By Jean Houvenec

Do you know the name of the rest area just south of Exit 8A on the New Jersey Turnpike? Do you know why that name was given? Do you know what major battles of the American Revolution were fought right near Rossmoor? Can you identify the more common butterflies of New Jersey? What is on the back of the quarter that represents New Jersey? These and many other questions have been covered at different meetings of the New Jersey Social and Cultural Club of Rossmoor (NJSCCR). NJSCCR meets the last Friday of the month at 1:30 in the Ballroom. The membership dues are a reasonable $15 for the year for informative meetings followed by refreshments provided by the members. Recently That Butterfly Guy, Rick Mikula, gave a fascinating presentation, complete with live butterflies, teaching us all about the local butterflies and how to raise them ourselves in easily and ingeniously created butterfly homes (check out www.butterflywebsite.com).

Other presentations have included the many battles of the Revolutionary War as the troops surged between New York and Philadelphia to Valley Forge and back again; a re-enactment of the story of Molly Pitcher at the Battle of Monmouth; presenting the skit and the Battle Hymn of the Republic; and a fascinating presentation, complete with live butterflies, teaching us all about the local butterflies and how to raise them ourselves in easily and ingeniously created butterfly homes (check out www.butterflywebsite.com).

Spring has finally arrived!

By Anne Rotholz

In the United States Mother’s Day is celebrated on the second Sunday of May. The day is set aside to honor and pay tribute to mothers and mother figures...stepmothers, foster mothers, grandmothers and so on. Since motherhood is closely associated with nursing, anyone who nurtures another can and should be celebrated on this day.

Families show their appreciation in various ways. They may attend a church service and go for a meal. Special home-cooked dinners are also popular. It is a tradition to give cards and flowers (carnations are sometimes worn on the day). Gifts given include plants, candy, jewelry, perfume or a trip to a spa.

Mother’s Day as we know it in the U.S., is a fairly modern celebration. Tributes to mothers date back to the early days of Greece and Rome. The Greeks had a spring festival dedicated to Rhea, the mother of Zeus. To them Rhea was “the great mother of many gods.” The Romans honored Cybele, the goddess of nature and fertility. They, too, celebrated her with a spring festival and called her “the mother of the gods.”

In the Sixteenth Century, Christians in England and Ireland celebrated a festival on the fourth Sunday in Lent, to honor Mary, the mother of Christ. It was a custom at the time that all the family members would be released from their work commitments so that they could return home on that day to visit one’s mother church. This was the origin of Mothering Day or Mothering Sunday.

During the years following World War II, American soldiers brought their version of Mother’s Day to England where it became very popular. Shortly afterwards Mothering Sunday and Mother’s Day merged into one celebration that is still held on the fourth Sunday of Lent.

Mother’s Day in the U.S. does not appear to be related to Rhea, Cybele, or Mothering Day. Historians tell us that it came about mostly because of the work of two women, Julia Ward Howe and Anna Jarvis. In 1870 Julia Ward Howe, who lived in Boston, (she wrote The Battle Hymn of the Republic) called for an annual Mother’s Day for Peace to encourage pacifism and disarmament, since so many women were suffering because of the war. This celebration went on for about 10 years and then ceased.

In 1908 Anna Jarvis of Grafton, West Virginia, gave a memorial service for her mother, also named Anna, who years earlier had organized Mother’s Day Work Clubs to help those who were poor or ill in her community. She wanted to honor her mother’s wish to set up a memorial Mother’s Day. She distributed 500 carnations to those present at the service, hence the connection between carnations and Mother’s Day. (The symbol of pink for a living mother and white for one who was deceased came from florists who could not get enough pink ones.)

Her campaign was so successful that it became Mother’s Day in 1914, celebrated on the second Sunday of May.

On that day people were encouraged to “serve their mothers, grandmothers, foster mothers, and mother figures.” In 1915 Julia Ward Howe became the moderator of the Mother’s Day Work Clubs. In 1924 Anna Jarvis died. In 1925 the Department of Labor in the U.S. recognized Mother’s Day with a resolution. In 1946 President Harry Truman signed the proclamation and declared Mother’s Day a national holiday.

By Mary Jane Brubaker

There was not an empty seat to be had in the Meeting House on Sunday, April 2, when the Community Church hosted “Behold the Lamb,” a presentation to celebrate the community. The service included the many battles of the Revolutionary War as the troops surged between New York and Philadelphia to Valley Forge and back again; a re-enactment of the story of Molly Pitcher at the Battle of Monmouth, presenting the skit and the Battle Hymn of the Republic.

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VOLUME 53 / No. 5
Monroe Township, New Jersey
May 2017

Focus on: Groups and Clubs

NJSCCR: What’s up in New Jersey?

Cecile Wang leads the congregation, chorus and orchestra in the “Hallelujah Chorus” that concluded the special music service at the Community Church.

Community Church musical worship service garners standing room only attendance

(Continued on page 21)
The deadline for the Rossmoor News is the 7th of every month.

Vacation time is coming up. Well, for some of us, anyway. We go on extravagant excursions to exotic lands. I'm not much of a traveler, though. I always say that I've been as far west as Harrisburg, Pennsylvania (Hershey Park on a grade school trip class), as far north as Tenafly (friends' apartment), as far east as the Jersey Shore, and most recently, as far south as Delaware (trip to Winterthur). If you don't count my anomalous nine-day excursion to the Caribbean on the Explorer of the Seas. I'm more of a "staycationer." There is so much to do and do right here in New Jersey.

There's Six Flags Great Adventure theme park, which rivals most of the bigger parks everywhere. It will always be just "Great Adventure" to me. I have original souvenir booklets and postcards from the old one, the one the Board of Governors also authorized the officers of the RCAI and the Chair of the Contract Committee to negotiate and execute a five-year extension.

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

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Visit the Rossmoor website at www.rcajni.com
About Alice

By Bob Huber

There was no question about Alice Talon being a piano prodigy. She was introduced to the piano at the age of 12, and by the time she was 14, she was giving piano lessons to neighborhood children for 25 cents a lesson.

Her reputation as a teacher grew rapidly from the neighborhood to the entire community. By her 16th birthday, she had become so proficient that she dropped out of high school to devote full time to teaching and pursuing advanced studies in piano and pipe organ at the local conservatory.

Also at the age of 16, she became dissatisfied with the factory community in which her family lived, so she bought her own home in a much nicer neighborhood. She invited her mother, father and her two siblings to move there with her, if they chose. They did.

By the age of 19, Alice had achieved an outstanding reputation as an interpreter of Chopin, so she turned her attention toward a career as a concert pianist.

But love got in the way in the form of a young medical student named Ward Huber. During an extended engagement, Ward finished his medical studies, and Alice applied her amazing improvisational skills to composition, adding “composer” to her already impressive resume.

The marriage produced two boys, so Alice now added “wife and mother” to her list of accomplishments. These boys were given an award for High Maternal Merit. American soldiers fighting in France in World War I brought the Anna Jarvis version to that country. Though the American form became very popular, medals were still awarded to women with large families. In the 1950s the celebration was moved to the last Sunday of May and from that time on all mothers were honored.

In Israel, Mother’s Day is celebrated on the anniversary of the death of Henrietta Szold who rescued many Jewish children from Nazi Germany and later took care of them. The holiday is now called Family Day. It is a celebration of mutual love within the family. No gifts are exchanged and there is no commercialization of the day.

Argentina celebrates Mother’s Day on the third Sunday of October. It was originally celebrated on October 11, a feast of the Virgin Mary. When the feast was transferred to January, national merchants asked that the holiday be transferred to the third Sunday of October, to boost sales in the second half of that month. Though Mother’s Day was first celebrated in Sweden in 1919, it was not widely accepted by the Swedish people until years later. They felt that the holiday was set up by merchants for their own reasons. However, it was very popular, and women with large families. In the 1950s the celebration was transferred to the last Sunday of May and from that time on all mothers were honored. In 1997, Anna voiced her regret that she had ever started it.

Mother’s Day is usually celebrated in spring, with a few exceptions. While many countries observe the holiday much as it evolved in the U.S., others have adapted it for religious, historical, or political reasons. Some of these reasons are interesting.

In China, Mother’s Day has been celebrated by popular consent since the 1940s. The celebration was initiated by a young medical student named Ward Huber.

In 1948, Anna voiced her regret that she had ever started it.

Mother’s Day was able to put both boys through college and help them on their way to their own successful careers.

Throughout her entire life, Alice’s devotion to her boys and her music never wavered. But in the middle of her 87th year, her health began to deteriorate rapidly. We advised her to rest, but she said she was committed to play two recitals, and she needed to prepare. We said everybody would forgive her for canceling those commitments, but she insisted.

Alice did, in fact, play both recitals, and she played them beautifully.

She passed away two weeks later.

Gone, but certainly not forgotten by all the people whose lives she enriched, especially mine.

Happy Mothers’ Day, Mom, Bob.
provided monies for high- 
colon County, Montana, pro-
small parcel of land in Lin-
local and state regulations, 
roads were also subject to 
assistance. However, rail-
provided significant operating 


All aboard – Amtrak is the way to travel

By Linda Bozowski
May 1 (Amtrak Day) has probably passed by the time you’re reading this issue, but it’s not too late to think about an adventure on an Amtrak train. The National Railroad Passenger Corporation, established under the Amtrak banner in 1971, serves 500 destinations in 46 states and in three Canadian provinces. Three hundred trains, travel-
ging over 21,000 miles per day, provide local, regional and long-distance travel ac-
commodations. And the fiscal 2015, nearly 31 million pas-
sengers traveled on Amtrak rails.

Passenger rail service de-
clined as autos became the most prevalent means of transportation beginning in the 1920s. Commercial bus lines made travel between cities convenient and afford-
able. Following World War II, air travel became available and more efficient and also cut out rail’s niche. By the late 1940s, railroads pro-
vided only 67 percent of pas-
sengers miles in the United States.

The need to compete with the other modes led the railroads to improve their 


102 Years of Broadway recreates the greatest moments from the finest shows of the century featuring the actual stars of shows such as: The Phantom of the Opera, Les Miserables, Cats, Jesus Christ Superstar, etc.

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Neil Berg’s 102 Years of Broadway

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Darren was voted the Best Male Vocal Performer in Australia and has performed for Concordia before.

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Playhouse22
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Who would have thought? International Respect for Chickens Day?

By Linda Bozowski
In case you forgot, May 4 is International Respect for Chickens Day. Hallmark will probably add this notation to their calendars next year so that we can all remember to exchange cards the day before Cinco de Mayo.

As I was researching this observance, I came across a wealth of facts of which I was previously unaware. For example, the chicken is the closest living relative to the tyrannosaurus. Since I have not seen a tyrannosaurus recently, I never would have guessed that relationship. And did you know that, in the wild, chickens may live for between five and 11 years, but that in confinement, they generally live only six weeks, after which they are slaughter-
ted.

I think chickens should be raced, as some other ani-
mal are. After all, they can travel up to nine miles per hour (chicken’s heart beats are 280 beats per minute). Could that contribute to their ability to race? I don’t know, I’ll have to research that further. And how diverse they are? There are more than 200 breeds and varia-
tions of domesticated chick-
egs. And many of those can lay eggs of various colors, including green and blue. How come we only have choices of white and brown at the grocery store? Does someone save the green and blue eggs for special custom-
ers?

My research states that chickens are very social creatures. It is reported that chickens live in flocks in the wild and share responsibili-
ties in the incubation of eggs and the rearing of chicks. Does that make them com-
munist chickens? I mean, they live in sort of a com-
mune, right? They do have some unusual habits, at least from a human’s point of view. For instance, they enjoy dust bathing. It is reported that chickens become very frustrat-
ted if they are unable to enjoy this habit. Of course, in commercial chicken confine-
cent cages, dust bathing is not an option. I’m not sure how a casual observer knows when a chicken is frustrated. Does it cackle differently, or beat its wings (the chicken, not the ob-
server)? Another tidbit that needs more research.

Finally, FYI, chicken pox has nothing to do with chick-
ens, so stop blaming them. After all, there are more chickens on earth than peo-
ple, so be warned.

