if they are worn out. The gas tank should not go to empty during the frigid weather. Just as important, inform your family and friends of your travel plans.
- Make sure your smoke and carbon monoxide detectors are working.
- Never use your range or oven to heat your home.
- Use a snow day to catch up on a good movie on TV, read a book, play a board game that you have tucked away in the closet, or bake something absolutely delicious with the aroma filling the entire house.

In our lecture series from Saint Peter's University Hospital, Ann Hays, a physical therapist will speak on “Bladder Control Without Medication or Surgery,” on Monday, December 12 at 1 p.m. in the Maple Room. If you are interested in attending the lecture, please call the Health Care Center at 655-2220 or stop by to sign up.

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

- We will have finished our fall cleanup by the end of this month. Please tune to Channel 26 daily for more information. (Depending on weather)
- Roundup will not be sprayed anymore due to cool temperatures.
- Please call the East Gate phone and leave a message with any questions or concerns. (609)655-5134.
- Ornamental grasses around the utility boxes and in established beds around the common

facilities will be trimmed by the end of the month.

- Winter pruning will begin next month.
- Annual flowers have been replaced with fall pansies and tulips.
- Street sweeping will be completed this month.
- Please remember to put any debris out front Sunday night in order for us to pick up Monday morning.
- High Tech Landscapes would like to wish you a Happy Holiday.



## League of Women Voters remembers Dr. Wolfe, honors John Riggs

By Ruth Banks

While winter slowly settles in around us, the League of Women Voters will take a short hiatus this month. At its last meeting in October, the League honored the memory of Dr. Deborah Wolfe with a special program at the Library. The guest speaker was Demelza Baer, Esq., Policy Counsel for the New Jersey Institute for Social Justice. Her topic, "On the Shoulders of Giants: Remembering the Women who fought for Equality in Voting and Political Participation." Dr. Wolfe spent her life battling prejudice and fighting for the right to vote. The program was organized by the Dr. Deborah Wolfe Legacy Project, and in addition to the League included the Human Relations Committee, the Township Board of Education, People of Color, the

Township Library and Council, Mayor Tamburro, and the Rossmoor Interfaith Council.

At its holiday luncheon in November at the Cranbury Inn, guest speaker Ingrid Reed's topic was "The 2016 Election." Since this is being written before the election results, we can't include her remarks. However, the League took the opportunity to honor John Riggs, environmental commissioner, for his many years of service to the community. John has always been most helpful to League members, helping us understand the complex issues of climate change and the serious environmental issues in the state and in our community. His passions for preserving open space, for berms around new developments, and creating walking trails, are part of his legacy. When we walk or drive

around our community, and we see the many parks, the playing fields for our youth of all ages, we can appreciate his foresight and dedication to creating a beautiful and livable community.

Elections and voting are a core concern of the League, and to that end the Voter Service Committee, under the direction of Marsha Rosenbaum, has conducted numerous voter registration drives starting back in March and concluding at Octoberfest on October 16. To date, they have registered 140 new voters. This year they were also able to assist residents in ascertaining if they are already registered to vote by getting a listing from the Board of Elections of all registered voters.

In January, the League will turn its attention to a study of college sexual assaults, a topic that has reaped too many headlines lately.

The League is a nonpartisan political organization, open to men and women, with state and national offices. It neither supports nor opposes candidates for political office, but does take positions on public policy issues that members have studied. For more information about the League, please feel free to contact: Andrea Pellezzi, 609-664-2146; Judy Perkus, 609-395-1552; Marsha Rosenbaum, 609-409-0930; Mary Ann Colgan, 609-490-0063; Ruth Banks, 609-655-4791.

## MAINTENANCE DEPARTMENT

By Dave Salter

### Preparing for the holidays

With the holidays approaching and company coming, you might want to make sure your home is ready. Are your light bulbs out, plastic light panels dirty, do your oven and stove elements work, are your faucets leaking, is your

toilet running?

Just give the Maintenance office a call. We would be happy to make your holidays a little easier at this very busy time.

All snow birds: please schedule your winterizing as soon as possible; the calendar is already getting full.

## Knowing what to do in a fire

By Joe Haff, Fire Commissioner  
**Prevention**

When was the last time you checked the batteries in your smoke alarm?

There are several ways for you to make sure the batteries are still functioning. Some batteries have a small red button on them. By pressing it, you can determine if the batteries are still working. Another indication that your batteries need replacing is when your unit starts making a chirping sound.

Many locations, such as Lowe's and Home Depot, supply the latest in smoke detectors. For example, the Nest Protect Smoke and Carbon Monoxide Alarm tests its batteries and sensors every 200 seconds. It also quietly tries out its speakers and horn once a month. That means you won't be awakened by a chirping low battery smoke alarm.

We have found that many Rossmoor residents have a hard time replacing batteries, so your fire department will come to your home and replace them for you. You must supply the batteries for replacement. To request a battery change, call your District #3 Fire Department at 609-409-2980.

### Tips from the National Fire Protection Association:

-Don't leave the stove or oven unattended while you're

cooking. Turn off the heat if you have to step away.

-Keep flammable materials away from the stove.

-Blow out candles when you leave a room, even for a moment.

-Use sturdy candles and set them on a sturdy flat surface.

-Keep flammable materials at least 3 feet from heaters or fireplaces.

-Turn off portable heaters when you leave the house or go to bed.

-Never use the oven to heat your home.

-Clean and check the dryer exhaust pipe at least once a year.

-Turn off the dryer before going to bed or leaving the house.

