



Rossmoor IN News

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Monroe Township, New Jersey

June 2016

Focus on: Groups and Clubs

By Jean Houvener

Croquet Club: play and socialize

The Croquet Club members take their croquet seriously, but they have a lot of fun doing it. Now that the season has begun, the best time to check this club out is on Fridays at 4 p.m. for play. There are two forms of the game played – Golf Croquet and the more traditional Six Wicket Croquet. There are rules to follow, and one of the first things you will notice is that it is different from what you might have played as a child. Usually the members

start with Golf Croquet and then play Six Wicket Croquet after that. People who want to check out the club need to wear soft-soled shoes, but need not initially wear the required white clothing.

At 6 p.m. on Fridays after play, or even in the event that rain cancels play, as was true recently, there will still be the get-together in the Maple Room known as Attitude Adjustment. There the members gather to eat and socialize and address any business that needs doing. The Croquet Club is an independent club, with yearly

dues for playing members of \$25 and yearly dues for social members, usually members who no longer play, of \$10. This helps to cover their insurance and membership in the United States Croquet Association for the officers. The club's officers include Sidna Mitchell, president; Carl Kruse, vice president; Ellen Frankel, secretary; and Merv Shivers, treasurer. Other board members are Betty Ann Clayton, membership; Margaret Mary Vail, publicity; Gail McCarthy, social; Lucy Poulin and Loretta

(Continued on page 12)



Members of the Croquet Club taking a break from play

Rossmoor's war on mosquitoes

By Joe Haff

Perhaps you have wondered why there are so few mosquitoes in Rossmoor. The answer can be found in a project that Tom Tucci, the head groundskeeper of our golf course, and I have been working on for several years.

You might have seen small, swift birds that are continually flying around the golf course. They are called Purple Martins. In a day of feeding, each bird will eat its weight in mosquitoes or other flying insects. These birds winter in the Amazon region of South America and migrate to North America, arriving in our area at about

the start of spring. To facilitate their staying here, Tom and I have placed a Martin nesting house with accommodations for 16 nests and an additional three individual nesting gourds to entice pairs of the Martins to stay within Rossmoor. These nests have been instrumental in keeping the pairs living in the vicinity of the golf course.

At the end of each nesting season, in the fall, Tom and I take down the nests and clean them out, because next spring the Martins will scorn any that have not been cleaned. At the start of spring, these birds actually send out scouts to look for promising nesting sites near standing water and open fields, which are natural places to find flying insects such as mosquitoes, gnats, and moths. This makes golf courses natural sites for the winged predators. These birds are a protected species, but they are constantly subjected to harassment by

starlings and other invasive species that can take over an area.

The idea of starting this col-

(Continued on page 4)



Tom Tucci and Joe Haff built bird houses at the 12th tee.

Primary Election

Residents are reminded to vote in the Primary Election on Tuesday, June 7, 6 a.m. to 8 p.m. in the Ballroom. Consult your sample ballot for your Ward and District.



At the RCAL Annual Meeting of the Association on Thursday, May 19 in the Clubhouse Ballroom, delegates unanimously supported the re-election of the Executive Committee: Dan Jolly, president; Arnold Jasper, vice president; Jerry McQuade, treasurer; and Muriel Calvanelli, secretary.

Mayor Tamburro visits Rossmoor

By Carol De Haan

By 10 a.m. on Wednesday, April 27, the Ballroom had filled up with residents who came to hear our new Mayor Gerald Tamburro talk about issues affecting Monroe Township. He began with an analysis of our municipal budget.

"You need to know that 20% of your municipal taxes go toward municipal services, such as the Senior Center, the Community Center, the Police Department, Public Works, the EMS, the Library, and other public amenities," he said.

Another 17% goes to Middlesex County to maintain our parks, to pave and maintain County roads, and for health services.

An additional 6% goes to



Mayor Gerald Tamburro

fund the Fire Districts.

The rest, 57%, supports our schools. "Unfortunately," says Tamburro, "under the Christie Administration's formula for school aid, we are getting nickels and dimes for the past six years." He noted that State Senators Steve

(Continued on page 2)

Inside this issue

Bits & Pieces.....2
Bob Huber's Almanac...13
Clubs18
Culinary Corner16
Fitness Corner13
Healthcare23
Landscaping23
Maintenance23

Musings and Memories 16
New Neighbors 17
RCAL Meetings..... 2
Religion 22
Sports..... 21
Swimming Pool Rules.. 26
This Month in pictures.. 14



at the governors' meeting



Daniel Jolly, RCAI President, opened the Annual Meeting of the Association promptly at 9 a.m. with the Pledge of Allegiance.

gm

The Annual Meeting of the Association conducted its elections. The results were as follows: Daniel Jolly, President; Arnold Jasper, Vice President; Gerald McQuade, Treasurer; Muriel Calvanelli, Secretary.

gm

Daniel Jolly, RCAI President, opened the monthly Board of Governors meeting at 9:30 a.m.

gm

Barbara Krysiak gave the Community Affairs report and announced the results of the Committee elections: Barbara Krysiak, Chair; Joan Avery, Vice-Chair; and Moya Brady, Secretary. Mr. Marino reported on the results of the Maintenance Committee elections: Vincent Marino, Jr., Chair; Salvatore Gurriero, Vice-Chair; and Judith Sforza, Secretary. Gerald McQuade, reported that the Financial Analysis and Resolution Status reports were reviewed at the Finance Committee meeting and an-

nounced the results of the Committee election: Gerald McQuade, Chair; Loren Kelly, Vice-Chair; and Muriel Calvanelli, Secretary. Peter Kaznosky gave the Golf Committee report and announced the next meeting will be July 5, 2016 at 2:00 p.m. in the Village Center.

gm

The Board of Governors approved a resolution to recognize Barbara G. Watts for 23 years of outstanding membership in the Community and 21 years of dedicated service to the Rossmoor Community Church.

Tamburro

(Continued from page 1)

Sweeney and Jennifer Beck have introduced a bipartisan bill to correct the imbalance in State aid to schools. If the new formula goes into effect, Monroe schools could receive an additional \$2.5 million per year. Tamburro observed that Monroe has excellent programs for kids with special needs.

The recent tax revaluation has balanced the tax difference between the gated communities and the McMansions. Now that the revaluation is completed, our tax base has been stabilized. However, before the revaluation, we had 8,000 tax appeals for which the Township had to pick up costs of \$15 million of refunds.

Monroe has been very active in its Open Space program. So far, 6,600 Open Space acres have been purchased for public or municipal use. We have 60 acres in the southern part of the Township that can go to the Board of Education if a new school is needed in that area.

Mentioning the disastrous water situation in Flint, Michigan, Tamburro assured everyone that Monroe enjoys clean, safe, deep well water. Also, a company in Spotswood is selling us their allocation rights for

well water in the amount of three million additional gallons per day. The Utility Department tested all water in our schools and assured us that our youngsters have clean, safe water.

Regarding affordable housing, Tamburro said that Monroe must provide for 850 affordable units in coming years. Eligibility for affordable housing involves an income test only, not a means (i.e., asset) test. The State mandates how many units can be age-restricted.

The long-range plan includes, but is not limited to:

- 150 rental units, 30 of them age-restricted, on Route 33 near the WaWa;
 - 132 age-restricted units opposite Clearbrook;
 - 213 age "targeted" two-bedroom, single family homes on the Spotswood-Englishtown Road, aimed at one owner of at least 48 years;
 - 622 residential and some commercial units in a project called "Celebrations," behind the existing Regency development.
- Quite a few people came to the microphone to speak to the Mayor:
- Dan Jolly pointed out a bad pothole on Applegarth Road.
 - Ron Haas asked if we, as citizens, could do anything

to hasten the Sweeney/Beck legislation to get us more school aid.

- Arnold Jasper asked for another supermarket and Tamburro said there might be another Shop-Rite on Route 33. Also, that we will have in that vicinity a new MacDonald's, a new QuikChek, and a new tractor supply store that will offer much more than just tractor supplies. And as long as he was talking about Route 33, Tamburro said a new power line is being installed from the direction of Freehold. This will give Monroe a more redundant supply during outages.
- Bob Macchiarola asked about upgrading the intersection at Prospect Plains Road and Applegarth. "The problem," said the Mayor, "is that we cannot damage the Township tree." He said the County is working on it and very likely, they will install turn lights on Applegarth for that intersection.

Mayor Tamburro pointed out that there is a senior crime section in our Police Department and that we should seek their help whenever necessary. Further, residents should go to the Township website to become aware of scams that are targeting seniors.

Bits & Pieces

Sue Ortiz

A flag is a piece of fabric with a distinctive design that is used as a symbol, as a signaling device, or as decoration. Since 1777 when the first U.S flag, allegedly designed by Francis Hopkinson of New Jersey, first rippled in the post-revolutionary sky, there have been 28 variations of Old Glory. The current version, designed by Robert G. Heft in 1958 as a class project, has been in use since July 4, 1960, after Hawaii was admitted to the Union in 1959.

Flag Day is celebrated each year on June 14 to commemorate the adoption of the flag of the United States, which happened on that day in 1777 by resolution of the Second Continental Congress. My dad always made sure we had Old Glory waving proudly in our front yard, especially on Flag Day. And, I continue the tradition, keeping a bright flag on display atop the pole in my front yard.

Years ago, our flag fluttered from a bracket attached to the support trellis on the front porch. In the 1980s, my grandfather and his best friend, the mayor of Jamesburg, built a flagpole in our front yard, literally from the ground up. They used old chain-link fence pipe railings and fittings to construct the 15-foot pole and poured a concrete slab to anchor everything into the ground. The pole can be lowered for repainting and repair.

Every year or so, I purchase a new 5' x 3' flag to fly. The red, white, and blue looks magnificent hoisted high and undulating against a bright blue sky. It *must* have sewn stars and stripes. Also, as my dad always made sure of, it has to be made *here*, in the United States. I'd never buy a flag made in a faraway land. Even the small, cheap ones that we buy to stick in the ground or wave proudly at Memorial Day parades should be made in the U.S. If

not, I won't buy one. I've seen some where the flag is made here, but the dowel it is attached to is made overseas. It seems we can't even make simple wooden dowels here anymore!

The flag should never be displayed with the union down, except as a signal of dire distress in instances of extreme danger to life or property. This is an old naval tradition, before radios. It can still be used today if a ship's radio is out of commission. Once or twice my dad unintentionally raised the flag upside-down. I would kid him, "Oh, no! Are we in distress? Do we need to be saved?" We shared a laugh as he quickly corrected his mistake.

The study of flags is known as vexillology, from the Latin word vexillum, meaning flag or banner. I do not study flags, but, on the television show, *The Big Bang Theory*, the character Sheldon Cooper does, and he has a video podcast called "Fun with Flags." He probably knows more about flags than I do. Should *you* want to know more about our flag's history, there are myriad websites, including Wikipedia, that have tons of information.

If you have a worn flag that needs to be retired, give it to the Scouts or a Veterans' organization for proper disposal. Jamesburg Borough Hall has an old mailbox out front, painted in patriotic colors, where you can deposit your flag for a dignified disposal by the American Legion.

Happy Flag Day!
B&P

"It is my hope that on Flag Day, all Americans take a moment to reflect on our blessings and pay gratitude to those who have made America the strong, free, fortunate nation it is. Today, we pause to pay respect to the American flag - a symbol of centuries of perseverance, pioneering and patriotism." – Roscoe Bartlett (American politician, born 1926)

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Please call 655-1000
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The deadline for


The Rossmoor News

is the 7th of every month.

RCAI Committee Meetings June 2016

Agenda	June 2	10 a.m.
Maintenance	June 9	10 a.m.
Finance	June 9	11 a.m.
Board of Governors	June 16	9 a.m.
Golf Maintenance	No listing	

Meetings are held in the Village Center.



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

The *Rossmoor News* 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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Born and raised – Barry Clayton is a Monroe native who has returned to his roots

By Linda Bozowski

Feeding the chickens, cleaning the pens, gathering the eggs – that’s how Barry Clayton spent his youth. He was raised in the yellow house on the hill on Union Valley Road. Barry helped his parents and older brother Wilton (“Bill”) tend the chickens that were a part of the family’s livelihood. His father Wilton worked for Carrier Corporation and commuted to New York City where he worked in the Chrysler Building.

Barry has lived in several New Jersey towns but returned to his Monroe roots when he moved to Rossmoor in 2013. Now a resident of Sharon Way he and his wife Betty Anne, live just around the corner from his brother Bill and his wife Joan who live on Sunset Circle.

Recently, Barry shared some of his recollections about his earlier years. His father decided to raise 3,000 chickens in the barn on the Clayton farm, where Barry and Bill were responsible for their care. Barry’s uncle Fred Clayton had a farm down the road and his dad placed 1,500 chickens there. One of Barry’s chores was to transport feed from his family’s farm to Fred’s farm and to return with the eggs that were cleaned and sorted. To accomplish this, he returned to Fred’s farm four times a day with 200 pounds of chicken feed on his express wagon. Because this was hard work for a nine-year-old child, his dad purchased a used Desoto automobile and taught Barry how to drive it, which he did for five years. Ah, the good old days when country roads didn’t have much traffic.

When Barry was 16, his parents bought a 110-acre farm where he planted soybeans, wheat, and barley. The family also rented additional properties at the cur-



Barry Clayton at Nascar Training Course

rent Concordia Shopping Center and U.S. Post Office, sites that Barry farmed.

Barry attended Monroe School #2 on Applegarth Road and graduated in 1952. Among the teachers he remembers were Grace Epp, Norma Crocker, Marge Girth, and Principal Maude Smythe. Since Monroe Township had not yet made a sending agreement with Hightstown Schools, Barry graduated from Jamesburg High School in 1956.

After graduating from high school, Barry worked at IBM in Dayton and joined the Army Reserves, where he served for six years. He married his first wife Marge, a nurse at the then Princeton Hospital, in 1963. They purchased Cranbury Hardware in 1964, which he owned until 1979. His children Christine and Peter were born in 1971 and 1974, respectively. Marge passed away in 1984. While the family lived in Cranbury, Barry served as a member of the First Aid Squad for 18 years. He also served as a Deacon and Elder at the First Presbyterian Church of Cranbury and as a member of the Township Committee for six years.

Not one to be idle, Barry worked at several different

jobs until 1996, retired for a while, and then returned to work until 2004 when he finally called it quits.

Shortly after moving here in 2013, he met his current wife Betty Anne while they were walking their dogs near their current home on Sharon Way. Over several months, the “Hi, how are you” led to a ride to the airport and then dinner dates and ultimately to a wedding in August 2014. The couple now lives in the home Betty Anne had purchased in 2009 when she, and her late husband Ivan Szuts, moved into the community. They have a blended family of five children.

The photo above was taken in 2003 when Barry took a full-day Nascar Training Course in the Poconos. His top speed for the day was 175 miles per hour. He is currently a member of the Rossmoor Community Church and the Rossmoor Croquet Club.

Drone (story) crashes in nearby community

By Jean Hoban

I enjoy writing the April fool article every year. I laugh while I’m writing it, when I share it with my kids and grandkids who are my favorite critics, with Sue in E&R, and of course when readers respond to the article.

After April’s Rossmoor News article “The drones are coming” many of you called, sent a note, or emailed me to say how much you enjoyed the story. I got a wonderful call from the Rossmoor nurses who couldn’t stop laughing, and were ready to go searching for misdirected deliveries, as well as a funny note from Leah Kinnear who recognized a “gotcha,” after being burned by a previous April fool story. But the best response was a short letter from my Rossmoor friend Mary Clark.

Mary was talking with Roz Blinder at the Monroe Senior Center one day. Roz asked her where she lived and Mary said Rossmoor. “Oh,” said Roz, “with the drones?” It seems that Roz, who is one of the newsletter editors of a nearby community, believed our drone story to be factual. Then one of their writers, also mistaking satire for fact, wrote an article titled, “Drones are coming to Monroe Township!” It was published in their May-June edition. When Mary explained that the article was a “gotcha,” Roz was floored!

So, dear readers, the moral of the story, as if we didn’t know it by now, is always read April’s stories to the very end. If the end of a column says continued on page 21, you’d better turn the pages.

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Discover artistic side of woman you may have thought you knew

By Diane England

"Art is the proper task of life," Nietzsche has been quoted as saying. And frankly, members of our Community Church, as well as those who benefit from the work of the Interfaith Council, should be grateful that Barbara Watts, during the 21 years she was a resident of this community, lived in accordance with Nietzsche's belief. Except why would this be the case? Well, because Barbara became secretary for the church, a role through which she also supported the Interfaith Council, primarily to support her art.