The Rossmoor NEWS
Sun worship can be hazardous to your health

By Linda Bozowski

We all know that skin care is important, and that excessive ultraviolet light exposure should be avoided. We may not be as aware about the warning signs of melanoma, a deadly cancer that claimed 55,000 lives in 2012 worldwide. Among the 232,000 new cases identified each year, malignant melanoma is most pervasive among people in Australia and New Zealand. Northern Europe and North America also has numerous cases, while Asia, Africa and Latin America have fewer cases.

Women are most likely to develop these cancers on their legs, while men are most often affected with growth on their backs. Fair and red-haired people are more likely to develop this cancer than those with darker skin tones.

The most common symptom of potential melanoma is the growth of or change in a mole. We may think of moles as merely unsightly. However, these seemingly non-significant skin lesions, if they change in appearance, color or size, may be the warning signals of a potentially deadly cancer. The most dangerous form of melanoma is called nodular melanoma, and that condition is indicated by moles which are growing, firm to the touch or raised about the surrounding skin surface.

Diagnosis of melanoma is often done through visual inspection. A visual survey of the whole body is indicated, since even tiny specks that may not appear as typical moles may, in fact, be early growth sites. Some practitioners use digital whole-body photography as well, especially with high-risk patients but critics of this method suggest that smaller potential moles may not be visualized as well. Moles that appear suspicious may be candidates for localized biopsy. Depending on the location and size of a malignant lesion, removal under local anesthesia may be the next step.

Undiagnosed malignant melanomas can grow and become invasive, a far more dangerous situation. As the cancer cells invade the deeper areas of the skin, they can spread to other body sites including the liver, bones, brain and lymphatic system, which is why this cancer is so deadly. Symptoms of potential metastasis include loss of appetite, nausea, vomiting and fatigue. Less than one-fifth of early diagnosed melanomas metastasize – good news so early diagnosis is key.

As we move through spring into summer, it’s important that we become more mindful of our skin health. Limiting exposure to the sun’s ultraviolet rays, using sunscreen, wearing hats and other skin-covering clothing are all actions that can help reduce our risk to this deadly disease. And for those of us who have spent hours outdoors getting that bronzed look of a good tan, maybe now is the time to put a “call the dermatologist” note on the to-do list.

Bernie Halperin – Passover thoughts

By Linda Bozowski

In our April edition, we published a poem written by the late Bernie Halperin. Due to a mix-up regarding our deadline, a photo of Halperin and his wife Ann, still a Rossmoor resident, didn’t make the paper. Peter Halperin, the author’s son, graciously sent the attached photo and another of Bernie’s works. Hope you enjoy Bernie’s thoughts about Passover.

“The Passover Seder - 1978”

By Bernie Halperin

Our friends and relatives sat around a long table. Their instructions “to eat as much as they were able!” There was chopped liver and matzohs, too. All kinds of “goodies” to fill up a Jew.

Matzo Ball soup and turkey galore.
And sweet wine, to make our spirits soar.
Gefilte fish and so much more.
We ate and we ate, it wasn’t a chore.
Then, the desserts came into our view,
Cake, strawberries and whipped cream, too.
But before the succulent feast began,
The Seder was performed by a Man.
Thirteen years old, our Danny did great
When he finished, we all attacked our plate!
And after the meal, the girls “chirped” away,
While the men talked of their hard day.
Our little people ransacked the house,
“So cute, so smart,” I said to my spouse.
“What a wonderful meal you made for us all.”

Though it was Passover, it seemed like a “Ball”
Passover is a time to remember the past.
But we all wish Passover wouldn’t pass!

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To learn more, visit centraestate.com/leapfrog.
The Bob and Bill shows – keep them coming!

By Linda Bozowski

Abbott and Costello, Simon and Garfunkel, Batman and Robin, Lone Ranger and Tonto, Martin and Lewis – the list goes on and on. Duets, synergy, complementary skill sets. What do you get when you mix a guy from Cleveland, Ohio, with another guy from Ronkonkoma, Long Island? A great collaboration of words and music and laughs designed to entertain all of us. Of course, those two guys are Bob Huber and Bill Strecker, the unassuming talents who gave us “It’s News to Us” and “Between Engagements.” Although these gentlemen are not chronological peers, their skills mesh so well together that you’d think they were brothers.

Bob Huber, four-time Emmy winner for his TV work in writing, production, and animation, has been writing skits and plays and other stage treats for the Rossmoor Players since 1997. Bill Strecker, an accomplished musician and composer with three LP albums and numerous appearances under his belt, is a new comer to the Players. He auditioned in 2012 and was accepted to perform a pantomime skit in the “This or That” production that year. When the Players decided to attempt a musical production in 2015, Bill volunteered to work with Bob in developing the music. The guys “played it again, Sam” in 2016 with their collaboration of “It’s News to Us.”

Certainly no one thinks writing a stage production is an easy task, but we may not realize how complex it is. Developing a musical is much more complicated than a words-only play, although many of the steps are similar.

According to Bob and Bill, the process starts many months before the expected debut. In the case of their efforts in creating a new musical, an initial brief synopsis is presented to the board of the Rossmoor Players, who discuss, comment, and consider the ideas being proposed. If the concept is approved after it may have been tweaked or modified, the synopsis is then expanded – the characters are developed, the story line is fleshed out, and opportunities for music are identified.

The script gets written and rewritten, and songs are penned with no score, just words. That’s when Bill jumps in with both feet, developing the melodies and harmonies that will help set the mood for the play. Revisions continue until just a few weeks before the curtain opens.

Rehearsals start about six to eight weeks before opening night. Finding a place to work on the final presentations is an on-going challenge. Although the shows are presented in the Meeting House, that building is used by other groups and is unavailable for many of the rehearsals. The complexities of lighting, the set, musicians’ area and seating add to the stresses the Players have to deal with. But, to their credit, the show always goes on!

Bob started serious writing for a radio station in Cleveland at age 17 while he was still in high school. Over his lengthy career, he participated in the development and production of “The Dipsy Doodle Show” and went on to several key positions with Storer Cable, now known as Comcast. In the later 1970s Bob was the program director at TV Channel WJKW, an affiliate of WCBS. As manager of a small specialty animation company, he was able to develop a subcontractor relationship with the Disney organization, and produced a full-length cartoon about nutrition. Bob’s daughter Nancy lives in Brooklyn. His wife Kay died in 2008. Bob shares his home with his cat, about whom he frequently writes, lovingly.

Guitarist and composer Bill Strecker is a member of the Mayflower Trio, composed of a keyboardist and a bassist. Sometimes the Trio is joined by players with drums and/or saxophones when a more robust sound fits the bill. When Bill isn't writing and playing music, he runs a successful landscape architecture business. Designing planting arrays for commercial and public buildings demands many skill.

(Continued on page 7)
Two benefits in one: Stay in touch with friends and family while supporting the Salvation Army

By Mary Jane Brubaker

The Community Church is raising funds to support the Salvation Army through the sale of unique notecards that feature a rendering of the Meeting House by artist Cynthia Dawley, daughter of resident Gloria Dawley.

Sold in packs of eight cards for $5, each packet comes with a free pen. The cards can be purchased weekdays from 9 a.m. to noon at the Community Church office on the second floor of the Meeting House. When entering the Meeting House, there is a buzzer to alert Linda Kirk, the church secretary, of your arrival.

According to Gloria Dawley, who is leading the sale of the notecards on behalf of the Community Church, “One thing everyone tells me about these notecards is how versatile they are—you can use them as birthday cards, anniversary cards, and some people have even used them as holiday cards.” She adds, “At this stage of our lives, what better gift is there to receive than a handwritten note? And in this case, that handwritten note will be benefiting both its recipient as well as a very good cause.”

The Community Church is an ecumenical community welcoming people of all faiths. Services are held every Sunday morning at 11 a.m. at the Meeting House. For those already belonging to another church, the Community Church offers a dual membership. For more information, please contact Pastor Dierdre Thomson at (732) 757-5190 or Membership Chair Alyce Owens at (609) 860-0866.

New Neighbors

By Christina Smith, resident services manager

Maria Restrepo, 115B Hanover Lane, formerly of Monroe Twp., N.J.
Edward and Sharon Condracci, 339A Newport Way, formerly of Parlin, N.J.
Kenneth and Suejaye Thomas, 456B Roxbury Lane, formerly of Bedford, N.J.
Jacquelyn Coleman, 170N Rossmoor Drive, formerly of Monroe Twp., N.J.
John Yea and Jung Lee, 148 Sussex Way, formerly of Old Bridge, N.J.
Theresa Robinson and Janice Barry, 124A Rossmoor Drive, formerly of Port Saint, Fla.
Faroq and Jawad Khan, 519N Spencer Lane, formerly of East Windsor, N.J.
Robert and Maureen Daney, 1260 Rossmoor Drive, formerly of Pine Knoll Shores, N.C.
Chao Chen and Caroline Faraone, 365E Old Nassau Road, formerly of Plainfield, N.J.
Christopher and Yong Ko, 175A Prescott Lane, formerly of Monroe Twp., N.J.
Yong and Young Moon, 215N Mayflower Way, formerly of Garfield, N.J.
Kenneth Pli, 439N Newport Way, formerly of Cranford, N.J.
Thomas and Debra Stasik, 717A Victoria Court, formerly of Monroe Twp., N.J.
Bob and Bill

(Continued from page 6)

Two benefits in one: Stay in touch with friends and family while supporting the Salvation Army

By Mary Jane Brubaker

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Q: How are the RCAI Board of Governors Officers elected?
A: By the time you read this article many of the Mutuals will have had their Annual Meetings and elections. It is the time of the year when the Directors elect their mutual Officers, decide their committee assignments for the three RCAI Standing Committees (Community Affairs, Finance, and Maintenance) and the Governor to serve on the RCAI Board is elected.

Each RCAI Standing Committee as well as the RCAI Board of Governors, is comprised of a representative from each of the 18 Mutuals. The committee members elect the officers of the three committees this month.

The last step is the election of the RCAI Executive Committee, President, Vice President, Treasurer and Secretary, at the RCAI Board of Governors meeting on Thursday, May 18, at 9 a.m. in the Clubhouse Ballroom. All 54 Mutual directors elected the RCAI Executive Committee, person, in this meeting.

There are no absentee ballots and nominations are made from the floor. Each director votes by written ballot at the meeting.

Q: How does the staff in the Village Center function?
A: The staff in the Village Center is responsible for the Administrative and Financial affairs of the Rossmoor Community Association, Inc. (‘RCAI’) and the eighteen Mutuals.

My office is located in the Village Center along with the Controller, Linda Rainey, Resident Services Manager, Chris Smith and five others as support staff. As the General Manager, I assist the RCAI staff in setting up their department and make sure bank deposits are from the various departments.

Linda Rainey, controller, is responsible for the financial operations of the RCAI and 18 Mutuals including the monthly financial statements; check requests; sales, use and payroll taxes; deposits to the non-union employees pension plan and 401K; reconcile RCAI bank statements and the reserve and capital expenditures; assist the 18 Mutuals with their annual budgets and study each of the various departments.

In her spare time, Linda has kept her department current as there are changes in laws, policies, procedures, and technology.

The rest of the Administrative staff consists of Christine Parr, resident services officer/manager; Maryann Sonnenfeld, administrative assistant; and Mary Ann Titus, receptionist.

Christina Smith as residents services officer/manager is responsible for the Rossmoor News, Monroe News, Rossmoor Review and the Rossmoor directory. The computerized gate access system for the North Gate, TOPS, is

(Continued on page 9)
**Sound Advice**

**Norman J. Politziner, CFP®, CeFT® President of NJP Associates**

Four tax-wise ways to donate gifts to charity

**Norman J. Politziner, CFP®, CeFT® President of NJP Associates**

How can you donate to charity without counting the ways. Although there are many variations on these themes, there are four basic paths for making contributions to charitable organizations that let you take tax deductions while pursuing your philanthropic goals. They are:

1. **Direct contributions:** This is the easiest method. You simply write a check or make an online donation. If you're giving tangible property, such as artwork, you'll need to deliver it physically to the charitable group. Most such contributions are fully deductible on your tax return, but there could be limitations on the size of your write-off based on your adjusted gross income (AGI) for the year.