-If you smoke, do it outside and extinguish cigarette butts in water or sand when discarding.

### If there is a fire

Remember, the first thing to do if you smell smoke or see the start of a fire is call 911 as soon as possible. In the 1970s it took a fire about a half hour to consume a room. These days, a fire can take over a room in a little as five minutes because of all the synthetic materials in our homes.

Because our Firehouse in Centre Point is so near, we can be at a Rossmoor location in under five minutes of being notified.



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## 3rd ANNUAL TOY DRIVE



Please join together with the Monroe Police and bring happy holiday wishes to Kids!

Please drop off an unwrapped toy, or non-monetary donation\* for children of all ages to the Monroe Twp.

Police Department, 3 Municipal Plaza, between now and December 8, 2016.

For more information contact:  
Lieutenant Lisa Robinson, (732)521-0222, x149  
lrobinson@monroetwppolice.org  
or  
Detective Ronald Breuer, (732)521-0222, x152  
rbreuer@monroetwppolice.org

\* \$20 to \$25 gift cards are welcome. No checks or cash please.





IMPORTANT NOTICE

Motorists must obey the rules of the road while driving within the Community including, but not limited to, observing the posted speed limits, No U-Turn, Yield, and One Way signs; stopping for pedestrians; making a full stop at all stop signs; and exercising extreme caution when entering RCAL streets from lanes or other areas without stop signs.



Annual Toy Drive

The Monroe Township Police Department is now hosting its Third Annual Toy Drive. All toys donated benefit the Bristol-Myers Squibb Children's Hospital at Robert Wood Johnson University Hospital in New Brunswick. The department's first and second Annual Toy Drives were huge successes thanks to the generous donations

from community partners and the Township residents. The department was able to deliver trailers filled with toys, games, and gift items to the Bristol-Myers Squibb Children's Hospital. The toys, games, and gifts that were donated serve many needs, and make special celebrations possible.

If you are interested in donating, you may drop off an unwrapped toy, or non-monetary donation for children of all ages at the Monroe Township Police Department, 3 Municipal Plaza, starting now until December 8, 2016. No checks or cash please; however, \$20 to \$25 gift cards are welcome.

Toys, games and gift items that are donated serve many needs and make special celebrations possible. Some of the items are given to the children at various holiday and birthday parties. Some toys are kept at the hospital in playrooms to meet the needs of many children throughout the year. The following guidelines will be of some assistance to those who wish to donate to the Children's Hospital.

- They have a total of 100 patients, ranging in age from days old to 21 years of age.
- They can only accept new toys.
- They cannot accept stuffed animals or toys, or latex balloons due to infection control and allergy issues.
- Humorous medical games can cause fear and misconceptions and should be avoided.
- Donations are graciously accepted by the child life staff, since infection control and security guidelines do not permit donors to give toys and gifts directly to patients.

Child Life Program Wish List

- Infant toys (toys that make noise, light up)
- Infant mobiles, crib mirrors, crib music players

- Rattles, pacifiers, teething rings
- Toddler playsets, i.e., Little People
- Dolls – Barbie/Monster High/Princesses & baby dolls
- Music CD's (teen, children, infants, relaxation, lullaby)
- DVD's: children's and teen (new releases, English and Spanish)
- Play Dough/Model Magic and tools
- Arts & craft supplies, coloring books, crayons & markers
- Lego/Mega Bloks/K'nex playsets
- Matchbox/Hotwheels cars & playsets
- Uno cards, playing cards, & other card games
- Books, including board books for babies, hard-cover/paperback, cross-words/Sudoku
- Action Figures (non-violent)
- Treasure box toys (small reward items)
- Beauty/hygiene items for teens (lotion, nail polish, deodorant, travel size toiletries)
- Pajamas – infant through teen
- Beanie hats, slipper socks, and other clothing items/accessories for teens
- Blank T-Shirts and Fabric Paint
- Ear bud headphones
- Lined and unlined journals for kids and teens and gel or ballpoint pens
- Puzzles (25 – 100 pieces)
- Electronic learning toys, hand held video games
- Bubbles
- Video Games & wireless controllers for Xbox 360, Nintendo Wii
- Portable DVD players, boom boxes/CD players
- Batteries (AA, AAA, C, D)
- Gift Cards: Target/Toys-r-us/Barnes & Noble/Amazon/iTunes/American Express/Visa
- Wrapping Paper for all occasions (holidays, birthdays, etc)

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- Devote time to advanced hands-on techniques
- Teach you how to move correctly to eliminate pain
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Sciatica/Nerve pain  
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Sports pain



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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 **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

December Calendar of Events for Monroe Township Public Library

December Reading Challenge: Read a book based on a true story. Suggestions available at the Welcome Desk.

2016 Favorite Read

Vote for your favorite book of 2016. Ballots available at the Welcome Desk.

NJLA Library Store

Library Hours, Friday, December 2 through Sunday, December 4. Shop for book related gifts for holiday giving.

Sit-N-Stitch

10:30 a.m., Fridays, December 2, 16. Stitch projects; assist others, share tips, projects and patterns. Bring your own supplies. Light refreshments served. Registration not required.

Poets Corner

11 a.m., Friday, December

2. Poetry reading group and workshop for all ages. Stop by to listen or bring ten copies of your poem to share. Registration is not required.

Princeton Symphony Orchestra Chamber Series

1 p.m., Monday, December 5. Singularity Quartet performs original works on saxophone. This program offered in collaboration with the Monroe Township Cultural Arts Commission. Registration is not required.

