



Rossmoor IN News



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November 2016



HAPPY THANKSGIVING



Appreciating our Rossmoor trees

By Anne Rotholz

Now that November is here our beautiful Rossmoor trees, with the exception of the evergreens, are going to sleep for the winter. While we had a fairly colorful fall, it was not as bright as usual and of course the leaves started to turn earlier. Our extremely dry summer was the culprit.

A lot of our fall color comes from our maple trees with their leaves in vibrant shades of red, orange, or gold, and fortunately, we have several varieties here. You can see them along Rossmoor Drive, but they can be found just about anywhere in the community.

There are two special trees here that linger a little longer in fall. They should still have some of their leaves into mid-November. They have beautiful and unusual leaves with fall colors that are very different. The trees are the meta-

sequoia (also known as Dawn Redwood) and the ginkgo biloba.

There are several metasequoia trees in Rossmoor. Three can be found growing on the island on Rossmoor Drive with two of them between Old Nassau Road and the East Gate. This tree is one of only a few Redwood species that are deciduous.

Metasequoia leaves are lacey, almost fern-like. They emerge bright green in spring and turn a deeper green in summer. In fall after the first frost they turn to an apricot color and later, before they fall off the tree, to a bright red-orange.

Metasequoia was believed to be extinct for millions of years. Fossils thought to be more than 50 million years old were found in China, Japan, and other northern hemisphere countries.

In 1941, a group of wealthy

(Continued on page 2)



Focus on: Groups and Clubs

By Jean Houvener

Learn all about your computer

Every month a knowledgeable individual, sometimes a Rossmoor resident and sometimes a local expert, gives an informative presentation on some aspect of your PC or your smartphone. This is the valuable service the Computer Club provides to the residents of Ross-

moor. All residents are invited to these presentations. Recently many of them have dealt with various aspects of the Windows 10 operating system. Other topics have included security tips, Internet resources, social media, genealogy, and more. This month's activities can be found in an article elsewhere in this paper. The Club also publishes each month a very

useful newsletter, which can be found at <http://rossmoor.org>. It is full of tips and information.

By joining the Computer Club, which meets on the third Monday of each month at 10 a.m., 9:30 for refreshments and conversation, you get some valuable perks. Dues to join the Computer Club are \$20 per year, cover-

(Continued on page 2)



Near, very near golf cart disaster

By Joe Conti

Although what I am about to tell you happened three weeks ago, I can't forget it and I must tell everyone and hopefully make us more aware of golf cart danger possibilities.

I was driving along Old Nassau Road at about 3:30 p.m. when I noticed a golf cart properly riding near the curb. As I was about to pass, and to my astonishment, the driver, with no signal, made a sudden left turn right in front of me. One or two seconds later we would have collided.

What made this most dis-

turbing was that the driver of the cart couldn't have been more than NINE OR TEN years old. There was, if you can call him one, an adult with the boy. When I confronted him, I was told to mind my own business. Unfortunately, I did not know the man.

Driving a golf cart in the streets is no different than driving a car. We have to obey all the rules and WE MUST HAVE A DRIVER'S LICENSE.

I hope the adult involved reads this and learns from it. The life you save could be that nine- or ten-year-old.

Break a leg

Dear Residents:

Thursday, November 24, is "Celebrate Your Unique Talent Day."

Whoopee!, you say.

An insult, I say!

To devote one measly day out of the year to a person's unique talent is unconscionable and should be brought to the attention of the authorities. We should be celebrating our talents every day of the year!

It makes no difference what your talent might be: leaping tall buildings in a single bound, baking New Jersey's best chocolate chip cookies or cracking your knuckles to the tune of "Suwannee River," it should be displayed for everybody to see, hear and enjoy, (particularly the leaping tall

buildings thing). But most of all, it's simply the satisfaction we get out of accomplishing something that is uniquely ours.

The Rossmoor Players know that all our performances are not ready for Broadway, (at least most of

us know that), but we take great pleasure in acting and accomplishing the thousand and one tasks which are part of the theater. And we have a lot of fun in the process. Some members, who joined the Players out of curiosity

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at the governors' meeting



Arnold Jasper, RCAI vice-president, opened the Board of Governors meeting at 9 a.m.

gm

Gerald McQuade reported that there is a year-to-date surplus of \$106,883.93. Peter Kaznosky reported that the next Golf Course Committee meeting will be on

September 8 at 2 p.m.

gm

The Board of Governors was informed that the North Gate entrance will be closed from Wednesday, September 21 at 8 a.m. and will reopen on Friday, September 23, due to a paving project.

gm

The Board of Governors

instructed the Solid Waste and Recyclables Removal Services Contract Committee to prepare specifications and proceed with the bid process.

gm

The Board of Governors approved a request to hire a part-time accounting assistant for the Administration Office.

Trees

(Continued from page 1)

aristocrats in China, fearing that Japan was going to invade the mainland, sent an expedition to the heart of the country, which was inhabited only by primitive farmers. They hoped to find a spot where they could live and be safe.

They came across a gigantic tree there that was totally unfamiliar. Villagers claimed that a god lived in the tree and they built a shrine at its base. Samples of the tree were sent to botanists to be identified. They declared it to be metasequoia, a tree that was believed to be long extinct but was now found alive and well.

As you approach the North Gate while driving on Rossmoor Drive, you will find two elegant trees growing on the island. One is just before the intersection with Old Nassau Road and the other is just past the intersection, in front of the bank. They are ginkgo

biloba trees. Fossils related to the genus ginkgo go back 250 million years, but ginkgo biloba is the only surviving member of the group.

Ginkgo was a sacred tree to Buddhism. The monks cultivated it in their temple gardens and valued it for its healing qualities.

In 1784, William Hamilton, the famous landscape designer and botanist, brought the ginkgo to Philadelphia for his Woodlands Estate gardens there. Since then it has been widely cultivated in this country.

Ginkgo is a deciduous tree. Its leaves are fan-

shaped, on a long stem and they usually have a split in the upper leaf blade (biloba), which causes them to flutter in the slightest breeze.

In fall, the leaves turn chartreuse to golden yellow and remain on the tree from one to 14 days. In winter, the ginkgo stands out from all other trees because of its unique shape.

From the time of the Buddhist monks to the present day, ginkgo was thought to possess healing powers. Recent studies disagree, though they believe it to be beneficial in enhancing memory in young adults.

The best dancer wins the belle of the parasitology unit

By Linda Bozowski

Several times over the years, stories about Christine Malanga Wilson have graced the pages of The Rossmoor News. Dr. Wilson, now 102 years young and a renowned scientist, was a key member



Dr. Christine Malanga Wilson

of the Merck team that helped formulate and develop an anti-malaria medication in the early 1940s. What many may not know is that Christine Wilson is the

(Continued on page 3)

Open RCAI Meetings in November

Tuesday, Nov. 8 Golf Course Committee..... 2 p.m.
Thursday, Nov. 10 Maintenance Committee 9 a.m.
Thursday, Nov. 10 Community Affairs Committee ... 10 a.m.
Thursday, Nov. 10 Finance Committee 11 a.m.
Thursday, Nov. 17 Board of Governors..... 9 a.m.

All meetings are held in the Village Center Meeting Room



News Board:

Joe Conti, Chair
Carol DeHaan,
Myra Danon
Bob Huber,
Jean Hoban,
Jean Houverner
and ex-officio, Jane Balmer,
General Manager.

Editorial Assistants

Alex Monaco
Linda Monaco

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

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

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

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2 Rossmoor Drive,
Monroe Twp., NJ 08831

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Visit the Rossmoor website at www.rcainj.com

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Bits & Pieces

Sue Ortiz

"Whatever happened to predictability? The milkman, the paperboy, evening TV? ... So goes the theme song from the old TV show *Full House*.

Well, I haven't seen the milkman since I was about eight years old. I guess he has long-since retired. There are no nearby dairies that deliver since Forsgate Farms closed. I remember having one of those square galvanized steel milk boxes on my front porch. Milk would be delivered in glass bottles that my mom would wash out and put back in the box for the milkman to pick up on his next delivery. Early recycling! Now I buy milk at the corner market, the local Stop & Shop, and even at the gas station convenience store. Do we know what dairy produced this milk?

Paperboys used to deliver the daily paper on a bike early before school. There was an art in folding the news into a Frisbee-like disk that was tossed onto the subscriber's porch. The daily news is now bagged in plastic and delivered by a sleepy mom or dad in a minivan who misses the porch and knocks off a branch from my ever-shrinking azalea bush. Because more people are reading the news on tablets, computers, and even their cell phones, delivery of hard-copy news will soon disappear altogether. Maybe, if I switch, my azalea will start growing again.

Evening TV used to consist of after-dinner repeats of *I Love Lucy*, *Gilligan's Island*, *I Dream of Jeannie*, and *Lost in Space*. Later in the evening, first-run fare could be found only on broadcast channels 2, 4, 5, 7, and 9. *All in the Family*, *The Six Million Dollar Man*, *The Brady Bunch*, *Bonanza*, *Heart to Heart*, and the aforementioned *Full House* are just

some of the shows that ran in my "Prime Time." Now there are hundreds of scripted, documentary, and reality shows running simultaneously every night, but they don't have to be watched when they air, thanks to DVRs, "On Demand," and subscription services like Netflix. Evening TV is now morning, afternoon, and late night TV. And, like the newspaper, favorite shows can be watched on tablets, computers, and cell phones. So many choices, so little time; my DVR nears 100%...delete, delete, delete...I don't watch half the shows I record.

The minute I think I've got everything figured out, like my cell phone, everything changes, and it's time for an upgrade. I will have to binge watch the remaining shows on my DVR to empty it before I have to change my cable company when my contract runs out in a year or so. I will continue to buy my milk when, and where it is convenient and hope that the dairy that produced it has healthy cows.

Things change. Now that's predictable.

Happy Thanksgiving! (Predictably celebrated on the fourth Thursday of November.)

B&P

"If life were predictable it would cease to be life, and be without flavor" – Eleanor Roosevelt (American United Nations diplomat, humanitarian and first lady (1933-45), wife of Franklin D. Roosevelt, 32nd U.S. president. 1884-1945)

"Once you become predictable, no one's interested anymore." – Chet Atkins (American country guitarist, 1924-2001)

Focus on: Groups and Clubs

(Continued from page 1)

ing from July to June (\$30 for a couple). For this very reasonable price, you are able to use the computers in the Computer Lab, which over the years were purchased by and are maintained by members of the Club. Times of opening are posted outside the Lab, which is located at the top of the main stairwell in the Clubhouse. Knowledgeable members of the Club monitor the Lab. All the PCs run the Microsoft Windows 10 operating system and all connect to the Internet. For many members, this is their only PC and Internet access.

In addition, there are courses offered to members on Internet basics, Word, Excel, genealogy, and other topics, which are taught by members of the Club. There is also a digital photography special interest group (SIG). Greatly anticipated by the members is the August luncheon, to which each participant brings a dish to serve six hungry people. This event is always popular, this year, as in most years, reaching the maximum of 90 attendees. It is always followed by an entertaining presentation of amusing videos pulled from the Internet.

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

Break a leg

(Continued from page 1)

and never before spoke a word on the stage, have become top performers. Others have turned their interests to set design and construction, lighting and costuming. The Players' musical comedies, have generated an astounding amount of interest among Rossmoor residents.

During a brief stint in Hollywood, I often took a shortcut home from the studio through a small residential community called Toluca Lake, home to such film notables as Bob Hope and Dorothy Lamour. One day, I came to an intersection and stopped to allow a lady to cross the street. She was dressed in housewife drab and was carrying a large bag of groceries. When she got in front of my car, she set the bag down on the pavement, turned to me and began doing an elaborate tap dance routine with all the bells and whistles. At the end of the performance. I ap-

plauded enthusiastically, and she made a low theatrical bow, picked up her groceries and continued across the street with a noticeable spring in her step. She had performed for an appreciative audience. It was a good day

Several blocks from that location, Jonathan Winters could occasionally be seen, standing in the middle of the street, dressed in 1930s golf attire, directing traffic during his lunch hour. Movie making is a tedious process which often lacks continuity for an actor. Jonathan was simply satisfying his need to perform, and the passing traffic was thoroughly entertained.

The point is, Rossmoor is a community of active adults. There are clubs and activities here to meet practically anybody's interest. Your participation will truly be of interest to others. It will support not only your own satisfaction in being involved, but it will add

to the vitality of our entire community.

So, come on and join the party, and show Rossmoor what you can do. As they say in show business: break a leg!

Respectfully submitted
Bob Huber
The Rossmoor Players

The best dancer

(Continued from page 2)

woman who has gone on to generously benefit five Elizabeth High School young women each year over the past 40-plus years with scholarship funds earmarked for their attendance at Kean University. Her "pay it forward" approach has helped many students move forward in their own lives, as she was able to do.

Growing up in Elizabeth, Christine was the oldest of five children. Two younger brothers and two sisters rounded out the Malanga family, where mom was a homemaker and dad was a purveyor of fruits and vegetables. Descendants of Italian immigrants who had come to America several generations prior, the family struggled to provide for their children. Christine briefly attended Kean and Douglass Colleges, but had to withdraw after her freshman year in order to help support the rest of the family. She went to work at Merck Pharmaceuticals as a lab tech and through the years became a valued member of the parasitology unit, despite the absence of a college degree. With her degreed colleagues, Christine helped develop a cure for a deadly chicken disease called coxsidosis, as well as other products that benefited animals and humans.

While at a party honoring Merck employees with more than 25 years' service, Christine met a chemist named Andrew, a co-worker with 44 years' tenure at Merck. Although Andrew started out as a floor sweeper, he put himself through college at Rutgers, and completed his Masters' Degree at the University as well. Sometime during those years, Andrew took dancing lessons at an Arthur Murray dance school. The chemist and skilled dancer, a widower with a

grown daughter, became Christine's husband in 1973 when she was 59 years old. Two years later (1975) both Christine and Andrew retired from Merck and began their travels.

Although the Wilsons visited Europe many times, they also enjoyed travel to South America. Christine particularly enjoyed her visits to Bolivia. She stated that she enjoyed meeting the people, who were ambitious and who wanted to help their children advance. She also stated that she would like to return to that country to see that changes that have occurred since she was last there in the late 1970s. The Wilsons enjoyed their travels, and usually stayed at their destinations for several weeks at a time in order to take in all of the sights.

A self-taught pianist who still plays a bit, Christine also learned to play the organ. Her skills graced the services at St. Anthony of Padua church in Elizabeth for 20 years. Although she stopped driving at age 98, Dr. Wilson still attends movies from time to time and enjoys the Rossmoor Music Association concerts when she can. Reading mystery and adventure books also fills her time.

Her family's dedication to their children's well-being had positive outcomes. One of Christine's brothers went on to law school and her two sisters graduated from Douglass College with Phi Beta Kappa keys. One of her sisters is still well at age 92. Eleven nieces and nephews round out the family.

As I was concluding my delightful conversation with Christine, a Rossmoor resident for 36 years, she asked why I was interviewing her today. As I explained, we, as a community, are pleased to be honoring her at her as one of our oldest residents at age 102. We wish her continued good health.

