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Monroe Township, New Jersey

February 2016

The Mayor speaks

By Joe Conti and Carol De Haan

On New Year's Day, 2016, Monroe Township received its new Mayor Gerald Tamburro, who succeeds our former Mayor of 28 years, Richard Pucci, who did not seek reelection. Tamburro and his wife, Carole, are many year residents of the Township. They have six children and nine grandchildren. Tamburro, a retired banker, has been a Councilman since 2001, and has served on numerous County and Township committees, most recently as president of the Municipal Council.

He recently sat down with staff members of The Rossmoor News to discuss matters of interest to all our residents. Here are his remarks.

Lowering a tax

At the January 25 Municipal Council meeting, we'll introduce a proposal to reduce the open space tax, which has been \$.025 per \$100 of assessed valuation. We're now able to reduce it to \$.015 per \$100 and, at the same time, maintain our open space preservation program.

Open space

We require builders to put in berms with ample landscaping. You can drive past hundreds of homes and not see one of them because of lovely trees and shrubs. Our many golf courses are considered open, undeveloped space.

We are still purchasing land to preserve it. In fact, the Township recently bought 600 acres to enlarge

Meet the Mayor!

Our new Mayor Gerald Tamburro will meet with Rossmoor residents on Tuesday, February 9, at 10 a.m. in the Ballroom. Come, get acquainted, and bring your questions and suggestions. You'll be glad you did.

Thompson Park. **Development in Monroe Township**

We have a Master Plan that calls for 50% of the Township's 43 square miles to remain undeveloped. At the moment, there is a tract opposite the Senior Center and across from Stonebridge that will be developed into retail and 100 condominium units that will be age restricted to an owner over 50 years, with one resident over 19 years.

Hovnanian gave 25 acres to the Township, which will make it possible to build about 100 affordable housing units for veterans.

Along Route 33, in the southern part of the Township, there will be major development, both age- and non-age restricted residential and commercial development.

Affordable housing

Affordable housing is the biggest challenge facing the Township. Under Governor Christie, the Coalition for Affordable Housing has been virtually non-existent. Our obligation is now subject to the Courts. It is important to know that this is not Section 8 housing. In fact, there are affordable housing units in the upscale Monroe Chase development.

Who qualifies for affordable housing

A family of four with an annual income of \$84,000 can qualify, as well as a single person with an income up to \$35,000.

Some of these units are rental properties near the Senior Center, of which some will be age restricted. Any town houses and free standing homes will not be age restricted. The Township will help qualified persons with the down payment, closing costs, and moving expenses, possibly up to \$3,000.

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Mayor Gerald Tamburro

Existing housing rehabilitation

Capital improvements such as air conditioning, plumbing, roofing, etc., can be expensive. A homeowner can apply at the Municipal Building for help with such projects. We have a consulting engineer who will analyze the request and present it to the Affordable Housing Board for approval, upon financial qualification.

Schools in Monroe

We are happy to say that we have excellent schools.

The Board of Education gets 58% of the Municipal taxes we collect. We accept Jamesburg students in the Monroe Township High School at the rate of \$15,000 per student, per year.

Our water source

We have artesian wells and we also buy costly surface water from The American Water Company which has to be treated. We learned that the SWM International in Spotswood had excess water allocation rights that we could buy. The Department of Environmental Protection approved Monroe's request to drill into the Spotswood water supply, which will give us less expensive, better quality water, that can improve existing water provisions and support future development. This will save Monroe at least half a million dollars per year.

Our energy aggregation program

Our contract with TriEagle Energy went into effect on January 1. This company charges 12% less than the JCP&L tariff rate on the generation portion of the bill, a good saving for every partici-

We have great services for Monroe residents:

• The Emergency Medical Service to which the (Continued on page 2)

Presidents to honor

By Jean Houvener

George Washington was born on Feb. 22, 1732, in Westmoreland County, Va. Abraham Lincoln was born on Feb. 12, 1809, in Hodgenville, Ky. Both men were over six feet tall. George Washington died at Mount Vernon on Dec. 14, 1799, before Lincoln was born. Lincoln, of course, was assassinated on April 15, 1865, while attending the theater in Washington, D.C. Without these two men, it is unlikely that our country would be what it is

Washington's family immigrated to Virginia in the 1600s during the Puritan Revolution in England, a time when much of the family's wealth in England was lost. His family home in England (Washington Old Hall) is open to the public. His father and grandfather were successful landowning farmers in Virginia. Although homeschooled and tutored by a schoolmaster in traditional

classics, math, and Latin, Washington's experience was more on the land, growing tobacco, hunting, raising stock, surveying. His father died when he was only 11, but his older half brother took him under his wing. By 16 he was part of a surveying party and continued to survey the western area of Virginia for Lord Fairfax. By the age of 20, following the death of his half brother, he inherited the family farms, which he expanded to 8,000

acres. From 1753 to 1758, he was fighting in the French and Indian War (1754-1762) alongside the

Nearly all men can stand adversity, but if you want to test a including at Trenton and man's character, give him Princeton, but there were power. Abraham Lincoln

British and Indian allies, commanding the Virginia troops by the age of 23, learning much about tactics and politics that he would need later. It was a frustrating task, and he returned to Mount Vernon in 1758. The next year he married a young widow, Martha Dandridge Custis, who brought land and money to the marriage. With that and lands granted for his military service, Washington became a very successful farmer and manager of his large estate. Together he and Martha raised her two children. While he was said to dislike the institution of slavery, he had over 100 slaves and managed hundreds more for the Custis estate. In 1758 he was elected to the House of Burgesses.

While not initially opposed to British rule of the colonies, as increasingly onerous laws were enacted against the colonies, Washington became more active in the political opposition to British



If the freedom of speech is taken away then dumb and silent we may be led, like sheep to the slaughter.

rule. At the Second Continental Congress held in

Philadelphia in 1775, he was the logical choice to be appointed Commander-in-Chief of the colonial armies. While not necessarily the most qualified militarily, Washington was smart and made use of his early backwoods training. His appointment broadened support from other colonies beyond the hotheads of New England. He also used other capable commanders and cajoled support from a recalcitrant Continental Conaress.

He had early successes

(Continued on page 3)



at the governors' meeting



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

gm

Guest speaker, Mayor Gerald Tamburro, addressed the Board of Governors and discussed affordable housing, school funding and Open Space tax.

gm

Vincent Marino, Jr. reported on the Maintenance Committee. Barbara Krysiak gave the report from the Community Affairs Committee. Judith Sforza reported on the Finance Committee and stated there is a year-to-date budget deficit of \$214,750.89. Peter Kaznosky reported that the next Golf Course Committee

meeting will be on February 9 at 2 p.m. and Thomas Tucci gave an update on the golf course maintenance projects.

gm

Daniel Jolly appointed Walter Gryskiewicz to a two-year term on the Rossmoor News Board and Salvatore Gurriero to the Accident Investigation Committee.



Daniel Jolly announced the Rossmoor Employee Service Awards, from left: Frank Rapisarda, Pro Shop, 5 years; Leonard Wronski, Pro Shop, 10 years; Richard DeBlois, Maintenance Department, 40 years; David Salter, Maintenance Department, 5 years; and Paul Thibault, E&R Department, 5 years.

Mayor speaks

(Continued from page 1)

Township contributes \$2 million per year, and which is also reimbursed 80% to 90% by insurance companies.

- Our Police force is smaller (less costly) than other towns with similar populations and square miles. This is because of the gated communities. Monroe was named the 21st safest town in the entire nation.
- Our Library offers wonderful programs for kids. For grown-ups, there are e-books available with only a library card,

concerts, and would you believe they sell stamps! My wife, Carole, is teaching a sewing class at the Library, too.

- Bus services: Our buses will pick up people and take them back home a f t e r medical appointments within Monroe. We have shuttles that will take people to hospitals. We also have buses that will take people shopping to Princeton or Freehold.
- Our Senior Center offers the only place in town that will hold 300 people. Any 501c3 non-profit group can rent the Senior Center for only \$250. Our programs

are expanding, with table tennis in the near future. We are considering adding some sports for kids who live in that part of the Township.

Perrineville Road

This is a County road project. We have been pressing the County to complete its construction and repairs by February 1 to alleviate rush hour congestion on Applegarth Road.

The Rossmoor News thanks Mayor Tamburro for giving us his thoughts on these matters and for taking time from his busy day to meet with us.

Rossmoor Andrew Licus Electrical Control of the Con

News Board:

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

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

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

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Bits & Pieces

Sue Ortiz

Despite living in the digital age, we still rely on good, old-fashioned paper.

Let us ponder the possibility of disappearing into the void of a blank sheet of paper. Let your imagination travel beyond the wood pulp and into the very essence of the plane. What interdimensional properties might one sheet of bright white 24-lb bond have?

From the scratch of a quill pen on parchment to the tap-tap-tap of typewriter keys striking a standard 8½" by 11" page to the hum of an ink-jet printer turning out double-sided pages, paper was made to preserve memories, hold entire worlds formed only of words, and record an entire school year's worth of math equations. From the ancient Egyptian scribes to present day writers like me, we look at blank paper and try to see what is hiding underneath the surface, like the sculptor who chips away at an unremarkable block of marble to get to the work of art that lies within it.

The author, hopeful of writing the next great American novel, sees her characters jump out of the page before they are forever sandwiched between two covers. Whether the story is good or grammatically correct is another thing, though. A clean paper napkin, or even one covered in lipstick, can be a blank canvas for a modernday Emily Dickinson or the next Neil Diamond.

A letter, filled with fancy cursive sentiments that took time to write, scented with the author's perfume, evokes simpler times where it took days, or even weeks, to reach the recipient. There aren't many letter writers anymore, though. Not many would be able to read the handwriting, anyway. Two thumbs and a click is all it takes to send a note these days. Speaking of notes, remember passing those slips of paper, filled with grandiose after-school plans and who-likes-who rumors, from row to row during class? And the embarrassment when the teacher intercepted and read them aloud?

Blank journals are books waiting to be written, and a stack of paper is ready for anything.

Origami, the ancient art of paper folding, transforms sheets of colorful paper into intricate figures, such as birds, animals, boats, and boxes using *valley* and *mountain* folds. Paper airplanes are also a form of origami — wouldn't it be great to soar away over hill and dale on a folded sheet of paper?

To a talented watercolor artist, a blank sheet of watercolor paper becomes a bubbling stream flowing through a tranquil verdant forest delicately washed in rays of sunlight; while a finger-painting kindergartner sees a horse prancing among a chaotic mix of primary colors.

There is one drawback to a fresh sheet of blank paper. A paper cut is one of the most painful of cuts... Ouch! If you should happen to get one, instead of crying, tear the offending piece of paper into bits and pieces (get it?) and throw it to the wind like so much confetti.

Blank paper and imagination...perfect together.

B&P

Each morning my characters greet me with misty faces willing, though chilled, to muster for another day's progress through the dazzling quicksand, the marsh of blank paper. — John Updike (American novelist, 1932-2009)

My perfect day is sitting in a room with some blank paper. That's heaven. That's gold, and anything else is just a waste of time. — Cormac McCarthy (American writer, b. 1933)

Indeed, an engineer designing a structure is not unlike an artist painting one. Both start with nothing but talent, experience, and inspiration. The fresh piece of paper on the drawing board is as blank as the newly stretched piece of canvas. — Henry Petroski (American author, b. 1942)

I think I did pretty well, considering I started out with nothing but a bunch of blank paper. — Steve Martin (American comedian, b. 1945)

My favorite thing is to be alone in a room with a blank paper in front of me and the time to fill it. — Dirk Benedict (American actor, b. 1945)

Blank paper has always inspired me. — Daniel Handler (American author, b. 1970)

RCAI Committee Meetings February 2016

Meetings are held in the Village Center.

Presidents

(Continued from page 1)

also many strategic retreats, and a particularly grueling winter in Valley Forge, Pa., in 1777-78. Washington realized that it was most important to keep the army intact. The British strategy was to hold the cities, while the Americans held much of the surrounding countryside. The Americans ultimately drove the British out of Philadelphia, and won the important Battle of Monmouth. By the end of 1783, the war was over and Washington hoped to return to his life as a gentleman farmer.

After presiding over the Constitutional Convention in 1787, in 1789 he was called again to serve the country, and was elected the first president of the United States of America. As during the Revolution, he was required to use all his political skills to manage the many capable individuals who were part of the new government. In spite of his efforts to avoid division and partisanship, the disagreements that arose in the early years during the formation of the government developed and continue to this day.

Abraham Lincoln's family was poor. His parents had pioneered successfully in Kentucky, but they lost their Kentucky land in a land dispute, and were forced to move to Indiana in 1817 to start over. Life there was difficult. Lincoln's mother died when he was nine, and his father forced the boy to work hard on the land. He was largely self-taught, reading whatever books he could find. His father's second wife, Sarah, encouraged him in his

In 1830 the family moved again, to Illinois. The 22-year -old Lincoln moved out on his own, working first as a laborer, then as a shopkeeper, postmaster and store owner. He was well liked and eventually was elected to the Illi-

nois state legislature as a Whig. At this time, he decided to read for the law, and in 1837 was admitted to the bar, beginning his practice in Springfield, Ill., with the John T. Stuart firm. In 1844 he set up a practice with partner William Herndon.

In 1842 Lincoln married Mary Todd, a well-educated, spirited woman from a distinguished Kentucky family. Only one of their four children survived to adulthood.

He served in the U.S. House of Representatives from 1847 to 1849, a single term. His stance opposing the Mexican-American War had made him unpopular at home, so he chose not to run for a second term. When the Congress overturned the Missouri Compromise in 1854, permitting states to choose for themselves whether or not to permit slavery, the Republican Party was formed. An opponent of slavery, first on economic and second on moral grounds, Lincoln joined the new party in 1856.

Lincoln challenged Stephen Douglas for his seat in the U.S. Senate. Declaring, "A house divided cannot stand," he criticized Douglas, President Buchanan, and the Supreme Court for promoting slavery. During the seven debates with Douglas in 1858, he proved an able debater with clear positions. While he did not win the election, he became recognized nationally. In 1860 he was chosen by the Republican Party to run for president. In a four-way race for the presidency, he won only 40% of the popular vote, but received 180 of 303 votes from the Electoral College.

While he had won the Republican nomination based on his fairly moderate view on slavery, before his inauguration in 1861 seven southern states had seceded. In April, Confederate forces besieged Fort Sumter in Charleston, S. C., and the Civil War had begun. Lincoln

included some of the most brilliant people in politics in his Cabinet including his political rivals; however in many ways this led to more difficulty in decision-making. Lincoln appropriated many powers in the execution of the war that no other president had done, including suspending habeas corpus, distributing money from the Treasury without congressional approval, and arresting suspected Confederate sympathizers without a warrant.

Particularly in the beginning of the war, the Union had difficulty finding competent generals to lead the battle. The most obvious candidate, Robert E. Lee, had chosen to fight for the Confederacy. On Jan. 1, 1863, Lincoln issued the Emancipation Proclamation, freeing all slaves in the rebelling states. While largely symbolic, it was a brilliant stroke tactically, freeing slaves that were confiscated from their southern owners and offering sanctuary to escaped slaves from the South.

In the election of 1864, the Union had not yet prevailed over the Confederacy. Lincoln expected to lose the election to his ex-General George McClellan, but he won with 55% of the popular vote and 212 of the 243 electoral votes. On April 9, 1865, General Robert E. Lee surrendered. For Reconstruction, Lincoln had strongly opposed punitive measures against those who had joined the Confederacy. Unfortunately, on April 14, 1865, John Wilkes Booth, actor and well-known Confederate sympathizer, assassinated Lincoln.