Coupon Club

1:30 p.m., Monday, December 5. 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.

(Continued on page 23)



## Senior Center Highlights

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

### Membership Information

Registering with the Senior Center is free to Monroe Township residents, 55 years of age or over. Around the 15<sup>th</sup> of the previous month members can sign-up for the monthly activities via phone or in-person for all programs with a fee. Sign-up dates are subject to change so please call to confirm. For more information, visit the Senior Center to pick up a calendar of events or visit [www.monroetwp.com](http://www.monroetwp.com), and look for the "Office of Senior Services" link under "Departments."

### GOOD FOR YOU

**Bagels Plus: On Friday, December 2, at 10 a.m.**, join Linda, from The Gardens at Monroe, for bagels and smear as she and Sheli, from Caring Connections, discuss "The Gift of Gratitude". This interactive program examines the health benefits of

being thankful, especially during stressful times in our lives, as well as the importance of exercising the "act of gratitude".

**Living with Arthritis: On Thursday, December 8, at 1:30 p.m.**, Dr. Aly Cohen, Medical Director-Integrative Rheumatology Associates, PC, discusses the different types of arthritis and how to prevent and/or manage them using both western (medication/surgery) and eastern (yoga/supplements) approaches.

**AARP Smart Drivers Course: On Monday, December 12, at 8:45 a.m.**, refresh your driving skills by taking the AARP's driving class. For space availability, please call: 609-448-7140.

**Senior Center Support Groups: On select days during each month**, Center members can take advantage of the wealth of information offered by facilitators of

the various needs-specific support groups available: *Cancer Support* on the third Tuesday of the month at 1:30 p.m.; *Parkinson's* on the first Wednesday of the month at 1 p.m.; *Diabetes* on the third Wednesday of the month at 2:30 p.m.; *Caregivers/Alzheimer's* on the fourth Wednesday of the month at 2 p.m.; and, *Lo-Vision* on the third Thursday of the month at 10:30 a.m. For more information, please call the Senior Center.

### MUSIC AND MORE! Register in Advance

**Photo Sorting: On Monday, December 5, at 1:30 p.m.**, join Rhoda Gordon, from Sunflower Photo Solutions, as she discusses the best ways to organize your print photos and preserve your memories. She will also briefly address digital photos and various tools to use.

**The S.S. St. Louis Continued: On December 6 and 20**, Julian Davis provides the last two presentations regarding the voyage of 937 German Jews, in 1939, on the S.S. St. Louis. For space availability, please call to inquire.

**Pearl Harbor Remembered: On Wednesday, December 7, ("a date that will live in infamy") at 10:30 a.m.**, the Huntington Reading Group revisits this day, 75 years later, during this PowerPoint presentation that commemorates the entry of

(Continued on page 24)

## Public Library

(Continued from page 22)

quired.

### Learn to Sew: Make an Apron

3-5 p.m., Monday, December 5 and 6-8 p.m., Thursday, December 8. Adults with prior sewing experience work on a selected project. Registration is required. To register and supply list, visit Library's Website.

### Book Café

11 a.m., Wednesday, December 7. Talk about books that you've read. Light refreshments served. Register at the Welcome Desk.

### International Film Festival sponsored by The Friends

2 and 6:30 p.m., Thursday, December 8. Lebanese comedy (2011) about women and interfaith issues between Christians and Muslims in their remote village. Film shown with English subtitles. Tickets are \$1 and available at Circulation and at the door.

### Holiday Book Sale

Library Hours, Friday, December 9 through Sunday, December 11. Gently used books at bargain prices. Proceeds benefit The Friends.

### Friday Afternoon Movies

2 p.m., Fridays, December 9, 16.

December 9: Thriller starring George Clooney and Julia Roberts about hostage situation broadcast live on television.

December 16: Drama based on the bestselling novel by Jo Jo Moyes about a former waitress caring for a paralyzed young man. Movies are free, registration is not required.

### Boheme Opera NJ Series

The most beautiful music in the world—Bel Canto Opera, 1 p.m., Monday, December 12. This program offered in collaboration with the Mon-

roe Township Cultural Arts Commission. Registration is not required.

### Library Board Meeting

6:30 p.m., Monday, December 12

### Genealogy Club

1:30 p.m., Wednesday, December 14. Genealogists of all expertise levels welcome. Registration is not required.

### Around the World in Song

2 p.m., Wednesday, December 14. Sri-Lankan-born duo Eranga and Prianga take you on a whirlwind tour of music style and tempo in 15 different languages. Registration is not required.

### Coloring for Adults

1:30 p.m., Thursday, December 15. Stimulate your senses and creativity with coloring. Light refreshments and all supplies provided. Registration is not required.

### Let's Talk: 2016 Year in Review

10:30 a.m., Saturday, December 17. Gina Blume moderates a discussion about the top stories of 2016 in the US and across the globe. Light refreshments served. Register at the Welcome Desk.

### Coffee and a Book

10:30 a.m., Tuesday, December 20. Discuss "Our Souls at Night" by Kent Haruf. Register and reserve your copy at the Welcome Desk.

### George Ivers Display Case

Assistant Library Director Leah Wagner presents landscape photography.

