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50th Anniversary - October 15, 2015

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VOLUME 52 / No. 1 Monroe Township, New Jersey January 2016

# Healthy, Happy New Year!

## A resident is honored for her photography



Sara Acevedo holding the Leisure World globe

By Anne Rotholz

When Sara Acevedo arrived home from work on December 2, her mother said that Federal Express had left a small package for her. Thinking that something she ordered had arrived, Sara opened the package to find a small, bulky card inscribed with the words “Good Luck.” The card was from the Leisure World Globetrotting Photo Contest.

But she got a big surprise. It was a congratulatory note from Heidi Cortese, saying that one of her pictures had taken second place in the contest! Enclosed was a check for \$500. The picture, which was taken by her mother, showed Sara under a tree by her house on a snowy day holding the Leisure World globe. Originally from Cuba, Sara

and her mother moved to Rossmoor in May of last year. Her new neighbors and friends soon recognized her ability as a photographer. She credits them with encouraging her to enter the Leisure World contest. Sara is employed by the Diocese of Metuchen where she is an auditor with the Ecclesiastical Marriage Tribunal. Congratulations, Sara!



## Bob Shine presents Dan Jolly with his painting of the Meeting House

Bob, a one-year resident of Rossmoor, is an award-winning artist who studied Industrial Design at the Newark School of Fine and Industrial Arts. He has also studied with Tony Couch, Eli Rosenthal, and Mel Stabin. After retiring from a sales position, watercolor painting, sculpture and photography became top interests. Bob’s watercolors have been shown in many juried art shows. His subjects include landscapes, still lifes, and architectural buildings. In Wayne, New Jersey, his historical paintings are on display at the Wayne Public Library as well as in the office of the mayor of Wayne Township. His painting of the first atomic bomb test at Bikini Island in the Pacific has been accepted for display at the newly built Seabee Museum in Port Huenemi, California. Bob is a member of the Rossmoor art group, Monroe Camera Club, past president of the Packanack Lake Art Club, member of the Wayne Art Club and Community Arts Association of Allendale.

## Players to show DVD

The Players will show a DVD of their original musical comedy “Between Engagements” in the Ballroom on Sunday, January 3, at 1 p.m. and on Tuesday, January 5, at 7 p.m. There will be a \$5 charge with part of the proceeds donated to charity. Light refreshments will be served.

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The wreath that adorned the Clubhouse during the Holiday season



at the  
governors'  
meeting



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

gm  
Vincent Marino, Jr. reported on the resolution voting outcome of the Maintenance Committee. Judith Sforza reported that there is a year-to-date budget deficit of \$188,445.42, which is \$165,679.91 over budget, and stated the Finance Committee recommended the resolution brought before them. Peter Kaznosky reported the next Golf Course Committee meeting will be held on February 9th.

gm  
Mr. Jolly made the following 2-year appointments to the Golf Course Committee: Muriel Calvanelli, Vice-Chair; Anthony Cardello, Secretary; Joseph Haff, Member. Mr. Jolly made the following 2-year appointments to the Rossmoor News Board: Jean

Houvener; Jean Hoban.

gm  
The 2015 RCAI Capital Budget set aside \$45,000 to purchase an additional vehicle for the Maintenance Department equipped with fuel tanks and plow; \$26,000 to purchase a replacement Bobcat; and \$9,500 for a replacement V plow and an additional V plow, or a total of \$80,500. The Maintenance and Finance Committees recommended the purchase of a 2013 Ford F350 Super Duty Crew Cab from Millennium Lawn and Irrigation equipped with a Boss plow and fuel tanks, 4WD and approximately 55,000 miles. The Maintenance and Finance Committees also recommended the purchase of a S70 Bobcat Skid-steer loader equipped with a 48" angle broom and 60" V blade to replace the existing 2001 Bobcat with a door or heat. The Board

of Governors approved a resolution to purchase the truck with plow and fuel tanks; Bobcat with broom and plow; and two V plows as described above at a cost not to exceed \$83,450 (\$42,800 for the truck/plow/fuel tanks; \$31,705 for the Bobcat/broom/plow; and \$8,945 for two plows). The expenditure will be charged to the RCAI Capital Expenditures Fund Account.

gm  
The Board approved and presented a resolution to Mr. Vincent Piccoli of Millennium Lawns and Irrigation in appreciation for his 17 years of exemplary service to the Rossmoor Community.

gm  
The Board of Governors approved a resolution to adopt the restated RCAI 401 (k) Savings Plan to include the IRS required Pension Protection Act Document Re-statement.

**The deadline for  
The Rossmoor  
News  
is the 7<sup>th</sup> of  
every month.**  
The Rossmoor News Editorial Board welcomes anyone interested in joining us in any capacity.

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.

Thank you for your attention to this matter.

With thanks


*We would like to extend a heartfelt thank you to the residents of Rossmoor and the Holiday Gift Fund Committee of the Community Affairs Committee for the gift checks we received before the holidays. We find Rossmoor a special place to work and appreciate being remembered this past holiday season. Best wishes for happy and healthy 2016 to everyone!*

Employees of Rossmoor Community Association

**RCAI COMMITTEE MEETINGS**  
**January 2016**

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

Meetings are held in the Village Center.



**News Board:**  
Joe Conti, Chair  
Carol DeHaan,  
Myra Danon  
Bob Huber,  
Jean Hoban,  
Jean Houvener  
and ex-officio, Jane Balmer,  
General Manager.  
**Editorial Assistant:** Sue Ortiz  
  
The Rossmoor News is published monthly and is mailed to every home within the Rossmoor community. News items are welcome. Appropriate news items from outside organizations will be considered as space permits. All copy and pictures are subject to editing and are accepted with this understanding.  
  
Letters to the Editor must be emailed to PES at [pescmd@aol.com](mailto:pescmd@aol.com) and clearly marked Rossmoor News.  
  
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Bits & Pieces  
Sue Ortiz



(Here it is – #61.)

It's six-ish on a Monday night and my fingers are poised over the keyboard, just barely touching the home keys, as I try to think of what to write about. Any ideas? No? Me neither.

Then...the phone rings. Ah, a welcomed distraction. A call from a friend who wants to chat, possibly?

My phone has talking Caller I.D. and announces "Chalmette LA." I don't know anyone from there, and I don't answer calls from numbers I don't recognize. I'll let this one go to the answering machine. I guess it isn't important, because he or she down in Chalmette doesn't leave a message. Oh, well. And good riddance.

Five, maybe ten minutes pass, and the phone rings again. Maybe it's my aunt or uncle calling. The Caller I.D. announces "Chalmette LA" again. Hmmm. Should I answer it? Nah, if it were truly important, they would leave a message, I would hope.

(Hey – I'm on the fifth paragraph already!)

The phone rings once again. "Chalmette LA." These guys are nothing, if not persistent! I'm almost tempted to hit *talk* and then hang up. I lose my bottle by the fourth ring, though. "Just leave a message, for Pete's sake!" I say to no one in particular. Alas, again, no message.

In between calls from friends, relatives, and appointment reminders, "Chalmette LA" calls back several times every night for the next week. I try to remain *Chalm*, but I've about had it. My *spidey* sense tells me it's just another robo-caller. I can

block calls like this on my phone, but I have to manually select each number. And there are a *lot* of numbers. I am on the Do Not Call Registry; that helps somewhat, I guess, but calls do fall through the cracks. Plus, it seems like the more numbers I block, the more calls I get. Then there are the "anonymous" and "out of area" calls. Cowards! Come on, announce yourself! Leave a message.

(Three hundred twenty-nine words and counting...)

I could fantasize that "Chalmette LA" was calling to say that I have just won \$2.7 million in some obscure lottery or contest that I had entered. Maybe a long-lost relative left me her fortune. But, by me not answering and blocking the number, I will never know.

If only they had left a message.

(And, I thought I had nothing to write about ... Now, on to #62.)

Happy New Year, everybody!

B&P

"I don't even have voice mail or answering machines anymore. I hate the phone, and I don't want to call anybody back. If I go to hell, it will be a small closet with a telephone in it, and I will be doomed and destined for eternity to return phone calls." – Drew Barrymore (American actress, b. 1975)

"Middle age is when you're sitting at home on a Saturday night and the telephone rings and you hope it isn't for you." – Ogden Nash (American writer of humorous poetry, 1902-1971)

Letter to the Editor

The League of Women Voters, a public interest organization, is alerting residents to an impending threat to our drinking water. The N.J. Department of Environmental Protection (DEP) is proposing harmful revisions to the Flood Hazard Area Control Act Rules, the Coastal Zone Management Rules, and the Stormwater Management Rules.

The N.J. Senate agrees. They voted in favor of a resolution ordering the DEP to rewrite or withdraw the proposed rules, which they found inconsistent with legislative intent. Now the N.J. Assembly must approve their version, ACR 249, and send these regulations back to the DEP.

The DEP has proposed to roll back protections against flooding; it allows more stream buffer vegetation to be cleared, which places more people and development in areas that flood, and puts more people in harm's way.

Buffers are critical. They help to remove contaminants from stormwater before it reaches sensitive (Category 1)

headwater streams. It is essential that our reservoirs remain protected by buffers as provided by the existing rules.

It is particularly dangerous to propose such consequential changes without an updated Water Supply Master Plan to evaluate our water supplies and future needs. Much development in increasingly sensitive areas of our water supply watersheds has occurred since N.J. last adopted a Water Supply Master Plan 20 years ago in 1996.

Cutting red tape shouldn't mean death by a thousand cuts for stream buffers and Category 1 water quality. But that is what self-certification and loosely defined mitigation rules will do.

We urge residents to call or email Assembly Speaker Vincent Prieto ([asmprieto@njleg.org](mailto:asmprieto@njleg.org), or 201-770-1313) to post ACR249 before the holiday recess. Also, contact your two Assembly members to reject the DEP proposal and vote YES on ACR249 - Wayne De Angelo

(Continued on page 3)

Oh! Mairzy doats and dozy doats

By Jean Houvener

January is Oats Month for the Whole Grains Council. In his 1755 dictionary Samuel Johnson defined oats as, "A grain, which in England is generally given to horses, but in Scotland appears to support the people." The Scotsman's reply: "That's why England has such good horses, and Scotland has such fine men!"

A member of the grass family, oats (*Avena sativa*) were not domesticated in the Middle East, although the probable wild ancestor originated there. They travelled into Europe along with wheat and barley, but were generally considered a weed. Perhaps due to their greater success in the cooler damper climate of Europe, oats appear to have been domesticated there in the Bronze Age.

By far the greatest use for

oats is still feed for livestock. Human consumption accounts for only about 5% of oat production. The straw is prized for horse bedding since it is soft and has less dust than other straws. Oat extract has been used in various skin formulation; oats have an anti-inflammatory effect. Oats are also used in various brews, including beer and oatmeal stout and a Latin American drink called *avena*, consisting of ground oats and milk.

