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Rossmoor IN News



VOLUME 53 / No. 7 Monroe Township, New Jersey July 2017

Memorial Day service

By Joe Conti

KUDOS, KUDOS, KUDOS to chairperson Diane England and to all who were part of our Memorial Day service. It was the most well thought out program in every detail that honored our men and woman who served and for those who paid the ultimate sacrifice for our country. I have never been more moved, or affected, or prouder than I did at that service during my eleven years at Rossmoor.

The chorus, directed by Cecile Wang, was up for the challenge with exciting renditions of Battle Hymn of the Republic, The Navy, Army, Air Force and Marine Hymn. The program included "Go Now in Peace," "America the Beautiful," and ended with "God Bless America." The congregation sang the final song so loudly that I think we

were heard as far away as the Clubhouse.

After the recognition of veterans presented by Interfaith president Henry Cox, appropriate scriptures were read by Marie Bills, Jeff Albom, and The Rev. Dr. Dierdre L. Thomson.

The most emotional part of the program was the reading of three letters from a book titled "War Letters." The first one was written by a son to his father, describing his situation and his thoughts of home. The second was written by a World War II veteran to his brother. In it he says that he has a premonition that he is going to die soon, but he does not regret being where he is. He died months later. Both letters were read with emotion and strong feelings by Jim Wilson.

(Continued on page 4)



Headed for Washington, D.C., from left, are Al Longo, Dan McOlvin, Frank Nobile, Vinny Piccirillo, Denny O'Malley, and Roland (Toot) Tudor. Missing from the photo are Lou Allen, Tom Avgarakis, Bob Shine, Trudy Skladany, and Joe O'Reilly.

Rossmoor veterans visit Washington, D. C., monuments

By Dan McOlvin

It was 5 a.m. in the early morning of Saturday, June 3, when 11 Rossmoor veterans and four companions met up with 37 other Monroe Township veterans to begin their 2017 Honor Flight trip to Washington, D. C.

Dan McOlvin and Denny O'Malley had the privilege of leading our group, which consisted of Lou Allen; Tom Avgarakis and his son, Tom; Al Longo; Vinny Piccirillo; Bob Shine and his son, Tom; Trudy Skladany, and aide Nora Kuderk; Rowland (Toot) Tudor; Frank Nobile, with his daughter, Laura Bartelli, Joe Manger and Joe O'Reilly.

For 10 years now, the organization, Honor Flight of Southern New Jersey, has been conducting these complimentary trips for veterans to visit the memorials dedicated to honor their sacrifices, their service to our country, and our freedom. The New Jersey group is part of the Honor Flight Network which has grown to 130 hubs in 42 states. Since the national programs began in 2005, 159,703 veterans have participated in these trips.

On our way

Our first stop was at the High School in Williamstown, New Jersey, where we joined four other buses carrying another 200 veterans from all across the state. They gave us a gala welcome, as also did "Phanatic," the mascot of the Philadelphia Phillies, who came to cheer us on. Then it

was breakfast for all 250 of us, followed by a royal send-off by the Fralinger String Band. Our way out was lined by cheering police officers and EMTs. The Police Department provided a motorcycle escort for all five of our buses all the way to the Delaware Memorial Bridge.

At our destination

Our visit began in Arlington, Va., at the U.S. Air

Force Memorial, across from the Pentagon, where we enjoyed a box lunch before traveling into Washington, D.C. and the National Mall.

When we got to the National Mall, our first stop was the World War II Memorial, where we followed an Air Force ROTC Color Guard into the monument. Crowds of tourists welcomed us with applause and many "thank

(Continued on page 4)



Jim Wilson and Alyce Owens. Thank you for your inspired readings at the Memorial Day service.

Cause of Mutual 6 carport fire has been determined

By Carol De Haan

"It was live charcoal briquettes deposited in the dumpster," says President Beverly Masters, regarding the May 17 early evening carport fire in Mutual 6, that destroyed the carport and five automobiles belonging to residents. This determination was made by the Township Fire Department, which notified Mutual 6 directors of their finding.

At a June 7 meeting of all Mutual 6 residents, Masters told her members that they now had permission to park their cars in those other car-

port sections that had been closed off since the fire. "The burnt-out section will start to be rebuilt by the end of June," says Masters, who had been advised of the date by the Rossmoor Maintenance Department. The cost of rebuilding will be covered in part by insurance and in part by contributions from each of the other Mutuels.

The directors of Mutual 6 are looking into ways of preventing future fires: use of flame retardants or installing fire alarms. "Real loud ones,"

(Continued on page 7)

Greeting Wounded Warriors

By Tom Croake

On Saturday, May 20, a group of Rossmorites assembled at the N.J. Turnpike overpass at Exit 8A on Forsgate Drive. It was a cold, windy, and rainy day, but that didn't bother us. Our purpose was to greet, cheer, and honor a group of Wounded Warriors. They were traveling in a motorcade en route to Staten Island. Our heroes were being treated to a VIP weekend sponsored by a

great veterans' group called AMVETS Post 917 in Staten Island.

The Wounded Warriors motorcade left from Walter Reed Medical Center, in Bethesda, Md. They were escorted for the entire trip by State Police through Maryland, Delaware, New Jersey, and into New York.

When our Rossmoor group started arriving at the overpass, there was a Monroe

(Continued on page 5)

Inside this issue

At the governors meeting .2	Month in Pictures 15
Bits & Pieces.....2	Musings & Memories.... 13
Bob's Almanac.....11	New Neighbors..... 13
Clubs14	RCAI Meetings 2
Health Care Center.....24	Religion 21
Landscaping24	Sports 19
Maintenance23	Transportation Tidbits .. 23

at the governors' meeting

June 15, 2017, Board of Governors Meeting

Daniel Jolly, RCAI President, opened the monthly Board of Governors meeting at 9:00 a.m. with the Pledge of Allegiance followed by a moment of silence for Robert Wright, Mutual 5 Secretary/Treasurer and his unfortunate passing on June 12, 2017.

Ms. Muriel Calvanelli was honored for her years of service as Secretary of the RCAI Board of Governors from 2013 to 2017 and was appointed as Assistant Treasurer.

The RCAI Reserve Study set aside \$123,000 in 2017 to replace the 1965 HVAC system #2 in the Clubhouse; \$92,250 in 2017 to replace the 1975 HVAC system #9 in the Clubhouse; \$142,642 in 2023 to replace the 1965 HVAC system #3 and \$115,000 to replace the 1965 Air Handler/Ductwork/Controls in the Meeting House. The Reserve Study has also funded for the anticipated replacements of HVAC systems # 6, 10, 5, and 7; the energy management system; boilers; circulating pumps; and chillers #1 and 2 in the Clubhouse; and the 15-ton and 25-ton AC condensers; circulating pumps; and energy management system in the Meeting House in the next five years. It was the recommendation of the Executive Committee and approved by a majority of the board to retain a mechanical engineer to evaluate the entire Clubhouse and Meeting House HVAC systems and equipment at a cost not to exceed \$11,000 and design replacement/upgrade options for HVAC #2, #9 at a cost not to exceed \$19,500 and #3 in the Clubhouse and Air Handler in the Meeting House at a cost not to exceed \$18,000 and the expenditures will be

charged to the RCAI Capital Replacement Account.

The board also approved a resolution to retain the services of FWH Associates to prepare conceptual and construction plans for a roof extension at the swimming pool to provide additional shade at a cost not to exceed \$2,400 and the expenditure will be charged to the Capital Improvement Fund Account.



Muriel Calvanelli was honored at the June BOG meeting for her years of service as Secretary of RCAI. With her is RCAI President Dan Jolly.

Letters to the editor

I cannot understand individuals who are of the opinion there is not enough shade in the pool area. There is an overhang and chairs as one walks into the entryway. There are also ample tables and chairs which offer shade toward the back area of the pool. This should surely be ample shade. Do not visit "not enough shade" on individuals who enjoy the pleasures of the sun and being in the pool,

which, by the way, is directly in the sun. We should use our funds for more important areas to improve our community.

Dottie Shymko

I enjoyed reading the column entitled "The Beginnings of a 50-Year Journey" in the June 2017 edition of the Rossmoor News. It told us of the plans Ross Cortese had for the Rossmoor Community and

(Continued on page 3)

Open RCAI Meetings in July

Thursday, July 13
Standing Committee Meetings, 9 a.m.
Maintenance Committee
Community Affairs Committee
Finance Committee

Thursday, July 20, Board of Governors Meeting, 9 a.m.

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

Please watch Channel 26 for any changes or cancellations



News Board:

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Myra Danon
Bob Huber
Jean Houvener
Anne Rotholz
Linda Bozowski
Walter Gryskiewicz

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Alex Monaco
Linda Monaco

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

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

Letters to the Editor must be emailed to PES at pescmd@aol.com and clearly marked Rossmoor News.

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Bits & Pieces

Sue Ortiz

I am not a beach person, but I do like to get my feet wet at the Jersey shore once in a while. It's peaceful, and the sound of the waves is a great endorphin booster. One of my favorite Shore towns is Ocean Grove. The clean, white beach is beautiful; the town is quaint with its many shops and multi-colored tent homes near the Great Auditorium.

So vacation time arrives. After a rainy start to the week, I am packed and ready to go at the first sign of a warm, sunny day. My Vera Bradley tote is packed with a towel, sunscreen, camera, a library book – a mystery, sunglasses, flip-flops, a water bottle, and lunch. The trunk of my car is also packed with a lawn chair (no beach chair for me – too low to get in and out of), a small UVP umbrella that clamps onto the chair, and aforementioned tote bag. I toss my wide-brimmed woven "paper" hat into the back seat, and off I go.

I arrive at Ocean Grove around noon. I find a prime parking spot right by the beach. I switch from sneakers for driving to flip flops for the beach. I load up myself with chair, tote, umbrella, along with my purse. With sunshield on the windshield and sunglasses on my face, I lock the car and begin the uneven walk to find the perfect spot near the surf's edge.

Halfway across the hot sand, I realize that I left my hat in the car. Damn! I shift my load, trudge back to the car, retrieve said hat, and start all over.

Now, the beach is not officially open, so there are no lifeguards on duty. But that's okay by me; I'm not going to swim – just catch some rays and read a book.

Finding the perfect spot, I drop everything and take a look around. People are all around, but I'm closer to the water than I am to them.

The chair fights me, but I win. I take out my towel and place my tote on it.

Oops ... forgot to apply sunscreen before; I lather it on now. I'm not here to get a tan, so I attach the umbrella to the chair frame and adjust it to block the sun as much as possible.

Ahhhh. Toes in the sand. Seagulls laugh overhead. The bright sun illuminates big white puffy clouds as they float lazily in a deep azure sky. A gentle breeze. High waves. A perfect day to be at the Shore.

After a sip of water and yogurt for lunch, I pull out my book, *Murder at the Manor*. Page one...

Lady Penelope Edgerton and Sir Allen Drake are discussing marriage. He believes

they would be a good match, and it will be good for both families. She is not so sure. She's not even sure she loves him. They argue; Sir Allen grabs Lady Penelope's arm as she tries to run from the room—to run from him. Penelope's sister, Beatrice, watches from afar...

A while later, I walk to the edge of the foamy surf to get my feet wet. My feet sink like they are trapped in quicksand. The cold water feels good as it splashes on my khaki capris.

Back to the shade, and after 45 minutes into my read and relaxation, a strong wind kicks up. My umbrella turns inside out with a snap and nearly knocks me out in the process.

I hear laughing, and, this time, it's not the gulls.

I hastily try to right the broly, but to no avail – the ribs are broken. Now it's just a matter of compacting the thing so it doesn't blow away to become more garbage in the ocean.

After five minutes of untangling, I've got it secured and on the blanket. I'll toss it when I get home.

Oh well, that means more sunscreen and out comes the wide-brimmed hat. I push it down tightly on my head. Never mind the hairdo.

Sir Allen hasn't shown up for breakfast. Everyone is concerned except Penelope and Brett, her younger brother. Aunt Marie and Cousin Ella are playing cards in the drawing room; they don't have a clue where he could be. Out for a walk? Off to town for business?

Boy, that sun is hot. I'll pack up in another half an hour. After another toe dip in the cool, foamy surf, I adjust my chair and secure my hat, because the sun is on the move and the wind is picking up again.

Sir Allen has been murdered ... bits and pieces of him were found scattered on the Manor's grounds. But who dunnit? Was it Penelope? Her sister, Beatrice? The groundskeeper who secretly loves Penelope from afar? ...

This is getting good; I keep reading.

The local inspector is on the case, as is Lady Beatrice and her maid, Eva. The pair is investigating a set of footprints in the garden. Inspector Cornish advises them to leave the evidence collecting to him. Of course, they won't, and they don't...

I close the book at the end of the chapter. *To be continued...*

It's getting late. I start packing up my stuff. I shake the blanket, scattering sand to the wind.

(Continued on page 3)

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

Introducing your 2017 Mutual directors

By Linda Monaco

At the recent annual meetings of the 18 Mutuals, the following officers were elected.

Mutual 1
Paulette Mascia
Albert deLorimier
Dale Ralston

Mutual 2
Dennis Hagerty
Mary Brady
Alan MacVicar

Mutual 3
Vincent Marino, Jr.
Loren Kelley
Beverly Sabatino

Mutual 4
John Leary
Gerald Macfarlan
Sylvia Zanoni

Mutual 5
Daniel Jolly
Harry Murphy
Robert Wright

Mutual 6
Beverly Masters
Thomas Christiano
Paul Mueller

Mutual 7
Arnold Jasper
Beverly Fasciano
Patricia Ray

Mutual 4B
Louis Russo
Andrew Riggi
Douglas Martin

Mutual 8
Robert Macchiarola
Patricia Howe
Andrea Mednick

Mutual 4C
Joan Avery
Robert Landman
Gail McCarthy

Mutual 9
Fred Milman
Carol Turner
Jeffrey Albom

Mutual 10
Barbara Krysiak
Donald Marvel
Gail Piccirillo

Mutual 11
John Vergano
Cynthia Marnell
Dolores Grieff

Mutual 12
Salvatore Gurriero
Muriel Calvanelli
Alexis Monaco

Mutual 14
Robert Gleason
Helen Madden
Joan Lundy

Mutual 15
Gerald McQuade
Edward Harkins
Edward Visinski

Mutual 16
William Murphy
Sidney Lincoln
James Murphy

Mutual 17
Peter Kaznosky
Anthony Saccone
Debra Stasik

Letters to the editor

(Continued from page 2)

for houses of worship for the Protestant, Catholic and Jewish religions. Unfortunately, this plan could not be fulfilled because of financial problems. Very early in the construction of the community, when there were only 60 manors, two Protestant faiths and the Roman Catholic Church agreed to share the Meeting House. The story continues with the history of the Protestant faith, which ultimately became the Community Church.

There is no mention, however, of the Jewish Congregation which was established in

1967 with 25 members and shared the Meeting House with the other religious groups. In fact, the Congregation is celebrating its 50th Anniversary in April 2018 and plans are being made at this time for a special Sabbath Service with festivities to follow. At one time, the Congregation became a major presence in Rossmoor with more than 500 members. This past year our membership was down to less than 100. Members pass away, move away or are physically unable to join and new younger residents are not interested. But, we continue to be a vibrant active Reformed Jewish Congregation with services twice a month, led by a wonderful Cantor and our own lay members. We also celebrate the holidays with special meals and our July 4th Barbecue to which we welcome all of Rossmoor.

The Congregation's guiding principle has been and always will be, "Behold, how good and pleasant it is for Brethren to dwell together in unity."

Dolores Grieff
Co-President Rossmoor Jewish Congregation

Bits

(Continued from page 2)

One of the sunbathers passes by and sniggers, "I saw you had a little trouble with your umbrella," and walks away. The nerve!

The chair again fights me as I try to fold it. Finally, everything is packed—I'm packed, like a mule.

Another gust of wind sends my hat off into the ocean, like a Frisbee tossed to the seagulls. Sigh.

Luckily, it floats back to shore on the foamy surf. I drop everything, collect the soggy hat, and shove it on my head. I pick up my things one final time. I straighten myself and pick up my head, flash a smile, and walk briskly to my car, leaving only a trail of footprints in the sand.

I could murder an ice cream cone right now.

B&P

"On vacations: We hit the sunny beaches where we occupy ourselves keeping the sun off our skin, the saltwater off our bodies, and the sand out of our belongings." — Erma Bombeck (U.S. humorist, 1927-1996)

"Anyone who's grown up or lived on the Jersey Shore knows the place is unique." — Bruce Springsteen (American musician, b. 1949)

"But more wonderful than the lore of old men and the lore of books is the secret lore of ocean." — H. P. Lovecraft (American novelist, 1890-1937)

P.S.: It really was a good day, though!



Good for you, Austin

Austin Patrick Balen, great-grandson of resident Grace O'Hare, received his Bachelor of Science Degree in Education from Bowling Green University in Ohio on May 6. He attained this degree in three years. He is pursuing a career in Sports Management. Austin lives in Durham, North Carolina, with his mother, father, younger sister, Savannah Grace, and younger brother, Cameron John.

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Memorial Day service

(Continued from page 1)

The third letter was written by a mother to her 19-year-old son who had died in Korea. She also lost her husband in World War II. By the time Alice Owens completed her heart-rending reading, there wasn't a dry eye in the Meeting House.

Washington, D. C.



(Continued from page 1)

you for your service" greetings. "To be treated with such love and respect was awesome," said Vinny Piccirillo.

Our next stop on the Mall was the Korean War Memorial, to which many of our members related.