### Fine Arts Gallery

Paintings by Ms. Rodionova

### Library Closings:

- Saturday, December 24
- Sunday, December 25
- Monday, December 26

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



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The Jewish Heritage Museum  
of Monmouth County *presents*

## FASCINATING RHYTHM

*The Music of  
George  
Gershwin*



George Gershwin  
1898-1937



performed by  
**Art Topilow and Friends**  
Art Topilow, piano  
Gary Mazzaroppi, bass  
Annette Sanders, vocalist



Art Topilow Gary Mazzaroppi Annette Sanders

**Sunday, December 11, 2016 2 PM**

**\$18 members, \$20 non-members**

**The Jewish Heritage Museum of Monmouth County**

310 Mounts Corner Drive, Freehold, NJ

(Located in the Mounts Corner Shopping Center, at the corner of  
Route 537 and Wemrock Road, Freehold Township, NJ)

**For more information or to make a paid reservation  
please call the Museum at**

**732-252-6990, or visit [www.jhmomc.org](http://www.jhmomc.org)**

*Paid reservations are non-refundable.*

**Maximum capacity is 100, so paid reservations are recommended.**

The JHMOMC is a tax-exempt organization under  
Section 501 (c)(3) of the Internal Revenue Code and is handicapped accessible.



## Senior Center Highlights

(Continued from page 23)

the United States into WWII.

**The Three Tenors: On Wednesday, December 7, at 1 p.m.,** enjoy this DVD presentation, featuring Plácido Domingo, José Carreras, and Luciano Pavarotti, as they bring the joy of holiday season to life as they perform, “Let it Snow,” “Winter Wonderland,” “Ave Maria” and more. Hosted by Michael Ferreira.

**Pizza Plus: On Friday, December 9, at Noon,** while you partake in a slice or two of pizza, a drink and holiday treat, enjoy the movie (based on a true story) “**MIRACLES FROM HEAVEN**” (starring Jennifer Garner). Be sure to bring a hanky! Tickets: \$6 p.p., due upon registering in-person by 12/7. No refunds after 12/6.

**Jazzy Holiday Jam: On Friday, December 9, at 2 p.m.,** join our friends from the Jimmy Givens Trio as they play songs of the season and “All That JAZZ!” Enjoy this free show with a variety of happy holiday tunes, jazzy standards, and more.

**Broadway’s Best: On Monday, December 12, at 1:30 p.m.** join David Aaron as he shares and discusses the best songs from the following Broadway musicals: *My Fair Lady*, *The Music Man*, *The King & I*, *South Pacific*, *Fiddler on the Roof*, *The Sound of Music*...and more!

**Rick’s Holiday Karaoke: On Tuesday, December 13, at 2 p.m.,** make yourself “famous” by singing along to holiday songs during this special karaoke session. Enjoy light refreshments too!

**Michael & Ted Present: On Wednesday, December 14, at 2 p.m.,** our friends from WWFM’s “The Classical Network” return to focus on composer, Jule Styne’s Broadway output (*Gypsy*, *Funny Girl*, *Peter Pan*, etc.) not his pop songs and film work.

**History of Jazz: On Thursday, December 15, at 1:30 p.m.,** we welcome back Gordon James as he covers the origins of jazz, ragtime and the blues with a blend of history, song and humor.

**Jerry’s Travels: On Friday, December 16, at 1:30 p.m.,** take an armchair adventure through Eastern Europe by boat and bus during this two-part visual presentation. The journey begins in Budapest (as well as Bratislava, Prague, Vienna) and ends in Amsterdam (along with Melk, Salzburg, Munich, Castles on the Rhine and more). Part II is scheduled for January 6, 2017. When registering, you will be automatically enrolled in both presentations. Please notify us if you are unable to attend Part II in January.

**Maggie’s “A Christmas Carol”: On Monday, December 19, at 2 p.m.,** the Traveling Literary Theater brings the spirit of Charles Dickens to the Center as three fully costumed professional actors give life to his story, *A Christmas Carol*.

**Andy Williams, Behind-the-Scenes: On Thursday, December 22, at 1:30 p.m.,** stroll down memory lane and take a nostalgic look at Andy Williams and his Christmas Shows. During this DVD presentation, Andy Williams shares stories and special moments with the Osmond Brothers, his own musical brothers, and his whole family.

**Movie Times: On select days this month and for your viewing pleasure, please register in advance for the following:** “*A CHRISTMAS CAROL*” (featuring Alastair Sim as Scrooge) on Friday, December 23, at 10 a.m.; “*KEEPING THE FAITH*” (a comedy with Ben Stiller) on Tuesday, December 27, at 1 p.m.; and, “*ANNIE HALL*” (with Woody Allen and Diane Keaton) on Thursday, December 29, at 1 p.m. (A Movie Synopsis of each film is available at the front desk.)

### ARTISTICALLY SPEAKING

Register in advance

**It’s “The Scream”: On Wednesday, December 14, at 10 a.m.,** join Maurice Mahler, Art Historian, for a lecture and DVD presentation on Norwegian artist, Edvard Munch, and his masterpiece which has become a defining image of the 20th Century.

**Art of the Masters: On Friday, December 16, at 2 p.m.,** join Christina, from Creative Notions, LLC, for a brief lecture on Dale Chihuly. Then, individuals, with a project coupon, help create an individual masterpiece, to create a 3-D sculpture in the artist’s style. Coupons are available, while they last, for “in-person” registrations only. Lecture only? Please call to reserve your spot in advance.

**Demo on Transparent Watercolor: On Monday, December 19, at 10 a.m. to Noon,** Joanne Amantea, award-winning artist, provides this watercolor painting demonstration for new, interested artists/students. Those who become inspired are welcome to sign-up for the January 2017 class (featured in the January newsletter) while openings last.