Lincoln's great legacy was the preservation of the Union and the ending of slavery.



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By Bob Huber

While out for a midwinter stroll, I noticed a ball of fur by the side of the path, and I recognized it instantly as Rossmoor's resident ground-hog, Elwood, so I stopped to chat.

Elwood! I haven't seen you in ages! What are you doing out here in this weather?

I've been evicted.

Evicted?! By whom?

Some guy who said he worked for Pest Control. I was never so insulted in my life. Can you imagine me being considered a pest?

I suppose it depends on your perspective. Have you found a new burrow?

Yeah. It's a little smaller, and the view is not as good, but it's cozy. I'm moving my stuff over there now.

Can you tell me where it is?

Are you crazy?! If I start blabbing about its location,



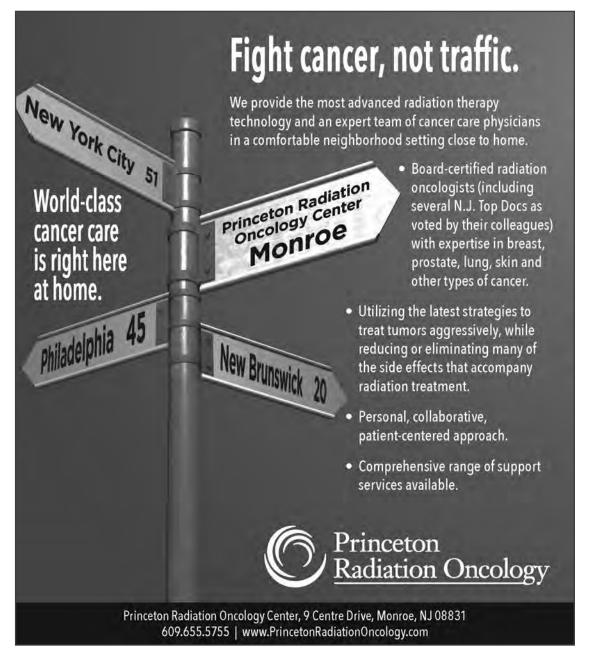
Elwood

that pest control creep is going to show up again.

I guess you're right. I thought perhaps you had changed your mind about celebrating Groundhog Day. You once told me you were dead set against it.

I still am. Let that publicity hound up in Punxsutawney, Pennsylvania have his fun. If people want to believe that he can control the weather, I feel sorry for them. All Groundhog Day does is separate the first half of win-

(Continued on page 4)



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8:00 p.m. at the Monroe Township High School

Save the Dates

Any Questions: Call 609-395-0404 Extension 220 or 221

Community Church collects coats, clothing for the needy

By Alyce Owens

Coats of all kinds and sizes, warm pants, jackets, sweaters, and hats were among the items donated by residents to the "Warm Clothing for the Needy" drive run by the Community Church for the seventh year in a row. After all these years, it's hard to believe that there still is this much left in our closets to donate, but the generous Rossmoor folks continue to find many hundreds of warm coats and clothing to help make life more bearable for the many people in need throughout New Jersey.

Three van loads of clothing were picked up by a volunteer from Your Grandmother's Cupboard for distribution this winter to those living in dire poverty. Based in Toms River, Your Grandmother's Cupboard is a volunteer Christian outreach organization which collects and distributes clothing, food, and personal necessities of life completely free to over

1200 people monthly at 20 different gathering places located from one end of the state to the other. This includes the homeless, the hungry, and other underserved adults and children in our midst with special needs.

We worry about paying high electric bills when winter temperatures plummet; imagine what it must be like to have no heat at all — or worse yet, to have no home. The Deacons' Mission Committee of the Community Church thanks each and every person who contributed to this very important outreach, helping others who



The Rossmoor NEWS

are so much less fortunate than ourselves. This is truly God's love at work and we hope that all who contributed will know that the recipients of their warm clothing feel that someone loves and cares about them.

Elwood

(Continued from page 3)

ter from the second half. If people want to believe all that other gobbledygook, that's their problem.

But, you have to admit Groundhog Day has a long history.

Yeah, I know. It goes all the way back to medieval Europe. There was a Christian celebration called Candle Mass. Then the church blessed candles and passed them out to the people as part of a purification ceremony. Somehow the day got tied in with a pagan event celebrating the midpoint between winter and spring. In folklore, it was believed if Candle Mass day was cloudy, winter was about over. If the day was bright and sunny, there would be six more weeks of winter. By the time the story got to England, Candle Mass was all but forgotten, and the responsibility was dumped on hedgehogs. If they saw their shadow. It meant six more weeks of winter.

That was quite a responsibility to put upon such a small animal.

You're telling me! When German immigrants came to this country and settled in Pennsylvania, there weren't any hedgehogs, so they put the load on our backs. I guess they figured one hog was as good as another. It's been known as Groundhog Day ever since. In fact, the United States government officially recognized the day back in 1886. You'd think the government would have more important things to do. The whole thing is so stupid!

It sounds like Groundhog Day still gets your dander up.

It certainly does. But I haven't got time worry about it now. I've got to get the rest of my stuff out of my old burrow before that pest control guy comes back and plugs up the hole.

I hope you enjoy your new home, and I'll look forward to seeing you in the spring.

Not if I see you first. We groundhogs are very shy.

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Focus on: Groups and Clubs

By Jean Houvener



Members of the Art Class

Find the artist inside: Art Class

The Art Class includes a wide range of talents, from fine artists to those who are beginners. Some have started with no prior experience and have progressed to become accomplished painters. Some sell their paintings; others simply enjoy learning new techniques. The Art Class meets every Wednesday from 9:30 a.m. to noon in the Gallery. Paul Pittari has led

the Art Class since 2004.

It is not a class where everyone is doing the same project at the same time with an in-

structor. For that to work, everyone needs to be at the same

level, which they are not. For the most part, the artists work on their own and on their own

projects. Paul gives help when needed. Primarily they work in

watercolors, although some

work in oil or acrylics. For the

most part, they work from a picture or photo, and pre-draw what they wish to portray in pencil. They discuss the rules

of art and how to shift the photo and what changes to

make when creating the paint-

For those who are new to

painting, Paul has a series of

instructions, which can take a

novice step by step to a completed painting. For those who

would like to try their hand, to

find the artist within, bring pa-

per and pencil, or simply show

up, and Paul will guide you

through a project. One of the first things an artist deals with is perspective, fooling the viewer that he or she is seeing a three-dimensional scene when it is really a twodimensional painting. There are many techniques for a new artist to learn, for example, when you look at a photograph of a railroad track, the tracks appear to meet in the distance; however, if you walk down the



Paul Pittari and Milli Groves

even if that point is off the paper. Color shifts and indistinctness are further techniques to promote perspective.

While Paul does his own painting at the class, he spends much of his time helping the others and advising

(Continued on page 6)

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Firefighters say, "Help us to help you"

By District #3 Commissioner Joseph Haff

The election for Fire District #3 will be held on Saturday, February 20, from 2 p.m. to 9 p.m., in the Gallery. I urge all residents to vote "Yes" on the budget. We have worked hard to keep expenses down, resulting in the very small \$.002 raise per \$100 valuation in a homeowner's taxes. If the budget is defeated, we might have to lay off personnel, which suggests more property damage and even human injury in the event of a fire. We will be at a tremendous disadvantage if we have to call for help from the surrounding towns because they are volunteer departments with much longer response times. Less manpower is not what you need in a crisis.

The turnout for last year's election was very poor. Fewer than 30 votes were cast from a population of over 3,000. Of course, the weather that day

was dreadful, which accounts for the low turnout. Please, make every effort to get to the polls this year and vote in favor of the budget. Absentee ballots are available at the Municipal Building or in the E&R office.

Monroe Township started its fire protection services over 30 years ago with an all-volunteer department. Monroe was then a rural township. Responding to population growth, our fire department has expanded into three districts. Each district is governed by five elected commissioners, whose primary duties are to formulate policy and to create an operating budget each year.

District #1 takes in the most northerly section of Monroe. They have a single firehouse, but they are now constructing a new firehouse to replace it. This district is all volunteer, although they just lost a court case that requires them to reinstate three paid firemen. Last year, District #1 handled 94 calls.

District #2 is located in the lower part of the Township, south of Prospect Plains Road. They have two firehouses: one on Halsey Reed Road that is manned by paid firemen, and another on Applegarth Road manned by a small contingent of volunteers. District #2 handled 237 calls last year.

District #3, the largest, is located in the center of Monroe and includes the senior communities of Rossmoor, Regency, and Greenbriar Whittingham. This is an all paid department with one firehouse on Centre Drive and the other on School House Road. District #3 handles the majority of the incident calls, often including those from Districts #1 and #2: 991 in this past year.

The five commissioners in District #3 include myself, Joe Haff, from Rossmoor; Gerry Kaplan, Joel Kaplan, and Jim Fisher from Regency; and Les Barta from the Township. Commissioners are elected for a three-year term on a staggered basis. This year, Jim Fisher will be up for reelection. As of this writing, I don't have the final figures on this year's budget, but it looks as if we have maintained good fiscal restraint. Unfortunately, we have no way to control health costs, which escalate every year.

In recent years, District #3 commissioners have advocated consolidation of the three fire districts into one district covering the entire Township. This would have allowed us to eliminate ten fire commissioners, an attorney, and at least one accountant. We might have enacted better purchasing procedures, redistributed equipment more efficiently, and provided for future expansion.

However, we have put a hold on these plans, due to the fiscal problems of District #1. Rumors have it that their new firehouse construction is over budget. Then, too, District #1 recently lost a court decision and must now rehire the three firefighters they fired five years ago. This started back in 2009, when they had three paid firemen. One had to leave due to an injury, and in a dispute about hiring a replacement, they fired the other two. The Union started procedures to get the firemen reinstated. Their reinstatement was upheld by the State of New Jersey, but was then appealed by District #1. The case proceeded through the legal system until this past month, when the last appeal was denied. As it looks right now, District #1 must pay these men back pay, with interest for the last five years. The District also recently purchased a new vehicle for the Chief for around \$70,000 as well as a brush truck for \$140,000. If we were still considering consolidation, we would not look at accepting all these outstanding debts from District #1.

Art Class

(Continued from page 5)

when people have questions. At the end of each class, if they wish the members put their work on an easel, and the group critiques the work, providing helpful ideas to develop the artist.

Paul considers himself more in the role of an umpire; he knows the rules and can see where they may not be followed and what to change to improve the painting; his engineering background probably contributes to this skill and viewpoint.

The class is very informal, with coffee and cake or cookies to munch on, provided by the members. There are no dues or fees. All participants are responsible for their own materials. They come when they can. The class is fun and instructive. They all have a good time.

In connection with the Art Appreciation committee, this group also sets up and takes down the art exhibits in the gallery, most recently the exhibit of work by one class member, Bob Shine, followed by an exhibit by various class members.

They are also helping with the Wine and Design Painting Party this February 25 at 6:30 p.m. Members will set up the materials and will provide instruction for the participants. A similar party during Rossmoor's Anniversary Celebration was a great success.

Winter addresses/alternate addresses

By Christina Smith

Many residents go away for extended periods of time and fill out a "Winter Address Form" giving the date they leave and the date they will return. However, some residents write their date of return as "indefinitely," "unknown," or "will call," but sometimes

they forget to call.

Please call me, Christina Smith, resident services manager, at 609-655-1000, to make sure that your mail from the Rossmoor Community Association, Inc., or your Mutual, is being mailed to the correct address.

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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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California here I come

By Anne Rotholz

I was just back from Ireland when I got an invitation from Pam, my late husband Fred's daughter, and her husband, Bob, to come and see their new home in California. It was more in the form of an ultimatum—I could come either for Thanksgiving or Christmas. Since I barely had my land legs back from my Irish trip, I decided to go for Christmas.

Once again I was at Newark Airport, only this time I was heading for Beaumont, Ca., a small town I had never heard of, that is roughly midway between Los Angeles and Palm Springs. It is 14 miles from San Bernardino, which was the scene of the horrible massacre just weeks before. Bob asked if I would like to visit the County building where the tragedy took place but I declined and instead offered a silent prayer for those who died or were injured and for their families.

Our flight arrived in LAX an hour ahead of schedule and Pam was already there waiting for me. Nothing could prepare one for rush hour traffic in L.A. It took us almost as long to get to Beaumont as it had taken me to get from Newark. I told Bob that I would not be so selfish next time and would consider taking a connecting flight to Ontario Airport, which is much closer. Nice guy that he is, he said that he would come to LAX to pick me up any time. When we reached their home, we were greeted by a welcoming committee of two Westies, Esther and Molly, who made me feel as if they had known me all of my

I had a warm, wonderful Christmas. My stepson Brad and his wife Debra came from Catalina Island, where they work on the Wrigley Estate. They both worked on Johnny Carson's boat "The Serengeti" (Brad was boat captain). They have fond memories of that experience and always speak highly of the Carsons.

When I said that I had a warm Christmas, I was certainly not speaking in terms of the weather which was quite cold while I was there. My nephew, who lives near Philadelphia, joked on the phone on Christmas Eve, "You went to California to get warm and it is 76 degrees here today."

Touche!

On the day after Christmas, Bob took us to a mountain resort that is fairly close to Beaumont. It had snowed there overnight. Bob knew the history of the area and the name of every plant and tree that grew there. He pointed out some Joshua trees and explained that because the day was windy, tumbleweed was very active. I saw several blowing around and one ended up near us on the highway. The outing proved to be a most enjoy-

able experience for me.
Two days later It was time
to leave Beaumont. My New
Jersey friends, Mary Anne

and Al, who now live in San Diego, came to take me there for my last few days on the west coast. Al had a question: Did I want to go by the ocean route or the desert? Of course I chose the desert and what an experience it was. Al, a retired scientist, had researched the route very carefully.

First we went to Palm Springs, where Al had arranged a visit to Palm Canyon. Because it was holiday time, we had a long line of cars ahead of us, but it was well worth the wait. As we carefully made our way into the ravine, I mentioned that it was a good thing that all three of us had some hiking experience and I was thankful for the hours I spent with the Rossmoor Hikers. The canyon lived up to its name, it was full of huge palm trees. We were surprised and happy to find that it also had lots of beautiful hummingbirds.

As we made our way through Palm Desert and La Quinta, Al pointed out the homes of the various celebrities, as well as other places of interest. I had never imagined that the desert sand could be so white. Traveling south, we saw many desert towns but they became fewer and smaller as we went along. At one point I saw a beautiful lake in the distance. Al told me that it was The Salton Sea. This saltwater lake, located directly on the San Andreas fault, is the largest lake in California. He explained that the lake bed dates back to the time of the glaciers. The lake water comes from the Colorado River in a 400 - 500 year. cycle. Fresh water is followed by salt water and the lake then dries up. As we drove on we saw citrus groves, some fields of lettuce and lots of dune buggies.

We stopped at the huge Anza-Borrego Desert State Park. One of the many interesting things we saw there was a small pond with pupfish. These tiny creatures are believed to be descendants of small fish that lived in prehistoric lakes in this and other desert areas. When the lakes dried up the fish were isolated in small pools of water

The region has many different varieties of cactus and some unusual trees. My friends told me that I was too early for the miracle of the desert. In early spring the cactus blooms and the whole place is transformed into a blaze of color. At one point AI spotted a roadrunner but it moved so quickly neither Mary Anne nor I saw it.