Then we stopped at the Vietnam War Memorial which included the Vietnam Women's Memorial with a statue portraying nurses tending a wounded serviceman while awaiting medevac transportation.

Finally, we visited the famed Lincoln Memorial at the far end of the Mall before we returned to the buses. "The Memorials, the warm greetings from the tourists, and being there with other veterans will be something I will remember for the rest of my life," said Frank Nobile.

Returning home

By 9 p.m., we were back at the Williamstown High School for another fabulous greeting and dinner. It was almost 12 hours since we began our trip. Our Rossmoor veterans

I feel it's safe to speak for all those who were there when I say this was a day to remember. Although the Service was fairly well attended, there was room for more. I know it's early, but save the date for next year. You owe it to yourself. You owe it to our veterans.



Bernie Fox, Purple Heart recipient

looked pretty good after a very long but memorable day. Denny O'Malley acknowledged that it was truly an honor to pay tribute to "The Greatest Generation." A special day, indeed.

We send a special note of thanks to the Ramada Inn (formerly The Crown Plaza) for allowing our veterans to use their parking lot during their day-long trip to Washington, D. C.



Dan McOlvin, left, and Denny O'Malley at the World War II Memorial



Joe Manger, left, 101 years of age, and Al Longo at the Korean War Memorial

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The Fralinger String Band performed



Frank Nobile, left, and Vinnie Piccirillo at the WWII Memorial



The Veterans Club went to the Turnpike overpass on May 20 to honor wounded warriors being escorted to a VIP weekend in Staten Island.

Declaration of Independence

By Jean Houvener

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."

These are probably the most famous words in the Declaration of Independence, approved by the Second Continental Congress on July 4, 1776. By the time they were approved, the colonies of America had been at war with Great Britain since April of 1775, when the first shots of the Revolution were fired at Concord and Lexington.

George III, King of Great Britain, and the British Parliament viewed the American colonies as a part of the British Empire and subject to the laws

and demands of the King and the Parliament. For various reasons, they felt that included the right to levy taxes.

In particular, they wanted the colonists to shoulder some of the expenses for protecting the colonies. They also wanted to collect taxes that would be used to pay governors, administrators, and judiciary in the colonies. This was a bid for greater power over these officials, so that they would be beholden to the British government rather than the local colonial legislatures.

Between 1756 and 1763 Europe was embroiled in the Seven Years War, which spilled over to our continent and is known here as the French and Indian War. On one side of the war were Great Britain, Prussia and other Ger-

man states, Portugal, and the Iroquois Confederacy. Many colonists fought on this side. On the other side were France, Austria, Spain, Russia, Norway, the Abenaki Confederacy, and the Mughal Empire. This was an attempted land grab by both sides and a struggle for dominance. Ultimately the British alliance emerged victorious, driving the French out of what was to be Canada, and ending French dominance in Europe, as well as taking over colonies in the Caribbean, Africa, and South America.

This global war was enormously expensive, and Britain needed to replenish its treasury. Taxation of the colonies was an obvious option. The Parliament passed the Stamp

(Continued on page 6)

Wounded Warriors

(Continued from page 1)

Police car and a Fire Department truck. The Firemen proudly flew a large American flag and our Rossmoor banner across the fire truck. The police car was there to keep us safe from Forsgate traffic. We were joined by a large group of bikers from the Rolling Thunder and NamVets Motorcycle Clubs, as well.

All the northbound traffic could see our group waving our flags. It was a great feeling when cars and trucks began blowing their horns, flashing their lights and waving at us. All the attention we were getting from the motorists got the group pumped up. It felt like being at the Super Bowl. It was very emotional and patriotic for all. We were beaming with pride and excitement.

When the motorcade was approaching, you could see N.J. State Police lights. They were followed by the bikers giving us thumbs up. White SUVs followed, carrying the Wounded Warriors. You saw them waving at us as we waved our flags above them. It was a very moving moment.

After they passed by, a group of us headed to the Joyce Kilmer Service Station where the motorcade was stopping. We had the honor and privilege to thank and talk with these brave men and women. It was very emotional seeing their pain and suffering and hearing the things they went through to keep our country free. When they found out that we were the ones on the overpass, they couldn't thank us enough for the reception. Instead, it was our pleasure to meet them. We were all proud Americans and it was a small part we played in honoring our Wounded Warriors.

Thank you to all the Rossmoor participants. Special thanks to Dan McOlvin and Denny O'Malley for helping to make this happen.

27

NJ hospitals earned The Leapfrog Group's grade "A" FOR PATIENT SAFETY

19

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10

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Declaration

(Continued from page 5)

Act of 1765, subsequently repealed after resistance and protests, the Quartering Act of 1765, the Townsend Acts of 1767, which led to boycotts and was partially repealed, and to the hated 1773 Tea Act, which led to the Boston Tea Party among others, including two tea parties in New Jersey (as we recently learned at the Women's Guild).

The King and the Parliament felt they had the right to tax the colonists. The colonists, while divided on the issue of independence from Britain, felt that only their own elected legislatures could do this -- as Englishmen, there could be no taxation without representation and they had no representatives in the British Parliament. They also recognized the effort to control the appointed officials and judiciary and resisted it.

The First Continental Congress as well as individual colonial legislatures petitioned King George to repeal these acts, but these petitions were all rebuffed. By this time, more colonists were seriously think-

ing of independence from Great Britain, while Britain was treating this as a rebellion that needed to be put down.

The Second Continental Congress met in May 1775 to address the issues that were now leading the colonies toward war. A second petition to the King was also rejected. In January 1776, Thomas Paine's "Common Sense" was published, outlining the reasons independence was in order. Meanwhile, Parliament had declared a blockade of all shipping from the colonies and declared all American ships to be enemy ships. They also sent additional troops, including hired mercenaries, to the colonies.

The first official call for a declaration of independence was sent with Richard Henry Lee from the Virginia Convention on May 15, 1776. The Congress discussed the issues and set up a committee of five to draft a declaration. Not all the congressional delegations had been authorized to make such a vote for independence, so representatives used the time to seek instructions from their respective legislatures.

The Committee of Five in-

cluded John Adams (Massachusetts), Thomas Jefferson (Virginia), Benjamin Franklin (Pennsylvania), Robert Livingston (New York), and Roger Sherman (Connecticut). They worked out the details of what should be in the Declaration, but decided that Thomas Jefferson should write the final draft. They presented their result to the Congress on June 28, 1776.

John Dickinson of Pennsylvania argued against the resolution based on his opinion that the Articles of Confederation should be finalized first and foreign alliances made. On July 1, the first vote was taken on Lee's resolution of independence. Nine colonies voted for independence, Pennsylvania and South Carolina voted against it, Delaware had a split vote and therefore could not cast a vote, and New York abstained, having received no instructions from their legislature.

Caesar Rodney of Delaware rode 70 miles through a thunderstorm overnight to reach the Congress in time for a second vote on July 2, shifting Delaware to a vote for independence. John Dickinson abstained and his delegation changed their vote for independence. South Carolina also changed their vote for independence. Thus, the resolution passed unanimously with 12 votes and one abstention (New York). Caesar Rodney is now on the State Quarter of Delaware, but at the time, his constituents voted him out of office in the next election.

The Congress then took up the matter of the Declaration of Independence itself, which explained in detail the objections and reasons for the declaration, particularly the grievances which had led to this step. After debate and rewording, the Continental Congress approved the Declaration of Independence on July 4, 1776. Delegates from all the colonies signed the declaration, including New York.

Two hundred broadsides of the Declaration were printed and distributed throughout the colonies to be read to the populace and to the troops already massed under Gen. George Washington in New York City. The first official reading was in Philadelphia on July 8, but other readings followed, including in Trenton and in New Brunswick on July 9 by Col. John Neilson near the corner of Albany and Neilson, standing on a table outside a tavern, the residents having been called to the square by the Christ Church Episcopal bell. The British officials sent copies to England, and the newspapers there published them by August.

Two years after the Battle of Monmouth in June 1778, George Washington and his troops celebrated the second anniversary of the reading of the Declaration in New Brunswick with a celebratory firing of 13 cannons and a double allowance of rum. This was the first official celebration of the Fourth of July. Every year, the reading of the Declaration is reenacted at Christ Church in the shadow of the same bell tower that rang before the original reading, along with appropriate music, an historical talk, and refreshments.

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July – A mélange of menu items

By Linda Bozowski

Hot dogs may not be on your menu for the month of July, but there are many other foods that are celebrated during this month. July is noteworthy as Na-

tional Blueberries Month, National Honey Month, National Ice Cream Month, and National Horseradish Month. This article is starting to sound like the mystery baskets on the TV show

“Chopped” on Food Network. So let’s add more items to the mix: National Watermelon Month, Wheat Month, Beans and Bacon Days, Rabbit Week (we can skip this), National Baby Food Week, Garlic Days, International Chicken Wing Day, Fried Chicken Day, Chocolate Day, Coca-Cola Day, Pina Colada Day, National Rainier Cherries Day, Slurpee Day, National French Fries Day, National Macaroni and Cheese Day, National Caviar Day, and at least 10 others.

Sounds like we are a country obsessed with foods of all varieties. How many of the foods listed above do you eat or cook? In my kitchen right now I think I have about 100 cookbooks by various authors and of various ethnicities. I also subscribe to four different cooking magazines. Am I like the Julie in the movie “Julie and Julia,” trying a new recipe each day on my way through Julia Child’s cookbook? Are any of my three Alton Brown “Good Eats” books open on the counter? No and no, but I do search for recipes among my cookbooks, especially when I’m planning an entertainment event. Will I sample each of the monthly celebrated foods during the month of July? Probably not.

But if I were a contestant on “Chopped” and the first four foods on the list were in the dessert basket, I might make honey-blueberry ice cream, topped with a horseradish raspberry (from the pantry) sauce, topped with a (some kind of) crumble. Would I win? I doubt it, but I think I’d have fun trying. Happy eating! P.S. – I do make really good ice cream with fresh fruits in my Cuisinart ice cream maker.

July is bee month

By Linda Klink

Many of you know I’m a beekeeper, and have heard my little talk on what it takes to maintain a beehive. I started beekeeping in 2010 by accident. My best friend from high school told me she had found a new hobby for us to undertake in 2009. I thought she was nuts and said so, but it appears I am too, as I joined her in this new endeavor the following year. Pat started with three and between us we now have 60 hives.

Since it is Bee Month, I thought I would share some details about bees. There are hundreds of varieties of bees, but I only deal with honey bees. There are several types of bees that are on the endangered list. We need to keep bees around since they are important pollinators.

Honey bees live in hives, trees, and various other places, like between the siding and the wall of your house. They do not live in the ground. Should you ever discover a hive in the siding of your house, have an exterminator remove it immediately, as the hive will only continue to grow, causing you a great deal of grief, and a lot more money to have it removed later. Only the female honey bee has a stinger and she can only sting you once, because her stinger has a barb on it. Once a honey bee stings you, as she pulls away, her rear is pulled off and she dies. However, that stinger will continue to pump poison into you until that stinger is empty, so it’s really important that you get the stinger out as quickly as possible. It is amazing how much poison that little stinger holds.

Yellow jackets, which look

very much like honey bees, live in the ground, are very nasty, and actually belong to the hornet/wasp family. Yellow jackets do not have barbed stingers and will sting you multiple times.

Bees are fascinating little creatures. I think their social structure is much like ours — if you want something done, the females will do it, but everyone has their job.

There are three types of honeybees. The queen is responsible for laying eggs, and basically maintains the life of the hive. The queen will also determine the sex of the egg she just laid by either depositing sperm to create a female, or just laying the egg to create a male. Each hive has only one queen, and she will live two to three years.

The worker bees, which are female, do all the work. Their usual life span is rather short, only 40 to 45 days, but they remain busy their entire lifetime. The worker bees maintain the nursery by ensuring the eggs are fed; they act as “Ladies in Waiting” to the queen, and ensure she is fed; when the time comes they will raise a new queen in order to keep the hive going; they do almost all of the foraging for food; they are the defenders of the hive; they are the housekeepers, keeping the inside of the hive clean; and they are the undertakers, removing any dead bees. The females also build the honeycomb by secreting wax from glands in their rear legs. The honeycomb is used by the queen to deposit eggs and by the workers for storing honey and pollen. The worker bees are also the ones who decide when or

(Continued on page 8)

Carport fire

(Continued from page 1)

says Masters, “that no one can misunderstand.”

A rumor is circulating that another resident came along to deposit trash, but smelled smoke and therefore decided to use a different dumpster. “It is frustrat-

ing to think that this fire could have been prevented by someone,” adds Masters. “IF YOU SEE SOMETHING, SAY SOMETHING,” she urges. “Call 911 immediately.”

The Police and Fire Departments continue to investigate the circumstances under which this fire got started.

Charcoal grill cautionary rules

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

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

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Anyone for Cheesecake?

By Anne Rotholz

July 30th is National Cheesecake Day.

Cheesecake is a luscious dessert. It usually consists of a crust made from bread crumbs and spices and a filling that is a mixture of soft cheese (cream cheese or ricotta), eggs, sugar, and sometimes sour cream. It is usually baked.

There are other types of cheesecake that use jello or pudding in the mix. These are refrigerated. I have a definite preference for baked cheesecake!

You may be surprised (as I was) that a history of cheesecake takes us back to ancient Greece where an ancient form of cheesecake was very popular. We find it mentioned for the first time by the Greek physician, Aegimus, who wrote a book about the art of making ancient cheesecake.

After the Romans conquered Greece in 146 BC cheesecake became a favorite food of the Romans. Cato the Elder included cheesecake recipes in his book *De Agri Cultura*, one of which is a bit similar to our cheesecake.

In an English cookbook from 1390 AD, *Forme of Cury*, there is a more modern version of a cheesecake recipe. Because of this many English people claim that cheesecake is British!

In 1872 William Lawrence of Chester, NY was looking for a way to produce a soft cheese similar to French Neufchatel. He accidentally came up with cream cheese which is heavier and softer than Neufchatel. This cheese became very popular and soon was the main ingredient used in modern American Cheesecakes. Ricotta cheese is also widely used especially by people of Italian heritage.

(Continued on page 26)

Anne Hutchinson's goal: religious freedom

By Carol De Haan

In 1634, 43-year-old Anne Marbury Hutchinson and her husband, Will, packed up their 10 children, who ranged from eight months to 19 years of age, and embarked on a perilous months-long sea voyage from their home in England to the Massachusetts Bay Colony. They were following the kindly philosopher and preacher John Cotton, who had fled England a year earlier to escape religious persecution.

Religious strife in England

England was riven by religious controversy throughout in the 17th century, after King Henry VIII broke away, in 1534, from the authority of the Pope and the Church in Rome. However, the new Church of England still followed much of the theology and practices of Rome, which caused dissent among its members. Some decried the ecclesiastical model, in which ministers were appointed by a central authority: they became the nucleus of today's Presbyterian Church. Others sought to simplify traditional Church of England ceremonies and vestments, and to govern parishes by consent of parishioners: they were called Puritans.

Some persecuted English Puritans fled to Holland and, as pilgrims, eventually came to the New World. Puritan-leaning Church of England Reverend John Cotton, however, in 1633 went directly to Boston in the Massachusetts Bay Colony, where he was heartily welcomed by Governor Winthrop and the citizens. In his new church, Cotton taught that a person is

helpless to secure salvation through personal morality and good works, but that only God's freely given grace could ensure eternal life. Some of his Boston followers began to call themselves Congregationalists.

Enter Anne Hutchinson

The Hutchinsons were prosperous immigrants who, after their arrival in 1634, built a large house in what is now downtown Boston. Anne spent time helping the sick and needy, becoming well known as a midwife. She

soothed her patients with her kindness and spoke of her religious beliefs. Before long, she was hosting weekly meetings of women in her home to discuss the sermons of Reverend Cotton. When men also attended, Anne had up to 60 followers in her home Bible study group each week. Her emphasis on salvation through God's grace, rather than through good works, resonated with merchants and craftsmen, some of whom might have pros-

(Continued on page 9)

July is the month for hot dogs

By Linda Bozowski

Hot dogs are the food most celebrated in July — we have National Hot Dog Month, National Hot Dog Day (15th and 23rd), Hot Dog Night (16th), and National Chili Dog Day (27th). Also known as wieners, frankfurters, and tube steaks, hot dogs originated in Frankfurt, Germany in the 1300s. The German sausage, given to the populace to celebrate the coronation of Maximilian II, were made of pork. The term wiener was used for the pork and beef sausage made in Vienna, Austria, beginning in the 1800s.

Hot dogs were not always served in rolls. Americans are credited with initiating this practice, since handling hot sausages bare-handed was not easy for consumers. The addition of a roll to encase the meat enabled toppings to be added to the sausages, including catsup, mustard, onions, pickle relish, sauerkraut and chili. Different toppings are favored in different regions of the country, with southerners adding

chili and Midwesterners topping most often with catsup.

Grilling, boiling, and frying are common methods for cooking hot dogs. Rotating grills are used at many venues, and 7-Eleven claims to sell 100 million grilled dogs each year. Street vendors more often boil their dogs, and "dirty water" hot dogs are probably still available on Broad Street in Newark, where I occasionally bought mine many years ago. Backyard cooks may use charcoal or propane to cook their treats, and children often prefer dogs to burgers.

Healthier hot dogs are available these days in addition to the standard all-beef or beef and pork mixtures. Dogs containing chicken or turkey can be purchased and there are even tofu dogs. The nutritional value of hot dogs is nothing to write home about, but there is a certain appeal to getting a dog at a baseball game or on the boardwalk. It's part of our American way.