**Masterpiece Mystery: On Friday, December 30, at 10:30 a.m.,** enjoy this PBS DVD presentation that focuses on “the forensics of fine art”. Art sleuths uncover cold case art mysteries, as if they were crime scene investigators, to determine “who committed the art”.

## Bravura Philharmonic Orchestra Holiday Concert – “Hope for the Holidays”

**Sunday, December 4, 2016, 7 p.m.**

**Chiu-Tze Lin, Music Director and Conductor**

At its 10th anniversary, the award-winning Bravura Philharmonic Orchestra, based in the West Windsor/Plainsboro area, is presenting its annual Holiday Concert on Sunday, December 4, at 7 p.m. The theme of the concert, “Hope for the Holidays” will feature a world premiere performance of “Christmas Hope” composed by Matthew Liu. The Bravura Philharmonic Orchestra consists of professional musicians, high-level amateurs, university students, and gifted pre-college students. Its conductor, Ms. Chiu-Tze Lin, is a highly-acclaimed musician who has performed around the world and is active throughout the Tri-State Area.

The concert will be held at the Princeton Alliance Church, which is located at 20 Schalks Crossing, on the corner of Scudders Mill Road and Schalks Crossing in Plainsboro, NJ. A community chorus of singers from area choruses and church choirs will bring selections from the Christmas section of Handel’s “Messiah.” It will feature soprano soloist Wennie Nai-Yueh Niu of West Windsor. Ms. Niu is a graduate in music from the National Taiwan Normal University. She received a Master’s Degree and a Professional Vocal Performance Certificate from Northwestern University. She has worked with numerous famous voice masters, including Janet Bookspan and Joan Dornemann, coaches for The Metropolitan Opera in New York City. Ms. Niu has performed widely in Chicago, Houston, San Francisco, San Jose, New Jersey, New York, and Taiwan. She has appeared in major roles in operas including: “The King and I”, “Così fan Tutte”, “Don Giovanni”, “Amal and the Night Visitors”, “Rigoletto”, “La Bohème”, “Hansel and Gretel”, and “The Pirates of Penzance”. Ms. Niu has received much acclaim for her many solo recitals. Niu also has passion for the choral music. She currently devotes her effort to the promotion of musicianship in community service and to the younger generation.

“A Christmas Hope” was composed by the gifted 20-year-old Matthew Liu. Mr. Liu studies at the Juilliard School of Music, where he also serves as a teaching fellow. At the age of fourteen, his symphonic work “In Memorium” was premiered at Lincoln Center’s Avery Fischer Hall to critical acclaim. Matthew Liu’s works have also been performed at Carnegie Hall’s Isaac Stern Auditorium, Count Basie Theater in New Jersey, and concert halls in Taiwan. Matthew Liu has won numerous composition awards, including the

New Jersey Arts Collective Pictures Composition Competition and grand prize of the NJ Music Educators Association Young Composers Competition, and was selected nationally for the NAFME Young Composers Concert. Matthew was a winner of the National Young Arts Foundation, being recognized for excellence in classical composition in 2014 and 2015. Matthew Liu is active in the New York City musical theater scene, serving as music director, music assistant, and engraver for Broadway composers Michael Mott and Melissa Li, and also “Broadway Dreams.”

“A Christmas Hope” will have its world premiere at the concert. The composition reflects the message of hope the season brings, and features the pure and youthful sound of 11-year-old singer Catherine Jiang of Plainsboro, New Jersey. Catherine Jiang has been taking formal lessons in voice since she was eight years old. She has won numerous awards from the International Modelling and Talent Association, including the Actor of the Year and the multi-talent categories. Catherine has also won grand prizes in the ICE-Production Network TV Talent Festival competitions. Catherine is represented by “Innovative Artist” in acting,

where she is a leading actress in the movie “A Different Sun.”

The orchestra will perform Dvorak’s Symphony No. 9, called the “New World Symphony.” It is by far his most popular symphony, and one of the most well-known of all orchestral works. The Bohemian composer wrote this symphony to reflect America, writing this major work while living and working in New York City. Astronaut Neil Armstrong took a recording of the New World Symphony to the Moon during the Apollo 11 mission for the first human landing there in 1969.

The audience will be invited to join in the ever-popular holiday music sing-along at the end of the concert.

Partial Funding of this concert is provided by the Middlesex County Cultural and Heritage Commission.

General admission is \$20, \$18 for seniors and students. Premium seating is available at \$30 each. Tickets purchased in advance are \$15 and can be obtained online from the Bravura Philharmonic Orchestra website [www.bravuraphil.org](http://www.bravuraphil.org) or by calling (609) 933-4729, (908) 420-1248, or (732) 792-2070, or by emailing [bravura.orchestra@gmail.com](mailto:bravura.orchestra@gmail.com). Further information regarding the orchestra can be found at [www.bravuraphil.org](http://www.bravuraphil.org).

## New Jersey Symphony Orchestra presents Handel’s Messiah

Members of the New Jersey Symphony Orchestra perform Handel’s Messiah with the Montclair State University Singers and a quartet of vocal soloists December 16 and 18 in Princeton and Newark, respectively. George Manahan, the NJSO’s interim Music Director from 1983–85, returns to conduct Handel’s masterpiece—a Christmastime tradition in concert halls across the world. Soprano Patricia Schuman, mezzo-soprano Mary Phillips, tenor Ryan MacPherson and bass-baritone David Pittsinger join the Orchestra and choir.