After a wonderful late lunch at the Anza-Borrego Resort, we resumed our journey, not knowing that the weather was about to change dramatically. While we were still in the desert hills the rain began and it soon turned to snow. Since Al is an excellent driver with a calm personality, he did not seem perturbed by the

storm. By the time we reached San Diego it was 10 p.m. and we were well ready for a good sleep.

I had three wonderful days in San Diego. We could not get into the zoo because it was holiday time and the lines were long. I visited the famous Cactus Garden and looked in amazement at the variety of cactus plants there. Some of them had colorful hummingbirds feeding on tiny flower buds. I saw two spectacular sunsets, both at the famous Tory Pines State Reserve. One was from the hills overlooking the Scripps Institution of Oceanography, the other from the grounds of the Salk Institute. I was totally amazed by the number of people who had gathered to watch the sunsets.

I went on a few shopping sprees with Mary Anne and we reminisced on her years in Plainsboro and our many happy adventures in this area. The weather was a little warmer in San Diego but temperatures were still below normal for the time of year.

Soon it was time to leave my good friends and the west coast. Since I had a 6:15 a.m. flight on New Year's Eve, we were up bright and early and once again I was heading to the airport. The flight to Newark was smooth and it arrived an hour ahead of schedule. I had a short wait for the N.J. shuttle. To my surprise I was the only passenger for the ride. Sure enough when I got to Crowne Plaza, my good friends Pat and Josie were waiting for me!

I had a memorable Christmas, thanks to a great family and loyal friends.

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REMEMBER OUR MEN AND WOMEN IN THE SERVICE

Remembering our War for Independence

How German immigrants helped win the American Revolution

By Carol De Haan

"The colonial militias had what you might call a secret weapon," said Beryl Levitt, Mutual 9 history buff and craftsman in charge of Rossmoor's wood shop. "That was the American long rifle. It gave our militiaman such a huge advantage that the British said it violated the rules of a fair fight. So if a lone hunter or a poor farmer was found with a long rifle, the Brits would hang him on the spot, no trial, nothing."

Weapons of war

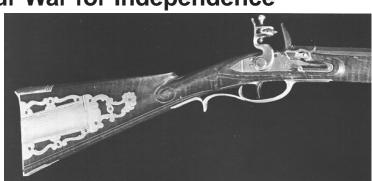
A soldier in the 1700s carried a musket, which an Englishman called his "Brown Bess." These muskets, manufactured in England and France, had been shipped in great numbers to the New World. They were short and heavy with a range of less than 100 yards. One could never be sure a musket would hit the target.

By contrast, the American long rifle, (also called the Kentucky, or the Pennsylvania rifle) was lighter, with unparalleled accuracy. It had a range of one to two hundred yards or more in the hands of a sharpshooter. In one Kentucky battle of the Revolution, Daniel Boone killed a British officer at 250 yards with a single shot to the head. (The nearby town of Boonesboro was then named in his honor.)

The barrel of a long rifle was 32 to 48 inches long. Its overall length, from 54 to 70 inches, often depended on the height of the person who would use it.

How a musket became a rifle

Around 1520, Augustus Kotter of Nuremburg, Germany, noticed that an arrow with twisted grooves, or with



The Kentucky rifle can be a work of art.

twisted feathers, would fly straighter and farther. It didn't take long before this observation was applied to the crossbow with the result that its bolts, too, were flying straighter and farther. When guns were developed, this same technology was applied: the barrel was scored in a spiral pattern to make the bullet spin on its own axis, thereby gaining accuracy and distance.

German origins of the American rifle

Gunsmithing in the New world began in the early 1700s with German immigrants in mountainous southwest Pennsylvania. Made-to-order guns could be modified for different uses. For example, unlike the dark, closed canopy forests of Europe, Appalachian forests were rocky and dense with undergrowth. A hunter needed a lighter gun and ammunition.

Gunsmiths responded with a smaller caliber barrel and lightweight bullets, but they lengthened the barrel to increase velocity and accuracy. The most astonishing characteristic of this new long rifle was its accuracy, which drove His Majesty's officers into a frenzy when one of their own was picked off by a lone marksman at several hundred yards, a feat they could neither duplicate nor understand.

Accuracy had been the problem as far back as when canons were first made. Canon fire could breach the long wall of a stone castle,

but it could seldom hit the enemy's gunpowder magazine. The widely distributed musket, similarly, tended to spray its ammunition in the near field, often failing to hit a target at any distance.

However, when German (i.e., Pennsylvania Dutch) gunsmiths scored the rifle's bore in a spiral pattern, the bullet would spin, going farther and right on target. That feature gave the strategic edge to Morgan's Raiders as they defeated the most powerful army of their time.

Gunpowder, aka black powder

Some monks in 9th century China mixed sulfur, charcoal, and potassium nitrate (saltpeter) in hopes of finding a formula for immortality. Alas, mortality is what they got if they weren't careful. But the always creative Chinese found that firing these substances in a confined chamber could send a particle exploding outward at great speed. Hence were born the canon, the hand canon, the hand grenade, the land mine, and the ever popular fireworks.

Invading Mongols carried the Chinese invention throughout the Middle East, from whence it reached Europe by the 13th century and changed the manner of warfare ever since.

Decline and rebirth

There was no need for the long rifle by the early 20th century; military weapons

(Continued on page 10)

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Remembering our War for Independence

General Daniel Morgan, rifleman and hero of 1777

By Carol De Haan

New Jersey's General Daniel Morgan turned a war for independence, one that we were losing, into a war that could be won. He did it at Saratoga, New York, in

Morgan was born in Hunterdon in 1736 to a family from Wales, with a notorious pirate among their old world ancestors. Working as a teamster in his youth, Morgan hauled goods for merchants. Being thrifty, he soon purchased his own team of horses, which stood him in good stead when the French and Indian War broke out in 1754.

With his cousin, Daniel Boone, (the Kentucky frontiersman), Morgan hauled supplies and weapons through the dangerous Appalachian wilderness to support General Braddock in his battles with the French and their Indian allies.

During that conflict, an uppity British lieutenant struck Morgan with the flat of his sword. Hotheaded young Morgan punched back. He was court martialed and sentenced to a horrific beating of 500 lashes. That was a death sentence: it would take most of the flesh off a human body. Somehow, against all odds, Morgan had the strength of body and mind to survive, but for the rest of his life he hated the British military. He acted on it during our war for independence.

Twelve years after the French and Indian War, American colonists were fighting British troops. When, in 1775, Congress created the Continental Army with 10 rifle companies, Virginia sent Colonel Morgan with 500 sharpshooters who marched 600 miles to Boston in 21 days, carrying their "rifled" long guns. Fighting guerilla style, Morgan's Raiders took out Indian guides, leaving British forces with no military intelligence and no scouts to

guide them through unfamiliar terrain. They also took out British officers, traditionally considered immune from attack, thereby leaving foot soldiers with no leadership.

Morgan and his men were captured in the 1776 invasion of Quebec. Freed the next year in a prisoner exchange, they quickly rejoined Washington.

By June 1777, British General Sir Henry Clinton and his 11,000 troops had been driven out of Philadelphia. Their goal was to march across New Jersey to rendezvous with ships of Admiral Sir Richard Howe, who was to arrive at Sandy Hook. Morgan's Raiders harassed them every inch of the way. The Raiders missed the action at Monmouth Court House (the "Molly Pitcher" battle) when the feckless Major General Charles Lee failed to communicate with Morgan.

They were nevertheless reassigned to Saratoga, N.Y., which British General John Burgoyne was trying to capture. Morgan's men cut off their only possible retreat to the north, leaving Burgoyne no choice but surrender, and proving to France that American colonists deserved support for defeating the most powerful army the world had yet seen. This was the turning point that brought foreign aid into the war.

Morgan's Raiders went next to the Carolinas to harass British Colonel Banastre Tarleton. Now 45 years of age and with extensive experience, Morgan decided to disobey orders: no more harassment, he wanted to fight. In the battle at Cowpens, S. C. Morgan's men either killed or captured all Tarleton's forces, all his supplies, and all his weapons.

Was he court martialed for insubordination? On the contrary, Congress awarded him a gold medal to commemorate this feat. The battle at Cowpens is considered THE tactical masterpiece of the entire war.

In 1780, Congress pro-



moted Morgan to Brigadier General.

In 1782, he resigned his commission and built a comfortable home for himself and his wife, Abigail, in Winchester, Va., naming it "Saratoga." His home stands today as a National Historic Landmark.

By 1794, Morgan came out of retirement to suppress the whiskey rebellion in western Pennsylvania and Kentucky, which he did without firing a single shot at his countrymen. At issue was the whiskey tax, one of Alexander Hamilton's solutions to pay off the nation's war debt. Recalling the hard drinking days of his own rowdy youth, Morgan might have felt a tinge of sympathy for the small farm distillers, who often converted their end-ofseason unsold grain crop into whiskey, easily stored and easily sold.

Back home in Virginia, Morgan served two years in the U.S. House of Representatives, having been elected with a whopping 65% of the vote.

Eventually, war injuries took their toll: Morgan died in 1802, at age 66. Ten states named counties after him and numerous cities incorporated his name in theirs. Statues were raised in his honor.

Many historians, looking back at colonial America's battle for independence, are amazed at the superb leaders who rose from humble origins. Daniel Morgan holds his place with the best of them.

What happened at Saratoga in 1777

By Carol De Haan

George Washington was losing the war.

There had been skirmishes between New Englanders and British troops in the 1760s. In March, 1770, at the Boston Customs House, redcoats fired on about 50 snowball throwing citizens, one of whom was seaman Crispus Attucks, first hero of the American Revolution. He was killed with four others. and six were wounded in what came to be called The Boston Massacre.

In December, 1773, New Englanders, disguised as Indians, tossed 342 chests of tea overboard, clogging Boston harbor for days, to protest taxes imposed by the Crown. That was the Boston Tea Party. In April, 1775, the battles at Lexington, Concord, and surrounding villages marked the official beginning of the war.

Two months later, the battle of Bunker Hill became a British victory when rebels ran out of ammunition. Next January, Colonel Daniel Morgan and his famed Kentucky riflemen were captured in the Battle of Quebec.

George Washington lost the Battle of Long Island, with 2,000 men killed, wounded, or captured in August, 1776. The British took Kipps Bay in Manhattan a month later.

Retreating northward through Manhattan forests, the colonial army stood up to the British briefly at Harlem Heights, but continued their retreat through White Plains, Fort Washington in northern Manhattan, and then through Fort Lee on the New Jersey side, hoping to reach Pennsylvania before winter set in.

The picture looked hopeless for them.

Enough was enough

The British high command decided it was time to end to this troublesome revolt. They ordered Quebec General John Burgoyne and his 7,100 troops to go southward through the Champlain Valley to Albany, there to join redcoats coming up from New York City and others coming in from the west. This pincer movement would cut off the New England hotheads from the wealthy Atlantic ports and the possibly sympathetic farmers in Pennsylvania and Virginia and at the same time demolish what was left of Washington's rebel army. Albany, N.Y., would be ground zero.

Along the way, the British took Fort Ticonderoga without firing a shot. Then their Indian guides scalped a minister's daughter, Jane McCrea, which enraged the colonials. Miffed at ensuing bad publicity, 800 Wyandot Indians deserted Burgoyne, who had already lost nearly 1.000 men either killed or captured at Bennington, Vt. His numbers were dwindling, while colonial militias flocked to Albany to join General Horatio Gates, eventually

swelling his forces to 9,500. This included Daniel Morgan and his famed riflemen, recently freed in a prisoner exchange.

Bemis Heights overlooks a deep, narrow pass in the Hudson River that Burgoyne needed to get through to reach Albany. Hundreds of Morgan's Raiders, wearing camouflage, perched in trees, and calling out in wild turkey gobbles, gave the enemy huge casualties. The British retreated to the village of Saratoga.

What happened to the pincer movement?

British Lt. Col Barry St. Leger and his forces, coming in from the west, were stopped at Fort Stanwix, Oriskany, N.Y., by troops of colonial officer Major General Benedict Arnold.

Ordered to Albany from New York City, General Sir William Howe decided instead to attack Philadelphia, leaving Burgoyne at a fatal disadvantage.

D-Day at Saratoga

Burgoyne found nearly ten thousand militiamen surrounding the remnants of his army in the woods around Saratoga. His only route of escape, to the north, was now cut off by hundreds of Morgan's indomitable Raiders. Surrender was his only option. On October 17, 1777, handsome Jack Burgoyne, in his best uniform, surrendered his sword to General Horatio Gates, who courteously gave it back to him.

Enter France

France had suffered massive losses to England in 1763 after the French and Indian War. So France took note when American colonists rose up. The July, 1776 Declaration of Independence was the official cutting of the cord, but the French wondered if the colonists could hold their own in battle.

At first, they could not.

But after the massive British defeat at Saratoga, France recognized the United States of America as a sovereign nation, signed a military alliance agreement, granted loans, then declared war on Britain. France induced the Netherlands and Spain to grant loans. France sent 90% of the costly gunpowder used by colonial militias. France sent soldiers. France sent highly skilled volunteers: Pierre L'Enfant and the Marquis de Lafayette among them. France sent its navy, which in 1781 caused the British navy to depart Yorktown, leaving General Lord Charles Cornwallis and the British army no choice but final surrender. All told, France sent aid worth \$13 billion in today's money.

This massive assistance, which turned the war in favor of the colonials, came about because Daniel Morgan and his 500 riflemen proved, at Saratoga, that the Continental Army was no flash in the pan, that it was worthy of support from France.

Congress declared our first Day of Thanksgiving after the defeat of the British at Sara-

What happened at Valley Forge in 1778

By Carol De Haan

marched his 12,000 Continentals to winter camp in the woodlands of Valley Forge, Pa., on the banks of the Schuylkill River and 20 miles north-west of Philadelphia. They arrived in dire shape: 8,000 men had no shoes after two years of marching all over the northeast. They left bloody footprints in the snow. Four thousand men were declared unfit for duty.

The men felled trees to build log cabins: 2,000 by February. Fortunately, that was not too cold a winter. Not much snow fell, but it was an unhealthy damp sea-

Quartermaster General Nathaniel Greene scoured the countryside for scarce food and clothing. Much of

the time, the men subsisted In late December, 1777, on "firecakes," a tasteless General George Washington mixture of flour and water baked on a hot rock.

> The men were issued no warm clothing and no blankets. Among the 500 camp followers, Martha Washington organized a sewing circle of women who patched the men's clothing, did their laundry, and knitted for them. Other women nursed the sick and wounded. These hard working women were promised half the pay of a soldier, half his rations, and half his pension after the war.

> In spite of their efforts, 2,500 men died by February, suffering from exposure, malnutrition, starvation, and such diseases as typhoid fever, typhus, smallpox, dysentery, and pneumonia.

Lacking fodder, 700 horses died that winter.

Washington repeatedly petitioned the near penniless Congress. Finally, in late January, five Congressmen visited the encampment. By late February, Congress got adequate supplies into the camp.

The great Prussian Baron von Steuben arrived on February 23, having paid his own passage from Europe, and carrying a letter of introduction from Benjamin Franklin. He offered to train the Continentals, and amazed everyone when he took on the role of drill sergeant, forsaking his lofty rank. He taught the men strategic moves, effective marching styles, and bayonet practice. His dynamic style, his comic struggles with the English language, and his occasional explosive German oath endeared him to the

(Continued on page 10)

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Thanks from Kiwanis for donations to Children's Holiday Gift Fund

By Alyce E. Owens

For over 20 years the Kiwanis Club has sponsored the Children's Holiday Toy and Gift Fund so that they, along with the Friends of the Senior Center, can help Santa brighten a lot of children's hearts at Christmas and Hanukkah.