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Bee month

(Continued from page 7)

if they will swarm and relocate to a new home.

The drones, or males, will also live for 40 to 45 days, are much larger than the females, and have only one purpose in life — to mate with the queen. And it is literally a once in a life time event for him, as once he is done, he dies.

Normally, Mother Nature would ensure that a hive thrives. Unfortunately, due to pollution of the environment, it is becoming more and more difficult for the bees to do this on their own. So, beekeepers now have to treat their hives to ward off predators. It is a very labor-intensive hobby, and often quite physical, which leaves me wondering why I'm not in better shape.

There are three types of boxes used for the hives: deeps, which weigh about 70 to 75 pounds when full of honey; mediums, which weigh about 50 pounds when full; and, supers, which are smaller and don't hold as much honey. Whatever kind of box you use, it should be stacked, one on top of the other. Logically you would think I would switch to the supers, as they are easier to handle, but they are very

impractical. You see, the bees feed on the honey, so when the honey flow is over at the end of July, you have to leave enough honey in the hive to ensure it survives the winter. A normal hive is at least three or four boxes high. By the time I add the fifth or sixth box, and sometimes more, (these are the ones I would be "harvesting"), the hive would be over my head, and I would need to climb a ladder in order to reach the boxes. I may be nuts, but I'm not stupid enough to climb a ladder, pick up a 50-pound box full of honey and bees, and try to climb down the ladder.

So why do I do all of this? Well, the honey is really good, it has no additives, has a natural anti-bacterial quality to it, will never go bad, and makes really good honeyed bourbon. But the real reason — some of my hives are located in a field that is isolated enough that the only thing you hear is the chirping of the birds and the buzzing of the bees. Add a brilliant blue sky, with drifting white clouds, and a peace comes over me that I can't describe. And at the end of a back-breaking afternoon working with the bees, I like to sit there and just marvel at the beauty of nature.

Religious freedom

(Continued from page 8)

pered more from shady dealings than from good works.

Anne's popularity and her unconventional ideas came to the attention of the more orthodox ministers in the colony, who accused her of teaching that moral law did not apply if one were under the law of God's grace. (They were hinting at "free love," but did not pursue the charge.) The dispute turned into what has been called "pulpit aggression," with ministers attacking each other in their sermons.

In 1637, one of Anne's supporters, the Reverend John Wheelwright, was convicted of contempt and sedition, and was banished from the colony. Another supporter, Governor Henry Vane, was voted out of office as were all the magistrates who supported her. When Vane returned to England, the triumphant orthodox party put Anne on civil trial for slandering the ministers, disturbing the peace of the churches, promoting opinions that had caused trouble, and holding forbidden Bible meetings in her home.

After a two-day trial, she was convicted of heresy and sentenced to banishment from the colony by the following March. Meanwhile, she was held under house arrest in nearby Roxbury over the winter months.

In 1638, as if they had not done enough already, the orthodox ministers put the weary and physically diminished Anne on church trial, which ended in her excommunication. She and many of her supporters left for the Providence Plantations settlement of Roger Williams, in what is now Rhode Island. They walked for six days in April snow to reach their destination, a settlement called Pocasset, where Anne was reunited with her husband who had gone ahead to build a house in the wilderness.

The Puritan leaders back in Boston gloated when news reached them of miscarriages suffered by Anne and by her follower, Mary Dyer, calling these misfortunes "the judgment of God."

By 1639, Pocasset was in an uproar, caused by authoritarian Governor Codrington, who was voted out and replaced by Will Hutchinson, Anne's mild-mannered husband. But Will died in 1641 at the age of only 55. Meanwhile, the Massachusetts Bay Colony had been making noises about taking over the entire Narragansett Bay area, causing much anxiety among Pocasset settlers.

Exit Anne Hutchinson

By 1642, widowed Anne and 16 of her family and friends sought safety in the jurisdiction of the more liberal-minded Dutch in New Netherland. She hired a builder to

put up a house for her family in a wooded area now known as Baychester, in the Bronx, along a waterway now called the Hutchinson River.

She might not have realized the extent of animosity between the local Siwanoy Indians and the inhumane Dutch Governor Willem Kieft when she and her followers selected the site. Some Indians made a peaceful attempt to stop the construction. When that failed, the Indians sent a warning and then came in 1643, intending to burn down a vacated settlement. Finding one house with people in it, they killed 52-year-old Anne, nine of her children, several servants, and set fire to the house.

Only nine-year-old Susanna Hutchinson survived because she had gone out to pick blueberries and hid inside the famous split rock when the mayhem began. The Indians found her and took her back to live with them, possibly intrigued by her red hair. Years later, Susanna was ransomed by relatives from Boston, married, and became the mother of 11 children.

Anne Hutchinson's legacy

As an educated, outspoken woman, Anne is considered an early advocate of women's rights, unafraid of a possibly hostile male hierarchy. She stood for religious freedom, the separation of church and state, liberal thinking, and Christian femi-

nism. Historian Michael Winship wrote that Anne was "the most famous, or infamous, English woman in colonial American history." She is remembered in plays and books, by statues dedicated to her, and in schools named in her honor. In 1987, Massachusetts Governor Michael Dukakis pardoned her and revoked the order of banishment by Governor Winthrop, 350 years earlier.

Anne's descendants

Her numerous descendants include three presidents: Franklin D. Roosevelt, George H. W. Bush, and George W. Bush, as well as presidential aspirants Stephen A. Douglas, George W. Romney, and

Mitt Romney. Her grandson, Peleg Sanford was a colonial governor of Rhode Island. Her unfortunate great, great grandson, Thomas Hutchinson, was the loyalist governor of the Massachusetts Bay Colony at the time of the Boston Tea Party.

Other descendants include Chief Justice of the Supreme Court Melville Weston Fuller, Associate Justice Oliver Wendell Holmes, Jr., and Harvard University President Charles William Eliot.

Her Memorial Day

Anne Hutchinson was born on July 20, 1591. She is celebrated each year on the Sunday that falls either before or after her birthday.

Yellow Pig Day is celebrated on July 17

By Anne Rotholz

On July 17 each year, many academic groups celebrate Yellow Pig day. The name is misleading because the celebration has nothing to do with pigs. It is all about the number 17.

The holiday is of local origin. In the early 1960s two mathematics students at Princeton University, Michael Spivak and Donald Kelly, were given an assignment by their professor. They were asked to analyze the number 17 and to list the properties of the number.

They got a little carried away as they worked on the task. As

a result of their endeavor, they came up with the idea of a mythical yellow pig. This pig had seventeen teeth, seventeen eyelashes, seventeen toes, and so on.

Yellow Pig Day is celebrated each year in a whimsical fashion in mathematical circles around the world. Students and professors wear shirts adorned with yellow pigs. They eat yellow pig cakes, sing yellow pig songs, and they even have yellow pig parades.

As they studied the number 17, the two mathematics students found that the number is

(Continued on page 10)



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

Q: What types of grills are permitted in the community?

A: Prior to purchasing a barbecue grill, you should consult your Mutual's rules and regulations. All of the rules and regulations are the same regarding propane grills to be in compliance with the Fire Code as follows:

Propane Grills

The Uniform Fire Code regulation, detailed in NJAC, Section 5:70-3.2(a) (3)(xxii) of the New Jersey Administrative Code, sets forth regulations for the use and storage of propane cooking equipment such as barbecue grills.

To comply with the above regulations the following criteria must be met with respect to any propane grill (whether or not the propane tank is attached to the grill):

- Used or stored on an open patio only (no roof or enclosure);
- Must be five (5) feet away from an exterior wall or any opening;
- Cannot be used or stored on or in any common area; and
- Extra tanks, even if empty, cannot be stored in or on any area in Rossmoor.

Most of the Mutuels allow charcoal grills, but the following safety rules MUST be followed:

Charcoal Grills

(a.) Grills must be five (5) feet away from an exterior wall or any opening when in use or when hot coals are present; and

(b.) After grilling, place the cover on the grill, close the vents and allow the coals to burn out completely for at least 48 hours and only then dispose of the ashes in a non-combustible container OR if the coals need to be disposed of before they have completely cooled, remove them individually with long-handled tongs and carefully bury them in a can of sand or in a bucket of water. Never pour the hot coals into a pail of water, or vice versa. Steam from the coals may burn.

Q: My family and friends who are golfers would enjoy playing our golf course, but I am not a member of the course. Is there any way they could play?

Yellow Pig Day

(Continued from page 9)

of great significance not only in math and science but also in music, law, religion, sports and other fields. Here are some of the more obvious properties of the number.

The number 17 is a prime number which means that it is a whole number greater than one that is divisible only by itself and one (it follows that two is the only even prime number). When two consecutive odd numbers are prime they are called "twin primes" so 17 has a twin, 19. The number 17 is also the sum of the first four prime numbers.

Early mathematicians were fascinated by 17 because it lies between two numbers with very unique properties, 16 and 18. A square with a side of four units has an area of 16 and a perimeter of 16. A rectangle with sides 3 and 6 has 18 for both its area and perimeter. This is not found elsewhere in math. When asked to name a number between 1 and 20, most people will give the number 17, so 17 is known as the "least random" number.

The number 17 has great significance outside the field of mathematics. Here are some examples. I'm sure you can think of others.

King Tutankhamen was wrapped in 17 sheets.

The Parthenon is 17 columns long.

The beautiful Moorish Palace, the Alhambra in Granada, Spain has 17 kinds of mosaics (the greatest number that can be used). This is where Escher got his inspiration for much of his art work including his famous tessellations. Also 17 is frequently called the "wallpaper number" since there are 17 possible wallpaper tiling groups.

A: As a resident of Rossmoor, a tee time is only a phone call away by contacting the Pro Shop at 609-655-3182. The resident needs to make the tee time, but does not need to accompany the golfer to the course. There is a greens fee and a cart rental fee that will be charged when the golfer arrives at the Pro Shop. If you would like, you may make those arrangements when you call for the tee time.

Keep in mind that friends and family may also become members of the golf course with unlimited rounds of golf. Perfect idea for those who live nearby.

The Pro Shop also offers a full line of golf equipment and clothing, free clinics for residents, and golf lessons. The Pro Shop is open seven days a week during the golf season except for Monday morning, and would be happy to assist you.

Pearl Harbor was attacked by 17 squadrons.

The heavy four-engine bomber used by the U.S. and its allies in World War II was called the B17.

The number of failed attempts to cross the Atlantic by balloon before "The Spirit of St Louis" succeeded was 17.

Shakespeare wrote 17 comedies.

A ton of recycled paper saves 17 trees.

The atomic number of chlorine is 17.

To call the police in France, you must dial 17.

The number of syllables in Haiku (Japanese Poetry) is 17.

A camel can go 17 days without water.

In Italy, the number 17 is considered unlucky. Written in Roman numerals it is XVII. If they are rearranged the letters can spell VIXI which means "I lived," implying that I am now dead. Buildings in Italy do not have a 17th floor, hotels do not have a room 17, and Alitalia planes do not have a seat 17. The Renault 17 was sold as Renault 177.

There are many songs, musical compositions and films named 17, or having 17 in the title. Alfred Hitchcock directed a film called "Number Seventeen."

It may not be a bad idea to inject a little humor into a subject that is often feared by students. Math is not about yellow pigs, but it is very much about the world we live in.

I often think about my days teaching math, especially geometry. The students came to the first day of class having heard all kinds of stories about this strange and dreaded subject. I always told them that the first day of class was "Look out the window day." (Those were

(Continued on page 11)

Bob's Almanac

By Bob Huber

There's an old saying that nothing of importance happens in July, because everybody's on vacation. We beg to differ.

There have been many important events which occurred in July, and we can testify that some very influential Americans were born this month, including authors Nathaniel Hawthorne (1804), Henry David Thoreau (1812), Ernest Hemingway (1899) and composer Stephen Foster (1826). July also witnessed the birth of aviatrix Amelia Earhart (1898) and industrialist Henry Ford (1863).

But in our family, the most significant "birth" occurred on July 4, 1910. On that day, the newspapers were filled with stories about how African-American heavyweight boxer Jack Johnson had defeated Jim Jefferies, sparking race riots throughout the country, but we were blissfully unaware of that problem, because we were concentrating on our own important event: the launching of the "Rex."

On our family farm in Green Springs, Ohio, grandpa Walt and his sons had taken on a winter project of building a motor boat in one corner of the barn. It was a sturdy little craft,

18 feet in length with a scalloped canopy and powered by one of those new-fangled gasoline engines.

Everybody for miles around knew that July 4th was going to be launch day, so a considerable crowd gathered to watch the event. The Rex was hoisted aboard a flat bed wagon pulled by Gladys and Dan, grandpa's favorite team of horses, and the whole entourage took off for the trip to the Sandusky River where the craft would be birthed. It was quite a parade, with people on horseback, buggies, wagons, and kids running alongside. Grandmother and the hired girl stayed home to prepare the traditional family Fourth of July picnic supper, which would be followed by the equally traditional family fireworks display.

When the parade reached the river's edge, grandpa, normally a taciturn man, felt compelled to make a speech: "Folks," he said, "We thank you for joining us on this very special occasion. We have decided to call our boat 'The Rex,' and as you all know, Rex refers to royalty, and royalty requires a crown." And with that, grandpa reached under the seat of the wagon and pulled out a beautiful

brass navigation lamp, red glass on one side, green on the other with a clear glass lens in the center. A kerosene lantern provided the light source. With great ceremony, grandpa placed the lamp on top of the canopy and said, "I crown thee The Rex!" A cheer went up from the crowd as grandpa continued, "In appreciation for your companionship, you're all invited back to our place for a picnic supper and fireworks!" A second cheer went up from the gathering, but a neighbor, suspecting that grandmother didn't know about grandpa's invitation, dispatched her son on horseback back to the farm to tell her that there would be considerably more guests for supper than she was expecting.

Everybody got a ride in The Rex that day, and thanks to a thoughtful neighbor's forewarning, grandmother was prepared to feed the additional guests.

The fireworks display on the front lawn was an extra treat, and everybody agreed that that was the best Fourth of July ever!

Who says nothing ever happens in July?

Sound Advice

Norman J. Politzner, CFP®, CeFT® President of NJP Associates

When to disclaim an inherited IRA

Should you ever pass up a chance to get more money? It depends. Suppose you're in line to inherit IRA assets. When it makes sense, you might use a "qualified disclaimer" so that the assets bypass you on the way to someone else.

A disclaimer is a legal document that lets you waive your right to receive money or property from an estate. If you execute a disclaimer, it's as if you never inherited the assets. Instead, they go directly to the next people in line to receive them. In the case of an IRA, the assets typically wind up with the account's contingent beneficiaries.

Why would you do this? There are two main reasons:

1. Assuming you don't need the money, you might prefer that the assets go directly to the younger generation, usually your own kids or grand-

kids. You were going to give the assets to them eventually anyway, right? A disclaimer shortens the process while lengthening the time over which the beneficiaries must take required minimum distributions (RMDs) from the account. RMDs are based on the life expectancies of the beneficiaries, so the younger they are, the longer the wealth can be preserved.

2. A disclaimer may reduce a family's overall tax liability.

(Continued on page 12)

Yellow Pig Day

(Continued from page 10)

the days when we had windows in schools.) I had them describe everything they could see, natural or man-made. Soon they were talking about shape, size, solids, surfaces, angles and so on. I explained to them that what they were now doing was geometry and that the scholars who came up with the idea of formal geometry centuries ago were simply trying to describe the world around them.

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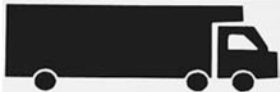
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Focus on: Groups and Clubs

Think Italian

By Jean Houvener

At the April 19 evening Italian American Club meeting, the crowd was busy buying tickets for upcoming trips and events and greeting each other warmly. The Club meets the third Wednesday of the month at 7:30 p.m. in the Clubhouse Ballroom, with additional events on other days. Membership dues are \$15 per person. This club also supports the Bingo night, which occurs monthly.

Vice President Bob Macchiarola opened the business meeting, which lasted around a half hour. Secretary Matteo Damiano was not there, but had sent a three-pound box of chocolates. Treasurer Lou Russo reported the financial standing of the bingo and general accounts. Money from the bingo account and from other fundraisers has been donated to Kiwanis, St. Jude, Wounded Warriors, and the Interfaith Council.

The recent trip to The Sands was one of their most successful trips. The Rossmoor Downs, the Club's own exciting Triple Crown event, scheduled for May 13 was selling briskly, and by the end of the meeting was filled

to capacity with a wait list. A trip to Eataly in Manhattan for June 14, costing \$22 per person with room for 53 people, was also on sale. Sept. 9 will be the annual barbecue. The Club also has celebrations at Christmas and its famous Carnevale in February.

Membership Chair Joan Russo announced there were 121 people at the meeting, and there were seven new members that day. Fran Gatti gave the sunshine report, with thank you notes from people, and sympathy, get well, and other cards sent to people. Frank and Minnie Sasso, with fanfare and fun, delivered the crowns (allegedly retrieved from their vault) to new king and queen Bob and Cecelia Macchiarola.

The meeting then adjourned for coffee and cake, where active socializing and conversation were evident. The members then returned for entertainment. Lennie Caglianone, entertainment chair, introduced Alex Leonard, a pianist and tenor, who presented a program of the works of Salvatore Antonio Guaragna, who became famous as Harry Warren.

Warren was born in Brooklyn and wrote music for hundreds of songs, especially for movies. He won three Academy Awards. His music was sung by many of the well-known Italian-American singers during a career of more than six decades. Leonard had anecdotes and historical information on each of the songs and singers, which he relayed along with singing and playing the many familiar songs.