Oats have many nutritional benefits, adding fiber, minerals, and B vitamins to the diet. They also digest more slowly than other grains, leading to a longer feeling of fullness after the meal. Beta-glucans in the fiber are proven to lower cholesterol, particularly the bad LDL cholesterol. Oats have been shown to improve cardiovas-

cular health, to control diabetes, and to serve as a laxative.

After harvesting, the straw and hulls are removed. The seeds (groats) are stabilized by heating. Then they can be steamed and rolled (rolled oats), or cut into smaller pieces (steel cut, Irish oatmeal). They could also be stone-ground to coarse oatmeal (Scottish oatmeal), or have the bran separated from the endosperm (kernel), which is then finely milled, producing oat bran and oat flour. The rolled oats take longer to cook; the steel cut has a more nutty texture and is used for quick cooking oatmeal. The flour can be used to make cakes and breads. The oatmeal can be cooked into porridge or granola, for a hot or cold cereal. The bran is a good source of fiber.

we get rid of all those monkeys on our backs that would become so burdensome as the year progresses.

In consideration of the above, I have reduced my New Year's resolutions to only one: I resolve to do no more than I can reasonably accomplish.

Fuhgedaboutit week

By Bob Huber

Those individuals who are tasked with keeping track of special events advise us that the first week of January is National New Year's Resolution Week.

Well, Duh!

We don't need a special week to remind us that this is the time of the year when we make our New Year's resolutions. It's a custom that can trace its ancestry back to the ancient Babylonians, who made promises to their gods at the start of each year that they would return borrowed objects and pay their debts.

The Romans began each year by making promises to the god Janus, for whom the month of January is named. In medieval times, the knights took the "Peacock Vow" at the end of the Christmas season each year to reaffirm their commitment to chivalry.

As a matter of fact, most religions and cultures throughout the world observe the custom of committing a person to make one or more personal goals or reform their habits in the new year.

Psychiatrists tell us that so many New Year's resolutions are quickly broken because of the conflict between our conscious mind and our subconscious mind. For instance, my conscience mind may resolve to lose 20 pounds during the coming year, but my subconscious mind may prefer to celebrate the new year by consuming an entire quart of Haagen Das ice cream in one sitting. The subconscious mind is probably going to win.

At the tender age of 14, I resolved to quit playing piano by ear and seriously study music. Now, more than 75 years later, I'm still contemplating the idea. My mind says, "Let's get up and get this job done!" but my body says "You go ahead,

and I'll catch up with you later."

The fact is, we place ourselves under considerable stress by establishing goals we cannot reasonably achieve. Therefore, I suggest we establish the second week of January as "Fuhgedaboutit Week" when

Enjoying a touch of Irish humor

By Anne Rotholz

For me, spending a few weeks in Ireland is always a refreshing experience. I feel that my "renewal," as I call it, comes mostly from exposure to some of the greatest qualities of the Irish people: namely, their wicked wit and keen sense of humor. It is no secret that both are the product of centuries of hardship and persecution.

During my visit in September, I was struck by the ingenuity of various business people as they put this humor to good use. One cannot help taking a second look at a witty or catchy title. Some names such as *Heron's Cove Café*, *Goat Road Bistrot*, *Bella Bia* (Bia is the Irish word for food) and *The Quill* (a stationery store) are poetic. Others are much more colorful and often intriguing. Following are some of the more interesting ones.

*Insomnia*, a chain of coffee shops in Dublin.

*Durty Nelly's*, a famous restaurant and pub near Shannon Airport.

*Dew Drop Inn*, a restaurant in Donegal.

*Curl up and Dye*, a hair salon in Dublin.

*M T Pockets*, a pub in Galway.

*Paddy Field*, a Chinese restaurant in Dublin.

*Cod Almighty*, a fish and chips shop in Carlow.

*Catch 22*, a seafood restaurant in Dublin.

*Lino Ritchie*, floor coverings and carpets, Dublin.

*The Black Wok*, a Chinese

restaurant in Blackrock, Co. Louth.

*Lawn Order*, a lawn service in Mayo.

*Schindler's Lifts*, an elevator company in Waterford.

*The Stagger Inn*, a pub in Roscommon.

*The Fiddler's Elbow*, a traditional Irish music pub in Sligo.

*Alcatraz*, a home security service in Mayo.

*I Got Worms*, a bait and tackle shop in Limerick.

*Bill's Gates*, a fences and gates company in Wicklow.

*Kettle of Fish*, a seafood restaurant in Galway.

*Gravedigger's Pub*, a very popular restaurant near the entrance to Glasnevin Cemetery, Dublin.

*Thai Tanic*, a Thai restaurant in Belfast, located near the shipyard where the Titanic was built.

*Wok and Roll*, a Chinese restaurant in Mayo.

*Wide Variety*, a plus size dress shop in Roscommon.

*Fringe Benefits*, a hair salon in Dublin.

*Plastered and Stoned*, a

(Continued on page 4)

Letter

(Continued from page 2)

(asmdeangelo@njleg.org, or 609-631-7501) and Daniel Benson (asmbenson@njleg.org, 609-631-0198).

Sincerely,

Ruth Banks, president,  
League of Women Voters  
of Monroe Township  
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## Glaucoma Awareness: beware and aware

*By Myra Danon*

Glaucoma is a thief; more vicious and sneaky than any other. Known as a silent disease, it creeps up on you slowly and steals your eyesight without warning, and if you don't stop its onslaught in time, you will have lost your vision with no chance of regaining it. By the time you become aware that something is not quite right, the disease has progressed and has already done irreparable damage.

Adding periodic eye exams to your general physicals is one of the ways to ward off becoming a victim of this vile aggressor. Becoming aware of even the slightest change in your vision can be a clue also to a diagnosis of glaucoma. The hope is to ward off its advance, get tested by an ophthalmologist who specializes in this field of eye diseases, and begin treatment immediately.

Not so easy; many diseases give some sort of warning by inflicting discomfort, pain, blisters, elevated temperature, or dozens of other warning signs that we've all probably experienced at some point in our lives. If left untreated, this condition will lead to blindness; in fact, more than two million people in this country have glaucoma, generally open-angle, the most common type. It is estimated that 50% of the people are not aware they have the affliction at all, and if left untreated, will lose their eyesight. There is no cure; once gone, it will not return. It is a leading cause of blindness in this country as well as in many other countries. Other types are low-tension or normal tension glaucoma, angle-closure glaucoma, and congenital glaucoma, but they occur in much smaller populations. It can develop in one or both eyes.

In medical terms, glaucoma is “a group of related diseases where the optic nerve is being damaged. The nerve fibers progressively die taking

## Irish humor

(Continued from page 3)

stone mason business in Galway.

*Out of the Blue*, a seafood restaurant in Kerry.

Oops a *Daisy*, a florist in Wicklow.

*To and Fro*, a taxi service in Galway.

*The Wash Tub*, a dry cleaning service in Mayo.

*Chipsy King*, a fish and chips shop in Cork.

*Queen of Tarts*, an upscale pastry shop in Dublin.

*Klaw*, a seafood restaurant in Dublin.

*Argue and Phibbs*, a law firm in Sligo. This last one is

not a joke! Argue and Phibbs were lawyers. Although they

were lawyers. Although they are now deceased, the business they set up is still thriving.

As the Irish comedian, the late Hal Roche, would say "Only in Ireland."



### Normal vision



**This is how glaucoma patients view the same picture.**

away the peripheral, or side vision, first. Therefore, visual loss goes undetected until it is quite advanced." When damage to the optic nerve occurs unchecked, it cannot be reversed. Regular eye exams do not always reach a diagnosis in time; even skilled physicians can miss it. Mine did. He must have missed the chapter that stated, "When eye pressure becomes too high, the delicate structures of the eye can be irreversibly damaged. Some eyes are even damaged by pressure that is within the normal range for the entire population." Although many people do not notice change of vision, I did, and although slight, I conveyed them to the doctor. The damage probably had already begun, but his level of incompetence was stronger than his dedication, and instead of a referral to someone else, offered a variation of the bromide, "Take two aspirin and call me in the morning," which translated to: "Come back in six months instead of a year, and we'll recheck."

Testing for glaucoma includes examination of inner eye pressure, shape and color of the optic nerve, cornea thickness, and angles where iris and cornea meet, and a visual field test that shows a map of a patient's complete field of vision. Although all the parts of the examination are important for good eye health, the field vision test is an essential tool for diagnosing glaucoma, and when it is not given, the results can be disastrous. The physician who oversaw

my eye care more than 25 years ago did not even have the equipment for performing the test in his office; consequently, he never administered it. Although some damage to my optic nerve had already occurred, I was advised, no, ordered by my friend, a nurse (nurses are the best!) to seek out another physician ASAP. Trusting her judgment, I complied, and I got my answer from the next doctor, who was dismayed when she told me half my optic nerve had melted. I will never forget the pronouncement. With the belated proper diagnosis (it was the visual field test that told the tale), medication, and frequent follow-up care, the other half of my optic nerve was saved. Treatment is ongoing.

Eye pressure must be decreased and continuing treatment is absolutely necessary for life. Sometimes pressure becomes elevated despite following doctors' best efforts, in which case there are other options that include laser treatment and surgery.

This is what the glaucoma patient sees; this happens so gradually that it is easy to understand why it is not noticed until it is too late.

Like most other ailments, early detection is essential. Some diseases let you have a second chance; this one does not.

Open-angle glaucoma is more likely to occur in people in their sixties and older, so if you haven't gotten tested and you live here, it's time.

## Attention snow birds

Please be kind and move your vehicles into your carport space, garage, or driveway prior to leaving for the winter. Vehicles left on the streets hinder our snow removal efforts.

Thank you.



# Hip hip hooray!

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## Playing peek-a-boo with a gorilla

By Carol De Haan

Not least among the many charms of beautiful Barcelona is its world-class zoo where dwelt its famous albino gorilla, Snowflake.

We sped across the city in a cab and scurried into the zoo for fear it might close early. We followed the signs to the visitors' observation room. One wall, made of what appeared to be one- or two-inch thick Lucite, let us see right into the spacious gorilla compound.

In the foreground was a clearing with huge rocks for climbing. In the distance were shrubs and trees. Off to one side was a series of low rooms that looked like a roadside motel from the 1950s. Here and there were wooden perches where sat half a dozen brown gorillas, backs toward us to let us know what they thought of gawking tourists.

But not Snowflake!

He was right up front, tossing toys, splashing water, and putting on a mighty display. He'd leap onto a rock, jump off, race around the compound, all the while eyeing us for our reaction. At one point, he went "invisible" by hiding behind a rock, then peeking out with one hand covering his eyes. Gradually the fingers parted. If he made eye contact with one of us, big explosion! and back behind the rock he went, only

to wait a few minutes and repeat the peek-a-boo game. Obviously, a human audience meant Time for Fun.