The Kiwanis Club extends sincere thanks to all the

caring and generous Rossmoor folks who helped make this a memorable and joyous holiday for more than 100 of Monroe's neediest kids — mostly from our Food Pantry recipient families and some identified by school nurses. Without folks like you, these kids would not have received some of the toys and gifts on their "wish list".

Because our residents' generosity surpassed the amount needed for these holiday gifts, any excess funds will be given by the Kiwanis Club as scholar-

ships to worthy Monroe High School seniors who need financial assistance to attend an accredited Vo/Tech program at a technical institute or a community college. The Club already provides college scholarships to some MH Key Club graduates.

Kiwanis could not accomplish the many worthwhile things done throughout the year without the cooperation and generosity of their many friends and supporters in Rossmoor. This is never taken for granted and is always appreciated.

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BEST DOCTORS

Best Doctors

How German immigrants helped

(Continued from page 8)

had progressed beyond it. But pockets of manufacturing remained in often remote places in the Appalachian Mountains. In 1924, however, the popularity of Captain J. Dillon's book, "The Kentucky Rifle," showed renewed interest, as did displays in the 1925 U. S. Sesquicentennial of Independence.

The 1955 film, "The Kentucky Rifle," starring actor Chill Wills, was a box office hit.

Colonial Williamsburg had its own Gunsmith Shop in 1965. Its first master, Wallace Gusler, recreated an American long rifle, using 18th century tools and techniques. This was considered so interesting that in 1968 a team of filmmakers documented it in "The Gunsmith of Williamsburg."

Since then, thousands of rifle builders, belonging to numerous organizations, practice their historic craft. Made of the finest materials and often beautifully decorated, many of these rifles

are works of art.

The History Channel has featured the American long rifle; a recent Antiques Roadshow valued an 1810 Kentucky rifle at \$20,000. One cannot help but wonder what the original gunsmith received for making it.

Valley Forge

(Continued from page 9)

men. Highly popular with the troops, von Steuben vastly improved army techniques and morale to the extent that Washington wrote in March, "our prospects begin to brighten."

Six months at Valley Forge, combined with aid from France and training by von Steuben, had turned an army of raw volunteers into a tested, organized force that retook Philadelphia and chased the British army across New Jersey.

George Washington acknowledged that his troops now knew they had the skills and the will to eventually win their war for independence.

Email your news to: news@rossmoor-nj.com

IMPORTANT PET REMINDER

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

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

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

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



"Ask the G.M."
Questions posed to RCAI General
Manager Jane Balmer by Rossmoor
staff and residents.

Q: How many vehicles may a resident parked in the Community?

A: Vehicles regularly parked or garaged in the community must be identified with a bar code sticker. Because of the limited parking spaces that are available, vehicles in excess of the number of residents in a unit require the prior written approval of the resident's Mutual board.

Vehicles that are inoperable and/or unregistered may not be stored in the Community. It is also the responsibility of all residents to know and participate in the winter storm warning procedures by moving vehicles from our streets and carport lanes to ensure proper and complete snow removal. Vehicles should be parked in residents' assigned carport spaces or garages during such emergencies. Additional vehicles or guests' vehicles

may be parked in the lower level of the Clubhouse parking lot.

Q: How many manors were sold in 2015?

: Every time there is a Adeed transfer, a \$1,500 membership fee is paid to RCAI. Since we do not have any capital improvements planned for the near future and the funding for many of the items to be replaced is from the Reserve Fund, including repaving roads and replacing sewer lines, the Board, quite a few years ago, changed the allocation of the membership fee. \$250 of each membership fee is contributed to Capital Improvement Fund and \$1,250 is contributed to the RCAI Reserve Fund.

The Reserve Fund contribution schedule planned for 120 closings in 2015 and we had 181 closings last year. That is a good thing!

Bob's Almanac

By Bob Huber

Here it comes again! It's that pesky extra day that nobody knows what to do with: February 29, leap year day.

It's all caused by sloppy work on the part of the gods. A year should be a tidy 365 days, but it is not. It actually takes our earth 365 days, 5 hours, 48 minutes and 46 seconds to circle around the sun, give or take a second

This has posed a major conundrum for calendar designers down through the ages. Julius Caesar decided to fix it (he thought he could fix anything), by simply adding a day to the calendar every four years. He called the extra day "leap year." The Julian calendar stood for centuries, and there are some cultures that still use it, but it was far from perfect.

Fifteen hundred years later, Pope Gregory tried his hand at correcting the imperfections with the application of some sophisticated mathematics. He

came a lot closer. Though it still has some imperfections, the Gregorian calendar is most commonly used around the world today, but we still have that extra day that sticks out like a sore thumb.

The embarrassing appendage has been a problem for centuries. Technically, people born on February 29 only have a birthday every four years. In some cultures, being born, or getting married, on that date, is considered bad luck. In other cultures, it's a lucky day. Go figure.

According to an old Irish custom, women are allowed to propose to men every four years, especially on a leap year day. In many European countries, especially in the upper classes of society, tradition dictated that any man who refused a woman's proposal on February 29 had to buy her a silk gown and 12 pairs of gloves. The intention was that the woman could wear the gloves to hide the em-

barrassment of not having an engagement ring. During the Middle Ages there were, in fact, laws governing this tradition

Folklore or law, the one tradition which seems to have stood the test of time is the one which allows a lady to propose marriage to the gentleman of her choice on February 29. Some liberal minded ladies interpret the tradition as giving them the entire month to make their choice.

The gods have given us this extra day every four years. There's no sense in wasting it. We suggest you make the most of it any way you choose.

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

Genetically-modified salmon is coming your way

By Carol De Haan

Our previous story about genetically-modified fruits and vegetables elicited a positive response from our readership. Therefore, we thought it important to tell everyone that the practice of altering genes is spreading now to include the fish we eat for dinner.

A corporation called AquaBounty Technologies has invested \$85 million to create a salmon that grows twice as big as the salmon we now eat, and in less time.

Genes from the Chinook salmon and the Ocean pout have been spliced into the DNA of the Atlantic salmon to create this large new fish. It will be "farmed" in Canada and Panama and marketed as "AquAdvantage" salmon. In about a year, there should be enough of this new kind of salmon to make it available in supermarkets.

The Food and Drug Administration says it is as safe to eat as other farmed salmon, which are raised in large underwater cages and which must be given manufactured food since they cannot roam the ocean to feed themselves.

It is not likely that this new salmon will be labeled "genetically modified" since the United States does not require GMO foods to be identified as such, unlike several European nations.

Long-term studies have not been conducted to determine



the safety of GMO foods to either animals or humans. The data by which the FDA decided this salmon is safe to eat was provided by its manufacturer, AquaBounty Technologies.

Opponents of genetically-modified foods have raised enough safety issues that several supermarket chains say they will not sell it: Kroger, Aldi, Safeway, Trader Joe's, Whole Foods, and Costco. Probably the only way to avoid farmed, and eventually farmed GMO salmon, is not to buy "Atlantic" salmon. Opt instead for a label that says "wild caught" or "Alaskan" salmon.



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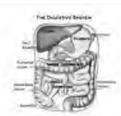
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This month in pictures Photos by Joe Conti

New Year's Eve Brunch









New Year's Eve Dinner









609 655

3232

FEBRUARY 2016

CLUBHOUSE ROSSMOOR-NJ

Michelle Williams, Manager 🔸 Erica Hardeo, Event Planner 🔸 Sebrena Jinks, Office Assistant 🔸 Sue Ortiz, Front Desk Coordinator 🔸 Jessica Fletcher, E&R Foreman

SUPER BOWL 50

Sunday, February 7, 5:30pm, Ballroom, \$17pp Menu Includes: Hoagies, Assorted Hors d'oeuvres, Dessert, Beverage & more...

"Ricki & the Flash" starring Meryl Streep will be shown in the Gallery if you aren't interested in watching the game. On Sale Now

FIRESIDE CHAT

Thursday, February 18, 11am, Red Room Join us for some hot cocoa and chat with your friends.

FITNESS CENTER ORIENTATION

Tuesday, February 23, 10am, Fitness Center New to the fitness center or need a refresher on the equipment? Limited Space Available...Sign-up in E&R

.COMCAST Q&A

Tuesday, March 8, 9-11am, Ballroom Com cast Representatives will be here to address your concerns.

FRIDAY NIGHT DANCE PARTY WITH D.I MEL

FRIDAY, FEBRUARY 19 7PM BALLROOM \$10PP

Bring Your Own Refreshments Call-in on February 4 at 12:15pm 609-655-3232

Payment accepted February 5 & 8 Tickets are non-transferrable



St. Patrick's Day

Luncheon & Entertainment

Monday, March 14 12:30PM...Ballroom...\$17pp Music by: Anthony Tabish

Lunch Includes: Sandwiches, Assorted Salads, Irish Soda Bread, Coffee & Dessert

On Sale February 2

WINE & DESIGN PAINTING PARTY

THURSDAY, FEBRUARY 25 6:30PM GALLERY \$15PP

BRING YOUR OWN WINE

LIGHT REFRESHMENTS PROVIDED

LIMITED SPACE AVAILABLE

ON SALE FEBRUARY 2



ATLANTIC CITY CASINO TRIPS-RESORTS

Tuesday, March 8, \$25pp, (\$25 Slot Play) Departs Poolside 9am On Sale February 8

ROCK n' ROLL USA at HUNTERDON

Friday, February 12, Departs Poolside 10am Sold Out...Wait List Available

"ON YOUR FEET" on Broadway Wednesday, February 24, Departs Poolside at 10am

Sold Out...Wait List Available

PHILADELPHIA FLOWER SHOW

Monday, March 7, Departs Poolside 9am Sold Out...Wait List Available

"HAMILTON" on Broadway

Wednesday, March 9, Departs Poolside at 10am Sold Out...Wait List Available

"INTERNATIONAL ARTIST" TERRY LEE GOFFEE Starring in

TRAIN OF LOVE: A TRIBUTE TO JOHNNY CASH



Hunterdon Hills Playhouse

Saturday, April 30

Bus Departs 10am

\$87pp includes show, bus & lunch

ON SALE NOW

Historic Towns and Wineries of the Chesapeake

June 6-9

4 Days ... 6 Meals Highlights Include:

Fully escorted via deluxe motor coach with Senior Tours, "All Day Happy Hour" cocktails, Wine Tasting at 3 unique wineries, Baltimore's Inner Harbor, River Boat Ride on the Miss Clare, Visit to the Historic Riverside town of Havre de Grace, & more...

\$808 (double) \$989 (single) includes taxes & gratuities \$400 due at sign-up...Balance due May 2 Travel Insurance Recommended

ON SALE NOW

BROOKLYN WALKING TOUR WITH GUIDE

\$76pp includes bus, tour guide, gratuities and lunch at the

ON SALE NOW

MUST BE ABLE TO WALK LONG DISTANCES

Tuesday, April 12 Departs Poolside 7:45am

World Famous Junior's

Meet the New Mayor of Monroe Township Gerald W. Tamburro Tuesday, February 9 10 a.m. in the Ballroom Reservations required Register at E&R or call 655-3232 By Friday, February 5 Question and answer session to follow presentation

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, and education on nutrition, safety, drug therapy, and lifestyle related to osteoporosis.

Please RSVP to the E&R office to join Lori Morell, Senior Manager of Center for Healthy Aging for the program presentation on Wednesday, February 10 at 10am in the Ballroom.

> Light refreshments will be available at the presentation.

RSVP to E&R...609-655-3232

POST CARD

From the Jersey Shore to the Eiffel Tower...

Do you have digital vacation photos you would like to share with your Rossmoor friends?

Let us know in the E&R Office!

New DVD Programs for 2016

Science & Nature

"IMAX: Born to Be Wild" 3rd Tuesday, 1:00PM, Ballroom

Armchair Travel

"America's Road Trips: Maine to Key West" 4th Tuesday, 1:00PM, Ballroom









AMATION GROUP

2nd Wednesday, 1:30pm, Ballroom "First Man on the Moon"

BOOK DISCUSSION GROUP 2nd Thursday, 3:00pm, Maple Room "Devil in the White City" by Eric Larsen

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

"Andy Williams: Moon River & Me" CURRENT EVENTS ROUNDTABLE

Mondays, 10:30am, Maple **GERMAN AMERICANS**

Last Thursday, 1:30pm, Cedar GREEK AMERICANS

POLISH AMERICANS

1st Tuesday, 1:00pm, Maple

1st Friday, 1:00pm, Maple Room

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

Contact the E&R office if you would like information regarding any of the groups above.

CHAIR YOGA

Tuesday mornings, 10:00am, Gallery

Enjoy the benefits of yoga while sitting in a chair. Class is conducted by a certified Yoga Instructor. Pay instructor directly.

FITNESS CENTER ORIENTATION

Tuesday, February 23, 10am, Fitness Center

New to the Fitness Center or just need a refresher on the equipment? Sign-up in E&R

OPEN EXERCISE DVD Monday, Thursday, 9:30 Hawthorn Room Saturday, 9:30am, Maple Room

No Instructor. Exercise at your own pace. Monday: Richard Simmons or other. Thursday: Jane Fonda's PrimeTime. Saturday: Leslie Sansone's Walk away the Pounds No charge or sign-up required.

YOGA Wednesday, 9:30am, Cedar Room.

Certified Instructor and Resident, Norman Perkus, runs this healthful and insightful class; Breathe, Stretch, Relax. No Charge. All Welcome, Bring floor mat. SPACE LIMITED.

ZUMBA GOLD

Monday, 6:30pm, Hawthorn Room.

New class begins March 7. Class conducted by a certified Zumba instructor. Pay instructor directly.

Some programs are on hiatus during the Winter months. Call E&R for details.

Contact the E&R office if you would like information regarding any





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

ART CLASS/WORKSHOP

Wednesday, 9:30am—11:30am, Gallery. Resident/ Artist Paul Pittari will offer basic instruction or critique your work. 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 February will feature an open art exhibit. Be sure to stop in and browse the beautiful artwork of our Rossmoor residents.

POTTERY

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

RUG HOOKING GROUP

This group meets on Thursdays, 9am—2pm, Gallery. This is an informal gathering to learn and appreciate the art form of rug hooking. Bring your lunch and be prepared to have some fun!

OPEN WOOD CARVING WORKSHOP

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

WOODSHOP

Open to Residents who have completed the orientation and safety class. Morning Hours: Mon, Tues, Wed, Thurs. Fri, Sat, 9am-12:30pm Afternoon Hours: Mon, Tues, Wed, Thurs, Fri, Sat, 12:30pm-4pm.

Contact the E&R office if you would like information regarding any of the programs above.



H

S

&

A

In observance of Presidents' Day, RCAI will be closed Monday, February 15. Have a Happy Holiday

Semi-Annual Hikers Meeting Tuesday, February 2 7PM Maple Room New Hikers Welcome MONROE TOWNSHIP BOOKMOBILE

Tuesday, February 9 10:15am-11am Old Nassau & Newport

11:15am-12 Noon Clubhouse Lot

Call Library for Details 732-521-5000

TRANSPORTATION INFORMATION

The Rossmoor Shopping Bus, Monroe Township Bus and New York Bus Schedules can be found on the Rossmoor website. www.rcainj.com

M

BANANAGRAMS

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

BRIDGE

Bridge Groups are encouraged to use the Card Room on the 2nd Floor of the Clubhouse
Tuesday night Rubber Bridge players needed.
Contact Diane DelMasto.