The singers Leonard spoke of included Carolina Larai (Carol Lawrence), Dino Crocetti (Dean Martin), Pierino Como (Perry Como), Vito Rocco Farinola (Vic Damone), Concetta Rosa Maria Franconero (Connie Francis), Anthony Dominick Benedetto (Tony Bennett), and, in Leonard's opinion the greatest of them all, Francis Sinatra.

The songs included "Innamorata," "You're My Everything," "I Love My Baby," "The Rose Tattoo," "You Must Have Been a Beautiful Baby," "Jeepers, Creepers," "There Will Never Be Another You," "Are the Stars Out Tonight," "That's Amore," and more.

Sound Advice

(Continued from page 11)

The RMDs from IRAs generally are taxed at ordinary income rates, which go as high as 39.6%. Younger children and grandchildren are likely to pay tax at a much lower rate.

For a disclaimer to work, it has to be an irrevocable, unqualified refusal to accept property, and it must meet the following requirements:

It must be in writing with a declaration and signature of the person who is making the disclaimer.

It must identify the property (or the partial interest in the property) that is being disclaimed.

It must be delivered to the party or entity responsible for

transferring the assets (for example, an IRA custodian or trustee).

The disclaimer has to be executed less than nine months after the property was transferred (or within nine months of when the disclaiming person reaches age 21, if that's sooner).

As a result of the disclaimer, the assets must pass to the new recipients without any direction from the person making the disclaimer. You can't decide to give the money to someone other than the legal beneficiaries next in line.

This process can be technically complicated, so you'll need to work with an attorney to provide the proper language for a disclaimer, which must take into account whatever is required under state law. Also, take great care in completing any beneficiary designation forms furnished by an institution.

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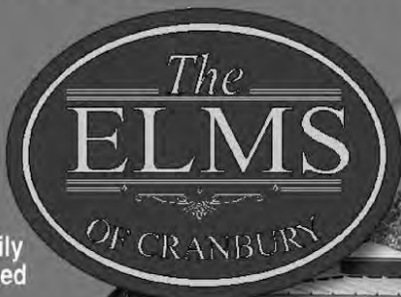
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New Neighbors



By Christina Smith, resident services manager

Stephen and Florence Aversa, 325A Nantucket Lane, formerly of Spring Hill, Fla.

Dushyant and Kunjlata Parikh, 265B Middlebury Lane, formerly of Downingtown, Pa.

Ronald and Lorraine Haucke, 618B Waverly Way, formerly of Monroe Twp., N.J.

Mark Felz, 234A Marblehead Lane, formerly of South Plainfield, N.J.

Seeta Boodram and Ann Rattan-Pedro, 158B Pelham Lane, formerly of Cliffwood, N.J.

Vinu and Daka Patel, 213B Mayflower Way, formerly of Morgantown, Pa.

Romuald and Lidia Wyganowski, 232C Marblehead Lane, formerly of Middlesex, N.J.

Peggy Valenti, 538A Sutton Way, formerly of Succasunna, N.J.

Thomas and Patricia Lombardi, 603A Old Nassau Road, formerly of Kendall Park, N.J.

Carmen and Alice Mas-trangelo, 526A Terry Lane, formerly of Kissimmee, Fla.

Joe and Jennifer Marrone, 575A Old Nassau Road, formerly of Monroe Twp., N.J.

Thank you notes

Sincere thanks to all my neighbors and friends for their kind words and condolences after the recent death of my brother.

Norman Perkus

Thank you to all the people who sent me cards, messages and telephone calls during my recent illness. Your support is greatly appreciated.

Karen G Seiden

Rental Library

The Rental Library thanks everyone who contributed to making our "Book and Bake" sale a tremendous success. A special thanks goes to our terrific "hookers" who provided us with lots of wonderful pastries.

We count on this sale and our Christmas Boutique sale to keep the library operating. We appreciate your support.

Irene Poulin, president



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CULINARY CORNER

By Sidna Mitchell

For more than 40 years, I have been writing a weekly cooking column for Morris County weekly newspapers. That was until recently when the owner said she could no longer afford to pay me. At first I was angry and disappointed; however, as a former newspaper owner and editor, I know things can be tough these days with all the competition from the Internet, television, and social media.

Writing a column each week with a new recipe and story required discipline and gave me something to do—especially important as I became an older adult. I re-

called my daughter encouraging me some years back to continue writing. "It's a journal of your life and our family," she claimed.

Remembering that comment, I pulled out some of the notebooks in which I pasted the columns. (Thank goodness I hadn't listened to George, my late husband, who deemed saving all those columns wasn't necessary since most of them were on floppy disks!)

My daughter was only four years old when I started writing the column and she often wanted to help me cook. Here's one of those recipes.

German Bundt Kuchen

Culinary corner

½ cup butter
1 cup sugar
2 eggs, well beaten
2 ¼ cups flour
2 ¼ teaspoons baking powder

¼ teaspoon salt
¾ cups milk
1 teaspoon vanilla
1 cup floured raisins
powdered sugar

Cream butter and sugar; add eggs.

Combine dry ingredients and add alternately with milk.

Add vanilla and floured raisins and mix well.

Bake in a greased Bundt pan in a 350-degree oven for about 55-60 minutes or until browned.

Remove from oven and cool.

Sprinkle with powdered sugar.

NOTE: Instead of one cup raisins, I used ½ cup raisins and ½ cup chopped pecans. I wrote that I was sure the extra flavor from Meredith licking the spoon and then continuing her stirring added what most people consider "love" to the baking.

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

The joy of remembering porches

It is the middle of summer as I write this and my memory has taken me to think on porches and the important part they played in our lives over the years.

Remember the stoops of long ago when people would gather on the steps in early evening for a breath of fresh air and news of the neighborhood. Usually this was part of the apartment dwellers life and since I never lived in an apartment, I never experienced the camaraderie of ethnic or mixed neighborhoods. But from the little I know of the people who lived there, they had a unique lifestyle where families gathered to discuss issues, celebrate whatever, and come together in times of need. Bonds were made that still exist and stories are still being passed down from generation to generation.

Next, I think about the house where I was raised. It had a friendly front porch where family and friends would gather to talk about everything, or simply sit and watch the locals pass by. And now, in my mind's eye, I can still see that porch with the green and white striped awnings offering a quiet respite to those who came to sit and relax for a little while.

Then came the time of Cape Cod developments where patios took the place of porches and people gathered there to sit around just to talk, have a drink, or enjoy a barbeque. Not the gracious gatherings of the past, but informal, and very much enjoyed as a new way of life.

But, be that as it may, I realize I haven't told you of my favorite porch memory, that of my mother's home which had a screened-in, wrap-around porch. It was furnished with wicker furniture and lovely potted plants. Dark green awnings offered shade and, framed the picture of a very gentle way of life. This was my Oma's house and I now realize I was privileged to enjoy this wonderful porch while growing up. I didn't it at the time but I do now. I see all the McMansions being built, and I wonder is BIG really better?

How fortunate I have been to have seen these changes and to reflect on the porches of the past. So, to sum it up, let me say, stoops, porches, patios, or grand entrances without a porch all say the same: WELCOME!

Porches are an unusual subject, I admit, but I hope that you have enjoyed this piece and that it has brought back some memories of your own because there really is joy in remembering.

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Clubs and Organizations



Frank Quadrino, center, the Outreach Manager at the VA Medical Center, Lyons, N.J., with Dan McOlvin, left, and Denny O'Malley of the Veteran's Club.

Barbara and the "Nerdy Dozen"

By Alec Aylat

Barbara Thompson, former Rossmoorite and Computer Club favorite, guarantees at least 12 answers to the most frequently asked questions for computer help when she addresses club members and guests at the 10 a.m. Monday, July 17, meeting in the Gallery.

Her "Nerdy Dozen" will explain tactics to use in changing passwords to confuse the "enemy," popularly known as Hackers, to removing extra blank pages which have an ungainly habit of falling into places they have no right to be. If you are a Kindle reader, Barbara will explain how to remove books from your Kindle Content Library, and promises other improbable, but accurate, answers to annoying problems retained by computers we sometimes wish had never been invented.

All that, preceded by pleasurable refreshments at 9.30 a.m., is a welcome to all residents caring to come.

Players Pastimes

By Sue Archambault

The Players' general meeting took place on Monday, June 26; our Master of Ceremonies and technical wizard was the very popular DJ Gary. As expected, the evening was a fun-filled musical experience. Many volunteers took advantage of the opportunity to entertain everyone by adding their voices to popular songs covering many decades of music. Refreshments were provided for the entertainers and audience members alike at the end of the memorable evening.

At the end of the month The Players will present our ever-popular *This 'n' That* production. Performances will take place on Thursday, July 2, and Friday, July 21, at 7 p.m., and Saturday, July 22, at 2 p.m. All performances will be presented in the Meeting House. Members of the Players will entertain the audience with a variety of

musical renditions that include soloists, duets, and group numbers. There will be vocal as well as instrumental performances. In addition, various comedic skits and performances will keep the audience laughing. Beverly Masters will direct the program, and our beloved Joe Conti will serve as our emcee. As always, this production will end with refreshments for all attendees. Tickets will be on sale Wednesday, July 13; Friday, July 14; Monday, July 17; Tuesday, July 18; and Wednesday, July 19 in the Red Room from 1 to 3 p.m. Sal's Roma Deli and Pizzeria will also sell tickets through Saturday, July 22. Ticket prices are \$5 in advance, and \$6 at the door. Don't miss out on this very entertaining event.



Italian American Club

By Tony Cardello

The trip to Eatery in New York City on June 14 proved to be a fun and delicious experience for all who participated. Eatery is the largest Italian marketplace in the world comprising a variety of restaurants, food and beverage counters, bakery, retail stores and a cooking school.

The next trip will be to the Sands Casino in Bethlehem, Pa., on Friday July 28 at a cost of \$25 per person with \$25 back. Sign up and payment will be at the July membership meeting on July 19.

(Continued on page 16)

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Rossmoor Clubhouse News

July 2017

MURDER MARINARA (Who whacked Tony Loprano?)



Yo listen up! Here's an offer you can't refuse! Everybody's invited to a swearing in ceremony for a new "Made Guy" from Rossmoor.

Mob Boss Tony Loprano wants to make peace and bring all the families together for this occasion. Unfortunately, Tony won't be celebrating cause he was whacked before the party started!!

Who could have done it? Could it be Paulie Peanuts? His right hand man, Sylvio? Or how about his non-grieving wife, Carmella or a rival mob boss? In order to find out who done it, you will have to join the "Famiglia" and the wacky cast of suspects, in a wild night of singing, Mystery, Murder and Mayhem!

Saturday, September 16...7PM...\$30pp
We provide light refreshments...Bring your own beverage!
ON SALE JULY 6



Kids Day at Rossmoor

Monday, August 14

Ages 7-12
9-11am...Driving/Putting on the Golf Course

Ages 4-16
11am... Hot Dogs & Chips at the Pro-Shop
11:30am...Free Pool Time
2:30pm...Movie followed by Dessert
RSVP by 8/7...609-655-3232

ON SALE THIS MONTH

EVENTS

AFTERNOON MOVIE LUNCHEON..."LION"
Thursday, July 6, 12 Noon, Ballroom,\$16pp
Limited Space Available

Pool Party with DJ Mike
Friday, July 28, 7pm, Pool (Weather Permitting), \$10pp
Bring your own refreshments. We provide ice. Call-in on July 21 at 12:15pm. Payment **MUST** be received by July 25 by 4pm.
*If we don't receive your payment by then, your name will be removed and ticket will be given to the next name on the wait list. *
NO GLASS PERMITTED AT POOL

SUMMER CONCERT
Wednesday, July 19, 6:30pm, Meeting House Lawn
Bring your own chair or blanket...**NO CHARGE**

AARP SAFE DRIVING COURSE
Friday, August 4, 8:30am, Gallery
\$15 member, \$20 non-member (Checks payable to AARP)
Sign-up in Clubhouse

SUNDAY MOVIE & DESSERTS..."Hidden Figures"
Sunday, August 13, 1pm, Ballroom, \$5pp

EXCURSIONS

ATLANTIC CITY-BALLY'S CASINO
Thursday, July 13, \$25pp
Departs Poolside at 9am.
On sale now!

SANDS CASINO
Tuesday, August 8, \$25pp
Departs Poolside at 9am.
On sale July 14!

BROADWAY BOUND..."Kinky Boots" at the Al Hirschfeld Theater
"Kinky Boots" follows young Brit Charlie Price, who abandons his family's shoe factory to live with his demanding girlfriend in London. After the unexpected death of his father, Charlie returns to the struggling factory and finds it's up to him to figure out a way to keep the business alive. Enter Lola, a fabulous drag queen, who gives Charlie the idea to create ladies' shoes for men. Soon, the factory is turning out "kinky boots" under the supervision of Charlie and Lola, but can this harebrained scheme actually work? And can these two extremely different men find a common ground and become real friends? You won't want to miss this fun-filled, high energy and inspiring show!

Wednesday, October 18, \$110pp includes orchestra seat & bus. Departs Poolside at 10am...Lunch on your own
On sale now!

WELCOME

Clubhouse
Open daily, 8am - 10pm

E&R Office
Open: Mon-Fri
8:30am-5pm
609-655-3232

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

COFFEE WITH A COP

Join Monroe Township's finest as they discuss the latest scams targeting seniors in the area.

Tuesday, July 25
10am Ballroom
No Charge
Light Refreshments

NATIONAL 9/11 MEMORIAL MUSEUM

Thursday, September 7
Departs Poolside 8:45am
\$58pp includes bus & museum
Lunch on your own at South Street Seaport
ON SALE JULY 6

CULTURAL

AVIATION GROUP
2nd Wednesday, 1:30pm, Ballroom
"The U-2 Experience"

BOOK DISCUSSION GROUP
3rd Thursday, 3:00pm, Dogwood
Poems by Emily Dickinson
Please note room/date change.

COMEDY PROGRAM SERIES ON DVD
1st Tuesday, 1:00pm, Ballroom
Carol Burnett Show: Treasures from the Vault

CURRENT EVENTS ROUNDTABLE
Mondays, 10:30am, Maple

GERMAN AMERICANS
See you in September

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

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

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

VETERANS GROUP
Monday, July 31, 10am, Ballroom
Bring another Rossmoor veteran with you!

WRITERS GROUP OPEN MIC
Last Thursday, 10am, Cedar

THE ARTS

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

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

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

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

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

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

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

WOODSHOP
Monday-Saturday 9am-3pm
Tuesdays & Thursdays 6-8pm
Open to Residents who have completed the orientation and safety class. Monitor present.

CARDS & GAMES

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

BRIDGE
Contact Clubhouse

CANASTA & MAHJONG
Contact Clubhouse

MAY I
Contact Sophie Prata.

MEN'S POKER
Contact Joe Conti.

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

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

POKER
Mondays and Fridays.
Contact Ginny Giorgio.

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

GET MOVING!

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

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

FITNESS CENTER ORIENTATION
Tuesday, July 18, 10:00am
Sign-up in the Clubhouse...Space limited

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

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

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

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

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

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

Are You Interested?
**Red Hatters Club*
**Learning/Teaching Mah Jong*
Let us know in the Clubhouse



SPORTS FUN!

BOCCE
Off to a great start....come out and watch us play!

CORN HOLE
Friday 9am-11am Terrace

CROQUET
New Players Welcome. Call Betty Anne Clayton.

HIKING
New Hikers Welcome!

PICKLEBALL
New Players Welcome.

SHUFFLEBOARD
Tuesday, July 18-"Under the Stars" Social
7pm at the Courts

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

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

COME SEE WHAT ALL THE FUN IS ABOUT!

MOVIE CORNER



"JACKIE"
Starring Natalie Portman
Rated R for violence & language
100 Minutes
No Charge
Tuesday, July 11...1:30pm & 7pm
Sunday, July 16...1:30pm

TUESDAY MYSTERY MOVIES
July 18 & 25—1:30PM

Movies Subject to Change

COMING ATTRACTIONS

Details TBA

FRIDAY NIGHT POOL PARTIES
August 11 & 25

WINE & DESIGN
Thursday, August 24

MOVIE IN THE PARKING LOT
Friday, September 8

POINT PLEASANT & SHRIMP BOX
Tuesday, September 12



20th Century Wednesdays

The Great Courses:
America's Past 100 Years

Brush up on your US History in about an hour!
Two 30-min DVD lectures & brief discussion

The 1920s
Wednesday, July 5
1PM Gallery

The New Deal...Road to Pearl Harbor
Wednesday, July 12
1PM Gallery

This program is a collaboration with Monroe Twp. Library



F41

- **RCAI Offices Closed** on Monday, July 3 & Tuesday, July 4 in observance of Independence Day.
- **COMCAST Q&A** Tuesday, July 11, 9-11am.
- **CONTACT THE CLUBHOUSE** for information regarding events and trips.
- **EVENT REMINDERS:** Bring Rossmoor ID when purchasing tickets for Clubhouse events. Only two tickets per manor can be purchased. When bringing a guest/non-resident, please provide their full name at the time of ticket purchase. Tickets are non-transferable.
- **TRIP REMINDERS:** Trips require average physical activity. You should be in good health, able to climb stairs, and walk reasonable distances. Any guest accompanying a Rossmoor resident **MUST** be at least 18 years of age. Basic information on guests must be provided when tickets are purchased.
- **CLUB PRESIDENTS & GROUP REPRESENTATIVES:** Channel 26 announcements and room set ups **MUST** be handed in on the official forms, Forms can be found on the website or in the Clubhouse.
- **ROSSMOOR CLUBHOUSE NJ** is our official Facebook page. Follow us for Clubhouse updates, ticket sales, and event photos. You just might see yourself having a good time!
- **RCAINJ.COM** is the official website for Rossmoor. Here you will find everything Rossmoor! Check it out!
- **EVENTS & TRIPS** are subject to change.