2. **Contributions to public charities:** Contributions to public charities are limited to 50% of your AGI. Contributions of appreciated property (for example, publicly traded stocks) to public charities can't exceed

(Continued on page 10)

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**Ask the GM**

(Continued from page 9)

constantly updated under Chris' direction. She oversees the staff and ensures the work is completed. Chris is also the administrator for mediation hearings. After new residents move into Rossmoor, Chris makes sure they have all the information they need to get settled. She's an adventure in the Community and coordinates the quarterly new residents' meetings with staff. Under Chris Smith's direction, Maryann Sonnenfeld assists with meeting schedules and drafts copies of the agendas for approval for the RCAI Standing Committees, Golf Course Committee, Executive Committee and Board of Governors. Maryann also attends meetings and drafts the minutes. She handles correspondence for the RCAI President, Mutuals and committees. Maryann organizes and attends the 18 Mutual Annual meetings. If you ever wanted to review minutes or resolutions, Maryann has them organized and at her fingertips. Maryann is fairly new to the staff.

Under Chris Smith's direction, Mary Ann Titus is the first-person resident and visitor see and hear when entering or contacting the Village Center. Her position is constant and challenging. Mary Ann also assists Chris Smith and the entire office with scanning and filing. Mary Ann is also new to the staff.

We are a busy, productive and diverse community. It will be debated for generations, whether the decision of dropping the atomic bombs on Japan was not difficult. In the end, it saved thousands of American and Japanese lives. It was a decision that will be debated for generations to come.

May 10, 1869 - The Union Pacific and the Central Pacific railroads met at Promontory Point, Utah. With the driving of a golden spike, the East Coast and the West Coast were connected by railroad for the first time.

May 11, 1888 - Irving Berlin (Israel Isidore Baline) was born in Russia. He could neither read nor write music, but he composed some of the most popular melodies of the 20th century. His patriotic song, "God Bless America," reached the status of a national anthem during World War II.

May 17, 1972 - Twenty-four merchants and brokers established the New York Stock Exchange. They met outside under a tree, and in a year or so went into a local coffeehouse.

May 20, 1862 - Pres. Abraham Lincoln signed the Homestead Act into law, which opened western government-owned land for settlement. After living on the land and cultivating it for five years, homesteaders could buy up to 160 acres for $1.25 an acre. Today, it would be hard to rent a parking space for an hour for that much money.

Better still, leave the car in the garage, and take a nice long walk on these beautiful spring days to enjoy what Mother Nature has to offer. And if you should encounter a bunch of guys sitting under a tree, see if you can pick up some good stock tips.

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**Four tax-wise ways to donate gifts to charity**

**Norman J. Politziner, CFP®, CeFT® President of NJP Associates**

Four tax-wise ways to donate gifts to charity

**Norman J. Politziner, CFP®, CeFT® President of NJP Associates**

How can you donate to charity without counting the ways. Although there are many variations on these themes, there are four basic paths for making contributions to charitable organizations that let you take tax deductions while pursuing your philanthropic goals. They are:

1. **Direct contributions:** This is the easiest method. You simply write a check or make an online donation. If you're giving tangible property, such as artwork, you'll need to deliver it physically to the charitable group. Most such contributions are fully deductible on your tax return, but there could be limitations on the size of your write-off based on your adjusted gross income (AGI) for the year.

2. **Contributions to public charities:** Contributions to public charities are limited to 50% of your AGI. Contributions of appreciated property (for example, publicly traded stocks) to public charities can't exceed

(Continued on page 10)

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**Sound Advice**

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(Continued on page 10)
Sound Advice

Concerns of appreciating property to private foundations are limited to 20% of your AGI.

But in all of these cases any amount that exceeds the limits can be claimed on the following year’s return, and such “carryovers” may continue for up to five years.

2. Donor-advised funds: With a donor-advised fund, you give your money to a fund that’s set up with an institutional partner. There might be a minimum contribution amount, and the fund may charge fees to cover its costs. But one big advantage of this approach is that you can make a donation to the fund and get an immediate tax deduction and then decide later where you want your money to go.

Once you choose to give a specified amount to a particular charity, the fund will verify that the organization is eligible to receive tax-deductible contributions. Once your grant is approved, the money goes to the group with an indication that it was made on your recommendation. You also can request that your gift be made anonymously.

3. Charitable gift annuities: There are two main types to consider: the charitable remainder trust (CRT) and the charitable lead trust (CLT). With a CRT, you set up the trust and transfer selected assets to it. The charity often acts as the trustee and manages the assets. During the trust term, you (or another beneficiary or beneficiaries you specify) receive regular payments from the trust. The CRT may last for a term of specified years or your lifetime. Finally, when the trust ends, the remainder (the remainder) go to the charity. You get a current tax deduction based on the projected value of that remainder. A CLT works the opposite way. You still transfer assets to the trust, but annual payments go to the specified charity, and the remainder at the end of the trust term goes to the beneficiaries you designated.

Regardless of whether you use a CRT or a CLT, the annual payments may be based on a fixed amount or a percentage of assets. Other special rules apply, so be sure to obtain expert guidance.

This is a brief overview of current rules. But these approaches could be affected by proposed tax changes. We’ll keep you up to date on any changes.

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For more information, questions, or comments, we encourage you to visit our website at www.politzer.com or call us (703) 296-9355.

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Photo: N. Politzer, CFP

Mother’s Day 2010

By Betty Emmons

To begin my story, I want to tell you that I had the best Mother’s Day anyone could have ever had. But then I’m sure each of you have probably heard that from you own moms. Words that are true and from the heart, but what makes my story different is that I never had any children. So let me explain.

You see, I have been embraced by Jonas’ son, two grandsons, and his daughter-in-law, and they are the best. The love they have shown me is beyond anything I could have imagined or ever hoped for. And their generosity is beyond belief. A wonderful family that has come to mean so much to me and not only on special occasions, but every day of the year. Denise, the daughter-in-law who is more like a daughter to me, calls me twice a day from Massachusetts to see how I’m doing. And how are you. But the nicest part is, she never, never fails to say “I love you” before she hangs up. And the boys always send me the same kind of love, concern, and respect. Beyond that, they send me gift cards for every restaurant they can think of, the Shop & Shop, and Wal-mart, to make sure I get nourishment and have food on hand. But back to Mother’s Day. On Friday, there was a pyramid of fruit delivered to my patio door and then flowers to my front door. I was thrilled, but very surprised because the family was expected the next day.

Well, they did arrive on Saturday as planned and that evening we all went out to dinner. We had a lovely time and the next morning, Mother’s Day we all went to church and had breakfast together. After breakfast, they dropped me off and then left for the five-hour trip home.

Now I ask you, wasn’t that the best Mother’s Day anyone could have ever had, let alone someone who wasn’t even a mother? But wait, I have to tell you one more thing. After they left, I found money on the mantel which they later explained was so I could participate in fun things. Much too much and of course, I am very grateful for everything. But the best part is, I know how pleased Jonas would be as his greatest joy in life was his family, the spirit of giving, and their love for one another, and because of who he was. I had the best Mother’s Day anyone could have ever had, and truly, my heart is filled to overflowing.

Musings and Memories

By Betty Emmons

June 2009

So, I call you my “first born,” because you are my first grandchild; and though you are not my own children, you are my heart’s desire and mean so much to me and are the biggest joy of my life. Denise, the daughter-in-law who is more like a daughter to me, calls me twice a day from Massachusetts to see how I’m doing. And how are you. But the nicest part is, she never, never fails to say “I love you” before she hangs up. And the boys always send me the same kind of love, concern, and respect. Beyond that, they send me gift cards for every restaurant they can think of, the Shop & Shop, and Wal-mart, to make sure I get nourishment and have food on hand. But back to Mother’s Day. On Friday, there was a pyramid of fruit delivered to my patio door and then flowers to my front door. I was thrilled, but very surprised because the family was expected the next day.

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Francis J. Lupica
Francis J. Lupica, age 90, passed away on Sunday, March 19, surrounded by his loving family. Born in 1927 in the Bronx of Italian immigrant parents, Paulo and Marietta, deceased, Frank was one of two children with his brother, Vincent, also deceased. During World War II, Frank joined the US Navy, serving honorably in the South Pacific theatre through the war's end. After discharge, he returned to his education and completed his Bachelor's Degree in Business at Iona College in New Rochelle, New York.

Frank married Joan Thompson in 1952. They would have celebrated their 65th anniversary this coming May. They moved to New Jersey in 1957. Frank is survived by four children: Joanne, Nancy and husband Hank Wolman, Paul and wife Lauren, Michael and wife Alexandra, as well as four grandchildren: Kay, Jenny, Gina, and Rowan. Additionally, Frank was blessed with two great grandchildren, Nico and Jackson.

Frank spent most of his professional career working at Dun & Bradstreet, retiring in 1987. In addition to his loving family and his passions were playing golf, watching the Yankees and was a parishioner of Nativity of Our Lord Church, Monroe Twp.

He had two successful 20-year careers, one coaching baseball and basketball players as his caretaker, Cecilia, and many other extended family members.

Ed Ryan
Ed Ryan, who died on March 22, was a good man who loved being for the care in his heart, a wise man who taught by fine example, a strong man who worked hard and did his best for his family, and a religious man who would say that your faith was not just a Sunday experiment.

Ed was born in Brooklyn the eighth of nine children to Irish immigrant parents Anne (McGuinness) and James Ryan. He attended St. Mary Star of the Sea Grammar School, St. Augustine High School, where he was an altar boy, and St. Augustine High School, where he was a varsity baseball and basketball player and captain of each team. After graduation, he became active in the Alumni Association and was its president for many years. He received a scholarship to attend Manhattan College but was unable to use it because his family needed his financial help. After high school, he worked in Todd's Shipyard and then joined the U.S. Navy to serve for four years as a Signalman in the Armed Guard, crossing the Atlantic many times during WWII. At the close of the war, he married Alice Coleman and they were married for 67 years. He was the proud and caring father of four children, Alice, Patricia, Edward, and William, and warmly welcomed their spouses, Jack, Dennis, Mary, and Heather into the family. He was a kind and loving grandfather to Gavin and Erin, Liam, Chris and Lindsay. He was an active member in every group he joined too many more fun groups to mention. He truly enjoyed this part of his life.

Ed worked hard at each career and yet he always had time to do the best for his family. He was a strong believer in Catholic education and all four of his children went to Catholic grammar schools and high schools. He was president of the Holy Name Society and an active member in every parish where he resided. He coached baseball and baseball teams in local parishes, and the players to this day remember not only the games but the life lessons that he taught. If you asked him about one of his most fond memories, it would be when he was selected to coach the NYC Anchor Club's Orphan All Stars game against Father Flanagan's Boys Town Team at the Polo Grounds. The Club was a Catholic philanthropic organization whose focus was helping war orphans and children of deceased NYPD members. He often said it was a high point in his McGuiness' career in the game in front of thousands of people and it was covered in all the N.Y. papers. He kept in contact with many of the young men on that team, one of whom became a physician and another an NYPD Deputy Police Commissioner.

He spoke in phrases, “a job worth doing, is worth doing well,” “it’s nice to be nice,” “fail to prepare, prepare to fail,” “the wise man listens.” He was a serious thoughtful man, but after retirement, he moved to Rossmoor and he called the fun time in his life. He was an active member in the Emerald Society, the Brooklyn Club, the Catholic Society, the Barber Shop Quartet, The Rossmoor Players, and The Old Guard. He joined the bocce and tennis teams, won medals at the Senior Gold Shoe competitions, sang at various functions, told great stories and jokes, did magic tricks, and joined too many more fun groups to mention. He truly enjoyed this part of his life.

So, today, we celebrate his life. He was a man who was good, wise, strong, and successful, and he was loved more than he could know.
Linda Metro and Richard Zeck, former Rossmoor neighbors who now live year-round in Venice, Fla., invited us to dinner before we headed back north. Of course, I asked if I could bring anything. Claiming she never thought about dessert, Linda suggested I bring a pie.

Amazing! Dessert is one of the first things I consider when ordering a meal out or planning one for home. In fact, there have been times when Ken and I opted for a banana split or sundae at the DQ instead of having lunch. About 20 years ago while visiting family in Memphis, I found a recipe for an easy lemon icebox pie. I decided to make one for Linda and Richard’s dinner party. This is so easy and tastes just like the pie my mother (Granny) used to make.

Lemon/Lime Icebox Pie

1 cup fresh lemon or lime juice (about three
lemon or limes) grated rind of one lemon or lime
2 egg yolks
14-ounce can of

1. Mix briefly and then add the sweetened condensed milk.
2. Pour into graham cracker crust.
3. Keep in refrigerator until ready to serve.
4. Cover with Cool Whip or whipped cream and wait for the praises.