"I have used the money I've earned over the years to purchase mats and frames for my watercolor paintings," she told me during an interview in May of this year. "But this money also allowed me to attend a number of workshops, and thereby to study with some of the best."

Yes, Barbara Watts is an award-winning painter who prefers the medium of watercolors. And while she has created both representational and abstract works, in more recent years she has been engaging in abstract painting. "I am a shape-maker," she said.

Perhaps Barbara's love of art and her talent for painting shouldn't come as a surprise. Her father, though a businessman, was also an artist. In Barbara's case, however, it was her high school art teacher in Forest Hills, New York, who noticed her talent and encouraged her to apply for a scholarship to the Pratt Institute.

"Things didn't work out as we'd both hoped they would," Barbara shared with me. "First, they gave the scholarship to a young man because in those days, they were more concerned with supporting the development of a talented man versus a woman."

"I forgot that's how it was then," I replied.

"Actually, I had to wait a year to get into Pratt because the young men were coming



Barbara Watts with her daughters, Juliette Watts Wooley (l) and Dr. Irene Amadeo (r)

home from World War II at the time, and they took priority. In other words, there wasn't a space for me."

"So, what did you do?" I asked.

"I attended Cooper Union for a year, but then I transferred, so I received my fine arts degree from Pratt Institute."

Barbara entered the world of publishing after graduation. "I worked for the art director of Dell Publishing," she told me.

"What did you do exactly?"

"I helped to select the covers for their magazines. Also, since these magazines included stories that needed to be illustrated, I hired actors who'd pose for the needed pictures. Then, I photographed them."

In time, Barbara married a man from Mountain Lakes, N. J., who came from a family with roots in opera. Although he had a love for music which he would later

share with our residents primarily through presentations on jazz, his first love was baseball. In fact, he started out as a professional baseball player, and later coached baseball in two of Princeton's private schools—the Hun School and the Peddie School. Also, he wrote books on baseball.

Barbara and her husband not only loved attending the opera, but Barbara also had the pleasure of working for the famous American operatic bass, Jerome Hines. Some of you might remember that Hines performed at the Metropolitan Opera from 1946-1987, and then later in his career, he turned to coaching. Because of her work with Hines, Barbara was able to meet many other operatic greats including the legendary Luciano Pavarotti.

So, how did a woman with this background become the

(Continued on page 5)



Tom Tucci and Joe Haff built bird houses at the 12th tee.

Mosquitoes

(Continued from page 1)

ony began several years ago, when I read a story about these birds and did some research on the Internet. Originally I found plans for constructing a 12 nest condo that I personally built. Unfortunately, during the first year of its existence it was destroyed by a severe storm.

After some more investigation I found S & K Manufacturing, of Missouri, that constructed kits for these multi-nest birdhouses and single nest gourds. I purchased a multi-nest house and two single-nest gourds. After I assembled them, Tom erected poles for them. They are presently located by the pond on the twelfth hole of the golf course. I added an additional gourd this year.

Of golf carts, grandchildren, and grandparents

By Theodora Briggs Sweeney

For those of us fortunate enough to have grandchildren, one of the joys of summer is looking forward to their visits. Naturally, we want to keep them entertained, so they'll think of us as fun grandparents. For those of us who own golf carts, there's a temptation to allow the children to ride in them.

Bad idea.

As the saying goes, "It doesn't take a rocket scientist" to see that while automobiles not only have doors and seat belts to keep occupants inside where they belong, golf carts have neither, with riders essentially traveling on an open bench.

While it's argued that golf carts don't travel at high speeds, tests conducted by American Society for Testing and Materials (ASTM) and the Franklin Institute Research Laboratories show that a head-first fall onto asphalt is in the fatal impact range at drop heights of less than one foot--no speed required.

Studies of golf cart injuries (some of which have been fatal) show that a passenger is at greater risk than the driver, since he or she doesn't even have the steering wheel to hang onto. An adult passenger is at somewhat lower risk than a child in the same location, since grown-ups have a lower center of gravity than children. And while grandma or grandpa might think that holding a child on his or her lap is safe, it isn't; since neither one is restrained, it just increases the distance the youngster will fall, with its attendant risk of greater injury.

Finally, since operating a golf cart on roadways requires a driver's license, it is against the law to allow a child to operate one on the streets at Rossmoor, even if an adult is present. So, grandma and grandpa, have fun with your grandchildren this summer, no golf cart required.

Chinese checkers, anyone?

Discover

(Continued from page 4)

long-term secretary of the Rossmoor Community Church? Well, one day Barbara's husband told the minister at the time, Reverend Donald Fletcher, that his wife needed a job. The Reverend Fletcher provided one, and hence, Barbara became a constant figure in the offices on the second floor of the Meeting House for two decades. Needless to say, she helped more than a few pastors become familiar and comfortable with their ministry work in the unique environment of Rossmoor. But Barbara also put her artistic skills to regular use throughout the years because she did layout and design for the Sunday bulletins and the monthly newsletters.

Now, Barbara has found a new venue for her life and artwork. It is a high-rise in downtown Philadelphia overlooking the fountain in the square that became familiar to many because of the Pope's recent visit. Barbara can easily access the arts she has always loved—by merely stepping out of this building and taking a short walk. And certainly another benefit will be her closer proximity to her three daughters.

"You've led an interesting life," I told Barbara as we began to wrap up the interview.

"I'm counting on it continuing to be that way," she replied.

And certainly, we wish Barbara Watts all the best in crafting a new life for herself where art remains at its center and feeds her soul.

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Ed Muench worries about us

By Carol De Haan

"Why do people walk in the street?" asks Ed Muench. "We need to walk on sidewalks, safe from the possibility of accidents."

The corollary of Ed's concern is to urge bike riders to stay off the sidewalks, and to ride their bikes in the road, where they need to observe all traffic signs and signals, the same as car drivers.

Ed's concern about safety dates back to his 22 years in the Navy, when, during WW II, he was assigned to Naval Aviation as a parachute rigger. "You've got someone's life in your hands," says Ed. To drive the point home, the Navy required all riggers to jump using one of their own parachutes. All his life, Ed has remained keenly aware of safety. Here are his recommendations:

For pedestrians:

- Walk only on the sidewalk.
- Look in all directions before you enter an intersection.
- Wear bright or reflective clothing so drivers can see you easily.
- Do not distract yourself by using a cellphone as you walk. Did you know that the N. J. Legislature is considering a law allowing fines to be issued to people who text while walking on public streets?

For cars:

- Slow down to the posted speed limits, usually 25 mph.
- Observe all posted signs, especially STOP signs.
- Yield to pedestrians, emergency vehicles, and snow clearing equipment.
- See page 34 of your RCAI Rules and Procedures for additional requirements.

dures for additional requirements.

For golf carts:

Obey the same safety guidelines as car drivers.

- Never ride against the flow of traffic. Stay on your right.
- Only one adult driver and one passenger may ride in a golf cart.
- No youngster under 16 years of age may ever drive a golf cart in Rossmoor.
- See page 30 of your RCAI Rules and Procedures for additional requirements.

For bike riders:

- N.J. Law requires bikers under 17 years of age to wear a helmet. It would be a good idea for everyone to do so.
- Never ride against the flow of traffic. Stay on your right.
- Always use hand signals when you turn.
- Never ride more than two abreast.
- Equip your bike with rear and pedal reflectors, and either side reflectors or reflective tire sidewalls. It's the law.
- Equip your bike with a horn or a bell to alert drivers and pedestrians of your presence. It's the law.

Ed knows whereof he speaks. He and his wife bought a motor home and spent one whole year driving in all 50 states, including Alaska and Hawaii. He wants us to remember that our attitude when driving is far more important than speed.

"Consider your car a 4,000-pound bomb," urges Ed Muench. And remember that the life you save may be your own.

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A resident shares a birth date with Queen Elizabeth



Marie celebrates her 90th. Birthday with her Prayer Shawl friends. Her daughter Jane is seated at her right.

By Anne Rotholz

Two important people celebrated a 90th birthday on April 21, Queen Elizabeth II of England and Rossmoor resident

Marie Tschinkel. Marie who grew up in Queens, N.Y., and came with her husband, Andrew, to reside in Mutual 16, 23 ago. She has three sons, two daughters and five grandchildren,

Marie was born in Peck Memorial Hospital in Brooklyn on April 21, 1926. Her parents, Lillian and Joseph O'Connor, were Irish immigrants. She recalls them telling her about that special day. It was an *Extra, Extra, Read All About It* day.

At that time the newspaper was the only means of getting news to the public and it was published once a day, in the early morning. It was a custom from the middle of the 19th century until the 1930s to publish a second paper, *Extra, Extra* if something extraordinary happened later in the day. The advent of radio brought an end to the custom.

On April 21, 1926, an *Extra, Extra* announced the birth of the royal princess who would become Queen Elizabeth II. Marie was born later that day. She remembers her mother telling her

that when the nurse first placed Marie in her arms she said, "Here is your princess." Those of us who know her well would agree that Marie does indeed have qualities that befit royalty!

Marie is a member of the Rossmoor Prayer Shawl Ministry. The members were planning a surprise celebration for the meeting, which coincided with her birthday. Instead, they were surprised when Marie told them that her daughter, Jane Bender who lives in Martinsville, was providing a wine and cheese party for all! It was a wonderful celebration with lots of laughter, gourmet food, balloons, flowers, a gift and a crown for Marie and a cheesecake with candles.

Happy Birthday, Marie! Here is an Irish blessing for you that would have been familiar to your parents.

*"May you have warm words on a cold evening,
A full moon on a dark night,
And the road downhill all the way to your door.
May the blessings of each day be the blessings you need most."*

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Pins or pegs? Depends on where you live

By Linda Bozowski

Did you know that on the listing of observances and celebrations for the month, June is recognition of International Clothes Line Week, June 4 - 11? Neither did I, but I'm glad that such a phenomenon is being acknowledged. A simplistic bit of technology that has been surpassed by mechanical devices, a.k.a. clothes dryers, the clothes line is still widely used throughout the world where such luxuries as electricity may not be available.

Clothes lines are any type of rope or twine suspended between two points, e.g., sticks, trees, sides of buildings. Lines may also be configured as rectangular or square "trees" on a single pole. Such devices are designed to hold more wet clothing within a smaller amount of space, and are viewed as more efficient mechanisms.

In many places, public clothes lines are available for community usage. These drying greens may also be used for park space (presumably drying times are somewhat regulated). In some areas of the world, wet clothing is hung or draped over trees or bushes for drying. I can remember hanging wet towels off the end of the picnic table when camping if there was no line available.

Clothes lines have many environmental advantages: there are zero greenhouse gas emissions, less fabric wear and tear, clothing does not shrink, and less ironing may be needed when the items are dry. On the down side, hanging wet laundry usually takes more time than transferring it to the dryer, wet or cold weather makes the task unpleasant or impossible, clothing may become soiled from pollution or

(Continued on page 9)

From Breukelen to Brooklyn

By Liz Oleksak

As a child growing up in Manhattan, I found Brooklyn as strange as a foreign country. I rarely went there except to Coney Island, Brighton Beach, or to visit my mother's Aunt Delia in Flatbush. As an adult, I was stuck in a traffic jam on Thanksgiving Day on the Belt Parkway on my way to my sister's house on Long Island. I exited the parkway trying to find an alternate route. This was before smart phones and GPS, and, of course, there was no map in the car. I was used to the rectangular grid-like streets in Manhattan – north, south, east, west. Not so here. What a trip. When Rossmoor's E&R announced the trip to Brooklyn, I thought – it's about time I got the lay of the land.

As we entered Manhattan from the Lincoln Tunnel, our tour guide, Dennis, boarded the bus. The tour began on the west side travelling toward lower Manhattan. This entire area along the Hudson River has been transformed into a dynamic recreational site. Hudson River Park which runs from 50th St. to Battery Park City offers bicycling, volley ball, mini-golf, playgrounds, etc. Chelsea Piers, within the park has bowling alleys, an indoor skating rink, a carousel, a mini-golf range, and many other activities. Historic vessels dock here, and there are displays of

public art, concerts, and walking tours. It is also home to the Tribeca Film Festival. The neighborhood has become a major filmmaking center. The old meatpacking district is now a fashionable place to dine, stroll, shop, and reside. Battery Park City was built on reclaimed land and is an exclusive residential neighborhood. The Hi-Line, an abandoned elevated freight railway, has been transformed into a mile long promenade (another of E&R's trips).

When we reached the financial district, we came to the Brookdale Place Office Towers, formerly the World Financial Center, near Battery Park and across from One World Trade Center. This was our first stop, and what a treat for the eyes. We walked into the Winter Garden atrium, a huge indoor span in the center of the towers. What a magnificent spot to spend time relaxing and admiring the semi-circular marble staircase leading to the upper floors where major corporations have their headquarters. The numerous towering royal palm trees soar toward the exquisite arched glass ceiling attempting to reach the sun. Up-scale shops and restaurants surrounding this impressive expanse offer opportunities for snacking or dining on gourmet treats and purchasing the latest fashions or fads. This space is privately

owned, but through agreement between the owners and the city, anyone may enter and enjoy this spot. A stunning view of New York Harbor is just steps away and can be viewed from the patio outside the garden.

Reluctantly leaving this blissful setting, we continued our tour of the Financial District. As we approached Wall Street, Dennis pointed out the dichotomy of the architecture of the buildings in this area, many of which were built after the destruction of the original structures on 9/11. Sleek, unadorned glass-clad skyscrapers and the ornately decorated granite older edifices are side-by-side enhancing the contrast. He also brought our attention to Bowling Green Park, the oldest public park in New York City. At the north end of the park is the iconic *charging bull* sculpture. It is meant to symbolize aggressive financial optimism and prosperity. This artistic creation is a popular tourist destination. I was surprised to discover it was only created in 1987 after the stock market crash of the same year and, at that time, was situated on Broad St. in front of the New York Stock Exchange. It was moved to its present site in 1989 and has been designated an historic landmark.

After reaching the Manhattan Bridge, we crossed the

(Continued on page 8)

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Dr. DeFazio has been practicing for 26 years, is married, has three children and lives in Monroe. Dr. DeFazio is a graduate of Temple University and UMDNJ. He is a past Clinical Instructor at JFK Medical Center and a past Board Director for the American Red Cross.

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Breukelen

(Continued from page 7)

East River to Brooklyn, also known as Kings County. We learned the East River is not a river but an estuary of the Atlantic Ocean since it is salt water. Originally called Breukelen by the Dutch, it is the most populous of the five boroughs of New York City, having 2.6 million residents. An independent city until 1898, it was then incorporated into the City of New York with the other boroughs: Manhattan, Bronx, Staten Island and Queens. Many of the neighborhoods are ethnic enclaves.

As we descended from the bridge, we entered an area known as DUMBO – an acronym meaning District Under the Manhattan Bridge Overpass. Many areas of New York are referred to in this manner, Tribeca, Soho, Noho, etc. At one time, this district was a ferry landing (Fulton’s Landing) and contained many industrial buildings. The neighborhood has been gentrified and the industrial lofts converted to luxury residences. A thriving artist community exists and the neighborhood is home to many start-up technology companies. The well-known River Café, and Grimaldi’s Pizza are among the multitude of dining choices. It is the fourth wealthiest community in the city.

Our next stop was what we all were anticipating, walking across the Brooklyn Bridge. However, because we were

running behind schedule, we only had time to walk to the first tower. The cold, windy, wet, foggy weather did not help either. Visibility was poor, but the travelers who chose to walk enjoyed it and vowed to complete their walk at another time when the weather was better.

Back on the bus, drying out and warming up, we continued our visit to Brooklyn on Flatbush Ave. As we drove along one of Brooklyn’s most famous thoroughfares, we came to Grand Army Plaza, in Prospect Park. This intersection is the largest and busiest traffic circle in Brooklyn with five main thoroughfares converging at the Plaza. It was originally called Prospect Park Plaza when it was built in 1892, but was re-named in 1926 to commemorate the 60th anniversary of the foundation of the Grand Army of the Republic, a fraternal organization of Civil War vets. The Soldiers’ and Sailors’ Arch, a triumphal arch dedicated to the Defenders of the Union, is an impressive structure similar to the Arc de Triomphe in Paris. Fountains, monuments, and statues of military heroes surround the arch. Atop the arch is a bronze sculpture known as a *quadriga* - a chariot drawn by four horses driven by a mythological figure, in this case Victory, with Columbia by her side. It is meant to symbolize triumph. The memorial is a national historic landmark. Surrounding the plaza is the main branch of the Brooklyn Public Library and the entrance to Prospect Park. Brooklyn Botanical Gar-

dens is nearby. On Saturdays there is a farmers market at the site.