PICTURE PERFECT

WAR PAINT on Broadway



On the way to NYC



US Security did a great job during the Annual Trunk Sale



"All in Stitches" made and donated afghans to Parker Homes.



Ready to catch the "Big One"



Just Mollie & Me...



JULY 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 RCAI OFFICES CLOSED 9:30am Mutual 4b-GL	4 RCAI OFFICES CLOSED 1:00pm RJC BBQ-BR 	5 1:00pm History Program w/ Monroe Twp. Library -GL (see page 3)	6 12:00pm *Movie Luncheon- BR 	7 7:00pm *Pool Party with DJ Mel-BR	8
9	10 GOLF OUTING 10:00am Mutual 2-VC 1:00pm Health Care Lecture- MP	11 9:00am-11:00am Comcast-BR 1:30pm & 7:00pm Movie "Jackie"-BR 	12 10:00am *Trip-Bandstand on Broadway 1:00pm History Program w/ Monroe Twp. Library -GL (see page 3) 3:00pm Mutual 10-VC	13 9:00am *Trip-Atlantic City 7:00pm Catholic Mass-MH	14 5:00pm Mutual 11-BR/ Terrace 	15
16 1:30pm & 7:00pm Movie "Jackie"-BR	17	18 10:00am *Fitness Center Orientation-FC 10:00am Mutual 5-VC 1:30pm Mystery Movie-BR 7:00pm Shuffleboard Event	19 6:30pm Summer Concert on the Lawn-MH	20 9:00am Board of Governors- VC 3:00pm Mutual 15-VC 7:00pm Players Performance- MH	21 7:00pm Players Performance- MH	22 2:00pm Players Performance- MH 6:30pm Bingo-BR
23 3:00pm Mutual 3 BBQ-BR	24 GOLF OUTING	25 10:00am Coffee with a Cop-BR 1:30pm Mystery Movie-BR 2:00pm Mutual 4c-GL	26	27 10:00am Mutual 12-VC	28 7:00pm *Pool Party with DJ Mike-BR	29 1:00pm Mutual 2 Picnic-BR
30 1:00pm Mutual 12 BBQ-BR	31 10:00am Veteran's Meeting-BR					<div>Events or trips marked * require tickets or prior registration.</div>

INDEPENDENT CLUBS				MEETING HOUSE SERVICES			ROOM KEY	
Chorus	Wed	4 pm	MH	Catholic Society Mass	2nd Thurs	7 pm	BR Ballroom	H Hawthorn
Church Discussion	Tues	1:30 pm	MHP	Jewish Congregation Sabbath	2nd & 4th Fri	7:45 pm	C Court	MP Maple
Computer Club	3rd Mon	10 am	GL	Community Church & Communion	1st Sun	11 am	CD Cedar	MH Meeting House
Dance Club	Last Sat	7 pm	BR	Community Church Worship	2nd & 4th Sun	11 am	CH Clubhouse	MHP Meeting House Parlor
Emerald Society	4th Wed	2 pm	BR	Community Church & Fellowship	3rd Sun	11 am	CFT Craft	TR Terrace
Italian-American	3rd Wed	7:30 pm	BR	Community Church "Living Well at Rossmoor"	4th Sun	1 pm	DW Dogwood	RR Red Room
NJ Social & Cultural	Last Fri	1:30 pm	BR				GL Gallery	VC Village Center
Players	Last Mon	7 pm	GL				GR Game	
Sisterhood	3rd Mon	1:30 pm	BR					
Torah Study	Sat	10 am	CD					
Women's Guild	3rd Thurs	1:30 pm	BR					

This month in pictures

Photos by Joe Conti and Walter Gryskiewicz

At the polls



Geri McFarland “And where do you live?”



From left, Bob Macchiarola, Mike Zdep, Grace Gambino



Paul Thibault takes a minute to pet some community dogs out on their daily walk with Aline Carroll.

Greeting Wounded Warriors



Denny O'Malley, center, and the Monroe Fire Department guys



Veterans Club at the rest stop



Crowded overpass– great showing!



Even the rain didn't dampen their spirits!

Veterans visit Washington, D. C.



Breakfast for 250 veterans in the High School in Williamstown, N.J.



Bob Shine, right, and his son Tom at the U.S. Air Force Memorial

Rossmoor Rental Library

By Irene Poulin

Seeing Red by Sandra Brown

Sandra Brown returns with another suspenseful, sexy thriller sure to keep readers on the edge of their seats.

A Game of Ghosts by John Connolly

It is a deep winter and the darkness is unending. A private detective named Jaycob Eklund has vanished, and Charlie Parker is assigned to track him down.

Wired by Julie Garwood

Allison Trent has always had a special talent for computers. When she's not cleaning up after her trouble-

maker brother, she spends her days writing code and navigating the intricacies of the Internet. She discovers someone has stolen the computer program she developed. Now she needs help in tracking down the thief.

Look Behind You by Iris Johansen

A San Diego serial killer tauntingly leaves behind souvenirs of unsolved serial murder cases throughout the country so the FBI turns to freelance agent Kendra Michaels. She so distrusts its investigating team that she calls on her own out-of-bounds guys with guns.

Crime Scene by Jonathan Kellerman

A former athletic star turned coroner's investigator, Clay Edison, finds himself drawn into a complicated investigation when a former psychology professor's death brings back questions involving a previous scandal in which one of the students was killed in a horrific murder.

Any Dream Will Do by Debbie Macomber

Debbie Macomber returns with a powerful novel about a woman forced to start her life anew, embarking on the most courageous journey of all to a place where she learns what love and trust really mean.

Collared by David Rosenfelt

Rosenfelt opens with a stray being dropped off at the Tara Foundation, the dog rescue organization Andy Carpenter ardently supports. An embedded chip reveals that this was the dog also taken two and a half years ago when single mother, Jill Hackman's baby was kidnapped.

Exposed by Lisa Scottoline

Mary DiNunzio wants to represent her old friend Simon Pensiera, a sales rep who was wrongly fired by this company, but her partner Bennie Rosato represents the parent company. When she confronts Mary explaining this is a conflict of interest, an epic battle of wills and legal strategy ensues.

House of Spies by Daniel Silva

Fans and new readers alike will be drawn in once again by Silva's masterful storytelling. He is a true genius with his portrait of the Israeli assassin-art restorer facing new, real world complexities.

Library Hours

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

Library closed Saturdays



From left are Susan Kostbar, Democratic Club president; Catherine Hunt, secretary; Arleen Cunningham, vice president; and Delia Gaines, treasurer.

Democratic Club - What's up?

By Susan Kostbar

Hopefully, residents have been watching and participating in some of the excellent content that has been brought to Rossmoor's Democratic Club over the past few months. Specifically, our Candidate Forums brought five New Jersey gubernatorial candidates here so they could share their views and allow our residents to learn more about each of the candidates, before the June 6 primary elections.

In addition, on June 19, Peter Jacob was a special guest speaker that brought his brand of inspiration moving from a career in social work to becoming a candidate with more votes than any other candidate in a primary in the history of New Jersey's 7th Congressional District.

Coming up on July 17, back by popular demand, is

our Summer Pot Luck Dinner as a club fundraiser. We ask that you bring a dish. Last year's variety of foods made for a beautiful evening of member food specialties, yummy desserts, nice music, and good community. Costs are \$5 for members; \$7 for guests. Please call Arleen Cunningham, Club VP, so you can tell us what you plan to bring. Arleen will also have suggestions, if needed. Call 609-662-7353.

As always, we welcome residents to become members of our Democratic Club. Dues are \$15 per year. Contact Rosa Harris at 609-409-8626 to learn more about Club membership and to receive the 2017 brochure complete with upcoming Club meeting and event dates, plus more. Be sure to look for us on Facebook and join our group, Rossmoor's Democratic Club. And, watch Channel 26 for all upcoming meeting announcements.

Emerald Society's summer activities

By Joan Avery

President Dan Jolly has arranged a fabulous cruise up the Hudson River on the Cornucopia Line on August 16. There will be a buffet lunch, a DJ and dancing in-

cluded on this exciting trip. The cost is \$74 per person. The bus will leave pool side at 10:30 a.m. The trip is open to all residents, family and friends.

Everyone enjoyed Jerry Castaldo, who entertained the members at the May meeting. Gary Morton was the entertainer for the June meeting; terrific reasons to come to the monthly Emerald Society meetings.

Dan has also arranged for a 25th Emerald Society Anniversary party, and he has also scheduled the Emerald Society picnic for August 19. More information will follow.

There are several wonderful summer events for the members of the Emerald Society. See you at the meeting July 26.

Italian American Club

(Continued from page 14)

Entertainment at the July meeting will be an address by Paul Pittari on the life and music of Frank Sinatra.

Bingo will be played on Saturday July 22, (not our usual Friday) at 6:30 p.m. in the Clubhouse. A donation of \$200 was sent to St. Jude.

HAIR by Dawn

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Women's Guild gives scholarships to Monroe college-bound seniors

By Diane England

With the cost of college being what it is today, every college-bound senior would love to receive a full scholarship, but the odds of this happening are slim. When Linda Klink, the scholarship chairperson for the Women's Guild, and I, as president, attended the awards ceremony at the Monroe Township High School in late May to present the seven scholarships the Women's Guild had committed to provide this year, one young man was introduced who'll receive a free college education. He was accepted by the Naval Academy, but sadly, most students must figure out a way to fund their education.

I recently read that the odds of winning a scholarship are about eight in one. However, for those who expect to attend one of those colleges with ivy-covered walls, the odds can be as high as 1 in 500. So, perhaps it's not surprising that high school students today are being told not to turn up their noses at scholarships such as ours, which were \$1000 apiece. Sometimes by going after a number of these smaller scholarships for which fewer students qualify (for example, we only give scholarships to seniors from our local high school), it's possible to make a dent in meeting that shocking price tag most of them face.

With regard to the scholarships the Women's Guild provides, we do not decide to whom these will be given. School personnel make the decisions, though we can pro-

vide some general input. So, who did they select this year?

It's not always the case, but they chose seven young women. Let me introduce you to them now—by sharing the same information Linda and I were privy to the night of this awards ceremony and which, by the way, we shared with attendees at our scholarship luncheon on June 8. I want to thank Linda Klink for organizing this luncheon for us.

I will start with scholarship recipient Nancy Verdun. It appears she might already have a good sense of what her chosen career could entail, because of her volunteer activities.

- National Honor Society
- Varsity Cheer for 4 years
- Italian Honor Society
- Englishtown-Manalapan First Aid Squad
- Intern with Forsgate Physical Therapy
- Major: Kinesiology
- Attending: Temple University

Here is some information about Pooja Pandya. Don't you imagine she's a bright a young woman with a true love for science, but she could discuss other things with you as well, in French or English?

- Top 10 percent of her class
- Advanced Placement Scholars Award
- Model United Nations
- Science National Honor Society Officer
- Do the Impossible President
- National Honor Society
- AZZ Mentoring
- French Honor Society
- Major: Chemistry
- Attending: Carnegie Mellon University

I suspect scholarship recipient Caitlyn Magee is the most athletic in this group of seven. And if her career has her chasing criminals, some of them might need to be concerned. I imagine she's fast and has great stamina.

- Honor Roll
- Varsity Soccer
- AVID Program
- AVID Tutor
- Monroe Township Club Soccer Coach
- PSA-NPL Soccer
- Major: Criminology and Psychology
- Attending: Fairleigh Dickinson University

Our next recipient, Brianna Rodriguez, might want to become a nurse practitioner. I do suspect she'll unwind in the evenings by painting or drawing.

- Honor Roll
- National Art Society
- Art Honor Society
- Spanish Honor Society
- Key Club Treasurer
- Employed with Hollister
- Aspires to become a pediatric Nurse Practitioner
- Major: Nursing
- Attending: University of Delaware

I look at the following list for Parineeka Awasarmol and think: Here's a young woman with diversified interests, so I wonder what career she'll ultimately decide to pursue? Could she become an environmental activist, for example, who also paints as an avocation?

- National Honor Society Vice President



Women's Guild scholarship recipients were honored at a luncheon. From left, front: Nancy Verdun, Ilene Joy; back row: Pooja Pandya, Parineekah Awasarmol. Three other recipients were unable to attend due to prior commitments.

- Member of the Art Club
- Environmental Action Club
- Science League
- Youth and Government
- Robotics Club
- Technology Club
- Earned 1st Place in a National Championship (2013 Pa.) and 1st Place in a State Championship (2013 Rutgers)
- President of Gardening Society
- Volunteers at a local nursing home
- Major: Humanities and Social Sciences
- Attending: The College of New Jersey

I will introduce you to Ilene Joy. We don't have to guess what her choice of career will be. She's also obviously another young woman who's motivated to help others. Wouldn't you agree that's encouraging to see?

- Honor Roll for 4 years
- National Honor Society
- Key Club
- Joint Secretary of a church youth organization
- Major: Nursing
- Attending: Rutgers University School of Nursing

The final scholarship recipient to whom I will introduce you is Caitlyn Angley. I find it interesting that she is pursuing pre-med and has participated in Future Business Leaders of America. Perhaps she's heard it said that many physicians could have benefited from having a better foundation in business. As a former physician's wife, I'd say this is probably a good idea.

- National Honor Society Principals List

(Continued on page 18)

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Glaucoma

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David K. Lee, MD, FACS

Oculoplastic Surgery

Steven K. Mishkin, MD, FACS, FRCS(C)

Retinal Diseases

Elena Ng, MD

Contact Lenses and Optometry

William B. Potter, OD 4423
Drasti Makwana, OD 6488
Talía M. Mishkin, OD 6461
Ellie K. Patounas, OD 6101
Paul L. Sonenblum, OD 6871
Hina P. Zaidi, OD 6236

Low Vision

Talía M. Mishkin, OD 6461
Hina P. Zaidi, OD 6236

David Lee, MD, FACS

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

New this year: Scott Joplin extravaganza. Back by popular demand: "Our Three Tenors."

By Gene Horan
The Rossmoor Music Association (RMA) had a very successful 2016-2017 season. During the upcoming season, the very popular "Our Three Tenors" concert will return, and Scott Joplin's ragtime music will be featured in a program by pianist

Scholarships

(Continued from page 17)
• Future Business Leaders of America
• Local food bank volunteer
• Major: Pre med
• Attending: Pennsylvania State University
Do you feel the money many of you worked hard to earn last November as bazaar volunteers has been well spent? Needless to say, these students think so and extend their deepest thanks. I also want to thank you. I want to thank everyone who donated goods, accepted the donations, organized the sales rooms, worked the event, and shopped till they dropped. After all, you all made it possible for us to provide these scholarships.

I'd also like to extend my deepest thanks to Paulette Mascia for organizing and managing this massive event. Fortunately for us, she's returning to do so again this year. Watch for my article in August because there will be information about gathering the troops in early September to start planning this event, which consumes us the first Thursday, Friday and Saturday (the event itself) in November. Since Paulette's goal is to raise even more money for scholarships, we're going to need lots of quality goods and quality help. So, even if you've never done this before, think about joining us. Believe it or not, it's a lot of fun.

Richard Dowling, the nation's top exponent of his work.

"It's going to be a great year and we urge Rossmoorites to subscribe to all six concerts for the bargain price of \$60, less than the cost of a single ticket in many venues," remarks Faith Knabe, president of the Music Association.

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

Fall 2017

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

This will be a repeat of the very popular concert held two years ago which brought a very enthusiastic audience to its feet. Gifted pianist Jeffrey Uhlig has performed here several times. He is a versatile pianist, particularly renowned as an accompanist. The names of the tenors will be announced later.

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

Friday, October 20: All Seasons Chamber Players

All Seasons Chamber Players, now in its 37th season, is a leading chamber music ensemble in the New York-New Jersey metropolitan area. Their wide appeal comes not only from the high quality of their performances but from the variety of instrumental groupings and music periods. The group has previously performed at Rossmoor to enthusiastic audiences.

Friday, November 10: Richard Dowling celebrates Scott Joplin, King of Ragtime.

Richard Dowling has been commemorating the 100th anniversary of Scott Joplin's death this year by performing

(Continued on page 19)

A reminder: Geoff Gallante, musical prodigy, and his jazz trio will perform at the Meeting House on Sunday, August 20, 2017, at 3 p.m. Admission is \$10. Don't miss it!

Dance Club to hold BBQ dinner and dance party

By Judy Perkus

All couples and singles are welcome to join the Dance Club in the Clubhouse Ballroom on Saturday, July 29 at 6:30 p.m. for a BBQ dinner and dance party. DJ Carmine will provide the music for an evening of all kinds of dancing.

The cost of \$18 per member/ \$20 per non-member includes a BBQ dinner with hot dogs, burgers, chicken, corn on the cob, potato and pasta salads, coleslaw, pickles and condiments, watermelon, cake, coffee, tea and soda.

Please send your check to Dance Club president Armen DeVivo by July 21. For more info, call Armen at 609-655-2175.