Performances take place on Friday, December 16, at 7:30 pm at the Richardson Auditorium in Princeton and Sunday, December 18, at 3 pm at the New Jersey Performing Arts Center (NJPAC) in Newark.

The Star-Ledger praised the NJSO’s 2014 performances of the masterwork with the Montclair State University Singers, writing that the choir “sounded stunningly professional under the direction of Heather J. Buchanan” and praising the Orchestra for “an elegant, heartfelt performance [that] maintained a streamlined, polished quality that respected tradition while offering glowing tones that projected easily ... Adding to

the sense of authenticity was the accompaniment of recitative and arias on a mix of harpsichord and organ.

“The NJSO played with lithe, pliant sound. The demands of the work, however, fall largely on the chorus, and they surpassed expectations with excellent diction and musicianship from the lilting ‘O thou that tellest good tidings of Zion’ and ‘All we like sheep,’ to the exuberant description of the birth and the clean, unified fugue ‘And with His Stripes.’ Together, orchestra, chorus, conductor and soloists brought out the work’s many shades, and delivered that one particular seasonal requirement, a rousing ‘Hallelujah.’”

### TICKETS

Tickets start at \$25 for the December 16 performance and \$24 for the December 18 performance. They are available for purchase online at [www.njsymphony.org](http://www.njsymphony.org) or by phone at 1.800.ALLEGRO (255.3476).

### THE PROGRAM Handel’s Messiah

Friday, December 16 at 7:30 pm | Richardson Auditorium in Princeton

Sunday, December 18 at 3 pm | NJPAC in Newark

The Orchestra invites the audience to participate in the

(Continued on page 25)



## Symphony Orchestra

(Continued from page 24)

centuries-old tradition of standing at the beginning of the Messiah's "Hallelujah Chorus."

These performances are approximately 2 hours and 10 minutes in length, including intermission.

Full concert information is

available at [www.njsymphony.org/events/detail/handels-messiah-2](http://www.njsymphony.org/events/detail/handels-messiah-2).

The December 16 performance is presented in collaboration with McCarter Theatre. The December 18 performance is presented in collaboration with the New Jersey Performing Arts Center.

### Montclair State University Singers

Over the last decade, the Montclair State University

(MSU) choral program has been recognized for its successful collaborations with numerous world-renowned artists and celebrated professional musicians in national and international venues. The Montclair State University Singers is a mixed-voice elective choir comprising undergraduate and graduate students, accompanied by pianist Steven W. Ryan. Its repertoire encompasses sacred and secular genres from the Renaissance to the 21st century, with special interest in contemporary composers.

### New Jersey Symphony Orchestra

Named "a vital, artistically significant musical organization" by The Wall Street Journal, the New Jersey Symphony Orchestra embodies that vitality through its statewide presence and critically acclaimed performances, education partnerships and unparalleled access to music and the Orchestra's superb musicians.

The NJSO welcomes new Music Director Xian Zhang in the 2016-17 season. The

Orchestra presents classical, pops and family programs, as well as outdoor summer concerts and special events. Embracing its legacy as a statewide orchestra, the NJSO is the resident orchestra of the New Jersey Performing Arts Center in Newark and regularly performs at the State Theatre New Jersey in New Brunswick, Count Basie Theatre in Red Bank, Richardson Auditorium in Princeton, Mayo Performing Arts Center in Morristown and bergenPAC in Englewood. Partnerships with New Jersey arts organizations, universities and civic organizations remain a key element of the Orchestra's statewide identity.

In addition to its lauded artistic programming, the NJSO presents a suite of education and community engagement programs that promote meaningful, lifelong engagement with live music. Programs include school-time Concerts for Young People performances, NJSO Youth Orchestras family of student ensembles and El

Sistema-inspired NJSO CHAMPS (Character, Achievement and Music Project). The NJSO's REACH (Resources for Education and Community Harmony) chamber music program annually brings original programs—designed and performed by NJSO musicians—to a variety of settings. In the 2015-16 season, Orchestra musicians performed at nearly 200 events, reaching more than 34,000 people in nearly all of New Jersey's 21 counties.

For more information about the NJSO, visit [www.njsymphony.org](http://www.njsymphony.org) or email [information@njsymphony.org](mailto:information@njsymphony.org). Tickets are available for purchase by phone at 1.800.ALLEGRO (255.3476) or on the Orchestra's website.

The New Jersey Symphony Orchestra's programs are made possible in part by the New Jersey State Council on the Arts, along with many other foundations, corporations and individual donors.

## The Key to Good Caregiving: A Healthy Caregiver

It is estimated that more than 15 million Americans provide unpaid care for people with Alzheimer's and other dementias. For the vast majority, the deeply personal responsibility of caring for a loved one with a devastating disease constitutes a "labor of love," but caregiving can take a severe emotional and physical toll on those providing it.

In fact, 59 percent of family caregivers of people with Alzheimer's and other dementias rate their emotional stress as high or very high, according to the Alzheimer's Association.

A leading contributor is the fact that caring for a person living with Alzheimer's or another dementia poses special challenges. People in the middle to later stages of Alzheimer's disease experience losses in judgment, orientation and the ability to understand and communicate effectively, leaving family caregivers to help manage these issues.

An even greater stressor for many, however, are the personality and behavioral changes that accompany the disease.

"With Alzheimer's disease, family and friends experience a series of losses," says Ruth Drew, director of Family and Information Services at the Alzheimer's Association. "Watching a family member gradually lose their abilities day by day is extremely painful and stressful."