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ANAND "ANDY" PALURI
FOR MONROE TOWNSHIP BOARD OF EDUCATION

Andy Paluri is a professional engineer with a master's degree and strong family ties to education. He has two children currently attending school. He served on several Township Committees and is involved in many community organizations in a leadership role.

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The Rainbow Chime Choir

Calling all Chimers: experience not required

By Mary Jane Brubaker

"Come join the Rainbow Chime Choir," invites Rossmoor Community Church and Rossmoor Chorus Director Cecile Wang. "All you need to know is how to count to four. We will teach you everything else. It is very easy and a lot of fun. It's a great way to meet people and make new friends."

Long time chimers Bill Leonard, Roberta Ambler, and Marie Bills agree. "Cecile is a great teacher," says Bill. "I have no musical background but when she asked me to join I said yes because I'll do anything she asks of me - I love her and I thoroughly enjoy chiming."

While both Roberta and Marie do have musical backgrounds they both say the most important attribute needed in addition to the ability to count to four is to be able to recognize a quarter note (a count of one), a half note (a count of two) and a whole note (a count of four). Marie says with a smile that chiming brings with it an extra benefit which is a little strength training. "There is some wrist action involved in striking the ringers," she says. "It's good exercise." Adds Roberta, "Cecile makes the rehearsals very engaging. We make beautiful music together."

The Rainbow Chime Choir season begins in the fall and ends with performances at the Rossmoor Community

Church on December 11 at 11 a.m. In between, rehearsals are held at the Meeting House on Wednesdays from 10 a.m. to 11:30 a.m. on November 2, November 9, November 16, November 30, and December 7. There will be a Saturday rehearsal on December 10.

The Rainbow Chime Choir uses a five octave set of chimes provided courtesy of the Rossmoor Community Church. Each ringer has two notes associated with it. Chimers are assigned one or more ringers which are placed on a table in front of them. When it is time for the

assigned note to play, the chimer lifts the oblong ringer (bending the elbow) and then thrusts the ringer forward at the assigned time to ring the note. The chimer then holds the ringer in the forward position for a count of from one to four, based on whether the assigned note is a quarter note, half note, or whole note. The chimer stops the sound by bending the elbow, holding the ringer back up, and placing the top of the ringer against the shoulder.

Anyone interested in joining the Rainbow Chime Choir should contact Cecile Wang at (609)275-6595.

The other November celebration

By Bob Huber

Thanksgiving is certainly the most important event in November, but for teens and young adults, there is also a pseudo-holiday which deserves special billing. It's called Sadie Hawkins Day, and it's celebrated on November 19, (and sometimes on November 30).

Sadie Hawkins Day was the inspired creation of cartoonist, Al Capp, whose Hillbilly comic strip "Li'l Abner" was a "must read" for teens and young adults from the mid-1930s through the 1970s. Through a wonderful cast of rustic characters who inhabited the community of Dogpatch, characters like Lonesome Polecat, Hairless Joe, Evil Eye Fink, Earthquake McGoon, General Bull Moose, and a host of others, Capp weaved social commentary through hysterically funny plots, and we often discovered we were laughing at ourselves.

But no Li'l Abner plot has endured longer than the story associated with Sadie Hawkins Day, which first appeared in the strip in 1937. It seems that Sadie Hawkins was the daughter of one of Dogpatch's earliest settlers, Hekzebiah Hawkins. Sadie was acknowledged to be the "the homeliest gal in all them hills." Fearing his daughter would remain a spinster, Hekzebiah assembled all the eligible bachelors in Dogpatch and declared it was

"Sadie Hawkins Day." There would be a foot race in which the bachelors were given a head start, followed by Sadie in hot pursuit. Whichever bachelor Sadie caught was obligated to become her husband. If the man objected, he was introduced to the business end of Hekzebiah's double-barreled shotgun. All the other unattached ladies in Dogpatch thought this was an excellent idea, so Sadie Hawkins Day quickly became a community event.

Sadie Hawkins Day also took on a life of its own with the reading public, and by 1939, 201 colleges and numerous high schools were holding Sadie Hawkins Day events. Long before women's lib, girls would aggressively pursue the boys of their choice and invite them to a Sadie Hawkins Day Dance. The boys were bound to accept. Those were the rules.

Capp created Sadie Hawkins Day as a one-time plot device, but due to its overwhelming popularity, he obligingly made it a tradition in the strip every November, lasting four decades.

Al Capp died in 1979, but Sadie Hawkins Day remains alive and well, and it is still celebrated annually at many high schools and colleges; a fitting tribute to one of America's most gifted cartoonists.



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Participants in the 2015 Christmas program, "Shout the Good News," at the Rossmoor Community Church.

Singers needed for *Candles & Carols*

By Mary Jane Brubaker

If you enjoy singing traditional Christmas carols, now is the time to contact Rossmoor Community Church Music Director and Rossmoor Chorus Director Cecile Wang, who is recruiting singers to be part of *Candles & Carols* by composer Mark Hayes, a special musical Advent journey that celebrates the tradi-

tional themes of the birth of Christ. The performance will be held at the Meeting House on December 18 at the 11 a.m. church service.

Rehearsals will be held at the Meeting House in accordance with the following schedule:

- Sunday, November 6 and December 4 from 9:30 to 10:30 a.m.

- Wednesday, December 7 and December 14 from 4 to 5 p.m.
- Saturday, December 17 (Dress Rehearsal) from 10 a.m. to 1 p.m.
- Sunday, December 18 Performance at 11 a.m. (singers arrive at 9:30 a.m.)

Contact Cecile Wang at (609) 275-6595 if you would be interested in participating.

Whirl'd Pease

By Alex Monaco

*"Pease porridge hot
Pease porridge cold
Pease porridge in a pot
Nine days old."*

"Pease" in older times referred to the pea; hence the nursery rhyme. Nowadays if you were to ask anyone what their favorite soup was, you would probably not find split pea soup at the top of the list.

Yet this simple soup (or not so simple) is made all over the world with minor variations. England and Canada use salt pork as the meat base. Germany uses bacon or sausage, cooked in or added at the end. The Dutch make it as a thick stew with pork and other vegetables besides peas. Let's not forget Poland and the Nordic countries. In the U.S, especially in the northwestern,

middle, and New England states, it is prized for its warmth and comfort.

I haven't met a split pea soup I didn't like. So naturally, on a trip to California, when I saw signs for Anderson's Restaurant serving their famous split pea soup, I had to stop. It has become an annual rest stop when we visit family in California. It doesn't hurt that Anderson's has established a museum and gift shop devoted to the soup! It is well worth the short side trip off Route 101 to the town of Buellton.

Pea soup is one of the easiest soups to make; you just have to be patient.

My cousin Nancy makes the best and thickest pea soup in New York State. When quizzed on the recipe she says, "Sauté some onions in olive oil, then add the water and peas, simmer it for

a couple of hours until it's thick and the peas are soft." She learned the recipe by watching her mother and never wrote it down. Another good family recipe lost! If you have an excellent recipe for split pea soup, be sure to pass it along.

November 13-19 is National Split Pea Soup Week. Get a bowl for yourself (and me?) and enjoy!

New Jersey Club: Aviation in New Jersey

By Eileen Parker

The New Jersey Club will meet in the Gallery on Friday, November 18 at 1:30 p.m. in the Gallery. Our guest speaker will be Paul Pittari, a pilot himself, who will present "The History of Aviation in the State of New

Jersey."

The New Jersey Club is for all residents of Rossmoor, regardless of their home state, who would like to learn more about their State of New Jersey.

All are welcome, and refreshments will be served.

Mark your calendars for a joyous Holiday Concert

The renowned Princeton Pro Musica Chamber Chorus will present a joyous Holiday Concert at Rossmoor on Friday, December 9. It will take place in the Meeting House at 7:30 p.m. Mark your calendars and watch for more details in the December issue of *The Rossmoor News*.

There is a calmness to a life lived in Gratitude, a quiet joy.

— Ralph H. Bloom —

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Rossmoor Spotlight: Joseph Schneider



Joe Schneider

By Mary Jane Brubaker

If you need to know anything about ships – from serving on one as a member of the Navy during World War II to ensuring their operational fitness for Mobil Oil Corporation – then Joseph Schneider is the man to ask. “I spent 45 years of my life on ships,” says Joe. “I know them backwards and forwards.”

Joe joined the Navy when he was 17 years old. “It was either join the Navy or wait to be drafted into the Army,” he says. He began his service

as a fireman/water tender, and in the process traveled the world and had some grand adventures. One such adventure, he says with a great big smile, was having perhaps a few too many drinks while in port and getting a tattoo on his right forearm. “I think the tattoo artist had had more to drink than I had,” he says. “It’s really hard to make out the tattoo – it’s the Navy flag and the name of the ship on which I was serving – the USS Reuben James.”

After two years in the Navy, Joe returned to the family homestead in Massapequa, N.Y., where his father promptly told him he had to get a job. “All I knew was ships,” says Joe. “So I got a job running government ships that utilized civilian crews. I signed on as a fireman/water tender and over the next 10 years worked my way up from third engineer to second engineer to first engineer and finally to chief engineer.”

While he was building his professional career, Joe met his future wife, Ginny, and they settled in Massapequa, N.Y., in 1948, and began raising a family which eventually grew to include two sons. Joe’s brother-in-law, whose family moved in next door to Joe and Ginny, also served on ships. Given that both Joe and his brother-in-law would be at sea for large stretches of time, they would alternate their leaves so either Joe or his brother-in-law could be at home to support both families.

After 25 years serving on government ships, Joe retired and took a position with Mobil Oil Corporation, where he was responsible for ensuring that the oil tankers were in optimal functioning condition. A highlight of this time in his family’s life was when Mobil Oil sent Joe and Ginny to live in Norway for a full year to help build two new tankers. “We had a nice house there,” says Joe. “And the big surprise for me was that everyone there spoke English!” Another nice surprise was that the shipyard closed down for summer vacation during the month of June. This made it possible for Joe and Ginny, who had relatives living in France, to drive to France and spend several memorable weeks with family. “It was a great time,” recalls Joe.

After 20 years with Mobil Oil, Joe retired. At that time, around 1980, he and Ginny moved to Rossmoor. They quickly joined the Rossmoor Community Church where Joe volunteered for a number of years as head usher. Joe, along with good friends Jack McCarthy and Walter Murphy, began volunteering for the Kiwanis Food Pantry. “Twice a month we would go to the supermarket with a huge truck and load it up with

food and bring it back to the volunteers, many from Rossmoor, who would put together over a hundred bags of food that we would then deliver to families throughout Monroe Township,” he recalls. “I really enjoyed my work with the Kiwanis Food Pantry – it was very rewarding. I felt we were doing something pretty special.”

In addition to volunteering for the Kiwanis Food Pantry, Joe and Ginny joined the Golf Clubs at Rossmoor. Joe was an experienced golfer and Ginny was a novice. “Wouldn’t you know it,” says Joe. “Just as my wife is learning how to play golf, she gets a hole-in-one – that’s something I have yet to do.” Joe commemorated this event by presenting his wife with a trophy inscribed with the date of the big event.

Photographs of Ginny, who passed away five years ago, are prominently displayed throughout Joe’s home. He has one son in Baltimore and another in Florida. Today the apple of his eye is his great grandniece – a beautiful two-year old brunette who has the biggest eyes you’ve ever seen. “The first time I saw her,” says Joe, “I just fell in love.” He proudly shares many photos of this photogenic little girl, who recently visited Great Uncle Joe a few weeks ago from her home in Tennessee.

Joe’s home in Rossmoor is decorated with the gifts he bought Ginny over the years while he was traveling the world via the many ships on which he served – from Lladro figurines purchased in Japan to Hummels he picked up while in Holland and Germany. The “hole-in-one” trophy, along with a plaque recognizing Joe’s service to the Kiwanis Food Pantry, is among the many items beautifully displayed.

“I like living in Rossmoor,” says Joe. “The people are really nice. My neighbors are very helpful and we all watch out for each other.” In fact, Joe, who has some issues with his back and legs and uses a walker, drives one of his neighbors to do her food shopping every two weeks at Stop and Shop.

While Joe has had to slow down over the last few years, he’s not letting that keep him from having a good time. He and a friend are currently looking for a few new friends interested in learning a unique card game Joe made up – it’s a cross between poker and gin rummy and it’s played for nickels. “I’ve been playing this game for years with a great many friends, who have since either moved to assisted living or passed away,” says Joe. “We want to keep this card game going – it’s a lot of fun to play and we share a lot of laughs.” Those in search a good card game – and some fun time with a truly great man – should reach out to Joe.

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The eleventh hour of the eleventh day of the eleventh month

By Jean Houvener

On November 11, at 11 in the morning (Paris time) in 1918, the armistice that ended the First World War, the war to end all wars, was signed in Compiegne, France. It was not a surrender, but the terms were such that it effected one. It was the last day of fighting on the Western Front. The terms required the abdication of Kaiser Wilhelm II, ending the German empire, the destruction of all German armaments, and the return of Germany to within its own borders. It also mandated the creation of a democratic government in Germany. Even on Nov. 11, 1918, there were still 10,944 casualties, 2,738 of them fatal as the various armies jockeyed for position, although all knew the timing of the signing. For Europe it ended four long terrible years of war. Another six months of negotiation resulted in the Treaty of Versailles, signed June 28, 1919.

The first celebration of Armistice Day was held Nov. 11, 1919, when the United Kingdom's King George V held a state banquet at Buckingham Palace for the President of France, on Nov. 10, followed by a celebration of the Armistice on Nov. 11. While many countries still call Nov. 11 Armistice Day, in the United States after the Second World War, the name was changed to Veterans Day to honor all veterans who serve, and signed into law by Eisenhower in 1954. In the 1970s, the date was shifted to occur on a Monday to create a long weekend, but in 1978 it was returned to Nov. 11.

The railroad car where the armistice was signed was put on display first in Paris, and later back in Compiegne. When Adolf Hitler forced a surrender armistice on France on June 22, 1940, revoking the conditions of the WWI armistice, he used the same railroad car in Compiegne. He subsequently had the railroad car taken to Ohrdruf in Germany, but when the allied forces advanced into Germany in 1945, the men guarding it set it on fire and destroyed it. In 1950 a railroad car from the same 1913 production batch was installed and recreated as a replica, and again is in Compiegne.

When they signed the Armistice, the German leaders had expected that U.S. President Woodrow Wilson's "Fourteen Points" proposal would be the basis for the final peace. These points included democracy, free trade, national self-determination, and institutions to maintain peace, including the League of Nations. Wilson's hope was for a lasting peace. Unfortu-

nately, Wilson's plan was not followed.

Sadly, the conditions finalized in the Treaty of Versailles and other treaties after WWI, rather than making it the war to end all wars, set up situations that are still being dealt with today, including the destruction of the Ottoman Empire and the subsequent land grab for colonial expansion by the victorious allies in the Middle East. During the war, the Russian empire collapsed, leading

to the establishment of communism under Lenin and the creation of the Soviet Union. The Austro-Hungarian Empire also collapsed during the war, leading to instability in Eastern Europe. The most onerous condition was probably the heavy reparations demanded by the allies from the German Weimar Republic, dooming the attempt at democracy from the beginning and leading to the rise of Adolf Hitler and the Nazi Party.