On our way to our lunch stop, we glanced down the tree-lined cross-streets to admire the beautiful brownstone houses, street after street. What great remnants of old Brooklyn.

After hours of absorbing so much history and information, yes, *Dennis, we were listening*, and walking in the rain on the bridge, we were ready to attack the famous cheesecake at Junior’s in downtown Brooklyn at the intersection of Flatbush and DeKalb Avenues. Even though we arrived later than expected, everything was ready for us, and the staff was pleasant and accommodating. The décor is comfortable, reminiscent of a large diner, with counter seating, tables and chairs, banquettes and the usual collection of condiments on the tables. Brooklyn memorabilia and pictures of celebrities and politicians cover the walls. Hillary Clinton’s picture may be there now since she made a campaign stop at Junior’s the next day.

My corned beef sandwich on rye was, *to die for*, and actually could have fed two other people. The pickles were crisp, with a snap to the bite. The cole slaw was crunchy and not too tart, and the French fries were crisp and hot. What can I say about the cheesecake? It deserves its reputation. If you want to take a cheesecake home, all you need is \$38. At the end of the meal, the staff distributed containers for leftovers – no, I won’t call them doggie bags – these were dinners for us. Guess what? When we exited the restaurant, the sun was shining. So were we.

All in all, my trip to this strange not so foreign land turned out to be a very enjoyable day. I’m not sure I’m ready to drive in Brooklyn, but I found out it wasn’t strange at all, but very beautiful and definitely interesting. I may even go back for another visit.

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Leap Second

By Jean Houvener

We all know about leap years – this year is one of them. This occurs because the earth takes not just 365 days to revolve around the sun, but an additional 5 hours, 48 minutes, and 45 seconds to do so. The next leap year will be 2020. Without this adjustment, the date would drift out of sync with the equinox. A leap year is evenly divisible by 4, unless it is also evenly divisible by 100, in which case it is not a leap year unless it can be evenly divided by 400.

In addition, there are now leap seconds, and have been since 1971. The last leap second was added on June 30, 2015, with the insertion of 23:59:60 between 23:59:59 and 00:00:00 of July 1 Coordinated Universal Time (UTC - French: Temps Universel Coordonné). This is a timing system used throughout the world for various communi-

cation systems. Ideally the added second occurs everywhere at the same second, so in New Jersey, this event was June 30, 2015, at 19:59:60.

This phenomenon occurs because of variance in the rotation of the earth and the more precise atomic clocks (TAI – French: Temps Atomique International). Atomic clocks are based on the oscillation rate of cesium-133. This is an extremely consistent measurement, with the clocks losing only 1 second every 20 million years.

The earth's rotation on its axis is affected by a number of variables. Most notable is the action of tides, which acts as a drag on the earth's rotation, causing a slowdown. The shifting of the earth's crust, core, and magma can also cause changes. The 2004 earth-

quake and subsequent tsunami in the Indian Ocean actually speeded up the rotation by 2.68 microseconds. Glacial rebound also impacts the rotation. All that means that the length of a solar day – from one point on the equator in relation to the sun returning to the same point again the next day – can shift slightly, so it is not exactly 86,400 seconds (24 hours times 60 minutes time 60 seconds). Over time this shift can increase or decrease the number of seconds in the year. The earth's rotation has been slowing at an irregular rate since we have had more precise tools to measure it.

Greenwich Mean Time (GMT), now known as UT1, is consistent with the rotation of the earth, based on the solar day. When UTC comes close to being a second ahead of UT1, a leap second is added to UTC so that it remains in sync with UT1. At the time it was de-

cided to do this in 1972, there was a differential of 10 seconds between the two. Since then an additional 26 seconds have been inserted. The insertions only happen on the last day of June or the last day of December. Because the actions of the earth are not predictable, the decision is made only six months ahead of the planned event. This June, there will apparently not be such an insertion. December is still a possibility. In some years, there has been a second added on both possible dates, in others no seconds at all were added. Theoretically seconds could also be removed, but that has not actually happened yet.

Because the occurrences are not easily predicted, the computer coding to account for leap seconds has caused some problems with past insertions. There is the possibility of some advantage in stock market activity during the extra interval, so

in 2015 the New York Stock Market ceased operations for 61 minutes. Various software and telecommunication systems also had difficulty, with some making the transition early, others adding the second, but failing to update the date, others not transitioning at the appointed time. Twitter, Amazon, Netflix, and Apple streaming all had interruptions of around 40 minutes. Various navigational and GPS systems had problems.

There are proposals to eliminate the leap second insertions, but the decision to do so has been postponed to 2023. There are also workarounds being devised so the next leap second causes fewer problems. Atomic clocks (TAI) are now 36 seconds ahead of UTC timepieces. One argument is to use TAI for applications instead of UTC. Perhaps between now and 2023 a solution will have been found.

Pins or pegs?

(Continued from page 6)

animals, and neighbors may be exposed to private garments that might be better left closeted.

But now let's think about the real aesthetic advantages of clothes lines. The smell of line-dried sheets cannot be bottled, despite the best efforts of Fabreze. The roughness of line-dried towels rivals a good loofah sponge for exfoliating skin. Less ironing generally is appreciated by most ironers. And the bleaching action of the sun brightens socks, diapers and linens better than bleach, an attribute not so positive for royal blue or red garments.

And as distasteful as this may seem to some, a clothes line is a good place to hang a to-be-slaughtered chicken by its feet before its demise. I'll never forget, oh never mind.

As to pins or pegs, a peg is the name generally used in England for those wooden or plastic devices used to hang clothes. Clothes pins were invented in the 1800s and were patented by Jeremie Victor Opdebec. The original design did not use springs – it was a single piece of wood with two prong-like legs, still available today. The spring-type pin was invented by David Smith of Vermont in 1853. Vermont has been called by the New York Times the "Silicon Valley of Clothespin Manufacturing." That might be helpful information in case it's ever a Jeopardy question. There is a clothes pin celebration on May 6, but that's another topic for another day.

Alas, we live in a community which, like most in our part of New Jersey, prohibits the use of clothes lines outdoors. (In the garage it's still okay.) But we can still wax nostalgic and remember that wonderful fresh fragrance of the sheets.

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Our Rossmoor trees contribute to a healthy environment

By Anne Rotholz

The abundance of color that has surrounded us for the past few weeks reminds us once again of how fortunate we are to have such a wealth of beautiful trees in Rossmoor. In the months ahead these trees will continue to enhance and beautify our community.

Our trees give us a welcome shade all summer and

reduce our energy bills by protecting our homes from the hot sun. They provide shelter for our birds and other wildlife and help control noise and dust, thus contributing to the well-being of our environment. The interesting configuration of the trees and their variety of leaves in so many shades of green, soothe us and reduce our stress.

Aside from their aesthetic value the Rossmoor trees have another very important function-- they make a world of difference in the air we breathe! We are all aware of the barrage of pollutants that we get daily from the New Jersey Turnpike and from other local sources of pollution.

Driving on Rte.130 one cannot help notice how the volume of trucks on that road has increased in the past year. Imagine what it will be like when the Cranbury warehouses are complete! The new trees they (hopefully) will plant around them will take many years to grow as big as the ones they took out.

The Arbor Day Foundation states that "one tree can eliminate 90 pounds of carbon or 330 pounds of carbon monoxide from the air each year." How much more difficult it would be for us to breathe if we did not have our trees.

I know that some of our older trees are causing problems and have to be taken out. However, chopping a tree down should be a last resort and never a solution to a minor problem.

Here are some things you can do to keep the trees around your manor healthy during the summer months:

Become an advocate for trees. Ask questions about them. If there is a problem with a tree find out what you can do to help.

Water trees every four or five days when the weather is dry in summer. Newly planted trees should get two gallons of water each time. Try to get a gator bag for new trees, they are available at Maintenance. Established trees should get up to five gallons per watering. Water trees away from the bark toward the drip line. Do not over-water them. While a lack of water can kill a tree, overwatering will kill it faster!

Make sure that your trees do not have a "volcano." This improper mulching of a tree happens when soil or mulch is built up in the shape of a cone around the base of a tree trunk. Insects, fungus and even rodents may make a home there and feed on parts of the tree. Moisture in the volcano may rot the bark.

A fairly common practice is to plant annuals at the base of a tree. Of course they look attractive but they need to be watered daily and the tree does not. I planted some interesting cactus plants at the base of one of my trees. This seems to work well since the water requirement for both is about the same.

Enjoy our trees during the summer months. Sit in their shade, relax and talk to them. After all, the ancient Celtic Druids who had a great affinity for trees, believed that each tree had a "tree spirit" that connected to the spirit part of human beings.

Finally, take a moment to visualize the following: our community without a single tree growing here!

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A question

By Dierdre Thompson

Who is Bill Leonard going to pick on now - with our church secretary, Barbara Watts, leaving for a new home closer to her family? Of course, Barbara was able to give back to Bill as good as she got.

Barbara and I have worked together for only a little less than 1/4 of the 21 years she has been church secretary at Rossmoor Community Church (RCC). I am, therefore, certain that others can share far more good recollections than I can.

I do, however, know that Barbara kept track of more

things in RCC's office than anyone can possibly imagine. I do know that Barbara is a wonderful artist. I do know that Barbara loves music and the arts culture found near Philadelphia. That is why she chose to move there, for the arts as well as being closer to her family. I could go on, but there really is only one thing that truly tells of Barbara's accomplishments here at RCC - "Well done, good and faithful servant."

Godspeed, Barbara, on your next adventure in a wonderfully long and interesting life.

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School bell soon to ring



Henry (Hank) Miller
February 2014

By Linda Bozowski

The Monroe Historic Preservation Commission is eagerly awaiting completion of the restored one-room schoolhouse at the Dey Farm site on Federal Road, just off Applegarth Road. The restoration project has been underway for the past several years, through its dismantling and reconstruction.

A dedication ceremony is being planned for the opening of the building. No date has been set as yet. The school will be dedicated to long-time Rossmoor resident

Henry “Hank” Miller. Hank served as a member of the Monroe Township Council from 1989 until his retirement from that body in 2013 after 24 years.

During an interview with Jean Hoban and Joe Conti, Hank recalled his move into the Township with his wife Jean more than 25 years ago, first to Clearbrook and then to Rossmoor. While a former teacher, then principal, in the Belleville and Somerset school systems, Hank made the time to become involved as a volunteer with the Master Plan Committee and was instrumental in the development of the Historic Preservation Commission. He also participated in the planning of the Monroe Senior Center as a member of the Commission on Aging. His efforts helped to secure a \$1 million grant from Middlesex County to be used for the development of the Charles Dey Farm Historic Site.

In a meeting on December 9, 2015, the Monroe Town-

ship Council passed a resolution dedicating the Prospect Plains Road Schoolhouse to Councilman Henry L. Miller as a means of honoring his many years of dedication and service to the community.

Historic Commission Chairperson John Katerba allows us to reprint the following article, which he wrote to describe the building and its background.

Monroe Begins Commitment to Thank Vietnam Vets

Nearly 900 residents came out to pay tribute to all service men and women at the Monroe Township Chorus’ Annual Salute to the Armed Forces at the Richard P. Marasco Center for the Performing Arts on May 16.

“Chorus Director Sheila Werfel and her chorus led an amazing tribute to our veterans,” Mayor Gerald W. Tamburro said. “The concert was especially endearing as we paid tribute to Vietnam Veterans to mark the 50th Anniversary of the start of the Vietnam War.”

The concert is the first of six events the Township will hold to honor Vietnam War Era Veterans over the next three years as part of the Department of Defense’s Vietnam War Commemorative Partner Program.

“I would like to thank Township resident Erick Kasper, who served in Vietnam, for doing a lot of the ‘grunt work’ to get Monroe involved in the DOD program,” Mayor Tamburro said. “This is our way to give thanks to all Vietnam era veterans, many of whom were not given the

(Continued on page 25)

The one-room school



Schoolhouse today

By John Katerba

When Monroe Township was formed in 1838, one of the first things the township officials did was construct 16 one-room school houses. Most were hurriedly built. Among them was the Prospect Plains School. In 1858 it was rebuilt to what you see today. Originally, it stood on what is today the Encore at Monroe community on Prospect Plains Road. This little school not only served as a school for the hamlet but was also used for meetings, Sunday school, tax collecting, etc. In 1907 due to age and, believe it or not, overcrowding, a new 4-room school was constructed and opened at Half Acre. Thus the little school was soon abandoned. In 1929 the Township took possession and enlarged, re-

shingled, removed the leaning bell tower, and refurbished the building, which was then used as a meeting place for of the Township Committee and township business. Many longtime residents, like this writer, can still remember the old “Town Hall.” But again in 1982, upon the opening of the current town hall, it was abandoned for a second time. Its fate seemed doomed to the wrecking ball but the building was periodically used by the Recreation Department, recycling yard with bins, and lastly, the food pantry.

Encore came to town in 2000 and again the fate of the school was uncertain. But Monroe Township still owned the 1/3 acre of land that the building stood on.

(Continued on page 12)

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

Q: Parking on many Rossmoor streets often presents a problem: not only finding a space, but also making sure your vehicle does not block visibility at some intersections. What is the remedy?

A: Unfortunately, there is nothing in the Mutual governing documents or Rules and Regulations that state that vehicles must be parked in garages, driveways and/or carport spaces before parking on the street.

The only suggestion is to be a good neighbor and park your vehicles in your assigned spots or garages and leave the streets open for second vehicles and visitors, especially if you plan to be away for any period of time.

Q: I am no longer driving and have sold my car. Is there anything I need to do?

A: If you sell your vehicle, please contact the Administration Office, 609-655-1000, and we will delete the bar code from the system. We have found out the hard way that residents have sold vehicles to other resident's family members and vehicles are being left on the property. If you sell your vehicle, please let us know.

Q: How old do you need to be to own a unit in Rossmoor and how old do you need to be to reside here?

A: As you are probably aware, Rossmoor is a senior housing community in the eyes of the Federal Fair Housing Act, a Planned Retirement Community ("PRC") in the eyes of Monroe Township and we see it as an Ac-

tive Adult Community.

Anyone may purchase a unit in Rossmoor, but you must meet the age requirements to live here.

The Federal Fair Housing Act requires that a senior housing community must have one person who is 55 years of age or older living in its occupied units. The senior housing community's age requirements for its residents may be more restrictive than the Act, but not less restrictive and the community must publish and follow their policies and procedures that demonstrate an intent to be housing for persons 55 and older. The Act also requires the senior housing community survey its residents every other year to confirm that they meet the age requirements of the community.

On the other hand, the Monroe Township ordinance defines a PRC (senior housing community) as a residential community owned by a non-profit corporation where 100% of the dwellings are occupied by at least one person 55 years of age or over and no other permanent occupant is under the age of 48. The ordinance is more restrictive than the requirements under the Federal Fair Housing Act which is allowed under the Act.

And finally, the Mutuals within Rossmoor, all 18 of them, have the age restrictions for residents spelled out in their Proprietary Leases in the cooperative Mutuals and the Use Restrictions and Standards in the condominium Mutuals. In simple terms, if you are 55 years of age or

older, you meet the standard and may reside in Rossmoor. If you are 48 years of age or older, but not yet 55, you must be a husband, wife or domestic partner recognized by the State of New Jersey, residing with your spouse or domestic partner 55 years of age or older or a son or daughter of an Owner/Stockholder or Resident Spouse 55 years of age or older as long as the unit continues to be occupied by the resident 55 years of age or older. Please refer to your governing documents for the entire age restriction standards in detail.

As you can see, Rossmoor's age requirements are more restrictive than the Federal Fair Housing Act and Monroe Township ordinance, they are published in the governing documents of each Mutual, we follow the policies and procedures very seriously and we survey the residents every other year in compliance with the Act, the local ordinance and our standards

One-room school

(Continued from page 11)

This land, which was surrounded by the Encore property, was needed for the roadway widening improvements requested by the County. Instead of just giving away the property for free, Monroe officials, on recommendations from the Historic Commission, required that the old school be relocated to the Dey Farm in trade for the property, solely at the developer's expense. But logistics concluded that this would not be feasible due to overhead wires and several bridges to cross. So the last resort was to document, catalog, dismantle, and store the building until future funding could be secured to rebuild, which was agreed upon. It took time, but Monroe did secure a \$1million grant from the Middlesex County Freeholders to rebuild the school and do other work which you see today. Every detail has been recreated where original material was deemed unusable. Old photographs also helped recreate details such as the great bell tower, chimney, and cloak room.