### Caregiver stress warning signs

Given that people with Alzheimer's typically live four to eight years after diagnosis, it's important for caregivers to take steps to protect their own health. Managing caregiver stress is essential and benefits both the caregiver and the person under their care. An important first step is recognizing common warning signs, including:

- \* Denial about the disease and its effect on the person who has been diagnosed.

- \* Anger at the person with Alzheimer's or frustration that he or she can't do the things they used to be able to do.

- \* Social withdrawal from friends and activities that used to make you feel good.

- \* Anxiety about the future and facing another day.

- \* Depression that breaks your spirit and affects your ability to cope.

- \* Exhaustion that makes it nearly impossible to complete necessary daily tasks.

"It's normal to feel guilty, angry or even abandoned when someone you care about has Alzheimer's disease," Drew says. "It's so important to recognize these feelings and get the support you need, so you don't put your own health at risk."

### Stay healthy by managing stress

To help manage caregiver stress, the Alzheimer's Association offers these suggestions:

(Continued on page 27)

**HOW TO SPOT A STROKE**

**F.A.S.T.**

**FACE DROOPING**  
Does one side of the face droop or is it numb? Ask the person to smile.

**ARM WEAKNESS**  
Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

**SPEECH DIFFICULTY**  
Is speech slurred, is he or she unable to speak or hard to understand? Ask the person to repeat a simple sentence. Is the sentence repeated correctly?

**TIME TO CALL 9-1-1**  
If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get him or her to the hospital immediately.

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.

This is important because the sooner a stroke victim gets to the hospital, the sooner they can begin treatment. And that can make a remarkable difference in recovery.

**WHAT TO DO IF YOU THINK SOMEONE IS HAVING A STROKE**

**9-1-1**  
Immediately call 9-1-1 so an ambulance can be sent.

**3:02**  
Check the time so you'll know when the first symptoms appeared.

**WHY IS CHECKING THE TIME IMPORTANT?**  
Immediate stroke treatment may improve the chances of survival, but only if you get help right away.

Stroke is largely a preventable, treatable and beatable disease that affects

**795,000**  
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**

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## ROSSMOOR COMMUNITY ASSOCIATION, INC. SNOW POLICY AND PROCEDURES

### POLICY

When a snow or ice event occurs, it will be the objective of RCAI to make reasonable efforts to ensure that the 17 miles of roadways and 43 miles of sidewalks within Rossmoor are passable for motorists and pedestrians as soon as possible, in a safe and efficient manner. The safety of **Rossmoor residents** is the goal of this policy.

### PROCEDURE

When a storm is predicted, all equipment and supplies will be checked and staff as well as the snow removal contractor will be informed of the response plan.

Snowfall accumulations of **up to two inches** are handled by pre-salting the streets and carport lanes prior to the storm to try and prevent snow/ice from bonding to the surface. Salting of the streets and carport lanes will continue as needed. Depending on weather conditions and the forecast, typically, no further action will take place.

Snowfall accumulations of **more than two inches**, typically, require the initiation of the full snow removal operations as follows:

1. Pre-salting streets and carport lanes to prevent snow from bonding to the surface.

2. Plowing all main and secondary streets (see list of streets under "Priorities") continuously after an accumulation of 2" or more or as required by RCAI management.

3. **Once the storm ends**, separate crews and separate equipment will begin plowing lanes and carports; plowing perimeter and main sidewalks; plowing driveways and finally shoveling of the main, front entrance walks and stoops leading to the main entrance doors of the manors. Secondary walks and/or stoops on the sides or backs of manors will not be shoveled or treated with ice melt.

In a typical snow storm (2 to 6 inches of accumulation), it takes approximately **12 hours once the storm ends** to complete the full snow removal operation. In the event of a major snow event (6 inches or more) and/or icing conditions, it may require more time to complete the full snow removal operation.

4. **Once the full snow removal operation is complete**, ice melt may be applied to perimeter and main sidewalks and the front entrances walks and stoops leading to the main entrance doors of the manors depending on accumulations, ice conditions, ground and air temperatures and the forecast for the next 24 hours. Reasonable efforts will be made to maintain the perimeter and main sidewalks and the front entrances walks and stoops leading to the main entrance doors of the manors and driveways after each storm and for the days to follow until the conditions clear, but it is impossible to be everywhere all the time. A full ice melt application takes approximately six hours and is not effective in lower temperatures and without sunlight. Secondary walks and/or on the sides or backs of manors will not be shoveled or treated with ice melt.

5. Reasonable efforts will be made to rotate the snow plowing schedule of driveways and carport lanes each storm.

**Extreme caution should be used if residents must use the**

**walkways during a storm and during the thaw/freeze cycle that typically follows each storm until all the snow/ice has melted. Each resident should consider having a supply of ice melt or grit for their personal use.**

### COMMUNICATION Fire/Police/First Aid

**Emergencies .....911**  
*Upon notification of a pending fire, police or first aid emergency requiring emergency personnel, the snow removal staff/contractor on site will make reasonable efforts to clear the road, walkway and/or driveway in the area where emergency personnel require access prior to or simultaneous with emergency personnel arrival.*

*In those instances where there is no notification in advance, upon learning of the emergency and/or arrival of emergency personnel, the snow removal staff/contractor on site will make reasonable efforts to clear the road, walkway and/or driveway in the area where emergency personnel require access.*

### Snow Removal Operations Concerns

Maintenance Office 655-2121  
Monday – Friday 8:30 a.m. – 12:00 noon and 1:00 p.m. – 5:00 p.m.  
North Gate 655-1868  
After hours/evenings/weekends

*North Gate personnel may take messages for supervisory staff on site during a winter storm and snow/ice removal operations.*

*Residents are responsible to leave accurate and pertinent information.*

### Snow Removal Operations Updates/ Cancellations/Bus Service

Channel 26  
*Reasonable efforts will be made to keep residents informed during a snow emergency, but it may not always be possible.*

### RESIDENTS' RESPONSIBILITY

It is the responsibility of all residents to know and participate in the procedure by moving vehicles to ensure proper and complete snow removal from our streets and carport lanes. Vehicles should be parked in residents' assigned carport spaces or garages. Second vehicles or guests' vehicles may be parked in the lower level of the Clubhouse parking lot.