Goodbye twice

By Dierdre Thomson

August 8, 1944 – I am six and one-half years old. It is mid-morning; I can smell the many flowers, and the fresh cut grass. There is a slight breeze and I hear the buzzing of bees. The sun is shining but I am not. I am sad. My favorite brother has left to go into the army. He was to be at the armory at 8:30 a.m. I don't remember his leaving that morning. Maybe I did not get up until after he left, or maybe I just put it out of my mind. In fact, I really do not remember much about the day except – suddenly he was there. Burke was home. There had been an error in the orders; he was not to be at the armory until late afternoon.

I don't remember a word that any of us said. Just that he was there – listening, like always, to whatever I was saying. I don't remember noticing Mom or Dad or my brother Steve, although they must have been there. I don't remember Burke leaving again later that afternoon. The only memory I have now is the one that a snapshot shows. My father must have taken the picture even though I do not remember him doing it. Burke is on one knee beside me – smiling. I am standing in a very stiff pose – squinting at the sun, my arms straight down and tight to my sides. It is as if I am afraid to move for fear that it all will be a dream – and my favorite brother really is gone.

August 26, 2013 – I parked in front of the house. The familiar bushes were still there. The porch with the old-fashioned chairs, the uneven walkway to the porch. The hospice aides were leaving as I arrived. They stopped and we spoke for a moment. Then I went inside immediately noticing the medical smells one never gets used to where there is a terminal patient. I entered the downstairs TV room that was set up with a hospital bed and necessities. He sat there, his profile looking like the "old man of the mountain"

in New Hampshire. I stood a moment as I had back in 1944 – stiff, arms straight down at my sides – as if willing that this would not be the last time I would be able to visit and talk with my brother.

Burke and I talked and joked, seemingly pushing away the inevitable. During quiet pauses I remembered telling my daughter that I did not think I could officiate at his funeral. "I just don't think I can make it through the ceremony." Silly me! Just as I was leaving, Burke said, "I want you to officiate." I nodded, and he said again, "I mean it – I want you in charge." They were his last words to me. Of course, I did as he asked. Now, I think back – just as the "old man of the mountain" no longer was there in New Hampshire, Burke was no longer here on earth. Yet this goodbye was different – I knew I would see Burke again – and so did he.

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Twenty questions on required minimum distributions

FINRA[08/04/2016]

Do you remember playing "20 Questions"? Here are the answers to 20 questions about required minimum distributions (RMDs). Most of this information comes from the frequently asked questions section of the IRS website.

Q1. What is an RMD?

A. This is the amount you're required to withdraw from your 401(k) plans, other employer-sponsored retirement plans, and IRAs.

Q2. Which plans do the RMD rules apply to?

A. The rules cover all employer-sponsored retirement plans, including pension and

profit-sharing plans, 401(k)s, 403(b) plans for nonprofits, and 457(b) plans for government entities, plus traditional IRAs and IRA-based plans such as SEPs, SARSEPs, and SIMPLE-IRAs.

Q3. When do I have to begin taking RMDs?

A. The required beginning date (RBD) is April 1 of the year after the year in which you turn age 70½. For example, if your 70th birthday was January 1, 2016, you must begin taking RMDs no later than April 1, 2017.

Q4. When do I have to take RMDs in future years?

A. The deadline is Decem-

ber 31 of the year for which the RMD applies. Thus, if you turn 70½ in 2016, you must take the RMD for the 2017 tax year by December 31, 2017.

Q5. How do you figure out the RMD amount?

A. Divide the balances in your plans and IRAs on December 31 of the prior year by the factor in the appropriate IRS life expectancy table.

Q6. Can I withdraw more than the required amount?

A. You can withdraw as much as you like; RMDs are the least you are allowed to take.

Q7. If I take more than the RMD this year can I withdraw less in a future year?

A. No. Each RMD is calculated based on the account balance and life expectancy factor for that particular year.

Q8. Do I have to take RMDs from all of my retirement plans?

A. Although you must calculate the RMD separately for each IRA you own, you can withdraw the total amount from just one IRA or any combination of IRAs that you choose. However, for employer-sponsored plans other than a 403(b), the RMD must be taken separately from each plan account.

Q9. What happens if I fail to take an RMD?

A. The IRS imposes a penalty equal to 50% of the amount that should have been withdrawn (reduced by any amount actually withdrawn).

Q10. How are RMDs taxed?

A. Generally, the entire amount of an RMD is taxable at ordinary income rates. The exception is for amounts attributable to non-deductible contributions to an IRA.

Q11. Are there any exceptions to the RMD penalty?

A. The penalty may be waived if you can show that

the shortfall was due to reasonable error and you now have withdrawn the required amount.

Q12. Is an RMD subject to the net investment income (NII) surtax?

A. Distributions from retirement plans don't count as NII. However, RMDs will increase your modified adjusted gross income (MAGI), and a higher MAGI could make you subject to the tax.

Q13. Can I still contribute to my plans if I'm taking RMDs?

A. Yes. If you're still working and participating in a plan, you may qualify to continue your contributions.

Q14. Do I have to take an RMD if I'm still working?

A. Generally, you have to take RMDs from all employer-sponsored plans and IRAs. However, you don't have to withdraw an RMD from non-IRAs if you still work full-time and don't own 5% or more of the business.

Q15. Can an RMD be rolled into an IRA or other plan?

A. Absolutely not. Rollovers are prohibited.

Q16. Can an RMD be donated to charity?

A. Yes. Under a recent tax law extension, if you're 70½ or older you can transfer an RMD of up to \$100,000 directly from an IRA to a charity without paying tax on the distribution.

Q17. What happens if I die before my required beginning date?

A. No distribution is required for the year of death. For subsequent years, RMDs must be taken from inherited accounts. A spousal beneficiary has greater flexibility than non-spouses, including being able to treat the account as his or her own.

Q18. What happens if I die after my RMD?

A. The beneficiaries of the accounts must continue to take RMDs under complex rules. Again, spousal beneficiaries have greater flexibility than other heirs.

Q19. Do the RMD rules apply to Roth IRAs?

A. No. You don't have to take RMDs from a Roth IRA during your lifetime. After your death, however, your heirs must take lifetime RMDs from the Roth.

Q20. When should I arrange my RMD?

A. The sooner, the better. Don't wait to get caught in a year-end crush. We can help with the particulars.

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Bob's Almanac

By Bob Huber

Historically, we haven't devoted much space in this column to turkeys and Thanksgiving, since the topic is usually covered elsewhere in this publication. Besides, some historians believe that the first Thanksgiving was not celebrated by the pilgrims in 1621, in Plymouth, Massachusetts, but some years earlier in Jamestown, Virginia, where settlers celebrated their own version of England's ancient Harvest Home Festival.

In either case, there is little doubt that settlers were already familiar with America's native bird. Early explorers to the New World quickly acquired a taste for turkey and took the birds back to Europe. By the 16th century, turkeys were being raised domestically in Italy, France and England.

Once considered a special holiday treat, turkeys have become a staple of the modern American diet. The Internet devotes 14 million websites to the bird. Turkey meat has found its way into everything from turkey burgers to hot dogs.

In view of the bird's popularity, we consulted the National Turkey Federation for a few other facts. We quote:

"In 2011, more than 248.5 million turkeys were raised.

More than 219 million were consumed in the United States. We estimate that 46 million of those turkeys were eaten at Thanksgiving, 22 million at Christmas and 19 million at Easter.

"Nearly 88% of Americans surveyed by the National Turkey Federation eat turkeys at Thanksgiving. The average weight of turkeys purchased for Thanksgiving is 16 pounds, meaning that approximately 736,000,000 pounds of turkey was consumed in the United States during Thanksgiving in 2011.

"President Abraham Lincoln proclaimed Thanksgiving a national holiday in 1863.

"Since 1947, the National Turkey Federation has presented the president of the United States with a live turkey and two dressed turkeys in celebration of Thanksgiving... After the ceremony, the live bird retires to Mount Vernon to live out the rest of its years."

"Founding father Benjamin Franklin unsuccessfully promoted the turkey as the official United States bird. First of all, turkeys were truly an American bird, whereas eagles were found elsewhere throughout the world. Furthermore, Ben considered

(Continued on page 10)

If I were to write my memoirs, what would I say?

By Linda Bozowski

November has an intriguing list of topics from which to choose among the observances noted for this month. Two topics that caught my eye on the lengthy list were "National Memoir Writing Month" and "National Novel Writing Month." Hmm, if I were to write, which genre would I choose?

"Linda's Memoir" (not a very imaginative title, to be sure) would probably be a real yawner. How exciting is it to read about a young girl growing up on a potato farm, riding a school bus for nearly an hour each way in the morning and then again in the afternoon, who joins (sequentially) 4-H and then Girl Scouts? Does a farmer's daughter planting young cabbages after school in the springtime or making a sewing kit from a cigar box pique your curiosity about her gluing skills? Would it be exciting, dear reader, to know that this young seventh grader at what used to be known as Monroe School #2 lost the spelling bee in Hightstown because she (who later completed her degree in accounting) misspelled "bookkeeper"?

Of course there were exciting times in her/my life: making friends, getting married, having children and a grandchild, being active in my community, having a chal-

lenging and rewarding professional life. But would the verbal flesh on that story-line skeleton keep you turning pages? Maybe I should rethink this issue.

Now if I were to take some of those facts and add a few twists to convert the details into a novel, I could make those cabbage-planting sessions exciting. Perhaps I would become injured and suffer a grave illness caused by a rare allergy to cabbage, and the pharmaceutical industry would develop an antidote that would be used worldwide. After my recovery I would enter my sewing kit in the crafts event at the Middlesex County Fair and would win first prize. I would go on to win the National 4-H prize for my crafting skills. While I was in Chicago collecting my honors, I would meet a handsome boy who would later become my husband.

But the story does not end there. My husband, so hand-

some, would have multiple dalliances and, just as we were preparing to finalize our divorce papers, would die in a plane crash (with his current girlfriend, no less) as he was returning from Indianapolis. Following his untimely and sad death, I would go on to pursue my career as a classical pianist (after all, I had taken lessons for seven years from Mr. Marryott). While at my premier appearance at Carnegie Hall, I would meet my current husband and we would have an exciting life together for many years. My Nobel prize in music would grace my marble mantle at my summer home in the Hamptons.

Who would believe such novel nonsense? Maybe I should stick with my dull memoirs. But, if I were to write them all down, I would find them not in the least dull. Having happy (and sad) memories is what life is about, after all.

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Musings and Memories

By Betty Emmons

Thanksgiving

Time to remember the things we hold dear
Health and home, good will, good cheer
Aromas of baking an assortment of pies
Nothing compares as the door opens wide
Kinship and friendship of many years
Smiles and laughter and joyful tears.
Gosh, it's good to see you, how have you been?
I've thought about you often - say, do you remember when?
Visiting with family is a very special time
It's then I count my blessings when I sip a glass of wine.
Nice, yes, very nice to be together once again
God bless my family, and peace to all. Amen

Almanac

(Continued from page 9)

the eagle to be... 'a bird of bad moral character. The turkey is a much more respectable bird.'

But, there is a paradox. As comedian Rodney Dangerfield might have put it, "turkeys don't get no respect." In today's popular vernacular, a "turkey" is anyone or anything that is a failure.

We believe our fine feathered friend deserves better than that. Maybe Benjamin Franklin had the right idea after all.



From the Mayor

Community Cares Thanksgiving

Mayor Gerald W. Tamburro

Thanksgiving is a time for families and friends to gather, share a meal, and give thanks for what they have.

The Township Office of Senior Services wants to make sure all of the Township seniors have a place to spend Thanksgiving with its extended family - the people of Monroe Township. Its doors will open on Thanksgiving and host the Community Cares Thanksgiving meal.

For just \$10 per person, seniors can register for the event, where they will be treated to a full Thanksgiving meal with turkey, stuffing, mashed potatoes, cranberry sauce, vegetables, bread, dessert and more. The meal is served family style to give it that at-home feeling.

The two-hour event is set to start at noon on November 24 in the Irwin Nalitt Meeting Room in the Senior Center on Halsey Reed Road. It is fitting that the event is held in the Irwin Nalitt Meeting Room. The former Councilman liked nothing more than sharing stories and laughing with new and old friends.

Last year, more than 140 residents took part in the feast, sharing stories with one another just like they were family. It really was like a home-cooked meal as they passed platters and bowls of food around the table to one another.

The Community Cares feast would not be possible without generous donations from many area businesses and organizations, including the BCB Bank, Gardens at Monroe, Saint Peter's Hospital, Brookdale Assisted Living at Wynwood, Point of Care Pharmacy, Seaview Orthopedics, Always Best Care and the Francis E. Parker Memorial Home.

Furthermore, we had so many great volunteers who took time out of their Thanksgiving holiday to set-up for the meal, run the food to the tables, and clean up after the event. I would like to thank them for giving back to their community and invite residents who may have some time on Thanksgiving to volunteer for the event.

Transportation to and from the event will be available but will be limited, so residents who are capable of driving or carpooling are recommended to do so.

I would like to commend Bonnie Leibowitz, the Director of the Office of Senior Services, for all of her hard work in planning, organizing and running the Community Cares Thanksgiving program. It is a shining example of just how close-knit the Monroe Township Community is.

Those interested in attending or volunteering for the event should contact Ms. Leibowitz at (609) 448-7140.

Think Pink Floyd Tribute Band

The national touring Pink Floyd tribute band, Think Pink Floyd, will perform an amazing replica of the classic rock musical experience, beloved music from

the notable recordings of "Dark side of the Moon" (1973), "Wish You Were Here" ('75), Animals ('77), "A Momentary Lapse of Reason" ('87), "The Divi-

sion Bell" ('94). The event will be held at the Richard P. Marasco Center for the Performing Arts, 1629 Perineville Rd., Monroe Twp. on Sunday Nov. 20, at 4 p.m.

The rich, complex compositions are magical, psychedelic, epic, highlighted by incredible musicianship. The original and bizarre imagery of the lyrics are colorful and thought-provoking, often with social commentary. Think Pink Floyd recreates such unique and melodic songs as: "Hey, Teacher," "Shine on You Crazy Diamonds," "Another Brick in the Wall," "Money," and "Learning to Fly."

This performance is exhilarating, an example of why this music still has relevance and endures.

Tickets may be purchased online, www.monroetownshipculturalarts.com or by calling 877-77CLICK from 9 a.m.-10 p.m. Tickets will also be sold at the door two hours prior to performance. General admission: \$28, Patrons of the Arts: \$25. Students: free



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MacFarlan Family

In Memoriam

Joan Macfarlan

Joan Macfarlan passed away on June 28. She had been a director for Mutual 4 over 25 years. She was active, dependable, dedicated to Rossmoor, and always ready to help the Mutual with the many tasks that had to

be done. The residents of Mutual 4 dedicated a bench in her honor for the hard work she has done for the Mutual.