It's interesting to say that this old building has come full circle and will once again be used to educate the public. "Similar to our iPads, as once pointed out to me by a fourth grader at one of the history talks I give, the iPad's shape and size are identical to one of the old school slate tablets I exhibit at my talks," says Township historian John Katerba.

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Focus on: Groups and Clubs

By Jean Houvener

(Continued from page 1)

Widdows, nominating; and Ken Northrup is the Greenward, which is to say he sets up the wickets.

The club was founded in 1989 through the efforts particularly of two of its earliest members, Ruth Dowdell and Dr. Virginia Allen. Through their efforts and the efforts of the earliest members, the court was funded and constructed. They and other members have taught hundreds of subsequent Rossmoor residents how to play this great game with all its intricacies. Today this tradition is carried on by the current members, who are happy to teach newcomers the rules and details of the game. There are members at all levels of play, from those newly learning the game to those who have played, and won, in competitions.

Originally American Six Wicket Croquet was the only

game that was played here. Golf Croquet was brought back from Florida by Bill Cole and is played widely across the U.S. It is a somewhat simpler version of Six Wicket and is easier for novices to learn. In Golf Croquet, play is between two teams of two players each. In Six Wicket Croquet, there are two teams of two each for doubles or two players in singles play.

In addition to Friday, the group usually gathers Sundays at 4 to play Golf Croquet, and Tuesdays at 4 for Golf Croquet, followed by Six Wicket Croquet at 5 p.m., with the group going out to dinner afterwards on Tuesdays. It is also possible for a group of the members to get together at other times for play or practice. Lesson times can be arranged. Some members have their own mallets, but others use the equipment the club owns.

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Bob's Almanac

By Bob Huber

June is busting out all over

As the old song suggests, June has come upon us, and even the most timid among us now feel safe in leaving our dens without fear of being blown away or freezing in a late spring storm, or being drenched by rain of monsoon proportions. We can breathe the scent of flowers and fresh mown grass and enjoy the best Mother Nature has to offer.

It goes without saying that there are a plethora of events scheduled for this month, not the least of which are June weddings. June is the traditional month to get married, but any wedding attracts more traditions than a dog attracts fleas.

The most persistent tradition is based on an old English rhyme which says a bride must wear "something old, something new, something borrowed and something blue." Something old represents continuity. Something new signifies optimism for

the future. Something borrowed represents happiness, and it is usually an item loaned from a friend or a relative who is happily married. Something blue signifies fidelity, loyalty and love. In early biblical times, blue, not white, symbolized purity.

We now turn our attention to the older gentleman escorting the bride up the aisle: dear old dad. It is appropriate that we devote at least one day to honoring father, because he often gets lost in the shuffle, particularly at a wedding.

According to the *Farmers' Almanac*, we celebrate Fathers' Day on the third Sunday in June, thanks to the efforts of Sonora Louise Smart Dodd of Spokane, Washington (anyone with four names is bound to get your attention). On Mothers' Day in 1910 Dodd approached the pastor of her church to propose there should be a similar occasion to honor fathers. Her pastor agreed. On June 6, 1910, at a meeting of Spokane minis-

tries, Dodd presented a petition designating the third Sunday in June National Fathers' Day. The ministers endorsed the petition, and it soon gained national attention. In 1914 Congress endorsed Father's Day, but it wasn't until 1971 that President Richard Nixon signed a proclamation that officially established Fathers' Day as an annual national observance. Obviously, the powers that be in Washington didn't put Dad on a very high priority.

There are more than a hundred official observances in June, including Caribbean-American Heritage Month, Child Vision Awareness Month, Great Outdoors Month, National Candy Month, National Iced Tea Month, Potty Training Awareness Month, and Naked Bike Riding Month.

Sadly, the people who promote these occasions only devote one day (June 1) to Say Something Nice Day. Perhaps, considering world conditions, one day is all we can hope for.

THE FITNESS CORNER

By Kim Vasta, CPT

Summer is finally here. The warm weather is a great time to exercise outdoors. Whether you enjoy the many sports our community has to offer or prefer to cycle, swim, boat, walk, or run, exercising outdoors is always fun, especially when done with a friend or group. Remember to take the following precautions to stay safe and make the most of your outdoor activity:

- Begin exercising in the heat gradually. Becoming acclimatized to exercising in the heat takes about seven to 10 days. Start by exercising for short periods of time each day.
- Avoid exercising outdoors during the hottest part of the day - 10 a.m. to 3 p.m.
- Stay hydrated. Exercising in the heat can make you sweat more. The best beverage for hydrating is water. Before you go out, drink a glass or two of water. Take a drink every 15 minutes even if you don't feel thirsty. Drinking sports drinks or smart waters that contain electrolytes and minerals are not necessary unless performing very long bouts of physical activity like running a marathon.
- Wear light-colored, loose-fitting, breathable clothes. The lighter color will reflect heat and the cotton material will help evaporate the sweat. Dri-fit material is also designed to keep you cool. Never wear impermeable or non-breathable garments.
- Wear sunscreen even on cloudy days. If possible, choose trails or paths that

are in the shade.

- Check the weather forecast. If there is a heat advisory, meaning high ozone and air pollution, or if the humidity is high, you might want to exercise indoors.
- Listen to your body. Stop immediately if you are feeling faint, dizzy, nauseous, or if you experience paling of the skin, have a headache, muscle cramps, or rapid heartbeat. These can be signs of heat exhaustion and heat stroke.
- Carry some form of identification.
- Carry your cell phone in case of an emergency.

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This month in pictures

Photos by Joe Conti



Laura Setzer (middle), from Mutual 4B, with her daughters Laurie (left) and Maureen (right) enjoying her birthday at Season’s 52 Restaurant.



Annette Sowa won “Best Hat” at a Rossmoor Derby Party. A former teacher, Annette decorated her hat with items a teacher might need and included a Rossmoor report card:
Sleep = C- / Exercise = D- / Croquet = A/
Reading = B+ / TV Watching = A- / Eating = E/
Doctor Visits = A+



Larry Archambault loosens up at the Players “Just Music” concert.



Members of the Interfaith committee, from left, Lucille Conti, Diedre Thomson, guest speaker Mr. Sol Lurie, Gladys Petrilla, Betty Schneider (in back), Judith Perkus, and Jeff Albom at the National Day of Prayer service



Dave Salter carries the American flag at the National Day of Prayer service.



Residents toured Monroe Township, including a stop at Dey Farm, with Historian John Katerba.

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Call Betty Anne Clayton for Details

PICKLEBALL
June 16...Pickleball Clinics...11am-1pm
For Beginners & Newbies
June 25...Pickleball Tournament
Call Frank Nobile for Details.

HIKING
June 11...D&R Canal at Princeton
June 26...Annual Brunch
Departs Poolside 9:30am
Call Ann Rotholz for Details

SHUFFLEBOARD
New Payers Welcome
Call Mary Leone for Details

TABLE TENNIS
League Play Tuesday, Friday, Saturday & Sunday,
9-11AM.
Anyone interested in table tennis for beginners,
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Tuesday mornings, 10:00am, Gallery
Enjoy the benefits of yoga while sitting in a chair. Class is
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OPEN EXERCISE DVD

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

YOGA

Wednesday, 9:30am, Cedar Room.
Resident instructor conducts the class. No Charge.
All Welcome. Bring floor mat.
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ZUMBA GOLD

Monday, 6:30pm, Hawthorn Room.
Class conducted by a certified Zumba instructor.
Pay instructor directly.

June is "Eat Your Fruit & Veggies" Month

- Start early. Top your morning breakfast cereal with fresh berries, bananas, or peaches for added flavor and nutrition.
- Add some crisp lettuce leaves and juicy tomato slices to a sandwich or wrap.
- Kids love foods they can "dip," so encourage them to dip their veggies in a delicious, healthy fresh tomato salsa.
- Keep fresh veggies and fruits on a platter in the refrigerator so kids (and you!) can grab some any time—cooling off by the pool, reading a book, or cooking dinner.
- Go to a farmers' market to find the freshest, in-season produce.
- Plant your own garden—or just a small tomato plant on the back porch. There's nothing quite like homegrown fruits and vegetables.
- Have some dessert! Fruits are full of natural sweetness—the perfect way to round out a meal.

LET'S GET MOVING



CULTURE & EDUCATION

AVIATION GROUP
2nd Wednesday, 1:30pm, Ballroom
"Scott Kelly-A Year in Space"

BOOK DISCUSSION GROUP
2nd Thursday, 3:00pm, Maple Room
"A Midsummer's Night Dream"

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

CURRENT EVENTS ROUNDTABLE
Mondays, 10:30am, Maple

GERMAN AMERICANS
Last Thursday, 1:30pm, Cedar

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

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

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



Science & Nature DVD
3rd Tuesday, 1:00pm, Ballroom

Armchair Travel DVD
4th Tuesday, 1:00pm, Ballroom

Contact the E&R office at 609-655-3232
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"ALL IN STITCHES" Knit & Crochet Group
Thursdays, 1pm, Maple Room

ART CLASS/WORKSHOP
Wednesday, 9:30am—11:30am, Gallery.
Resident/Artist Paul Pittari offers basic instruction.
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CERAMICS STUDIO
Monday & Thursday, 8:30am—12pm.
Monitor present. Molds & Kiln on site.
Supplies on your own.

GALLERY EXHIBITS
The month of June will feature an open show.
Be sure to stop in and browse the beautiful artwork.

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

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

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

WOODSHOP
Open to Residents who have completed the
orientation and safety class.
Monday-Saturday 9am-4pm

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more information

THE ART WORLD



THIS & THAT

Primary Elections
Tuesday, June 7
Ballroom
6am-8pm

RCAI Offices will be
closed Monday, July
4 in observance of
Independence Day.
Have a happy &
safe holiday!

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

Writers' Group Open Mic
By Norman Perhus

On Sunday, June 5 at 2PM in the Gallery, the Rossmoor
Writers' Group will host an open mic.

All Rossmoor writers and listeners are invited. Even if you're
not a writer, remember, writers need an audience.
Stories, poems, non-fiction are all acceptable.

Please limit your reading time to no more than seven minutes.
Refreshments will be served.



CARDS & GAMES



BANANAGRAMS

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

BRIDGE

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

CANASTA MAHJONG

Contact E&R

MAY I

Contact Sophie Prata. Info in Rossmoor phone book

MEN'S POKER

Contact Joe Conti. Info in Rossmoor phone book

NINTENDO Wii

Bowling, Tennis, Golf. Stop by E&R Office to sign out games.

PINOCHLE

Wednesdays, 1:00pm. Contact John Cristiano. Info in Rossmoor phone book

POKER

Mondays and Fridays. Contact Ginny Giorgio. Info in Rossmoor phone book

POOL ROOM

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



"TRUMBO"
Starring Bryan Cranston

Tuesday, June 14
1&7PM Ballroom

Sunday, June 19
1:30PM Ballroom

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June 9 & 23

1PM Ballroom

No Charge



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June2016

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			1:30pm Luminaria Decorating-GL	10:00am Agenda Committee-VC	Golf Outing 2:00pm Mutual 4-GL 7:30pm Music Association-MH	9:00am ☼ Trunk Sale & Shredding Party-CH Lot
5	6	ELECTION DAY 7	8	9	10	11
2:00pm Writers Group Open Mic-GL 5:00pm Emerald Society-BR	9:30am ☼ Chesapeake Trip 9:30am Mutual 4b-GL 10:00am Mutual 7-BR	6:00am-8:00pm Voting Polls Open-BR 9:00am-3:00pm Rental Library Bake Sale-GL 1:00pm Cultural Program-H "Charlotte Church"	9:00am Mutual 1-MP 10:00am Mutual 5-BR 1:30pm Aviation-BR "Year in Space"	9:00am Maintenance Comm.-VC 10:00am Community Affairs-VC 11:00am Finance Comm.-VC 1:00pm Mystery Movie-BR TICKET	2:00pm Mutual 17-VC 5:00pm ☼ Relay for Life-Twp HS	1:00pm Mutual 12 Picnic-BR
12	13	Flag Day 14	15	16	17	18
3:00pm Community Church Picnic-BR	Golf Outing 10:00am Mutual 6-MP 1:00pm Health Care Lecture-MP 1:30pm Mutual 3-GL 2:00pm Mutual 12-VC	9:00am ☼ Trip-Atlantic City 1:00pm & 7:00pm FREE MOVIE-BR "Trumbo" Rated R- 124 Mins	 TICKET	9:00am Board of Governors-VC 11:00am Pickleball Clinics-CT 6:30pm Party in the Parking Lot w/DJ Mike-CH Lot	6:30pm Bingo-BR	1:00pm Mutual 3 BBQ-BR
Father's Day 19	20	21	22	23	24	25
Family Day at the Pool-ALL RULES APPLY 1:00pm & 7:00pm FREE MOVIE-BR "Trumbo" Rated R- 124Mins		10:00am-1:00pm Health Fair		1:00pm Mystery Movie-BR	7:00pm ☼ Pool Party w/ DJ Gary-Pool	8:30am ☼ Pickleball Tournament-CT
26	27	28	29	30		
1:00pm Mutual 2 Picnic-BR	10:00am Mutual 8-GL	1:00pm Armchair Travel-BR			<div>Tickets on Sale today! TICKET f LIKE the Rossmoor Clubhouse</div>	<div>E & R Events Marked with ☼ Require Tickets or Prior Registration</div>

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

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

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

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

Sound Advice

Norman J. Politziner, CFP® President of NJP Associates

Ten sensible stock market strategies after a fall

The start to 2016 was one of the worst in history for stock market investors as the Standard & Poor's (S&P) 500 registered a record-breaking plunge in January. Some prognosticators are predicting doom and gloom for the rest of the year and a bear market. They say the market downturn might even lead to a recession.

But experienced investors know not to panic. While it's important to keep abreast of the S&P 500 and other key indicators, it's equally essential—if not more so—to stick to investment principles that have guided you successfully in the past. Consider these 10 practical suggestions:

1. Have a game plan. Assuming you have lofty long-term objectives—a comfortable retirement, say, or buying a second home—make sure you map out a plan to get there. Focus on how much you need to set aside and invest annually, and if you're saving for retirement, factor in future withdrawals. Also keep in mind some of the advice below.

2. Balance risk with reward. While your investment plan should be designed to make money over time, it's important to consider the risks that could disrupt your path to profits. Ideally, your investment strategies should maximize your rate of return while minimizing the risks—and how much risk you're

willing to accept will depend on many factors that may relate to you alone.

3. Play with "house money." With any investment, losses are possible, and you'll need to consider what you can afford to lose, and when. While the stock market, historically, always has made money over the long haul, there have also been steep dips along the way, and that could hurt if you're counting on the money you lose. Try not to invest amounts earmarked for paying your mortgage, sending your kids to college, and other necessities.

4. Diversify. Spreading your money across several kinds of investments is essential to most investment plans. Including a variety of stocks from across sectors or industries, as well as a diverse mix of bonds and cash equivalents in your portfolio, can help when one type of investment rises while others fall. Putting money into mutual funds or exchange-traded funds (ETFs) indexed to market benchmarks can be a simple way to diversify.

5. Avoid market timing. Getting in and out of stocks quickly tends to be a loser's game. If you're lucky you might see short-term benefits but over longer periods it's impossible to outguess financial markets.

6. Don't forget about taxes. When you examine your investments, you may tend to focus on returns to

the exclusion of practically everything else. But taxes also can have a major impact. Adding tax-exempt municipal bonds to your portfolio, for example, could improve your overall after-tax returns, and it makes sense to look for ways to offset capital gains with capital losses before the end of the year.

7. Review and rebalance. Regardless of how the stock market is performing today, it's important to look at your portfolio periodically and make whatever adjustments are necessary to stick to your long-term plan. Suppose you want to keep a hypothetical asset allocation of 50% in stocks, 25% in bonds, and 25% in other investments. If stock prices fall and your allocation drops to 35%, you may need to sell bonds and buy stocks to get things back in line. That also has the potential advantage of adding to your stocks when prices are low.