<u>CANASTA</u>

Contact E&R

MAHJONG

Contact E&R

MAYI

Contact Sophie Prata.

MEN'S POKER

Contact Joe Conti.

NINTENDO Wii Bowling, Tennis, Golf. Mondays at 10am & Wednesday at 2pm in the Game Room. Stop by E&R Office to sign out games.

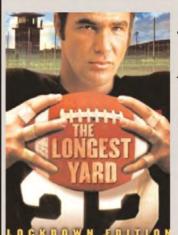
PINOCHLE

Wednesdays, 1:00 pm. New Players Welcome. Contact John Cristiano.

<u>POKER</u> Mondays and Fridays. Contact Ginny Giorgio.

POOL ROOM

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



"THE LONGEST YARD" Starring Burt Reynolds

Tuesday, February 9 1&7PM Gallery Sunday, February 14 1:30PM Ballroom

> Rated R 121 Minutes **NO CHARGE**

SUNDAY AFTERNOON MOVIE

"Woman in Gold" starring Helen Mirren

Sunday, February 28 2PM Ballroom \$5pp at the Door

Light Refreshments

















CALENDAR SUBJECT TO CHANGECheck with Group/Club for more info**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	Groundhog Day 2	3	4	5	6
"LIKE" the Rossmoor Clubhouse NJ on Facebook		1:00pm Mike Ferreir a- "Andy Williams"-BR 7:00pm Hikers Meeting-MP 7:00pm Great Decisions-CD		10:00 am Agenda Committee-VC		
Super Bowl 50 7	Chinese New Year 8	9	Ash Wednesday 10	11	12	13
5: 30pm Super Bowl 50-BR	2:00pm Mintual 2-VC	10:00 am Meet the Mayor-BR 10:00 am Mutual 11-MP 1:00 & 7:00 pm FREE MO VIE-GL "The Longest Y ard" Rated R- 121 Mins 5:30 pm Carnevale-BR 7:00 pm Great Decisions-CD	9:00am Mutual 1-MP 1:30pm Aviation-BR	9:00am Maintenance CommVC 10:00am Community Affairs-VC 11:00am Finance CommVC	10:00am Trip-Hunterdon Hills 2:00pm Mutual 17-VC	
Valentine's Day 14	Presidents' Day 15	16	17	18	19	20
1:30pm FREE MOVIE-BR "The Longest Yard" Rated R-121 Mins	PRÉSIDENTS, DIVI	1:00pm Science & Nature Program-BR 2:00pm Mutual 9-GL 7:00pm Great Decisions-CD	3:00pm Mutual 10-VC	9:00 am Board of Governors-VC 11:00 am Fireside Chat-RR	7:00pm Dance Party with DJ Mel-BR	
21	22	23	24	25	26	27
	10:00am Mutual 7-BR	10:00am # Fitness Center Orientation 10:00am New Resident Meeting-GL 1:00pm Armchair Travel-BR 7:00pm # Great Decisions-CD	10:00am Trip-"On Your Feet" 2:00pm Mutual 4c-GL	6:30pm Wine & Design Painting Party-GL	6:30pm Bingo-BR	
28	29	1				
2:00pm Movie & Light Refreshments \$5pp at Door "Woman in Gold" starring Helen Mirren		Tickets on Sale today!		CLUBHOUSE OPEN DAILY 8am-10pm		E & R Events Marked with 8 Require Tickets or Prior Registration

	EETING ON A WEEKLY or	Control of the Contro	1000
All in Stitches	Thurs	1:00pm	MP
Art Class	Wed	9:30am	GL
Chorus	Wed	4:00pm	MH
Church Discussion	Tues	1:30pm	MHP
Community Church	Sun	11:00am	MH
Crafters	Tues	9:30am	CFT
Croquet	Fri	5:00pm	C/MP
Current Events	Mon	10:30am	MP
Rug Hookers	Thurs	9:30am	GL
Sewers	Mon	9:30am	CFT
Torah Study	Sat	10:00am	CD

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

GROUPS/CLUB	S MEETING ON A MONTH	LY 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
Serman-American	Last Thurs	1:30pm	MP
Greek-American	1st Tues	1:00pm	MP
ndian American	3rd Fri	7:00pm	CD
talian-American	3rd Wed	7:30pm	BR
ewish Cong. Services	2nd &4th Fri	7:45 pm	MH
NJ Social & Cultural	Last Fri	1:30pm	BR
Players	Last Mon	1:00pm	MP
Polish-American	1st Fri	1:00pm	MP
Sisterhood	3rd Mon	1:30pm	BR
Women's Guild	3rd Thurs	1:30pm	BR
Norship with Communion	1st Sun	11:00am	МН
Writers Group	Last Thurs	10:00am	CD

Ballroom	BR	Clubhouse	СН	Gallery	GL	Maple Room	MP	Terrace	TR
Court	С	Craft Room	CFT	Game Room	GR	Meeting House	MH	Red Room	RR
Cedar Room	CD	Dogwood Room	DW	Hawthorn Room	Н	MH Parlor	МНР	Village Center	VC

THE FITNESS CORNER

By Kim Vasta, CPT

Two months into 2016 and I wonder who resolved to be more fit and healthy this year and who is sticking to this resolution?

The reality is that being healthy and fit is not about New Year's resolutions or losing weight for a special event. It is not about being on and off diets. It is not about dieting at all. Being healthy and fit is a lifestyle choice involving physical activity and proper nutrition. The many health benefits from this lifestyle are attainable at any age.

The U.S. population is aging and living longer. By 2030, it is estimated that one in five Americans will be 65 years of age or older. Regular physical exercise is essential for older adults to maintain independence and quality of life. During my 25 years of personal training, group exercise instruction, and health club management. I have witnessed firsthand the truth of this statement. Two instances that come to mind are the 90-year old woman who runs on a treadmill almost every day and the 86-year

power dance classes at his local gym. It is not surprising that they walk with pep in their step, are able to balance with very little effort, and maintain flexibility, mobility and cognitive ability. Regular physical activity protects against declining health and loss of fitness due to aging. A fit 70-yearold who has remained active can be as strong as an unfit, sedentary 30-year old.

The benefits of being physically active are numerous, many of them related to the prevention or treatment of major diseases, including:

- Improved cardiovascular function
- Lowered blood pressure
- Decreased body weight
- Improved lipid profile
- Improved glucose control
- Decreased anxiety depression
- · Reduced risk of osteoporosis

Those who have led a sedentary life might find the idea of physical exercise to be a daunting undertaking. In fact, every little bit helps. Slow walking will progress to faster walking; lifting very light weights will inevitably



Kim Vasta

progress to lifting heavier weights, and so on. Most gerontologists agree that in addition to doing something that is both mentally and emotionally rewarding, following a sensible and regular physical exercise program is the key to maintaining a satisfying quality of life well into retirement.

The hardest part is getting started. Take it slow, one day at a time. Do something you enjoy, set attainable goals and remain consistent. You'll be pleasantly surprised at how quickly you progress and how much better you



Marie Bills traveled to Granite Bay, California, to attend the Eagle Scout Court of Honor ceremony on January 2 for her grandson, Daniel Smith. Daniel is a high school senior, and his Eagle project was collecting and repairing old bicycles in partnership with Cycles 4 Hope. Daniel's two older brothers have also achieved the Eagle Scout status.

Sound Advice

Norman J. Politziner, CFP® President of NJP Associates

Getting ready to retire? Seven moves **NOT** to make

Norman J. Politziner, CFP® President of NJP Associates

If you're like most soon-tobe retirees, vou're looking forward to leaving the rat race and moving into a comfortable lifestyle. But the golden years can lose their luster quickly if you don't consider all of the aspects of retirement. Here are seven things NOT to do when you retire:

1. DON'T live beyond your means. If you've been operating on a monthly budget while you've been working, there's no need to abandon this practice in retirement. You might need a budget now even more than you did before. After all, you won't have the same income from wages coming in. Rather, you're likely to be living on a fixed income that you draw from your investments, retirement plans, IRAs, and Social

Security benefits. Splurging on things you really can't afford could do more damage than it would have before retirement.

2. DON'T cut things too closely. When you're finetuning your budget in retirement, give yourself some extra breathing room for unexpected expenses, such as repairs to your home or replacement of appliances. Try to save a little each month to build up a "rainy day" fund that you could use for emergencies. At the same time, just because you're retired doesn't mean you won't want to keep up with the latest technology or fashion trends. The trick is to create a budget that is generous enough to let you enjoy your retirement without putting your future at financial risk.

3. DON'T assume that you'll stay in good health. Even if you're in the pink of health now, there are no guarantees this will continue in retirement. To hedge your

bets, make sure you have insurance that's able to provide plenty of protection. That includes health insurance, disability income insurance, and life insurance coverage that will cover your potential needs. Although Medicare can cover most regular health care costs, you'll also need supplemental coverage to avoid large out-of-pocket expenses. Factor the premiums for all of your coverage into your monthly budget.

4. DON'T become a couch potato. Once you no longer have to wake up and go to work every morning, it's easy to become sedentary, especially if you're not athletically inclined. But one of the keys to staying healthy is to remain active and vibrant. Find activities that interest you, and pursue your hobbies vigorously. And be sure to socialize with friends and family regularly. Spending

(Continued on page 15)

Charlotte F. Casey, GRI, SRES

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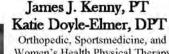
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Gerald W. Tamburro sworn in as Mayor

Mayor Gerald W. Tamburro was sworn into office on January 1, by Township Clerk Sharon Doerfler, while his wife, Carole Tamburro, held the Bible.

Mayor Tamburro had previously served on the Monroe Township Council for 14 years, including eight years as Council president. A retired banker, Mayor Tamburro was vice-president of commercial lending for The National State Bank of Elizabeth, and served as president of a community state bank in N.J. He earned his Bachelor's Degree from Seton Hall University and is a graduate of the Stonier Graduate School of Banking, Rutgers University.

"I want to thank you all for allowing me the privilege of standing before you as Mayor of Monroe Township," Mayor Tamburro said. "It is wonderful to see so many family, friends, officials, colleagues and residents here today. I'm humbled and honored in your confidence in me to lead this great community."

In addition, Councilwoman Leslie Koppel and Councilman Stephen Dalina were sworn in at the ceremony, and were selected as Council president and Council vice president, respectively.

"My pledge is to maintain a municipal government that is responsive and responsible for all our citizens," Mayor Tamburro said. "Today, a new journey begins here in Monroe. I take this incredible responsibility very seriously. I am committed to maintaining a stable municipal tax rate, while providing high quality municipal services in a safe and clean community."

CULINARY CORNER

By Sidna Mitchell

When Ken and I left New Jersey right after Christmas, the weather was still pretty warm. When we arrived in Florida, the days were even warmer. That was true until a rainy weekend put a nip in the morning and evening hours. But I'm not complaining.

On New Year's Day when I called my granddaughter, Maggie told me it was "really cold" in New Jersey. "It's so cold, Grammy, I had to put on my long johns!" Maggie said.

Ken and I have enjoyed the warm, sunny Florida weather as we try to get our house in order. We needed furniture for the master bedroom, linens and blinds in addition to lots of little odds and ends. Thank goodness for Home Depot, Lowe's, Wal-Mart, Dollar Tree, and thrift stores.

We did find time to play some golf croquet at the Sarasota County Croquet Club. I even volunteered to help with refreshments for the "Attitude Adjustment" after the games.

While I was shopping for

ingredients for guacamole and tuna fish salad, Ken picked up some zucchini muffins for breakfast at the supermarket. The muffins

were delicious and reminded me of some zucchini bread I made a few years ago. Here's that recipe.

Culinary corner

Zucchini Bread

3 eggs

1 cup vegetable oil

2 cups granulated sugar

2 cups grated zucchini

2 teaspoons vanilla

3 cups all-purpose flour 1 teaspoon salt

1 teaspoon baking soda

1 teaspoon baking powder 1 tablespoon ground

cinnamon

1 cup chopped walnuts small jar Maraschino cherries, chopped

Beat eggs until light and foamy; add vegetable oil, sugar, zucchini and vanilla. Mix lightly but blend thoroughly.

Mix together flour, salt, baking soda, baking powder and cinnamon; mix lightly.

Add dry ingredients to first mixture, stirring to blend. Stir in walnuts and chopped cherries.

Pour batter into five mini loaf pans.

Bake at 325° for about 30 minutes or until a toothpick inserted near center of a loaf comes out clean.

Cool and serve or wrap and freeze.

NOTE: The original recipe called for two loaf pans, 9x5x3-inches in size and baking for about 50 minutes. You could also add one half to one cup of raisins if desired. This is a moist bread and is wonderful for

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



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New Neighbors

By Chris Smith

Teresita Lawson, 63D Old Nassau Road, formerly of Glenwood, N.J.

Steven and Helene Gray, 730A Mt. Vernon Road, formerly of Sicklerville, N.J.

Pauline Anselme, 2500 Mystic Lane, formerly of Elizabeth, N.J.

Janice Davidson, 2420 Marblehead Lane, formerly of Stonehenge, Conn.

Sandra Bucci and Ralph Brock, 638A Yale Way, formerly of N. Brunswick, N.J.

Jane Parisio, 194A Madison Lane, formerly of Atlanta,

Betty J. Adelmann, 438B Newport Way, formerly of Warren, N.J.

Paul G. Bruder, 340C Narragansett Way, formerly of Pensacola, Fla.

William Petrick, 24C Rossmoor Drive, formerly of East Brunswick, N.J.

Xiaoqui Wang and Xiaoli Qi, 324C Old Nassau Road, formerly of Clinton, N.J.

SAFETY TIP FOR WALKERS

There are 43 miles of sidewalks in Rossmoor for your walking pleasure.

For your safety and the safety of motorists, it is recommended that you walk on the sidewalk and not in the street.

Clubs and Organizations

Women's Guild presents Michael Goldstein on "Fitness and Wellness"

By Lana Ottinger

On February 18 at 1:30 p.m. in the Ballroom, Michael Goldstein, who is a personal trainer at Princeton Wellness Center, will speak on "Fitness and Wellness." Michael lives in Mon-Township and exchanged the corporate treadmill for a career in fitness. He earned a Bachelor of Science degree in accounting from Saint Thomas Aquinas College. Michael then spent 25 years as a chief financial officer and controller in architecture and engineering industry jobs. He relieved stress through a commitment to fitness and became inspired to start a new venture in life. He has personal training and basic nutrition certifications from both the National Personal Training Institute and the National Academy of Sports Medicine.

An avid athlete, Goldstein's basketball resume includes 15 years as a certified basketball official with the International Association of Approved Basketball Officials, a player at Tel Aviv University

in Israel, and a coach and trainer of his two sons' teams. Goldstein completed the New York marathon at 42 years old. He has successfully maintained an 80-pound weight loss and this reflects his ability to help clients reach their own healthy weight. Goldstein believes that exercise for a healthy older adult should include a combination of aerobic, balance, strength and flexibility exercises.

Research shows that an older client should seek a gym or class where the Instructor has experience with the older population. Psycho-

logical benefits for older adults exercising include lower risks of dementia and improved activities of daily living. Making time for exercise is no easy matter. We're all occupied with our daily routines, countless activities, and projects that force us to put exercise on the back burner. But like anything else, those things that take hard work and commitment show the greatest results. Women's Guild looks forward to seeing you February 18, 1:30 p.m., in the Ballroom. Please remember to stay after the meeting for refreshments and fellowship.