When 20 or so youngsters on a school trip came in, we grown-ups stepped back to let them up front. Ohoo, just what Snowflake was waiting for. No more crazy antics. He ignored everyone. He lay down on the ground, head toward us, legs aloft, and pretended prolonged interest in the condition of his toes. First one foot, slowly, then the other. With the kids lulled into gazing at this odd performance, Snowflake suddenly lept up and hurled his 200-lb frame against the Lucite wall, which reverberated mightily as 20 kids ran screeching for the exit.

Snowflake seemed to chuckle with delight. He had done the big bad gorilla thing: he'd spooked a roomful of kids and the results had been spectacular. He clearly thought himself about ten feet tall as he strutted back toward his companions, who had ignored the whole performance. Maybe they'd seen it before.

Snowflake was a western lowland gorilla, born in Equatorial Guinea in 1966. A local farmer had killed a group of gorillas that were raiding his fields, but he took home the tiny, albino baby that he found hiding in the bushes. A few days later, he sold it to a Spanish primatologist

who had been working in a nearby town.

Dr. Roman De Luera and his wife, Maria Gracia, took the baby gorilla into their home in Spain to raise the little fellow. He drank milk from a baby bottle, slept in a crib, and sat in a high chair for dinner. He had plenty of stuffed animals to play with, plus his toy trucks. He held hands with his "parents" when they went out for a walk. He rolled around on the floor, wrestling with the family's pet basset hound. Senora De Luera insists he was completely affectionate, obedient, and that he understood everything she said to him.

By two years of age, Snowflake wanted more than two human parents and a house to live in. He was huge and needed plenty of exercise. Gradually, he transferred to the primate enclosure at the famous Barcelona Zoo, where he lived with half a dozen other western lowland gorillas. Staff members say that he adjusted well, but seemed to go berserk with joy when his "mother," Senora De Luera, visited him.

His unique coloring, his fondness for people, and his impish personality made him the celebrity of the Barcelona Zoo, where he fathered 22 children. Some of his grandchildren and great grandchildren show light patches of skin, but no other albinos were born. In 2003, when he



was about 40 years old, he died of metastasized cancer, which seems to have originated as melanoma on his pale skin.

His death was mourned worldwide. Thousands of picture post cards of him were sold, books were written about him, and a movie was made featuring his story. A distant planet was named for him.

A sample of his frozen blood allowed geneticists to announce that his albinism was the result of inbreeding between his mother and another close relative, both of whom carried the recessive gene for albinism. Primates generally do not mate with close relatives; nature prompts them to mate outside the family group, thereby fostering genetic diversity.

Human beings are chopping down the forests to make farm land, resulting in loss of habitat for many species. If gorillas are denied contact with other primate groups, inbreeding occurs.

Three species, the western lowland gorilla, the eastern lowland gorilla, and the mountain gorilla are considered in danger of extinction because of human encroachment.

## WHO AM I?

By Norma Evans

### First Clue:

I am probably the first person you would call when you need help or just want to talk.

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I do not hold grudges,

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I am not judgmental.

I accept you as you are.

I will cry with you when you cry and I will laugh with you when you laugh.

I am a good listener because I really like you and care.

I am respectful, trustworthy, genuine, and kind.

But I am not an enabler.

Have you guessed who I am?

### I am a TRUE FRIEND....

I hope you are one of these to someone and have at least one for yourself.



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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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## Small Town, U.S.A: Out and about

By Dale Ralston

Waking up to a beautiful sunny morning, getting the grandchildren ready for school and to the school bus which is always a rush, rush morning, my daughter said, "Mom, let's go for breakfast. I have some time before my first appointment so let's get some Mom and Me time." "Sounds like a great idea," I said, "I'm ready," and off we went. She is so busy; it's rare that we get a few minutes to enjoy a breakfast or even a conversation together without interruption. This morning we did. It was a pleasure sitting there and just enjoying the few minutes we could share with one another. This place was definitely the place to come for your morning cup of coffee. It's called The Red Barn in Montville, N.J.

A very personable server (back in my day, we called them waitresses), took our order. As usual my daughter explained that we needed to go shortly and didn't have a lot of time. Our server smiled and said it was not a problem. Our order was taken and within a few minutes our omelets were served with all the trimmings. As we were eating, my daughter realized she was running out of time and announced that she would have to leave before my breakfast was finished. She eats so much more quickly than I do. We had brought two separate vehicles anticipating she wouldn't have time to drive me back

to her home, so I knew I would be on my own for a short time.

I loved having the few minutes of small talk with her and catching up on so many of the things we don't usually have time for in a day. My two grandchildren are on the go and her husband is traveling at least twice a month. They lead very busy lives, like most of the professionals of our times today. They are much too busy for me at my age. How they keep up, I don't know. It makes me tired sometimes just being around them. One's off here and the others are on the way somewhere else. I wondered in my day of raising my own three, how did I ever do all this on my own. I don't recall all the activities, other than baseball or football, my work schedule, and family time home to relax in the evening. It didn't seem so busy back then.

After my daughter left, I took my time finishing my breakfast and was getting a second cup of coffee and just pondering about the place. I was sitting at a nicely built picnic table with benches in the corner and had full view of the entire area. It was an old barn décor, with family photos of kids' paintings on the walls; there were chairs and back bar stools for counter seating and display cases of all types filled with homemade pastries. It was a simple but comfortable surrounding.

As I was looking around the place, it made me smile to myself. You could hear

conversations from all who entered; everyone knew everyone else, and all were friendly. The servers knew most of the folks who came in for their morning coffee. What amazed me the most, as I was watching the folks chatting, I realized what made this place really special. Not only was it so friendly, but not one person was using a cell phone. The folks were there to have breakfast or just a cup of coffee, take an order to go, while making small talk before their busy morning got underway. It was relaxing and really enjoyable to be here in this place watching so many people come and go and notice that everyone was smiling and greeting one another. This is definitely Small Town, U.S.A., that I remembered back in my time. The feeling stayed with me all day.

Getting up to pay my check that my daughter left with money, I chatted for a short time with the cashier. I complimented her on the restaurant and told her how comfortable it was to be in such a warm and friendly environment. With that said, the cashier smiled and started packing up a tray of donuts, as she said, "We make everything here on the premises." She gave me three of those donuts in a container to go, and would have given me more, but I stopped her. Everything is freshly made for the day, including all types of pastries. I thanked her very much and was off back to my daughter's home. It was nice revisiting Small Town, U.S.A.

## Sound Advice

Norman J. Politziner, CFP® President of NJP Associates

### To buy or not to buy: That is the business franchise question

Ever think about buying a business franchise? There are as many good reasons for not doing it as there are for taking the plunge.

Franchises are everywhere. There are literally thousands of franchises available in the United States, from Subway, McDonald's, Wendy's, and Burger King to Jiffy Lube, Good Feet, Yum Yo's Yogurt, Ace Hardware, Domino's Pizza, Real Property Management, and Merry Maids. Some franchises cost a ton of money, while others are relatively inexpensive. And there are franchises for almost every type of business, from fast food to fancy cars.

So how do you choose one that's right for you? Carefully, very carefully. First, you must do a tremendous amount of research into the available possibilities. Owning your own business can be very rewarding, but be sure you know what you're getting into, because it also can turn into a nightmare.

Your research should include financial, legal, and accounting aspects of potential purchases. Location is vitally

important. Will your franchise be in an area that will provide sufficient customers to make it a financial success? The biggest questions—and the most important—are how much the business will cost, how much money you have, and how much money you can raise.

With all of that in mind, consider these six reasons, provided by Entrepreneur Magazine, why a particular franchise might be a good buy:

1. Track record of success. Any good franchise company has developed a method of doing business that works well and produces successful results.

2. Strong brand. One of the biggest advantages of franchising is that the company is building a brand on a regional or national basis that should have value in the eyes of customers you're trying to attract.

3. Training programs. A good franchise company has training programs designed to bring you up to speed on the most successful methods for running the business.

4. Ongoing operational support. Franchise companies have staff dedicated to providing continuing assistance to franchisees. You're not alone when you're building and running your business, and you

(Continued on page 8)

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### Advice

(Continued from page 7)

always can call on experienced people when you hit a rough spot or want to share new ideas for growing the business.

5. Marketing assistance. A franchise company has marketing assistance to provide you with proven tools and strategies for attracting and retaining customers.

6. Real estate assistance. Most franchises have manuals and other documentation, as well as staff, to help you find the right site and negotiate the best possible deal on your site.

But here are six reasons why you may not want to buy:

1. Expensive startup costs. You may have to pay a nonrefundable franchise fee of several hundred thousand dollars before you incur the other usual costs of opening a business. This can be critical in the profitability outlook for your business, which on average can take two or more years just to break even.

2. You aren't really the boss. The franchisor sets

many of the rules and regulations for operating your franchise, including prices and the appearance of your business. These limitations may be acceptable, however, because you chose the franchise in the first place, believing it to be the best fit for you.

3. Unwanted competition. You may look out the front window of your business one day and see that a franchise operation just like yours is opening directly across the street. This is possible, and happens too frequently, because many franchisors reserve the right to sell their franchises anywhere they please.

4. Royalty payments and advertising fees. A franchise business usually has to pay monthly royalty payments to the franchisor. These usually are based on a percentage of your sales and come out of your profits. Many franchisors also assess advertising fees, but your contributions may or may not be used to advertise your franchise. A court has ruled that a franchisor has no fiduciary duties to its franchisees.

5. Poor legal recourse. A franchisee has little legal recourse in case of a dispute with the franchisor. Most franchisors require franchisees to sign agreements waiving their legal rights under state and federal law.

6. Price rigging on supplies. Many franchisors dictate where and from whom you can buy your supplies. Most franchisors get kickbacks from vendors, resulting in higher prices for you.

If you are thinking about buying a franchise, we can help you make an informed decision and help you consider possibilities for raising sufficient capital to operate the business.

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*Thanks*


Thank you from the bottom of my heart for all the support and care from my friends in Rossmoor during my difficult time. May God bless all of you for your continuing prayers, Mass cards, cards and offers of assistance.

Warm hearted people always seem to find a way to make others feel good. Thank you for being caring people and thank you for touching my heart with your kindness.

Phyllis Palfy

\*\*\*

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## Bob's Almanac

By Bob Huber

If you are fortunate enough to be born during the first month of a brand-new year, you are in impressive company. You share the month with such notables as: Paul Revere (1735), Betsy Ross (1752), J. Edgar Hoover (1895), Joan of Arc (1412), President Millard Fillmore (1850), President Richard M. Nixon (1913), Martin Luther King, Jr. (1929), Benjamin Franklin (1706), Gen. Robert E. Lee (1807), astronaut "Buzz" Aldrin (1930), John Hancock (1737), Gen. Douglas MacArthur (1880), Wolfgang Mozart (1756), and President Franklin D. Roosevelt (1882).