8. Try to keep your emotions out of it. It's easy to be swept up when the market is climbing or falling, but you'll be much better off if you're able to remain calm. Resisting impulse acquisitions and sales tends to be a winning long-term strategy.

9. Stick with your plan. It's not enough to develop an overall investment plan—you also need to follow it even when you face market turbulence—in other words, don't abandon the stock market just because you're experiencing some negative returns. Staying the course over the long term is likely to give you the best results.

10. Obtain professional assistance. Last, but not least, you don't have to go it alone. Your professional investment advisors can help you weather the inevitable ups and downs of the stock market. Don't hesitate to contact us at any time.

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03/22/2016
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TC90075(0516)1

June almanac

By Bob Huber

"What is so rare as a day in June?" This often quoted phrase is the first line of a lengthy ode to the sixth month of the year written by 19th century romantic poet, lawyer and diplomat, James Russell Lowell.

Lowell knew what he was talking about, because June is, indeed, a rare month when Mother Nature puts on her finest show for the whole world to see. It is also the month in which a number of very influential Americans came into the world.

Composer **Cole Porter** was born on June 19, 1893. He published his first song at the age of 10, and went on to become one of Broadway's most influential composers.

Character actress **Hattie McDaniel** was born on June 10, 1889. She was the first African American woman to become a major movie star.

A talented teenager by the name of Frances Gumm was born on June 10, 1922. She later became known as **Judy Garland**, America's Sweetheart.

America's 41st president, **George Bush**, was born on June 12, 1924. During World War II he was the youngest airplane pilot in the US Navy.

The author/playwright **Harriet Beecher Stowe** was

born on June 14, 1811, in Litchfield, Connecticut. Her play, "Uncle Tom's Cabin," inflamed the North against slavery, and became a catalyst for the Civil War.

And finally, a round of applause for a composer whose name is little known to most of us. Yet, we all sing her music. **Mildred J. Hill** was born on June 27, 1859. She composed "Happy Birthday to You."

If there are no birthdays on your schedule for this month, there are other events to celebrate. June hosts National Corn and Cucumber Month, and National Smile Month, National Horseradish Day, Banana Split Day, Donald Duck Day, Root Beer Day and Ugly Dog Day.

There is plenty to choose from, so take your pick. You can't argue with James Russell Lowell, because there really is nothing so rare as a day in June.

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

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Who Am I

By Norma Evans

First Clue: I am a beautiful and rather mysterious mammal.

More Clues:

Others of my kind live on every continent except Antarctica.

I am usually very shy.

I am a loner. I like to hunt, live and sleep alone.

Very few people have seen me because I usually come out at night.

Though I don't mind living fairly close to communities I don't like to get very close to people.

Some of my kind can climb trees, but I am not good at that.

Diet: I like a large variety of things to eat including small rodents, birds, rabbits, and other small game as well as fruits and vegetable, fish, frogs ,and worms.

Sounds: I have a wide variety of vocalizations I can make. I can yip, chirp, whine, growl, and scream. Sometimes when I make sounds in the night people think they are hearing a strange bird or a child in distress.

Looks: I have a lovely fur coat which is a reddish brown color, and a fancy bushy tail. I probably weigh around 10-12 pounds.

Some years ago a very special collection series of stories and poems was named after me and that document is still being printed and available to this day.

Can you guess who I am?

I am the original Rossmoor Fox.

The Wedding

It is not very often, if ever, that my thoughts go to death, dying or disaster, in spite of the fact that it is the main staple of the daily newspaper. But, if I ever do think of on those things I can't think of a worse fate than drowning or dying in a fire. Brr. What horrible thoughts and I dismiss them quickly, but it reminds me of the time we went to Maryland for a wedding and stayed for the weekend. We checked into our hotel upon arrival, and the first thing I did was to look for the nearest fire exit to our room. It's just something I always do and although I've never had to use an exit, I always feel better for having checked it out. Well this time was different.

At about 2 a.m. I was awakened by the sound of bells, and when I looked out, the door lights were flashing and alarms were sounding all over the place. I immediately went to Jonas and awakened him and then put on my navy blue blazer, navy blue shoes and grabbed my navy blue purse which were all neat at hand, and we hastily fled down the exit stairs. Everybody was gathered outside in a variety of garments. Some had shoes on, others had not, and we were quite a sight. We couldn't smell any smoke or detect anything wrong, but we were anxious, to say the least, until a staff

Musings and Memories

By Betty Emmons

member came out and told us we could go back to our rooms, that someone had inadvertently set off the alarm. It was quite an experience but I smile when I think back on the scene.

The next day was the day of the wedding and my bleary eyes did not go well with my carefully chosen outfit. Being exhausted certainly didn't match the festive mood of the occasion, but the wedding was exquisite. It was a glorious day and the ceremony took place on the

sloping lawn of an impressive estate used solely for gala occasions.

If asked, I would say I had a wonderful time, but in truth, if the pre-nuptial events had been a little less intense for us, I know I would have enjoyed it more. Thank God there was not a fire, and the young couple that were married in storybook fashion are, I am sure, living happily ever after, and once again in my lifetime I can honestly gratefully say, all is well that ends well.

CULINARY CORNER

By Sidna Mitchell

Coming back home to New Jersey after three months in warm, sunny Florida took some time getting acclimated to the weather and the activities. In Florida, for the most part, I could do what I wanted to do, when I wanted, and not what I had to do.

That was not true in New Jersey; my calendar was suddenly filled with meetings and other obligations. At least the good part was seeing the 3Ms---Meredith, Michael and granddaughter Maggie.

Since I had stripped the refrigerator and freezer before we left, I had to go to the grocery---several times because I would suddenly realize I didn't have an item I needed. However, when I looked in the pantry, I discovered five jars of peanut butter

that had all been opened.

At that point I said to Ken, "I'm going to make peanut butter cookies to use up some of what's in these jars, assuming nothing is rancid."

Ken said he had even more peanut butter, including a jar of chocolate peanut butter that he bought by mistake. He suggested I use that to make the cookies.

Somewhat hesitant, although I have been called the queen of substitutions, I decided to cut the recipe in half, using regular peanut butter in one and the chocolate peanut butter in the other. The results for both were rather tasty. However, I preferred regular peanut butter cookies and Ken liked the chocolate ones. Here's my version of a recipe that I found on the Internet.



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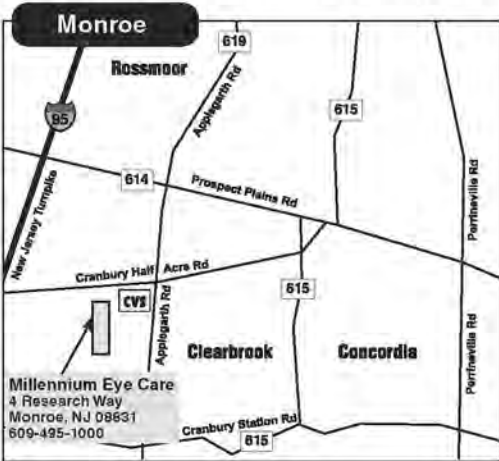


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Peanut Butter Cookies



Culinary corner

- | | |
|---------------------------|--------------------------|
| 2½ cups all-purpose flour | 1 cup peanut butter |
| 1 teaspoon baking powder | 1 cup granulated sugar |
| 1 teaspoon baking soda | 1 cup packed brown sugar |
| ½ teaspoon salt | 2 eggs |
| 1 cup butter, softened | 1 teaspoon vanilla |

Preheat oven to 350 degrees.
Mix the first four dry ingredients until well blended.
Beat butter, peanut butter and sugars in large bowl with mixer until light and fluffy.
Add eggs and vanilla and mix well.
Gradually add flour mixture, beating well after each addition.
Using two teaspoons, drop dough onto baking sheets sprayed with cooking spray.
Flatten each cookie, in crisscross pattern, with tines of a fork.
Bake 10-15 minutes, depending on your oven, or until golden brown.
Cool on baking sheets about three minutes before removing to wire racks.
Cool completely before storing in airtight containers.
NOTE: The original recipe said this made 30 servings; I got about six dozen cookies. Also, the original recipe called for creamy peanut butter; I used crunchy. We enjoyed these cookies for dessert and I chose three for breakfast one day. Yummy!
I can be reached via e-mail at sbmcooks@aol.com.

SAFETY TIP FOR WALKERS

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

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

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New Neighbors



By Chris Smith
Seung T. and Gill Lee, 196B Mayflower Way, formerly of Howell, N.J.
Linville S. Forbes, 313C Sharon Way, formerly of Brooklyn, N.Y.
April Gardner, 67N Amherst Lane, formerly of Monroe Twp., N.J.
M. Theresa LaPentina, 469O New Haven Way, formerly of Ozone Park, N.Y.
Linda and Peter Bochiario, 119A Old Nassau Road, formerly of Kendall Park, N.J.
Anil and Ruhi Lulla, 329A

Nantucket Lane, formerly of Monroe Twp., N.J.
Dolores Mastroianni, 401O Oxford Lane, formerly of East Windsor, N.J.
Henryka Siek, 374C New Bedford Lane, formerly of Monroe Twp., N.J.
Doreen Czech, 406N Oxford Lane, formerly of Old Bridge, N.J.
Christine Ianuzzi, Elizabeth Alaimo, Mary Vaccaro, 690B Old Nassau Road, formerly of New York, N.Y. and Staten Island, N.Y.
Robert Stewart, 663N Yorktowne Lane, formerly of Hightstown, N.J.
Ilyse Biltzer and Martha Barbanell, 226 Manchester

Lane, formerly of Monroe Twp., N.J.
Norman and Lihwei Ruth, 453B New Haven Way, formerly of Elmhurst, N.Y.
Jere Wales, 414B Oxford Lane, formerly of Lakewood, N.J.
Joyce Frey, 238N Mystic Lane, formerly of N. Brunswick, N.J.
Dennis and MaryEllen O'Malley, formerly of Monroe Twp., N.J.
James and Edna Rowland, 340B Narragansett Lane, formerly of Morrisville, N.C.
Debra Gilbert and Alan Leventhal, 229C Old Nassau Road, formerly of Monroe, N.Y.

Thanks



Thank you so much for your get-well cards, calls and prayers while I was recuperating from shoulder surgery. A special thanks to those of you who provided lots of "car service" for my sister and me.
Rossmoor is such a caring community. Thank you all.
Lucy Poulin

My family and I would like to thank all our friends here in Rossmoor for their support, Mass cards, sympathy cards, and words of comfort that were extended to us on the passing of my husband Steve.
My sincere thanks for thinking of me at this time.
Rose Economy and family

Remembering Downton Abbey

The Woman's Club of Cranbury will present "Remembering Downton Abbey" on Saturday, June 11 at 2 p.m. in the Fellowship Hall of the First Presbyterian Church of Cranbury, 22 S. Main St., Cranbury, NJ.
Downton Abbey, a popular PBS series, ended earlier this year after six seasons. Now you will have a chance to enjoy it again at this event, which will include team trivia questions about Downton and England, a silent auction of Downton Abbey memorabilia and other special items, door prizes, projected photos from the series, refreshments and a few surprises. Those who have not seen Downton Abbey will also enjoy this event. Tickets at \$12 each are available now. Please email downtontickets@gmail.com. Proceeds from this event will benefit Woman's Club charities, including their Scholarship Fund.

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Clubs and Organizations

Travel vicariously to New Zealand and Australia at Kiwanis meeting June 17 at noon

By Diane England

Mark Twain once said, "Travel is fatal to prejudice, bigotry and narrow-mindedness, and many of our people need it sorely on these accounts."

Certainly, resident Lana Ottinger might not use the type of crude humor, for which Twain was known, to express the benefits of travel. However, attend the Kiwanis meeting on June 17 at noon in the Ballroom (yes, the time and location are correct, so eat an early lunch and then plan to enjoy refreshments after the presentation), and I suspect you'll come to realize that Lana does believe, as so many of history's writers and thinkers have, that travel should be an essential piece of one's life journey.

Lana and her husband, Steve, shared a dream of traveling together after reaching retirement age. "We're fortunate that we've been able to fulfill this dream because we not only love learning about other cultures, but we like gaining this sense of connection to people in other corners of the world," Lana told me. She went on, "Also, because travel makes history come alive, your curiosity is sparked. In fact, you find yourself wanting to learn more and more about what a particular group of people came to experience."

Lana made another comment which struck a chord with me as a psychotherapist. "It seems travel awakens what has often been too long asleep: that curious and adventuresome inner child. But I guess this makes sense when you realize travel causes you to experience so many new things."

That's true, Lana, and I'd add that travel forces the person to live in the present moment, in the way most young children do, but so many adults do not. Instead, some essentially sleep-walk through life and, as a result,

they begin to feel dead inside. But when you're curious and adventuresome inner child is awakened, you become inspired by the larger world about you. And hence, it once again feels good to be alive.

Okay, so not everyone might be able to travel, right now or in the future, for that matter. So, what might be the next best thing? Well, how about imagining yourself taking such a trip and experiencing those new things as you listen and view Lana's pictures of her inaugural trip to New Zealand and Australia?

I don't know about you, but because some of my mother's family left Scotland and settled in New Zealand shortly before my mother came to the United States when her father's company sent him here, I'm particularly interested in hearing about Lana's experiences of New

Zealand. My mother's Uncle Jack used to send these beautiful calendars of New Zealand each year, so I want to see if Lana has pictures just as gorgeous, or has the country changed since my own childhood?

So, what do you most wish to see or hear about? What questions do you have for Lana? Bring your curious self to the Ballroom on June 17 at noon and see and hear what Lana has to say. This might not change you in the ways Twain suggested travel can, but I hope you don't need that level of personal change anyway. That said, I do believe we'll all feel temporarily uplifted by imagining ourselves in the midst of these two lands. Please come and let Lana Ottinger take you on this particular journey. You have no excuse for not attending since everyone is welcome.



Music Association presents pianist Christine Ciuffreda in an all-Chopin program

By Gene Horan

Pianist Christine Ciuffreda, hailed as "expressive and technically articulate," will present an all-Chopin fest on June 3 at the Meeting House. Selections include Four Mazurkas, Opus 17; Three Waltzes, Opus 34; Polonaise, Opus 53 ("Heroic"); Fantasia Impromptu; and Sonata Number 3.

Ciuffreda has performed extensively throughout the New York metropolitan area as a soloist and accompanist. She received the First Prize Award of the Piano Teachers Society of America in 1997 and subsequently has been a consistent prize winner in numerous competitions, including the Young Pianist Competition of New Jersey, Music Educators Association of New Jersey, International Concert Alliance, Cecilian Music Club of Freehold, and New Jersey Music Teachers Association. She was both a finalist and winner in the Chinese-American Cultural Association Competition and the Steinway Society Scholarship Competition.

In 2000, Ciuffreda participated in the Festival Musica in Laguna, Italy, where she made her orchestral debut with the Giavane Sinfonietta Clodiense under the direction of Robert Boarini. She was awarded the Silver Prize in the festival's International Piano Concerto Competition.

Ciuffreda has additionally participated in the Steger



Pianist Christine Ciuffreda

Cultural Exchange Institute where she received the pre-college Award for Outstanding Performance. She has performed at Weill Recital Hall at Carnegie Hall, Alice Tully Hall, Steinway Hall, the Sylvia and Danny Kaye Playhouse at Hunter College, and the World Financial Center. Most recently, she earned the silver medal in the American Protégé International Concert Competition of 2013.

A native of South Korea, Ciuffreda began piano in 1993 at the Mercy Conservatory of Music in Scotch Plains, N.J. She pursued piano performance at the College of Charleston on the Tate International Piano Scholarship. She has studied with Sister Mary Sharon Gross, Yelena Ivanov, Beatrice Long, and Enrique Graf. She currently teaches at the

(Continued on page 19)



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Jack Ryan's term in office is almost up and a wealthy opponent is causing trouble. It's up to Jack, Jr., to investigate the latest threat made on the father.

The Cavendon Luck by Barbara Taylor Bradford

Cecily and Miles Ingham have revived the family and the Cavendon estate. But it's 1938 and World War II is on the move. Can Cavendon Hall stay standing in the

midst of its biggest challenge?

The Pursuit: A Fox and O'Hare Novel by Janet Evanovich, Lee Goldberg

This new-ish series features the escapades of con man Nick Fox and FBI agent Kate O'Hare.

Killer Look by Linda Fairstein

Nothing ruins the fun surrounding New York Fashion Week like a little murder, and as she investigates, Assis-

tant D.A. Alex Cooper discovers that there's more dark stuff to the city's fabled garment district than the little black dresses.