Rossmoor Dance Club

July 29 BBQ Dinner & Dance Party

Name: _____

Phone: _____

Address: _____

PAID-UP Member(s): _____ @ \$ 18 = _____

Non-member(s): _____ @ \$20 = _____

2017 membership dues \$7.50 per person; _____

\$15 per couple _____

Total _____

RESERVATION DEADLINE: July 21

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

SPORTS

Croquet Club is rolling along



Croquet Club gathering in the Clubhouse after Friday golf croquet



By M.Vail
Spring has sprung in all its glory. The Court is in splendid condition and every Friday the members are playing golf croquet followed by refreshments and conversation

in the Clubhouse Cedar Room. All residents are invited to join in the full events of the early evening. In June, Friday croquet began at 4 p.m., with refreshments served at 5:30 p.m. Members

sign up and prepare the refreshments for Fridays only, and always gather, rain or shine, at 5:30 p.m.

Golf croquet is also scheduled for Sundays and Tuesdays at 4 p.m. The Six Wicket players meet on Tuesdays at 5 p.m.

Schedule changes due to excessively hot weather will be posted; play will be moved back one hour. Members will be notified by email and phone.

The July schedule will be posted after the next Board Meeting on June 26.

The basic rules to play croquet are listed on the Club signage board situated off the right side of the court. The weekly sign-up sheets are posted on the shed bulletin board. Members are requested to reserve their time slot for play or practice. Equipment is available for all members of the Club.

Loretta Widdows, nominating co-chair, is seeking to compile a list of former board officers and committee chairs in order to begin the nominating process. All members are requested to give any information regarding service to the Club to Loretta in writing.

Sharon Gaines has made new sets of marker flags for the croquet court. Her work is beautiful and greatly appreciated.

The annual membership BBQ will take place on the Clubhouse patio and in the Hawthorn Room following Kookie Kroquet on Saturday, July 1, from 3 to 7 p.m.

Notices for croquet events are posted on Channel 26, in The Rossmoor News, on the shed bulletin board, as well as at the Clubhouse bulletin board.

Membership Chair Betty Ann Clayton, generous with her time and her wide breadth of knowledge, is available to speak on the subject of croquet to interested clubs. Her contact number is 609-662-4659.

Ladies' 18-hole League – May tournament results

By Arlene McBride
On May 9, "Odd/Even Holes" tournament was played. Winners for the even holes were first place Pat Mueller; second place Arlene McBride. Winners for the odd holes were first place Nancy Bloom; second place Joan Messick. It isn't easy picking those odd/even holes before you start playing. Congratulations to all.

On May 16, "Scramble" tournament was played. Winning team was Carol Faraci, Maria Hogan, Lanie Kartagener, and Nancy Nita. Great job girls! After a round of play, we held our first luncheon/meeting. We discussed many items, which were tabled until the next luncheon/meeting on

(Continued on page 20)



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RMA

(Continued from page 18)
60 all-Joplin concerts nationwide. On April 1 and 2, he played all 53 Scott Joplin pieces at Carnegie Hall. He is the first pianist in history to play all 53 compositions in two days. This is sure to be a very memorable concert.

Spring 2018
Friday, April 20: Fred Moyer, piano

Frederic Moyer has spent over 30 years as a full-time concert pianist, a career that that has taken him to 43 countries. Many composers have written works for him, including Pulitzer Prize winners George Walker and Ned Rorem. He is a favorite with Rossmoor audiences.
Friday, May 4: Olga Vinokur, piano

Olga Vinokur is an acclaimed pianist and a dynamic performer on the classical and contemporary music scene who is gaining recognition for "the strength and consistency of her artistry," as noted by the *New York Times*. She has toured around the world, and has performed as a soloist, chamber musician and with orchestra. This will be Vinokur's first appearance at Rossmoor.

Friday in June 2018: Date and performers to be announced

Reminder: All concerts are at 7:30 p.m. in the Meeting House
Subscription: \$60 for all six concerts. That's a savings of \$30!
Individual tickets: \$15 at the door.

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ROSSMOOR Women's 9-Hole GOLF ASSOCIATION

By Terre Martin

May was a pretty good month for weather. We only got rained out once. The tournaments were a fun mix of serious and not so serious attempts to improve our scores.

"Ironing Day" was a challenge for some, since players could only use their irons and a putter. They had to leave their trusty woods in the bag. Joyce Cassidy was the winner for the A Flight, and Mary Ellen Mertz won in the B Flight.

Our "Blind Hole" tournament was a close one with

Paula Richardson taking first in Flight A and Tori Meiselbach winning Flight B.

The final May tournament was "Pink Ball Day." Each team member took turns playing with the pink ball to advance the scores. Losing it in water or a hazard meant disqualification. The winning team turned out to be Terre Martin, Soonja Nam, and Alyce Owens.

Our June 6 tournament was rained out. Hopefully players will take advantage of our rain dates at the end of the season and still get a chance to play some golf.



Golf Course Highlights

By Ted Servis, Golf Professional

What's going on at the golf course? Golf season is in full swing it's been a great season so far for everyone.

A job well done goes out to Tom Tucci and his staff; the course is in great shape.

The ladies' golf clinic will be August 30 from 9 to 10 a.m. Please call the Pro Shop to sign up.

The Pro Shop is fully stocked with merchandise for all your golfing needs so please stop in and take a look. If there is something you're looking for and we don't have it in stock, we be happy to order it for you.

We just switched out all of the old range balls for brand

new Wilson Range Balls, so please come out and give them a try. The Pro Shop hours of operation are Monday from 11 a.m. to 5:30 p.m., Tuesday through Sunday from 7 a.m. to 5:30 p.m., all hours subject to the weather.

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

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

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Not a member of the Rossmoor Golf Course? No problem!

Rossmoor residents may schedule tee time for family and friends by calling the Pro Shop at 609-655-3182. You don't have to accompany the golfer to the Course, but the guest will be charged a greens fee and cart rental fee upon arrival (unless you want to arrange that when you call!)

Want unlimited rounds of golf? Family and friends may also become member of the Golf Course!

The Pro Shop is open seven days a week and would be happy to help you with all your golfing needs from equipment and accessories to golf lessons.

Remember, tee time is only a phone call away!



Religious Organizations

Keep calm and carry on

By Dierdre Thomson

When I turned on the evening news on June 5, it was during a report on the terrorist activity in London, the second one, near the bridge. As the reporter was giving her story, I suddenly reacted to something she said. It was something that I had been talking about for the past month or so – “Keep Calm and Carry On.” Why had I been saying that? Because that has been part of a theme that I have been using to encourage people during the too many scary incidents happening in our world, and in our everyday lives. But why that particular slogan? Let me give you a little history.

Remember that in World War II, Great Britain was one of our major allies. Their

Prime Minister, Winston Churchill, had a way with words, and he could bolster and encourage not only the British people, but also their allies, with such phrases as, “Never in the course of human events have so many owed so much to so few” (paraphrase mine), when he spoke of the RAF fighting off the German Luftwaffe.

I am not sure if Churchill is the one who came up with the phrase “Keep Calm and Carry On”; I do know, however, that the British government decided to use that particular phrase to encourage the people during 1939 and throughout the war.

The threat of World War II was looming in 1939, and there was fear that Hitler’s

army would invade England. The British government knew that the people would need encouragement as there would be bombing runs and destruction, and death. The government knew that the people would be facing adversity. Now we, the people here and abroad, find that we are facing war again. This war is different, yet just as scary, perhaps even more so. This war is a combination of factors – actual wars, but also fear, stress, worry and anxiety that wears us down. Many fight depression and discouragement. How do we fight this kind of war? Yes, we can “Keep Calm and Carry On”, or we can move on to the second phrase I use – we can “Keep Calm and Trust God.”

Catholic Society offers series of “Classic Films that Lift the Spirit”

By Gene Horan

There is much today in the world-at-large that can drag down the human spirit; just watch the nightly news. So, the Catholic Society will be showing a

They are classic because they were recognized as such when they first appeared, having received rave reviews and multiple awards, and because they continue to be recognized as such. They lift the spirit because they portray what is noble and good.

The first film in the series is “The Song of Bernadette,” based on the best-selling book by Franz Werfel, and winner of multiple Academy Awards: Best Actress (Jennifer Jones), Best Art Direction, Best Cinematography, Best Music. In addition, the film was nominated in eight other categories, including Best Picture. It also won Best Motion Picture and Best Director in the Golden Globe Awards.

“The Song of Bernadette” tells the now familiar story of

Bernadette Soubirous, who from February to July 1858 reported having visions of a “beautiful lady” near her home in Lourdes, France.

The film will be shown in the Gallery at 1:30 p.m. on Friday, July 14. Coffee, tea, and light refreshments will be available. All Rossmoorites are most welcome.

Films in the series will include, among others, “The Lilies of the Field,” “Going My Way,” and “A Man for All Seasons,” all Oscar winners.

Jewish Congregation’s July 4th party kicks off summer activities

By Ben Wistreich

The Rossmoor Jewish Congregation’s big event as we enter the summer is our popular Fourth of July 4 party-celebration in the Ballroom and patio on Tuesday, July 4. Those who have registered and paid will feast on kosher franks and hot dogs and all the fixings.

Once again, the Congregation will have quarterly presidents serving for 2017-2018. The schedule is as follows:

Dolores Grieff – June, July, Aug. 2017.

Ben and Judith Wistreich – Sept., Oct. 2017, and Feb., 2018

Judy Perkus – Nov., Dec. 2017, and Jan. 2018.

Arnold Jasper – March, April, May 2018.

The Jewish Congregation recently announced to our members that our 50th Anniversary in April 2018 will feature a lavish, catered luncheon for all paid-up members. It will be held in the Ballroom, and several dignitaries will be invited. Thanks to a bequest, this event will be free for our paid-up members, but there will be a charge for others and guests of members, if

room allows. At this time, there are no plans to have an ad journal but other ideas are being discussed to make this a truly memorable occasion. Our Anniversary Committee is encouraging members to bring their ideas to any board member.

The Jewish Men’s & Friends Club will announce our next lunch event in our Bulletin. Our May event proved that using chopsticks is easier the more experience you have. Ichiban 18 was our late-May luncheon and drew a full hibachi-loving crowd. The meal and surroundings were fun. That’s what we’re always seeking when we choose our lunch/dinner locations. Under consideration for our next event are both Thai and Portuguese restaurants.

The July schedule of Sabbath Services are:

Friday, July 14. Torah Reader, Bob Kolker; Lay Reader, Jeff Albom.

Friday, July 28. Torah Reader, Jeff Albom; Lay Reader, Bob Kolker.

The Congregation will sponsor all Services and the Oneg Shabbat that follows, unless someone comes for-

ward to sponsor a particular service after this is published.

Those wishing to sponsor a Sabbath Service should contact co-Gabbai Judy Perkus. Cantor Mary Feinsinger leads our Services, which begin at 7:45 p.m. in the Meeting House.

The Congregation’s monthly Board Meeting will be held on Tuesday, July 11, at 7 p.m. in the Dogwood Room, a week later than usual because of the July 4th holiday.

Physical/spiritual exercise

By Dierdre Thomson

The time has come for lots of hiking and swimming and all kinds of sports. As usual, the Physical/spiritual exercise class will be taking a hiatus during the summer - July and August. We will begin again the Friday after Labor Day, September 9. Looking forward to seeing you and some of your friends back with us on September 9 at 11 a.m. in the Gallery.

Community Church

July 2017 Calendar

- July 2 Communion Service at 11 a.m.
Pastor: The Rev. Dr. Dierdre L. Thomson
Sermon: Calling the Outsider
Organist: Cecile Wang
- July 6 Women’s Guild Board Meeting at 10 a.m.
- July 9 Church Service at 11 a.m.
Guest Preacher: Rev. Kahlil Carmichael
Guest Musician: Kevin Gunia
Soloist: Stephanie Pervall
- July 10 Deacons’ Meeting at 9 a.m.
- July 11 50th Anniversary Comm. Meeting at 10 a.m.
- July 16 Church Service at 11 a.m.
Pastor: The Rev. Dr. Dierdre L. Thomson
Sermon: To Consecrate – To Separate
Guest Musician: Kevin Gunia
Soloist: Stephanie Pervall
- July 17 Council Meeting at 9 a.m.
- July 23 Church Service at 11 a.m.
Guest Preacher: Rev. Robin Bacon Hoffman
Organist: Cecile Wang
Soloist: Stephanie Pervall
Living Well at Rossmoor Service at 1 p.m.
Pastor: Rev. Kahlil Carmichael
- July 25 Library Committee Meeting at 1:30 p.m.
- July 30 Church Service at 11 a.m.
Pastor: The Rev. Dr. Dierdre L. Thomson
Sermon: Answering the Call
Organist: Cecile Wang
Soloist: Don Sheasley

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REMEMBER OUR MEN
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IN THE SERVICE

Honoring the church’s 50th anniversary and her father’s legacy

By Diane England

Have you considered what your legacy will be? At this stage of life, it’s probably common to think about such things. Perhaps less common, though, is to ponder a deceased parent’s legacy. And yet, there might well be a newfound appreciation for it—in large part because of the wisdom grown from a lifetime of experiences through which that legacy can now be viewed.

One resident for whom this has happened is Gloria (Gigi) Dawley. She is chairing the Community Church’s fiftieth anniversary celebratory weekend, which will take place September 22-24. Events that weekend will include a concert with the “Three Tenors,” in conjunction with the Music Association on that Friday night in the Meeting House at 7:30 p.m.; a dinner on Saturday night in the Ballroom at 6 p.m. which will be catered by Business Bistro; and another concert on Sunday night at 6:30 p.m. in the Meeting House with two performers that residents have enjoyed during our lawn concert series, “Anthony and Claire.” You need to know that Gigi’s father, Harold Gobble, was very active in the Community Church throughout his retirement years here.

“It was very emotional for me to join the Community Church,” Gigi told me as I met with her and her current husband, Rowland (Toot) Tudor, in the house in which her parents had once lived. “It made me feel good because I felt like I was stepping into my father’s world and carrying on something important to him.”

How did Gigi, a native of Dallas, Texas, and her parents both come to live at Rossmoor? Well, the stage was set by the fact this only child had never wanted to remain in Dallas, even though she’d led a comfortable life there. In fact, she’d been privileged enough to attend the city’s most prestig-

ious private school for girls, and she was often privy to conversations her father’s friends held concerning business and other matters. For that matter, they sometimes even sought out her opinion on topics under discussion. But these things weren’t enough for Gigi to feel married to Dallas.

Indeed, Gigi was troubled by the smiles and gushing remarks of many of the women she encountered whom others might have seen merely as displaying southern hospitality. To her, it all represented a life of pretense, something she could well live without. Thus, she made her husband-to-be, a product of the same prestigious area of Dallas known as the Park Cities, promise to leave Dallas as soon as they’d walked down the long aisle of the Highland Park Presbyterian Church.

That young man, Joseph Dawley, was an artist. Furthermore, he was a man who’d remain happy as long as he had a studio with good light in which to paint, and the uninterrupted time to do so. Meanwhile, Gigi was happy to transfer with Texas Instruments from Dallas to Elizabeth, New Jersey. As a result, the newlyweds spent their honeymoon driving from the Great State of Texas to a place where Gigi would no longer be expected to wear a southern belle smile and chatter on about the need to do lunch with people with whom she believed she had little in common.

Over the years, though, Gigi would make many trips back to Dallas to visit her parents as well as, in time, to handle matters for her widowed mother-in-law whose mental faculties were being destroyed by Alzheimer’s. Her parents watched this, and finally her father assured her they didn’t wish that she might be compelled to do something similar for them. Her parents professed they wanted to move to New Jersey, where Gigi and her fam-

ily were living in a colonial house in Cranford. So, Gigi began a search for a suitable location for her parent’s New Jersey retirement. Soon, she came across Rossmoor.

“They moved to Rossmoor in 1978,” she said. “My father became active in the Church immediately. But this wasn’t surprising. He’d always had a passion for helping people.”

There was more opportunity for Harold Gobble to become involved in our Community Church than there’d been for him in Dallas. That Texas church had been very large and its pews were filled by some of the city’s wealthiest and most powerful families. At Rossmoor, though, Harold Gobble had the opportunity to do some rather simple but meaningful things such as deliver cassettes of the Sunday services to former residents who’d been forced by health issues to move into nearby assisted living facilities. In time, he also assumed leadership roles. In 1987, for example, he served in the Church’s most powerful leadership position, what today is called the president of the council.

Probably because the Community Church is an ecumenical church, Gigi and Toot (Toot had been a friend of Joseph Dawley’s up until his death in 2008) have been able to enjoy serving this Church together. After all, while Gigi was raised as a Protestant, Toot was raised as a Catholic. But now, like her father before her, Gigi and Toot might help set up the altar for the service or, at other times, they’ll both usher. However, they also both serve in leadership positions. Gigi is currently the secretary for the Church council and Toot manages financial matters—including overseeing the volunteers who fulfill the treasurer and assistant treasurer roles.

Then there is the rather sizeable task Gigi has of putting on those fiftieth anniversary celebratory events.

I asked her if she was initially eager to take on this role. “No, I had to be begged,” she replied with a laugh. “But I finally agreed to do it when Reverend Thomson and Marianna Sandor (the council president at the time) agreed to help me. See, I’d told them I’d never do it alone.”

Gigi now has a good-sized committee helping her. Still, she’ll admit this has been a significant responsibility and, as a result, she’ll still feel stressed about it from time to time. “I feel a sense of re-

sponsibility to my father, though,” she said. “I sense in doing what I am for the Church, I’m keeping his legacy alive. And frankly, that’s a good feeling that also keeps me going.”

It will also provide Gigi with a good feeling, that she has lived up to her father’s legacy, if many residents come out to attend these events that last weekend in September. So please, put them on your calendar now. And then in August, watch for more information in that month’s edition of this paper.