January has also been host to numerous events that have left their mark on the pages of American history. A short list includes

1892 - Ellis Island opened. Over 20 million people were processed through its gates before the facility closed in 1954, forever changing the face of America.

1942 - 26 countries signed the Declaration of the United Nations.

1959 - Fidel Castro seized power in Cuba after a revolution that drove dictator Batista from power. Most countries were caught off guard when Castro declared that his country would follow the

political path of communism.

1777 - Gen. George Washington defeated the British at Princeton, driving them back toward New Brunswick where, no doubt, some of them still remain on the faculty of Rutgers University.

1977 - Alaska was admitted as the 49th state in the union, adding a land mass which is 1/5 the size of the entire lower 48 states.

1968 - Nellie Ross of Wyoming became the nation's first female governor.

1964 - Pres. Lyndon Johnson declared war on poverty. Depending upon your perspective, poverty appears to have won.

1879 - An amendment allowing women to vote was introduced in Congress. It didn't pass until 1920, 41 years later. Congress hasn't changed much.

1849 - Elizabeth Blackwell became America's first woman medical doctor, opening the door to a trend which has increased dramatically in recent years, much to the advantage of the medical profession.

1947 - Al Capone, who controlled organized crime in Chicago with a hail of bullets, was felled by a bullet of a different kind: syphilis. It is rumored that Capone was looking to a future that included other large cities in his crime organization. This all goes to prove you should never make New Year's resolutions you can't keep.

Happy New Year!

## New Neighbors



By Christina Smith, resident services manager

Violet Margiotta, 733A Victoria Court, from Spotswood, N.J.

Portia Asher, 60D Old Nassau Road, from Mt. Laurel, N.J.

Jody Squires, 637A Yale Way, from Monroe Twp., N.J.

Theodore Merli and Sharon Merli, 17B Old Nassau Road, from Long Pond, Penn.

Anthony Trapasso, 106O Old Nassau Road, from East Windsor, N.J.

Barbara Madden, 71N

Rossmoor Drive, from Broomfield, Colo.

Alicia Picone and Joseph Rodriguez, 170-C Rossmoor Drive, from South River, N.J.

Dominick Trapasso and Anthony Trapasso, 106-O Old Nassau road, from East Windsor, N.J.

Victor Muerman and Angela Muerman, 66-A Amherst Lane, from Barnegat, N.J.

Alexis Monaco and Linda Monaco, 581-B Old Nassau Road, from Kendall Park, N.J.

## In Memoriam

### June Brubaker

June Graham Brubaker, RN, died on November 19, 2015. She grew up in Prospect Park, N.J. and moved to Rossmoor in 1999. She was an RN at Mountainside Hospital and served in nursing leadership roles at Columbus Hospital and St. Mary's Hospital. In retirement, June was active in the Rossmoor Community Church and the Croquet Club. She leaves behind a son, James Brubaker; daughters, Margaret Brubaker, Mary Jane Brubaker, and Anne Burns; and grandchildren, Sarah Funkhouser (Timothy) and their son, Connor; Emily Cincinnati (Noah), Jeffrey Burns and Matthew Burns. The burial will be private, followed by a memorial celebration at Rossmoor in the spring. Donations may be made to the Rossmoor Community Church or the Kiwanis Club of Rossmoor.

### Remembering Bill Ketelsen

William (Bill) Ketelsen, director of Mutual Two, died on November 28. Bill moved to Rossmoor in 2013 from Staten Island. It didn't take long for Bill to get involved with helping to improve Mutual Two. Bill became a director in 2014. All who knew him will miss him.

Bill is the son of Audrey Ketelsen, a long time resident of Rossmoor. Bill is survived by his brother Kevin, his sister Diane, sister-in-law Dana, and his loving companion Maureen Fawcett. He is also survived

by his nieces and nephews.

Bill was born in West Brighton, graduated from Susan E. Wagner High School, and Brooklyn College with a Bachelor of Science in physical education. He received his master's degree in computer science at Mercy College in Dobbs Ferry, N.Y. Bill started his career as a paramedic at Staten Island University Hospital. He went on to have a 19-year career with the FDNY as a firefighter, where he received many awards. He later became a New York City schoolteacher and Dean of Students at I.S. 61 in West Brighton for over a decade. He retired in 2013.

After retirement, Bill moved to Rossmoor, where he accomplished one of his golfing goals by hitting a hole in one in the 12th hole. He also enjoyed horse racing, spending time with his family, and the New York Jets. He was a season ticket holder for the Jets and enjoyed going to games with his cousins. Bill also loved to travel up and down the East coast.

"He was kind, generous, full of life, gentle, loving man who touched so many lives," said his sister Diane. Bill Ketelsen had many friends and neighbors at Rossmoor who admired him and will miss him greatly.

A private service and "Celebration of Life" was held on December 19.

Al MacVicar

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## FREE LIVING TRUSTS AND WILLS WORKSHOPS REVEAL... REASONS YOUR FAMILY MAY NEVER RECEIVE YOUR FULL ESTATE

### MONROE

Crowne Plaza Monroe  
390 Forsgate Drive  
Tuesday, March 1<sup>st</sup>  
10am – 12noon  
Refreshments

### TOMS RIVER

Ramada  
2373 Route 9  
Wednesday, March 2<sup>nd</sup>  
10am-12noon  
Refreshments

### FREEHOLD

Radisson Hotel  
(formerly Freehold Gardens Hotel)  
50 Gibson Place  
Thursday, March 3<sup>rd</sup>  
2pm – 4pm  
and  
7pm - 9pm  
Refreshments

### THERE STILL IS A NJ ESTATE TAX

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### .. FREE CONSULTATION—BRING YOUR CALENDAR ..

All workshop attendees will receive a FREE one-hour consultation to see how proper Estate Planning will benefit you and your family

## Clubs and Organizations

### Township Library Director to speak at Kiwanis luncheon

By Alyce Owens

At a noon luncheon meeting on Friday, January 15, at Garvey's Pub in Monroe, members and friends of the Kiwanis Club will learn all about past, present and future plans for the Township Library from its director, Irene Goldberg.

It might come as a surprise to some to learn that, prior to 1989, Monroe Township had no public library. Residents had to pay for services from neighboring towns' libraries. On April 1, 1989, the Monroe Township Public Library became a reality. Irene Goldberg had been hired in the fall of 1988 to help make this happen. Literally starting "below the ground floor," Irene worked on the lower level of the Municipal Build-

ing, ultimately opening a 4,000 sq. ft. library there on April 1, 1989.

The original facility housed a collection of 10,000 books and some videos. It was immediately apparent that the community was eager for a library, and it soon outgrew that location. A free standing building of 20,000 sq. ft. was constructed on the current site of the Library and the community took part in moving into it in October, 1997. That facility was expanded to the present 44,000 sq. ft. in 2009.

The Library serves a community of 39,132 Monroe residents, consisting of two distinct populations: young families with pre-school and school age children, and older adults (approximately

15,000) who live in the ten active adult communities located in the township. The older adults bring to the township a richness of personal histories, educational backgrounds, career and professional experiences, interests and talents. This highly educated population challenges the Library to maintain and expand upon its collection and services to meet the diverse needs and interests.

Monroe Township Public Library is a vibrant, well-used facility providing a high level of educational and enlightening services, programs, and events for residents of all ages. The Township has undergone considerable growth and change since the Library

(Continued on page 11)

## CULINARY CORNER

By Sidna Mitchell

My best friend was in a terrible car accident, was air-lifted to the nearest trauma center with numerous injuries, and put on life-support. I couldn't believe the woman I had taken to a Miele appliance demonstration for a complete Thanksgiving meal on Thursday, and then to lunch with another friend on Friday, was lying still in the hospital on Saturday. She passed away five days later. She is dearly missed.

June Brubaker and I had a number of things in common. We both played croquet more on a social than on a competitive level, liked to "solve" problems over a drink

or two, appreciated a meal out in one of our favorite restaurants with friends, enjoyed traveling and loved to cook and host dinner parties.

We both found saying "No" to volunteering almost impossible. But if one of us agreed to a project, we could count on the other to help out with the event or project.

However, we were dissimilar in several ways. June had a Type A++ personality; I'm just an A minus/minus. June was a clean freak; she religiously cleaned closets, bathrooms and anything that might show a bit of dust. Her husband, Dr. Bob who died in August, used to say to their kids if they couldn't find him one day, just look in the dumpster – June had probably thrown him away. Frankly, I'm not as dedicated to cleaning; I always find more interesting things to do. For example, I only dust when company is coming and none of my closets has ever been completely stripped of all the contents.

June was a creative sewer/seamstress. She often made costumes for the croquet club's Halloween party. When my den was repainted,

she helped me pick out the new carpeting and she made valances for the windows. I can hardly thread a needle; I almost flunked home ec in high school because the hem in my skirt was so uneven.

June did like to be in control; she had been called a few names such as general, bossy, or even a ball-buster. However, underneath was a very caring and thoughtful person when it came to family, friends, and neighbors. Years ago I gave her a pillow reading "I'm not bossy. I just have better ideas!" that still remains prominently displayed in her living room. She kept my secrets and quickly offered advice, sometimes solicited and sometimes not, but I always knew she had my best interests at heart.

We both loved to try out recipes although June more carefully followed instructions than I do; I have been known to think of substitutions before I even start a recipe. June was a talented gourmet cook and didn't hesitate to share her recipes. Here's one of her easy and tasty successes that works in all seasons.

### June's Pea Salad

20 oz. frozen green peas, 1 cup Spanish peanuts  
thawed 1/2 cup salad  
1/2 cup scallions, chopped dressing  
1 cup celery, chopped

Culinary corner



Mix all ingredients together and chill. Use Good Seasons Zesty Italian or Ken's Lite Creamy Vidalia Onion dressing.

It will stay fresh and taste great for three to four days in the refrigerator.

NOTE: I usually cut the recipe in half which is enough for four when served over a bed of lettuce with tomatoes. Additionally, I sometimes add 1/4 cup of chopped baby carrots to the pea salad for color and use cocktail peanuts that I add just before serving. Also, I usually use Ken's Sweet Vidalia Onion dressing because that's what I normally use for salads.

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

**www.levinefurman.com**  
**Seats Are Limited Call 732-238-6000 Now!**

24-Hour Reservation Line

## Players News

By Linda L. Kaucher  
Happy New Year!

The Players are coming up with some new and interesting programs to be included in our monthly meetings. In addition, we will be deciding on this year's productions with regard to plays and our annual Variety Show, "This 'n That."