NOTE: If you like meringue, forget the Cool Whip or whipped cream. Simply beat egg whites with a dash of cream of tartar and two tablespoons of sugar until stiff but not dry. Smooth meringue on top of pie filling and bake in 350-degree oven about 10 minutes or until the meringue is golden. Then chill the pie until time to serve.

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

Dr. David Rabinowitz
and Dr. Sari Klierer
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Monroe Township
(609) 655-3555

Joe and Lucille Conti with their grandson Michael Bellmier at Family Day with the NYFD.

Let us help you keep your mouth healthy!
**Emerald Society’s spring activities**

By Joan Avery

Dan arranged a trip to the Villa Roma in New York for May 15, 16 and 17. The Villa Roma is in the beautiful Catskill Mountains. Five meals a day and all are welcome; bring a friend, and refreshments will be served.

By calling Catherine Hunt, the Emerald Society anniversary party in the Gallery from 7 to 9 p.m. on Monday, May 15. Please bring your questions. All are welcome.

The next membership meeting will be on May 17. For those of you who haven’t paid your annual dues please do so.

Our next Bingo night will be in the Ballroom on May 19 at 6:30 p.m. A donation of $200 was made to the Interfaith Council of Rossmoor.

**Italian American Club**

By Tony Cardello

We were delighted by the return engagement of acclaimed pianist/vocalist Alex Leonard at the April membership meeting. His humor, warmth and musicality shone throughout his performance. We look forward to a night of fun and frivolity at our annual Rossmoor Downs horse racing gala. The date is Sat-urday, May 13 from 5:30 to 9:30 p.m. in the Clubhouse. Cost of $15 includes sandwiches, beer, and soda.

**Democratic Club holds gubernatorial candidate forums**

By Susan Kostbar

With the important 2017 gubernatorial race heating up this election year, the Democratic Club will invite Demo-cratic candidates to share their platforms and tell their stories directly to our residents.

The April 17 meeting includedboth Jim Johnson, former U.S. Treasury official, and State Senator Raymond Lesniak. Each candidate was invited to meet and greet the residents of Rossmoor and communicate why we should consider them for our votes.

Upcoming meetings will be a bus trip to Estey in N.Y.C. on June 14 at a cost of $22 per person. Food is on your own.

The next membership meeting will be on May 17. For those of you who haven’t paid your annual dues please do so.

**New Jersey Club event**

By Eileen Parker

The New Jersey Club will meet on Friday, May 26 at 1:30 p.m. in the Ballroom. Cappy Stultz, a realtor, will be our speaker. His topic: “The Camden and Amboy Railroad.” He will explore both its birth and the impact it made on the State of New Jersey. Refreshments will be served, and all are welcome.

**Call to schedule your consultation today.**

**Email your news to:**

**news@rcainj.com**

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**Clubs and Organizations**

**Post-Hospitalization Rehabilitation**

**Personalized Goal-Oriented Treatment**

**Physical Therapy**

**Occupational Therapy**

**Speech Therapy**

**24-Hour Nursing Staff**

**Certified Dietician**

**Long Term Care**

**Respite Care**

**Hospice & Palliative Care**

**Medicare, Medicaid & most insurances accepted**
By Irene Poulin

A Hiss Before Dying
by Rita Mae Brown

Rita Mae Brown and her feline co-author Sneaky Pie Brown are back chasing a mystery with their unique circle of Southern sleuths. And though the changing colors of fall are a beauty to behold, this year the scattered leaves hide a grim surprise.

Dangerous Minds: A Knight & Moon Novel
by Janet Evanovich, Phoef Sutton

A new series stars an interestingly different romantic team that includes smart-as-they-come young financial analyst Riley Moon and rich but socially maladapted Emerson Knight, who has Sherlockian tendencies and a penchant for martial arts.

The Switch by Joseph Finder

Michael Tanner is on his way home from a business trip when he accidentally picks up the wrong MacBook in the TSA security line at LAX. He doesn’t notice the mix-up until he arrives home in Boston.

The Identicals by Erin Hilderbrand

Identical twin sisters, Tabitha and Harper Frost are separated by more than the salty Atlantic stretching between Nantucket and Martha’s Vineyard, but a family crisis compels them to overcome their mutual enemy.

You Will Pay by Lisa Jackson

The deadly secrets of a long-ago summer stir to life once more. It starts as a prank’s way to blow off steam after a long summer at Camp Horseshoe.

16th Seduction by James Patterson, Maxine Paetro

Detective Lindsay Boxer’s life was perfect—she had a beautiful child and a doting husband, Joe. But Joe wasn’t everything that Lindsay thought he was, and she’s still reeling from his betrayal.

Come Sundown by Nora Roberts

Mustang-tough Bodine Longbow, who runs the family ranch in Montana always thought the aunt who ran off, was dead. But when two women are found murdered, Aunt Alice herself reappears with a fantastical story.

The Stars are Fire by Anita Shreve

Grace Holland is pregnant and tending to two toddlers when her husband joins the volunteer firefighters, and she and friend Rosie—also with two young children—watch their homes burn to cinders as they rush to the beach for safety.

Against All Odds by Danielle Steel

The story of a long-widowed proprietor of a top flight haute couture resale shop and her four adult children, who, in their search to find the right partners for themselves, encounter and struggle with some very difficult and modern problems.

Library Hours:

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

The library has a wide selection of large-print books for sale—only $1 each. Please visit us and check out our wonderful library.

Free programs on Internet safety

By Alec Aylar

The Computer Club’s new vice-president, Steve Gray, will head up a discussion on Internet safety at the club’s monthly meeting at 10 a.m., May 15, in the Gallery. He will note some of the things PC users should avoid and introduce free programs to use to forestall problems.

Uniquely qualified to solve computer problems, Steve, as area system coordinator for the Social Security Administration, handled both hardware and software for a multitude of local offices. He was one of the trainers for new software and wrote his own software when needed. He also ran his own business of computer repair and continues to build his own personal computers.

Think of it. If, today, you’ve not faced computer problems yet, bet on it that you will, especially with hackers prowling around the Internet. Now you can meet them head on with Steve showing you how. And it’s funny how little problems can turn into big ones when you’re not computer-wise. So be wise, come discuss with Steve, and enjoy coffee and cake too at 9:30.
Rossmoor Clubhouse News
May 2017

1st Pool Party of 2017
Friday, June 23
7-10PM Pool
Music by:
DJ Gary
Bring Your Own Refreshments
Take a dip in the pool and dance the night away!
Call-in on Tuesday, May 23 at 12:15pm (2 tickets per manor)
Payments accepted Wednesday, May 24-Friday, May 26
Tickets are non-transferable...NO GLASS PERMITTED IN POOL AREA

WELCOME
Clubhouse
Open daily, 8am - 10pm
E&R Office
Open Monday - Friday, 8:30am - 5pm
609-655-3232
Michelle Williams: Clubhouse Manager
Erica Hardeo: Event Planner
Sue Ortiz: Office Coordinator
Sibrena Jinks: Office Assistant
Jessica Roberts: E&R Foreman

EVENTS
CINCO DE MAYO LUNCHEON
Friday, May 5, 12pm, Ballroom, $20pp
On sale now!

"THE DIMENSIONS OF WELLNESS" PRESENTATION
Wednesday, May 10, 10am, Ballroom, No Charge
Join Lori Morell for this fabulous presentation focusing on aging in place by understanding the value of nutrition, physical and emotional satisfaction.

ITALIAN COOKING CLASS
Join Aunt Selma for an ol' fashioned cooking class & meal
Friday, June 9, 5pm, Ballroom, $45pp
Menu includes: caprese salad, pasta with homemade sauce, chicken marsala, sautéed greens in garlic & oil. Everyone also goes home with a pan of lasagna. Space limited.
On sale now!

FRIDAY NIGHT DANCE PARTY—DJ GARY
Friday, May 12, 7pm, Ballroom, $10pp
Bring your own refreshments, we provide ice.
On sale now!

DON'T FORGET
SHEN YUN PERFORMANCE AT NJPAC—WAIT LIST ONLY
Wednesday, May 3
HELLO, DOLLY! ON BROADWAY—WAIT LIST ONLY
Thursday, May 11
WINE & DESIGN PAINTING PARTY—WAIT LIST ONLY
Thursday, May 25
WAR PAINT ON BROADWAY—WAIT LIST ONLY
Wednesday, June 7
STATUE OF LIBERTY & ELLIS ISLAND—WAIT LIST ONLY
Tuesday, June 27

EXCURSIONS
ATLANTIC CITY—TROPICANA CASINO
Tuesday, May 16, $25pp
Departs Poolside at 9am.
On sale now!

SANDS CASINO
Thursday, June 15, $25pp
Departs Poolside at 9am.
On sale May 17!

BROADWAY BOUND... "Bullets" at the Jacobs Theater
"Bandstand" brings the swing-fueled, against-all-odds story of singer/songwriter Danny Newman and his band of mismatched fellow vets. You won’t want to miss this new musical set amidst the 1940s swing scene.
Wednesday, July 12, $110pp includes orchestra seat & bus
Departs Poolside at 10am...Lunch on your own
On sale May 21

TRUNK SALE & SHREDDING PARTY
Saturday, June 10
9am-Noon
Fill the trunk of your car with items you would like to sell. Pull into the Clubhouse lot, open your trunk and you're in business. US Security will provide the shredder & refreshments.
If you would like to sell items, you MUST reserve a spot in the E&R office. The cost is $5 and you must show vehicle registration upon sign-up. Sign-ups begin May 9.

Veteran Benefits Presentation
Monday, May 22
10am Ballroom
Speaker: VA Outreach Manager, Frank Quadrino
Spouses Welcome
*Bring a Rossmoor vet with you*
CULTURAL

AVIATION GROUP
2nd Wednesday, 1:30pm, Ballroom
"Endeavor Airliner: Long Way From Home"

BOOK DISCUSSION GROUP
3rd Thursday, 3:00pm, Dogwood
"King Lear" by Shakespeare-Part 2 of Film
and Discussion
Note Date and Room Change

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

CURRENT EVENTS ROUNDTABLE
Mondays, 10:30am, Maple

GERMAN AMERICANS
Last Thursday, 1:30pm, Cedar

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

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

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

VETERANS GROUP
Monday, May 22, 10am, Ballroom
Veteran Benefits Presentation
Speaker: Frank Quinardi
This is a don't miss meeting...Spouses welcome
Bring another Rossmoor veteran with you

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

THE ARTS

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

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

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

GALLERY EXHIBITS
The month of May will feature the beautiful
artwork of Rossmoor resident, Jean Dunham.
Be sure to stop in and take a peek.

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

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

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

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

SPORTS FUN!

BOCCE
Play Begins Monday, May 1
5PM

CORN HOLE
Friday 9am-11am Hawthorn Room

CROQUET
New Players Welcome. Call Betty Anne
Clayton.

HIKING
Saturday, May 6-Monterey Reservoir
Saturday, May 20-Eno Lake Park
New Hikers Welcome!

PICKLEBALL CLINIC
Thursday, May 11, 11am, Courts
New Players Welcome.