Joan lived in Kendall Park for 21 years, where she raised her family before coming to Rossmoor. Joan will be missed by her children, grandchildren, great-

grandson and sister. She worked for ETS in Princeton for 30 years. Joan was an avid world traveler who also enjoyed gardening, knitting, dancing, tennis, skiing, and loved spending time with her family, especially at family reunions.

Submitted by Tina Leary

New Neighbors

By Christina Smith

Deborah Varady and Barbara Witt, 182B Rossmoor Drive, formerly of Edison, N.J.

Sherida Yasay, 605N Winchester Lane, formerly of East Brunswick, N.J.

Eugenie Gingold, 76D Rossmoor Drive, formerly of New Rochelle, N.Y.

Russell and Marion Leach, 547C Sheldon Way, formerly of Branch, N.Y.

Iris Trout, 666A Windsor Way, formerly of Monroe Twp., N.J.

Eileen Cervera, 317B Stowe Lane, formerly of Kendall Park, N.J.

Abubaker and Antoinette Habib, 63D Old Nassau Road, formerly of English-town, N.J.

Roger and Zoraida Cruz, 38A Concord Lane, formerly of Highlands, N.J.

Charles and Karen Seevers, 236N Marblehead Lane, formerly of Monroe

Twp., N.J.

Deborah Gilleran, 274B Milford Lane, formerly of East Windsor, N.J.

Carol Levine, 170B Rossmoor Drive, formerly of Pompton Plains, N.J.

Susan West Hebert, 527B Terry Lane, formerly of Englishtown, N.J.

Susan Yu, 62N Old Nassau Road, formerly of Princeton, N.J.

Mary T. McLoughlin, 18E Rossmoor Drive, formerly of Monmouth Jct., N.J.

Veronica Foley, 378C Old Nassau Road, formerly of Maplewood, N.J.

Renee Bojko, 634N Yorkshire Lane, formerly of South River, N.J.

Narayanan and Bhagavat Narayanan, 262B Middlebury Lane, formerly of Garnerville, N.Y.

Robert DeGennaro, 154N Providence Way, formerly of Monroe Twp., N.J.

Henrietta Adochio and



James Binckes, Jr., 100D Rossmoor Drive, formerly of Monroe Twp., N.J.

David, Jayne and Joe Meisel, 415A Onset Lane, formerly of East Windsor, N.J.



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LWV: What's ahead for New Jersey?

By Judy Perkus

Holiday Happening," the League of Women Voters of Monroe Township's annual winter social event, will be held on November 14 at the Cranbury Inn, 21 South

Main St., Cranbury. Since the luncheon will take place shortly after the contentious presidential election, the guest speaker, Ingrid Reed, will address the issue, "2016 is Over: What's

Ahead for N.J. in 2017?"

In addition to thrashing out the election results and speculating on the outcomes, the League will be honoring the township's long serving environmental commissioner, John Riggs, who will be retiring at the end of the year.

The luncheon will start at noon, and information on reservations can be obtained from Adrienne Fein at 609-860-5984. The cost is \$32.

Ingrid Reed has a wide audience among League members going back to her years at the Eagleton Institute of Politics when she directed the NJ Project, which focused on encouraging voter participation. She is currently on the board of NJ Spotlight.com, a civic journalism website designed to provide news coverage on critical issues shaping the state and its communities.

Before joining the Eagleton Institute, she was vice-president for public affairs and corporate secretary of the Rockefeller University in New York City. Following that she served as assistant dean of Princeton University's Woodrow Wilson School of Public and International affairs where she also directed the Rockefeller Public Service Awards Program.

Reed's knowledge of the state and her insights into the politics have made her a well-known name on the op-ed pages of area newspapers.

The League of Women Voters is a nonpartisan political organization with state and national affiliations. Approaching its 100-year anniversary, the League continues to focus on access to voting, and public policy issues involving government, health care, environmental issues, social welfare and women's issues. Locally, the Monroe Township League has been active with the Green Fair committees, ethics in government, human trafficking, and education. The League does not support or oppose candidates for elective office, but encourages its members to be politically active. It is open to men and women over 16. For more information on the League and its programs, please contact Judy Perkus, 609-395-1552; Andrea Pellezzi at 609-664-2146; Adrienne Fein at 609-860-5984, or Ruth Banks, 609-655-4791.

CULINARY CORNER

By Sidna Mitchell

Before one of our croquet friends headed to Florida, I invited a small group over for dinner. Since Carl said he loved collard greens, I planned a soul food menu.

My menu included fried okra, pimento cheese spread and deviled eggs for hors d'oeuvres. For the main meal I served "salit" (a combination of collard, kale and turnip greens cooked with diced

onions and chunks of smoked pork), black-eye peas with bacon, fried corn, green beans with pickled onions, pork chops, cornbread, sliced tomatoes and onions, celery sticks, scalions, radishes, baby carrots, green peppers and cucumbers. For dessert, I took an old peach recipe and turned it into an apple praline pie. Here's my version.

Apple Praline Pie

Culinary corner

Unbaked pie shell

Filling

¾ cup sugar
3 tablespoons flour
4 cups peeled and thinly sliced apples
1 ½ teaspoons lemon juice

Topping

1/3 cup brown sugar, firmly packed
¼ cup flour
3 tablespoons softened butter
½ cup chopped pecans

Preheat oven to 400 degrees. Add the apples and the lemon juice together in a large mixing bowl. Combine the sugar and the three tablespoons flour and add to the apples; mix well.

In another bowl, combine the brown sugar and ¼ cup flour; cut in the butter. Add the chopped pecans to the brown sugar mixture and mix well.

Sprinkle enough of the brown sugar mixture to cover the bottom of the pie shell. Cover with the apple mixture and put the remaining brown sugar mixture on top.

Place the pie on a baking sheet. (This is a juicy pie and will sometimes seep over the edges causing a mess in your oven.) Bake in a 400-degree oven for 20-25 minutes.

Serve warm in a bowl with vanilla or caramel swirl ice cream.

Makes about eight to 10 servings because this is a rich dessert.

NOTE: Because the pie always falls apart for me, I'm thinking the next time I make this with apples or peaches, I will just forget the piecrust and make the dessert in an ovenproof dish. This pie is also good cold for breakfast.

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

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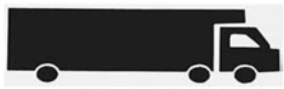


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**The deadline for
The Rossmoor
News
is the 7th of
every month.**

Clubs and Organizations



Art Group luncheon attendees

Watercolor Art

By Paul Pittari

A luncheon was held at the home of Bob Shine with the Rossmoor Art Group after their meeting at the Club-

house on Wednesday Oct. 5. The group meets every Wednesday morning at the gallery in the Clubhouse from 9:30 to noon where they create all types of art — mostly watercolor, with the help and

direction of Paul Pittari. New members are always welcome. Come on down, join our group and not only learn more about art, but learn how to enjoy creating it yourself.

Italian American Club

By Tony Cardello

The annual Columbus Day party on October 8 was once again a very successful evening. It included a sit-down dinner, and entertainment was provided by JBE Entertainment.

The Catholic mass hosted by the club on October 13 was well attended. As always it's one of the more important days of the year because all members who have died are remembered.

The November membership on November 16 will feature a Karaoke Night with DJ Gary Morton. Leave your inhibitions home, loosen up (most of us can't hear anyway) and have some fun.

Sign-up for the Christmas Party Champagne brunch on December 11 at the Cranbury Inn will be at the November membership meeting. Cost will be \$30 per person with a cash bar. Joe Conti wants to remind everyone that last year's event was very well received and that there is no 120-person restriction. So the more the merrier.

The executive board has agreed to remain in office through 2017. Nominations from the floor at our November membership meeting for any position will be considered.

Winter is quickly approaching and snowbirds will be heading south. Please re-

member to pay your dues before leaving by mailing your checks of \$15 to Joan Russo at 288-C Sudbury Lane.

Bingo will be held on THURSDAY rather than the usual Friday, November 17 starting at 6:30 p.m. in the Clubhouse.



Thank you for the outstanding desserts at the Italian American Mass.



Minnie and Frank Sasso ending their reign as King and Queen

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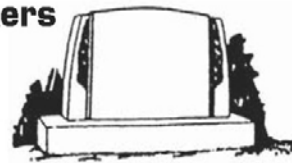
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9-11 - The Stephen Siller Tunnel to Towers story



Stephen Siller, FDNY

By Dan McOlvin

Tuesday morning, September 11, 2001, began a beautiful end-of-summer day. The sky was bright. New Yorkers were heading in for another day's work. The pace was casual and relaxed, ...until 8:46 a.m. when a hijacked American Airlines flight crashed into the North Tower of the World Trade Center.

Stephen Gerard Siller, a New York City firefighter from Squad No. 1 in Park Slope, Brooklyn, had just gotten off the late shift. He was planning to play golf with his brothers that day, when his scanner told of the first plane hitting the Twin Towers. Steve called his wife, Sally, and asked her to tell his brothers that he would catch up with them later.

He returned to Squad No. 1 to get his gear. Finding that his Squad had already left, he grabbed his gear and, all alone, drove to the Brooklyn Battery Tunnel. The Tunnel was closed for security reasons, so athletic young Steve strapped on the whole 60 pounds of gear and ran nearly two miles through the empty Tunnel under the East River to downtown Manhattan, and then many blocks north to where the Twin Towers were in flames, now from a second airplane attack. As he ran toward the conflagration, he passed hundreds of terrified people running away from the site.

Thirty-four-year-old Steve, who was off-duty at the time, joined his brother firefighters helping to evacuate people



Rossmoor resident Dan McOlvin with Tunnel to Towers Chairman and CEO Frank Siller.

from the burning buildings. Sadly, he died while saving others, as the damaged structures collapsed. Steve left a wife and five children that he loved. He was one of 343 FDNY firefighters, among more than 2,600 other people, who were killed at the World Trade Center that day.

It was the single worst tragedy in the fire department's history and the most devastating attack ever on American soil. Let us never forget.

The Foundation



Three months later, in December, the Siller family created the Stephen Siller Tunnel to Towers Foundation to follow Steve's footsteps on that fateful day, and to "do good" in his name by making a positive difference in the lives of others. Over the years, thousands of Steve's supporters have run the same course in his memory. As of last year, the Foundation has raised over \$50 million for burn victims, orphans, injured first responders, and to build smart homes for catastrophically injured combat veterans.



Hurricane Sandy

After Hurricane Sandy hit the New York region on October 29, 2012, damages were estimated at over \$19 billion. The nor'easter devastated communities from Fire Island, across the New York City boroughs of Queens, Brooklyn, Manhattan, Staten Island, and along the Jersey Shore communities from Mantoloking down to Long Beach Island.

The Foundation worked to restore the lives of families devastated by this storm. The Foundation set up a relief center where disaster victims received essential food items and supplies. The Foundation worked tirelessly for over a year with thousands of volunteers to gut houses, provide clean-up, restore damaged homes, and to help to rebuild over 150 homes.

Murdered NYC Police Officers



In December, 2014, New York City police officers Rafael Ramos and Wenjian



survive any war and, as it turned out, he was a fellow Staten Islander. The Founda-

tion made a commitment to build Brendan the kind of home that would help him regain some of the freedom he lost through his injuries. Each home is custom-designed to address the unique needs of each individual. Smart homes host myriad features, such as automated doors and lighting, wider halls and doorways, special showers to accommodate wheelchairs, automatic door openers, cabinets, counters, and stove tops that can be raised and lowered, back-up generators, as well as central heating and air conditioning systems that can be controlled by iPads.

Murdered Officers in Dallas

Last July, a Dallas Area Rapid Transit officer and four Dallas Police Department officers were killed during an ambush that targeted and shot officers after an otherwise peaceful protest through downtown Dallas. Again, The Tunnel to Towers Foundation raised more than \$260,000 (toward a \$5 million goal) for them.

Building for America's Bravest

This organization builds smart homes for U.S. Armed Services members who have a 100% disability rating due to catastrophic combat injuries because of their service in Operation Enduring Freedom or Operation Iraqi Freedom.

As background, in 2009, Sgt. Brendan Marrocco was the first quadruple amputee to survive any war and, as it turned out, he was a fellow Staten Islander. The Founda-



tion made a commitment to build Brendan the kind of home that would help him regain some of the freedom he lost through his injuries. Each home is custom-designed to address the unique needs of each individual. Smart homes host myriad features, such as automated doors and lighting, wider halls and doorways, special showers to accommodate wheelchairs, automatic door openers, cabinets, counters, and stove tops that can be raised and lowered, back-up generators, as well as central heating and air conditioning systems that can be controlled by iPads.

CEO Frank Siller explained that after the home was completed, we saw firsthand the power to heal that this kind of home was able to give Brendan, and we knew that it was a natural fit for our Foundation. That is how the Building for America's Bravest program was born.

Building for America's Bravest is a completely donor-supported program that has built or broken ground on over 45 smart homes, each custom-designed for a catastrophically injured service member: typically someone who has lost the use of two or more limbs, though the definition is a bit of "you -know-it-when-you-see-it." The homes are 100 percent mortgage-free to the veteran for life.

The above stories are only a glimpse of the legacy of doing good by the Stephen Siller Tunnel to Towers Foundation. To learn more, or to donate, please go to www.Tunnel2Towers.org



Start of the race, participants tracing Stephen Siller's footsteps through the tunnel.



FDNY Firefighters wearing their dress uniforms lining the street, each holding a banner with the image of one of the 343 FDNY firefighters who died on 9/11.



Participants exit the tunnel on the way to the World Trade Center, along with U.S. Military Academy Cadets, and FDNY Firefighters carrying our flags to the finish line.



The annual Tunnel to Towers 5-K Run/Walk in New York City, held in September, is the primary fund-raising tool for the Foundation. It is also run in over 75 cities across the United States and around the world.

Legacy of Love programs

Stephen's parents had been lay Franciscans and he grew up under the philosophy of St. Francis of Assisi's words: "while we have time, let us do good." Stephen lived by those words. At the age of eight, Stephen lost his father, and a year and a half later he also lost his mother, which left him an orphan to be raised by his older siblings.

Since the inception of the Foundation, they have helped local children in

need who are orphans or have lost one parent. Through their "Legacy of Love" and "Wings of a Hero" awards, they assist in the children's education, counseling, and other needs.

One of the Foundation's initial efforts was to cochair the capital campaign for Stephen's House of the New York Foundling Hospital. Stephen's House is a residential home providing a temporary haven for orphaned or homeless teenagers so that they can begin to live productive and fulfilling lives.

After the earthquake in Haiti, the Foundation joined with New Hope Baptist Church to help raise funds to relocate the Maison des Enfants par la Foi Orphanage, home to over 100 children who need a safe place to heal and thrive.

SPORTS FUN



BOCCE

Thank you for a Great Season...See you in the Spring!

CROQUET

New Players Welcome
Call Betty Anne Clayton for Info

PICKLEBALL

Wednesday, November 2...Sports Awards Dinner
Thank you for a Great Season

HIKING

November 14...Moon Walk...7pm
New Hikers Welcome

SHUFFLEBOARD

Wednesday, November 2...Sports Awards Dinner
Thank you for a Great Season...See you in the Spring!

TABLE TENNIS

Tables available Tuesday, Friday & Saturday
9-11AM.
All Welcome!