On Sunday January 3, at 1 p.m. and again on Tuesday January 5, at 7 p.m. there will be a showing of our most recent play, "Between Engagements" in the Ballroom. Refreshments will be served and there will be a \$5 charge at the door.

Our annual holiday party was held at Antonio's on



Wednesday, December 9. We had a large crowd and good cheer was had by all.

At our meeting in November, Joe Conti hosted a DVD showing the best of Carol Burnett. It was hilarious and was enjoyed by everyone.

I hope everyone had a very happy New Year and that this year, everyone's dreams will come true.

As always, drive carefully, stay warm and watch out for black ice on the roads. See you all soon.

## Windows 10 – Dare you want it?

By Alec Aylat

David Shinkfield, a popular speaker over the years at the Computer Club and at other New Jersey clubs, including home base at Ewing where he has been a volunteer instructor for the past eight years, will discuss the many options, problems, and solutions arising from Microsoft's new Windows 10. He will attempt to answer Club members' often difficult questions when they squeeze into the expected crowded Gallery at 10 a.m. for the monthly meeting on Monday, January 18.

Shinkfield notes that the launch of Windows 10 represents a major change by Microsoft, particularly since it is free to all current users of Windows 7, 8, and 8.1, but only available free within the 12 months of its launch. He will look at Windows 10 features and the benefits that computer users can expect, that will make changing to the new platform worthwhile. But if you think you've heard all about Windows 10 already, think again.

Shinkfield is an active volunteer in the Mercer County community where he has coached foreign stu-

dents and their families in English. Prior to his retirement, he was a managing partner with the international PA Consulting Group based in London. During his career with that firm he undertook assignments in the UK, France, Germany, and finally in the United States where he has spent the last 20 years.

Refreshments are at 9:30 a.m., and all residents are invited. Follow your PC news and views on the Club website at [www.rossmoor.org](http://www.rossmoor.org).

## The Rossmoor Website

By Al Parker

To prepare for 2016, the Rossmoor Website has taken a new website address as well as a new appearance. Instead of its old address of [rossmoor-nj.com](http://rossmoor-nj.com), it now responds to [rcainj.com](http://rcainj.com). There is also a new "Residents' Portal" at the lower right of the page. Clicking here requires the entry codes of "rcainj" and password of "6096551000." Once there, there is access to the Minutes and Agenda of various Rossmoor committees as well as the Board of Governors, Director's Listing, the Community Calendar and Committee Members List.

Al Parker, Webmaster

## Kiwanis luncheon

(Continued from page 10)

began. Previously undeveloped tracts of land have given rise to homes for families relocating to Monroe for a variety of reasons. The increased number of children and teens now living in the community enjoy a wide variety of activities and services at the Library.

Born in Englewood, N.J., Irene Goldberg grew up in Teaneck and graduated from the College of New Rochelle in New York. She received her Master of Library Sciences Degree from Long Island University. Now a widow and proud grandmother of two, Irene has lived for 40 years in the same East Brunswick home in which she and her husband raised their three daughters.

This luncheon meeting is open to all and is certain to be interesting. For reservations at Garvey's on January 15, call Helen Gibbons at 235-5584. To learn about Kiwanis membership or their community service activities, call Alyce Owens, Club president, at 860-0866.

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Conveniently Located New Office  
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Achieving the best outcomes for patients with AMD is incredibly complicated, and our physicians are on the cutting edge of clinical care and research in AMD. We are an international center for clinical trials in both dry and wet AMD and publish and present

our research routinely as invited lecturers at meetings around the globe. We are proud to bring this level of care to the Monroe area. Our physicians have completed 2 year fellowships in vitreoretinal disease, are members of the faculty of the Rutgers Robert Wood Johnson Medical School Department of Ophthalmology, and leaders in the field. More information about our doctors, practice, and retinal disease can be found at our website and appointments can be made by phone at:

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# This month in pictures

Photos by Joe Conti



Rossmoor's Mutual 3 held its first-ever holiday party.



Mutual 3 party was hosted by Mike Sikora, Denise Sikora, Tammy DiPierro, Lois Kupecz, Beverly Sabatino, Noel Sabatino. Not pictured- Sandy Salmieri



Vinnie Piccoli accepts a proclamation from Dan Jolly celebrating Millennium's years of lawn maintenance to the community.



Altar set up for the St. Nicholas Day service



Father Paolo Fedrigoni, left and Deacon John Zebrowski



Visit by St. Nicholas, from left, Fred Mytnick, Lucille Conti, Deacon John, and Mary Kay Cullinan



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## Last Chance to Sign Up for 2016 Great Decisions Discussion Group

7 PM Tuesdays February & March  
Cedar Room  
\$25 materials fee  
Register in E & R by January 5

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### New DVD Programs for 2016

#### Science & Nature "Blackfish"

3rd Tuesday, 1:00PM, Ballroom

#### Armchair Travel

"America's National Parks"  
4th Tuesday, 1:00PM, Ballroom

NEW!

NEW!

NEW!

NEW!

**AVIATION GROUP**  
2nd Wednesday, 1:30pm, Gallery  
"History of Flight"

**BOOK DISCUSSION GROUP**  
2nd Thursday, 3:00pm, Maple Room  
"The Ice Man Cometh" by Eugene O'Neill

**CULTURAL PROGRAM SERIES ON DVD**  
1st Tuesday, 1:00pm, Ballroom  
"Johnny Cash: Riding the Rails"

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

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

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

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

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

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, January 12, 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.  
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  
of the classes above.



**"ALL IN STITCHES" Knit & Crochet Group**  
Thursdays, January 7 & 21, 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, 8am—12pm. Monitor present.  
Molds & Kiln on site. Supplies on your own.

**GALLERY EXHIBITS**  
The month of January will feature winter scapes.  
Be sure to stop in and browse the beautiful artwork of  
our Rossmoor residents.

**POTTERY**  
Wednesday & Saturday, 9am-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.

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In observance of  
New Year's Day, RCAL will  
be closed Friday,  
January 1.  
Have a Happy Holiday

Be sure to check  
Channel 26 daily  
for important  
community updates.

E&R Email Addresses  
Michelle Williams  
michellewilliams@rcainj.com  
Erica Hardeo  
ericahardeo@rcainj.com  
Sue Ortiz  
sueortiz@rcainj.com  
Sebrena Jinks  
sebrenajinks@rcainj.com  
Jessica Fletcher  
jessicaroberts@rcainj.com

**TRANSPORTATION INFORMATION**  
The Rossmoor Shopping Bus, Monroe  
Township Bus and New York Bus  
Schedules can be found on the  
Rossmoor website.  
[www.rcainj.com](http://www.rcainj.com)

CARDS & GAMES

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.

CANASTA

Contact E&R

MAHJONG

Contact E&R

MAY I

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


POKER

Mondays and Fridays.  
Contact Ginny Giorgio.

POOL ROOM

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

From The Best Selling Author of The Notebook and Dear John



THE LONGEST RIDE

"THE LONGEST RIDE"

Tuesday, January 12  
1&7PM Ballroom

Sunday, January 17  
1:30PM Ballroom

Rated PG-13

128 Minutes

NO CHARGE


MYSTERY MOVIE & DONUTS

Friday, January 29

1PM Ballroom


\$2pp at the Door


ALL WELCOME





MOVIE CORNER


YEAR IN PICTURES














2016

HAPPY NEW YEAR










YEAR IN PICTURES



JANUARY 2016



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					New Year's Day 1	2
"LIKE" the Rossmoor Clubhouse NJ on Facebook 	Tickets on Sale today! 	E & R Events Marked with  Require Tickets or Prior Registration	CLUBHOUSE OPEN DAILY 8am-10pm			
3	4	5	6	7	8	9
1:00pm Players DVD-BR		1:00pm Mike Ferreira- "Johnny Cash"-BR 7:00pm Players DVD-BR 		9:00am Agenda Committee-VC		
10	11	12	13	14	15	16
1:00pm Mutual 17 Holiday-BR	9:30am Mutual 4b-GL 1:00pm Health Care Lecture-MP	9:00am Comcast-BR 10:00am  Fitness Center Orientation 1:00 & 7:00pm FREE MOVIE-BR "The Longest Ride" Rated PG-13- 128 Mins 	1:30pm Aviation-BR	9:00am Maintenance Comm.-VC 10:00am Community Affairs-VC 11:00am Finance Comm.-VC	6:30pm Bingo-BR	
17	MLK Jr. Day 18	19	20	21	22	23
1:30pm FREE MOVIE-BR "The Longest Ride" Rated PG-13- 128 Mins		1:00pm Science & Nature Program-BR	1:30pm 2015 Year in Review-BR	9:00am Board of Governors-VC 11:00am Fireside Chat-RR	7:00pm  Beat the Winter Blues Dance Party-BR	
24	25	26	27	28	29	30
		1:00pm Armchair Travel-BR			1:00pm Mystery Movie-BR \$2pp at the Door	
31						

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

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

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

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

# This year in pictures

Photos by Joe Conti



The Prayer Shawl group



Christine Parr, flag bearer at the Interfaith Memorial Day Service



Relinquishing the crown



Millennium at work



Barbara and Dan Jolly at the Emerald Society's St. Patrick's Day party



New equipment arrives in the Wood Shop

# This year in pictures

Photos by Joe Conti



Harold celebrates his 95<sup>th</sup> birthday



Jeff the chef at the Jewish Congregation's Fourth of July BBQ



Happy Birthday, Rossmoor!



Veterans Ernie Mogor and Matty Damiano



From the archives



Carol tells Santa her wish list

# Rossmoor Rental Library



By Irene Poulin

**Cometh the Hour** by Jeffrey Archer

The sixth in Archer's "Clifton Chronicles" opens out on a suicide note and ends up just packed with goings-on.

**Find Her** by Lisa Gardner

Five years after the spring break kidnapping that made college student Flora Dane a prisoner for 472 days, Boston detective D.D. Warren finds a bound and naked Flora next

to the man she just killed. Guilty or innocent, Flora may be the only person capable of saving the missing college student that has all of Boston on edge.

**Breakdown** by Jonathan Kellerman

The murder of a Hollywood actress, dangerously perched on the razor's edge between sanity and insanity, draws Alex Delaware and Milo Sturge into a new investigation.

**Violent Crimes** by Philip Margolin

When a senior partner at a prominent Portland law firm is fatally beaten and found in the mansion, his eco-warrior son proudly confesses to the murder. Now lawyer Amanda Jaffe must find a way to prove the son's innocence and stop the true killer.

**Brother in Death** by J. D. Robb, Nora Roberts

Hoping to confront his cousin, Edward, about selling their grandfather's West Village brownstone, Dennis Mira finds Edward beaten and bloodied. Then Dennis's profiler wife calls on her close colleague, Lieutenant Eve Dallas, to investigate Edward's storied career in justice and politics and identify the man's potential enemies.