SHUFFLEBOARD TWP. TOURNAMENT
Tuesday, May 23, 9am, Courts
Rain Date: May 24

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

FIND OUT WHAT ALL THE
FUN IS ABOUT!
MOVIE CORNER
“MOTHER’S DAY”
Starring Jennifer Aniston
Rated PG-13
120 Minutes
No Charge
Tuesday, May 9...1:30pm & 7pm
Sunday, May 14...1:30pm
Ballroom

TUESDAY MYSTERY MOVIES...May 16, 23, 30—1:30PM
Movies Subject to Change

COMING ATTRACTIONS
Details TBA
OPENING DAY AT THE POOL
Friday, May 26
FRIDAY NIGHT POOL PARTIES
July 7 & 28, August 11 & 25
MANSION TOUR OF THE NAVESINK RIVER
Wednesday, August 2
MUSEUM OF THE AMERICAN REVOLUTION
Thursday, August 17
MURDER MYSTERY SHOW
Saturday, September 16

20th Century Wednesdays
The Great Courses:
America's Past 100 Years
Brush up on your US History in about an hour!
Two 30-min DVD lectures & brief discussion
This session looks at Theodore Roosevelt +
Progressivism + Mass Production
Wednesday, June 21
1PM Gallery
This program is a collaboration with Monroe Twp. Library

FYI
- RCAI Offices Closed on Monday, May 29 in observance of Memorial Day.
- COMCAST Q&A Tuesday, May 9, 9-11am.
- CONTACT THE CLUBHOUSE for information regarding events and trips.
- EVENT REMINDERS: Bring Rossmoor ID when purchasing tickets for Clubhouse events. Only two tickets per member can be purchased. When bringing a guest/ non-resident, please provide their full name at the time of ticket purchase. Tickets are non-transferable.
- TRIP REMINDERS: Trips require average physical activity. You should be in good health, able to climb stairs, and walk reasonable distances. Any guest accompanying a Rossmoor resident MUST be at least 18 years of age. Basic information on guests must be provided when tickets are purchased.
- CLUB PRESIDENTS & GROUP REPRESENTATIVES: Channel 26 announcements and room set ups MUST be handed in on the official forms. Forms can be found on the website or in the Clubhouse.
- ROSSMOOR CLUBHOUSE NJ is our official Facebook page. Follow us for Clubhouse updates, ticket sales, and event photos. You just might see yourself having a good time!
- RCAINT.COM is the official website for Rossmoor. Here you will find everything Rossmoor! Check it out!
- EVENTS & TRIPS are subject to change.

PICTURE PERFECT

Members from TOPS on "National Walking Day"

Our Line Dancing instructor, Maureen, had everyone on their feet!

Feeling a bit patriotic during Country Western Night

Everyone loves the Healthy Bones class!

Friends make the world a better place!
<table>
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<th>Sun</th>
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<td>9:00am</td>
<td>Spring Walk</td>
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<td>2</td>
<td>1:00pm</td>
<td>Carol Burnett: Treasures from the Vault-BR</td>
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<td>3</td>
<td>2:00pm</td>
<td>Mutual 11-BR</td>
<td>6:30pm</td>
<td>Trip-Shen Yun</td>
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<tr>
<td>4</td>
<td>1:15pm</td>
<td>National Day of Prayer-MH</td>
<td>7:00pm</td>
<td>Players “Just Music”-BR</td>
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<td>5</td>
<td>1:30pm</td>
<td>Cinco de Mayo-BR</td>
<td>7:00pm</td>
<td>Players “Just Music”-BR</td>
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<td>6</td>
<td>5:00pm</td>
<td>Mutual 17 Social-BR</td>
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<td>7</td>
<td>8:00pm</td>
<td>Health Care Lecture-MP</td>
<td>7:30pm</td>
<td>Sisterhood Concert-MH</td>
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<tr>
<td>8</td>
<td>9:00am-11:00am</td>
<td>Comcast-BR</td>
<td>10:00am</td>
<td>Fitness Center Orientation</td>
<td>1:30pm &amp; 7:00pm</td>
<td>Movie “Mother’s Day”-BR</td>
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<tr>
<td>9</td>
<td>10:00am</td>
<td>Dimensions of Wellness w/ Lori Morell-BR</td>
<td>1:30pm</td>
<td>Aviation-BR</td>
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<tr>
<td>10</td>
<td>9:00am</td>
<td>Standing Committee Meetings-VC</td>
<td>1:00pm</td>
<td>Trip-Hello Daily</td>
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<td>11</td>
<td>2:00pm</td>
<td>Dance Party with DJ Gary-BR</td>
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<td>12</td>
<td>5:00pm</td>
<td>Rossmoor Downs-BR</td>
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<td>14</td>
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<td>Movie “Mother’s Day”-BR</td>
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<tr>
<td>15</td>
<td>GOLF OUTING</td>
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<tr>
<td>16</td>
<td>9:00am</td>
<td>Trip-AC</td>
<td>1:30pm</td>
<td>18-Hole Luncheon-CD</td>
<td>1:30pm</td>
<td>Mystery Movie-BR</td>
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<tr>
<td>17</td>
<td>9:00am</td>
<td>Board of Governors-BR</td>
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<tr>
<td>18</td>
<td>9:00am</td>
<td>Bingo-BR</td>
<td>3:30pm</td>
<td>Music Association Program-MH</td>
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<td>20</td>
<td>2:30pm</td>
<td>Music Association Program-MH</td>
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<td>21</td>
<td>1:30pm</td>
<td>Veteran’s Meeting-BR</td>
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<td>22</td>
<td>9:00am</td>
<td>Shuffleboard Tournament-CT</td>
<td>10:30am</td>
<td>New Resident Meeting-Gl</td>
<td>1:30pm</td>
<td>Mystery Movie-BR</td>
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<tr>
<td>23</td>
<td>7:00pm</td>
<td>Mutual 4-MH</td>
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<tr>
<td>24</td>
<td>6:30pm</td>
<td>Wine &amp; Design-GL</td>
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<td>29</td>
<td>Memorial Day RCAC OFFICES CLOSED</td>
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<tr>
<td>30</td>
<td>1:30pm</td>
<td>Mystery Movie-BR</td>
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<tr>
<td>31</td>
<td>10:00am-1:00pm</td>
<td>Health Fair-CH</td>
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**INDEPENDENT CLUBS**

<table>
<thead>
<tr>
<th>Chorus</th>
<th>Wed</th>
<th>4 pm</th>
<th>MH</th>
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<tr>
<td>Church Discussion</td>
<td>Tues</td>
<td>1:30 pm</td>
<td>MHP</td>
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<tr>
<td>Computer Club</td>
<td>3rd Mon</td>
<td>10 am</td>
<td>GL</td>
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<tr>
<td>Dance Club</td>
<td>Last Sat</td>
<td>7 pm</td>
<td>BR</td>
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<tr>
<td>Emerald Society</td>
<td>4th Wed</td>
<td>2 pm</td>
<td>BR</td>
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<tr>
<td>Italian-American</td>
<td>3rd Wed</td>
<td>7:30 pm</td>
<td>BR</td>
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<tr>
<td>NJ Social &amp; Cultural</td>
<td>Last Fri</td>
<td>1:30 pm</td>
<td>BR</td>
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<tr>
<td>Players</td>
<td>Last Mon</td>
<td>7 pm</td>
<td>GL</td>
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<tr>
<td>Sisterhood</td>
<td>3rd Mon</td>
<td>1:30 pm</td>
<td>BR</td>
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<td>Tarah Study</td>
<td>Sat</td>
<td>10 am</td>
<td>CD</td>
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<tr>
<td>Women’s Guild</td>
<td>3rd Thurs</td>
<td>1:30 pm</td>
<td>BR</td>
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**MEETING HOUSE SERVICES**

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<thead>
<tr>
<th>Catholic Society Mass</th>
<th>2nd Thurs</th>
<th>7 pm</th>
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<tr>
<td>Celtic Society</td>
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<td>Sabbath</td>
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<tr>
<td>Jewish Congregation</td>
<td>2nd &amp; 4th Fri</td>
<td>7:45 pm</td>
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<tr>
<td>Community Church</td>
<td>1st Sun</td>
<td>11 am</td>
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<tr>
<td>Community Church &amp; Communion</td>
<td>2nd &amp; 4th Sun</td>
<td>11 am</td>
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<tr>
<td>Community Church</td>
<td>3rd Sun</td>
<td>11 am</td>
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<tr>
<td>Community Church &amp; Fellowship</td>
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<tr>
<td>Community Church “Living Well at Rossmoor”</td>
<td>Last Sun</td>
<td>1 pm</td>
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**ROON KEY**

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<thead>
<tr>
<th>BR Ballroom</th>
<th>H Hawthorn</th>
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<tr>
<td>C Court</td>
<td>MP Maple</td>
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<tr>
<td>CD Cedar</td>
<td>MH Meeting House</td>
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<tr>
<td>CH Clubhouse</td>
<td>MHP Meeting House Parlor</td>
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<tr>
<td>CFT Craft</td>
<td>TR Terrace</td>
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<tr>
<td>DW Dogwood</td>
<td>RR Red Room</td>
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<tr>
<td>GL Gallery</td>
<td>VC Village Center</td>
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<tr>
<td>SR Game</td>
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Internationally recognized Rick Mikula held a butterfly presentation at the New Jersey Club meeting.

White deer in Mutual 4 B on Sunday night, March 26

Moon over Rossmoor by Dan McOlvin
Players Pastimes

By Sue Archambault

The Players monthly meeting on Monday, April 24 was entertaining as well as informative. Our own Dottie Haff had a variety of materials and methods to wow the audience. She played the musical themes from beloved old-time popular television shows. The next segment of the evening became interactive as members of the audience attempted to guess the shows from the tunes. The attendees were then amused by memorable clips from long-forgotten television programs. The commercial themes that were shown were hilarious and truly pointed out to all that times have definitely changed. Dottie certainly had her memorabilia down pat, and everyone enjoyed this trip down memory lane.

Our next meeting will take place on Monday, May 22. This is earlier in the month than our customary meeting date, which is on the last Monday of the month; however, due to the Memorial Day holiday on that last Monday, we shall meet one week earlier than usual. Our multitalented Bob Huber will present a program about the famous comedic duo of Stan Laurel and Oliver Hardy. But what they didn’t mention was that times have definitely changed. Bob had a variety of materials to wow the audience. He has done a myriad of programs about him over the years. The station Bob worked for owned all the rights to Laurel and Hardy’s films and starred in, but, as a result, Bob has an extensive library of materials by and about the famous duo. His program will include stills, posters, movie clips, and music. This is an event that shouldn’t be missed. The meeting will begin at 7 p.m. in the Gallery.

Come learn about tea parties that didn’t involve dainty cups and finger sandwiches

By Diane England

Do you remember what happened on December 16, 1773? If you’ve been thinking this was the date of the Boston Tea Party, you’re certainly right. But was this not the only tea party that occurred and got the colonists walking down a pathway which culminated in the American Revolution? But before I say anything further about these others, let me refresh your memory about the Boston Tea Party.

Needless to say, the British colonists had a taste for tea. But what they didn’t have a taste for was the tax levied on tea by the British Parliament. They stormed these ships and dumped 92,000 pounds of tea into the harbor’s water. They stormed these ships and dumped all that tea into the harbor’s water. Because the company lost a great deal of money as a result of this action, its officials were not happy. For that matter, neither were officials of the British government—and in revenge, they responded harshly. Not surprisingly, this caused the relationship between the British government and the colonists to deteriorate even further. The colonists then became more motivated yet to seek independence from Great Britain.

This wasn’t the only tea party that propelled the 13 colonies in the direction of revolution. Where did some of the others take place? Plan to attend the Woman’s Guild meeting on May 18 at 1:30 p.m. in the Ballroom and you’ll find out when resid- ent, Dr. Al Parker, presents a talk, Boston Didn’t Have the Only Tea Party. He’ll introduce you to some of the other tea parties which were undoubtedly equally important in spurring on further actions toward independ- ence.

I suspect for most of you, Dr. Parker’s talk will be an introduction. You’ve probably heard him speak at the New Jersey Club or another group such as the Computer Club. However, if you haven’t at- tended a talk of his before, this will grab your attention.

This will also be the meeting to install our officers for the coming 2017-18 year. Further- more, if there are still tickets available for the scholarship luncheon on June 8 at noon in the Red Room, they’ll be on sale at this meeting. The price is $16 per ticket, with each member limited to two tickets total. We prefer pay- ment by check. There’ll be time for fellowship and refreshments donated by some of our members and served up by our wonderful hospital- ity chairwomen, Josie Cuddy and Pat Martin.

For now, though, why not go and enjoy a cup of tea?
Almost Summer Dance set by the Dance Club for May

By Judy Perkus

Dance Club will take over the Ballroom on Saturday, May 27 from 7 to 10 p.m.

Someone has been spreading rumors that we only do Ballroom dancing. Well that someone has not seen some of our Twist experts gyrating! All Ross- moorites, singles as well as couples, are welcome to waltz or disco dance and to enjoy soda, munchies, cof- fee, tea, and desserts (sugar-free available). Please note that 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 May 20. Annual Membership is $7.50 per person, $15 per couple. Call Armen at 655-2175 for more information.

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AMERICAN FURNITURE EXCHANGE

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

Trepanier-Larson Duo, internationally-acclaimed violinist and violist, to perform

By Gene Horan

Violinist Annie Trépanier's recent Avery Ensemble Competition in 1997 in Great Britain, receiving the award for his performance of the commissioned work. He plays an exceptional 17 3/8 inch viola made by Helmuth Keller in 1981.