TENNIS

Courts available 8am until dusk.
Bring Your Own Equipment

Contact the Clubhouse office if you would like information regarding any of the sports above.

CHAIR YOGA

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

FITNESS CENTER ORIENTATION
Dates to be announced for 2017.

HEALTHY BONES

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

OPEN EXERCISE DVD

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

YOGA

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

ZUMBA GOLD

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

TOPS WEEKLY MEETINGS-NEW

Take Off Pounds Sensibly
Wednesday Mornings
10am Maple Room
Call the Clubhouse for Information

LET'S GET MOVING



CULTURE & EDUCATION

ARMCHAIR TRAVEL DVD PROGRAM
4th Tuesday, 1:00pm, Ballroom

AVIATION GROUP
2nd Wednesday, 1:30pm, Ballroom
"Men in Space...Balloons"

BOOK DISCUSSION GROUP
2nd Thursday, 3:00pm, Maple Room
"The Centaur" by John Updike

CULTURAL PROGRAM SERIES ON DVD
1st Tuesday, 1:00pm, Ballroom
No program this month!

CURRENT EVENTS ROUNDTABLE
Mondays, 10:30am, Maple

GERMAN AMERICANS
Last Thursday, 1:30pm, Cedar

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

LATINO/HISPANIC - NEW
Last Wednesday, 6:00pm, Maple Room

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

SCIENCE & NATURE DVD PROGRAM
3rd Tuesday, 1:00pm, Ballroom

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



RECIPE EXCHANGE GROUP
2nd Wednesday of Each Month
6:30PM Maple Room
Bring a copy of your Favorite Recipe

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

ART CLASS/WORKSHOP
Wednesday, 9:30am—11:30am, Gallery.
Resident/Artist Paul Pittari offers basic instruction.
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 November will feature an open show.
Be sure to stop in and browse the beautiful artwork of our Rossmoor residents.

POTTERY
Wednesday & Saturday, 8:30am-12 Noon.
Monitor present.

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.
Supplies on your own.

WOODSHOP
Open to Residents who have completed the orientation and safety class.
Monday-Saturday 9am-3pm

NEW EVENING HOURS
Tuesdays/Thursdays
6-8pm



THE ART WORLD

THIS & THAT

RCAI Offices will be closed
Thursday, Nov. 24 & Friday,
Nov. 25 in observance of
the Thanksgiving Holiday
Have a happy &
safe holiday!



Daylight Savings Time
Turn clocks back 1
hour on Sunday,
Nov. 6 at 2am

CPR/AED COURSE
Are you interested in
becoming CPR/AED
certified?
\$80...2 Year Certification
Let us know in the
Clubhouse

Fireside Chats & Cocoa
Thursdays
December 8 & 22
10am Red Room
All Welcome

Great Decisions: a Way to Understand our World

To gain essential background on what is happening around the globe, join the Rossmoor Great Decisions discussion group. This congenial activity meets weekly in the early evening with participants taking turns sharing their opinions and experiences in a non-partisan forum. Each year Great Decisions publishes a stimulating collection of analyses on eight foreign policy issues. Tentatively, the topics for the 2017 booklet include:

Europe's Future, Trade and Politics, Conflict in the South China Sea, Saudi Arabia in Transition, US Foreign Policy and Petroleum, Latin America's Political Pendulum, Prospects for Afghanistan and Pakistan and Nuclear Security.

Each topic is explored in several articles written by experts to provide participants in the discussion group with up-to-date information. We read the articles on the topic for the week in advance of our meeting. Ample discussion questions are supplied for whoever is facilitating the discussion that evening. To learn more about Great Decisions, go to www.fpa.org/great_decisions/. If you are interested, please sign up at E&R. Each member will need to purchase the Great Decisions booklet at a nominal fee.

Lorraine Sarhage

CARDS & GAMES



BANANAGRAMS

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

BRIDGE

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

CANASTA & MAHJONG

Contact Clubhouse

MAY I

Contact Sophie Prata. Info in Rossmoor phone book

MEN'S POKER

Contact Joe Conti. Info in Rossmoor phone book

NINTENDO Wii

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

PINOCHLE

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

POKER

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

POOL ROOM

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

“THE LADY IN THE VAN”



Sunday, Nov. 13
1:30PM Ballroom
Tuesday, Nov. 15
1&7PM Ballroom

Rated PG-13
104 Minutes
No Charge

Movie Subject to Change

MYSTERY MOVIES

Friday, November 11
Tuesday, November 29
1PM Ballroom
No Charge
ALL WELCOME

MOVIE CORNER



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PICTURE PERFECT

November 2016

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
<div>E & R Events Marked with  Require Tickets or Prior Registration</div>	<div>Tickets on Sale today! </div>	<div>8:30am  AARP Course-GL 1:00pm Cultural Program-BR </div>	<div>3:00pm Mutual 10 Budget-GL 5:30pm  Sports Awards Dinner-BR</div>	<div>10:00am Agenda Committee-VC</div>		<div>9:00am-2:00pm Annual Bazaar-CH </div>
6	7	Election Day 8	9	10	Veteran's Day11	12
<div>3:00pm Mutual 3 Harvest Party-H </div>	<div>9:30am Mutual 4b Budget-GL 2:00pm Mutual 2 Budget-BR</div>	<div>6:00am-8:00pm Voting Polls Open-BR </div>	<div>10:00am Mutual 5 Budget-BR 1:30pm Aviation-GL 6:30pm Recipe Exchange Group-MP</div>	<div>9:00am Maintenance Committee-VC 10:00am Community Affairs-VC 11:00am Finance Committee-VC 2:00pm Mutual 16 Budget-GL</div>	<div>10:00am  Bagel Breakfast-GL 1:00pm Mystery Movie-BR </div>	
13	14	15	16	17	18	19
<div>1:30pm Free Movie-"Lady in the Van" PG-13 104 Mins</div>	<div>10:00am Mutual 8 Budget-GL 1:00pm Healthcare Lecture-MP 7:00pm Moon Walk-RR</div>	<div>10:00am New Resident Meeting-GL 1:00pm & 7:00pm Free Movie-"Lady in the Van" PG-13 104 Mins 2:00pm Mutual 4 Budget-GL</div>	<div>9:00am Mutual 1 Budget-BR 2:00pm Mutual 12 Budget-GL</div>	<div>9:00am Board of Governors-VC 10:00am  Trip-Radio City 1:30pm Interfaith Thanksgiving Service-MH 3:00pm Mutual 15 Budget-VC 6:30pm Bingo-BR</div>	<div>2:00pm Mutual 17 Budget-VC</div>	
20	21	22	23	Thanksgiving 24	25	26
	<div>10:00am Mutual 14 Budget-DW 2:00pm Mutual 6 Budget-GL</div>	<div>9:00-11:00am Comcast-BR 1:00pm Science & Nature-BR 2:00pm Mutual 4c Budget-GL</div>		<div>RCAI OFFICES CLOSED </div>	<div>RCAI OFFICES CLOSED</div>	
27	28	29	30			
	<div>10:00am Mutual 7 Budget-BR</div>	<div>1:00pm Mystery Movie-BR</div>	<div>2:00pm Mutual 11 Budget-BR</div>			<div>life is better with friends </div>

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

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

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

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

This month in pictures

Photos by Joe Conti and Walter Gryskiewicz



Rossmoor Players Laurie Moyer, Jim Wilson, and Sue Archambault rehearsing



The Rossmoor Players Band rehearsing for the musical "It's News to Us."

Halloween Decorations around Rossmoor



Bewitched



Caution!



Welcome smile!



Watching witch!

**HAPPY
THANKSGIVING!**

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Hear ye, hear ye, the bazaar is practically here!

By Diane England

Yes, indeed, it's almost time for the Women's Guild Annual Bazaar which will take place throughout the first floor of the Clubhouse on Saturday, November 5 from 9 a.m. to 2 p.m. this year. Remember, this is a fundraiser which requires the support of the community to raise the money we need to fund scholarships for some college-bound seniors at Monroe Township High School. How many scholarships will we hand out in June? It all depends on how successful this event is. And frankly, that depends in part upon you. There are three ways you can help to ensure this event's success: plan to shop, plan to donate goods, and/or plan to volunteer.

Plan to Shop

Shopping hours are on Saturday, November 5 from 9 a.m. until 2 p.m. only, so arrive early so you have time to peruse all the rooms below (subject to change). Also, bring plenty of cash because that's what we accept—not checks or credit cards.

- Gallery: Winnie's Closet with women's clothing, jewelry and linens
- Craft Room: Hand-crafted items
- Red Room: Silent Auction and Pictures with Santa
- Entrance Hall: Fifty-fifty tickets
- Oak Room: Hand-knitted goods
- Dogwood Room: Books, games, and CDs/DVDs
- Cedar Room: Gourmet Shop with baked goods and more
- Maple Room: Grandfather's Attic with men's clothing, sporting goods, and other items appealing to men
- Hawthorn Room: Granny's Attic with household items both practical and decorative
- Ballroom: Food court serving breakfast and lunch food items

We encourage you to invite younger family members and friends to this event. Please go through normal procedures and notify the Front Gate of your potential guests so they are allowed into Rossmoor. It may be enough to say they are going to the Bazaar and state your name, but we can't guarantee this will work, so please err on the side of caution.

Plan to Donate Goods

- Bring items suitable to be sold in one or more of the rooms listed above to the Clubhouse's Hawthorn Room on either the Thursday or Friday (November 3 or 4) between the hours of 9 a.m. and 1 p.m. only.
- If you're incapable of delivering these items to the Clubhouse and you do not have someone else who can do this for you, call Chairperson Paulette Mascia on Thursday, November 3 at her home

phone number listed in the Rossmoor Directory and leave a message requesting next day pick-up. She will need to know your name, address, phone number, and roughly the quantity of goods to be picked up. Pick-up will likely be by golf cart, so we cannot handle very large items.

Plan to Volunteer

Plan to just show up on the day(s) you're available to work at about 8:30 a.m. in the Hawthorn Room—unless you're only showing up to help set up the Bazaar Friday afternoon. In that case, come about 12:30. That said, here are the types of volunteer positions:

- Receive merchandise on Thursday and/or Friday from 9 a.m. until 1 p.m. in the Hawthorn Room (November 3 and 4).
- Help set-up the bazaar Friday afternoon (November 4) starting at 1 p.m. until complete (late that afternoon or early evening) throughout the lower level of the Clubhouse.
- Sell merchandise in an assigned specialty room throughout the duration of the bazaar on Saturday (November 5). While actual sales hours are from 9 a.m. until 2 p.m., you should plan to arrive by 8:30 a.m. and to stay and help pick up for about an hour. A nonprofit organization will be arriving to pack up and take away leftover merchandise, but there will still be some things where volunteer support will be needed.
- Serve as a food court salesperson in the Ballroom throughout bazaar hours on Saturday (November 5) but again, you should plan to follow the same schedule as the sales people discussed in the bullet item above.

If you are not a Women's Guild member, you will be asked to become one before you assume a volunteer role. The cost is only \$10 for September, 2016 through August, 2017 membership.

Let us thank you now for your support of this event.

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312 Applegarth Road, Monroe NJ
609-655-8301

Republican Club meeting

Tuesday, November 15

5 to 8 p.m.

Gallery Room

Open Discussion on Election Results.

Free pizza night for members only.

For information, contact Ron Haas at 609-235-9026.

Democratic Club event

Be sure to plan for the holiday gathering and silent auction on December 13, from 7 to 9 p.m. in the Gallery. This fun holiday event will include wine, appetizers, music, and a wonderful silent auction where you will find unique gifts and a variety of themed baskets of treasures.

This will be our last fund raiser for the year, so please join us for some holiday fun. Tickets are \$8 per person and will include a door prize raffle.

The Gallery holds 50 people at most, so be sure to reserve your tickets now before they run out. Call Catherine at (205) 821-1209.

Why I Am a Democrat

By Members of the Rossmoor Democratic Club

In the United States, we have the luxury of being part of a democracy that permits us the important right to vote. Typically, different issues and platforms propel us to exercise our right to vote in the direction we feel best to move our country forward. Why our choice to become Democrats?

Some things to consider: We note that President Obama took office nearly eight years ago in what has been described as "the worst economic downturn since the great depression." We are proud to say that his policies saved our citizens from the kind of economic misery recently suffered in some European countries. Instead, we have seen 75 months of private-sector job growth and 14.5 million new jobs. Further, according to the Star-Ledger, (9/18/16, p. D3), the median household income in 2015 rose 5.2 percent, the biggest single-year income increase since 1967. As well, health insurance coverage reached an all-time high last year under the Affordable Care Act, and the pay gap between men and women reached the lowest point since records have been kept.

Below are just a few of the issues about which we feel keenly. For more details and for further information about the complete Democratic Party Platform for 2016, please consult the Internet.

Undocumented immigrants — We are a nation of immigrants. We believe that an honorable path to citizenship should be available to all. This is at the heart of family values.

Voting rights — Although no one has proven any kind of measurable voter fraud in our elections, we nevertheless see that some states are closing polling places, limiting early voting, and disenfranchising certain members of the community who might tend to vote for an opposing candidate.

We deplore these measures. We believe, as did our Founding Fathers, that democracy thrives best when ALL citizens are heard equally. Voting should be made easier, not harder.

Campaign finance — We support a Constitutional amendment to overturn the Supreme Court's "Citizens United" decision, which allows unlimited political contributions from unidentified outside groups, from powerful corporations, from wealthy persons, and possibly from foreign sources. Public financing of campaigns will level the playing field and protect candidates from unfair practices.

Climate change — In recent times, every single year has seen a rise in global temperatures resulting in drought, wildfires, or disastrous flooding. Science tells us to reduce carbon pollution and greenhouse gases. We

support the Paris Agreement to address this problem. We believe we can protect our planet and create good-paying jobs with more solar panels, a modernized electric grid, cleaner fuels, and increased public transportation. We can leave a better world to our children.

Gun violence — Every year, 33,000 Americans die from gun violence. Responsible gun ownership will not be affected if we require background checks on gun sales, close loopholes in current laws, revoke the immunity now enjoyed by gun manufacturers and sellers, and ban wartime assault weapons (machine guns!) and large capacity ammunition clips from our streets.

We feel strongly that all voices should be heard. Our revered Constitution provides the means for us to level the playing field so that all Americans can enjoy liberty and prosperity. We urge everyone to get out and VOTE on November 8.

Why I am a Republican

By Sidna B. Mitchell

My father claimed the Chinese adage "Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime," explained the difference between the Democrats and the Republicans. Rather than having people depend on handouts from the government, Republicans look for ways to help people succeed.

My father was also fond of saying, "God helps those who help themselves."

Both quotes pretty much sum up the Republican philosophy: Smaller government, lower taxes, Constitutionally-based individual liberties, a strong military for our protection and fewer regulations.

Ironically, it was President John F. Kennedy in his inaugural address who said, "And so, my fellow Americans: ask not what your country can do for you — ask what you can do for your country."

Indeed, Republicans will

ask that second question of what can they do and will step up to support their country and its people. For example, the Republicans were the ones, under Abraham Lincoln, who abolished slavery and were the ones to push for the Civil Rights Act to end segregation.