The House of Secrets by Brad Meltzer

The House of Secrets is the first book in a new series by New York Times best-selling author Brad Meltzer.

Charcoal Joe: An Easy Rawlins Mystery by Walter Mosley

In the midst of setting up a new detective agency, Easy is temporarily distracted when he meets Charcoal Joe who knows a young man who has just been charged with the murder of a white man.

The Games by James Patterson

Jack and his private team are back and this time they're heading up security at the Olympics in Rio. But someone in Brazil is out to destroy the games and it's up to Jack to keep them from going up in flames.

Bay of Sighs by Nora Roberts

Sawyer King has traveled through space and time to bring the guardians to the island of Capri, where the water star is hidden and is drawn to one of the mermaids of the island. But an enemy is looming and no one on land or sea is safe.

The Black Widow by Daniel Silva

Hero Gabriel Allon, art restorer, assassin and spy, is back again in another gripping story from New York Times bestselling author Daniel Silva.

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1:30 to 3:30 p.m.
Library Closed Saturdays

Italian American Club News



John Gati making the mozzarella and the finished product enjoyed by all.



By Tony Cardello

The Rossmoor Downs event on May 14 was a complete sellout and success with 130 members in attendance. In addition to the races, there was a 50/50 raffle with three prizes awarded.

Music Association

(Continued from page 18)

Wharton Institute for the Performing Arts and maintains a private studio.

The program is set for Friday, June 3, at 7:30 p.m., in the Meeting House. Tickets for non-subscribers are available at the door for \$15.

The Music Association thanks Rossmoor music lovers for their support and reminds everyone that musical wunderkind Geoff Galante, who wowed Rossmoor with a great jazz concert last summer, will be back again with his trio on Sunday, August 21, at 3 p.m. in the Meeting House. Tickets at the door are only \$10. Check the August issue of *The Rossmoor News* for more details.

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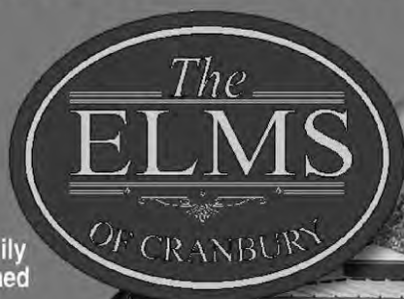
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The Democratic Club

Meet the New Club Officers

By Catherine Hunt

On May 10, Rossmoor’s Democratic Club formally introduced their new Club officers including Susan Kostbar, president; Arleen Cunningham, vice president, and Catherine Hunt, secretary, all of whom were recently elected to work alongside existing Treasurer Delia Gaines. Helen Ward, past president of the Club, is now an official advisor to the Club. “With the excitement of a presidential election year, more than ever, the Democratic Club is breathing enthusiasm to grow participation and bring new ideas and support for our democratic ideals. We want to share a good club experience and invite residents from Rossmoor to join,” says Club President Susan Kostbar. There is an updated calendar available at E&R for the remainder of 2016 meeting dates and special events, including a potluck dinner fundraiser in July, our annual bagel rally in October and a holiday event in December. The next meeting will be held on Tuesday, June 14, from 7 to 9 p.m. in the Gallery. For information, please call 609-658-6902.



The new Democratic Club officers are, from left, Helen Ward, Rosa Harris, Arleen Cunningham, Susan Kostbar, and Catherine Hunt.

Emerald Society’s activities

By Joan Avery

President Dan Jolly stated that everyone who went on the May 6 trip to the Sands Casino had a wonderful time. Some people even came home with more money than they started with. Dan reported that the May 25 Emerald Society meeting had a terrific Doo Wop group, which everyone enjoyed. Ron Haas will give a very thought-provoking presentation on pharmaceuticals in

September.

Dan had also planned for another trip to Pennsylvania in June. This time he has arranged a fabulous day at the Dutch Apple Theater to have dinner and a show with the Million Dollar Quartet.

The Emerald Society’s cocktail party scheduled for May will be rescheduled. The Annual Picnic is scheduled for August 20 from 1 to 6 p.m.

The Niagara Falls trip is scheduled for September 6, 7, 8, and 9. Everyone who has signed up for this exciting trip is looking forward to this wonderful end to the summer.

The New Jersey Club presents re-enactor program

By Eileen Parker

The New Jersey Club will meet on Friday, June 24, at 1:30 p.m. in the Ballroom. Stacy Ross of the *New Jersey Council for the Humanities* will present a re-enactor program entitled “Over here, Molly Pitcher!” It will be a dramatic presentation highlighting the lives of women who “belonged to

the army” during the American Revolution.

At this meeting we will celebrate our annual birthday party for members of the club, with strawberry shortcake as our refreshment.

The New Jersey Club will be on vacation in July and August, and we wish all residents a very happy summertime.

Players Pastimes

By Sue Archambault

The Players monthly meeting took place on May 23 in the Gallery at 7 p.m. Our guest speaker was Michael Mastro, the artistic director of The George Street Playhouse in New Brunswick. Mastro spoke of many facets of the theater. As part of his presentation, he told the members of the audience about the playhouse’s stadium seating, which provides a perfect view of the stage from any seat. The select plays that they choose to present are diverse and incorporate a fantastic script with high level of performances. The set designs are considered to rival the finest on Broadway. The members of our audience were able to enjoy this most informative presentation as well as the provided refreshments.

Take Note. Our June meeting is our very popular Karaoke Night. The event will take place on Monday, June 27 at



7 p.m. in the Gallery Room of the Clubhouse. Those in attendance will have the opportunity to hear and see their fellow Rossmoorians perform favorite musical numbers. In addition, everyone interested will be encouraged to perform as well. All are welcome. As always, refreshments will be served.

Up next month? The Players “This ‘n That” show. Performances will be on Thursday, July 28 and Friday, July 29 in the evening, plus Saturday, July 30 in the afternoon. The event will be directed by Bob Huber and Bill Strecker. Joe Conti will continue to serve as our very excellent and entertaining MC. Particulars about auditions, tickets, and performances will be forthcoming in next month’s issue.

June Dance Club dance will feature a Hawaiian theme

By Judy Perkus

You won’t have to wear a grass skirt when you join the Rossmoor Dance Club in the Ballroom on Saturday, June 25 at 7 p.m. DJ Bobby Picone will be playing all kinds of dance music, though probably not hulas. The theme of the decorations is the 50th state.

Soda, munchies, coffee,

tea, and desserts (sugar-free available) will be served.

All Rossmoorites, singles as well as couples, are welcome.

Please send your reservation check made out to the Rossmoor Dance Club (\$8 a person for paid-up members; \$10 a person for non-members) to Armen DeVivo

at 449B Roxbury Lane by June 19.

Annual Membership is \$7.50 per person, \$15 per couple. Call Armen at 655-2175 for more information.





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FLAG DAY



JUNE 14

Genealogy - the discussion continues at 7:30 p.m.

By Alec Aylat

Beginner and experienced genealogists are invited to discuss and share findings and resources with the Computer Club's website director, Fred H. Milman, at the club's monthly meeting in the Gallery at 7:30 in the evening on Monday, June 20. This special evening meeting has been set to accommodate the many members, and also non-members, who cannot attend the customary monthly morning meetings of the club, and should you be coming straight from work, customary refreshments at 7 will keep you going for a

while.

The pursuit of family history and origins tends to be shaped by several motivations, including the desire to carve out a place for one's family in the larger historical picture, a sense of responsibility to preserve the past for future generations, and a sense of self-satisfaction in accurate storytelling.

This writer, for his grandchildren, and eventually for their grandchildren, and so on and so on, recently completed a picture and written history of the family dating back to Rabbi Pinhas of Koritz who was born in 1726.

Rabbi Pinhas's father was Rabbi Avraham Abba Shapiro, the descendent of an illustrious line of Talmudic scholars, and the progenitor of many of today's Shapiros across the world. Rabbi Pinhas, popularly revered as the Koritzer Rebbe, had a brother who was to become the great, great, great grandfather of composer-conductor Leonard Bernstein.

Moral of the story: you never know whom you're going to find when you start exploring family history. Find your way at the June 20 meeting and on the Club website at www.rossmoor.org.

Sahaj Marg eight-week meditation workshop starts June 11

By Govinda Rajan

Orientation session on Sahaj Marg meditation was held at the Gallery on Saturday, May 7. Brother Uday Kumar explained that we need balance in life to succeed. By his own example and experience, he can say Sahaj Marg meditation helps you succeed in life and brings long-lasting change in behavior and attitudes. It is simple, easy, effective, and can be done every day in the comfort of your own home.

Also called Heartfulness meditation, it is a practical way to experience the heart's unlimited resources. Whether you are seeking stress reduction and relaxation, an individual meditation practice, or a deeper connection to your inner being, we welcome you.

Why Heartfulness meditation?

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being: less anxiety, greater empathy, calmness, relaxation to be felt at the mental level.

- Physical well-being: better health with reduced blood pressure, heart rate normalcy, and deeper sleep, relaxation to be felt at the physical level.
- Inner well-being: to simplify life and connect with one's inner nature. This paves the way for peace of mind, inner joy, bliss and what is beyond.

An eight-week program tailored to our community will be conducted at the Cedar Room from 10 to 11 a.m. on Saturdays, starting June 11.

Admission is free. All are welcome. Any questions, please call President Shatrughan Dawani, Indian American Club, at 845-633-4665.

SPORTS

Ladies' 18-hole league tournaments in April and May

By Arlene McBride

I'm back this month, had a "Rossmoor moment" last month (LOL).

Opening day of the season, April 12, (guess what) it rained. On April 19, "Low Net" tournament was held: first place, Arlene McBride; second place, Pat Mueller.

On April 26, "Low Net Back 9/Low Net Front 9" tournament was held. Front 9, first place: Pat Mueller; second place, Sandy Pellicane. Back 9, first place, Carolyn Meyer; second place, Sue Petersen.

After the round of play the first Executive Board meeting was held.

On May 3, "Scramble Tournament," was not held because it rained again. The league still met for the scheduled brown bag luncheon/meeting anyway. Because there was not a full house due to the weather and late returning snowbirds, we tabled a couple of the voting issues to be discussed at a later date in the season.

The following June and July tournaments are sched-

uled: June 14 and 21, the first major tournament will be held, "Member/Member" tournament. There's still time to pick a member for the tournament. On June 28, "Low gross/Low Net" tournament will be held. Then on July 12 and 19, the second major tournament the "Net Championship," will be held. Our golf skills should be sharpened by then.

Please note: If you cannot make the two weeks in a row in the majors, you can play as a non-participant.

Looking forward to warmer weather.

Croquet season begins; events calendar set

By M.Vail

Croquet Club members attended the General Meeting on April 30 in the Gallery for a great welcome back luncheon, arranged by Social Chair Gail McCarthy, and to start the croquet season with Opening Play Day golf croquet. The court was made ready by Greensward Ken Northrop. The new benches were set in place.

A fixed schedule of play times for the upcoming year are as follows: Golf croquet every Sunday, Tuesday and Friday starting at 4 p.m. Refreshments are served on Fridays after play in the Maple Room of the Clubhouse. Play is always dependent on the weather; however, members volunteer to prepare the refreshments and will meet on Friday in the Maple Room at 6 p.m. even when play is cancelled due to the weather.

Important dates for the membership include Kooky Kroquet, August 13 at 4 p.m.; Annual Meeting and Luncheon, October 1 at noon; Halloween Costume Play and Party, October 31 at 4 p.m.; and the holiday luncheon, December 14 at noon. Look for upcoming announcements for various tournaments in September.

Secretary Ellen Frankel is busy keeping members in touch with news events from President Sidna Mitchell. E-mail is our main connection and the court bulletin board postings for news is now in the works. Announcements will also be posted there. Membership Chair Betty Anne Clayton and Treasurer Merv Shivers did a fine job coordinating our membership and luncheon dues drives.

Residents are invited to

(Continued on page 22)

The 18 hole Ladies Golf Club is looking for women who enjoy golf and, most of all, a wonderful time with fantastic ladies. If interested, please pick up applications at the Pro Shop and come on out to meet some great ladies. You can also get in touch with Maria Hogan at 609-619-3898.

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Tom Tucci and Rose

Rain and rules for 9 Holers

By Terre Martin

When two out of three tournaments are cancelled due to rain, it's hard to find something to write about for the 9 Holers. So, with positive thoughts for sunnier weather, I thought I'd remind players about some of our rules. It's always good to review them, and this year we have some new players who might benefit from the information.

First, members must sign up to play each week. The pairings are not automatic. There is a sign-up sheet on the bulletin board. It gets taken down on Friday morning, so make sure you sign up or cancel before the schedule is set. If we get rained out, you still need to sign up for the following week.

Second, all strokes must be counted, including whiffs. It's an unwelcome rule, but one that must be obeyed. There are also no "gimmies" when you're putting. Even if you're at the edge of the hole, you have to putt the ball in.

Third, here are a couple

of situations where you must take a one stroke penalty. If you have an unplayable lie, you can move the ball two club lengths away from the unplayable location, and if the ball moves while addressing it or while removing a loose impediment in the fairway or rough.

Be sure to check your rule book if you have any questions. There have been a few revisions this year, which will be duplicated and distributed to all members.

If you'd like to learn more about our group, please contact Membership Chair Mary Shine (609-655-4518), or President Marie Bills (609-655-1912).

Definitions for female golfers: Caddy — two women talking about a third when she's not there; Double Bogie — "Casablanca" followed by "The African Queen"; Greens — lunch we eat when we'd rather have a cheeseburger; Rough — getting a man to understand pretty much anything.

Croquet

(Continued from page 21)

join in the game and tryout. White clothing is not required for tryouts. Please wear flat soft sole footwear or sneakers to protect the court's grassy surface. Croquet equipment is available for play all season. Introduce yourself and you will be set to play with a buddy to introduce you to the game.

American Six Wicket Cro-

quet, singles and doubles, is played most days of the week. Members use the signup sheet on the croquet shed bulletin board to save the time slot for their group to play.

For more information on joining the Croquet Club, contact Membership Chair Betty Anne Clayton at 609-662-4659 during the croquet season, April through October. Photos are by Secretary Ellen Frankel.



Religious Organizations

Catholic Society schedules Healing and Anointing Mass. Rev. Peter Chakkunny will be the celebrant

By Gene Horan

A Healing and Anointing Mass sponsored by the Catholic Society will be celebrated at 1:30 p.m. on Tuesday, June 14, in the Meeting House. Rev. Peter Chakkunny, hospital chaplain for the Diocese of Metuchen, will be the celebrant. He will administer the Sacrament of the Anointing of the Sick in conjunction with the Mass and will be available for the Sacrament of Reconciliation (confession) from 1 to 1:30 p.m.

Father Chakkunny is presently serving as chaplain at University Medical Center of Princeton at Plainsboro. He resides at Immaculate Conception Parish in Spotswood.

Please note the time and day. It is scheduled for Tuesday at 1:30 p.m., not the usual Thursday evening. This is designed to make it possible for those who cannot attend in the evening to come. Persons in wheelchairs are



Annual crowning of the Blessed Mother by Marge Princiotta

welcome, and it is suggested that "neighbors help neighbors" to ensure that those who wish to participate can do so.

Refreshments and fellowship will follow the Mass.

The Chaplet of Divine Mercy will be prayed at 3 p.m. on Tuesday, June 21, in the Maple Room of the Clubhouse.

The Prayer Shawl Ministry will meet at 1:30 p.m. on

Thursdays, June 2, 16 and 30, in the Craft Room of the Clubhouse.

The Catholic Society Council Meeting is set for 1:30 p.m. on Tuesday, June 7, in the Meeting House Parlor.

The Day of Recollection originally scheduled for June has been postponed. Check the newspaper and Channel 26 for announcement of the new date.

Jewish Congregation: Co-presidents off to quick start

By Ben Wistreich

Getting off to a quick start, after being nominated as the first couple of new co-presidents, Ben and Judith Wistreich have already been involved in running the June Board Meeting and making announcements at Services. Their terms, which began at

the mid-May Annual Meeting of the Congregation, will extend to the end of August, when a new quarterly president will take over. The duties of Congregation president include running monthly Board Meetings, officiating as an observer at occasional Interfaith Services, welcom-

ing all Congregation members and guests, making announcements at the two Sabbath Services monthly, and participating in audits of the Congregation's books by a Board member-accountant. The president (co-president) may also bring up new business to be discussed at a Board meeting.