**Blackout** by David Rosenfelt

New Jersey state police officer Doug Brock has been after infamous criminal Nicholas Bennett for years. When Bennett kills someone close to Doug, however, Doug's investigation and life start spiraling out of control. He's placed on indefinite suspension from the police force but he can't let the case go.

**Blue** by Danielle Steel

A homeless boy named Blue helps Ginny Carter heal when the former on-air reporter returns from an overseas human rights mission three years after the car crash that killed her anchor-man husband and their three-year old son, just days before Christmas.

**Library Hours**

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

## Italian American Club

By Tony Cardello

The Christmas brunch at the Cranbury Inn on December 13 was a huge success with over 160 people in attendance. Rick Purcell provided entertainment. Everyone enjoyed the sing-along, especially "The Twelve Days of Christmas" which is always a lot of fun.

Bingo will be played in the Ballroom on Friday, January 15, at 6:30 p.m.

Payment for the Carnevale must be made at our membership meeting on January 18. No membership meeting is scheduled for February because of Carnevale.

The grace period for the payment of 2016 club dues will end on January 31. Please make your \$15 check payable to The Italian American Club and mail to Joan Russo at 288-C Sudbury.

## Women's Guild presents "Laughter is the Best Medicine"

By Lana Ottinger

The Women's Guild invites everyone to come as we present "Laughter is the Best Medicine" by Dr. Al Parker on January 21, at 1:30 p.m. Dr. Parker, of Mutual 10, is a well-known speaker. He always has a smile on his face and has made presentations on many topics. He will make you laugh, which we all need now.

Laughter is a powerful antidote to stress, pain, and conflict. Nothing works faster or more dependably to bring your mind and body into balance than a good laugh. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert. The ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health.

Laughter boosts your immunity, lowers stress hormones, relaxes your muscles, and decreases pain. There are many mental health benefits of laughter: easing anxiety and fear, adding joy and zest to life, relieving stress. The social benefits of humor and laughter are that communication strengthens our relationships by triggering positive feelings and fostering emotional connection. When we laugh with one another, positive feelings and an emotional bond are created. This bond acts as a strong buffer against stress, disagreements, and disappointments.

Victor Hugo said,

"Laughter is the sun that drives winter from the human face." Laura Ingalls Wilder wrote, "Remember me with smiles and laughter for that is how I will remember you all. If you can only remember me with tears, then don't remember me at all." Abraham Lincoln declared, "In the end it's not the years in your life that count. It's the life in your years." A quote from Dr. Seuss reminded us, "Don't cry because it's over. Smile because it happened."

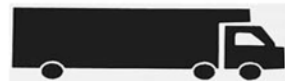
Refreshments and fellowship follow our presentation; we welcome all to our meetings and look forward to seeing you there.

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## Emerald Society's winter activities

*By Joan Avery*

The annual Christmas trip to the American Music Theater in Lancaster, Pa., on December 11 was a great success. This year the show was "Deck the Halls," which has never been seen before. There was also a stop at the popular "Village" for lunch.

## New Jersey Club

*By Eileen Parker*

The N.J. Club will meet on Friday, January 29, at 1:30 p.m. in the Ballroom. Our speaker will be Susan Lucuz who will present a program titled "Living in the 1800s." Refreshments will be served, and all are welcome. We wish a very happy New Year to all

Dinner was at the acclaimed Plain and Fancy Restaurant with a bountiful family style Amish dinner.

The Emerald Society's Christmas party was held on Saturday, December 19 from 6 to 10 p.m. in the Clubhouse Ballroom. The music was by Outcast Custom. The menu consisted of prime rib of beef, roast loin of pork, and broiled Alaskan salmon. Everyone had a wonderful evening.

Dan has planned another exciting trip for the beginning of 2016. He has arranged for a trip to the Sands Casino in Bethlehem, Pa. on February 5. The cost will be \$25 with \$25 back. Good way to start a New Year!

Dan Jolly is presently planning a trip in April to go to Sight and Sound in Pennsylvania. More information to follow.

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

## DJ Gary Morton to provide the music for the Dance Club

*By Judy Perkus*

The Dance Club members and their friends will dance to the music of DJ Gary Morton in January. Join us in the Ballroom on Saturday, January 30 at 7 p.m. In addition to the dancing and socializing, we will have snacks, dessert (sugar-free available), coffee, tea, and soda.

All Rossmoorites 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 per paid-up member, \$10 per guest) to Armen DeVivo at 449B Roxbury Lane by January 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 Dance Club January 30 Dance



Name \_\_\_\_\_

Tel. # \_\_\_\_\_

Address \_\_\_\_\_

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

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

2016 membership dues  
\$7.50 per person; \$15 per couple

**Total** \_\_\_\_\_

RESERVATION DEADLINE: January 18

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

## Religious Organizations

### Jewish Congregation: 2016 activities scheduled

*By Ben Wistreich*

The Jewish Congregation has established its 2016 schedule of activities. In addition to High Holiday activities and Sabbath Services dates, all Congregation functions are listed. These include monthly RJC board meeting dates, Torah study classes, annual and semi-annual Congregation member meetings, Sisterhood programs, and board meetings. One event listed is open to all Rossmoor people, and that's our popular July 4 barbecue (which actually occurs on Monday, July 4, this year). The Men's and Friends' Club's bi-monthly luncheons/dinners are not listed, because restaurants are scheduled as they are chosen.

After our December 30 luncheon at Capuano's, we expect to be re-visiting Antonio's on Applegarth Road in late February, and always expect good weather

(hopefully). In the two-plus years we have held our lunch/dinner events, none were cancelled because of weather problems.

On Friday, January 8, Bob Kolker will be the Lay Reader and Jeff Albom will be the Torah Reader. On Friday, January 22, Jeff Albom will be our Lay Reader, and Bob Kolker will read from the Torah. Sabbath Services are held at 7:45 in the Meeting House. The Congregation will provide refreshments after both Services. Our Cantor is Mary Feinsinger, and our Gabbais are Judy Perkus and Janet Goodstein (president of the Congregation). All are invited to attend our Friday evening Services, which include both English and Hebrew readings.

The Congregation's Board Meeting will be held on Tuesday, January 5, in the Dogwood Room, starting at 7 p.m.

## Rossmoor Community Church

((Tel. 609-655-2321))

**Services:**

- **Sunday, Jan. 3, 11 a.m.** The Rev. Dr. Dierdre L. Thomson will preach. Communion will be celebrated.
- **Sunday, Jan. 10, 11 a.m.** The Rev. Joanne Petto will preach, with music by the Church Choristers
- **Sunday, Jan. 17, 11 a.m.** The Rev. Dr. Dierdre L. Thomson will preach. The Rossmoor Chorus, under the direction of Gloria Montlack will sing.
- **Sunday, Jan. 24, 11 a.m.** The Rev. Dr. Dierdre L. Thomson will preach. The soloist will be Stephanie Pervall.
- **Sunday, Jan. 31, 11 a.m.** The Rev. Barbara McDonald will preach. The soloist will be Beverly Owens.

## Buckingham Adult Day Center



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SPORTS

Ladies' 18-hole league - Happy New Year

By Arlene McBride

I have greatly enjoyed writing the articles for the ladies' 18-hole league, but I welcome any input for the articles as well as new ideas and/or opinions, from our league members.

On a sad note one of our long-time league members, Ann Swift, passed away in November. Ann showed great interest in the league long after she stopped being an active golfer by attending some of our social luncheons.

On behalf of the Ladies' 18-hole league, may you all continue to be safe and healthy in the New Year, 2016.  
(Please note that the 2016 renewal/membership form is attached with this article in the January 2016 Rossmoor News issue.)

**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.**

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Israeli Wing and a Prayer

By Judy Perkus

The virtually unknown story of veteran World War II pilots, who raced against the clock to prevent another Holocaust, will be told in film at the next meeting of the Rossmoor Sisterhood on Monday, Jan. 18, at 1:30 p.m. in the Ballroom. After flying during the Second World War, they volunteered

and again risked their lives, and some died, to save the new Jewish state.  
When Israel was attacked by six Arab states after the Israeli Declaration of Independence, which had been sanctioned by the United Nations, these men (although ignored by history books) reshaped history. The story is a thrilling one.  
There will be time for a question-and-answer period led by David Krieger, who lent us his film. In addition, we'll have our great desserts and coffee. Please bring non-perishable food items for the Kiwanis Food Pantry.

MAINTENANCE

**Snow**

The snow season is upon us and here are a few reminders for you. Cars should be off the street, when the snow falls to make road clearing more efficient and safe. There is temporary parking at the Clubhouse for those who need it. Please be aware of the No Parking when Road is Snow Covered signs in your Mutual. It is imperative that you do not park there; it can hinder snow removal greatly.

We need your cooperation during clean up; all information will be posted on Channel 26 prior to the storm. We clear every sidewalk, even at manors where the people are away. The men who shovel **DO NOT** know which people are away (this is a security issue). Please listen to your local weather stations so you are not caught unprepared and try to reschedule any doctors' appointments. Remember to keep an eye on Channel 26. Please read the Snow Policy in the Rossmoor News.

**Christmas Trees**

(Continued on page 18)

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## Mailing Addresses

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

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

Email your news to:

[news@rossmoor-nj.com](mailto:news@rossmoor-nj.com)

## Save the Date

**Ricklis Holocaust Memorial Committee  
Annual Yom HaShoah Observance**

**Sunday, May 15, 2016**

**Featuring Ms. Eva Weiner**

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## HEALTH CARE CENTER NEWS

### Resolutions

By, Kaytie Olshefski  
BSN, RN-BC

Happy New Year! As the new year begins, we reflect on the changes we want to make. We start with good intentions and enthusiasm, promising to improve ourselves, but the fact is, less than 30% of New Year's resolutions are realized. It takes some planning to make a New Year's resolution successful. Here are some tips to help you reach your goal.

- Set a realistic and achievable goal. Take your time and put some thought into your New Year's resolution. Be clear on what you want to achieve. Make a resolution you sincerely believe in.
- Focus on one resolution. It is easier to achieve one resolution rather than a couple of them.
- Create your plan while you are motivated.
- When you decide on your New Year's resolution, take some time to see how you are going to fit it into your lifestyle. How is this going to impact your life? How much time and effort will it take to achieve it?
- Write your resolution down. Start a resolution journal where you can write your goal and progress down. Every day as you read your journal; it will reinforce your commitment.
- Achieve your goal in small steps. It is overwhelming when your goal is large. An example is losing weight. If you break it down to 5-pound increments instead of looking at the total amount you want to lose,

you will be more encouraged and motivated to stay with your plan as you reach your mini goals.