The program will include the following works: Three Madrigals for Violin and Viola by Bohuslav Martinu, Gobi Canticle for Violin and Viola by Lei Liang, Duo in G major for Violin and Vi- ola by W. A. Mozart, Sonata for duo violons seule by Eugène Ysaïe, Sonata for two violons et alto by Jean-Marie Leclair, Ave Maria by Franz Schubert. Embraceable You for violin and viola by George Gershwin and F.C.'s Jig for violin and viola by Mark O'Connor.

Steve Larson

Violist Steve Larson, senior artist teacher at The Hartt School of the University of Hartford in Connecticut, performs regularly in duo with his wife, violinist Annie Tré- panier, and through their chamber groups Avery Ensemble and Cuatro Pun- tos. He is also a member of the celebrated oboe, viola and piano trio, Ensemble Schu- mann, and the Adaskin String Trio, and has per- formed as a guest with groups such as the Emerson Quartet and Lions Gate Trio. A former member of the Alcan Quartet, Larson won second prize at the Lionel Tertis International Violin Competition in 1997. in Great Britain.

Steve Larson and Annie Trepanier, hus- band and wife duo.
Welcome to the Pickleball Season

By Penni McOlive

Spring has finally arrived. The daffodils are poking their yellow heads up, the tree buds are ready to burst out with color, and one can hear “Pop, Pop, Pop” on the pickleball courts. You may be wondering what that popping sound is and what exactly is pickleball?

Pickleball is a mini-tennis game created during the summer of 1965 on Bainbridge Island, a short ferry ride from Seattle, Wash. The original purpose of the game was to provide a sport for the entire family, according to co-inventors U.S. Congressman Joel Pritchard, William Bell, and Barney McCallum. Pickleball got its name from one of the inventor’s family members (Continued on page 19)
Pickleball Season

(Continued from page 18)

dog named Pickles. The dog would chase after the errant balls and then hide in the bushes, thus Pickle's ball was later shortened to the namesake of Pickleball. Initially, families played pickleball in their backyards on a hard surface, on driveways, and on residential dead-end streets. Since the mid-1970s pickleball has grown and expanded from a family activity game to a paddle court sport with formalized rules. Now, over 20 years later pickleball is played in thousands of school P.E. programs, parks and recreation centers, correctional facilities, camps, YMCAs, and retirement communities. This sport is becoming very popular among active senior adults at community centers. In 2004 Frank Noble, United States of America Pickleball Association (USAPA) ambassador, first tried the sport in Florida, where it had become a craze, and brought it back to our adult community where it has taken off.

Pickleball is a racquet sport that is a blend of tennis, badminton, and ping pong. The court is 44-feet long and 20-feet wide. A bouncy plastic ball with 40 holes is struck by a paddle made out of wood or a composite material, and is served underhand and diagonally across to an opponent on the other side of a three-foot-high net. The sound of the ball being struck by a paddle is reminiscent of a Pringles can popping open. From there, it is pretty much like tennis on a smaller court, except games end at 11 points.

Pickleball appeals to a wide range of players and all are welcome to join us on the courts. Hours of play change seasonally. Starting May 1, we will start every day at 9 a.m. and again at 3 p.m. For more information, please contact Frank Noble at 917-282-1388 or John DeMasto, also a USAPA Ambassador, at 609-235-9009. We look forward to another great season of fun, camaraderie, clinics for all levels of play, and tournaments. See you at the courts.

Golf croquet: the court

By M. Vail

One way to begin understanding the game of croquet is to familiarize yourself with the layout of the court. Walking outside the boundary line (the taut string around the court) is a good start.

Each corner has a flag of a specific color to mark its order. Blue is #1 corner, red is #2, black is #3 and the yellow flag is corner #4. These are in the same sequence of color for the croquet balls and playing croquet. The game begins when the player with the blue ball shoots at wicket #1 near the corner with the blue flag, red ball shoots second, black third and yellow fourth. Once a player’s ball passes through the wicket, players begin shooting toward the second wicket near the corner with the red flag. The game continues around the court to the #5 wicket at the center of the court.

Ladies’ 18-hole league season began on April 11

By Arlene McBride

Our tournaments in April began after the newspaper deadline. We had anticipated good weather for the opening day. The results will be in the next issue. There is still time to join our 18-hole league, so don’t be shy, give it a try. We will welcome you heartily.

Sign-up forms can be obtained in the pro shop. If you are rusty, there are lessons given by our golf pro Ted Servis. Check on dates in the Rossmoor News or on Channel 26.

Until next month, we’ll be looking forward to the warmer weather and exciting tournament play.

Happy Mother’s Day, and enjoy Memorial Day.

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www.MSMC.us
The photo of the court layout is from the United States Croquet Association (USCA) pamphlet “Golf Croquet: A Basic Guide for Playing the Game.” Residents interested in learning about croquet are invited to walk outside the boundary line starting at the blue flag and experience the color sequence of play.

Every Friday from May 5 through October 3, golf croquet is played from 5 to 8 p.m. followed by hors d’oeuvres and refreshments in the Clubhouse Cedar Room. Game time is dependent on the weather and seasonal changes. Golf croquet will also be scheduled on other days of the week. Please check the Croquet Club (RCC) bulletin board on the court shed for postings of days and time.

Residents are invited to join in the play on any scheduled play day, but particularly on Fridays for a meet and greet on the court and for refreshments in the Cedar Room. Wearing white is not required for tryouts; however, flat, soft sole footwear or sneakers are required to protect the court’s grassy surface. Croquet equipment is available for play.

Membership Chair Betty Anne Clayton is available for questions at 609-662-4659 during the croquet season, April 29 through October 31. She is also willing to speak to other clubs on the topic of croquet.

Basic rules for RCC croquet are posted on the signage board set on the Clubhouse side of the court. Do come and join in the fun.

The Rossmoor Golf Professional
By Ted Servis
Rossmoor Golf Professional

What’s going on at the Golf Course? Golf season is in full swing which means it’s time to start playing golf.

Our next ladies golf clinics will be on June 28. Ladies, please call the Golf Shop to sign up.

The Pro Shop continues to receive new merchandise so please stop in and take a look.

On May 15, our golf club will host the Eastern Amputee Golf Association tournament, so please come out and watch some great golf.

The Pro Shop is back to its normal hours, Monday from 11 a.m. to 5:30 p.m. Tuesday through Sunday from 7 a.m. to 5:30 p.m. with all hours subject to the weather.

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

Remember: The Golf Course is currently offering a referral incentive of $200 in pro shop credit for bringing in new members.

Religious Organizations

Come, hear the sounds of music at the Community Church in May

By Mary Jane Brubaker

The Community Church’s music program in May will feature professional singers Stephanie Pervall and Wennie Naiyeh Niu, the Community Chorus, and resident Janet Wilson.

On May 7, which is Communion Sunday, Janet Wilson will serve as the organist and will perform in partnership with Music Director and Organist Cecile Wang.

On May 8, Michael G. Solomon will serve as the substitute organist.

On May 9, the Community Chorus will perform on Mother’s Day, May 14. Pervall, who considers the Community Church as her second home, is an ordained elder in the Presbyterian Church USA where she has chaired two terms on the Worship and Music Committee. Pervall is a soprano with the NJ MasterChorale and a member of its Board. The Community Church Chorus will perform on May 21, and their anthem will be “Joy in the Morning” by Natalie Sleeth and “Give Me a Song” by Pepper Choplin.

Naiyeh Niu, who makes her debut performance at the Community Church at her second home, is an ordained elder in the Presbyterian Church USA where she has chaired two terms on the Worship and Music Committee. Pervall is a soprano with the NJ MasterChorale and a member of its Board. The Community Church Chorus will perform on May 21, and their anthem will be “Joy in the Morning” by Natalie Sleeth and “Give Me a Song” by Pepper Choplin.

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Naiyeh Niu

The Community Church is an ecumenical congregation and welcomes people of all faiths to worship every Sunday morning at 11 a.m. at the Meeting House. For those who already belong to another church, the Community Church offers a dual membership. For more information, please contact Pastor Dirdre Thomson at (732) 757-5190 or Membership Chair Alyce Owens at (609) 860-0866.

The Rossmoor NEWS

MAY 2017
Community Church musical worship service garners standing room only attendance

Accompanying this special chorus was an orchestra brought together by Wang and composed of professional musicians, music educators and students, as well as local residents Catherine Hunt (violin), Peggy Mankey (cello), and Toby DelGuidice (alto sax). “It was challenging to find rehearsal time for everyone,” says Wang. “Each of the different choral groups met individually to rehearse and it wasn’t until April 1, the day before the performance, that I was able to bring the singers and musicians together. We had about three hours of combined rehearsal time. I was very pleased with how well the program was received.”

The choral presentation featured eight musical pieces that were woven together with narration performed by Jim Wilson and Pastor Thomson. “I am very grateful to both as they had to step in at the last minute. Those originally slated to perform the narration had unexpected personal issues arise,” says Wang. She adds, “Jim and Dierdre both did an excellent job.”

The service ended with a joyful rendition of George Frideric Handel’s “Hallelujah Chorus” during which the congregation sang along with the chorus and orchestra. “We are very grateful to the Community Church’s Hospitality Committee as the weekend of April 1 and 2 was a busy one for them,” says Pastor Thomson. “Not only did they provide a lovely rehearsal luncheon for our performers, they also hosted a terrific fellowship hour immediately following our musical worship service during which time our congregation had a chance to mingle with the performers.” Special thanks to Hospitality Committee Chair Linda Esposito and her team of volunteers.

Wang adds, “An event of this size and scope is possible only through the good will of many, many volunteers. I would like to extend my thanks to everyone who supported us – in particular Sonya Bacon, who made sure our performers were well cared for during rehearsals and Alyce Owens who assisted in communications with the chorus and in recording this wonderful service.”

A live recording of the “Behold the Lamb” performance can be accessed at https://www.dropbox.com/s/599l1f0un3dfaiv/BeholdTheLamb.mp3?dl=0.

Community Church meets every Sunday morning at 11 a.m. at the Meeting House. For those already belonging to another church, the Community Church offers a dual membership. For more information, please contact Pastor Dierdre Thomson at (732) 757-5190 or Membership Chair Alyce Owens at (609) 860-0866.

(Continued from page 1)

Join Seabrook for a Sunday Open House

Get an inside look at vibrant retirement living on the Jersey Shore. Come and tour our beautiful campus and maintenance-free homes. Experience top-notch amenities and discover dozens of exciting clubs, classes, and activities.

Sunday, May 7, 2017
Tours scheduled at 11:00 a.m. and 1:00 p.m.
Town Square Clubhouse
3000 Essex Road, Tinton Falls
Call 1-800-619-0832 for more information and directions.
Bring your friends and family!

This event will not include a formal marketing presentation but sales associates will be on hand to answer your questions.
February 2017
The Rossmoor NEWS

Rossmoor Community Church
May 2017 Calendar of Events
• May 2 – 50th Anniversary Committee Meeting at 10 a.m.
• May 4 – Women’s Guild Board Meeting at 10 a.m.
• May 4 – Interfaith National Day of Prayer at 1:30 p.m.
• May 5 – Physical and Spiritual Exercise at 11 a.m.
• May 6 – Celebration and Memorial Service for Christine Wilson at 10:30 a.m.
• May 7 – Communion Service at 11 a.m.
• May 8 – Deacons’ Meeting at 10 a.m.
• May 12 – Physical and Spiritual Exercise at 11 a.m.
• May 14 – Church Service at 11 a.m.; Soloist, Stephanie Pervall
• May 15 – Council Meeting at 10 a.m.
• May 18 – Women’s Guild Meeting at 1:30 p.m.
• May 19 – Physical and Spiritual Exercise at 11 a.m.
• May 21 – Church Service at 11 a.m.; Guest Preacher; Rossmoor Chorus
• May 21 – Fellowship Hour at noon
• May 23 – Library Committee Meeting at 1:30 p.m.
• May 26 – Physical and Spiritual Exercise at 11 a.m.
• May 28 – Church Service at 11 a.m.; Soloist, Winnie Naiyu Niu
• May 28 – Living Well at Rossmoor Service at 1 p.m.; Preacher, Rev. Kahil Carmichael
• May 29 – Interfaith Memorial Day Service at 11 a.m.