Catholic Society schedules Mass on July 13

By Gene Horan

The Catholic Society monthly Mass will be celebrated in the Meeting House at 7 p.m. on Thursday, July 13. The celebrant will be the Rev. John Primich, great-nephew of Grace O’Hare and a good friend of the Catholic Society. He is hospital chaplain at Hunterdon Medical Center. Fellowship and refreshments will follow the Mass.

Other July events include

- The Prayer Shawl Ministry on Thursdays, July 13 and July 27, at 1:30 p.m. in the

- Clubhouse Craft Room.
- The Catholic Society Council meeting on Tuesday, July 11, at 1:30 p.m. in the Meeting House Parlor.
- The Chaplet of Divine Mercy on Tuesday, July 18, at 3:00 p.m. in the Clubhouse Maple Room.
- As part of the “Classic Films that Lift the Spirit” series, “The Song of Bernadette” will be shown in the Gallery on Friday, July 14, at 1:30 p.m. See separate article in this issue.

Depending

By Dierdre Thomson

I am an avid reader. I enjoy many types of books, both fiction and non-fiction. I have found that there are books that one cannot put down until the very last page has been read. There are also books that one reads that he or she cannot wait to reach the very next page. Books give us pleasure and sometimes help us escape from life. I am currently reading a book that is inviting me into a special life – that of a dog lover. I read a chapter, or maybe just a few pages, at a time – relaxing, smiling, sometimes laughing out loud. Edward Grinnan, editor in chief at Guideposts, invites the reader into his book, “Always By My Side” not just to read but to be able to experience at least a little of the joy and the learning of life’s lessons. Grinnan has experienced – with his dog Millie and the many other dogs he has had during his life.

Lest one think that I am biased toward dogs, I actually grew up with cats. My mother bred Siamese cats; she also raised Persian Cats. It was not until I was married that a dog entered my life. It was a sweet beagle. We continued to have both cats and dogs all of our married lives. Of course, they were just part of the menagerie that lived with us – hamsters, geese, and chickens were some of our chosen pets. Then there were those who chose us – possums and skunks, for example. They did not seem to mind sharing our cats’ meals and the cats would just sit there and look at them.

I now have Geddes who was tiny and apparently orphaned when he came crying at my window one evening back in 2006. He is now huge and, according to the vet, he is a perfect tabby. He is also still a bit of a scaredy-cat. But the cat my family and I remember with the most fondness is Tiger Lily; she appeared at our new home in Tennent, N.J., the same day we moved in. She was a proud cat, and did not deign to allow us to pick her up and hold her. We could, of course, feed her – she was happy to allow that. My mother looked her over and said that Tiger Lily appeared to be about 10 years old and past her kitten bearing years. So, for the next 20 years, yes –she lived to be 30 years old, Tiger Lily was a part of the Thomson family, though a somewhat distant part. She was tough; she even survived an attack by a muskrat.

Tiger Lily knew where her next meal was coming from and was content. We were not as content – we could only pet her now and then, no hugging or holding. There was no Tiger Lily lying on our laps – until about three or four years before she died. Then she would sit next to us or even on our laps. We were so happy. We thought she had finally mellowed. Not quite – she had merely found out that we were warm. She had begun to mind the cold in her old age, so she sat next to us or on our laps for the warmth. During those years from childhood to now, I have noticed one thing – our pets, be they cats, dogs or geese, knew they could depend on us for food, shelter and love. Upon whom do you depend?



First in war, in peace, and in the hearts of his countrymen

By Hadassah Aylat

It's a big day for the Sisterhood when President George Washington, played by character actor Bill Agress, comes to the monthly Sisterhood meeting on Monday, July 17, at 7:30 p.m. in the Ballroom. All the details of his interesting life will be depicted: his youth, his training as a surveyor, his role in the French and Indian War, his marriage, his command of the army during the Revolutionary War, and as our first president, incidentally,

elected unanimously, a feat never repeated.

Those who were lucky enough to see actor Bill Agress portray Albert Einstein for the Sisterhood will be thrilled again. Agress, an actor and teacher, specializes in reenacting the lives of famous Revolutionary heroes, and has also appeared in plays at the Bucks County Playhouse and McCarter theaters.

We'll also have our usual delicious desserts. All residents are invited, and please



George Washington

remember to bring non-perishable food for the Food Pantry.

Details for the school supplies drive

By Diane England

Last month I told you about an attorney and senior editor for *Forbes* who wasn't always so affluent, and hence, she was able to write honestly about the humiliation she suffered at school because she came from a poor family. She also suggested people like us can save some of today's poor children from such humiliation by donating school supplies. Furthermore, these donations might also mean some children have the basic supplies they need to complete their school assignments, whereas they might not have had them otherwise.

So, are you now eager to donate school supplies to needy school-age children in Trenton? (Rossmoor volunteers will take your donations to the Trenton Soup Kitchen so their staff or volunteers might ensure they reach the neediest young people.) Assuming you are, let me remind you of the type of items we'll be collecting (all items should be new) as well as when and where we'll be gathering the items.

These are the types of items needed:

- **Backpacks:** for boys and girls
- **Paper:** lined paper, copy paper, construction paper, spiral notebooks, composition books, index cards
- **Pencils and Pens:** blue or black pens, #2 pencils, colored pencils, erasers, pencil sharpeners, pencil cases, colored markers, crayons, highlighters, dry-erase markers
- **General Supplies:** 3-ring 2" binders, pocket folders, report covers, paper clips, white dry erase boards
- **Classroom staples:** staplers, staples, rulers, protractors, glue sticks, scissors, tape, calculators
- **Things no one can ever have too much of:** tissues, sanitizing wipes, hand sanitizer

These are the times and places where you can drop off the items you're donating:

- In the Meeting House on Sunday morning, July 30 before the 11 a.m. church service.
- In the craft room of the

Clubhouse on Monday, July 31, from 10 a.m. to 3 p.m.

- In the craft room of the Clubhouse on Thursday, August 3, from 10 a.m. to 3 p.m.

If you would like to participate but are unable to deliver items to any of these locations at these times, perhaps

a friend or neighbor would be willing to help you out. We are unable to provide pick-up of items.

Thank you for participating in this very important community event whereby you might be making big difference in the lives of children who are innocent victims of their family's poverty.

MAINTENANCE DEPARTMENT

By Dave Salter

Summer Reminders

Please make sure all your windows are shut properly; blinds and drapes should also be closed. In the summer time your attic fan might run constantly due to the heat. Air Conditioning thermostats should be set on auto and cool. Set your thermostat to a temperature that is comfortable for you. If the temperature is 100 degrees outside, your house might only cool down to 80 degrees. That is why you should keep your air conditioning set at a constant temperature instead of turning it up and down.

Reminder: if you turn your air conditioning on, late in the afternoon it can take several hours to cool down.

JCP&L

If you experience a power outage, please call JCP&L directly at the following phone number 1-800-714-7297 or 1-800-714-4624. Individuals calling in gives them a better idea how widespread the outage is.

Toilet Condensation

At this time of year, we get a lot of calls about water on the bathroom floor. Most of the time this is just conden-

sation from the hot summer air on the cold tank of the toilet. To check, wipe off the condensation with a towel and then wait a few minutes to see if you can then observe any water from a leak. If so, give us a call. If it is just condensation, there's nothing to do but wipe it off or mop it up occasionally.

AC Service

The Maintenance Department has two technicians servicing air conditioners. If you have not had your air conditioner serviced yet, please give us a call.

Resident work request forms

This is a reminder that all homeowners are required to fill out a Resident work/request permit form when doing alterations in or around your home. In a co-op, this form is called an Alteration request. Also, a tree permit is required if you are planting a tree. These forms can be obtained at the Maintenance Office.

Community Cleanup

The Township of Monroe will come into our community and pick up all bulk items. All items should be placed at the designated areas on July 22 and July 23 for pickup on July 24.

Mailing Addresses

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

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



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TRANSPORTATION TIDBITS
Important phone numbers:
Rossmoor Bus 609-655-4401
Hours 10:00 -11:00 a.m. and 2:30 p.m.- 4:00 p.m.
Monroe Township Transportation 609-443-0511
Middlesex County
Area Transportation (MCAT) 1-800-221-3520
St. Peter's University Hospital
On Time Transportation 1-800-858-8463

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

Rossmoor Resident Telephone Directory
CHANGES & DELETIONS ONLY
*Please mail or bring this form to the Rossmoor Community Association, Inc., Village Center
128 Sussex Way, Monroe Twp., NJ 08831
with any changes or deletions to your name, address or telephone listing.*

Information as it now appears:
NAME: _____
ADDRESS: _____
PHONE: _____

Changes for the 2017-18 edition:
NAME: _____
ADDRESS: _____
(1)PHONE OR (1)CELL: _____

****All Changes must be received by July 14, 2017****
If your name, address and/or telephone/cell number is in the 2016-17 edition correctly, it is not necessary for you to complete this form.

HEALTH CARE CENTER NEWS

By Kaytie Olshefski,
BSN, RN-BC

The Health Care Center is here for you and is open every day of the year from 7 a.m. to 7 p.m., including weekends and holidays. From 7 p.m. to 7 a.m., if you call the Health Care Center, you will be greeted with a recording, but you cannot leave a message on the phone, as it does not have a recording device to accept messages. If you experience an emergency, no matter what time of the day it is, please call 911.

All the nurses are RNs and certified in Basic Life Support and Automatic External Defibrillator. Our nurses are also certified by the American Nurse's Credentialing Center in a nursing specialty, such as in Geriatrics or Medical Surgical Nursing.

The nurse responds to emergencies within your home and in the community. If you come to the office and the nurse is not there, she is responding to an emergency. There will be a sign in the window indicating this. You are more than welcome to wait in the waiting room for the nurse to return.

We draw blood Monday through Friday from 7:15 to 10:30 a.m. Appointments are taken for blood work. Please bring your prescription to the Health Care Center no later than the day before your scheduled lab appointment. Please check with your primary insurance company, especially if you are covered by a Medicare Managed Care, HMO, PPO, or commercial insurance, to see if your insurance company has a contract with a particular laboratory. We use Saint Peter's University Hospital's laboratory and Quest. If you need to use Lab Corp, that facility is located on Prospect Plains Road, right next door

to Rossmoor's Maintenance Building.

Some of the services we provide are blood pressure monitoring, injections, and dressing changes.

Monday through Friday we request you come in after 10:30 a.m., as people who are having blood work are usually fasting. On the weekends feel free to come in any time. We require a doctor's order to administer injections and for dressing changes. Our nursing policy in giving injections is that we require a resident to have received two injections of the medication at their doctor's office before we will administer the drug. The reason is that if you have a reaction to the medication in your doctor's office, the doctor has drugs to counteract it. For dressing changes, we require a doctor's order. The nurse will follow the instructions your physician provides on how to care for your wound. We also provide first-aid treatment and health instruction, and we are a good referral source.

We have a side entrance door for people who are wheelchair-bound: the door is slightly wider than the main entrance door to the Health Care Center. Knock on the door and we will open the door for you to come in even if you have an appointment on the doctors' side of the Health Care Center.

We provide informative health related monthly lectures every second Monday of the month at 1 p.m., in the Maple Room of the Clubhouse. Information is on Channel 26, our internal TV channel. Flyers are posted in the Clubhouse, Village Center, and the Health Care Center. If you would like to attend please call the Health Care Center to let us know.

We accept clean durable

medical equipment from residents such as canes, walkers, wheelchairs, commodes, and shower chairs. We also accept other items such as blue pads and Ensure. We in turn give out the medical equipment and supplies to residents. Please call the Health Care Center if you are in need of something, because we might have it.

Stephanie Fitzsimmons, Ed.D., MSN, RN, APRN-BC, runs a free Caregivers Support Group at Saint Peter's Adult Day Care, located in the Pondview Plaza, on the second Thursday of the month at 1:30 p.m. If you would like more information, Stephanie can be reached at 1-800-269-7508, ext. 8662.

We provide Pre-Admission Testing (PAT) in Monroe Township for residents who are planning to have surgery or a procedure at Saint Peter's University Hospital. For more information, I can be reached at the Health Care Center, 609-655-2220 or on my PAT cell phone 732-261-8977.

Saint Peter's University Hospital provides free transportation, Monday through Friday, to the hospital on a set schedule. The van will pick you up in front of the Clubhouse. The phone number to On Time Transport service is 1-800-858-8463.

Our Monroe Physician Directory is updated yearly and is available at the Health Care Center.

In the spring, we have our annual Health Fair and in the fall, we provide two flu and pneumonia clinics in the Clubhouse.

Residents have asked me how to dispose of used syringes and needles. Saint Peter's has an exchange program where you would pick up a regulated waste container at the Emergency Room and when full, return it to the Emergency Room. They will exchange it and give you an empty container.

Another way to dispose of the syringes and needles is to use an opaque, puncture resistant, leak proof container with a screw-on top, such as plastic laundry detergent, bleach or fabric softener container. Do not use a coffee can because the lid can easily come off. When the container is full, screw the top on tightly and label it "Needles and Sharps." Double bag the container with two plastic bags and now it can be disposed of in the regular garbage.

There are specialty physicians who come to the Health Care Center on certain days of the week. On Mondays Dr. Lev Simkhayev, an internist, is here from 10 a.m. to 1 p.m. To contact him, call 732-360-9996.

On Monday afternoons, Dr. Sang Song, a pain specialist, is here from 1 to 5 p.m. He can be reached at 732-660-8715.

On Wednesday mornings Dr. Ronald Armenti, a podiatrist, is here from 8 to 11 a.m. To make an appointment, he can be reached at 732-360-9200.

Dr. Richard Angrist, an ophthalmologist, will come to our Health Care Center, but you need to call him at his office to arrange for an appointment at Rossmoor. His number is 732-246-1050.

If you have not updated your medical questionnaire in a while, please come in and update your information.

In our lecture series from Saint Peter's University Hospital, NJ Retina will be speaking on "Focus on Macular Degeneration," on July 10 at 1 p.m. in the Maple Room. If you are interested in attending or would like more information, please call the Health Care Center at 655-2220.



By Mel Moss

This month I will write about spittlebugs. A strange name, but not really. This is an insect that feeds on a wide variety of plants by sucking sap out of leaves. They can cause problems if there are enough of them on a plant, but usually there are not enough of these tiny insects to cause much damage. Even if there is a large infestation, the plant may have its new growth slowed down and distorted, but they will not kill the plant.

The name "spittlebug" can be explained by going through its life cycle. The adult lays eggs in the early fall on a plant for the new brood to feed on in the next spring seasons. The eggs usually hatch just after the first new tender leaves unfurl. Nymphs are 1/8 to 1/4 of an inch long with very soft bodies.

This is the first of five stages before the insect becomes an adult flying leaf hopper-like insect. The nymph will make bubbles out of a liquid they secrete from their back ends. Once the spittle contains enough bubbles, they use their hind legs to cover themselves with this foamy substance which looks a lot like spit, and hence the name.

Normally they will appear on a plant where the leaf attaches to a stem or where two branches meet. This foam protects them from predators, temperature changes, and dehydration. Meanwhile, they are busy sucking sap from their newly found leaf.

The spittlebug in its nymph stage will always stay hidden in this foam, but if you use

your fingers to probe through the foam, you will find this little nymph. Sometimes there are more than one. The nymph can be yellow, orange, or green. The ones I've seen were light green.

After four to six weeks, the insect will finish its nymph phase and leave its foamy home to begin its adult stage. At this point, it will be 3/8 of an inch long and will look like a leaf hopper. They are usually a brownish-orange to a dark brown color. Although they are not technically leaf hoppers, they can hop and fly like one. Their "faces" are said to resemble a frog's face, so they are called "frog hoppers." There are around 850 species of spittlebugs known in the world and 23 of them live here in North America.

Your best method of controlling this insect will be in its nymph stage. Use a forceful spray of water from a garden hose and knock the foam and the nymph off the plant. This will usually end the nymph's life because they are not very mobile and are unlikely to climb back onto the plant. Insecticidal soap can be used but the foam the nymphs are encased in will keep most of the soap from getting to the nymph. Spittlebugs prefer feeding on pines and junipers, but can be found on almost any kind of plant. To help control them, be sure to get rid of old dead plant material in the fall, because this is a prime area for the adult spittlebug to lay its eggs.

Fortunately, spittlebugs are not usually a major problem because they seldom accumulate in large numbers. But they have a strange and interesting life cycle.

A Message from High Tech Landscapes, Inc.

By Jeff Voss

- The Roundup will be effective now that it is hot consistently. Please tune to Ch. 26 for information on when your Mutual will be sprayed.
- Please call the East Gate phone and leave a message with any questions or concerns. (609-655-5134).
- The third round of fertilization will be a liquid application of nut sedge control using herbicide that produces fast, visible results and controls difficult weeds, such as nut sedge, season long and aids in reducing future

generations of weeds. This will take place later in the month.

- The first pruning (late spring/early summer) will be completed by end of the month (weather permitting).
- We will be street sweeping this month.
- Please remember to put any plant debris out front Sunday night in order for us to pick it up on Monday morning.
- Just a reminder, newly installed sod and seed needs to be watered at least twice a day, 45 minutes in the morning and afternoon.