It is incumbent upon each resi-

dent to be attentive to the surroundings and exercise extra care for their safety when walking on exterior surfaces during periods of inclement weather. If it is absolutely necessary to drive during a snow storm, please drive slowly and give snow removal vehicles the right of way.

If residents, their guests or employees use an entrance other than the front entrance walk and/or stoop leading to the main entrance door to their manor, it is the resident's responsibility to remove the snow and treat the secondary walk and/or stoop for ice.

Snow removal is an arduous and time consuming task. Please be patient. It is best for residents to stay in the safety of their manors. Typically, bus service and most activities are cancelled during a snow/ice storm. For your safety, residents should not approach active snow removal equipment.

### PRIORITIES

The safety of Rossmoor residents is our priority. Supervisory RCAI personnel are on site during snow removal operations to lead staff and the outside snow removal contractor to oversee procedures and respond to emergencies. All main and secondary streets and entrance gates will be plowed continuously to provide emergency access. Sidewalks to the Club House and Meeting House are continuously cleared and the buildings remain open during snow/ice storms for residents use in case of power outages and/or loss of heat.

Residents with medical conditions that require outside treatments such as, but not limited to, dialysis or chemotherapy, must register with the Healthcare Center prior to a winter storm emergency to guarantee access for these appointments.

Regular medical/dental appointments, going to work, grocery shopping, filling prescriptions, leaving for vacation etc. are not considered priorities and staff will not respond to such requests.

Residents that return to the Community during a winter storm or during storm removal efforts is not considered a priority. Safe access to a resident's manor may not be possible. It is advisable to check with the North Gate prior to returning to be sure snow removal efforts

The following 26 main and secondary streets are cleared continuously after an accumulation of two or more inches or as required by RCAI management:

Stonaker Road (South Gate to Prospect Plains Road)	Sharon Way	Troy Way
Gloucester Way	Sheldon Way	Victoria Court
Mayflower Way	Spencer Way	Waverly Way
Mt. Vernon Road	Springfield Way	Windsor Way
New Haven Way	Sussex Way	Yale Way
Newport Way	Sutton Way	Yarborough Way
Old Nassau Road	Terry Lane	Yardley Way
Providence Way	Thurman Lane	
Revere Way	Tilton Way	
Rossmoor Drive		

The following 51 carport lanes are cleared when the snowfall ceases:

Amherst Lane	Mystic Lane	Roxbury Lane
Bradford Lane	Nantucket Lane	Salem Lane
Concord Lane	Narragansett Lane	Sanford Lane
Dorset Lane	Nautilus Court	Somerset Lane
Emerson Lane	New Bedford Lane	Stockton Lane
Fairfield Lane	Northfield Lane	Stowe Lane
Glenwood Lane	Norwich Lane	Stratford Lane
Greenfield Lane	Onset Lane	Sturbridge Lane
Hanover Lane	Orrington Lane	Sudbury Lane
Lowell Lane	Oxford Lane	Sunset Circle
Madison Lane	Pelham Lane	Thorton Lane
Malden Lane	Plymouth Lane	Westfield Lane
Manchester Lane	Portland Lane	Westport Lane
Marblehead Lane	Prescott Lane	Winchester Lane
Meeting House Lane	Putney Lane	Wingate Court
Middlebury Lane	Redding Lane	Yorkshire Lane

## Resident Emergency/Disaster Information (R.E.D.I.) Knowing what to do is the best preparation IT'S YOUR RESPONSIBILITY

### Why Prepare?

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

### Know What to Do

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

### Make a Plan

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

### Leaving vs Staying Home

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

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

### Evacuation

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

### Share Information

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

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

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

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

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

### Additional Resources

For additional information resources, it is suggested you visit these websites:

<http://www.ready.gov/>

<http://www.redcross.org/prepare>

<http://72hours.org/>

### Basic Disaster Supplies Kit

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

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

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

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

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



CATEGORY/HEADING:

[illegible]



ADVERTISEMENT



# New Directions

IN HEALTH AND WELLNESS

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

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

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

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

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

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

#### Back Pain:

##### Causes and Coping

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

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

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

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

#### A New Hope for Lasting Pain Relief

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

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

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

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



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

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



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

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

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

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

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

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

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

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

### Are YOU a candidate for Spinal Decompression?

Types of symptoms that can be relieved include:

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

goodbye back pain...

hello world.

CALL US TODAY!

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

**FREE MRI/ X-Ray Review**

Limited to the first 30 callers! Call today to secure your appointment!  
Offer expires 12-31-16

**NorthEast**  
SPINE and SPORTS MEDICINE



**Monroe Location**  
350 Forsgate Drive  
Monroe Township, NJ 08831  
732-521-9222

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