Jewish Congregation’s annual meeting installs new officers by Alan Wischman
The Jewish Congregation’s annual meeting on Tuesday, May 9, will install a new slate of officers and delegates for the 2017-2018 year. This is a historic occasion, as the new slate will serve in the 50th anniversary of the Congregation, which will occur in March 2018.

The new quartet of presidents and their dates of service are: Dolores Grief (June, July, August 2017); Ben and Judith Wisrtech (Sept., Oct., Nov. 2017); Judy Perkus (Dec. 2017, Jan., Feb., 2018); and Arnold Jasper (March, April, May 2018). In addition, other officers and delegates to be installed on May 9 for one-year terms are Vice Presidents Ben Wisrtech, Judith Wisrtech, and Arnold Jasper; Treasurer Jeffrey Albom; Recording Secretary Virginia Kolker; Corresponding Secretary Dolores Grief; Delegates are Jeanette Dobrin and Steven Gray for three years; Karen Seiden and Carolyn Wilt for two years remaining; and Hadassah Ayal and Norman Perkus, with one year remaining.

The Jewish Men’s & Women’s Clubs will announce our May lunch/dinner event in the Bulletin. Our March event at Antonio’s proved to be another successful after- noon meal. We expect another such crowd when we announce our May restaurant choice. As the excellent weather returns, we will choose restaurants farther away from Rossmoor.

The May 12 Sabbath Service will have Hadassah Ayal as Lay Reader and Jeff Albom as Torah Reader. The Sisterhood will sponsor this service and the Oneg Shabbat that follows. The May 26 Service will have Jeff Albom as Lay Reader and Bob Kolker as Torah Reader. The Congregation will sponsor this Service and the Oneg Shabbat.

Those wishing to sponsor a Sabbath Service should contact the committee.

Two charities in one
By Rev. Dr. Dierdre L. Thomson
The Benevolence Committee of the Community Church was excited to support the first of two dates in which Raising Hope For Others, Inc., joined with the Lakewood Blue Claws in sponsoring fund-raising events. Many did support Raising Hope for Others and the Big Brothers/Big Sisters of Ocean County. Others, who were not into baseball games, still donated $10 to send a little brother or sister to the ball game, or $20 to send Big Brother/Sister and Little Brother/Sister together.

Mark your calendars now for Father’s Day, June 18, at 1:05 p.m. for the next fundraising event at the Blue Claws Stadium. For tickets or more information, check with Laura Burke at 732-890-3657 or raisinhopeforothers@gmail.com. Hope to see you there.

Catholic Society schedules Mass on May 11
By Gene Horan
The Catholic Society monthly Mass will be cele- brated in the Meeting House at 7 p.m. on Thursday, May 11. Rev. John Primich, great-nephew of Rossmoorite Grace O'Hare, will be the celebrant. Father Primich, hospital chaplain at Somerset and Hunterdon Hospitals, is a good friend of our Catholic Society and frequent guest at Rossmoor.

The May crowning of the Blessed Mother will take place before the Mass.

Meet Albert Einstein
By Hadassah Ayal
The Sisterhood invites all residents to come, see, and hear Albert Einstein (re-enacted by Bill Agress) at their next meeting on Mon- day, May 8, at 7:30 p.m. in the Gallery. You’ll learn the truth about the world’s most famous genius, about his family, pets, eccentricities, favorites, childhood, and hobbies, how he helped Princeton children with their homework, support for Israel, and his famous theory of relativity.

A sketch of Albert Einstein

Two charities in one

Meeting House note card

Buckingham Place Adult Medical Day Center & Home Care Services
OVER 15 YEARS WITH A SOLID REPUTATION FOR QUALITY CARE!
Buckingham Home Care Services: Care in the comfort of your home. Licensed Home Health Aides help with personal care, transportation, shopping, errands and more. Background checks are done on all home health aides. Families are able to do interviews with caregivers to ensure their comfort level.
Call to Schedule a Complimentary RN Health Assessment!!
Buckingham Adult Day Center: Come visit our team at our Medical Day Care Center in Monmouth Junction to see our quality of care and service in action.
723-329-3894 Ext. 1
Adult Day & Home Care Services
Buckingham Place
701 Woods Lane, Monmouth Junction, NJ 08852
(Located on Rt. 522 at Oakwoods Senior Housing, between Rt. 1 and New Road)
Why?
By Dierdre Thomson
On August 5th that is fairly sure here is that in the not too distant future we will lose neighbors or friends one of two ways. Either they will move to an as-
stice or die at home. The Home, usually nearby family, or they will die. We are sad when we lose them, but rational-ize with a familiar saying - “He/She had a good, long life.” What do we say, how- ever, when a young person dy-
ing is a young mother who, with her husband, adopted three children and in addi-
tion is taking care of three foster children?
Ten years ago, our family was not concerned concerning my niece, Kathy-
we. Our family was devas-
tated. Our daughter, Laura, was very close to her cousin. Kathleen was diagnosed with pancreatic cancer at the age of 41. She had the chance of being treated at Cancer Cen-
ters of America, but the cost would be tremendous. What could we do? We kept talking about some sort of fundraiser, but had no idea how to go about it. Finally, Laura just said “Ok, I’m going to help...” She went to her friend who knew about running a fund-
raiser. They set up one for Kathleen, calling it “Raising Hope for Kathleen.” When Kathleen dies a year later we gathered to decide what to do about the fundraiser. We decided to continue it - in memory of Kathleen. We renamed it “Raising Hope for Others.”
During the nine years since then we have become a 501c3 non-profit, and have been able to help recipients with their medical costs. We have grown from Laura’s front lawn to the Gordon’s Corner Firehouse in Manahapan for the main fundraiser (this year August 5, early to mid-
Afternoon). So, what do we say to the question, “WHY?” when a young person dies, accord-
ing to us, too soon? God had a plan. It was through Kathleen’s illness and eventual death and the ini-
tial efforts of one person that Kathleen and the other recipients were helped. God had a plan. Raising Hope for others has not only helped its specific re-
cipients, but was able to work with Blue Claws and Big Brothers/Sisters to reach others. God HAS a plan. You? Where can you volunteer?

We are back!
By Rev. Dr. Dierdre L. Thomson
On May 5 we return to our physical/spiritual exercise class led by the Rev. Kahlil Carmichael and the Rev. Dr. Dierdre Thomson.
All are welcome beginning May 5, 11 a.m. in the Gallery at the Clubhouse.

Maintenance Department
By Dave Salter
Carport Cleaning
The guidelines for carport cleaning will be posted daily on channel 26.
Signs will be posted in the areas 24 hours before the scheduled date for carport cleaning. There will be parking on the lanes during carport cleaning. Administration, E&R and Maintenance will have the schedule, so just give us a call. Maintenance 655-2121 Administration 655-1000 E&R 655-3232
A/C Servicing
It’s time to have your air conditioner serviced. Please call our office to be put on the list.
Maintenance Department 655-2121
• Condo (except Mutual 4) $40 plus tax (per unit)
• Co-ops (including Mutual 4) $45 plus tax
Servicing includes inspec-
tion of system, checking Freon levels and filter re-
placement (Parts, blue mesh filter and Freon are not in-
cluded in price).
Yellow stake and yellow ribbon procedure
Many homeowners enjoy gardening and take pride in maintaining their own three-
foot bed areas. If you are one of them, you need to mark the bed so the land-
scaping company (High Tech) gets the word. This is done with yellow stakes at the corners of the bed where they are visible from either direction. Nothing is to be touched. The stakes mean “Mark this area.”
Free Estimates
Call today for your free estimate on attic insulation, window replacement and ceramic tile insulation.

Three Messages from High Tech Landscapes, Inc.
We have completed bed edging throughout the community.
• Mowing has started. All driveways, sidewalks, and curb lines were edged in April and we will continue this monthly.
• The next round of fertilization will start at the end of May/early June. This will be a liquid application of Broadleaf Weed Control with Crabgrass Preventer, a herbicide with a high potassium formula that will provide broadleaf weed control in warmer weather and a granular application of fertilizer.

It is Well fourth
Sunday service at Community Church
By Rev. Dr. Dierdre L. Thomson
Remind your friends of this special service held most fourth Sundays, 1 p.m. at RCC. The Rev. Kahlil Carmi-

chael leads the service with the Rev. Dr. Dierdre Thom-
son assisting. Come, see, and feel the inspiration that is shared at God’s Church here in Rossmoor. All are wel-
come. We are looking for-
ward to seeing you.

Israel Congregation’

(Continued from page 2)
...next round of carport cleaning will be held on Tuesday, May 2, at 7 p.m. in the Dogwood Room.

A.L. Durkee & Sons

• Monuments and Markers
• Bronze Plates

Douglas Sulphen, Prop.
385 Mercer Street
Hightstown, NJ 08520
(609) 448-0050

Goldstein Funeral Chapel, Inc.
We value the dignity and the sanctity of the Jewish soul and we uphold and maintain reverence for the Jewish tradition.
the only Jewish owned funeral home in Middlesex County
1-732-777-0059
Martin Goldstein, Mgr.
1500 Woodbridge Avenue • P.O. Box 1448
East Brunswick, NJ 08817
Ask about transferring your current pre-need account.

American Lung Association
• Volunteers Needed

To find out more, please call the American Lung Association of New Jersey at 800-THE-LUNG.

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

Sponsored by Saint Peter’s University Hospital
Landscapes, Inc.

...ing a funnel shape. Flowers are fused at the base, forming a cross-section. Different flowers have a range of colors and combinations, such as the vivid red with a white picotee edge, and the list goes on.

One problem with grandiflora is the flowers may fall apart if there is a heavy, prolonged rain. It might take a week or so to get back into full bloom. Some of the more popular varieties in the grandiflora class are Aladdin, Hoola hoop, and the Dream Series.

Milliflora petunias are very similar to grandiflora, except the flowers are smaller, about two to two and a half inches across. Some make up for it by producing more flowers per plant. They have a more compact growth habit, which is also resistant to the problems of wet weather. The Celebrity, Carpel, and Murrah series are all good, grown and sold species.

Milliflora petunias are basically dwarf petunias, with flowers that are one to one and a half inches across. The petals won’t spread more than eight inches. They come in all colors except yellow. They are good for planting on steep banks or in window boxes and hanging baskets. The Piccobello series produces an amazing variety of beautiful colors.

By Kayte Olsheski
BISN, NW

Spring and those pesky mosquitoes

Spring is in the air and to be able to shed the winter coat is welcoming. But as much as we get to enjoy outside and enjoy the warm weather, we need to be aware of two mosquito-borne diseases that also welcome warm weather. Last year we were aware of the Zika virus that made headlines down in Brazil, and in time Round Up was made its way to the United States. The West Nile virus is an arbovirus or mosquito-borne virus that is not usually in the news until someone becomes ill or unfortunately dies from it.

The Zika virus is spread through a cycle where an unborn child is bitten by a mosquito and this mosquito bites an unaffected person who becomes infected. This cycle has the potential of creating an epidemic as more and more people become infected. It has been found the Zika virus is spread through blood transfusions, sexual contact, and maternal exposure, and is passed from a pregnant mother to her unborn child causing serious birth defects. It has also been linked to Guillain-Barré syndrome. This is a nerve disorder that gets a person’s immune system.

The wholesale cost of seeds for the grandifloras, multifold petunias, with flowers that are between 7 and 13 for 100 seeds. But the ground cover seed range between $15 and $20 per hundred seeds.

Petunias, in general, have few weeds or insects or problems and do not require dead heading. They have a wide range of colors that require a lot of sun. Except for possibly pruning back the plants when flowering has ended, and occasional watering, they do not need much care and will give you color the whole growing season.

By Jean Houvener

Planting for wildlife

As a home for squirrels, birds, and other wildlife, they are rare.

In beginning your yard, get rid of standing water as in buckets, bowls, and plant pots and reservoirs. To protect yourself from being bitten, wear long sleeve shirts and long pants. Use the Environmental Protection Agency recommended repellent and follow directives on the product label. Before opening your window or door, make sure all window and door screens have no openings or holes in them.

If you or someone you know is traveling to an area known to have the Zika virus, read all the latest information from the CDC and stay updated to protect yourself and your loved ones.

As mentioned, the West Nile virus is a mosquito-borne illness. It begins when the mosquito feeds on an infected bird. The mosquito in turn transmits the virus to a human. It is best to use native plant species. In turn transmits the virus to a human.