- Put a timetable and deadline to your goal. In this way, you will be able to track your progress as you work toward your goal.
- If during the year, your resolution ends up by the wayside, there is no reason why you cannot restart your resolution right then and there instead of waiting until next December 31.
- Share your resolution with your family and friends. This is a powerful motivator and provides you with a strong support system to keep you on track.
- Don't forget to treat yourself with a small

reward every month and especially when you reach your goal.

- Most of all remain flexible. Expect things to happen and change, as life has a funny way of doing that.

As we start the New Year, our first lecture from Saint Peter's University Hospital lecture series will be on "Hearing is Relative" by Dr. Justin Lipp, an Audiologist from The Visiting Audiologists, on Monday, January 11 at 1 p.m. in the Maple Room. For more information or to attend the lecture please call the Health Care Center at 655-2220.

All the nurses at the Health Care Center wish you and your family a very happy and healthy New Year!



**From the Mayor**

By Gerald W. Tamburro,  
Mayor of Monroe Township

I am humbled and honored by your confidence in my ability to lead this Township as your next mayor. I promise that I will work very hard for ALL of the residents of the Township. I will do my very best to maintain stable municipal taxes, low water and sewer rates while providing solid municipal services to all of you. I am proud of our success in providing a safe and clean community. I plan on maintaining our experienced senior staff to join me in leading our local government.

I plan to initiate the following:

1. I will continue an enhanced dialogue between the Municipal Government and the Board of Education, especially looking for ways we can help each other for the benefit of the taxpayers.

2. I will work to pressure State officials to change the school funding formula to enable Monroe Township to receive its fair share of State aid. Losing a cumulative total of \$16.5 million in the last six years is totally unacceptable and unfair to our taxpayers.

3. I will be evaluating our personnel organizational structure for possible improvements. This is especially important as we will have several senior management retirements in the next few years.

4. I will continue to pursue opportunities to expand our own well water sources to discontinue the purchase of outside surface water from a private water company.

5. I will be also evaluating

our future open space acquisition needs and a possible reduction of our local open space tax. However, this would require the support of the voters in November.

Without question, the most serious challenge facing our Township is the State and Court-mandated Affordable Housing obligation. No matter who was elected mayor, this problem would be at the forefront of all Township issues. I feel my background as the Affordable Housing Board chairman for the last several years arms me with the most experience and best qualifications to tackle this very complicated issue. Our attorneys have been successful in two different levels of Court (most recently in the Appellate Division) in beating back the State government from seizing our Affordable Housing Trust funds. Under the threat of builders remedy lawsuits from three different builders and a challenge from the Fair Share Housing Commission, we are meeting with the Court in an attempt to settle the total number of mandated affordable housing units required in Monroe Township. This court case affects the Township's remaining build-out and future impact on public school children. Our primary goal is to protect the Township's interest by minimizing the number of mandated affordable housing units.

I look forward to serving all of you for the benefit of the fine residents of our Township.

### MAINTENANCE

(Continued from page 17)

Live Christmas trees, wreaths etc. can be taken to the Clubhouse parking lot and placed in the designated area from January 2 through January 16. **No wreaths, bags, wires, hooks, bows, ribbons, etc.**

HAPPY HOLIDAYS

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

# Human trafficking will be the topic at LWV January meeting

By Ruth Banks

Thousands of children in the U.S. are at risk of being sexually exploited by people who are part of the worldwide human trafficking business. To increase the public awareness of this, the State of N.J. has designated the month of January as Human Trafficking Awareness Month.

The League of Women Voters of Monroe Twp. will devote its January 25 meeting to a discussion of how to increase awareness of the issue and ways to prevent the youth in our community from becoming victims. A film, "Chosen," will be shown, which will illuminate the role of the Internet in catching young girls in the net.

The meeting will be held at the Township Municipal Building at 1 pm. There is no charge and the public is encouraged to attend, especially parents of young children. The League is working with a number of organizations including the N.J. Coalition Against Human Trafficking, and USA EDPAT, a national organization working to end sexual exploitation of children.

The League of Women Voters opposes all forms of domestic and international human trafficking of adults and children. It supports programs and services created to combat human trafficking including public outreach, services for youth who are homeless, runaways and are at risk for human trafficking. It encourages training for anyone who interacts with

children and youth, and supports education on internet safety for young people, parents and teachers.

The League also believes that schools should incorporate age-appropriate information into their curriculum to educate students about human trafficking as a form of modern-day slavery and to provide them with strategies to protect themselves and others from becoming victims of human trafficking.

The League is a national non-partisan grassroots organization open to women and men. Its members study political policy issues, does not support or oppose candi-

dates for public office, but do take stands on the issues which they have studied. Created in 1920 after Congress approved a constitutional amendment that allowed women to vote, it has Leagues in every state including Puerto Rico and the Virgin Islands, and has consistently worked to protect the right of citizens to vote, and to improve the lives of women and children. For more information on the program on January 25, or about the League, feel free to contact: Ruth Banks, 609-655-4791; Judy Perkus, 609-395-1552; Francine Glass, 609-860-7890.

## TRANSPORTATION TIDBITS

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

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

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

## 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.

## Winter Driving Alert

Snow, sleet and freezing rain make for frightful driving conditions. The first rule of thumb during severe winter weather is if you don't have to drive—don't, but not everyone has that luxury.

With that in mind, AAA Mid-Atlantic has time-tested tips for driving in winter weather:

### Buckle Up

Use seat belts every time you are behind the wheel.

### Reduce Speed

Be patient. Doubling or tripling the normal following distance provides more time and distance to react

to road conditions, upcoming events and other drivers. Getting there is more important than getting their quickly.

### Avoid Abrupt Motions

Anticipating the need to change lanes, make a turn or react to another driver helps drivers avoid the need for abrupt driving maneuvers.

### See and Be Seen

Driving with a snow-covered windshield, windows, side-view mirrors or head / brake lights invites a crash. Make certain wind-

shield wipers and defrosters work well and use no-freeze windshield washer fluid

### Skidding on a Slick Surface?

Don't panic. Be calm. To regain control, take your foot off the brakes OR smoothly take your foot off the accelerator. Steer into the direction you were traveling to regain traction. Then, begin to accelerate slowly.

With anti-lock brakes (ABS), keep the pedal depressed and do not pump the brakes—this type of braking system performs that function automatically.

With non-ABS vehicles, the correct procedure is to apply the brakes firmly. If the brakes "lock-up," slowly release the brake pedal until the tires are no longer skidding and proper braking returns.

### SUV & 4-wheel

### Drive Overconfidence

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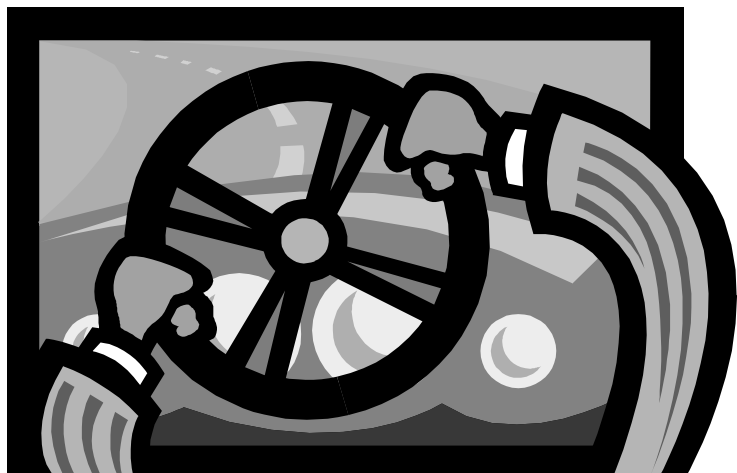
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## Senior Center Highlights

**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 15<sup>th</sup> of the previous month, and at that time, members can register/sign-up for the special monthly activities.

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](http://www.monroetwp.com), and look for the "Office of Senior Services" link under "Departments."

**On-Going Programs**

Interested in a support group? Want to 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](http://www.monroetwp.com).

**Get Your Game On!**

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

**Good for You!**

**Introduction to German:** Starting on Monday, January 4, at 10 a.m., learn German through four basic skills: listening, speaking, reading, and writing, during this 8-session class. Dr. Wan Bach includes exercises in pronunciation, everyday conversation, and fundamental grammar. Course fee: \$8 p.p., due upon registering in-person, in advance.

**Canasta for Beginners:** Starting on Monday, January 4, at 1:30 p.m., join Shirley Weisinger for this 8 session class, which will be immediately followed by another 8 sessions of Canasta Part 2 for the same students. This program is strictly designed for beginners. Course fee: \$16 p.p., due upon registering in-person, in advance.

**Mah Jongg for Beginners:** Starting on Tuesday, January 5, from 9:30 to 11:30 a.m., Roz Blinder will instruct beginners on the game of Mah Jongg during this 5 session course that ends on 2/2. Course fee: \$5 p.p., is due upon registering in-person, in advance. (2015 cards will be provided.)

**High Flavor Cooking: On Tuesday, January 5, at 1:30 p.m.**, we welcome back Anthony Dissen, RDN, from CentraState Health Awareness Center, as he discusses how to create tasty food without the added salt or fat (*and provides samples*). Please register in advance.

**Ready for Your Doctor's Visit: On Thursday, January 7, at 1:30 p.m.**, a representative, from CentraState Health & Wellness Center, has been tentatively scheduled to discuss how to properly prepare for your doctor's visit with asking the right questions and more. Please call the Office for information about this program

**Bagels Plus: On Friday, January 8, at 10 a.m.**, join Sheli Monacchio, Always Best Care, and Linda Mundie, The Gardens at

Monroe, as they host this informative discussion on "Caring for a Loved One with Dementia." The guest speaker is Cyndi Williams, owner of ComForcare Home Care. As always, bagels and smear will be provided. Please register in advance.

**Silver Poets Club: On the second Friday of every month, at 10 a.m.**, we welcome back Vijay and his passionate group of inspiring poets and readers of poetry.

**Blood Pressure Screening: On the second Tuesday of every month, from 1 to 3 p.m.**, find out how your blood pressure is courtesy of our on-site retired, volunteer RNs.

**Prescription Safety: On Monday, January 25, at 2 p.m.**, stamp out medication misuse and abuse during this informative discussion hosted by RWJ University Hospital. From over-the-counter medications to supplements, empower yourself with helpful information. Please register in advance.

**Music and More!**

**Every Picture Tells a Story: On Monday, January 4, at 1 p.m.**, explore the mysteries behind some of the world's most famous paintings as renowned art critic, Waldemar Januszczak, examines four masterpieces during this DVD presentation. Works by Thomas Gainsborough, Rembrandt, Giorgione, and Botticelli will be probed. Please register in advance.

**Movie Time: On Monday, January 11, at 1 p.m.**, enjoy the featured movie, *The Theory Of Everything*, starring Eddie Redmayne, starring as Stephen Hawking, and Felicity Jones, as his wife. Please register in advance.