Republicans believe the U.S. government should provide equal opportunities for all people but that doesn't mean everyone is equal in talent, intelligence and ability. For example, I was never able to play the piano, run track or ace the SAT but, as a Republican, I, like other members of the GOP, would encourage families and local schools to provide those opportunities and others wherever possible. Encouraging the stability of the family unit and school choice are just two ways to offer opportunities for young people.

Income inequality is a much-used phrase these days but what does it

really mean? We all cannot earn the same amount of money but Republicans believe we should have the opportunity to strive to make our lives and that of our communities better and more profitable.

As the daughter of a small businessman and later a co-owner of weekly newspapers, I experienced the problems of the federal government worming its way into local affairs that had nothing to do with the way our businesses were run. Years ago I recall another newspaper owner talking about the difference in wages at McDonald's in South Jersey and Bergen County based on their economies.

Thus, not everyone or all businesses and organizations or locations are equal and shouldn't be lumped together. Here Republicans feel strongly about individual responsibility and accountability rather than more taxes and more regulations that discourage entrepreneurial ideas and the growth of busi-

(Continued on page 18)

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, November 13, 2016

Tours scheduled at 11:00 a.m. and 1:00 p.m.

3000 Essex Road, Tinton Falls

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for more information and directions.

Bring your friends and family!



Jersey Shore
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This event will not include a formal marketing presentation, but sales associates will be on hand to answer your questions.



11735051

Republican

(Continued from page 17)
nesses.

Republicans are often portrayed as a bunch of old white people, primarily men. Not true, Republicans have an expanding tent. Just look at the number and the diversity of people who were vying for the GOP nomination for president—two Hispanics, a black, an Indian, a woman and, yes, some white folks.

Republicans believe in smaller government by the people and for the people and not big government influenced by special interests.

Holiday gadgets at Computer Club

By Alec Aylat

Everything you want to know about the latest gadgets for the holiday season of the year will be happily revealed by the Computer Club's speaker of the month to a Gallery crowd of club members and all other excitable residents at 10 a.m. on Monday, November 21. Meet speaker Doug Dixon for refreshments first at 9:30 but don't jam the Gallery door.

Doug Dixon is an independent technology consultant, specializing in digital media and portable devices. He has been writing and speaking on digital media for the past decade and a half, and providing

annual holiday gadget coverage in the Princeton area since 2002.

Doug previously was a product manager and software developer at Intel and at Sarnoff in Princeton. He has authored four books on digital media, published hundreds of feature articles, and presented over a hundred seminars and talks. He makes his articles and technical references freely available on his Manifest Technology website and blog at Manifest-Tech.com.

As for websites, be sure to click on the club's one at www.rossmoor.org for the latest in computer news.

Emerald Society's activities

By Joan Avery

President Dan Jolly reported that the Annual Emerald Society Picnic was held on October 30 and was a very festive Halloween party. Everyone had a wonderful time and a few members even came in costumes. The dinner was outstanding.

Please mark your calendars for the Christmas Show in Lancaster, Pa., for December 6. Dinner will be at the Good and Plenty Restaurant. In addition, the Emerald Society Christmas Party will take place on December 10.

Dan also has made arrangements for a bus trip to go to the Sands Casino on November

18. The cost is \$25 and you get \$25 back. A great deal! The bus will leave poolside at 10 a.m.

Dan Jolly appointed a nominating committee consisting of Ron D'Angelo, Charlie Miller, and Bob Landman to nominate members for officers in the Emerald Society. Elections were held on October 26 and will be reported in the next article.

It was also noted that the Emerald Society has donated \$200 to the Alzheimer's Charitable Funds, \$150 to the Smile Train and \$200 to the Cancer Society.

Reminder: there will not be a November Emerald Society meeting.



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Rossmoor Rental Library

By Irene Poulin
The Sleeping Beauty by Mary Higgins Clark
Television producer Laurie Moran puts everything on the line to help a woman she thinks was wrongfully convicted of murder.

The Wrong Side of Goodbye by Michael Connelly
Connolly returns with another tale featuring redoubtable detective Harry Bosch. No plot details available yet.

Lone Wolf by Sara Driscoll
FBI Special Agent Meg Jennings and Hawk, her loyal search-and-rescue Labrador, must race against time as they zero in on one of the deadliest killers in the country. Meg and Hawk are part of the FBI's elite K-9 unit.

Curtain of Death by W.E.B. Griffin, William Butterworth
During the Cold War, two WACs are kidnapped in 1946 Munich by four Soviet

NKGB agents. Three of the agents soon end up dead, with the fourth badly bloodied; one of their victims, the charmingly named Claudette Colbert, works for the Directorate of Central Intelligence and is known for her stuff when it comes to defense.

The Midnight Bell by Jack Higgins
In Washington, D.C., on a night full of rain, a woman is struck down and killed by a hit-and-run driver. But she is not just any woman – she is the assistant to the head of the secret White House department known only as the Basement.

When All the Girls Have Gone by Jayne Ann Krentz
When Charlotte Sawyer is unable to contact her step-sister, Jocelyn, to tell her that one of her closest friends was found dead, she discovers that Jocelyn has vanished. Beautiful, brilliant, and reckless, Jocelyn has gone off the grid before but never like this.

Cross the Line by James Patterson
Shots ring out in the early morning hours in the suburbs of Washington, D.C. When the smoke clears, a prominent police official lies dead, leaving the city's police force scrambling for answers. Under pressure from the mayor, Alex Cross steps into the leadership vacuum to crack the case.

A Christmas Message by Anne Perry
Victor Narraway and his new wife, Lady Vespasia, are celebrating the holidays in Jerusalem (appropriately) when an old man drops off a mysterious envelope for Victor and is then found murdered.

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

Croquet Club Events

By M. Vail
The Annual Fall Golf Croquet Tournament on Sept. 23 and 24 was a huge success and fun for all. Tournament Chair Ken Northrop presented the trophies to the happy winners, Paula Richardson and Carl Kruse standing with runners-up, Betty Anne and Barry Clayton, as seen in the photo below.

The Annual Member Meeting-Luncheon on Oct. 1 in the Clubhouse resulted in the election of officers and com-

mittee c hairs for the 2017 Season. President Sidna Mitchell, Vice-President Carl Kruse, Treasurer Merv Shivers and Secretary Joan Bowman accepted the nomination to serve as officers. Greensward Ken Northrop, Social Gail McCarthy, Membership Betty Anne Clayton, Nominating Loretta Widdows and Publicity Margaret Mary Vail also accepted the nomination to chair their respective committees.

(Continued on page 20)

Kick-off your holiday season with this luncheon

By Diane England
Plan to attend this lovely buffet luncheon on Monday, December 5 at noon in the Ballroom. It is being held by the Women's Guild. For the price of merely \$14, you will be able to savor:

- Chicken tenders marsala or Francaise
- Swedish meatballs with buttered egg noodles
- Penne pasta with broccoli and sundried tomatoes
- Rice pilaf
- Potato salad and tossed salad with assorted dressings
- Sautéed peas and mushrooms
- Semolina bread and butter
- Homemade cookies
- Coffee and tea

Norma Evans, who was our pianist for the fashion show in September, will be returning to play for this event. We hope everyone is in good voice that day and will have fun singing old favorite Christmas carols and other holiday songs after

we've enjoyed this delicious meal.

Our members will have had an opportunity to buy tickets at our October meeting. Remaining tickets will be sold on a first come, first served basis on Thursday and Friday, November 17 and 18 in the Red Room between 1 and 3 p.m. at the desk. You may purchase two tickets. We ask that you pay the \$14 per-ticket -price by check. If you hope to arrange a table of at least eight people, please contact Lana Ottinger (her phone number is in the Rossmoor Directory) and see if a table is still available. She will need the names of all attendees.

We look forward to seeing everyone at this event. This luncheon will be in lieu of our regular December meeting, just as the Bazaar will be in lieu of our regular November meeting. Meanwhile, let us wish you a Happy Thanksgiving!

Dance Club's last dance of the year

By Judy Perkus
Come to the Ballroom when the Dance Club has its last dance of the year. We'll be dancing to the music of Peter Lieberman and dining on a Chinese buffet dinner. So come alone or bring your friends on Saturday, November 21 at 6:30 p.m. In addition to the buffet, we will have dessert (sugar-free available), coffee, tea, and soda. All Rossmoorites are welcome.

Join in on the fun. Send your \$16 per member/ \$18 per non-member check made out to the Rossmoor Dance Club to Armen DeVivo at 449B Roxbury Lane. The reservation deadline is November 19.

You may send your 2017 Dance Club dues of \$15 per couple, \$7.50 per person to Armen.

Call Armen at 655-2175 for more information.

Last Dance of the Year and Chinese Buffet November 26

RESERVATION DEADLINE: November 19th

Name: _____

Choice of: _____

Sugar-Free Desserts _____

Please leave your \$16 per member/ \$18 per non-member check made out to the Rossmoor Dance Club in the Dance Club Folder in the E&R Office or mail to: Armen DeVivo at 449B Roxbury Lane. 609-655-2175

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Croquet Club

(Continued from page 19)

Former Secretary Ellen Frankel was recognized for her cheerful unfailing service, her willingness to coordinate with Board members on all communications and keeping the membership informed through the *Wicket News* emails, postings on the court side bulletin board, and copies to members where needed.

The meeting was adjourned and the luncheon followed with a fine and varied hot menu with dessert

and coffee arranged by Gail McCarthy. Sidna Mitchell prepared a special word find game to award the winner at each table the glorious perennial Montauk white daisies, which set the visual theme for the meeting. Betty Anne Clayton arranged a joyful pictorial presentation of a year in the activities of the croquet membership.

The weather precluded playing croquet. We said farewell to some members traveling to Florida. We wish them "four ball breaks" and fun in the sunshine state.



Croquet Club Winners Carl Kruze, Paula Richardson, with runners up Betty Anne and Barry Clayton

New Jersey Club: Aviation in New Jersey

By Eileen Parker

The New Jersey Club will meet in the Gallery on Friday, November 18 at 1:30 p.m. in the Gallery. Our guest speaker will be Paul Pittari, a pilot himself, who will present "The History of Aviation in the State of New

Jersey."

The New Jersey Club is for all residents of Rossmoor, regardless of their home state, who would like to learn more about their State of New Jersey.

All are welcome, and refreshments will be served.



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SPORTS



Joyce Cassidy, going into the pro shop to sign up to play with the 9-holers.

Rossmoor Ladies' 18-hole league's fall tournaments

By Arlene McBride

On Aug. 30 "Low Net," tournament was held. 1st place, Janet Decker; 2nd place, Joan Semen. Good going girls!!

On Sept. 6 "Beat the Champ," tournament was held. Guess what?? No winners. The champ played her extra "A" game. I missed this tournament, I would have been added to the "no winners' list," as well.

On Sept. 13 "Odd/Even Holes," tournament was held. Odd Holes: 1st place, Joan Messick; 2nd place, Nancy Nita. Even Holes: 1st place, Janet Decker; 2nd place, Joan Semen. It was a challenging tournament.

Good job!

On Sept. 20 "Blind Partners," tournament was held. First place partners: Joan Semen and Janet Decker; 2nd place partners: Pat Mueller and Joan Messick. However, the partners were picked, you all matched up perfectly.

On Sept. 27 "Low Gross/ Low Net," tournament was held. "Low Gross" 1st place, Carolyn Meyer; 2nd place, Janet Decker. "Low Net" 1st place Joan Messick; 2nd place Carol Faraci. Although it was a very threatening wet morning, these girls really didn't let that bother their game. Good work girls.

On Oct. 4 "Par 4s Only,"

tournament was held. First place, Joan Semen; 2nd place, Joan Messick. It was very wet and cool but these girls really played their game well.

On Oct. 11 we will be holding the "Closing Day Scramble" tournament with a luncheon/meeting to follow. The results of this tournament/meeting will be in next month's issue.

As of this writing, a hurricane may be on its way. Hopefully it won't affect us too much. The golf course has been in great shape under the supervision of Tom Tucci and his maintenance crew. Thanks for the great job this past season!

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VERIZON 4G LTE COVERAGE

By Diane England

As the publicist for the Rossmoor Community Church's Fiftieth Anniversary Celebration, to be held in September, 2017, I started thinking about volunteers and volunteerism at Rossmoor. After all, it takes a great deal of volunteer effort to keep this Church running for even a year. But since this one has existed for almost 50, obviously people were continually willing to step up and do whatever was needed to maintain this institution. Furthermore, this happened even as membership dwindled and fewer people in our society in general seemed fully committed to the idea of volunteerism.

That all said, why discuss volunteerism with regard to Rossmoor as well as to the Rossmoor Community Church? Well, because we live in a community that's a great place to live in part because we have activities to enjoy that exist because fellow residents are willing to donate their time and talents to make them possible. Well, and then we could discuss the volunteer effort it takes to keep Mutuels running smoothly, too.

Some of us complain nonetheless, and I'll step right up there and admit that at times, I've been one of them. Sadly, we might focus on how we would have done

whatever it was, or how we would have preferred things to have been. In other words, when we probably should have displayed acceptance and gratitude, we did quite the opposite.

What if you're inclined to be one of those squawkers (as again, I've been from time to time)? How do you change this behavior? Well, putting on my hat as Dr. Diane England, licensed psychotherapist, let me say you first seek to understand why you may be inclined to behave this way. Then it's easier to make a conscious effort to behave differently. Let's look at some examples of what I'm talking about, shall we?

Are you harsh and demanding of perfection in others because you're harsh and demanding of perfection in yourself? If so, try to seek excellence, but not perfection. Or, admit something is probably good enough. If you can do this, you'll likely find yourself becoming kinder and more accepting of yourself as well as others—and what they may have done or not done.

Do you find fault in others as a way to build yourself up? If so, try to remind yourself that we all have different gifts or talents to share. Focus on utilizing your strengths, but then be glad you don't typically have to operate from your weaknesses because indeed, others excel at things you do not and hence, will likely step forward and fulfill these tasks.

Of course, some people always want to be right and thus, they need to make others wrong. If this is you, remind yourself of what Dr. Phil has said—that you can be right, or you can be happy. Then, choose happiness. Life is too short to spend any other way—especially at this stage of life.

As a child, did you somehow get the message that if you were content with something rather than striving to do better yet, you weren't taking something seriously enough—or perhaps you were considered lazy? If so, consider that while this belief might have been forced upon you as a child, it might not be serving you well today. Acceptance might bring you greater contentment and happiness. That said, there are unacceptable things we shouldn't tolerate, but that's not what I'm talking about here. At this stage of life, I suspect you know the difference.

Probably we all need to remind ourselves occasionally that most volunteers here at Rossmoor are motivated by kind and generous hearts. These people seek to make life better for us, not worse. So, when you find yourself being critical, perhaps it's time to ask yourself: Isn't having this program or event better than having nothing at all?

With these things in mind, as we move closer to the Thanksgiving holiday, let's all try to remember and give thanks for each and every volunteer who continually helps to keep Rossmoor a wonderful place to live. And remember, even if you choose not to partake of these activities, the community as a whole is better off because the spirit of voluntarism has lived on at Rossmoor for over half a century.