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The wholesale cost of seeds for the grandifloras, multiflora, milliflora, and petunias is expensive.

Effective prevention and control of this disease has not been defined. It is best to use native plant species.

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Monroe Township property acquisition eyed for future middle school

During a recent budget hearings, Monroe Township officials announced plans to earmark $2.5 million for the acquisition of an unnamed property that would serve as the prospective site for a future middle school.

In other news, the Township would purchase and then turn the property over to the Monroe Township School District for a nominal fee of $1 as early as July. Accounting for a growing student population, the Township could be one solution to the district's overcrowded class problem.

There are less constraints placed on a municipal gov- ernment in financing the land purchase quickly," said Monroe Mayor Gerald W. Tamburo. "It's also worth noting that the property ac- quisition amounts to more funding than the district re- ceived in its state aid this year, so I hope Trenton is paying attention. These are a few reasons why the state aid school-funding for- mula, which is playing havoc on our district's ability to function — more and more municipalities are shoulder- ing the burden of underfund- ing from the state."

The Monroe Township School District is currently factoring in that its eight facul- ties are overcapacity by ap- proximately 1,000 students. Demographers are projecting the influx of another 1,500 students over the next five years, growth that's mainly concentrated in elemen- tary and middle schools.

"We can't reveal the exact location just yet, but we are going to say that it is a 30-acre site situated in the southern end of the Township near a con- tricted entrance with health water and sewer access," said Kathy Kolupanovich, Monroe Township school board president. "Our local government has determined that any fur- ther disclosure of the site location might compromise serious and deadly symp- toms. As with Zika virus, do not keep standing water in your yard. Discard water that has collected in containers, buck- et, flower pots, birdbaths, and bird baths. Outside work long sleeve shirt, long pants, long sleeves, and DEET, an insect repellent, and follow the directions on the product's label."

In our lecture series from Saint Peter's University Hos- pital, Aijaz Hussain M.D., an Internist and geriatrician from Saint Peter's Physician's As- sociates in Monroe, will be speaking on “What You Should Know About Vitamin and Mineral Supplements,”

"Unfortunately, voters de- feated the district's 2002 refer- endum," Kozak said. “At the time, officials were forced to vascally scale down the high school's conceptual footprint in order to get out for the second referendum. While the second referendum passed, it was only a year or two before the number of students exceeded the high school's capacity. We don't want to have to return to the public with our hat in our hands in another decade because our facilities are inade- quate in meeting the antic- ipated future growth of this community."

The National Wildlife Fed- eration website (www.nwf.org) has information about how to encourage wildlife survival in our gardens. The Native Plant Society of New Jersey (www.npsnj.org) is another good source for ideas. Also check out the That Butterfly G and the Honey Bee (www.butterflywebsite.com).

The Rutgers Gardens (off Ryders Lane near Route 1), which was recently recognized by the American Horticultural Society as a Horticultural Landmark, is another good place for ideas for what to plant. The Rutgers New Jersey Agricultural Extension garden and Earth Center on Riva Ave, in South Brunswick is also a good source of in- formation.

So when you begin to shop for new plants for your garden, keep in mind the animals - birds, bees, and others - who share this space with us when you decide what to plant.

Barbara’s Unique Antique Boutique

10% discount to holders of Roosevelt I.D. card
Wed.-Fri. 10:00 a.m. - 5:30 p.m. • Sat. 10:00 a.m. - 3:00 p.m.
Jamesburg’s Largest Estate Jewelry Selection

WE BUY GOLD also buying used, rare and antique, Designer Pieces, Old Toys, Military & more

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35 East Railroad Avenue, Jamesburg, N.J. 08831
732-521-9055
The Rossmoor NEWS

Senior Center Highlights
Monroe Township Office of Senior Services & Senior Center
1268 Halsey Reed Road, Monroe Township, NJ 08831
609-644-0714

Registering with the Office / Senior Center is free and available to Monroe Township residents, 55 years of age or over. Around the 15th of the previous month members can sign-up for the upcoming monthly activities either by phone or in person for all programs with a fee. Supply and material fees are subject to change; so please call to confirm.

For more information, visit the Senior Center to pick up a calendar of events or visit www.morronetwp.com, and look under “Senate of Senior Services” link under “Departments.”

Good for You
Register in Advance for Bagels and Books: On Friday, May 5, at 10 a.m., join Linda, from The Gardens at Monroe, for bagels and smear as she shares, from her experience with Gardens Connections, host this “What’s Your Story?” session. Their guest speaker, Steve Besserman, from Ari- Joe Productions, discusses the importance of preserving your life story and family history by presenting, BUNNIE, an inspiring, short documentary about leaving one’s legacies.

Health Challenges: On Monday, May 8, at 1:30 p.m., Lois Glaser, from Cancer Care, via a grant from Perrigo, discussed how to stay healthy after being diagnosed with cancer, heart disease, and diabetes. Discover how making healthy lifestyle choices can enhance your quality of life. Life refreshments.

PTM Program: On Tuesday, May 9, at 1:30 p.m., NJ Division of Senior Services representatives return to offer helpful information and assistance regarding Property Tax Reimbursement, Homestead benefits, and benefits for veterans.

(Finished on page 25)

TRANSPORTATION TIDBITS
Important phone numbers:
Rossmoor Bus ......................... 609-655-4401
Hours 10:00 - 11:00 a.m. and 2:30 - 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.rossmoom- 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 not having your correct mailing address. Many residents, over the years, filed “Winter Address” forms with Administration and then later forgot to file a return date. If you did not contact us when you returned, it might be possible that we still have an alternate or winter ad-

Mailing any letter or airmail to:
The Rossmoor NEWS
5263 Perrineville Road
Monroe, NJ 08831

ZABELA’S CLEANING SERVICE — Professional house cleaning. Quality work. Local lady, very experienced. 10+ years of experience in the area. European quality. (609) 954-0116 or (609) 656-9251.

Senior Center
(Continued from page 26)
Overuse Injuries: On Tuesday, May 11, at 1:30 p.m., at the Palisades Presbyterian Church, topic: “Overuse Injuries,” to be presented by Howard Berg, MD. All who are concerned with pain and injury to the hands, neck, back, or spine are encouraged to attend.

Housecleaning

Help Wanted
MONEYWELL FUNDING INC. — Payoffs on delinquent mortgages. Work full or part time in the alternate finance industry. We train and assist you. Nothing but the facts about this job. The jobs entail explaining to business owners in need of working capital for their business. When you contact a business owner in need, the loan closes in a few days and you receive payment the following week. I am tired of hiring new people, the training is simple and no aphasis or forgone. Please contact me at (201) 243-7017. Thank you, Alexander Ricci.

Help & Health Services

EXPERIENCED LIMO — Holds four passengers in total. We go to all airports. We’ll take you anywhere. Appointments, companionship. Call (609) 907-3885. Ask for David. Licensed companion, overnights. Victoria St. in Rossmoor relative. Free estimation. Dave (908) 337-7462.

LIMO, INC. — Our 15th year. We go to all airports. Late model Lincoln Towncruiser. Hold up to 7 people, so you can travel in comfort and style. 904 to Newark, 926 to JFK and Laguardi. $180 JFK JFs. We go anywhere. Call (732) 452-9222, 24/7.

RATES FOR CASH BY BOB — Affordable rates for rides to the doctor, airport, department stores, groceries, school, restaurants. Work. Cheaper than Uber or Lyft. Weekdays only. Brian, Lande. driver. (609) 664-6558.

AMERICAN CAB — We’ll take you anywhere. Appointments available. Credit cards accepted. (609) 529-6643.

FOREVER YOURS LANDSCAPING, INC. — EXPERIENCED DRIVER needed for spring and summer. Transportation to airports and local, including NYC and local. Former Clearbrook resident. All airports, Monroe resident. All airports, transportation to airports and local, including NYC and local. Nancy (732) 306-9945.

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T-K’S HOME IMPROVEMENTS — Full service contractor. Home improvement: Kitchens, bathrooms, painting, tile, and more. No job too big or too small. We are always available. Call us, we acceptwalk-ins. License #13VH0570050. (609) 259-2574.

INTERIOR PAINTING — Wall paper removal, to enhance your space experience. Please call Ken — Diamond Painting. (609) 655-0670 or (732) 780-0468.


How to Keep Your Gut Happy
1. Practice getting enough sleep. 2. Eat a variety of fiber-rich foods. 3. Drink enough water daily. 4. Exercise regularly.

Tech Buddy
Barbara Tupper
techbuddybarb@aol.com

Chef
Chef Yvonne
(732) 688-0005.

Senior Homes — Experience. Please call Ken — Diamond Painting. (609) 655-0670 or (732) 780-0468.

Home Improvement & Services
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Miscellaneous/Services
TECH BUDDY — Welcome back snowbirds. Get your computer set up, problems hooked up. Special pricing $25 until May 31, 2017. Simple problems, tech can help you with phones, computers, tablets and more. Large print solutions and assistance on Real Beginner to Advanced. Email and internet included. Wireless printers, Net, fax, Roku — setup and training. 609—783—9354 or (732) 787—3900. Please leave message, all calls returned same day.

'Yoga Classes — FREE' Frootion to Yoga on May 9 at 11:15 a.m. and 7 p.m. at the Monroe Wellness Center, 7 Centre Drive, Monroe. Concordia resident, CYT, YACEP with 25 years experience in all lev- els. “If you want to be healthy, you should do yoga.” Ong- donation-based classes. Ellen (732) 395-7168.

GREATER ORGANIZR will help Call for pricing. (609) 558-9595. Ask for David. Licensed Firearms Dealer.

CLASSIFIED Ad Information
All classified ads must be editorial, no longer than the 14th of the month preceding publication month.

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

No number count as one word and name as one word. Do not count punctuation. Abbreviations counted as one word.

Check or money order must accompany cash to make out to Princeton Editorial Services.

Phone number or address which appears in ad must appear on check or money order to ensure proper credit.

Type or print your ad clearly and please include any con- tact information.

Housecleaning

ZABELA’S CLEANING SERVICE — Professional house cleaning. Quality work. Local lady, very experienced. 10+ years of experience in the area. European quality. (609) 954-0116 or (609) 656-9251.

Senior Center
(Continued from page 26)
Overuse Injuries: On Tuesday, May 11, at 1:30 p.m., at the Palisades Presbyterian Church, topic: “Overuse Injuries,” to be presented by Howard Berg, MD. All who are concerned with pain and injury to the hands, neck, back, or spine are encouraged to attend.

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Say goodbye to foot and leg pain

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

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

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

Peripheral Neuropathy Symptoms include:
- Tingling, burning and/or numbness
- Pain when walking
- Loss of balance
- Pins and needles sensation
- Restless legs
- Muscle Weakness
- Spontaneous pinching, sharpness, or electric shock-like pain

Our treatment options include:
- MicroVas — A non-invasive, pain free treatment that elevates blood flow and tissue oxygenation to the problem area. This treatment has proven effective for not only Neuropathy but also chronic low back pain, carpal tunnel syndrome, sports injuries, pressure ulcers, ischemic rest pain and wounds that are otherwise slow to heal.
- Acupuncture — Through clinical trials, acupuncture has been proven effective in treating various medical conditions including neuropathy pain and has been expanded into conventional medicine practices throughout the world.
- Physical Therapy — A traditional treatment methodology aimed at the treatment and curing of certain ailments common to patients suffering with chronic or severe pain. Its primary aim is to bring back the patient to his/her normal self, free of any pain or suffering.
- Cold Laser — A gentle, non-invasive treatment that is successful in treating joints and nerves without pain or discomfort to patients.

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

If you are suffering from the tingling, itching, numbness or burning associated with Peripheral Neuropathy, the doctors and staff of AllCure Spine and Sports Medicine invite you to call their office and schedule a complimentary consultation. There is hope for those suffering with Peripheral Neuropathy. The advanced treatment programs offered by AllCure Spine and Sports Medicine can help you get your life back to where you were before the pain began. Say goodbye to pain and hello to a world of relief.

For details about AllCure Spine and Sports Medicine’s Neuropathy treatments, call our Monroe Office at 732-521-9222.

CALL US TODAY!

AllCure Spine & Sports Medicine
350 Forsgate Drive
Monroe, NJ 08831
732-521-9222

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

FREE MRI/ X-Ray Review

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

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