**The Great Exodus:** Starting on Wednesday, January 13, at 1:30 p.m., join Julian Davis, for this 8 session series, as he examines 1920's Berlin and the exodus of the greatest artists and intellectuals who gave birth to a new form of expressionism in theater, architecture, art, music, science, and literature. Registration includes all 8 classes in this series.

**Mark Twain:** On Thursdays, January 14 and 21, at 1 p.m., explore the life and times of Mark Twain during this 2-part DVD presentation, directed by Ken Burns for PBS. With interviews of Hal Holbrook, Arthur Miller, and others, the story of Twain is told primarily through the words of Twain himself. When registering, please be sure to include both program dates.

**Friends Winter Wonderland: On Friday, January 15, at 12:30 p.m.**, join the Friends of the Senior Center for a festive event to celebrate the New Year. Please consult the Friendly Tidbits

(Continued on page 21)

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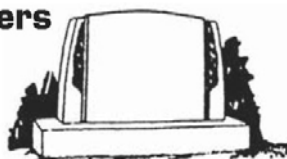
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## IMPORTANT PET REMINDER

**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.**



## Senior Center Highlights

(Continued from page 20)

section in the newsletter for complete details. (Tickets: \$22 p.p.)

**Jerry's Travels: On Tuesday, January 19, at 1:30 p.m.,** join Jerry as he tours Paris and its most famous sites. From Napoleon's Tomb to the Louvre to the Luxembourg Gardens and Palace, you will immerse yourself in the culture, fashion, art, and gastronomy of Paris.

**Pizza Plus: On Friday, January 22, at 12 p.m.,** enjoy a slice or two of pizza, a beverage, and dessert, along with a laughs courtesy of Carol Burnett's Favorite episodes. *A blast from the past will tickle your funny bone.* **Tickets: \$6 p.p.** Please register in-person and before January 19.

**Love & Marriage: On Tuesday, January 26, at 1:30 p.m.,** the Dragonfly Multicultural Art Center presents Love & Marriage, one-act plays by Anton Chekhov and George Bernard Shaw: *The Bear, The Marriage Proposal, and How He Lied to Her Husband.* This 90 -minute program features three actors in costume and staging. Tickets: \$2 p.p., due upon registering in-person, in advance.

**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.

**Into the Universe with Stephen Hawking: On Thursday, January 28, at 1 p.m.,** explore how the universe began and how everything will end during this 2-hour Discovery DVD presentation featuring Stephen Hawking, the world's most famous living scientist. Please register in advance.

### Artistically Speaking

**Acrylics for All Levels:** Starting on Tuesday, January 5, at 10 a.m., join Andrea for a fun and creative 3-day class (1/5, 1/19, 1/26) for beginners and intermediates. For new students, a course fee of \$45 p.p. includes supplies and instruction. For seasoned participants, a course fee of \$20 is due without supplies provided. Pre-registration is required.

**Mixed Watercolor Media:** Starting on Thursday, January 7, join Jeremy Taylor for this 6-session watercolor class that incorporates acry-

ics and guache. Course fee: \$50, due upon registering in-person, in advance. (*Enjoy the price of a 5-session class with a 6<sup>th</sup> class free, courtesy of Jeremy!*) Supply list available upon request. Feel free to bring a brown bag lunch & bottled water.

**Themes & Dreams: Starting on Friday, January 8, at 12:30 p.m.,** Jeremy Taylor, renowned watercolorist, introduces a second program especially for individuals who have not yet participated in any of her classes. For 4 sessions, students will bring out their unique creativity in this multilevel, mixed watercolor media class where all students work on a presented exercise with a representational or abstract theme. Watercolor technique and friendly critiques are provided each week. Brown bagged lunch and bottled water permitted in class. Course fee: \$40 p.p., due upon registering in-person, in advance. After December 28, seasoned students of Jeremy's are welcome to check on space availability in this program. (Supply list available upon request.)

**Portraiture: On Tuesdays, January 12 and 19, at 2 p.m.,** Karen Starrett, of Creative Aging Arts, LLC, returns to offer students the opportunity to create your own self-image using collage techniques and a variety of images and text that are true to yourself. What words and images best describe you? Please bring in a collection of written fragments (notes or letters) to draw inspiration. **The course fee, of \$15 p.p., includes supplies and is due upon registering in-person, in advance. Please make check payable to the "Friends of the Senior Center, Inc."**

### Exercise Your Options

**Senior Table Tennis: Starting on Monday, January 4, from 1 to 4 p.m.,** the Senior Center is pleased to bring "Senior Table Tennis" to our MEMBERS on Mondays, Tuesdays, and Fridays. Two tables will be available for serious and recreational players for doubles play on a first-come, first-to-play basis. **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.** Athletic shoes or table tennis

shoes are recommended to wear. For those without paddles and/or balls, the Center will loan them out upon request, while supplies last. For more information, please call the Center.

**Body Works: Starting on Tuesday, January 5,** join Julie for 20 classes of low impact aerobics and resistance training (via bands and hand weights you bring to class) on Tuesdays at 9:30 a.m. and Thursdays at 11 a.m. **CALL-IN DAY TO REGISTER: Tuesday, December 22nd at 9 a.m.** Previous participation does not guarantee enrollment. Space limited to ensure safety for all members.

**Line Dancing: Starting on Wednesday, January 6, at 9:15 a.m.,** join Leslie for 10 sessions of learning and performing a variety of line dances, both classic and new, done to different styles of music: Latin, pop, country, rock, and more. **Course fee: \$35, due in-person, in advance.**

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

**Total Toning: Starting on Wednesday, January 20, at 11:15 a.m.,** join Debbie as she provides this 6 session workout that focuses on balance, core strength, and stretching. All standing exercises. Students need to bring: 1 to 3 lb. weights, water, and proper footwear. **Class fee: \$27 p.p., due upon registering in-person, in advance.**

**Boot Camp: Starting on Friday, January 22, at 10 a.m.,** join Georgeann as she takes you around fitness circuits to promote strength, balance, and endurance, during this 10 session program (no class on 3/25). Spikey balls, resistance bands with handles, and bottled water recommended. **Class fee: \$35 p.p., due upon registering.**

**Holiday Closing**  
**Friday, January 1, 2016 –**  
**Happy New Year!**

## HAPPY NEW YEAR!



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**Focus: Spouse/Partner**

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Monroe Township

Meetings are 90 minutes

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Questions may be directed to Stephanie Fitzsimmons, RN, NP  
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## ATTENTION RESIDENTS

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

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

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

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

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

1. Pre-salting streets and carport lanes to prevent snow from bonding to the surface.
2. Plowing all main and secondary streets (see list of streets under "Priorities") continuously after an accumulation of 2" or more or as required by RCAI management.
3. **Once the storm ends**, separate crews and separate equipment will begin plowing lanes and carports; plowing perimeter and main sidewalks; plowing driveways and finally shoveling of the main, front entrance walks and stoops leading to the main entrance doors of the manors. Secondary walks and/or stoops on the sides or backs of manors will not be shoveled or treated with ice melt.

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

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

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

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

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

**COMMUNICATION**  
**Fire/Police/First Aid**  
**Emergencies .....911**  
*Upon notification of a pending fire, police or first aid emergency requiring emergency personnel, the snow removal staff/contractor on site will make reasonable efforts to clear the road, walkway and/or driveway in the area where emergency personnel require access prior to or simultaneous with emergency personnel arrival.*  
*In those instances where there is no notification in advance, upon learning of the emergency and/or arrival of emergency personnel, the snow removal staff/contractor on site will make reasonable efforts to clear the road, walkway and/or driveway in the area where emergency personnel require access.*

**Snow Removal Operations Concerns**  
Maintenance Office 655-2121  
Monday – Friday 8:30 a.m. – 12:00 noon and 1:00 p.m. – 5:00 p.m.  
North Gate 655-1868  
After hours/evenings/weekends  
*North Gate personnel may take messages for supervisory staff on site during a winter storm and snow/ice removal operations.*  
*Residents are responsible to leave accurate and pertinent information.*

**Snow Removal Operations Updates/Cancellations/Bus Service**  
Channel 26  
*Reasonable efforts will be made to keep residents informed during a snow emergency, but it may not always be possible.*

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

It is incumbent upon each resi-

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**ARE YOU R.E.D.I.?**  
**Be sure to review and renew your plan annually or as your needs may change**

## Transportation

## Home Improvement & Services

## Miscellaneous/ Services

## Wanted to Buy

## Wanted to Rent

## For Sale

## Help Wanted

## Help & Health Services

## Housecleaning

**REMEMBER OUR  
MEN AND WOMEN  
IN THE SERVICE**



# Pitch in for the planet



# Rossmoor Resident Telephone Directory

## CHANGES & DELETIONS ONLY

**Information as it now appears:**

**Changes for the 2016 – 2017 edition:**

***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.***

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

**The Rossmoor News Editorial Board  
welcomes anyone interested in  
joining us in any capacity.**

## 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.

Princeton Editorial Services, Inc.

**P.O. Box 70, Millstone Twp., NJ 08510**

## RATES

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

*Sample:* 10 words in two publications = \$14 x 2 = \$28.00

**No discounts apply. All ads must be mailed with payment.**

**No classifieds accepted by phone or email.**

- Note: Phone numbers count as one word. Do not count punctuation. Do not abbreviate.
  - State category/heading, i.e., "For Rent", "For Sale", "Help Wanted." You will not be charged for the heading.
  - One check or money order must accompany insert.
- MADE PAYABLE TO PRINCETON EDITORIAL SERVICES, INC.**
- Phone number or address which appears in ad must appear on check or money order to ensure proper credit.

Tel. # \_\_\_\_\_

(Above information is for *Princeton Editorial* purposes only if we need to contact you. Above information will not be published.)

PLEASE PRINT YOUR AD BELOW OR ON a 8.5 x 11" PAPER

CATEGORY/HEADING:

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## New Directions

IN HEALTH AND WELLNESS

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 non-invasive, pain free treatment that elevates blood flow and tissue oxygenation to the problem area. This treatment



**HELLO WORLD:** Get rid of irritating numbness and pain in your legs and feet with a **NEW** non-surgical, FDA-approved treatment covered by most major insurances, including Medicare!

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.

• **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

their office and schedule a 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](http://www.northeastspineandsports.com)

goodbye foot and leg pain...

hello world.

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

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 1/31/16

**NorthEast**  
SPINE and SPORTS MEDICINE



732.276.1313 JACKSON, NJ  
732.722.5953 POINT PLEASANT, NJ  
609.488.4189 BARNEGAT, NJ  
732.561.8118 MONROE, NJ **NOW OPEN**

**COMING SOON: WHITING, NJ**

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