Yes, we benefit from the kind and generous hearts of volunteers today as well as those who came before us. And frankly, I'm truly reminded of this when I think of all those volunteers, and the many countless hours they donated, to sustain the institution of the Rossmoor Community Church for almost half a century.


Happy Thanksgiving to you all!

Religious Organizations

Let's give thanks to our volunteers

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Rossmoor Church again collects warm clothing for the needy

By Alyce Owens

Starting November 11 through December 12, the Deacon's Benevolence Committee of the Rossmoor Community Church will be collecting gently used warm coats, jackets, boots, and winter clothing for the needy throughout New Jersey. This will be the eighth year that Rossmoor residents have been asked to open their hearts and closets to donate to this worthy cause. For each of the past seven years, many hundreds of folks less fortunate than us have benefited from this winter clothing drive.

Please bring your donations of coats, jackets, boots, and other warm clothing in men's, women's, and children's sizes to the big box marked "Warm Clothing for the Needy" in the vestibule of the Meeting House.

All clothing will be given at no charge directly to those in serious need through *Your Grandmother's Cupboard*, a caring, non-profit organization that collects and delivers clothing and other necessities to 20 distribution sites in New Jersey. The people who receive these donations are among the working poor, unemployed and/or home-

less, struggling to make ends meet from week to week.

All contributions will be delivered in time to make Christmas and the holidays a little happier and a lot warmer for those in need. And you will feel good, just knowing that you have helped someone. You might call it just an old jacket, but the person who receives it will call it LOVE.

The Rossmoor Community Church appreciates your generosity, and extends sincere warm wishes for a very happy Thanksgiving, and a healthy and Merry Christmas and Happy Hanukkah to all residents and their families.

Save the date for caroling, fellowship and fun

By Marianna Sandor

Rossmoor Community Church will host an evening of Christmas caroling on the steps of The Meeting House Sunday, December 18, at 6 p.m. We encourage all residents to come join us for this fun and festive event.

Participants are encouraged to wear warm clothing and bring a small flashlight. We will provide copies of the carols that we will sing. When we are hoarse and cold, we will come inside where we will serve

cups of Sal's delicious chili and crackers. Hot cocoa, coffee, and tea, along with cookies and stolen, will also be served. If anyone wants to bring cookies to share, we would appreciate them.

We do need to know how many residents plan to participate to be sure we have sufficient refreshments. Please let Marianna Sandor (at 609-655-0351) know if you plan to attend.

We look forward to sharing the joy of the season!

Catholic Society schedules Healing Mass

By Gene Horan

A Healing Mass sponsored by the Catholic Society will be celebrated at 1:30 p.m. on Tuesday, November 15, in the Meeting House. Rev. Michael Fragoso, pastor of St. James the Less Parish in Jamesburg, will be the celebrant, assisted by Deacon John Zebrowski.

Father Fragoso will administer the Sacrament of the Anointing of the Sick. The Sacrament of Penance (confession) will be available at 1 p.m.

Please note the time and day. It is scheduled for Tuesday at 1:30 p.m., not the usual Thursday evening.

This is designed to make it possible for those who cannot attend in the evening to participate. Refreshments and fellowship will follow.

The following events are scheduled during the month.

- **The Chaplet of Divine Mercy** will be prayed at 3 p.m. on Tuesday, Nov. 22, in the Maple Room of the Clubhouse.
- **The Prayer Shawl Ministry** will meet at 1:30 p.m. on Thursday, Nov. 3, and Thursday, Nov. 17, in the Craft Room of the Clubhouse.
- **The Catholic Society Council** meeting will be held at 1:30 p.m. on Thursday, Nov. 10, in the Meeting House parlor.

Jerusalem, center of the world

By Hadassah Aylat

You can see the epic story of the world's most incredible city at the next meeting of the Rossmoor Sisterhood on Monday, Nov. 21, at 1:30 p.m. in the Ballroom. Capturing the rich mosaic of Jerusalem's Jewish, Christian, and Muslim communities, the DVD explores the founding of the city and the key events that have occurred there, with highlights of the First and Second Temples, the Church of the Holy Sepulcher, the Dome of the Rock, and the Western Wall. The film includes interviews with top scholars and clergy.

In addition, we'll have our delicious desserts. We're still collecting non-perishable food items for the food pantry.

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Jewish Congregation: A quiet fall season follows the High Holidays

By Ben Wistreich

Just as the seasons change, so does the activity level at the Jewish Congregation. Following a month where we went from the holiest of High Holidays to a joyous party celebrating the Torah in October, as we enter November we have time to reflect and relax – before new celebrations in December. For the first time anyone can recall, the eight days of Chanukah coincide with both Christmas and New Year's Eve. This becomes an historic holiday. The Congregation will celebrate this occasion with a Hanukkah Party at 1 p.m. on Wednesday, December 28 (more on this next month).

The November 4 Sabbath Service will have Bob Kolker as Torah Reader and Jeff Albom as Lay Reader. The November 18 Service will have Jeff Albom as Torah Reader and Bob Kolker as the Lay Reader. The Congregation will sponsor the Oneg Shabbat at both Services. Those wishing to sponsor a Sabbath Service should contact co-Gabbai Judy Perkus. Cantor Mary Feinsinger leads our Services, which begin at 7:45 p.m. in the Meeting House.

The Congregation's monthly Board Meeting will be held on Tuesday, November 1 at 7 p.m. in the Dogwood Room.

Rossmoor Community Church

(Tel. 609-655-2321)

November 2, 9, 16, and 30 at 10 a.m. – Chime Choir Rehearsal

November 5 at 9 a.m. – Women's Guild Bazaar

November 6 at 9:30 a.m. – Candles and Carols Rehearsal (Women's Choir and Rossmoor Singers)

November 6 at 11 a.m. – **Communion Sunday** – Pastor, The Rev. Dr. Dierdre L. Thomson; Organist and Music Director, Cecile Wang

November 13 at 11 a.m. – Pastor, The Rev. Dr. Dierdre L. Thomson; Organist and Music Director, Cecile Wang; Music by Delaware River Consort Quartet

November 14 at 10 a.m. – Deacons' Meeting

November 17 at 1:30 p.m. – Women's Guild Meeting

November 18 – Articles for December Newsletter due to Rossmoorchurch@yahoo.com

November 20 at 11 a.m. – Pastor, The Rev. Dr. Dierdre L. Thomson; Guest Pastor, Rev. Kahlil Carmichael; Organist and Music Director, Cecile Wang; Music by Rossmoor Chorus; Accompanist, Kevin Guina

November 20 at noon – Fellowship Hour

November 21 at 10 a.m. – Council Meeting

November 27 at 11 a.m. – Pastor, The Rev. Dr. Dierdre L. Thomson; Organist and Music Director, Cecile Wang; Soloist, Don Sheasley

November 27 at 1 p.m. – Rev. Kahlil Carmichael, Living Well at Rossmoor

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HEALTH CARE CENTER NEWS

Arthritis

By Kaytie Olshefski
BSN, RN-BC

Arthritis is described as a group of conditions affecting the joints of the body. Arthritis can not only damage the joints in your body, but arthritis can also affect the internal organs and skin. The related symptoms include pain, swelling and stiffness of the joint. It can occur suddenly or gradually. Symptoms may be constant or come and go. Usually the effects of arthritis are chronic. There are over 100 different types of arthritis with each one being treated differently. But the goal is to lessen the pain, increase range of motion and slow the progression of the disease. Here are some of the common ones:

- Osteoarthritis known as the "wear and tear" arthritis - it is a degenerative joint disease affecting the protective cartilage that covers the bones. As the cartilage breaks down it becomes rough and uneven. It eventually causes the bone to rub on bone. Osteoarthritis often affects the weight-bearing joints such as the knees, hips, and spine. The first goal is to decrease the amount of pain you are experiencing. An orthopedist will try to treat this conservatively, but if the conservative treatments fail; joint replacement may be next treatment of choice.
- Rheumatoid Arthritis - is a chronic inflammatory arthritis. It is an autoimmune disease, which means the body's immune system attacks the synovium or the lining of the joint. The joint becomes inflamed, painful, stiff, swollen, and deformed. It usually starts

in the hands and wrist and may also affect the shoulders, elbows, hips, knees, ankles, feet, and neck. Rheumatoid arthritis occurs symmetrically meaning if it occurs in one joint of your hand it will occur in the same joint in your other hand. Treatment is aggressive to control the pain and progression of the disease. There are many new medications available on the market, but speak with your primary physician or your rheumatologist regarding your options and the side effects.

- Gout - is an elevated uric acid level causing the formation of crystals in certain joints. Gout usually targets the big toe, knee, and elbow. The crystals in the joint cause swelling and extreme pain. Treatment includes controlling the pain and uric acid production. Gout attacks may follow after eating foods such as shellfish, liver, dried beans, peas, anchovies, or gravy and including certain medications. A change in diet and increasing your fluid intake may reduce your risk of a gout attack.
- Pseudo-gout - is an uncommon form of gout caused by the formation of rhomboid crystals of calcium pyrophosphate.
- Ankylosing Spondylitis - involves primarily the spine and joints in the shoulders, hips, and knees. An early sign is a dramatic loss of flexibility in the lumbar spine.
- Psoriatic Arthritis - is an inflammatory disease involving the joints associated with psoriasis of the skin and nail. The most common form affects the tips of the fingers and toes. Psoriasis of the skin and the joint usually appear separately.
- Bursitis - occurs when a bursa becomes inflamed

and swollen. Bursa is a small fluid-filled sac that reduces the friction when parts move against each other and helps joints to move smoothly. There are over 150 bursae in our body. Bursitis usually occurs in the shoulder, elbows, hips, knees and the base of the thumb.

You need to see your physician if your symptoms last longer than two weeks. Here are some common treatments to minimize the pain and disability of arthritis. Heat or cold therapy may help to relieve some of the pain. It is important to exercise to maintain muscle strength and flexibility, but do not exercise if it aggravates your arthritis. Control your weight and modify your daily activities to reduce the stress on your joints. Rest and eat a well-balanced diet. Learn the correct way to protect your joints. Follow your physician's advice and treatment plans.

Our November lecture in Saint Peter's University Hospital's line up is "Weight Management" by Linda Vetter, RD. The lecture is scheduled for Monday, November 14 at 1 p.m. in the Maple Room. If you are interested in attending, please call the Health Care Center at 655-2220.

If you have not received your flu shot, we have the two different flu vaccines, the standard and Fluzone High Dose. Please call the Health Care Center for more information and to arrange to have the nurse give you your vaccine in the Health Care Center. We also provide the service of giving a flu shot in your home if you are unable to come to the Health Care Center.

A message from High Tech Landscapes, Inc.

- We edged all the sidewalks, driveways, and curb lines each month up to date. October was the last edging of 2016.
- Please tune to Ch. 26 for information on when your Mutual will be sprayed. Please remember, your Mutual is sprayed with Round Up once a month.
- Please call the East Gate phone and leave a message with any questions or concerns. (609) 655-5134.
- The last lawn application of the year has been completed. This was a fertilizer and agricultural ground limestone on all turf areas except the outside perimeter along Forsgate Drive and Applegarth Road. Gypsum was applied to the outside

perimeter.

- The second pruning of all bushes and flowering shrubs has been completed.
- Ornamental grasses around the utility boxes and in established beds around the common facilities will be trimmed between now and December.
- Fall cleanup will continue through December.
- Annual flowers have been replaced with a fall pansy and tulips.
- There will be one last street sweeping in late December.
- Please remember to put any debris out front Sunday night in order for us to pick it up on Monday morning.

Events at the Monroe Township Public Library

Knit Stitch: Hats, Scarves and Cows

11 a.m., Thursdays, November 3, 17. Work on selected projects with Sandra Kandel. Registration and supply list with basic patterns at the Welcome Desk.

Sit-N- Stitch

10:30 a.m., Fridays, November 4, 18. Stitch projects; assist others, share tips, projects and patterns. Bring your own supplies. Light refreshments served. Registration not required.

Poets Corner

11 a.m., Friday, November 4. Poetry reading group and workshop for all ages. Stop by to listen or bring ten copies of your poem to share. Registration is not required.

6th Annual Jewels of NJ Show and Sale

11 a.m.-4 p.m., Sunday, November 6. Handcrafted

jewelry and wearable art from New Jersey artisans. Proceeds benefit the Monroe Township Library Foundation.

Coupon Club

1:30 p.m., Monday, November 7. Clip, swap and trade coupons. Discuss deals, share frugal tips and shopping experiences. Bring a pair of scissors and your stash of non-expired coupons. Registration is not required.

Genealogy Club

1:30 p.m., Wednesday, November 9. Melissa A. Johnson, CG presents how to move your research forward in your family tree including how to trace the descendants of an ancestor to locate living cousins. Genealogists of all expertise levels welcome. Registration is not required.

Let's Talk: Current Events

10:30 a.m., Saturday, November 12. Gina Blume moderates a discussion about current events in the US and across the globe. Light refreshments served. Register at the Welcome Desk.

Boheme Opera NJ Series: From the Director's Chair

1 p.m., Monday, November 14. This program offered in collaboration with the Monroe Township Cultural Arts Commission. Registration is not required.

International Book Club

10:30 a.m., Tuesday, November 15. Discuss "The Blue Tattoo" by Canadian author Steven Edwin Lafoley. Register and reserve your copy at the Welcome Desk.

Coloring for Adults

1:30 p.m., Thursday, November 17. Stimulate your senses and creativity with coloring. Light refreshments and all supplies provided. Registration is not required.

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



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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 RCAl streets from lanes or other areas without stop signs.



Preparing for the holidays

By Dave Salter

With the holidays approaching and company coming, you might want to make sure your home is ready. Are your light bulbs out, plastic light panels dirty, do your oven and stove elements work, are your faucets leaking, is your toilet running?

Just give the Maintenance office a call. We would be happy to make your holidays a little easier at this very busy time. All snow birds, please schedule your winterizing as soon as possible; the calendar is already getting full.

Monroe Township Chorus presents "In Winter"

Sunday, November 13, at the Marasco Performing Arts Center, 1629 Perrineville Rd., (Monroe Twp. Middle School)

Doors will open at 1 p.m. The performance begins at 2 p.m.

The funds raised will provide a scholarship fund for two graduating seniors from the Monroe Township High School who plan to continue their vocal aspirations at the college or university of their choice.

Tickets are \$5 per person. All children and students are free. Seating is on first come basis

Tickets will be available - cash or check at the Amboy Bank at 350 Forsgate Drive - Ask for Carol

Make checks payable to: Monroe Township Chorus.

The Monroe Township Chorus is a 501 (c) (3) tax exempt organization.

For additional information, call Sheila Werfel, director, at 609-619-3229.

Notable quotes

By Anne Rotholz

While all of us seem to collect one thing or another, I seem to have succumbed to collecting Quotes! I jot them down when I am reading. I clip them out of newspapers and magazines. When I hear a speaker give an interesting quote I resolve to remember it, though I'm afraid that at this point in my life not every quote survives until I have an opportunity to write it down! Every now and then I take out the "quote folder", decide that it is getting a bit cluttered

and proceed to get rid of the quotes that have less appeal. I later find myself asking why I threw them away! Why do I collect quotes? Quotes can be inspirational, humorous or even make a point about everyday common-sense issues.