Sabbath Services on Friday, June 10, at 7:45 p.m., will have Jeff Albom as the Torah Reader and Bob Kolker as Lay Reader. The Congregation will sponsor these Services. On Monday, June 13, at 10:30 a.m. (the last day of Shavouth), Yizkor Memorial Services will again be led by long-term member Jack Friedman.

On Friday, June 24, the Sabbath Services at 7:45 p.m. will have Bob Kolker as the Torah Reader and Jeff Albom as Lay Reader. The Congregation will also sponsor these Services. All services are in the Meeting House and are led by our cantor, Mary Feinsinger.

The Congregation's Board Meeting on Tuesday evening, June 7, will be held in the Dogwood Room at 7 p.m. All Board Members are urged to attend meetings on the first Tuesday evening of each month.

The next social event, our popular Annual Fourth of July BBQ, is now being planned by our social chairman, Jeff Albom. Announcements will be distributed in June to those who attended last year. As in past years, the menu will be complete, from franks and hamburgers, both kosher, to all the trimmings, and desserts, including watermelon.

Catholic Society continues series on St. Luke's Gospel

By Gene Horan

The Catholic Society is continuing a series of programs on St. Luke's Gospel. The sessions are held on Wednesdays at 2 p.m. in the Maple Room of the Clubhouse. Each consists of a half-hour televised video and a half hour discussion. Participants are encouraged to bring a Bible and notepaper with them. Light refreshments will be available.

On the videos, scripture scholar Frances Hogan brings an insightful look on some of the most cherished stories in the Gospel of St.

Luke, narrated with precise and vivid detail, with many illustrations from the masters.

The concluding sessions are scheduled on the following Wednesdays:

- June 1: Proclamation of the Christian Way of Life**
- June 8: The Fisherman's Response to the Call of Jesus**
- June 15: First Public Miracles: Healings of the Leper and the Paralytic**
- June 29: The Calling of Sinners to Repentance**

Weekly sessions are posted on Channel 26. Note that there is no session on June 22.

Rossmoor Community Church

(Tel. 609-655-2321)

SERVICES:

SUNDAY, JUNE 5, 11 a.m.

The Rev. Dr. Dierdre L. Thomson will preach. Communion will be celebrated.

SUNDAY, JUNE 12, 11 a.m.

The Rev. Dr. Dierdre L. Thomson will preach. Special Music: The Chin Yun Chorus.

SUNDAY, JUNE 19, 11 a.m.

The Rev. Dr. Dierdre L. Thomson will preach. Music: The Rossmoor Chorus, under the direction of Gloria Montlack.

SUNDAY, JUNE 26, 11 a.m. Guest Preacher.

Soloist: Donald Sheasley.

HEALTH CARE CENTER NEWS

Pre-Diabetes

By Kaytie Olshefski, BSN, RN-BC

Have you heard someone say "I'm pre-diabetic," or perhaps your doctor looks over your blood work and says "You are pre-diabetic." What does it mean? How does the doctor know this?

Borderline diabetes was the term once used, but now referred to as Pre-diabetes, or impaired fasting glucose. Pre-diabetes is one step away from actually being diagnosed with Type 2 diabetes.

Pre-diabetes can be diagnosed in three ways. One way is having a fasting blood sugar drawn. The person's blood sugar level is above normal range, but yet not high enough to be classified as diabetes. The blood sugar ranges are as follow: normal fasting blood sugar is below 100mg/dl, a pre-diabetic range is between 100mg/dl – 125mg/dl, and a blood sugar greater than 126mg/dl is diabetes. An oral glucose tolerance test may be ordered. A hemoglobin A1c blood test averages a person's blood sugar from the last three months. A hemoglobin A1c between 6.0% and 6.5% is considered pre-diabetes. A level of 6.5% or higher indicates diabetes. How does a hemoglobin A1c correlate to a blood sugar reading? An example is a 6.0% hemoglobin A1c = 135mg/dl blood sugar. A 7.0% hemoglobin A1c = 170mg/dl blood sugar.

What makes a person at risk for developing pre-diabetes? Some risk factors include being overweight especially if there is excess abdominal fat, inactivity, family history, and people over age 45. Other risk factors include gestational diabetes, polycystic ovary syndrome, and certain races: African-American, Hispanic, American Indian, Asian-American, and Pacific Islander. Recent studies have shown that if a person sleeps 5 ½ hours or less on a regular basis, this may increase the risk of insulin resistance. Briefly, insulin resistance oc-

curs when the blood sugar builds up in your bloodstream because either the pancreas does not make enough insulin or your cells become resistant to the action of insulin, or both.

There are no signs or symptoms of pre-diabetes, but some people may experience unusual thirst, frequent urination, blurred vision, weight loss, and frequent and/or extreme fatigue. When diagnosed with pre-diabetes, it is a warning sign that a person can perhaps prevent or delay the development of diabetes. Early diagnosis will also delay health complications associated with diabetes such as heart, blood vessel, eye, and kidney disease. A person with pre-diabetes has a 50% increase for heart disease and stroke.

What should a person do if diagnosed with pre-diabetes? Modify your lifestyle by making changes in your diet and increase your physical activity. This in turn may bring your blood sugar back to a normal range. The Diabetes Prevention Program was a large research study proving that with 30 minutes - five times a week of moderate physical activity along with a 5-10% reduction in body weight caused a 58% reduction in diabetes. Exercising for 30 minutes can be broken into three sessions of 10 minutes each. But whatever you do, make it an activity that you enjoy. Losing 10 to 15 pounds can make a huge difference. Don't smoke or drink alcohol. Alcohol will increase your blood sugar levels. Maintain control over your blood pressure and cholesterol levels.

There are programs available to help you manage your diabetes. Saint Peter's University Hospital has a Diabetes Self-Management Education Program held at Saint Peter's Physician's Associates in Monroe. The program is led by Therese Wyman, a Registered Dietitian and Certified Diabetes Educator. Medicare will pay for this program with a prescription. If you would like

more information, please call me here at Rossmoor's Health Care Center, 655-2220.

Once you are diagnosed with pre-diabetes, work closely with your physician and/or endocrinologist. Besides creating healthier lifestyle changes, your doctor may start you on oral glucose medications. Your doctor may also add statin drugs to lower your cholesterol levels and, if needed, blood pressure medications to lower your blood pressure. What about alternative medicine or dietary supplements? Speak with your physician about the pros and cons of alternative therapy. Meet with a dietitian from a Diabetes Care Center. The consultation with a dietitian is covered under Medicare, but a prescription is needed. If you have commercial insurance, check with your insurance company as to what is covered. Diabetes support groups and education programs are excellent resources.

In our lecture series from Saint Peter's University Hospital, Dr. Sang Song, a physiatrist, will be speaking on "Back Pain and Arthritis" on June 13 at 1 p.m. in the Maple Room. Please call (655-2220) or stop by the Health Care Center to let us know if you are interested in attending the lecture.

A message from High Tech Landscapes, Inc.

By Jeff Voss

We have completed spring clean-up, edging the beds, and removing debris/leaves from beds throughout the community.

- Cleaning of the 267 carports and all common parking lots took place earlier last month.
- All common facilities have been mulched and summer flowers will be planted in late May.
- Once the weather breaks and stays warm consistently, the Round Up will have a better result on the weeds in the 3' beds
- So far, we have still been able to mow the entire community weekly even with the bad weather recently. Please call the East Gate phone and leave a message with any questions or concerns. (609) 655-5134.
- We've completed the first monthly edging of the sidewalks on April 30, and will continue to do this monthly.
- The second round of fertilization will be completed in late May. This application is a Broadleaf Weed Control with Crabgrass Preventer using herbicide with a high potassium formula that will provide outstanding broadleaf weed control in warmer weather.
- Pruning of the smaller shrubs will begin late May throughout the community.
- Just a reminder, the newly installed soil and seed needs to be watered at least twice a day for 45 minutes in the a.m. and p.m.

The outrageous, but lovable Sophie Tucker

By Judy Perkus

Discover Sophie Tucker on Monday, June 20, at 1:30 p.m. in the Ballroom, at the next meeting of the Rossmoor Sisterhood: her rags to riches story, an iconic superstar who ruled the worlds of vaudeville, Broadway, radio, television, and Hollywood throughout the 20th century. Before Beyonce, Lady Gaga, Madonna, Bette Midler, and Mae West, Sophie was the first woman to infatuate her audiences with a bold, bawdy, brassy style unlike any other. Also featured on the DVD are comments about her by Barbara Walters, Tony Bennett, Carol Channing, and Michael Feinstein.

You mustn't miss a shot of



a recording of "My Yiddische Mama", sung by Sophie, mounted on a truck, and amplified throughout the ruined streets of Berlin right after the end of World War II. And, of course, when you come, you can sample our delicious desserts, but please don't forget to bring non-perishable food for the Kiwanis Food Pantry.

MAINTENANCE

By Marlene Niwore

Walk Lights

When you see a walk light that is out, it would be helpful if you would place a bag over it and then call Maintenance (655-2121) to report it. The bag lets other residents know it has been reported and marks the broken light. In many Mutuals, a director or resident volunteer will change walk light bulbs themselves. Please give them time to get to it. If it's more than just a simple bulb replacement the director will contact us to make the necessary repair.

Alteration Requests

If you're having any changes or improvements made to your manor (including installing a lawn sprinkler system), the first step is to get an Alteration Request form at Maintenance. The staff will be glad to help you fill it out. If you've been talking to a contractor, he should be able to supply a sketch or picture to go with it to help explain what you want to do. The Alteration Request is then reviewed. This normally takes about 10 days, so please allow yourself plenty of time.

Landscaping

A schedule for where the landscapers will be is posted on Channel 26 daily. It is posted the afternoon prior. You can see what Mutual they are in and what they will be doing for that day.

Personal carport storage

Any belongings kept in and around your personal carport storage are totally your responsibility.

Bulk Pick up

Free bulk garbage pick up is scheduled for July 25. The schedule, locations, and further information will be in the July issue.

Office hours

Our office hours are 8:30 a.m. to 5 p.m. We are closed between noon and 1 p.m. If we are on another line or unable to get to the phone, we do have an answering machine, so please leave a message and we will get back to you as soon as we can. If you have a maintenance emergency and get the answering machine, please call the North Gate at 655-7586.

Homeowners Insurance

It is extremely important that you have homeowner's insurance coverage in case you experience damage in your home. Even if it came from your neighbor's manor, it is still falls under your policy. If you do not have coverage, the damage would be an out-of-pocket expense and can be very costly. Make sure to have an H06 insurance policy and a rider for sewer backups. Please check that your current policy has enough limits to cover the items in your manor, such as personal belongings, flooring, and any upgrades. You may have to increase the limits on your policy.

Sewer lines

Please refrain from putting wipes and paper towels down the drains and toilets. This can cause clogs in the sewer pipes, costing your Mutual and RCAI money, which in turn costs the homeowners money.

Greenbriar @ Whittingham Community Presents

The Capitol Steps

Saturday, June 18, 2016—8PM—\$25
At The Monroe Township High School

"They're the best. There's no one like them, no one in their league."
- Larry King, CNN

Most cast members have worked on Capitol Hill; some for Democrats, some for Republicans and others for politicians who firmly straddle the fence.

No matter who holds office, there's never a shortage of material.

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609-395-0404 Extension 220 or 221.

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Your Garden

By Mel Moss

Very few shrubs that are available for landscaping will bloom from mid-spring until the first frost in the fall. But there is one that will: it goes under a number of different names depending on what part of the country you come from. I know it as "potentilla." The proper botanical name is *Pasiphora fruticosa*, but some of its other names are cinquefoil, golden handback, bush cinquefoil, shrubby five fingers (the leaves have five lobes), and tundra rose.

It is in the rosacea family, a very large plant family. Although this is the same family as our very popular roses, potentilla does not have any thorns and in appearance it does not resemble rose bushes at all.

Potentilla is native to northern parts of the U.S., Canada, Europe, and northern Asia. In its native growing areas, it is often found in boggy areas. The plants

have five-petaled, 1½ inch yellow flowers that just keep coming all summer long. They are heavily branched with small dainty looking leaves that drop in the fall. They have no autumn coloration.

These plants like sunny locations, but for best blooming, they like some late afternoon shade. They do best in moist, but well-drained soil. They have strong disease and insect resistance. Occasionally mildew problems will occur during prolonged humid conditions and, once in a while, spider mites appear in hot dry conditions. But by and large, they seldom have any problems.

The flowers will attract butterflies. Small seed capsules will remain on the plant after blooming, which will provide fall and winter food for songbirds. These plants are also deer resistant.

After a few years, the nice mound shape can become rather irregular in shape. To

correct this, it is recommended to cut the whole plant back to the ground and let it regrow. It should be cut back in late winter while the plant is still dormant. The branches are not thick, so they can easily be cut back with a good pair of pruning shears. The plant will grow back quickly and by early to mid-summer you will have a new three-foot mound with plenty of blooms.

Plant hybridizers have been busy creating new varieties of the native potentilla plant. They all grow to about the same size and shape as the native variety but with some differences.

- Medicine Wheel Mountain has bright yellow flowers with ruffled petals,
- Primrose Beauty has soft yellow flowers and the leaves are a silvery color,
- Sunset Orange has orange



flowers but they fade to yellow in the heat of summer,

- Setting Sun Pink has pink flowers and the plant shows good drought tolerance, and
- Abbotswood has white flowers.

These are just some of the newer varieties that have been developed. The size of the plant makes it attractive for Rossmoor because you won't have to cut it back to keep it under window height. Potentillas are very hardy and give color for a long time during the growing season.

Annual LWV elect new officers, focus on legislation

By Ruth Banks

The League of Women Voters of Monroe Township will be celebrating its 28th year in the township at its annual meeting and luncheon on June 6. It will take place at the Cranbury Inn beginning at 11:30 a.m. for its business meeting, at which time the proposed slate for president, officers, and board members will be presented.

The guest speaker will be Sandra Matsen, former president of the LWV NJ, who currently serves as the state League's legislative agent representing the League's interests in Trenton. She tracks legislation of interest to the members, interacts with legislators, and alerts members as to action being taken, or not taken, and generally follows bills of particular interest to the League.

A member of the League since the early 1980s, she has held numerous local and state League positions. In the past, she has represented the League on the N.J. Citizens Help America Vote Act (HAVA) coalition and was a member of the advisory committee for the HAVA-NJ State Plan. She has also been the liaison to the Foundation for Open Government.

The Monroe Twp. League has wrapped up a year in which the theme of voting has played a large part. A forum for candidates running for local government offices attracted more than 300 attendees, programs explaining campaign finance and politics as well as human trafficking were well attended, and interest in the environmental issues of the state and the community have continued to attract membership attention and continuing interest.

The drive to register voters and provide information on voting and elections will also be the motivating theme as the League embarks on its next year beginning in July. An emphasis on getting people out to vote for the November presidential election will play a prominent role in League activities in the next few months.

"There are still too many residents who are either not registered or do not care to vote," noted League President Ruth Banks. "In this time of political and economic stress, it's more important than ever to exercise the right to vote. And even more important, residents need to know the facts, not the fictions. In memory of Dr. Deborah Wolfe, whose passion was to remind people about the precious right to vote, about the people who strived and died for that right, I urge other civic groups to work with us to expand the numbers of residents to register

(Continued on page 25)



Memberships available at affordable prices



Rossmoor Golf Course, professionally maintained by our Golf Superintendent, Tom Tucci, is a hidden jewel in the heart of the Rossmoor Community. Golfers may apply by contacting our Club Professional, Ted Servis, at (609) 655-3182.

Introductory Membership Offer: Interested in playing the course prior to joining? Greens fees from your first round of golf will be applied towards your membership.

For more details, photographs of the course, scorecard, membership rates, history of the Course Designer, Desmond Muirhead, and our outreach initiatives - visit our website at rcainj.com.



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From the Mayor

By Gerald W. Tamburro,
Mayor of Monroe Township

Monroe Township Recreation Department

The Monroe Township Community Center is more than just the home of the Recreation Department.

All year long the dedicated Recreation Department Staff hosts many events for residents of all ages, both in the Monmouth Road facility and in locations throughout the community.

In addition, the Department runs the annual Mayor's Cup tournaments, where seniors in the active adult communities compete against one another in various sports, such as bowling, tennis, golf, basketball shooting, duplicate bridge, table tennis, shuffleboard and bocce. For the past two years a team, named the Mill Lakers (comprised of seniors living outside the gated communities) competed in table tennis and pickle ball.