Italian American Club

By Tony Cardello

Due to the Carnevale festival on February 9, there will be no membership meeting in February. The Carnevale promises to be a fun evening. The new king and queen will be announced, along with the annual winners of the best costume. It

will be a sit down dinner and entertainment will be provided by Gary Morton.

We have good news and some bad news. Good news is that we have 273 members. Bad news is that only 174 have paid. If you haven't paid, please submit your \$15 check to our membership chairperson, Joan Russo, at 288C Sudbury Lane.

Bingo will be held on Friday, February 26 starting at 6:30 p.m. in the Ballroom.

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Sound Advice

(Continued from page 13)

your days watching TV and eating potato chips likely will shorten your life span.

5. DON'T leave investments on cruise-control. Maybe you've implemented an asset allocation strategy for the remainder of your working years and transitioning into retirement. If the plan was designed properly, it should be suitable for your situation and reflect your personal tolerance for risk. However, your situation and your preferences are likely to evolve, requiring an update. That's why it's important to revisit your portfolio holdings and strategies on a regular basis.

6. DON'T forget about taxes. When you're counting on your income to sustain you through retirement, keep in mind how much of your projected earnings will be eroded by taxes. For example, if you sell securities to raise cash, your capital gains will be taxable, although you may benefit from a preferential tax rate of 15% on net long-term gains (20% if you're in the top regular income tax bracket). Most distributions from retirement plans are taxable as ordinary income and even Social Security benefits are subject to taxation. However, qualified distributions from a Roth IRA at least five years old are completely tax-free.

7. DON'T stop saving for retirement. Just because you're retiring doesn't mean that you should stop saving for retirement. In fact, with

life expectancies continuing to expand, the opposite is true. You can continue to take advantage of taxfavored savings vehicles, including employersponsored retirement plans and IRAs if you work at least part-time. For instance, if you quit your main job but work as a freelance consultant, you could set up a Simplified Employee Pension (SEP) or another plan for your selfemployed business. Note that plans such as 401(k)s and SEPs allow older workers to add "catch-up contributions" on top of the usual lim-

It takes a long time to build up sufficient savings for retirement but this can be undone quickly through a few costly missteps. DON'T make these mistakes.

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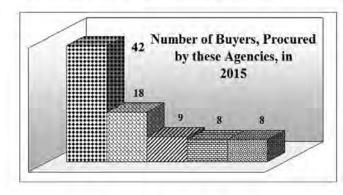
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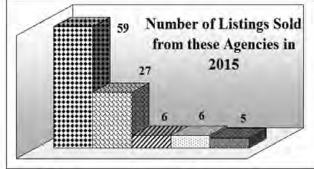
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- 9 Coldwell Banker
- 8 Weichert
- 8 Keller Williams

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- 6 Coldwell Banker
- 6 NJ Realty LLC
 - 5 Gloria Nilson

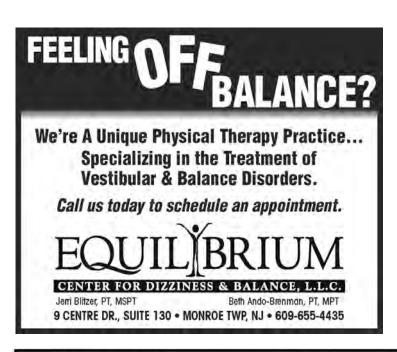
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Emerald Society events

The annual Christmas trip on December 11 to the American Music Theater in Lancaster, Pa., with dinner at Plain and Fancy was a great success. In addition, the Emerald Society Christmas dinner, which was held on December 19 in the Ballroom of the Clubhouse, was another fabulous

Dan Jolly has planned a trip to the Sands Casino on Feb. 5. The cost will be \$25: however, you get back \$20 to play with and \$5 for lunch. A nice break for winter fun. The very popular trip to the Sight and Sound Theater in Pennsylvania will take place on April 19 and the cost is \$99. Dan is looking into a trip to Niagara Falls in September and would like some input. Walter Marz will give a slide presentation at the January Emerald Society meeting.



Discover how to find the humor in aging at the Kiwanis luncheon

By Diane England

As you've aged, have you faced challenges you hardly find amusing? Well then, you'll want to come and listen to Ed Robinson at the Kiwanis luncheon at Garvey's at noon on Friday, February 19. He'll give you helpful hints on how to change your attitude about all of it. Furthermore, by electing to view things with a sense of humor, not only could you find yourself sucking more enjoyment out of life, but you may experience improved health, too.

Yes, scientific evidence tells us that by changing your mind, you can change your body. Oh, and you don't have to be laughing uproariously from here on out, either, to experience the benefits most of us seek. Even when you "act as if" you're amused or happy, for example, you'll likely come to feel that way. Furthermore, it's never too late to make this type of change in your life approach.

You're probably going to find Robinson both helpful as well as someone interesting to meet. But then, this New Jersey native excelled at basketball during his high school and college years; spent years with the Coast Guard in both active and reserve duty; served as Cranford's mayor for two terms; held the position of president of a family business which, over a period spanning greater than eight decades, grew and installed trees and other ornamental plants in locations from New York to Maryland; and he participated in community theatre for decades as actor, director, or playwright. Also, because of Robinson's love of the Jersey shore—he had a shore house on Long Beach Island for multiple decades before he chose to retire to Sea Girt some 14 years ago-he came to write a book, Jersey Shore Angel.

There's actually more to the story than that. Robinson became inspired to write this, his first novel, while his beloved Jersey Shore was being beaten unmercifully by Hurricane Sandy. Yes, he began to put words to paper while he sat in a house devoid of electricity.

Robinson has faced other sorrows besides the devastation of his beloved Jersey Shore. Sadly, he suffered the loss of his wife eleven years ago. But as they say, you can't keep a good man down. And Robinson doesn't want you to be down, either. So, come and hear his suggestions for finding humor in those challenges aging seems to invariably deliver. His talk could prove positively life changing.

A luncheon reservation is required. Call Diane England at 848-240-0940 and reserve your place by leaving your name and phone number. The \$20 luncheon charge is collected at the door. (Kiwanis cannot accept credit cards.)

Would you like to learn how you might be of service to others through Kiwanis? Call Alyce Owens, the club's president, at 609-860-0866. Explore the type of difference you could make through your membership. After all, helping others is another way to feel better about yourself and your life-no matter what the aging process is demanding

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Rossmoor Republican Club

By Ron Haas

Join us for a Meet and Greet on Tuesday, February 16 at 1:30 p.m. in the Hawthorn Room.

All are welcome.

There will be a presentation by the Brooks Heath Care Services with guest speaker Linda Shangbrook, R.N. (owner) and Deborah Berger, manager. Refreshments will be provided by Brook Health Care Services, LLC.

Persons interested in joining the Republican Club are welcome. Dues are \$10 annually, and we will collect dues beginning this month. If you have questions, contact Ron Haas, president, (609-235-9026) or Dee Frank, membership chairperson (609-409-0075).

The return of LeMasney

By Alec Aylat

If it's not about Skype, not about Windows 10, not about spam or hackers, not about technology, design, creativity, personal branding, and

not about viruses or backingup, what can John LeMasney, Rossmoor's most prolific visiting lecturer, have as his subject when he comes, once again, to the monthly Computer Club meeting in the Gallery at 10 a.m. on Monday, February 15?

And the answer is a program which, perhaps surprisingly, will interest not only professional photographers, but the many cell phone, iPhone, and smart phone owners who click happily away whenever they see good reason for a snapshot, including a selfie. Its title is Digital Photography Enhancement with Open Source Software.

John LeMasney is a father who lives and works in and around Princeton, N.J. For over 20 years, he has offered consulting in technology, design, communication, and branding for academia, the enterprise, libraries, and consumers with LeMasney Consulting. He was the manager of Educational Technology Training and Outreach at Princeton University and previously worked at Rider University as the manager of Technology Training. He was

(Continued on page 17)

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Dance Club to present another new-to-them DJ for Valentine's Dance



By Judy Perkus

Bring your Valentine, bring your friends, or come alone and meet some friends. The Dance Club will introduce DJ John Levine at their Valentines Dance in the Ballroom on Saturday, February 27 at 7 p.m. In addition to the dancing and socializing, we will have snacks, dessert (sugar-free available), coffee, tea, and soda.

All residents are welcome – singles and couples. We dance to many types of music: from swing to waltzes, Latin to polka, tango to disco, country to line dances and more.

To reserve: please send your check made out to the Rossmoor Dance Club (\$8

Rossmoor Dance Club February 27 Dance

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RESERVATION DEADLINE: February 15th

Please send check made out to the Rossmoor Dance Club to: Armen DeVivo at 449B Roxbury Lane. 609-655-2175 or leave in an envelope in the Dance Club folder in the E & R Office

per paid-up member, \$10 per guest) to Armen DeVivo at 449B Roxbury Lane by February 18.

Send your 2016 Dance

Club dues of \$15 per couple, \$7.50 per person to Armen, if you've not already done so.

Call Armen at 655-2175 for more information.

Rossmoor Rental Library 🖺



By Irene Poulin

A Few of the Girls: Stories by Maeve Binchy

Friendship, love, and misplaced hope drive the characters who populate a new collection of Maeve Binchy stories never before published in the United States.

Fool Me Once by Harlan

After returning from the war, Maya is stunned to see her recently murdered husband playing with their two-year old daughter on Maya's nanny cam. The search for the truth could change everything.

She's Not There by Joy Fielding

The reporters never let Carole Shipley forget that her infant daughter, Samantha,

awarded a Master of Arts in

Organizational Leadership with

honors from Rider University in

Lawrenceville, N.J. ('09), and a

Bachelor of Fine Arts in Sculp-

ture with honors from the Uni-

versity of the Arts in Philadel-

phia, Pa., ('98). He teaches at

Rider University in the Master

of Arts in Organizational Lead-

ership program, as well as

Princeton Public Library,

Princeton Adult School, Li-

braryLinkN.J., and other ven-

John is a designer, tech-

nologist, instructional designer,

consultant, open web advo-

cate, and open source evan-

gelist. He is most interested in

helping people to use technol-

ogy to make their lives, work,

and their world better. He is

clear about his mission: "I want

to use my various skills,

achievements and passions in

technology, arts, speaking,

and other areas of experience

and ability to help people

make their own happiness,

productivity, and best prac-

tices. I strive to support or im-

prove my understanding of

technology, balance, quiet, calm, and universal knowl-

edge. To this end I support, to

the best of my ability, clarity,

ues.

LeMasney

(Continued from page 16)

vanished during Carole and her husband's trip to Mexico 15 years ago. When a girl calls claiming to be her longlost Samantha, Carole seeks the troubling answers that have long evaded her.

Robert Parker's Blackjack by Robert Knott

Territorial marshals, Cole and Hitch, contend with a new troublemaker in the town Appaloosa: Easterner Boston Bill Black, owner of Appaloosa's freshly wrought casino, who is wanted for murder

A Girl's Guide to Moving On by Debbie Macomber

When Nichole learns of her husband's cheating ways from the man's own mother, Leanne, she separates from

transparency, communication, openness, open standards, open knowledge and education, and low thresholds of entry for all."

Just listening to him is a treat. All residents are invited, including for refreshments at 9:30. Also keep an eye on the club's website at www.rossmoor.org for other computer news.

In Memoriam

James G. Donegan

James G. Donegan, 87, died on Friday December 25. He moved to Rossmoor in 1999. James proudly served his country in the United States Navy during World War II. He retired as a captain in the New York City Fire Department Ladder 61. James was a member of American Legion Post 347 Larchmont, N.Y., the Emerald Society of Rossmoor, and the Jamesburg Elks Lodge 2180. He was also parishioner of Nativity of Our Lord RC Church. James is survived by his wife, Noreen, a daughter, Clare M. Donegan, three stepdaughters: Kathleen Laudicina and her husband Thomas, Noreen Worley and her husband George, Eileen Heim and her husband Jeffery, seven step-grandchildren and

two step- great grandchildren.

him. Leanne takes the opportunity to finally leave her own unfaithful husband. She and Nichole, now living in apartments across the hall from each other, bond as they learn to embrace their new lives.

NYPD Red 4 by James Patterson

A glamorous movie premiere turns deadly, sending detective Zach Jordan and his partner, Kyle MacDonald, in search of a thief and a murderer who may not be done killing.

No Shred of Evidence by Charles Todd

When police are quick to accuse four young women of murder, Inspector Ian Rutledge seeks the truth buried in the secrets of a gorgeous but deadly place, but the killings continue.

The Cellar by Minette Walters

Once upon a time, a girl is plucked from her convent school in Africa and spirited to a home in England. There little Mura is kept confined to the cellar and becomes the object of every type of abuse imaginable by her captors.

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Rossmoor Players News

By Linda L. Kaucher

See what's happening this year

In 2016, the Rossmoor Players will host a wide variety of events, to take place at our monthly meetings, now being held in the Gallery, not in the Maple Room.

On Monday, February 29, at 7 p.m. in the Gallery, our meeting will be hosted by Joe Conti. He will present a two-act play titled "Beyond a Reasonable Doubt," a mystery written by Nathan Mayer, a former Rossmoor resident. I'm sure it will be a very en-



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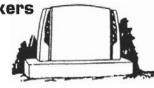
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All schedules are available outside the E&R office (near the copy machine) or via the Web at www.rossmoornj.com and following the links Facilities, Clubhouse and Activities, and Bus Info.

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tertaining show.

Also, our Open Mic this year will be held in the Gallery on Sunday, March 13 from 1 to 4 p.m. Anyone wishing to be a part of this presentation can contact Beverly Masters. Let her know if you would like to sing, dance, recite poetry, act, do magic tricks, etc. Refreshments will be served.

On Monday, March 28, Dottie Haff will host a musical program titled "Hollywood Footsteps." As the date draws near, you can check Channel 26 for more details on this program.

Past Events

On Monday, January 25 at

7 p.m. in the Gallery, our meeting was hosted by Norman Perkus who presented an Improv. It was enjoyed by

On Sunday, January 3 and again on Tuesday, January 5, in the Ballroom, we had a viewing of "Between Engagements," particularly for those who could not attend the play when it was presented in the Meeting house back in October. It was also a treat for those who did see the play (and of course for those who were in it), to see it again. Everyone enjoyed it and again it was a tremendous hit.

So, for February, happy Groundhog Day on Tuesday, February 2. Wednesday will be on Wednesday, February 10, and for all you lovers, Happy Valentine's Day on

Sunday February 14. Happy Presidents Day on Monday, February15. (Enjoy the sales).

As always, drive carefully, keep warm and be safe. See you all soon.

The New Jersey

By Eileen Parker

The New Jersey Club will meet on Friday, February 26 at 1:30 p.m. in the Ballroom, where Al Parker will present "The Story of the Silversmith's Daughter."

Annis Boudinot Stockton was one of the most prolific and widely published women poets in 18th century America - wife, mother, patriot come and hear her story.

Refreshments will be provided, and all are welcome.

Mutual News

Mutual 10

The following is a list of tentative dates and locations for Mutual 10 meetings during 2016:

- · Open Directors Meeting, February 17, Village Center - discussion of Mutual and RCAI issues
- · Annual Meeting, April 13, Gallery
- · Open Directors Meeting, July 13, Village Center discussion of Mutual and RCAI issues
- Budget Meeting, November 2, Gallery

All meetings are scheduled for 3 p.m. and are open to all residents of Mutual 10. We look forward to meeting with you and having the opportunity to answer your questions or address your concerns. If you have questions at any time, please feel free to call us.