Caregiver Support Group

Focus: Spouse/Partner
2nd Thursday at 1:30 p.m.
Location: Saint Peter's Adult Day Care Center
Monroe Township

Meetings are 90 minutes
Registration is not necessary.
Questions may be directed to Stephanie Fitzsimmons, RN, NP
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From the Mayor

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

Cultural Arts presents free concerts in the park

Summer guarantees warmer temperatures, longer days and here in Monroe, a lineup of talented musicians at Thompson Park. As in years past, the Monroe Township Cultural Arts Commission and Middlesex County will host two free series of concerts at the Park's gazebo, a fitting outdoor center stage overlooking scenic Manalapan Lake.

Concert-goers are welcomed to bring along chairs, picnic baskets and even their dancing shoes to this highly anticipated Township tradition of free music in the Park. During this year's series, the Cultural Arts Commission has booked a diverse arrangement of musical acts to entertain the crowds each Thursday, starting at 6 p.m., between July 6 and Aug. 17.

These concerts include

July 6 – Swing Sabroso (a Latin mix and accompaniment to salsa dancing)

July 13 – Jersey Chicks (hot fun in the summertime hits)

July 20 – Boheme Opera NJ

July 27 – Motown Tunes

August 3 – Jammin' Steel Band (Caribbean sounds popularized by Reggae, Calypso and Soca)

August 10 – Fabforward (1970s classics featuring covers from the Beatles' solo careers)

August 17 – Make-up Date (performance to be announced).

Similarly, Middlesex County's free Music-In-The-Parks Summer Concert Series will run on Wednesdays between July 5 and Aug. 30 from 2 p.m. to 3:30 p.m.

The concerts include

July 5 – Mark Heter and his band (Salute to the Stars and Stripes)

July 12 – Sandy Sasso's Swingin' Big Bands

July 19 – Greg Giannascoli (Marimba, Gershwin and More)

July 26 – The Jersey Polka Stars

August 2 – Rave on Band (a Rob Orbison and Buddy Holly Tribute Band)

August 9 – Broadway Pops Big Band (Music from the Great White Way)

August 16 – Zydeco-A-Go-Go (New Orleans style Rhythm and Blues, '40s Jazz and Swing)

August 23 – The Perry Brothers (Irish favorites)

August 30 – The Garden State Symphonic Band (marches, musicals, movies and more).

With its covering of trees and tranquil backdrop, Thompson Park draws thousands of music lovers from across the region to our community each year. It's always so exciting to watch as friends, relatives, neighbors and visitors come together for a phenomenal lakeside performance and an evening of family-friendly fun. It's a time and a place where great memories are made.

Of course, we have our Cultural Arts Commission to thank for all of this. In partnership with our Recreation Department, the Commission is also sponsoring four specialty camps as part of its Summer Enrichment Program at the Community Center on Monmouth Road. These camps, which are available to all township children and grandchildren, help instill the love of the arts for the younger generations in Monroe.

This year's camps include Creative Writing Camp – August 14 to 17, Children's Theatre Camp – August 14 to 17, Summer Art Camp – August 21 to 24, and Film Camp – August 28 to 31.

More information for camps registration can be found at www.monroetownshipculturalarts.com

Whether you're a senior or a student, the Cultural Arts Commission brings world-class performances to our community at an affordable price, including free admission for students at any of our ticketed events. Be sure to visit www.monroetownshipculturalarts.com for the latest information on the Commission's upcoming events.

LWV to focus on County at July 24 meeting

By Ruth Banks

The LWV of Monroe Township will hold its monthly meeting on July 24 at 1 p.m. in the township's municipal building. The guest speaker will be Kenneth Armwood, Middlesex County Freeholder, chairman of the Business Development and Education Committee.

If you are a recent transplant to New Jersey, you may question what is a Freeholder? And you won't be alone. Many residents, including League members, have no idea what a Freeholder is, or does, or in fact, what role the county plays in our lives, except for the fact that a certain percentage of our tax dollars go to the County.

The Board of Chosen Freeholders (that's the official name) manages the County's affairs, property and finances and sets the policies for County government. The Board oversees various facilities, programs and services, including 18 County parks, more than 7500 acres of open space, 324 miles of County roads, economic programs, services for children, seniors, veterans and those in need, Middlesex County College, the County Vocational-Technical Schools and Academy, which, by the way, has just been ranked among the

10 best high schools in the U.S.

Armwood brings to his position years of experience in community organization and development, first with his time on the Piscataway Board of Education and later from his experiences at the Job Corps in Edison. He has been responsible for organizing a homeless shelter, pro-

grams for youth, and services to various segments of his community. A graduate of Rutgers, the State University, he brings to the board his ability to think about the issues and take appropriate action.

The League is a political organization with state and national offices, but it neither

(Continued on page 27)

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OR

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

or a combination of the two

AND

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For Lowering Blood Pressure and Cholesterol:

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Senior Center Highlights

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

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

Advance registration is recommended to ensure easy admission into a program; and, if needed, transportation to and from the Senior Center. For more information, please call the Office/Senior Center at: 609-448-7140.

HERE'S TO YOUR HEALTH

The Magic of Recycling: On Thursday, July 6, at 10:30 a.m., enjoy a laugh-filled 45-minute, interactive comedy and magic show, by Bill Kerwood, who was invited by the Middlesex County Department of Public Works and the Monroe Township DPW, to encourage you to pass along the legacy and responsibility of recycling and sustainability to the next generation. Please register.

Drivers Safety Program: On Tuesday, July 18, at 8:45 a.m., attend the AARP-sponsored driving safety program to enhance your driving skills and receive a discount on insurance. To register or for more information, please call 609-448-7140.

LivWell Series: Starting on Monday, July 24, at 10:30 a.m. (and scheduled once a month thereafter through December) LivWell presents, in conjunction with Saswati Chakraborty, Case Mgr., Monroe Village at Village Point, this special *Mind, Body & Spirit* lecture series. This month, the focus is on stress busting and the latest research on healthy aging. Please register.

LAUGHS, LYRICS, & LECTURES
Register in Advance

Go West: On select Mondays this month, enjoy these "classics" of the *Wild, Wild West*. On Monday, July 3, at 1 p.m., get back in the saddle with, *The Magnificent Seven*, (starring Yul Brenner and Steve McQueen). Then, enjoy the comedic side with, *Blazing Saddles*, on Monday, July 10, at 1 p.m., (starring Gene Wilder, Madeline Kahn Mel Brooks).

Michael Crawford: On Wednesday, July 5, at 1 p.m., this 1980 concert features the world-class entertainment of Michael Crawford. Hosted by Mike

Ferreira, enjoy Crawford's unparalleled artistry as he performs his favorites.

Summer Celebration: On Thursday, July 6, at 1:30 p.m., Gordon James returns to sing and play patriotic songs as well as popular summertime tunes from the 40's, 50's, and 60's. From "*This Land Is Your Land*" to "*Under The Boardwalk*", there is a song for everyone.

Karaoke with Rick: On Monday, July 10, at 2:30 p.m., join Rick for some karaoke fun and light refreshments.

Simply Streisand: On Wednesday, July 12, at 2 p.m., enjoy the resemblance of Streisand's sound and look as Carla presents her likeness during this special show.

Cholly Chan & the Kishka Caper: On Thursday, July 13, at 2 p.m., enjoy Harvey and Naomi Miller's original, comedic murder mystery with a taste of Yiddish Ham. Ideal for people who love to hear Yiddish but do not necessarily understand it — complete with a translated, staged reading with English captions.

Wherefore Willie?: On Monday, July 17, at 1:30 p.m., join Shirley Reich as she takes you on an exciting exploration concerning all the fuss about William Shakespeare. Find out how this "country bumpkin" made it.

The Struma: On Tuesday, July 18 and 25, at 1:30 p.m., Julian Davis returns to discuss one of the largest, exclusively civilian navel disasters of WWII, "The Struma & The Holocaust of the Sea". It is an epic story of mankind's efforts to survive and the cost of hatred that continues to claim innocent lives. When you register in advance, you will be automatically enrolled in the two lecture dates.

Mike & Ted Present: On Wednesday, July 19, at 2 p.m., Michael and Ted, from WWFM's "The Classical Network" trace the life-work of George and Ira Gershwin, from their early beginnings to their most memorable and popular songs.

Summer Series Continues: On Wednesday, July 19, at 7 p.m., enjoy *A TRIBUTE TO NEIL DIAMOND*, starring Frank DeRosa. Frank does not try to impersonate Neil; rather, his show highlights Neil Diamond's greatest hits. Please arrive at 6:30 p.m. to enjoy a special, refreshing treat courtesy of The Gardens at Monroe before the show. Tickets: \$5 p.p.; due upon registering in-person.

Pizza Plus: On Friday, July 21, at Noon, enjoy a slice or two of pizza along with a drink and dessert. Plus, our very own Susan Schwartz hosts an enlighten-

(Continued on page 27)

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

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

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

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

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

GUESTS OF THE ROSSMOOR POOL

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

age of 16 and \$2 per child between the ages of four and 16.

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

LANE SWIMMING SCHEDULE

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

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

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

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

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

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

Revised by Board of Governors November 19, 2015

Cheesecake

(Continued from page 8)

Now that we know some of the history of cheesecake we are ready to make a fantastic one! I always tell my friends that making a cheesecake is very simple and almost foolproof. You just have to mix the ingredients until they are smooth, pour the mixture over a simple crust in a springform pan and follow the baking instructions. Easy!

There are many really good recipes for cheesecake but I'm going to give you one of the easiest and best. I call it "Irma's cheesecake" because it was given to me by my lovely neighbor, Irma, when I first came to Rossmoor. That reminds me, I am always surprised when someone asks me if I would mind sharing a recipe. Why should I mind since most of my recipes were given to me by friends!

In order to make a baked cheesecake you need a springform pan (the bottom of a springform pan is removable after you loosen a hinge on the circular part). These pans look leak-proof but do not count on it. I usually put a sheet of foil or a light pan underneath the springform pan protect the oven.

Irma's recipe is for a 10in cake so it makes a very large one (16 or more servings). It has a very simple "crust" which makes it even easier! Because cheesecake is very rich it should be cut into small wedges. This recipe always allows for seconds. I adapted the recipe for a 9in pan and I has always turned out well for me.

I use a *Kitchen Aid* which makes mixing the ingredients much easier.

Irmas's Cheesecake

10 in	9in
2 lbs cream cheese	1 ½ lbs cream cheese
	(room temperature)
2 pints sour cream	1 ½ pints sour cream
6 eggs	5 eggs
2 cups sugar	1 ½ cups sugar
2 teaspoons vanilla	1 ½ teaspoons vanilla

The "crust" is the same for both.

Spray the bottom and sides of the pan with a vegetable oil spray.

Mix the following ingredients and place on bottom and sides of the pan.

½ cup graham cracker crumbs. 1 Tablespoon sugar, and ¼ teaspoon each cinnamon and nutmeg.

Heat the oven to 375 degrees.

Filling

Mix cream cheese and sugar until well blended. Add vanilla and eggs and mix to blend. Add sour cream and mix all until smooth. Pour into prepared pan.

Bake 10in cake for 1 hour. Turn off the heat and leave in the oven for another hour. DO NOT OPEN THE OVEN DOOR. Because of the density of cheesecake, it will continue to cook after the oven is turned off. Remove from oven and let it cool to room temperature. A crack in the cheesecake is normal. Refrigerate overnight. The cheesecake will stay fresh for several days in the refrigerator. Bake the 9in cake for 50 min. Turn off the heat and leave it in the oven for one hour.

I do not put a topping on cheesecake because I feel that it takes away from the unique flavor of the cheesecake.

Classified Advertising

Transportation

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

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

AMERICAN CAB – We'll take you anywhere. Appointments available. Credit cards accepted. (609) 529-6943.

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

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

EXPERIENCED DRIVER – Airports and local, including doctor visits, supermarkets. Carl (908) 812-6326.

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

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

Home Improvement & Services

INTERIOR PAINTING – Wall-paper removal. 30 years experience. Please call Ken – Diamond Painting. (609) 655-1525 or (732) 446-0400.

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

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

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

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

LANDSCAPE – Spring cleanup, complimentary fertilize. All services available – local resident. (609) 468-3412.

Miscellaneous/Services

QUALITY, LOVING CAT SITTER – Your furbaby by photo. Laura (609) 605-1251.

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

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

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

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

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

Wanted to Buy

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

For Sale

LIKE NEW – Burgandy Lazy Boy recliner. Original price \$1,500, asking \$400. (954) 529-5660.

Real Estate For Sale or Rent

MARRIOTT ARUBA SURF CLUB for sale at \$4,500 or rent at \$2,000 per week. May-December. Two bedroom, two bath. Please call Howard (732) 979-3085 or Robin Krant (732) 841-8869.

Help Wanted

EMKA HOME CARE SERVICES is looking for Certified Home Health Aides and companions. Hourly and live-in positions available. Competitive salary. (732) 635-2020.

Help & Health Services

LIVE-IN HOME CARE – Experienced caregiver. Compassionate, caring, patient, kind, trustworthy. Hope (908) 821-8335.

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

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

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

Housecleaning

GAIL'S AFFORDABLE CLEANING – Want a clean home? Polite, patient, reliable, references. \$60. (732) 325-4228.

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

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

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

CLASSIFIED Ad Information

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

Mail to:
Princeton Editorial Services
P.O. Box 70
Millstone Twp., NJ 08510

RATES

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

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

LWV

(Continued from page 25)

supports nor opposes candidates for political office. Its members study policies that affect our country, and may advocate for some of them. The League is open to men and women, and meets monthly, usually on the

Senior Center Highlights

(Continued from page 26)

ing, interactive session focusing on the program, "What Would You Do?" Discover how you and others would react to different situations. Tickets: \$6 p.p., due upon registering in-person, in advance.

Jerry's Travels: On Friday, July 28, at 1:30 p.m., join Jerry as he takes you on a two-pronged tour of Greece and the Aegean Sea. From Athens and Olympia to Crete and Egypt, enjoy the splendid sights and insights.

LET'S GET PHYSICAL

Boot Camp: Starting on Friday, July 14, at 10 a.m., join Julie for this 45-minute, 8-session circuit training program that improves endurance and total body strength with spikey balls and resistance bands. (Last Class: September 1). Class fee: \$40 p.p., due upon registering in-person, in advance. Space limited to ensure safety.

Move & Groove: Starting on Monday, July 17, at 10 a.m., join Sarah for this 10-session, dancercise-style workout to improve endurance and mobility. (No Class: September 4; Last Class: September 25). Class fee: \$40, due upon registering in-person, in advance. Space limited.

Bodies in Motion (Wed): Starting on Wednesday, July 19, at 10:15 a.m., join Georgeann for 10 sessions of weight resistance training, with a focus on both standing and seated movements. Class fee: \$40, due upon registering in-person, in advance. Space limited.

Total Toning: Starting on Wednesday, July 26, at 11:15 a.m., join Deb for a total toning experience for 10 sessions. This "No-Aerobics" class uses light hand weights to build core strength, balance, and flexibility. Class fee: \$40, due upon registering in-person. Space limited.

Artistically Speaking

Mixed Watercolor: Starting on Thursday, July 6, at 12:30 p.m., join Jeremy for this 5-session, multi-level watercolor class. Acrylics and other water media may be incorporated, if desired. Use of both natural and synthetic papers will be explored. Course fee: \$50 p.p. Supply list available upon registering in-person. Space limited. Last Class: August 3.

Maurice's Art Lectures: On select Mondays this month, enjoy an enlightening lecture and DVD presentation with Maurice Mahler, Art Historian, Rutgers Ad-

fourth Monday of the month. For more information on the League, please contact any of the following: Judy Perkus, 609-395-1552; Andrea Pellezzi, president, 609-664-2146; Marsha Rosenbaum, voters service, 609-409-0930; Adrienne Fein, membership- 609-860-5984; or Ruth Banks, 609-655-4791.

junct Professor: On Monday, July 10, at 10:30 a.m., learn about Jersey's American Artist, Ben Shahn. Then, on Monday, July 17, at 10:30 a.m., explore the life and career of Rembrandt. When registering in advance, note the program title and date.

Collage with Karen: join Karen Starrett, Teaching Artist, for this two-day workshop (July 11 and 18) as she focuses on self-expression through collage and other media. No experience necessary. Students are encouraged to collect autobiographic materials for their project. Course fee: \$20 p.p., due upon registering in-person, in advance. Space limited!

Art of the Masters: On Friday, July 21, at 2 p.m., join Cristina, as she briefly discusses the life and artwork of Norman Rockwell. Then, 16 members, with a project coupon (available upon request when registering in-person) will create a personal masterpiece in the artist's style using watercolor paints. Lecture only? Please call to register. Space limited.

Design Your Own: On Tuesday, July 25, at 10 a.m., join Andrea as she inspires you to design and paint your own pair of wine glasses (*Top-rack, dishwasher safe!*) No experience necessary. All supplies and instruction included. Space limited. This craft is valued at \$20 p.p.; but, you only pay \$15, which is due upon registering in-person, in advance.

Center Transportation

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

Also, please feel free to call the Office in the morning for all other transportation requests. We will make every effort to schedule your ride to and from the Senior Center.

For on-going activities, "renew" your reservation for the following month for uninterrupted service to your regularly scheduled group. Renewals will be honored prior to the month's end.



New Directions

IN HEALTH AND WELLNESS

An educational medical series brought to you
by AllCure 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.

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, AllCure 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 AllCure 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 AllCure 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 AllCure Spine and Sports Medicine's Neuropathy treatments, call our Monroe Office at 732-521-9222.

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

goodbye foot and leg pain...

hello world.

CALL
US
TODAY!

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 July 31, 2017.

AllCure

SPINE & SPORTS MEDICINE



**MONROE
OFFICE**

**350 Forsgate Drive
Monroe, NJ 08831**

732.521.9222