Furthermore, from fall to spring, the Monmouth Road facility hosts open pickle ball every weekday morning. Introduced to the Township Senior Communities with the help of Recreation Advisory Board Member Norm Olinsky, pickleball is a paddle sport played with a special wiffle ball on a court that is about the size of a paddle tennis court.

The Community Center is also one location of the annual Summer Camp program, which is open to both children and grandchildren of Township residents. The camp continues to grow with more than 1,500 children enrolled in the program. The Department also hosts M.T.S.E.P.A. (Monroe Township Special Education Parents Association) Camp with programming designed specifically for children with special needs. The department also hosts many week long Specialty Camps, one being Healthy Lifestyles Camp, which is geared towards keeping kids active and away from drugs and alcohol.

The Recreation Department also runs two of the biggest events in the Township: the Fourth of July Celebration in Thompson Park (slated to start at 5 p.m. on July 4), and Oktoberfest at the Community Center (slated to start at noon on Oct. 16). These annual celebrations bring the residents from our 43 square-mile town together to celebrate all that Monroe has to offer and allows us to maintain our small-town feel in such a large diverse community.

From Memorial Day to Labor Day, the Recreation Staff oversees one of the most popular parks in the Township: the Spray Park in Veterans Park on Avenue K. The

Spray Park, which is ideal for younger children (generally from toddlers to age 10), has water features that dump, splash and spray water onto the youngsters daily from 10 a.m. to 8 p.m., from the Friday before Memorial Day to Labor Day.

The Community Center also features a Fitness Center, which has resistance weight training machines along with cardio equipment including stationary bikes, treadmills and elliptical machines. It is open to all Township residents that are registered with the Recreation Department and have completed the Fitness Center Orientation Program.

The \$10 Community Center registration fee opens more than just the doors to the fitness center, it allows residents to use either of the two gyms during open gym times to play basketball, volleyball, indoor soccer and much more.

The best part is registration for many Recreation programs (including summer camps and fitness classes) can now be done online using a credit card or debit card. Registered Community Center members can visit <https://register.community-pass.net/monroetownship> and login in to register for recreation programs. Those who previously registered with the Community Center should have received a letter with a temporary I.D. and password. New users can visit the site and create an account. Or, as has always been the case, registration can be done by visiting the Community Center on Monmouth Road.

I would like to commend the Recreation Department for all of their hard work to bring the many programs they sponsor to our residents.

For more information about the Recreation Department and the Community Center visit www.monroerec.com or call (732) 723-5000.

Monroe Again Named One of Safest Cities in America

Citing Monroe's low crime rate and the preventative measures taken by the police to educate residents, Monroe was named the 61st safest city in America and the 15th Safest City in New Jersey by the private security company SafeWise.

"We are honored to be named among the safest cities in America," Mayor Gerald W. Tamburro said. "For many years, Monroe has maintained a low crime, which is a testament to our proactive Police Department and the good work they do, as well as the many services and programs we provide to all members of the community."

SafeWise, a community-focused safety organization committed to increasing home and community safety, education, awareness, and preparedness, released its annual 100 Safest Cities in America Report on April 18.

LWV

(Continued from page 24)
and vote."

Information on the luncheon, which will follow the business meeting, may be obtained from Luncheon Chairwoman Doris Altman, 609-655-5932.

The League is a non-partisan political organization formed in 1920 after Congress approved the 19th Amendment, giving women the right to vote. It never supports or opposes candidates for political office, but does encourage its members to participate in the political party of their choice. It is open to men and women 18 years of age or older. It is a national organization based in every state, and is a grassroots organization of members who control the destiny of the organization. The purpose of the LWV is to promote political responsibility through informed and active participation of citizens in government.

For more information about the Monroe Twp. League of Women Voters, please feel free to contact: Ruth Banks, 609-655-4791; Judy Perkus, 609-395-1552; Francine Glass, 609-860-7890.

According to the company, SafeWise analysts considered the most recent FBI crime data from 2014 to rank these cities, which all have a minimum population of 10,000 people.

The report praised the Police Department's Special Senior Citizen Crime Prevention Officer who is in charge of keeping older adults safe from crime through education and advocacy.

"We feel it is important to protect all of our citizens, including those that need it the most, and that is not just our seniors," Mayor Tamburro said. "We just held our L.E.A.D. (Law Enforcement Against Drugs) graduations

at the Middle School. Our officers have been teaching in the schools for many years, and the long-running cooperative effort with the School District is aimed at keeping our children educated about the dangers of drug and alcohol abuse and reducing crime."

Furthermore, each August the Police Department holds its annual National Night Out event in Thompson Park. The gathering provides residents with an opportunity to meet one-on-one with police and other first responders to strengthen the relationship between the community, police and other emergency

(Continued on page 26)

Vietnam Vets

(Continued from page 11)
hero's welcome they rightfully deserved when returning from service. The concert was just the start of something special that we will be doing in Monroe over the next few years."

At the concert, the 60-person Monroe Township Chorus performed a variety of songs, dedicating the entire performance to all veterans. The program included renditions of John Denver's "Take Me Home Country Roads," Louis Armstrong's "What a Wonderful World," the classic standard "The Beer Barrel Polka," among many others, along with patriotic songs.

Retired U.S. Army Brigadier General John P. Rose

from the DOD addressed the capacity performing arts center, thanking all of the veterans for their service, and promising to honor all of the Vietnam veterans in Monroe.

"I am here to say that what I am most proud of is that you Vietnam War Veterans did not quit," Brig. Gen. Rose said. "You did not quit on your country, you did not quit on your military, and as a result of your work and your efforts over the past 50 years we have developed, and we have evolved into the greatest country in the world."

Furthermore, the Township honored all those who died serving their country on May 30 at two Memorial Day Ceremonies, the first at the Municipal Building (1 Municipal Plaza) and the second at Veterans Park on Avenue K.

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.

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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Senior Center

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

Registering with the Senior Center is free to Monroe residents, 55 years or older. The monthly newsletter. On May 15 members can sign-up for activities either via phone or in-person for all programs with a fee.

Free Transportation

Transportation, to and from the Senior Center, is available to all senior citizens in Monroe Township. This door-to-door service is free, during Senior Center hours of operation, to any and all related Office and Center business. For more information call the Office Manager at 609-448-7140.

Exercise Your Options

Body Works: Summer Session: Starting on Tuesday, June 7, we are keeping you fit and healthy with the help of Mardi and Sarah while we await Julie’s return. This 20-session, low-impact, aerobic workout also features resistance bands and light weights. Tuesday classes meet at 9:30 a.m.; and, Thursday classes meet at 10:30 a.m. (new summertime hours). No class on June 28 and July 5. Call in Day to

Register: Wed., May 25 at 9 a.m. Course fee: \$40 p.p., accepted on May 27 thru June 3. Previous participation does not guarantee enrollment. Space limited to ensure safety.

Move & Groove: Starting on Monday, June 13, at 10:15 a.m., join Sarah for some fun dance moves as you work up a sweat during this 10-session class (June 13, 20, 27, July 11, 18, 25, August 1, 8, 15, 22) Class fee: \$40 p.p., due upon registering in-person, in advance.

Intro to Chair Yoga: On Thursday, June 16, at 9 a.m., join Eileen T., as she provides an overview of the benefits of chair yoga and provides an interactive demonstration. If you are interested in attending the 8-session class, then see below:

Chair Yoga Class: Starting on Thursday, June 30, at 9 a.m., join Eileen T., for a modified yoga class with all yogic exercises performed in a chair. Relax your mind, improve your flexibility, and promote your well-being during this 8-session class.

Course fee: \$40 p.p., due upon registering in-advance, in-person. Space limited to ensure safety.

20th Century Comedians: On Thursday, June 9, at 1:30 p.m., Larry Wolfert looks at the people who made America laugh. From Abbott & Costello to Johnny Carson to Robin Williams, enjoy their better known routines as well as a brief overview of their paths to fame. Register in advance.

Jerry’s Travels: On Monday, June 13, 1:30 p.m., join Jerry as you travel the eastern coast of Australia where you will snorkel the Great Barrier Reef and then visit Sydney’s Blue Mountains. Don’t forget the koalas and kangaroos. Register.

Frankie Valli: On Wednesday, June 15, at 1 p.m., enjoy a special DVD presentation featuring Frankie Valli and The Four Seasons with host, Michael Ferreira. Register in advance.

Musical Journey: On Thursday, June 16, at 1:30 p.m., join Marvin Fischer for a musical journey through the U.S.A. Through stories and piano tunes, from “Moonlight in Vermont” to “Hawaiian Wedding Song”, enjoy the many different flavors that make America so varied and fascinating. **Pizza Plus: On Friday, June 24, at noon,** enjoy a slice or two of pizza, beverage, and a treat before we start the featured film, *Brooklyn*. (Movie abstract available at the Senior Center.) Tickets: \$6 p.p., due upon registering in advance, in-person.

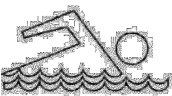
Michael & Ted Present: On Tuesday, June 28, at 2 p.m., join our friends, from WWFM’s *The Classical Network*, as they examine the life and career of Robert Wright and George (Chet) Forrest, who were known for adapting classical music for Broadway hits like *Song of Norway* and *Kismet*. Register in advance.

ROSSMOOR COMMUNITY ASSOCIATION 2016 POOL SEASON

RULES, REGULATIONS, & POOL HOURS

The Rossmoor Community Pool will open **Friday, May 27,** and close on **Labor Day, Monday, September 5**

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 nonbreakable 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 US 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 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

Safest Cities

(Continued from page 25)

management personnel. The annual event provides a fun environment with games and presentations that engage children in a fun way, while educating them about the dangers of drugs, drinking and driving, safe bicycle riding practices and so much more. This year’s event is scheduled to begin at 6 p.m. on Aug. 2.

“It always nice to be honored for hard work, especially when the honors come unsolicited by a private company,” Mayor Tamburro said. “Chief Michael Lloyd and the Monroe Township Police Department should be commended for their continuous efforts to keep Monroe among the safest towns in the state. Through their efforts, the police will continue to forge relationships with our residents and help keep Monroe a great place to live, raise a family and retire.”

Monroe Township Public Library

Coupon Club

1:30 p.m., Monday, June 6. Clip, swap and trade coupons. Discuss deals, share frugal tips and shopping experiences. Bring a pair of scissors and your stash of non-expired coupons. Registration is not required.

Learn to Sew Project Class: Grocery Totes

3-5 p.m., Monday, June 6 and 6-8 p.m., Thursday, June 9. Students must take a “Meet Your Sewing Machine” class or have machine sewing knowledge prior to registering for this class. Registration is required. Register through the Library’s website.

Genealogy Club

1:30 p.m., Wednesday, June 8. Guest speaker Walter Choroszewski presents an introduction to genetic genealogy and genomics. Beginning and experienced genealogists welcome to discuss research, share findings and resources. Registration is not required.

Coloring for Adults

1:30 p.m., Thursday, June 9. Stimulate your senses and creativity with coloring. Light refreshments and all supplies provided. Registration is not required.

Nonfiction Book Discussion

10:30 a.m., Friday, June 10. Library Director Irene Goldberg leads a discussion about “My Grandfather Would Have Shot Me” by Jennifer Teege and Nikola Sellmair. Register and reserve your copy at the Welcome Desk.

Friday Afternoon Movies

2 p.m., Friday, June 10. Sports drama about brain disease in NFL players.

2 p.m., Friday, June 24.

James Stewart goes to the nation’s capital in this Frank Capra classic.

How to Read a Knitting Pattern

6 p.m., Monday, June 13. Sandy Kandel helps knitters decipher their projects. Registration and supply list at the Welcome Desk.

Keep This, Toss That

1 p.m., Tuesday, June 14. Professional Organizer, media personality and author Jamie Novak provides tips in this interactive workshop to clear the clutter from your life. Registration is not required.

Skype™ Session with Author Amy Stewart

2 p.m., Thursday, June 16. Author Amy Stewart talks to the audience via Skype™ about her latest work “Girl Waits with Gun,” a New Jersey-based historical novel about our nation’s first female deputy sheriffs. Limited copies available for purchase. Register at the Welcome Desk.

Digital Photography 101

12-4 p.m., Saturday, June 18. Bring your digital camera and its manual to learn about basics including lenses, lighting, exposure controls and more. A \$20.00 non-refundable materials fee is required. Register at the Reference Desk.

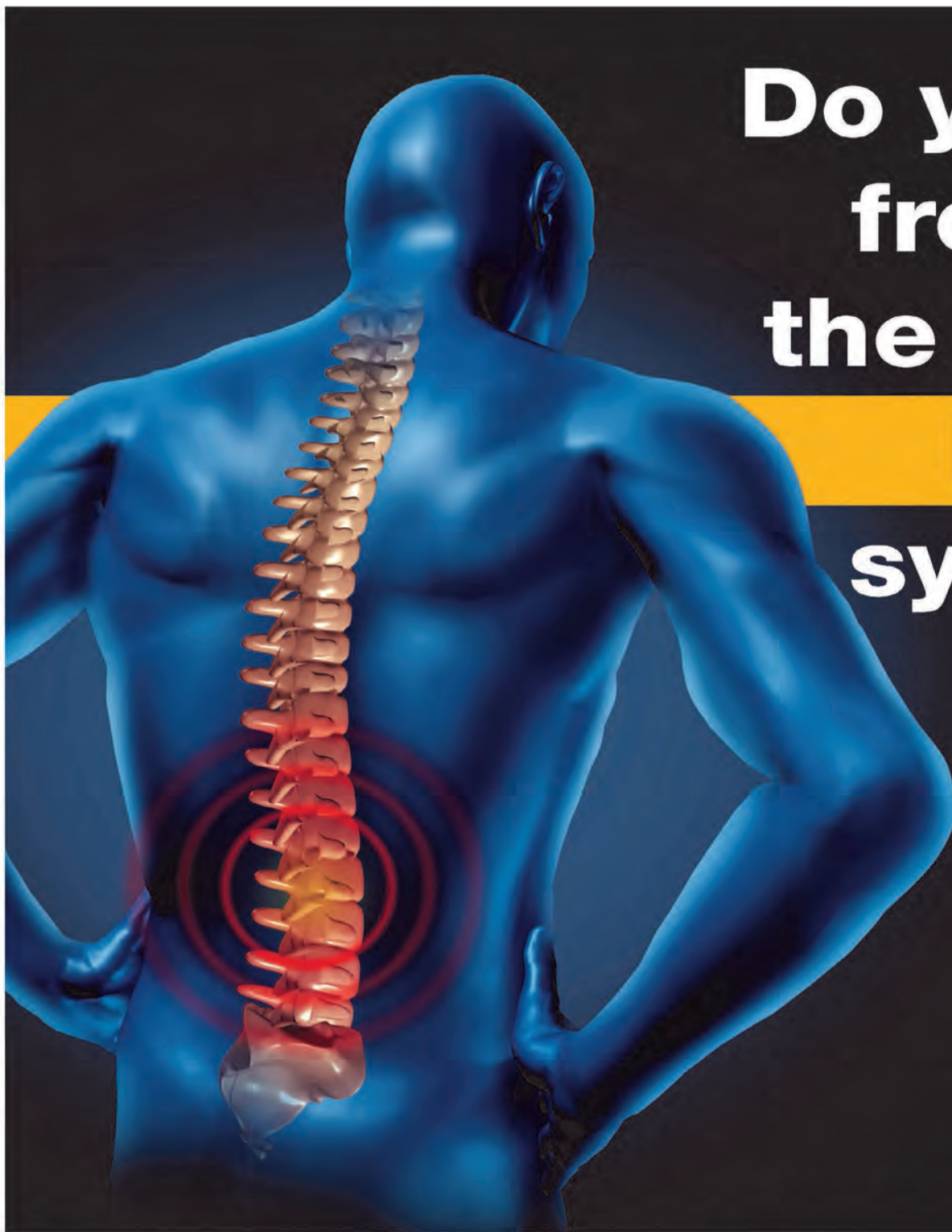
Library Board Meeting

6:30 p.m., Monday, June 20

Coffee and a Book

10:30 a.m., Tuesday, June 21. Discuss “The Jaguar’s Children” by John Vaillant. Register and reserve your copy at the Welcome Desk.

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



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- Shooting Pain
- Difficulty Standing or Sitting
- Ghost Pain
- Severe Aching
- Pinched Nerves
- Sciatica

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