Please read the RCAI Snow Policy and Procedure which is printed in the Rossmoor News in each of the winter months for your reference. Please note that residents and their guests

are required to remove their cars from the streets during snow events. Cars should be parked in the residents' assigned carports, garages or driveways. All extra cars must be moved to the lower level of the Clubhouse parking lot during a snow storm, so that all streets can be cleared properly.

Thanks again for your cooperation in these matters.

Mutual 10 Directors: Judie Sforza, Judy Vacca, and Barbara Krysiak

SPORTS



Ladies' 18-hole league - we're into 2016

By Arlene McBride

We're one month into 2016. It's been a mild winter, as of this writing, but winter is upon us and anything can happen. I know when it's cold we can't think about golfing, but spring is right around the corner. If you want to join an active ladies' golf league, please call or email arlenemcbride@comcast.net or (609) 395-1017.

Our active golfers love to be out on the community golf course without having to travel very far, only a few steps from their homes. In some instances, we have members who don't live here, but love to play this golf course. They enjoy the design and challenge that this golf course offers.

Along with this article, the membership form for joining or renewing your membership will be printed in this issue. Please note that the deadline date is April 1.

Happy Valentine's Day.

Rossmoor 18-Hole Ladies' Golf League 2016 Membership Form (heading
Please return the membership application by April 1, 2016 or earlier.

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

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

Name:			
GHIN #:			

Address: Phone:

Email Address:

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

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

Religious Organizations

Catholic Society will pray the rosary and discuss "The Way of Serenity"

Beginning on February 12 and continuing on subsequent Lenten Fridays, including Good Friday, members of the Catholic Society will pray the Rosary at 10 a.m. in the Cedar Room of the Clubhouse.

On Wednesday, February 17, at 1:30 p.m., also in the Cedar Room, there will be a discussion of the book, "The Way of Serenity," by Rev. Jonathan Morris. The book is sub-titled "Finding Peace and Happiness in the Serenity Prayer." All are invited.

Father Morris is also the author of "The Promise: God's Purpose and Plan for When Life Hurts" and "God Wants You Happy: From Self -Help to God's Help" and is a frequent commentator on television network programs. Until recently, he was program director for The Catholic Channel on Sirius XM Satellite radio.

Those attending the discussion are urged to read in advance "The Way of Serenity," which is available in all major bookstores.

Please note that there will be no Mass held in February. The next Mass, in March, will be hosted by the Emerald Society, date to be announced.

Other Catholic Society activities for February are:

- The Prayer Shawl ministry at 1:30 p.m. on Thursday, February 11, and Thursday, February 25, in the Clubhouse Craft Room.
- The Chaplet of Divine Mercy on Tuesday, Feb 16, at 3 p.m. in the Clubhouse Maple Room.

Jewish Congregation: Mid-winter activities

By Ben Wistreich

The Jewish Congregation doesn't intend to slow down its activity schedule just because it's cold outside. As a perfect example, the nominating committee, which is charged with finding leadership for the Congregation's upcoming years, will return to its meeting room to choose a new president, and a delegate to replace Ed Abrams (who has recently moved to Monroe Village). They will have ample time to report their results to the Board of Directors, as there is no Board meeting in February (a long -standing tradition). All other Board positions are now finalized, and participants will be officially elected at our May 10 annual meeting.

After our delicious and successful December 30 luncheon at Capuano's, we will revisit Antonio's Restaurant on Applegarth Road for an early-bird luncheon on Sunday, February 21. Wine will help everyone's appetite, as usual. We always stay close to home for our winter events, so we hope for a snow-free trip.

The Men's Club events are always all-inclusive (meal, wine, tip, and tax.) Anyone can attend without being a member or knowing anyone because we are all friendly. If anyone wants more information, please check our February Bulletin or contact Ben Wistreich at 860-9580. Deadline to pay and attend our Antonio's luncheon is Tuesday, Feb. 16.

On Friday, February 12, Jeff Albom will be the Lay Reader and Norman Perkus will be the Torah Reader. On Friday, February 26, Bob Kolker will be our Lay Reader, and Jeff Albom will read from the Torah. Sabbath Services are held at 7:45p.m. in the Meeting House. The Congregation will provide refreshments after both Services. Our Cantor is Mary Feinsinger, and our Gabbais are Judy Perkus Janet Goodstein (president of the Congregation). All are invited to attend our Friday evening Services, which include both English and Hebrew readings.

The Congregation's Board meeting will not be held in February, but will resume in March.

Reaching for the high note with **Leonard Bernstein**

By Judy Perkus

Come and enjoy this marvelously produced documentary on the life and music of one of Broadway's favorite sons, Leonard Bernstein, on Monday, Feb. 15, at 1:30 p.m. in the Ballroom. Presented by Ross-

moor's famous impresario, Mike Ferreira, we come away from this film, which explores both Bernstein's triumphs and disappointments, with our hearts on our sleeves, happy that we have witnessed one of the greatest musical geniuses of our time.

Not only that, Mike will donate a complementary CD to everyone present.

We'll also provide our delicious desserts. Don't forget to bring nonperishable food for the Kiwanis Food Pantry.



The 10th fairway was covered with hundreds of birds in December 2015. Never saw that many in any other year. It was like a scene out of the movie "The Birds"......fore!

Rossmoor Community Church (Tel. 609-655-2321)

Services:

- SUNDAY, FEB. 7, 11 a.m. The Rev. Dr. Dierdre L. Thomson will preach. Communion will be celebrated.
- SUNDAY, FEB. 14, 11 a.m. The Rev. Dr. Dierdre L.Thomson will preach. Don Sheasley will be the soloist.
- SUNDAY, FEB. 21, 11 a.m. The Rev. Dr. Dierdre L. Thomson will preach. The Rossmoor Chorus, under the direction of Gloria Montlack will sing.
- SUNDAY, FEB. 28, 11 a.m. The Rev. Dr. Dierdre L. Thomson will preach. The soloist will be Pat Liquori, playing the Native American Flute.





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MAINTENANCE

By Marlene Niwore

Some helpful information you may want to cut out and save

Emergency Service: There's a Maintenance man on call 24 hours a day, 7 days a week, including holidays, for emergencies. If our office is closed, just call the North Gate (655-7586) and they will call the man on duty. Please note there's a \$75 charge for emergency service, so it's better to wait until the next business day if you possibly can.

Recycling: Please collapse all cardboard boxes before putting into the dumpster. They take up a lot of space, causing the dumpsters to overflow. It is now acceptable to put glass jars and plastic containers in plastic bags. It keeps the glass from falling on the ground and breaking.

Bulk items: Waste Management, our trash contractor, will pick up bulky items such as furniture, bedding, and carpeting, at no cost. Please call Waste Management directly at 609-587-1500. Give them account# 02670072 and they will be happy to assist you.

Disposal of Hazardous

Waste Items: You may call the Middlesex County Division of Solid Waste at 732-745-4170 to get the location of your nearest drop off area or go to the website www.co.middlesex.nj.us/ planningboard/ solidwaste.asp for information. For left over paint, pour it all into one can and leave the empty cans to dry out. When dry, place the empty cans in the regular garbage dumpster. Paint cans are NOT recyclable. The paint itself must be disposed of at a special Middlesex County paint drop off area.

General Info: We have an electrician, plumber, and carpenter on staff to handle routine household repairs. The fees are \$10 per work order plus \$13 each 15 minutes, so the minimum charge is \$23 plus tax. When you call, we'll ask some questions to help us get it done right and done quickly the first time. We have a thirty day warranty on our labor. We can service your furnace for \$35 plus tax. Call to schedule an appointment. New residents should call for a free home orientation.

Money, ethics, and politics at League's February meeting

By Ruth Banks

Money in politics and ethics in government are intricately entwined, as the members of the Monroe Township's League of Women Voters have come to understand. At the League's monthly meeting on February 22, the committee will be delving further into the murky shadows of that relationship.

The meeting will begin at 1 p.m. in the Courtroom of the Township Municipal Building, and is free and open to the public. The League would also like to remind the public that Fire District elections will take place on Saturday, February 20. Residents are urged to watch for information being put out by their Fire District as to time and location.

Money talks, and those who donate generally expect an answer. Even prior to the January 2010 Supreme Court ruling "Citizens United," state and local politics were not immune from the same potential for money to influence outcomes seen at the federal level. It was reported in an October the New York Times article that 158 families have provided "half the cash for the '16 race..." Furthermore, the fortunes of these 158 families are derived mostly from energy and finance. "Just 158 families, along with the companies they own or control, contributed \$176 million in the early phase of the campaign." (New York Times 10/11/15.)

And in most instances, the names of donors do not have to be made public. "So when

we don't know where the money is coming from, how can we know what favors it buys?" (Star-Ledger, editorial, summer 2015)

Lawmakers are constantly subject to pressure from many groups, organizations and individuals, but only when the pressure is secret, hidden from the public venue, do we realize how distorted our election system has become.

In addition to campaign finance, members are also involved planning future programs on natural resources, such as water and pollution, preserving open space and forests, education issues, and in voting rights and access to the polls. Since this is a presidential election year, the Voters Service committee, chaired by Marsha Rosenbaum, will be working hard to raise awareness of the importance of voting, of being registered, and being informed on the issues. Members of the public who would like to be involved in this effort, are urged to contact Marsha at 609-409-0930.

The League of Women Voters is a national grassroots political organization. It is nonpartisan and neither supports nor opposes candidates for elective office. It is open to men and women, studies issues of public policy, and encourages its members to be active in their communities and in the party of their choice. For more information on League, please contact: Ruth Banks, 609-655-4791; Judy Perkus, 609-395-1552; Francine Glass, 609-860-7890; or Mary Ann Colgan, 609-490-0063.

HEALTH CARE CENTER NEWS

Medical alert devices

By Kaytie Olshefski, BSN, RN-BC

A medical alert device is not only for the safety of the person, but it saves precious moments in an emergency. This device provides peace of mind and reassurance to the person wearing it by allowing the person to be independent, which in turn increases the person's quality of life. Medical alert devices are also referred to as Personal Emergency Response System (PERS) and Medical Alarm. In the early 1970s, the home alert system was invented in Germany. The goal was to keep a person safe who lived alone. By 1975, The American International Telephone Company offered a home system that is very similar to today's medical alert devices. A medallion was worn around the neck and activated when pushed. After it was activated, preprogrammed phone numbers were dialed. Since then technology has grown and progressed to improve upon the size of the pendants, making them smaller and providing more safety features. How do you know what

medical alert device to choose? There are two basic types. The first is the landline medical alert that is typically less expensive than a wireless, cellular medical alert system. The landline medical alert system uses your landline telephone wire that is connected to your home phone line. Typically on a landline system, the average radius is approximately 300 to 500 feet around the base station that is located centrally in your home. The system has a wearable device such as a pendent or bracelet that is worn around the home and is pushed for a medical emergency. When the system is activated, the signal goes through the phone line and notifies the medical alert respond center. If the response center is unable to talk to the person through the device, the center will notify the dispatch emergency system. If there is a power outage and phone service is lost, the medical alert system has a built-in battery that automatically takes over. The battery will last for about 30 hours.

The second type is the wireless, cellular based medical alert system, which is like a little cell phone with GPS tracking capabilities. Modern technology has brought this into reality by being able to offer medical alert system from mobile networks. This technology has improved the length of range where it can pick up the signal. The radius with a cellular medical alert system is between 600 and 800 feet from the home. The wireless based device requires a mobile phone on a network. Technology being so advanced on the mobile phones, notifications can be sent to family members and/ or caregivers when the person presses the pendant. A disadvantage of the cellular medical alert system is that it is somewhat more expensive when compared to landline medical alert as one must pay for a mobile subscription as in paying for a new mobile phone. If the Internet goes down, a built-in battery will take over. The average battery lasts approximately 36 hours. Another disadvantage is these pendants are somewhat larger than landline based medical alert devices.

Each system has a wearable device that is worn either as a pendant or bracelet. Typically, the two basic features offered are an emergency button, which when pushed will activate a call to the response center. The second feature is a two -way speaker in which the person is able to talk to the call center and vice versa. When activated, the call center will either call the numbers the person has provided or call emergency dispatch. Both of these medical alert systems are waterproof and should be worn in the shower.

Some of the optional features these devices are capable of providing is answering phone calls, acting as a motion detector, for example if the person falls, acting as a smoke and carbon monoxide detector, and flood detector. Another feature available is the "passive alarm," also referred to as "safety clock". On the base station, the person presses the button at a designated time every day to inform the response center that the person is well. If the company does not receive that signal by 12 hours after the designated time, the service will call the person and/ or contact someone to check on the person.

These systems can be bought, rented, or leased. Medicare, Medicaid, and most insurance companies do not cover this service. In some states, Medicaid will

pay for the system. There are different price ranges depending on the company and service contract you have chosen. There is a monthly fee and some companies charge for a startup fee. Your monthly fee depends upon the other options chosen.

If you are considering getting a medical alert alarm, before you sign the contract ask these questions:

- Does the Medical Alert Service provide 24/7 response center?
- Where is the response center located? Is the response center overseas?
- What is the wait and response time after pushing the pendant?
- What is the initial cost?
- What other features would you want on your medical alert system? What is the cost of these extra features?
- On the installation, does someone come out to install it or are you required to do it?
- If the system breaks down, what is the repair policy?
 Do you send it back or will a technician be sent out to your home?
- What is the range of how far the system will pick up the signal?
- In the contract, check to see if you own the medical alert system or if you are leasing it.
- What is the annual cost with a breakdown of the fees, including the installation fee, monthly rate, the cost of added features, and if they offer annual discounts?
- Is there a fee for breaking the contract if you need to cancel it before the contract ends?
- If you move, can you use the same medical alert system in your new home?

We will not be having a February lecture. In past years, February has been a very inclement month with snow and ice. We feel it would be safer for residents and the lecturer not to venture out in that weather. We will resume our monthly lectures in March.

Advisory Alert: ATM, Debit, and Credit Card skimmers being utilized on local ATM

Jan. 14, 2016 – The Monroe Township Police Department is notifying the public to be aware of ATM, debit, and credit card skimmers are being utilized on local ATM machines.

This criminal practice is not a new trend and has been a common form of fraud for many years. However, the police department has recently received numerous reports of this happening at the ATM machines in the Wawa stores located on Applegarth Road and Route 33.

The public is urged to be observant of possible illegal skimmer devices and small cameras located on any ATM machines they use, and to contact law enforcement if these items are found.

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

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

Membership Information

Being a registered member of the Office/Center is free and available to Monroe Township residents, 55 years of age or older. The Senior Focus is distributed around the 15th of the previous month and members can register/sign-up for the special monthly activities either via phone or in-person for all programs with a fee.

Advance registration is recommended to ensure easy admission into a program. Registration is also available on the same day of an event from 9 to 11:30 a.m. Members are encouraged to see if there are openings for a particular activity up to 2 days in advance and on the program day. For members unable to attend a registered program, a cancellation phone call is appreciated.

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

On-Going Programs

Interested in a support group? Want to play chess or enjoy poetry with fellow poets? Get a complete listing of on-going activities in the Monroe Township Senior Center. Just stop by during regular operating hours, Monday thru Friday, 8:30 a.m. to 4:30 p.m., and ask for our On-Going Program Sheet. You can also access our on-going activities on the Senior Center's page at: www.monroetwp.com.