Following, for your enjoyment, are some that have withstood the test of time in my collection. You will notice that the quotes come from people in very different walks of life.

"It's surprising how much

you can accomplish if you don't care who gets the credit." *Abraham Lincoln*

"One of the penalties for refusing to participate in politics is that you end up being governed by your inferiors."

Plato

"If you judge people you do not have time to love them."

Mother Theresa

"An eye for an eye will only make the whole world blind."

Mahatma Gandhi

"Great minds discuss ideas, average minds discuss events, small minds discuss people."

Eleanor Roosevelt

"An appeaser is one who feeds a crocodile hoping it will eat him last."

Winston Churchill

"Those who don't know how to weep with their whole hearts, don't know how to laugh either."

Golda Meir

"A person who will not read has no advantage over one who can't read."

Mark Twain

"Half the world is composed of people who have something to say and can't, and the other half have nothing to say and keep on saying it."

Robert Frost

"Hatred is a great burden to bear. It injures the hater more than the hated."

Corretta King

"Soldiers' graves are the greatest preachers of peace."

Albert Schweitzer

"If you think you are too small to make a difference, try sleeping with a mosquito."

Dalai Lama

"In politics if you want something said ask a man. If you want something done ask a woman."

Margaret Thatcher

"A pessimist is one who has a choice of two evils and chooses both."

Oscar Wilde

"I do not know with what weapons World War 3 will be fought, but World War 4 will be fought with sticks and stones."

Albert Einstein

"Women who seek to be equal with men lack ambition."

Timothy Leary

For my golfer friends!!! "Golf is a good walk spoiled."

Mark Twain

"The only thing of importance, when we depart, will be the traces of love we have left behind."

Albert Schweitzer

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Senior Center Highlights

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

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

Advance registration is recommended to ensure easy admission into a program. Registration is also available on the same day of an event from 9 to 11:30 a.m. For more information, visit the Senior Center to pick up a calendar of events or visit www.monroetwp.com, and look for the "Office of Senior Services" link under "Departments."

GOOD FOR YOU

Please register in advance.

Bagels Plus: On Friday, November 4, at 10 a.m., join Linda, from The Gardens at Monroe, for bagels and smear as she and Sheli, from Caring Connections, host and present this program on communication with a loved one with dementia. Learn how to foster independence and manage challenging behavior with dignity.

Positive Holiday Tools: On Monday, November 7, at 10:30 a.m., join Gemma Nastasi, Health Coach, as she positively prepares you for the holiday season. Learn how to create happy moments by controlling your mind chatter, reframing your thoughts, increasing your willpower and nurturing your relationships.

AARP Smart Drivers Course: On Monday, November 14, at 8:45 a.m., refresh your driving skills by taking the AARP's driving class. For space availability, please call: 609-448-7140.

Sound Healing: On Tuesday, November 22, at 1:30 p.m., Shelly Botwinick, MA, Holistic Health Educator, CentraState Medical Center, provides this informative and interactive demonstration on what sound healing is and its benefits. Playing drums, tuning forks, and Tibetan singing bowls will be used to help

reduce stress and balance the mind, body and spirit. Space limited for this special presentation. **A \$5 commitment fee is required upon registering in-person by November 14.**

Declutter Tips: On Monday, November 28, at 10:30 a.m., Aileen Hollander, Community Liaison, Right at Home, explains how to let go of valued possessions and personal treasures when faced with downsizing. Discover step-by-step workable solutions to determine whether something is an heirloom or a "have -to-go". **Please register in advance.**

De-Stress Yourself: On Wednesday, November 30, at 1:30 p.m., join Toby Ehrlich, LCSW, Director of Marketing, Wilf Campus for Senior Center, as she offers techniques to identify stress and gives simple tips to relieve everyday stressors.

MUSIC AND MORE!

Please register in advance

Crazy for Patsy Cline: On Thursday, November 3, at 2 p.m., join Maggie Worsdale, Jazz Singer, as she pays tribute to Patsy Cline...an earthy, innovative legend who put the Nashville sound on the map.

Jerry's Travels: On Friday, November 4, at 1:30 p.m., traveling through Italy concludes with the sights of the Cinque Terra, Milan, Pisa, Pompeii, and Sicily.

The Syncopations: On Monday, November 7, at 2 p.m., enjoy the tapping and dancing of THE SYNCOPATIONS: a very special dance troop with fun costumes, routines, and some shtick.

From Dust to Dreams: On Wednesday, November 9, at 1 p.m., enjoy "opening night" at the Smith Center for the Performing Arts with the talent of Jennifer Hudson, Carole King, Willie Nelson, Luciana Paris, and many more. This DVD presentation runs for 120 minutes.

Michael & Ted Present: On Thursday, November 10, at 2 p.m., join our

(Continued on page 27)

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House Calls



DR. DAVID P. HELLER

Doctor of Podiatric Medicine

908-770-8158



Caregiver Support Group

Focus: Spouse/Partner

2nd Thursday at 1:30 p.m.

Location: Saint Peter's Adult Day Care Center
Monroe Township

Meetings are 90 minutes

Registration is not necessary.

Questions may be directed to Stephanie Fitzsimmons, RN, NP
at 1-800-269-7508, press 1, press 8662

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ROSSMOOR COMMUNITY ASSOCIATION, INC. SNOW POLICY AND PROCEDURES

POLICY

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

PROCEDURE

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

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

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

1. Pre-salting streets and carport lanes to prevent snow from bonding to the surface.

2. Plowing all main and secondary streets (see list of streets under "Priorities") continuously after an accumulation of 2" or more or as required by RCAI management.

3. **Once the storm ends**, separate crews and separate equipment will begin plowing lanes and carports; plowing perimeter and main sidewalks; plowing driveways and finally shoveling of the main, front entrance walks and stoops leading to the main entrance doors of the manors. Secondary walks and/or stoops on the sides or backs of manors will not be shoveled or treated with ice melt.

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

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

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

Extreme caution should be used if residents must use the

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

COMMUNICATION Fire/Police/First Aid

Emergencies911
Upon notification of a pending fire, police or first aid emergency requiring emergency personnel, the snow removal staff/contractor on site will make reasonable efforts to clear the road, walkway and/or driveway in the area where emergency personnel require access prior to or simultaneous with emergency personnel arrival.

In those instances where there is no notification in advance, upon learning of the emergency and/or arrival of emergency personnel, the snow removal staff/contractor on site will make reasonable efforts to clear the road, walkway and/or driveway in the area where emergency personnel require access.

Snow Removal Operations Concerns

Maintenance Office 655-2121
Monday – Friday 8:30 a.m. – 12:00 noon and 1:00 p.m. – 5:00 p.m.
North Gate 655-1868
After hours/evenings/weekends

North Gate personnel may take messages for supervisory staff on site during a winter storm and snow/ice removal operations.

Residents are responsible to leave accurate and pertinent information.

Snow Removal Operations Updates/ Cancellations/Bus Service

Channel 26
Reasonable efforts will be made to keep residents informed during a snow emergency, but it may not always be possible.

RESIDENTS' RESPONSIBILITY

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

It is incumbent upon each resi-

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

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

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

PRIORITIES

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

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

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

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

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

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

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

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

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

Why Prepare?

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

Know What to Do

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

Make a Plan

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

Leaving vs Staying Home

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

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

Evacuation

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

Share Information

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

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

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

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

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

Additional Resources

For additional information resources, it is suggested you visit these websites:

<http://www.ready.gov/>

<http://www.redcross.org/prepare>

<http://72hours.org/>

Basic Disaster Supplies Kit

According to the www.ready.gov/ website a basic emergency supply kit could include the following recommended items:

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

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

ARE YOU R.E.D.I.?

Be sure to review and renew your plan annually or as your needs may change

Classified Advertising

Transportation

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

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

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

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

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

Miscellaneous/ Services

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

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

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

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

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

Wanted to Rent

LOOKING FOR CARPORT to rent near Middlebury Lane. Call Maria (973) 699-4900.

Wanted to Buy

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

Tax Preparation/ Services

CPA – Taxes prepared in the comfort of your home. Reasonable rates. Rebecca (732) 718-4359.

Help & Health Services

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

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

Mailing Addresses

If you are not receiving mail from Rossmoor, your Mutual, or *The Rossmoor News*, it may be a matter of our not having your correct mailing address. Many residents, over the years, filed "Winter Address" forms with Administration and failed to specify a return date. If you did not contact us when you returned, it might be possible that we still have an alternate or winter address in our system. Please contact Resident Services manager, at 609-655-1000, to verify your address.

LEASE A NIECE – Companionship, assistance with cooking, shopping, household activities, paperwork, appointments, local transportation. NJ born and bred. Tracie (732) 904-3885.

CARING ELDER CARE – Want to live independently? Two hours a day may be all you need. We're experienced. We're flexible. We're here to help. (646) 413-0813. www.CaringElderCare.com

Senior Center

(Continued from page 25) friends, from WWFM's *The Classical Network*, as they look at the musicals of Harold Arlen, such as "Over the Rainbow", "Stormy Weather" and more.

Radio Comedians: On Monday, November 14, at 1:30 p.m. join David Aaron as he takes you down memory lane and explores the artists who made us laugh way before the invention of the TV: Fanny Brice, Eddie Cantor, George Burns, Amos and Andy, and more.

Best of the Silver Screen: On Tuesday, November 15, at 1:30 p.m., Marvin Fischer examines the film industry's contribution to musical hits, from classic music sung by performers to memorable background music.

Leading Ladies: On Thursday, November 17, at 1:30 p.m., Patty Carver returns and brings to life a new set of Leading Ladies who were all the "first" to do something: Dolly Madison, Elizabeth Blackwell, Nellie Bly, and Belta Lockwood.

Jimmy Van Heusen: On Friday, November 18, at 1:30 p.m., we welcome Dr. Karen Zumbrunn as she shares the legacy of Van Heusen's wonderful standards that are still played today like "Love and Marriage", "Call Me Irresponsible" and "Swinging on a Star".

The Rat Pack 2: On Monday, November 21, at 1:30 p.m., ladies and gents must join the rollicking Vegas Rat Pack as Francine and Joel recreate the "hey -hey" days of Vegas with musical memories of Judy Garland, Marilyn Monroe, Dean Martin, and Frank Sinatra.

Two on Tap: On Monday, November 28, at 2 p.m., enjoy the fancy footwork of Melissa Giattino and Ron DeStafano, two Broadway musical veterans, as they perform classic songs by Gershwin, Mercer, Berlin, and others with beautiful voices and precision tap choreography.

The S.S. St. Louis: Starting on Tuesday, November 29 at 1:30 p.m., Julian Davis examines the voyage of 937 German Jews, in 1939, on the S.S. St. Louis. During this 3-part lecture (11/29, 12/6. & 12/20), uncover the intelligence operations and political propaganda that affected the fate and freedom of the refugees aboard the ship.

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CATEGORY/HEADING:



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

This month's topic: **SPINAL DECOMPRESSION**

Say goodbye to back and leg pain ...without surgery!

NEW Non-surgical, FDA approved treatment for Back Pain now available locally

30 Million Americans suffer from back pain every day, affecting everything that you do, from work to play... and ultimately your quality of life.

With 7 out of 10 people experiencing low back pain at some point in their lives and low back pain being one of the most common reasons for patient visits to primary care physicians as well as hospitalization, there is no doubt that low back pain exists in epidemic proportions today.

Back Pain: Causes and Coping

There are many causes of back pain. Some people develop it over time, others are injured in sports, work, or auto accidents. A good deal of sufferers also complain of pain and numbness in their legs, usually the result of spinal conditions such as sciatica, stenosis and herniated discs.

Regardless of the cause, people cope with pain differently. Many people try to wait back pain out

only to find that it keeps getting worse. They buy new mattresses, try different stretching exercises, learn new techniques for sitting and standing, etc., yet their condition doesn't improve. Some make repeated trips back and forth between their medical doctor, chiropractors and/or physical therapists. Others opt for surgery, and while it is true that surgery may be the answer for certain types of back injuries, it is highly invasive and not without serious risks.

Therefore, when considering your treatment options, ask yourself... If there is a solution to back pain that doesn't require surgery, all under one roof, is it worth exploring?

A New Hope for Lasting Pain Relief

We at Northeast Spine and Sports Medicine are here to tell you that the answer is YES! Our integrated treatment program offers effective non-surgical relief for back pain. In fact, we have helped thousands of back pain sufferers just like you get rid of their back pain and return to a higher quality of life since 2002.

After years of study, training and trials, we have developed a mode of care incorporating a combination of advanced FDA-cleared treatments with breakthrough technology that aids in the restoration, stabilization, and relief of your specific condition. The options are non-surgical, provided under one roof and covered by most insurances, including Medicare. Healing effects can be felt on the first few visits.

Spinal Decompression: FDA-Approved, Non-Surgical Relief for Back Pain

Spinal decompression therapy can be used to treat disc bulges and herniations, disc degeneration, sciatica, spinal stenosis, arthritis, facet syndrome, and chronic pain in the low back. This type of treatment employs a motorized traction machine that gently stretches the spine,



**HELLO WORLD:
NEW Non-surgical,
FDA approved treatment
for back pain
now available locally...
covered by most major
insurances, including
Medicare!**

relieving pressure that builds up on the discs and nerves. By creating negative pressure within the disc, referred to as *negative intradiscal pressure*, a vacuum is formed, drawing the bulging and herniated disc material back into the disc space, relieving pressure. Over time, this may cause bulging or herniated disks to retract, taking pressure off the nerves and other structures in your spine, which helps promote movement of water, oxygen, and nutrient-rich fluids into the disks so they can heal. This process of non-surgical decompression allows the body to heal itself naturally.



Vax-D Spinal Decompression
There are many types of decompression machines available today. At Northeast

Spine and Sports Medicine you will find the latest medical technology, including Vax-D Non-Surgical Spinal Decompression. Vax-D's state-of-the-art decompression tables have been successfully operating for over 25 years throughout the world and is one of the FDA-cleared technologies available at Northeast Spine and Sports Medicine. More than 3,000 patients a day receive this treatment in the U.S. alone. Numerous clinical studies are available for review at www.vax-d.com.

In addition to Vax-D, we employ a variety of other wellness modalities as part of our integrated back pain treatment program:

- Acupuncture — Through clinical trials, acupuncture has been proven effective in treating various medical conditions, including back and neck 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 procedure which is successful in treating chronic conditions without pain or discomfort to patients.

If you are suffering from the discomfort and numbness associated with back pain, the doctors and staff of Northeast Spine and Sports Medicine invite you to call their office and schedule a complimentary consultation. Say goodbye to pain and hello to a world of relief.

For details about Northeast Spine and Sports Medicine's non-surgical back pain treatment programs, call 732.415.1401 (Jackson Office), 732.714.0070 (Point Pleasant Office), 609.660.0002 (Barnegat Office) or visit www.northeastspineandsports.com

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goodbye back pain...

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