Get Your Game On!

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

Good for You

Income Tax Assistance: Starting on Monday, February 1, by appointment only, trained AARP tax counselors will be available at the Senior Center on Mondays and Wednesdays to help individuals, with low-to-moderate incomes, with their tax return. Limited appointments avail-

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PRESENTS

able through April 13. She is the only staff member taking appointments; so, please be sure to leave your contact information and be patient as she contacts all inquiries on a first-come, first-served basis. For your scheduled appointment, please be sure to bring in all necessary documents to expedite service.

Bagels Plus: On Friday, February 5, at 10 a.m., join Sheli Monacchio, Always Care, and Linda Best Mundie, The Gardens at Monroe, as they host this informative discussion on "Wills, Power of Attorney & Living Wills." The guest speaker is Rehka Rao, Leder Law Attorney, who will discuss the importance of these documents, where to store them, and how a Will could help minimize estate taxes. As always, bagels and smear will be provided. Please reg-

An Un-POOPular Issue: On Tuesday, February 9, at 1:30 p.m., Becky Keller, PT, MSPT, and Iram Fatima Shah, PT, DPT, with the Pelvic Health Physical Therapy program at UMCP's Outpatient Rehab Network, discuss chronic constipation and what you can do to manage it. Please register.

Smile for Oral Care: On Friday, February 12, at 2 p.m., join Dr. Karen Lin, Assoc. Professor, Rutgers RWJ Medical School, for an informative discussion on oral care. From gum diseases to dentures to dry mouth, find out how to keep your teeth and gums strong. Please register.

Surfing for Health Resources: On Thursday, February 25th, at 1:30 p.m., Dr. Jaclyn Guliano, discusses the pros and cons of finding health information on the internet. Some online websites provide inaccurate or misleading material. Learn how to find reliable resources that you can trust online as well as on apps and social media. Please register.

Blood Pressure Screening: Offered on the second Tuesday of each month, from 1 to 3 p.m. It's a good idea to get your blood pressure checked regularly since hypertension is referred to as the "Silent Killer." Let our retired, volunteer nurses help keep yours in-check.

Music and More

Lovely Movie Times: On select Thursdays, enjoy featured films from the Victorian era to a setting in Seattle:

"THE YOUNG VICTORIA" -Any residents interested

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on Thursday, February 4, at 1:30 p.m., starring Emily "JANE AUSTEN'S Blunt. PERSUASION" - on Thursday, February 11th at 1:30 p.m., starring actors from the Royal Shakespeare Company...and, lastly, "SLEEPLESS IN SEATTLE" on Thursday, February 18th at 1:30 p.m. A synopsis of each movie is available at the front desk. Please be sure to list the movie title and date when registering in ad-

The President's Book of Secrets: On Tuesday, February 16, at 1:30 p.m., wander inside White House history to uncover intriguing facts behind secrets known only to the President during this HISTORY DVD presentation. Discover some of the most confidential secrets in American history from interviews with former intelligence operatives, historians, and archivists. Please register.

The Presidential Memorials: On Tuesday, February 23, at 1:30 p.m., discover the mysterious tales behind the presidential memorials of our nation's capital during THE HISTORY CHANNEL DVD presentation. Learn about the secrets hidden beneath the flawless facades and how influential Freemasons may have been the ones to select the design of the Washington Monument. Please register.

Pizza Plus: On Friday,

February 26, at 12 p.m., enjoy a slice or two of pizza, a beverage, and dessert, along with "MR. HOLMES" — a new twist on the world's most famous detective, starring lan McKellen as Sherlock Holmes. (A synopsis of the movie is available at the Senior Center.) Tickets: \$6 p.p. Please register in-person and before February 24th. (No refunds after 2/25.)

Jerry's Travels: On Monday, February 29, at 1:30 p.m., join Jerry as he takes you on a river boat cruise through Southern France. He makes key stops along France's Provence and Burgundy regions along the Rhone River. Explore the picturesque towns of Arles, Avignon, Viviers Lyon, and more. Please register.

Science Today: On the fourth Tuesday of every month at 1:30 p.m., we welcome back Vivian and her take on everyday science that stirs up questions and discussion.

Senior Table Tennis: On Mondays, Tuesdays, and Fridays, from 1 to 4 p.m., enjoy table tennis, on a firstcome, first-to-play basis at the Senior Center. For our MEMBERS, both recreational and serious players are welcome to participate in doubles games. Athletic shoes or table tennis shoes are recommended to wear. For those interested in learning how to play, lessons will be available on Mondays, from 1 to 2 p.m., with Gabe Hochberger, Former United States Army European Champion. For those without equipment, the Center will loan out paddles and balls upon request, while supplies last. For more information, please call the Center.

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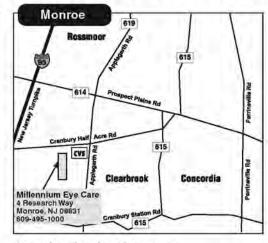
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For more info & maps of our locations: www.millenniumeyecare.com

FREEHOLD 500 West Main St 732.462.8707

EAST WINDSOR Rt 130 & Princeton Rd 609.448.3990

MARLBORO 455 Rt 9 South 732.591.2200

MONROE Applegarth & Half Acre Rd 609,495,1000

BRICK 515 Brick Blvd 732.920.3800

JACKSON 2080 W County Line Rd 732.364.5123

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 presalting 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

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

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

Emergencies911 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 emer-

gency 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 infor-

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 ap-

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 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 avail-

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-inplace. 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/ 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 utili-
- ties
- 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

ously after an accumulation of two or more inches or as required by RCAI management: Stonaker Road (South Gate to Prospect Plains Road)

The following 26 main and secondary streets are cleared continu-

Gloucester Way Sharon Way Troy Way Mayflower Way Mt. Vernon Road New Haven Way **Newport Way** Old Nassau Road Providence Way Revere Way Rossmoor Drive

Sheldon Way Spencer Way Springfield Way Sussex Way Sutton Way Terry Lane Thurman Lane Tilton Way

Victoria Court Waverly Way Windsor Way Yale Way Yarborough Way Yardley Way

Salem Lane

Sanford Lane

Somerset Lane

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

Amherst Lane **Bradford Lane** Concord Lane Dorset Lane **Emerson Lane** Fairfield Lane Glenwood Lane Greenfield Lane Hanover Lane Lowell Lane Madison Lane Malden Lane Manchester Lane Marblehead Lane Meeting House Lane Middlebury Lane

Mystic Lane Nantucket Lane Narragansett Lane Nautilus Court New Bedford Lane Northfield Lane Norwich Lane Onset Lane Orrington Lane Oxford Lane Pelham Lane Plymouth Lane Portland Lane Prescott Lane Putney Lane Redding Lane

Stockton Lane Stowe Lane Stratford Lane Sturbridge Lane Sudbury Lane Sunset Circle Thorton Lane Westfield Lane Westport Lane Winchester Lane Wingate Court Yorkshire Lane

Classified Advertising

Transportation

TRANSPORTATION - Airports, events, doctor's appointments and more. Call George (732) 887-5437.

TRANSPORTATION DOC-TOR - Airports, trains, piers, doctors, local service, NYC. Reliable and references. Call Lon J. (732) 423-1847.

CALL ARETZ CAR SERVICE (917) 821-2751. We go to all airports and any place you need to go.

CALL DOREEN - If you need a ride. Rossmoor resident. (609) 655-8489.

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

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

JOE'S CAR SERVICE- Any place, any time. Special care -Doctors, nursing homes, shopping. Rossmoor resident (908) 433-8188.

APPELSON CAR SERVICE -All airports, medical facilities, Philadelphia, NYC. Luxury vehicles. Best rates in Monroe Township. (609) 558-5112.

Home Improvement & Services

SAM'S PAINTING - Quality painting and wallpaper removal. 30 years experience. (732) 616-8402.

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

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

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

Miscellaneous/ Services

FREE - Three custom made cornices for Virginia Model. Living room. Light green. (732) 306-6167.

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

HAIRCUTS DONE in the comfort of your own home. Call Renee for appointment. (732) 641-2629.

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

PROFESSIONAL PET CARE - Bonded and insured. Call (609) 860-9696.

DOG WALKER/PET SITTER A true animal lover. Barb (732) 735-4243.

IN-HOME COMPUTER **WORK** – Fix viruses, increase speed, backups, transfers and more. Call (732) 484-6507.

COMPUTER REPAIRS - RJF Sales Company LLC (formerly Monroe Computer Service). Is your computer running slow? It may need a tune-up. Desktop and laptop repair in your home. Custom built computers. Virus removal and protection. Monroe resident with over 20 years of computer experience. www.monroecomputer.com (732) 723-9537 or (732) 967-3400.

TECH BUDDY for SENIORS - Simple step-by-step help with smartphones, computers, tablets. EBay postings to video chats. I bring technology to you. So easy my 99-year-old mom can do it. Always patient and enthusiastic. Low cost individual and small class rates (732) 589-4974, bcholewa@icloud.com

Tax Services

INCOME TAX PREPARA-TION - Michael Stiller, MBA. 37 years experience. In-home appointments. Prompt service. (732) 718-9050.

Wanted to Buy

ELECTRIC GOLF CART -Call Dave Mathiesen. (609) 259-2400.

USED STATIONERY BIKE for exercise. Please call (908) 705-7512.

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

Wanted to Rent

CARPORT NEEDED - Winter or yearly rental near Mutual 8. Susan (609) 516-0721.

Help & Health Services

CARING ELDER CARE - A local service you can trust. We will help you live independently; two hours a day or a few hours a week. Experienced. Flexible schedule. (646) 413-0813. www.CaringElderCare.com

CERTIFIED HOME HEALTH AIDE - Responsible, experienced, compassionate and car owner. Hoping to be your caregiver. Marilyn (732) 881-

CERTIFIED HOME HEALTH AIDE seeking work. Experience in hospice care. References available. Contact Maria at (908) 565-1574.

COMPANION/DRIVER

Compassionate, experienced Rossmoorite happy to assist. Judy (609) 655-1026.

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

LOOKING FOR A PROFES-SIONAL NURSE and CHHA to care for you or a loved one? Call SpendyLove HomeCare (732) 430-5789.

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

Housecleaning Services

HENRYKA'S HOUSE CLEANING - Quality work. References available. Call (609) 586-0806.

IZABELA'S CLEANING SER-VICE - Professional house cleaning. Quality work. References available. Reasonable. 2 bedroom/2 bath, \$65 and up. Experienced. Free estimates. (609) 954-0181 or (609) 656-9281.

HOUSE CLEANING to clean your home expertly and thoroughly. References, honest, courteous and

experienced. Reyna (609) 371 -4775. You'll be glad you called.

NICE JEWISH GIRL'S HOUSE CLEANING and Health Aide Service. Over 20 years experience. Low rates. Insured and bonded. Call Eileen at (609) 860-9050.

HOUSE CLEANING - References. Call Nancy (609) 371-2859.



Pitch in for the planet



Rossmoor Resident Telephone Directory CHANGES & DELETIONS ONLY

Please mail or bring this form to the Rossmoor Community Association, Inc., Village Center

128 Sussex Way, Monroe Twp., NJ 08831 with any changes or deletions to your name, address or telephone listing.

Information as it <u>now</u> appears:

NAME:	
ADDRESS:	
PHONE:	
Changes for the 2016 - 2017 ed	ition:
NAME:	
ADDRESS:	
(1) PHONE <u>OR</u> (1) CELL:	
All Changes must be received by July	15, 2016

If your name, address and/or telephone number in the 2015 - 2016 edition is correct, it is not necessary for you to complete this form.



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

CLASSIFIED AD COUPON

Check those publications that apply: ☐ The Clearbrook Courier ☐ The Concordian ☐ Encore Speaks ☐ GW Voice ☐ Regency Reporter ☐ Renaissance Reflections ☐ The Rossmoor News

☐ Check here for all seven publications

Classified deadline: Ads must be received by the 14th of the month preceding publication month.

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No classifieds accepted by phone or email. · Note: Phone numbers count as one word. Do not count

- punctuation. Do not abbreviate.
- State category/heading, ie., "For Rent", "For Sale", "Help Wanted." You will not be charged for the heading.
- · One check or money order must accompany insert.

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Phone number or address which appears in ad must appear

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ADVERTISEMENT



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

This month's topic: **NEUROPATHY**

Say goodbye to foot and leg pain

NEW Non-surgical, FDA approved treatment for Peripheral Neuropathy now available locally

Millions of Americans suffer from *Peripheral Neuropathy*, a condition that commonly results in pain, tingling, numbness, and other painful symptoms in the legs, feet and hands. This pain changes your life and affects how you work, how you play and how you live.

What is Neuropathy?

Peripheral Neuropathy is the consequence of damage to your peripheral nerves. There are over 100 different kinds of these disorders - some are caused by a disease like diabetes while others can be triggered by a virus infection. Still others are the result of an injury or compression on the nerves. No matter where the problems begin, it is imperative nerve disorders are resolved as soon as possible to prevent permanent damage.

Peripheral Neuropathy Symptoms include:

Tingling, burning and/ or numbness

Pain when walking

Loss of balance

Pins and needles

sensation

Restless legs

Muscle Weakness Spontaneous pinching, sharpness, or electric

shock-like pain

In the past, treatment options have been limited to a small assortment of pain medications. However, they only provide temporary relief and can be habit-forming. Ignoring the problem or masking the symptoms is also ill-advised, as it can lead to emotional stress and depression.

So.. what is the best course of action for treatment of Peripheral Neuropathy?

A New Hope for Lasting Relief

After years of study, training and trials, Northeast Spine and Sports Medicine is pleased to announce their new integrative program for treating Peripheral Neuropathy. This mode of care incorporates a combination of advanced FDA-cleared treatments with breakthrough technology that aids in the restoration, stabilization, and rebuilding of damaged nerves in your extremities. 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.

Our treatment options include:



• MicroVas — A noninvasive, pain free treatment that elevates blood flow and tissue oxygenation to the problem area. This treatment



has proven effective for not only Neuropathy but also chronic low back pain, carpal tunnel syndrome, sports injuries, pressure ulcers, ischemic rest pain and wounds that are otherwise slow to heal.

- Acupuncture Through clinical trials, acupuncture has been proven effective in treating various medical conditions including neuropathy 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. their office and schedule a complimentary consultation. There is hope for those suffering with Peripheral Neuropathy. The advanced

 Cold Laser — A gentle, non-invasive treatment that is successful in treating joints and nerves without pain or discomfort to patients.

These treatments have also been effective in addressing the painful symptoms of arthritis, MS, and other forms of chronic pain.

If you are suffering from the tingling, itching, numbness or burning associated with Peripheral Neuropathy, the doctors and staff of Northeast Spine and Sports Medicine invite you to call

complimentary consultation.
There is hope for those suffering with Peripheral Neuropathy. The advanced treatment programs offered by Northeast Spine and Sports Medicine can help you get your life back to where you were before the pain began. Say goodbye to pain and hello to a world of relief.

For details about Northeast Spine and Sports Medicine's Neuropathy treatments, call 732.276.1313 (Jackson Office), 732.722.5953 (Point Pleasant Office), 609.488.4189 (Barnegat Office), 732.561.8118 (Monroe Office) or visit www. northeastspineandsports. com



Get the non-surgical, FDA-cleared treatment for Peripheral Neuropathy

FREE MRI/ X-Ray Review

Limited to the first 30 callers! Call today to secure your appointment!

Offer expires 2/29/16



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